

GAUNTLET



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FOOD PROVIDER
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REPUTATION

pg. 4

IMPROV
COMPETITION
CHANNELS THE
HUNGER GAMES

pg. 9

HITMEN
HOUSE
FUTURE NHL
TALENT

pg. 14

VOL. 55 | ISSUE NO. 36 | APR 02, 2015



MORE UNIVERSITY BUDGET CUTS

page 3 & 7



STUDENTS' UNION



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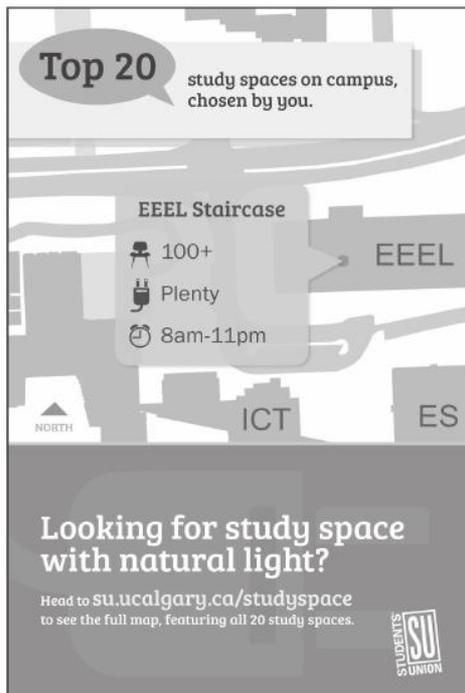
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WRISTBAND INFORMATION:

Wristbands are available April 9, 10, 13 and 14 in the MSC North Courtyard, 9 a.m. to 5 p.m.

Age and student ID are required to obtain wristband.

One wristband per person.

Wristbands will NOT be available on Bermuda Shorts Day (April 15).

Wristbands, student ID and age ID are required for entrance into the beer gardens. Wristbands do not guarantee entry into the beer gardens.

Plan your ride home. Remember your University ID and use your U-Pass to ride Calgary Transit.

Taxi cabs will be available on 24th Avenue from 4:30 - 6:00 p.m.

REMINDER: GUESTS WILL NOT BE PERMITTED ON BERMUDA SHORTS DAY. U OF C STUDENTS ONLY.



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Golden Spatula



This dog won our Golden Spatula this week. Why? Because we didn't get any new volunteers. Exams are coming up and people are cramming, so I'm forced to put this glorified accessory in my news section. Some people said it's cute, but I think we've done it a horrible disservice by breeding wolves down to the size of rodents. But it made a few people happy so I'm cool with it.

Furor Arma Ministrat

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The Gauntlet is the official student newspaper of the University of Calgary, published most Thursdays throughout the year by the Gauntlet Publications Society, an autonomous, incorporated body. Membership in the society is open to undergraduate students at the U of C, but all members of the university community are encouraged to contribute. Opinions contained herein are those of the individual writers, and do not necessarily represent the views of the entire Gauntlet staff. Editorials are chosen by the majority of the editorial board. The Gauntlet is a forum open to all U of C students but may refuse any submission judged to be racist, sexist, homophobic, libelous, or containing attacks of a strictly personal nature. We reserve the right to edit for brevity. Grievances regarding the Gauntlet follow a three-step process which requires written decisions from the Editor, the GPS Board of Directors, and the Ombudsboard. The complete Grievance Policy is online at: thegauntlet.ca. The Gauntlet is printed on recycled paper uses an ink rinsed from the lining of Fred Durst's pro-fit. We urge you to recycle / take em to the Matthews bridge using the Gauntlet.

Letter Policy

Letters must be typed, double-spaced and received by Monday at 4 p.m., and must include the author's name, student ID number, telephone number and signature. Letters will not be printed if they include attacks of a strictly personal nature, statements that discriminate on the basis of race, sex, or sexual orientation, or libelous or defamatory material. All letters should be addressed to "Editor, the Gauntlet," and be no longer than 300 words. The Gauntlet retains the right to edit submissions. Letters can be delivered or mailed to the Gauntlet office, Room 319 MacEwan Students' Centre, or sent by email to eic@thegauntlet.ca.

The Cover
Design by Kaleem Khan, illustration by Samantha Haslam

THE GAUNTLET ALWAYS
ACCEPTS NEW
VOLUNTEERS

PROVINCE »

Alberta government cuts post-secondary funding in 2015 budget

Chris Adams
News Editor

After months of speculation, minister of finance Robin Campbell unveiled Alberta's provincial budget for the 2015-16 fiscal year.

The government is forecasting a \$5-billion deficit for 2015-16, but expects to balance the budget by 2017-18.

The province is facing a \$7-billion revenue shortfall due to the low price of oil. This time last year, oil was around \$100 per barrel. Today, West Texas Intermediate, a standard benchmark, sits just below \$50 per barrel.

Post-secondary institutions will face more than a four per cent cut over the next two years, starting with a 1.4 per cent cut this year and a 2.7 per cent cut the next.

University of Calgary president Elizabeth Cannon called the budget "manageable," saying administration thought the cuts would be much deeper.

"What's really important to us is our ability to maintain enrolment. We want to make sure the number of students we can take this September is the same as last September. I'm confident we can do that," Cannon said.

The government will allocate \$74 million over the next six years to increase access to post-secondary education for First Nations, Metis and Inuit students.

The program that funds Alberta's post-secondary schools, Campus Alberta, will see a shift to reduce post-secondary schools' reliance on government funding.

Student leaders speculated that the government would cut the inflation-tied cap on tuition increases before the budget was announced. However, Alberta Premier Jim Prentice said there are no "immediate plans" to cut the cap.

Students' Union vice-president external Levi Nilson said that while the short-term cuts aren't as drastic as they expected, he isn't happy with the government's long-term plan for post-secondary.

"It's not good, long term, especially in regards to tuition. They're definitely prepping to either get rid of the tuition cap or change it drastically. It's



Jim Prentice defended last week's budget, saying it was necessary given the low price of oil. LOUIE VILLANUEVA

extremely concerning," Nilson said.

Nilson said while he expects the government will alter the tuition cap, he's happy they chose not to do it this year.

"It gives us time to get ourselves together and communicate the importance of the cap and how much of a disaster it would be if they cut it," Nilson said.

Albertans will once again pay health-care premiums, which were cut under former Alberta Premier Ed Stelmach. Premiums will run between \$200-\$1,000, depending on family income. These premiums will be deducted from employee paychecks and will only apply to Albertans who make over \$50,000 per year. Money from the premiums will go into general revenues instead of directly toward the health-care system.

Alberta's health-care budget for 2015-16 sits at \$18.9 billion, \$160 million less than expected.

The province will maintain the 10 per cent income-tax rate for those who earn under \$100,000. But anyone who makes over \$100,000 will see an increase to 10.5 per cent next year and

up to 11.5 in 2018. Albertans earning over \$250,000 will be taxed at 12 per cent by 2018. This still leaves Alberta with the lowest top-tier income-tax rates in Canada.

Campbell said the government won't increase corporate taxes, saying that doing so would drive corporations to do business in other provinces.

Tobacco taxes will increase by \$5 per carton of 200 cigarettes, and the loose tobacco tax will rise at an equivalent rate. Alcohol taxes will also see a mark up of 90 cents per 12-pack of beer and 16 cents per bottle of wine or spirits.

Traffic fines will also increase by 35 per cent.

The provincial government will cut nearly 2,000 government jobs, many of them in health care.

Campbell said the government is "committed to fixing the fundamental problems in Alberta's fiscal foundation" and wants to get Alberta off the "energy-revenue roller coaster."

The provincial government forecasts Alberta's economic growth slowing from four to below two per cent in 2015.

Campbell hinted at a nine per cent cut for all government departments on Feb. 11, but suggested that health care and education would be protected.

The province last cut the post-secondary budget in 2013, when they slashed \$147 million. The University of Calgary saw a 7.3 per cent decrease in its Campus Alberta grant and was forced to cut enrolment and introduce new market modifiers. The U of C has since conglomerated programs, sought private donations at a faster pace and relied on more sessional instructors.

The provincial government asked Albertans in a survey from Feb. 5-28 what changes they want out of the 2015 budget. Over 40,000 people responded.

When asked how the province should stabilize revenue, raising tobacco, corporate and income taxes were the top three answers. Over two-thirds of Albertans support raising corporate taxes, though Prentice ruled this out prior to the budget announcement.

Students struggle to find summer jobs in slumping economy

Stephanie Tang
Gantlet News

Can't find a summer job? You're not alone.

Post-secondary students are struggling to find work this summer as a slow economy takes its toll on employers across the city. The University of Calgary's Career Services has seen substantial increases in students seeking their help as a result.

"We did see a significant increase in students attending our annual Career Expo in February," said Career Services manager Colleen Bangs. "Typically, this fair sees about 2,500 students. This year, over 4,500 came through the doors."

The economic downturn, largely caused by the low price of oil, has heavily impacted Calgary's energy sector. Companies announced layoffs, budget cuts and hiring freezes. Cenovus and Canadian Natural Resources Limited are among major companies who stopped hiring while Talisman Energy, Nexen Energy, ConocoPhillips and Suncor laid off hundreds of employees.

Other big employers like Target, Sony and Future Shop recently announced the closure of their Canadian stores. Shaw Communications is shutting down its call centres in Calgary. And according to Statistics Canada, 14,000 Albertans were laid off in February when the provincial unemployment rate rose to 5.3 per cent — the highest it's been since September 2011.

Youth unemployment has also risen. In February, 10 per cent of 15-24 year-olds were unemployed, up from just under nine per cent the previous year.

Fourth-year operations management

student Carmen Leong, who currently works in retail, has been job-hunting since December. She's applied for 14 positions, but hasn't heard back from anyone.

"It's been difficult. Submitting application after application and not hearing from companies can be really discouraging, especially as graduation approaches," Leong said.

While the job market may not have much to offer, U of C career specialist David Cataford said that students shouldn't give up.

"In times like this, you just have to try a little harder and be a little more proactive. If you work hard at it and you're persistent, you'll land a summer job," Cataford said.

Cataford advised students to be creative. He said networking and using LinkedIn to connect with professionals is invaluable, especially if conventional job hunting isn't working.

Cataford also suggested arranging information sessions and getting tips from professionals in the field a student is interested in. And, if all else fails, students should book an appointment with Career Services.

"No matter what economy, good people are finding jobs," Cataford said. "You just have to be more creative at it, that's all."

Bangs is also optimistic about the outlook of careers for students. She encourages students to keep looking for ways to gain marketable skills to complement their education.

"There will be more adversity for students graduating into this economic climate. However, natural attrition and the creation of new types of roles will continue to present opportunities for new graduates."

STUDENT LIFE »



Critics, like SU science rep Kean Bexte, blame the dining centre system poor quality food.

ALEXANDER KIM

New U of C food provider serves rotten fare on East Coast campus

Fabian Mayer
News Assistant

The University of Calgary's new food service provider Aramark is facing scrutiny after students at Newfoundland's Memorial University posted photos of mouldy and undercooked food from the university's dining centre on social media.

Pictures of nearly raw pork chops, a mouldy lemon and a fly in a taco were among those posted to social media. Like at the U of C, Memorial students living in residence must buy a meal plan. Meal plans at the U of C run from around \$2,000 to over \$4,000 per year.

The U of C recently awarded Aramark, whose other clients include American prions, a five-year contract to provide food at the Dining Centre, as well as other food services around the university.

Jill Blackie is responsible for food and conference services at the U of C. She said the process to award the contract was "thorough and exhaustive," adding that it is designed to be objective and leave "no margin for bias."

Aramark beat out current food

service provider Chartwells, whose contract with the university expires this spring. Blackie said the university does not look at a company's reputation as part of the process.

"When you talk about reputation it can be a very subjective thing, it's somebody's opinion. So no, we are looking at the bid that's in front of us, their performance and their promise to perform," Blackie said.

Students' Union Vice-president operations and finance Adam Swertz sat on the university committee that selected Aramark. He thinks the university should tweak their selection process.

"I see elements of it that are fair, but at the same time I would recommend looking at the reputation of [food service providers at] every other institution. It just seems common practice," Swertz said.

Blackie said the university has food quality standards and performance indicators in place to ensure good food is available to students.

SU faculty of science representative Kean Bexte has lived in residence for the past two years. He was disappointed to hear about the problems with

Aramark's food at Memorial.

Bexte thinks problems of this sort are partially a result of the long-term contracts the university hands out.

"I think that there needs to be a fundamental change in our food service model and that comes right down to the university forcing students to pay money they don't have into a fund they don't use to buy food they don't want," Bexte said.

Bexte said U of C students should be "watchful of the quality of food" from now on.

Aramark provided a statement regarding the events at Memorial. The company said that they take customer concerns seriously and "were shocked by the images we saw for the first time on social media."

"None of the issues were reported to anyone at Aramark or MUN Dining Services, and this was unfortunate as we were unable to remedy these matters instantly," the statement read.

According to CBC News, Memorial students dispute this, saying they had raised the issues on multiple occasions but that their concerns were not being addressed.



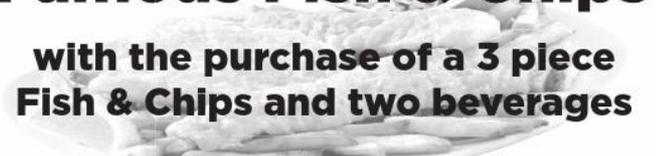
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CBC's Evan Solomon talks Canadian politics



Jean Chrétien was not at the U of C, only Solomon. COURTESY ROY THOMSON HALL

Fabian Mayer
News Assistant

Evan Solomon, the host of CBC News Network's flagship political affairs program, *Power and Politics*, was on campus last Thursday to film his show on budget day. Following the program, we sat down with him to talk about both Albertan and Canadian politics, what his thoughts are on a possible NDP-Liberal coalition and the state of public broadcasting in Canada.

The Gauntlet: What's the significance of this budget for Alberta?

Evan Solomon: I think it's a significant budget for Jim Prentice because he's asking Albertans things that they haven't been asked to do in a long time. He's going to ask them to pay health-care premiums. They thought they'd stopped that under Ed Stelmach in 2009. He's going to ask them to change their income tax from a flat 10 per cent to a graduated income tax — that's a big deal. He's going to ask them to pay more on the sins — liquor and cigarettes. He's going to ask them to pay more on all sorts of things.

So all of a sudden people are going to pay a lot more for services and those are really big deals in Alberta, and he doesn't have a mandate to do it. He's likely going to have to go to the polls, that's the widespread speculation. The other issue is there will be cuts coming, but the question is, has he really cut yet? The cuts aren't that deep. He's frozen spending, which is a de facto cut with inflation. How much he'll cut will be a question.

This is part one. He's testing the waters to see how far he can go before an opposition in Alberta wakes up. But for sure this is a consequential budget.

So you think there will be deeper cuts in the future?

Budgets are both political documents and financial documents. Politically, this is a test budget. He didn't want to come in with no mandate and have a radical budget. I think he read the signs and [realized] we better do this incrementally, we better do this gradually.

So he's tucked his foot in and done some small things that he's hoping don't ignite a resistance because he's got a lot of political capital.

He's a new premier. People seem to like him. He took out the Wildrose in some kind of David Copperfield political magic and reduced them from what was seen as a very viable opposition to the Progressive Conservative Party.

So yeah, I think there will be a couple [tough] budgets. Again, it all depends on the price of oil and if it stays at 50 bucks, they've got problems.

Where the polls stand now federally, a Conservative minority government following the next election is a strong possibility. If that happens do you think the NDP and Liberals will cooperate in an attempt to form government?

There's a split on the progressive left between the Liberals and the NDP in places like Quebec. How does that split play out? There's an economy that could either have a surplus with money to spend or not a surplus. We just don't know depending on the price of oil. There are a lot of fluid factors.

Now you ask about the coalition. Could the NDP and the Liberals unite? Stephen Harper made coalition a dirty word. Justin Trudeau said no. Thomas Mulcair is widely open to having a coalition. He would love to have it.

I don't think there's a lot of affection

between Thomas Mulcair and Justin Trudeau. Most reports say that they're not two guys that go for a beer too often so I don't know if they're going to get in a room together and hash out a coalition. And the Liberals are ruling it out right now.

But politics makes for strange bedfellows and circumstances can change very quickly. If it's a very tight race anything could happen.

It seems like the CBC is always facing cuts to its budget. What's the state of public broadcasting in Canada?

All broadcasters are facing challenges, not just the public broadcaster.

Private broadcasters are facing disruptions from new media. We're in this ecological boom time with blogs and services like Netflix, delivery services, producers of content. There's a lot of challenges. We're all trying to figure out what our role in this ecosystem is.

I'll tell you a couple things that I believe in. I'm not going to predict how people get their news or their information, but people will get news and people will get information. I'll tell you one thing. I do believe they'll want the good stuff, not the bad stuff. There's no world where quality doesn't matter.

Quality is hard. It's hard to do day in and day out. People want real stories, they want investigative stories, they want human stories, they want true stories. That takes work, and people will pay for quality [whether] it gets delivered on their phone or if gets delivered on a piece of wood. I really don't care about the distribution, my job is to provide the story.

Quality will last, and I'm going to go to my grave betting on that.

Edited for clarity
and brevity

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STUDENT LIFE »

Foothills Campus to host puppy rooms

Hayden McBennett
News Assistant

Puppy rooms are back at the University of Calgary's Foothills Campus.

Students' Union faculty of medicine representative Carsten Krueger is following the lead of his predecessor, Jay Wang, by encouraging the su to bring a puppy room to Foothills. They weren't scheduled to return to Foothills Campus this year until Krueger convinced the su to do so.

"It's pretty much the main hangout for the health sciences and med students. Most of the students who are on the Foothills Campus don't go to the main campus very often, so there's this

huge disconnect," Krueger said.

The same organization that supplies the dogs for events held in That Empty Space, PALS, will provide dogs for Foothills.

Puppy rooms at the U of C's main campus are held in conjunction with the su's Stress Less Week, which also includes de-stress packs.

The rooms are the only component of Stress Less Week at Foothills.

Krueger said students at Foothills don't get the same type of resources to deal with stress as students on main campus.

"Space is really limited at Foothills, so we can't exactly open a new su Wellness Centre over there. My successors

will hopefully do some other things along the lines of wellness," Krueger said.

While the su medicine representative has had to organize the puppy room themselves since their inception last year, Krueger hopes the faculty of medicine will start organizing the events in a few years.

Around 120 students attended the pet therapy session at Foothills last year. Although many people call them puppy rooms, the dogs PALS brings are fully grown, not puppies.

The rooms will be located in the Feesby student lounge. Foothills pet therapy will occur on April 20 from 12:30 p.m.–1:30 p.m.

BRIEFS

Polls suggest Wildrose and PCs neck-and-neck as election speculation continues

Albertans' distaste for the ruling Progressive Conservatives following last week's budget announcement runs deeper than most expected.

A poll released Tuesday, March 31, shows the Wildrose Party in a neck-and-neck race with the PCs, as both parties have 24 per cent of Albertans' support.

The PCs held a slight edge in Calgary with 25 per cent support, compared to the Wildrose's 21 per cent. The Alberta Liberal Party is third in the province's most populous city with 16 per cent support, with the NDP trailing at 11 per cent.

The NDP is leading in Edmonton where the party is polling at 35 per cent. The Wildrose is second with 15 per cent.

However, the Wildrose maintained their hold on areas outside Alberta's urban centres, with 29 per cent of rural Albertans' support.

Premier Jim Prentice is expected to call an election within weeks.

Former vice-president academic Hana Kadri loses PC nomination

Former Students' Union vice-president academic Hana Kadri lost her bid

for a PC nomination last week. She left the Students' Union in early March to pursue the PC nomination for the riding of Calgary-Varsity.

Kadri ushered students from residence to the voting station in Varsity via stretch-SUV limousine, but it wasn't enough to defeat U of C faculty of law mentor-in-residence Susan Billington.

Following her loss, Kadri took to Twitter to thank her followers and congratulate Billington.

"What a great experience! I wasn't successful this time, but watch out for me! I'll be back," Kadri said.

Parliament votes to approve Canadian airstrikes in Syria

Parliament voted to expand Canada's military operations to Syria in the fight against ISIS earlier this week. The expanded operations will see airstrikes extended to the country embroiled in civil strife since 2011's Arab Spring.

The Conservative government calls the fight against ISIS and the global war on terrorism "a moral obligation."

Sixty-nine special forces operatives will remain in Iraq to advise Kurdish Peshmerga fighters in their fight against ISIS.

Airstrikes could begin as early as this week.

THE DEN »



SU employees present a powerpoint of the proposed Den renovations at SLC.

LOUIE VILLANUEVA

SU presents proposal for redesigned Den

Chris Adams
News Editor

Students' Legislative Council (SLC) passed the first reading of a \$483,901 extra-budgetary expenditure that will fund the Den's renovation over the summer.

According to the briefing provided to SLC, "the Den must be up-to-date

to operate on an even playing field with its competitors."

The budget for the renovation comes in at \$416,901. An additional \$67,000 may be added if SLC decides to re-do the entire floor with vinyl plank flooring.

The Den's layout will remain as is, leaving the bar, dance floor and Red Room where you remember them.

But the tables, chairs, lighting and colour are all changing. Done in a Chicago style, the brick in the Den will be painted grey, which the architects say will tie the bar together and make it feel larger than it is. Added lighting will brighten the room, while beerhall-style seating will make space for more patrons.



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OPINIONS

Editor: Kate Jacobson
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EDITORIAL »

Universities need public funding



Alberta's budget was, in a way, a pleasant surprise. After weeks of Premier Jim Prentice throwing worst-case scenarios at us, a four per cent cut to post-secondary over the next two years seems manageable.

But just because the cuts aren't as bad as expected doesn't mean post-secondary is well off.

The province now plans to wean Alberta's colleges and universities off provincial funding. The government's website says they will restructure Campus Alberta — the organization that funds post-secondary — to make schools less reliant on government funding.

A predictable source of funding allows universities to plan years into the

future, ensuring there are spaces for students to fill, programs for students to take and buildings for students to study in. A sustainable funding model would use Campus Alberta to deliver consistent amounts of money to universities.

Instead, the government is pushing universities toward the wonderfully unstable world of "alternative sources of funding." This means universities will rely on increased tuition, along with corporate and private donations.

Prior to the budget's release, student leaders and opposition politicians defended the inflation-tied tuition cap. Currently, tuition in Alberta can't rise above the annual rate of inflation. The

hike was 2.2 per cent this year, and it was a rational increase to help the university cover costs out of their control.

The government didn't cut the cap with this budget, but there's no legislation to stop them in the future. All they have to do is outlast the current cap, which expires in August 2016.

Prentice has spent the last couple months hinting at the end of the tuition cap so universities can make up the money they're losing from government revenue. But increased tuition won't be able to fill the whole gap. Universities will need even more money. That's where corporations come in.

There wasn't a corporate tax hike, because Prentice ruled one out before

MELANIE WOODS

STUDENT LIFE »

In defence of staying at home

Elliot Chan
 The Other Press

There is this urge to go out and seize the day. On a Friday night, it seems like everyone is eager to make something of it.

But more often than not, it just means going to the same restaurant or bar with the same people, and then stumbling home to a well-deserved Saturday morning hangover. We all want to make it to the weekend or holiday break, so maybe we should take some time to relax and just stay home. As an example, I love travelling,

but commuting sucks. Being out of my natural environment is stressful. I dislike long bus rides and communicating in a foreign place is always a lengthy game of charades. I love travelling, but I can't imagine doing it all the time.

Staycation, the term coined for the act of staying at home during a long weekend or holiday season, is a reasonable way to take a break. Day-to-day life is stressful, and travelling — especially with a group — whether it's down to the pub or to the other side of the world, is exhausting. It's a good idea to get out of the

house and experience something other than television shows and instant noodles. But if you find yourself dashing here and there on a daily basis, stop. Take a moment, lie down in your bed, walk out into your garden, open your closet, look out your window, scan your bookshelf, survey your pantry and experience the place you live in.

The grass may always seem greener. You look at a picturesque image of a beach in Thailand or happy photos of friends drinking in a bar and feel tempted. Embrace that temptation. Don't force yourself to stay at

issuing the budget. So instead of taxing corporations to ensure sustainable funding, we're going to see an increase in direct donorship from these corporations to universities.

And the results won't be a no-strings-attached funding model.

Last year, the Alberta Ingenuity Centre for In-Situ Energy entered into a corporate research deal with the university where a board external to the university decided the budget and direction of university researchers. Under the terms of this deal, corporate donors could withdraw funding if research isn't favourable to their interests.

Unlike the government, corporations don't have a mandate to provide services and educate the public. They have a mandate to turn a profit. Universities must remain independent from corporations so we can ensure their research is impartial.

The most alarming part of the budget isn't that it's now more expensive to buy Pil cubes and cigarettes. It's that we don't know where post-secondary will be in 10 years under Prentice's plan. His model for funding post-secondary education leads us hurdling towards a world where corporations have their sticky fingers in our research.

We were told the budget would make sure the most vulnerable Albertans aren't harmed. But if students are being asked to pay more for a post-secondary system just because the government doesn't want to, that promise isn't just hollow. It's an outright lie.

Chris Adams

Gauntlet Editorial Board

short form

Should universities seek more private donations?



"Sure. It makes more research and scholarships possible."

— Jessica Jones,
 first-year commerce



"Yes. It encourages more students to attend."

— Alan Ribano,
 first-year finance



"Why not? People are giving back to the community and students get a better school."

— Thabisile Ngwenya,
 third-year communications



"No. Private funding makes the university less accountable."

— Max Manukyan,
 first-year open studies

Photos and Interviews: Alexander Kim

Trigger warnings protect vulnerable students

Kate Jacobson
Opinions Editor

Universities should use trigger warnings so students have the necessary information to make choices about their own mental health.

Trigger warnings are short sentences included before discussing a distressing topic, like "trigger warning: graphic depictions of sexual assault."

Critics of trigger warnings claim they infringe on free speech and stifle debate. This isn't true. There is a difference between not discussing a difficult topic and warning students what that topic is.

Professors will continue to discuss upsetting topics like rape and genocide. But there's no harm in letting students know when something distressing will be discussed in class.

Trigger warnings aren't an invention of liberal academia. Movies have warnings for scenes of sexual

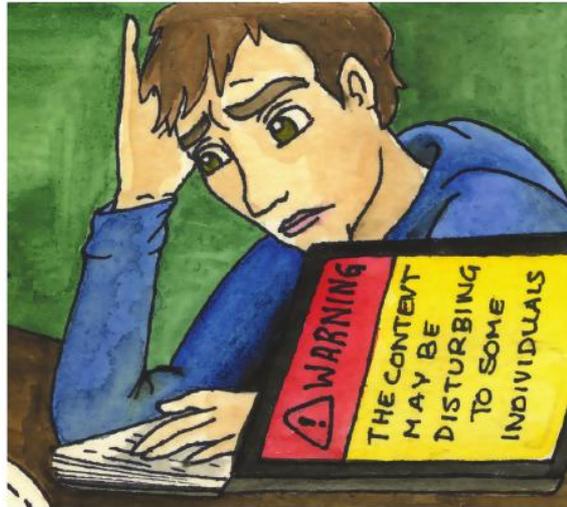
assault. There are restrictions on television advertisements. Cigarette packages warn you of the health risks of smoking.

Trigger warnings don't stifle speech. They're a simple and helpful courtesy.

University is about being confronted with ideas, even ones we don't like. But there's a difference between dealing with subject matter that may be uncomfortable and forcing students to encounter traumatic material on a whim.

It's a common misconception that being triggered means feeling upset, sad or angry when confronted with a topic. When someone is triggered, they're experiencing a psychological response as a result of surviving trauma or experiencing sustained and systematic abuse.

Most of us feel uncomfortable when confronted with topics like rape. Trigger warnings are not for us. They're for the student who was sexually assaulted as a child, and who doesn't want to relive one of



RAQUEL CENTENO

their worst memories in the fourth row of a lecture theatre.

University students are adults. We can make decisions about our own mental health. This includes

deciding what potentially triggering material we want to view.

When used appropriately, trigger warnings won't censor professors, even those who take pride in

being controversial. These content warnings don't stop professors from being able to say what they want.

But they do mitigate the potential harm caused when students come into contact with material that would cause them psychological distress.

If an instructor is planning to discuss sexual assault, a quick email to students 48 hours before the lecture would work. Students could contact the professor and request accommodation if we felt the subject would be triggering.

But it's impossible to make responsible decisions about mental health if we don't have access to the necessary information.

Trigger warnings aren't about babying or coddling students. They're about respecting students enough to give us information on the classes we're taking so we can make informed and responsible decisions about our own mental health.

Université d'Ottawa | University of Ottawa

La médecine, un choix d'avenir Étudier à l'Université d'Ottawa



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- un appui financier pour retourner faire certains stages pratiques chez-vous

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www.medecine.uOttawa.ca



Consortium national
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volet Université d'Ottawa

Cette initiative est financée par Santé Canada dans le cadre de la Feuille de route pour les langues officielles du Canada 2013-2018 : éducation, immigration, communautés.



uOttawa

Faculté de médecine
Faculty of Medicine

LOCAL COMEDY »

May the improv games be ever in your favour

Connor Sadler
Entertainment Assistant

Putting performers from eight of Calgary's best improv troupes against each other, the *Improv Games: Catching Funds* is an elimination-style improv competition inspired by the *Hunger Games* series.

Organized by local troupe Obviously Improv, the *Improv Games* started last year as a way to bring the Calgary community together. The games also help Obviously Improv raise funds for the troupe and Calgary arts groups in a unique way.

During the event, two performers from each team compete, with the winner determined by a panel of judges. Audience members are given a coin beforehand, which is used to sponsor their favourite team.

The team with the most sponsors before each round is granted bonuses. These range from being able to pick your own judge from the audience to having restrictions placed on opponents, like only being able to speak in three-word sentences.



Judges decide the fate of performers during the *Improv Games* (left). The Dapper Champs were the victors of the 2014 *Improv Games* (right).

As the night goes on, low ranking teams are eliminated until one claims victory.

According to Obviously Improv artistic director Laura Tennisco, the show embraces the *Hunger Games* format by making audience participation important to the outcome of the competition.

Tennisco says after last year's audience used their coins, many of them threw money into the coin buckets and yelled out what teams they wanted to sponsor.

"It got really heated and I think people really enjoyed it," Tennisco says. "It's almost like horse track racing meets comedy."



COURTESY MATT MCKINNEY

The *Hunger Games* theme doesn't just apply to the improv contest, it extends to the audience as well.

Tennisco encourages people to dress up like citizens of the Capitol from the *Hunger Games* to help the event feel like more than an improv show.

To help audience members get in

It's almost like horse track racing meets comedy.
— Laura Tennisco, Obviously Improv artistic director

the spirit of dressing in the wild fashions of the Capitol, Obviously Improv is bringing an airbrush artist to the event to give participants make-up before the performance.

"It's a whole kind of gala evening and then you add the cut-throat sponsorship in. It's kind of a riot," Tennisco says. "We're hoping that people find that it's an event night out, not just a show."

The *Improv Games: Catching Funds* will take place on April 4 at Festival Hall. Tickets are \$20. Doors open at 7:00 p.m. and the show begins at 8:00 p.m.

For more information visit
improvgames.bpt.me

OPINION »

We should care more about fashion

Chase Little
Gauntlet Entertainment

When we look at the world of fashion, we should see a realm of possibilities, inspiration and creative freedom.

Fashion is a refuge. It's more than a way of presenting ourselves to the world, it's a way of channeling how we feel about ourselves.

Clothing is an extension of our personalities, emotions and experiences. It reflects how we feel at any given moment of our lives.

Whether or not we want to acknowledge it, people judge us based on how we look. Our clothing stands as a visual marker of who we are and what we're interested in, which can make taking fashion risks scary. But embracing stylistic quirks and wearing what makes you happy shows people you're comfortable being yourself.

When you look good, you feel good. In taking pride in your appearance, you're presenting the best and



DAWN MUENCHRATH

most confident you.

The girl who is always wearing pyjama pants to class might get better grades, but someone who looks put together is more likely to make a good first impression. As *Vogue* editor-in-chief Anna Wintour once

said, "If you can't be better than your competition, just dress better."

However, not everyone shares this opinion. Many people are afraid of fashion. They see it as superfluous, as a want more than a need. They wonder how someone could be so

unaware of poverty that they would spend \$1,000 on a pair of Christian Louboutin pumps when there are many who can't even afford a pair of decent shoes.

Although fashion can be seen as a rejection of humility or a disregard

for those less fortunate, this isn't always the case.

Fashion can be a tool for charitable work, as seen in companies like Tom's.

A stylish person doesn't need to wear high-end clothing. Fashionable isn't synonymous with expensive. Many of society's most fashion-forward people are not strutting around in \$1,000 shoes. You can look good in thrift store clothes. It's all about imagination and embracing who you are and what you love.

Regardless of our skin colour, sexual orientation or the size of our ears, fashion is one thing that defines each individual as unique.

Think of an interest in fashion as the ultimate investment in every aspect of your life. Think of clothing as more than pieces of fabric.

If we harness the power of clothing to establish self-identity and self-affirmation, we can become the confident and positive individuals we need to be in order to achieve our goals.

CAMPUS
STYLE »

First-year economics student Justin Jong keeps his style polished and fresh. Justin Finds his best threads at ACNE or ABC. By keeping the palette dark and the lines clean, he's mastered minimalist sophistication.
Hayden McBennett

NEW MUSIC »



Sufjan Stevens
Carrie & Lowell
March 31, 2015 (Asthmatic Kitty)

Geography has always been a big part of Sufjan Stevens' music — the American singer-songwriter previously released albums entitled *Michigan* and *Illinois*. On those albums, Stevens used nostalgia alongside a healthy dose of Americana to tell emotional stories that transcend

physical space.

Even though Stevens' new album, *Carrie & Lowell*, doesn't bear the name of an American state, it touches on Stevens' experiences as a kid growing up in Oregon with his mother.

The record has Stevens returning to a mostly acoustic set up after his last album, the electronic *The Age of Adz*, and sees the singer making the most powerful work of his career.

The title, *Carrie & Lowell*, refers to Stevens' parents, but the album focuses mostly on his relationship with his mother, Carrie.

Stevens spoke about his mother's absence during his childhood in a recent interview. He said the record was written as a way to come to terms with her recent death.

The vulnerability Stevens shows on the album is what makes *Carrie & Lowell* so effective. The song



Twin Shadow
Eclipse
March 17, 2015 (Warner Bros.)

The best thing about *Eclipse*, the new album from Twin Shadow, is that it doesn't pretend to be anything other than what it is. It's overdramatic pop music, the kind you listen to when you're walking home drunk after missing the last train.

Soaring vocals combined with thundering background drums ground the album. Every song has a massive chorus and the album is delivered at a frantic pace.

When they work, the songs are punchy and empowering. But when the grandiosity falls flat, the giant

"Should Have Known Better" begins with Stevens singing about memories of his mother and his regret of not having spoken to her more, ending with him talking about the illumination his young niece brings into his life. It's a beautiful sentiment about how it's possible to thrive in the present despite what has happened in the past.

Stevens' Christianity is a big part of his identity, and it becomes an essential part of his music, as can be seen on songs such as "No Shade in the Shadow of the Cross." While some listeners might be put off by the religious lyricism, Stevens combines his beliefs with the music in a tasteful way, and the religious imagery is gorgeous.

Musically, *Carrie & Lowell* excels. Most songs feature intricate finger-picking melodies reminiscent of artists like Nick Drake or Elliott

instrumentals give songs like "To The Top" and "Alone" an empty feeling.

Nothing about the album is subtle. The best track, done with D'Angelo Lucy, is easily "Old Love / New Love," where the melody seamlessly combines with a strong piano instrumental. On tracks like "Flatliners" and the eponymous "Eclipse," the driving instrumentals hit satisfying crescendos.

His lyricism is the weakest part of the album. The record lacks a satisfying arc and the lyrics lean on the side of insipid. But it's not a folk album,

Smith. Other times, like on the haunting "Fourth of July," Stevens turns to a sparse synthesizer arrangement.

The best song on *Carrie & Lowell* is the title track, which finds Stevens exploring electronic music again, albeit more subtly than his previous work. The bouncy synth line manages to feel both playful and mysterious.

Even though the instrumentation is toned down from his previous work, which routinely featured anything from sequencer drum machines to entire symphonies, Stevens manages to make more with less and craft some of the best songs he's ever written.

Carrie & Lowell is one of the most powerful albums I've ever heard. In Stevens' willingness to open himself up, he has created a masterpiece.

Jason Herring

and we're not here for clever allegorical lyrics. We're here for bursting synths and distorted riffs that almost collapse on themselves.

When Twin Shadow's vocals and driving bass lines fail, the album is weak. Fortunately, that doesn't happen often. *Eclipse* is a good album to put on rotation because it's fun and upbeat.

And the album's ability to stay in the indie rock category while avoiding the pithy instrumentals and crooning voices of the genre is a welcome change.

Kate Jacobson

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STAFF PICKS »

APRIL 2 - 8

Thursday, April 2:

Standing on the Shoulders of Giants. Calgary's newest jazz band, the Calgary Creative Arts Ensemble, will perform.

Place: Theatre Junction Grand
Time: 8:00 p.m. - 12:00 a.m.

Thursday, April 2 - Saturday, April 11:

PUSH 2015. An art exhibition curated by, and featuring work from bachelor of fine arts students at the U of C.

Place: Contemporary Calgary - City Hall Location
Time: 7:00 p.m.

Thursday, April 2 - Sunday, April 12:

The Haunting. A horror inspired by the ghost stories of Charles Dickens. The play follows paranormal happenings in the life of a young book dealer.

Place: Vertigo Theatre
Time: Various times

Sunday, April 5:

Winnipeg band the Thrashers kick off their new album *Robot Invaders from the Death Galaxy* with guests the Slab and Snake Legs.

Place: Broken City

Time: 8:00 p.m.

Sunday, April 5 - Monday, April 6:

Easter at the River Café. The River Café on Prince's Island Park is offering ham brunch or dinner to celebrate the holiday.

Place: River Cafe

Time: 10:00 a.m. - 10:00 p.m.

Tuesday, April 7 - Saturday, April 28:

Becky's New Car. A comedy about Becky, a woman who is bored with her average life before meeting a billionaire who offers her everything she's ever wanted.

Place: Martha Cohen Theatre

Time: Various times

Wednesday, April 8:

Renowned primatologist Jane Goodall will be in Calgary talking about her work with chimpanzees and the work being done by Albertan animal welfare groups.

Place: Jubilee Auditorium

Time: 7:00 p.m.

FEATURES

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ALBERTA'S ECONOMY»

A game of bulls and bears *Extracting from speculation on Alberta's tar sands*

Tobias Ma
Gauntlet Features

In early February, oil prices rebounded into the \$60 per-barrel range for West Texas Intermediate (WTI). However, Stephen Schork, a well-known oil stocks analyst, referred to the price jump as a "dead cat bounce."

In financial lingo, a dead cat bounce describes a small, brief recovery in the price of a declining stock. The term stems from the notion that a dead cat hitting the ground will still bounce into the air before touching down for good.

Where analysts like Schork might have tested this notion and why they chose to incorporate it into a financial metaphor is as potentially upsetting as the future of our province's oil. WTI plummeted to a six-year low on March 16 amidst a slew of cuts from energy companies across Alberta. Schork might seem weird for talking about dead cats on national television, but he was right about the price of oil going back down the tube.

The Organization of Petroleum Exporting Countries (OPEC) is the governing entity of some of the world's biggest (and most politically unstable) players in the oil industry.

Historically, OPEC has played a regulatory role in each country's production. Unchecked production results in oversupply and low oil prices. OPEC has intervened in the past to limit production so that oil-exporting nations don't drive prices into the dirt by competing with each other.

Last year, Saudi Arabia, the largest producer in the world and the de facto leader of OPEC, refused to curb production and geared up for a game of chicken with their competitors and political rivals. The resulting low prices have damaged the Saudi treasury, but have also put pressure on Iran, Russia and U.S. shale oil startups.

Saudi Arabia is well-stocked and well-positioned for a price war. Ibrahim Abdulaziz Al-Assaf, the kingdom's finance minister, said in February that his country has already "built buffers to help us in sustaining

our policies," meaning that they have saved billions of dollars to prepare for this play.

Saudi Arabia can survive a lower price dip than other countries by virtue of their product. The kingdom possesses an abundance of conventional, easily extractable oil, making their production costs cheaper than all of their competitors.

Saudi Arabia also possesses the dubious advantage of gross economic stratification. The average salary is around 16,000 SAR (Saudi Arabian Riyals), which equates to \$5,000 CND. The International Energy Agency estimates that the cost of extracting one barrel of oil in Saudi Arabia ranges from \$1–2 USD. After capital and overhead costs like worker pay, the final cost of producing one barrel hovers at \$4–6.

According to the National Energy Board, the extraction costs for a barrel of Canadian crude are around \$10–\$14 CAD depending on whether the oil is produced via conventional mining techniques or Steam-Assisted Gravity Drainage (SAGD), a method that extracts oil by injecting steam into the ground, causing oil to rise to the surface. With additional costs such as specialized mining

equipment, higher wages for labour and the cost of upgrading the tarry bitumen to synthetic crude, it costs around \$36 to \$40 to produce a barrel of useful Athabaskan oil from a new operation.

This means that in order to gain a 15 per cent profit, an average barrel of Canadian crude requires a global WTI buying price of anywhere between \$40 to \$60 USD, depending on the company and the project. Aramco, Saudi Arabia's national petroleum enterprise, could accrue a 20 per cent profit if the price of WTI fell to \$8 per barrel.

All of the Ford F-150s appearing in Albertan used car dealerships might make this price drop seem like the end of the world, but take comfort in the fact that others have it worse.

Low crude prices have hit small American producers spearheading the shale oil revolution hardest. Shale deposits are found in abundant supply throughout the U.S. but were previously considered a niche product due to the energy required for extraction and refining. Advances in technology have dramatically reduced the cost of converting shale into usable crude, which has encouraged American entrepreneurs and

investors to explore shale reserve development.

A RAND Corporation study projected that further developing infrastructure for shale oil could reduce the costs per barrel from \$70–95 to \$30–40 USD. This figure resembles that of Canadian tar sands oil, but shale is still a ways off from that price point.

Much like the warlike spice traders of Frank Herbert's *Dune* series, Albertans have built their entire economy around the extraction of a single resource. We are within rights to feel paranoid and oppressed by the crude price drop. However, we should keep in mind that OPEC's refusal to cut production is a reaction to global oversupply, not a cause of it.

Saudi Arabia is muscling out shale companies before they turn the U.S. into an energy-independent state, as well as putting political pressure on its oil-churning rivals Iran and Russia. Canada, as usual, is a bystander caught in the crossfire. At the end of the day, we are not a big enough player on the global energy scene for a superpower to try cutting us out. Canada ranks tenth on the list of oil exporters at around 1.5 million bar-

rels per day. Saudi Arabia exports more than five times the amount.

Canadian unconventional oil producers have advantages over their American counterparts because her large energy companies are well-established and acclimatized to dealing with market fluctuations. Shale producers are young, small companies without established cash flow, running prototype operations with inevitably high overhead costs. And for better or worse, corporate income taxes in Alberta come out to 25 per cent compared to 39 per cent in the States.

All of Canada's advantages can and will be eradicated if the competition down south is given room to grow. America can out-produce and out-construct Canada on every front. If shale gets fat off of sustained high prices, Canadian oil companies could find themselves looking at a more permanent downturn.

So while OPEC's refusal to curb production might seem like an anti-social business practice, it could benefit Alberta's economy in the medium term. The number of U.S. rigs has dropped by 60 per cent since October's crash. I'm not suggesting that we celebrate the loss of livelihoods,



DAWN MUERCHRATH

but the harsh reality is that only so much market share is up for grabs. By denying part of that share to the U.S., Saudi Arabia has delayed the possibility of Canadian oil's biggest consumer transforming into a producer.

/// The wildcat image of the oil-sands industry is probably coming to an end

— Michael Moore, U of C School of Public Policy professor

Another offset to low oil prices is low construction costs. Skilled labour has consistently been Alberta's most badly-needed resource, and big projects regularly engage in bidding wars to retain tradespeople. Although many projects around Fort McMurray have stalled or seen cancellation, surviving projects can expect a more dependable and affordable supply of able bodies than before, as well as lower fuel costs for their site vehicles.

Oil politics are complicated, which seems a glib point, but even the most well-respected analysts can miss the knock-on effects that decisions have years down the road. One article by Mike Priaro, a consultant writing for the *Calgary Herald*, suggested that Barack Obama's decision to veto the much-debated Keystone XL project is actually good for Canada's economy, since we should focus more on pipelines like TransCanada's Energy East to promote the use of Canadian refineries.

Had Obama approved Keystone, the increased flow of oil to Texas may have only further contributed to market saturation, which has glutted the U.S. so badly that they no longer

have space to store their crude.

Canada has depended on resource extraction to build her fortune. This is a natural consequence of having a small population and a lot to go around. Canada should take advantage of these blessings, but should invest intelligently into her energy future, which means finding out how to diminish her presence in an American market that constantly looks for reasons to get rid of us.

The cost of labour makes maintaining refineries in Canada difficult, but if we continually send our product down south to be refined and sold back to us, we undermine the benefit of reduced export costs associated with a lower Canadian dollar.

If I had a Magic 8-Ball that told me the future price of crude oil, I would be screaming on a trading floor somewhere with cocaine on my nose, not writing articles for a student newspaper.

But I can make a cautious prediction based on experts' opinions, as well as the data they've used to suggest business and policy decisions. Albertan oil will survive, although the sting of this price drop will linger. There will be no cataclysmic collapse, despite the doom and gloom prophesizing of gleeful *Financial Post* commentators from Toronto.

While optimists say a price recovery of up to \$80 per barrel of WTI is possible by the end of 2015, current trends point to a time frame of around 2016 or 2017 before we can hope for a return to high times.

And those times won't last forever. Shale technology is here to stay — we can't exactly burn down Rome in the hope of destroying its knowledge. Once prices are up, American rigs will come back online and Albertan producers will find themselves in competition all over again. Michael

Moore, a professor from the University of Calgary's School of Public Policy was recently quoted in the *Herald* as saying, "The wildcat image of the oil-sands industry is probably coming to an end. . . Expansion is going to become more focused on existing assets and the business will become more predictable and stable."

What does this mean for students hoping to enter the industry? Should prospective petroleum engineers take up bong design instead, or prepare to sell their swords to the oil barons of Nigeria?

It depends on your objectives. Don't base your decision to study

finance or engineering on the expectation of landing a six-figure job at an oil company straight out of convocation. Those jobs exist, but they're drying up and the string of industry layoffs mean that you'll be competing against individuals with far more experience than you.

Alberta's oil industry does not need uninspired slugs hoping to stumble onto a gravy train that's already running on fumes. The industry needs critical thinkers who know what it takes to compete on an international scale. Part of this is hard work, yes.

But consider that East Asian engineering firms regularly make their

employees stay past 8 p.m., that the U.S. has over nine times the potential workforce that Canada does, and that the exploitative tactics of Saudi Arabia's temporary foreign workers program makes our own seem like charity.

We will not survive on brute force alone. What Canada does have are some of the best universities in the world and a cultural inclination towards research, innovation and stewardship. That's where you come in.

When he's not pretending to be a journalist, Tobias Ma works as a cost analyst at an oil and gas corporation.

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Get ready to Get Out the Vote

STUDENTS
SU
UNION

Levi Nilson
VP External



This is your year to help shape Canadian politics. Two incredibly important elections are coming up and the stakes could not be higher! Pledge to vote with the Students' Union to make sure government knows how big a voice we can have!

Federally, it's anyone's race. The Liberals and Conservatives are neck to neck, with the NDP in a close third. Every vote is going to count in the federal election on Oct. 19, 2015. The University of Calgary

sits within a brand new riding called Calgary Confederation. The candidates vying for this new seat need to learn that university students must be listened to if they want to represent us in Ottawa.

Provincially, it has never been more important for students to vote. The government just cut funding to the university (again) and are thinking about eliminating the tuition cap. Now is the time for students to come out to the polls in droves and show our provincial leaders that we are a viable voting bloc and need to see platforms and policies that cater to students' needs and our challenges.

The Students' Union is stepping up to make sure as many students vote as

possible. In concert with students at the University of Alberta, University of Lethbridge, Mount Royal University and Macewan University, the SU is running a massive **Get Out The Vote!** (GOTV) initiative. We'll be collecting pledges from students and making contact during election days. You'll find GOTV volunteers scrambling around campus wearing GOTV t-shirts. They'll be in your classrooms, in the hallways and everywhere else on campus with a simple message: students must vote!

Sign a pledge form or visit getoutthevote.ca to pledge online. Not only will you be receiving a reminder to cast your ballot, you also enter yourself

in for a chance to win a ton of prizes! You could win a MacBook Air, an iPad mini or an iPad air. Also up for grabs is one of two hundred \$10 vouchers for MacHall. You can use this voucher for any food or drink from almost any vendor in MacHall.

There are big issues and big opportunities in the next two elections and the SU wants to encourage as many people as possible to flex their democratic might to ensure post-secondary is affordable and high-quality. Make sure you pledge to vote! It is simultaneously the least and most important thing you can do!

The Students' Union advertisement is provided by the SU and published without Gauntlet editorial revision.

MEN'S BASKETBALL »

Dinos snatch up another star Winnipeg guard

Ashton Chugh
Sports Editor

The University of Calgary Dinos men's basketball team acquired top rookie prospect Torrez McKoy from Winnipeg. McKoy is expected to fill a void at the point guard after Jarred Ogungbemi-Jackson retired this year.

McKoy averaged 29 points, 10 rebounds, five assists and five steals per game at the Mennonite Brethren Collegiate Institute.

McKoy said that former captain Jarred Ogungbemi-Jackson was instrumental in making his choice to suit up for the Dinos.

"I talked to Jarred and he told me how they treated him really well at the school and how he was so nervous to leave and that's sort of like me too," McKoy said. "It's an

unbelievable opportunity to replace him considering how successful his career was and how strong of a basketball school it really is."

Dinos head coach Dan Vanhooren said that it was Torrez's humble nature and good spirit that will make him a great fit with the current roster.

"Torrez comes from a good family," Vanhooren said. "I think he's a grounded individual who will fit in well with our group. He's a quieter guy, but there's no question that he leads as he plays. He's also a focused student, and he will be an excellent fit with our team."

The Dinos finished their season with a 12-8 record, which was good for fifth in the Pioneer division. They were swept out of the second round of the playoffs by the University of Fraser Valley 2-0.



McKoy is the latest Winnipegger to join the Dinos.

COURTESY DINOS

In the Spotlight League Leaders

Chris Paul

The Los Angeles Clippers point guard is leading the NBA with 10.1 assists per game. Paul has helped the Clippers secure a playoff spot in the loaded Western conference with a record of 49-25, good for fifth place.

Alex Ovechkin

The Washington Capitals winger is leading the NHL in goals, tallying 50 thus far. Ovechkin leads the league by a margin of 10 goals in the sixth 50-goal season of his career. The Capitals currently hold the first Wild Card position in the Eastern conference.

60

The franchise record number of wins achieved by the Golden State Warriors and losses suffered by the New York Knicks.

Lionel Messi

FC Barcelona's elite forward is leading the Spanish La Liga in goals with 32, besting rival Cristiano Ronaldo by just one goal. Messi himself set the record for most goals in one La Liga season with 50 tallies in 2011-12.

Jose Abreu

The Chicago White Sox first basemen is leading the MLB with a batting average of .519 over 17 games. The best all-time single season batting average was Hugh Duffy's .440 for the Boston Beaneaters in 1894.

HEALTH AND WELLNESS »

Get past the hump to tone your rump

Eric Licis
Gauntlet Sports

With summer in sight, being active is front and centre in a lot of students' minds.

However, it's common to pick up sedentary habits after a long winter.

It's hard to rationalize picking up heavy weights and running in place for 45 minutes when there are 10 episodes of your favourite show waiting to be watched at home.

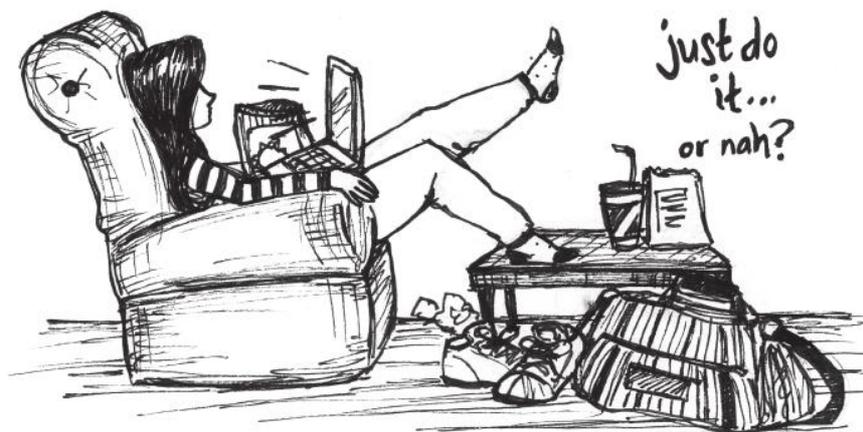
The challenge doesn't end there. Even after gathering the right motivation to go to the gym, one day of exercise doesn't cut it.

Like quitting smoking or kicking the fast-food addiction, you must get past the dreaded hump. In this case, getting past the point where the gym is no longer an errand, but instead an enjoyable part of your daily regimen.

"There's definitely a hump if you have not done any physical activity in a while, and in my opinion, the longer it's been, the harder the hump will be to get over," said Good Life personal trainer Heidi King. "That said, everyone is different in how they react to the gym."

While there's no concrete plan that could alleviate the mental hump, there are many tricks and tips.

King says that it's important to start small, so as not to discourage yourself



DAWN MUENCHRATH

from getting back in the gym.

"For anyone who has been away from the gym for a while, it's important to do less for a longer period of time," King said. "It's also important to remember that how much muscle has been lost affects your strength and performance. So limiting your expectations is critical."

Fifth-year U of C student and Canadian national skeleton racer Nathanael Darrell emphasized a commitment and reward system while keeping away from the impulses to quit.

"You always feel great after your

first couple of days back in the gym," Darrell said.

Darrell also says to reward yourself for the effort you're putting towards your end goal.

"But once you get back into your routine at home, whether it's watching Netflix or just lounging around, you're bound to find yourself back into those old ways again. The best way to combat the urge for complacency is to treat yourself after a workout. Feel good about your accomplishments and don't feel bad when you don't necessarily hit your goals."

In the end, the gym is a great

resource for those wanting to get back in shape. But for those who don't like the gym, there are several different options for exercise. Organized sports and home workout equipment allow for a different spin, but the presence of a "hump" doesn't go away with that change.

Darrell says that in the end it's up to you to find the motivation to push forward.

"No one person is the same," he said. "If you really want to keep going on with your workouts, you'll keep going. If you don't, well, Netflix is still pretty fun."

Hitmen housing NHL talent of the future

Sonny Sachdeva
Sports Assistant

Calgary is currently playing host to some of the top young hockey talent in the world, and they don't play for the Calgary Flames.

While these promising young players suit up at the Saddledome, their jerseys don't bare a flaming C, but rather the masked marauder of the Western Hockey League's (WHL) Calgary Hitmen.

The Hitmen may not get much attention in Calgary, but the junior team boasts some elite young prospects who are well on their way to NHL careers.

Forwards Adam Tambellini, Jake Virtanen and defenceman Travis Sanheim have all been key contributors for the Hitmen this season, helping the club finish as division champions for the first time since 2010 when they won the WHL championship.

All three have been drafted to NHL teams and have inked entry-level contracts.

Virtanen is arguably the most promising of the trio. Drafted sixth overall by the Vancouver Canucks in 2014, he rose to prominence earlier this year when he won a gold medal for Team Canada at the International Ice Hockey Federation (IIHF) World Junior Championship.

Virtanen also led the Hitmen in goals last season with 45 in 71 games. He followed up the breakout season with a strong performance in 2014-15, finishing with 52 points in 50 games after a successful return from shoulder surgery.



Virtanen hopes to make the Canucks roster. COURTESY 507F



Getzlaf began his career in the WHL. COURTESY BRIDGET SAMUELS

Identified by the Canucks organization as a gifted scorer with an unrelenting competitive nature, 18-year-old Virtanen already possesses a skill set that bodes well for the NHL. His speed, physicality and knack for putting pucks in the net could lead Virtanen to the NHL ranks as early as next season.

Adam Tambellini may not have earned himself a spot among the top-10 picks in his draft class — the winger was selected 65th overall by the New York Rangers in 2013 — but his scoring ability is no less prolific.

The son of Steve Tambellini, the former NHL forward and general manager, has been on a tear this season, piling up 47 goals and 86 points in 71 games to lead the Hitmen in scoring. The offensive outburst placed Tambellini in the top 10 among all WHL scorers and top five in goal scoring.

With notable size (6'3", 191 lbs), elite skill and the family pedigree of his father's successful NHL career,

Tambellini has his eyes set on the big leagues and could be there within the next few seasons if his scoring continues.

Manning the Hitmen's blue line is Philadelphia Flyers prospect Travis Sanheim. Drafted 17th overall by the Flyers in 2014, Sanheim has established himself as the top defenceman

in the WHL, leading all blue liners in scoring with 65 points in 67 games.

Sanheim has amassed notable international recognition as well, guiding Canada to a bronze medal at the IIHF World U18 Championship where he was named the tournament's best defenceman.

The young prospect is projected to

be a top-tier defender for the Flyers, bringing a slick set of hands, an excellent understanding of the game and the poise to be relied upon in any situation. He still has to fill out his 6'3" frame, but as long as he continues his solid play for another couple of seasons in the WHL, Sanheim will earn his spot as a staple of Philadelphia's defensive core.

While it may seem too early to judge the success of these young players, the Hitmen are no strangers to producing elite talent.

The club has housed some of the NHL's top players like Stanley Cup champion and two-time Olympic gold medalist Ryan Getzlaf. Other notable Cup champions such as Andrew Ladd, Johnny Boychuk and Brad Stuart also began their careers with the Hitmen.

With the skill and drive for promising professional careers, Sanheim, Virtanen and Tambellini have a strong chance to join the NHL, putting the Hitmen on the map as one of the best youth programs in the country.



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The SEEL Program enhances the hands-on learning experience for individual undergraduates and undergrad student clubs and organizations. Sponsored by Shell Canada, administered by the University of Calgary with applications judged by students.



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VERY SERIOUS NEWS

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EXAM TIME »

How to write a paper

Melanie Woods
Should be writing a paper right now

It is the season for hours of studying and finishing 5,000-word papers the day before they're due. With your overwhelming workload in mind, we here at the *Gauntlet* compiled a step-by-step guide to writing the perfect research paper.

1. Decide on a medium. Abandon Microsoft Word and get creative. Actually, get political. Spray-paint the entire text of your paper for POLI 349 about the risks of Alberta's oil-invested economy on the side of Jim Prentice's car. Whatever works for you.

2. Gather your sources. Head to Market Mall, stop at the Source by Circuit City and visit the pimply pubescent sales associate named Bryan. Bryan will help you pick up some new headphones, a boombox and maybe even one of those cool remote-control monster trucks. Thanks, Bryan!

3. Decide on your citation style. Depending on the class, your professor likely recommended Chicago,

MLA or APA. Show them that you're creative by making up your own. Refer to single authors as "y'all," multiple authors as "all y'all" and the possessive of multiple authors as "all's y'all's." Ensure that all sources listed in your bibliography are presented in proper Spenserian sonnet form. Your professor will thank you for making their marking more enjoyable.

4. Formulate your thesis statement. This should summarize both the arguments contained in your paper and every argument you've ever had. Be sure to include a dig at your ex-girlfriend who didn't understand your punk-rock aesthetic and your friend who insisted on playing the Proclaimers' "500 Miles" on repeat for the entirety of your four-hour road trip to Jasper last month.

5. Write your introduction. Introduce your topic. Does your topic like long walks on the beach? Could they be with someone with tattoos? What are six things they could never do without? Why should we swipe right on this topic? Is your topic looking for a brief

fling or something more long-term? Throw in an amusing emoji or two to show that your topic is fun and flirty.

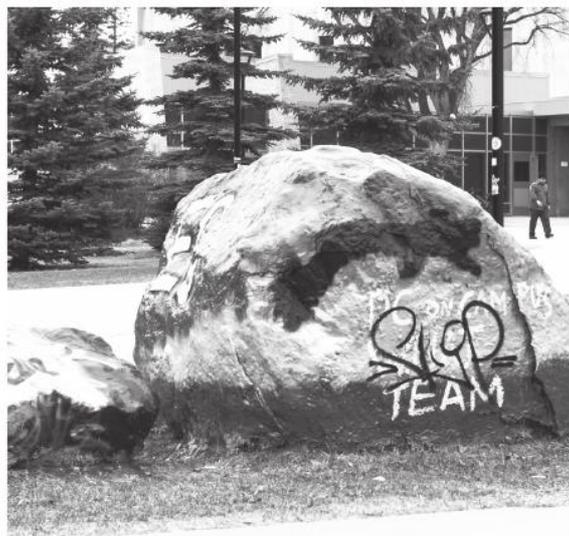
6. Write the body of your paper. Find a bull. Have him shit on your paper. Make no effort to clean it up. In fact, just spread it around and integrate it with what little information you have.

7. Write your conclusion. Be sure to include shirtless Hugh Jackman somewhere. Somebody has to die, and there should be a wedding, a birth and a cliffhanger leaving your readers wondering if Jessica is going to choose Rick or Tim.

8. Decide on a title. Lyrics to Lil' Wayne songs usually work and it will show your professor that you're hip with the kids. "Money talks, bullshit walks on a motherfucking tightrope" is the ideal heading for any upper-level economics paper on tariffs and trade agreements.

9. Proof read. Proof read again. Proof read again.. Proof reed again. Proofread again. Continue proof-reading until you die. Hand in the wrong paper.

CAMPUS GEOLOGY »



ALEXANDER KIM

Popular rock on campus actually just piece of schist

Derek Baker
"Rockin' in the free world

Researchers in the department of geoscience have identified the original composition of the rock located outside of the MacKimmie Library Block. The rock is used by students to promote their events, opinions, frat parties and motivational messages.

This new mineral, formally called Dinoite, has been tested vigorously in order to unearth any new chemical and physical properties.

"When we finally found it, we were really excited," University of Calgary geoscience professor Penelope Pebbles said. "Who knew that under all that paint was just a piece of schist?"

Schist is a type of medium-grade metamorphic rock. Using a highly sensitive device also used for examining dog ulcers, Pebbles and her team were able to locate the original rock under thousands of coats of paint. The original piece of schist is about the diameter of a 30 centimetre ruler.

Pebbles said that 50 years of shameless advertising has resulted in changes at the atomic level.

"What's even more amazing is that the surroundings of the original core

of the rock has chemically changed," Pebbles said. "The weight of all of those coats of paint has metamorphosed the contents into a new mineral."

Due to high amounts of lead in paint during the 1960s and early 1970s, the new mineral is hazardous to human health. Campus safety officials are now reviewing whether the rock should be removed.

A mutant species of grass has been found growing around the rock and reportedly give off a "putrid green haze" when the sun is at its peak.

Several students have issued reports to Campus Security of a creature described as "the love child of a squirrel and a magpie with glowing red eyes that burn with the heat of a thousand suns."

"Oh, I wouldn't worry about it too much," Pebbles said when asked about the toxicity of the rock. "As long as those deeper layers aren't exposed, there shouldn't be an issue. Still, I wouldn't touch it."

GLGY 201 professor and lab coordinator Bob Boulder is requesting to chip off pieces of the rock to add it to the samples in the laboratory component of his class.

"Let's see these little schists identify this one," Boulder said.

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It Goes Without Saying - Dawn Muenchrath

How was your day?
 Hm. How can I explain this...
 Okay. You know those days when you wake up full of energy and you have a hundred and one things to do but you feel like you can take it?
 Sure.
 But then nothing goes as planned and nobody's on your side? And when you finally get home you're so emotionally and physically drained that all you want is curl up with a blanket, tea and a gos TV sitcom?
 Yeah. Totally.
 Well, that's what my day was like—minus the first part that implied leaving the house and attempting things.
 Some people just say "good"...

Filbert Comics - Anthony Labonte

IT SAYS HERE, THAT REGRET HAS A LOT OF BENEFITS SUCH AS GAINING INSIGHT AND AVOIDING FUTURE NEGATIVE BEHAVIOUR!
 WHAT ARE SOME OF YOUR REGRETS?
 AH MAN! I DON'T THINK I HAVE ANY!
 I MUST GO BACK AND CHANGE THINGS!
 Ahh!

FRIENDS

ACROSS:

- IN THE SOAP OPERA, *DAYS OF OUR LIVES*, JOEY PLAYS NEUROSURGEON DR. DRAKE _____.
- RACHEL'S CHEATING HIGH SCHOOL PROM DATE.
- PHOEBE'S NEVER-SEEN ROOMMATE.
- THIS OLD MAN, KNOWN FOR COMPLAINING EXCESSIVELY AND TELLING FAR-FETCHED LIES, LIVES IN THE APARTMENT BELOW MONICA AND RACHEL IN SEASON 1.
- IN SEASON 9, CHANDLER QUITS HIS JOB AS A STATISTICAL ANALYST AND PURSUES A CAREER IN THIS FIELD.
- THE SUPERINTENDENT AT MONICA, RACHEL, JOEY AND CHANDLER'S APARTMENT BUILDING.
- IN ORDER TO PROVE THAT HE IS COMPLETELY "FINE" WITH RACHEL AND JOEY'S NEW RELATIONSHIP, ROSS INVITES HIS FRIENDS OVER FOR DINNER AND SERVES THIS MEXICAN FOOD.
- THIS GREEN SISTER PIERCED BABY EMMA'S EARS WITHOUT TELLING RACHEL.

DOWN:

- RACHEL TRIES TO CONVINCE PHOEBE HER NEW APOTHECARY TABLE WAS PURCHASED IN FLEA MARKET, WHEN SHE ACTUALLY BOUGHT IT HERE (2 WRDS).
- WHEN ROSS AND RACHEL ARE ALLEGEDLY "ON A BREAK", ROSS SLEEPS WITH CHLOE FROM THE _____ PLACE.

LAST WEEK