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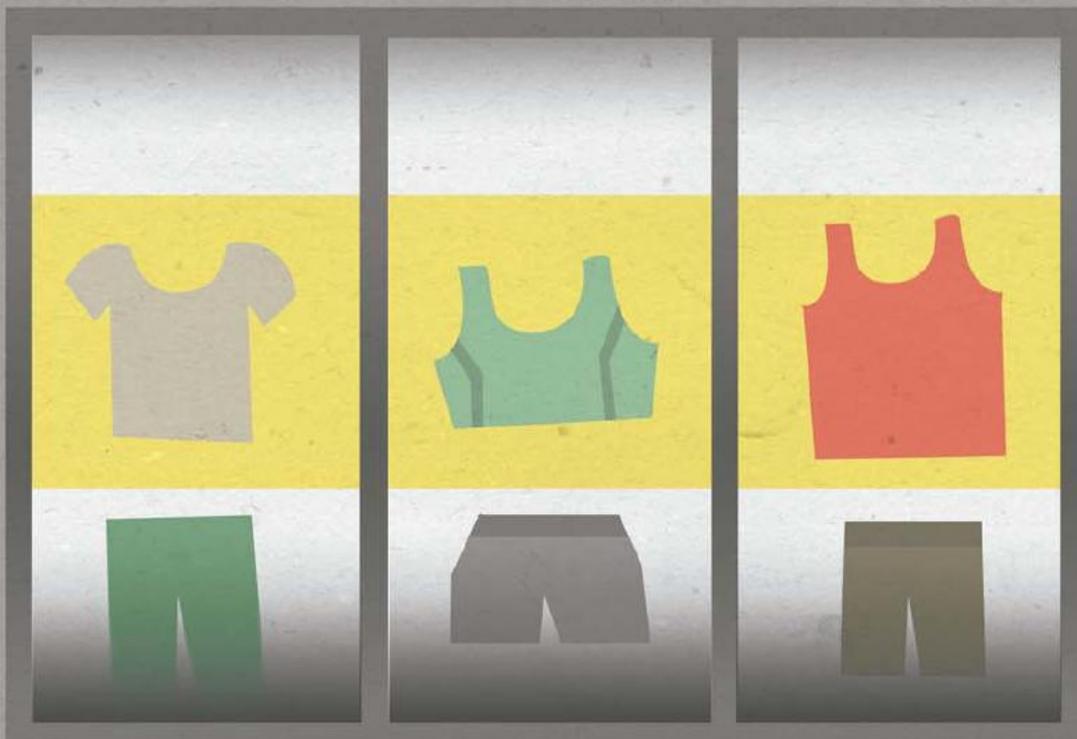
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WHAT IS ALLOWED AT THE GYM?

PG.3





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Twitter: @GauntletUofC

Editor-in-Chief: Kate Jacobson 403-220-7752
ek@thegauntlet.caNews: Fabian Mayer 403-220-4318
news@thegauntlet.ca

News Assistants: Scott Strasser, Lianelle Barraza

Opinions: Sean Willett
opinions@thegauntlet.caFeatures: Chris Adams
feature@thegauntlet.caEntertainment: Jason Herring
entertainment@thegauntlet.ca

Entertainment Assistant: Rachel Woodward

Sports: Sonny Sachdeva
sports@thegauntlet.ca

Sports Assistant: Emilie Medland-Marchen

Humour: Melanie Woods
humour@thegauntlet.caPhoto: Louise Villanueva
photo@thegauntlet.caVideo: Eric Gonzalez
video@thegauntlet.caGraphic Artist: Samantha Lucy
graphics@thegauntlet.caOnline: Clara Sadler
online@thegauntlet.caVolunteer Coordinator: Olivia Ingram
volunteer@thegauntlet.caBusiness Manager: Riley Hill
403-220-7380
business@thegauntlet.ca

Contributors

Prince Afrim • Derek Baker • Keeson Beate • Jarrett Edmund
Jill Gungah • Grant Jackson • Simran Kaler • Stephan Kim
Ian Kinnel • Alena Kharin • Jeff Mills • Emily Macphail
Dawn Muenchrath • David Song • Kent Wong

Golden Spatula



Grant somehow managed to have the copy for his recap of the Dinos Final Four game in even before the game had started with perfect details, flawless grammar and intriguing quotes. We plan on using his predictive powers for monetary gain in betting rings and casinos. You're going to make us all rich, kid.

"I don't mean to brag, but I'm the greatest!"

Furor Arma Ministrat

Room 319, MacEwan Students' Centre
University of Calgary
2500 University Drive NW
Calgary, AB T2N 1N4
General inquiries: 403-220-7750
thegauntlet.ca

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 offices are located on Treaty 7 land.

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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

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ACTIVE LIVING »

Two women kicked out of fitness centre for wearing sports bras

Emilie Medland-Marchen
Sports Assistant

An incident at the University of Calgary fitness centre is raising questions about the gym's dress code. Two women were escorted out of the fitness centre by Campus Security on Feb. 18 for wearing sports bras to their work out.

Bobola Olayinka and Gorana Jetic were asked to leave the gym by staff on two separate occasions. The first incident took place on Feb. 16, when a staff member asked the women to leave for wearing sports bras, thereby violating the gym's dress code.

The two women returned to the fitness centre on Feb. 18 wearing t-shirts, but later took them off to work out in sports bras. A verbal altercation ensued after they were asked to put their t-shirts back on, resulting in the pair being escorted out by campus security. Olayinka also had her fitness centre pass suspended for two weeks.

Olayinka and Jetic said they returned to the gym the second time in order to protest what they claim is a "sexist and ridiculous" policy.

"They're choosing who to enforce the policy on," Olayinka said. "At the same time, in the larger scope, they're specifically discriminating against women."

The fitness centre's dress code is displayed on a whiteboard at the gym's entrance, as well as on their website. Active Living's website states that "gym attire is required (runners, t-shirt, shorts/track pants, no sandals please)." Both Olayinka and Jetic raised concerns about the



The fitness centre's dress code requires patrons to wear t-shirts at the gym. policy being evenly enforced.

"I've seen girls wear sports bras. It's not common, but definitely," Olayinka said. "We also brought up the issue of guys wearing lifting tank tops, and they told us to just put on a hoodie or something."

Following the altercation, the staff member contacted Campus Security to help remove Olayinka and Jetic from the gym.

"We were just sitting on the mats, working on our abs, and all of a sudden there are security guards above us," Jetic said.

The two women argued with the staff member and the security guards about the policy before being

escorted out of the gym. Campus Security confirmed that they responded to the incident, but would not go into any details.

Olayinka was contacted by fitness centre manager Chris Gordon the next day to discuss the two incidents and review the dress code. Olayinka and Jetic met with Gordon on Feb. 23.

"He asked us to explain what happened from our perspective, and we thought he would really hear us out," Jetic said. "But he really just called us in to dismiss everything we had to say."

After the meeting, Olayinka was notified by Gordon in an e-mail that her gym membership had

been suspended two weeks for choosing to "openly defy a fitness centre policy you were given several chances to correct" and "verbally attack[ing] a fitness centre staff member."

Chris Gordon was contacted for an interview but declined to comment beyond a prepared statement. Active Living's statement said that "our intention is to ensure our policies are fair and promote a safe and respectful environment that can be enjoyed by all those who attend the fitness centre."

According to Active Living, they are in the process of "reviewing and clarifying" their dress policies.

JARRETT EDMUND

STUDENT SERVICES »

Mental health clubs worried about funding

Lianelle Barraza
News Assistant

Student groups are concerned about mental health services at the University of Calgary if provincial funding is not renewed. Three million dollars in mental health funding for the province's three largest post-secondary institutions expires this August, and the government has yet to say if the funding will be renewed.

Mental Health Awareness club vice-president internal affairs Rena Far said the funding helps support services like the SU Student Wellness Centre.

"If any [funds] were to get taken away, the biggest issue is that demand for these services is always rising," Far said. "If the supply of services can't meet the demand, then what we do and what the Wellness Centre does can only go so far."

Far said the mental-health focused clubs comprising the Mental Health Alliance have done their best to prepare for the potential drop in funding.

"One thing we're doing in the Alliance is trying to make better use of what little money we're going to have to promote our initiatives," Far said. "We can use each other as a resource and use our connections to really get

people to attend events and raise awareness without really flashy or expensive promotions."

Students' Union vice-president external Romy Garrido wouldn't speculate on the chances of funding getting renewed in an interview, but said at Students' Legislative Council that it wasn't looking good.

"There's a lot of different services that have been added [to the SU Wellness Centre] because of the fund," Garrido said. "It is hard to say, but logically if there's no more funding we'd be worried."

Senior director student wellness Debbie Bruckner said the university has not received notice that

funding will continue.

"Discussion with the provincial authorities continue and there has been significant work on the part of the U of C," she said.

Bruckner said the university believes provincial authorities recognize the importance of the mental health services offered to students on campus.

"We have developed a number of scenarios to support students based on various levels of funding," Bruckner said. "As we roll out the Mental Health Strategy, it is critical that we continue to support our students, faculty and staff in this essential area for health and well-being."

BRIEFS

Poll: Calgarians want fluoridated water

A new poll shows that over six in 10 Calgarians want fluoride in the city's tap water. Research firm Think HQ conducted the survey for *Metro* from Feb. 29 – March 5.

According to the poll, 64 per cent of the 452 respondents want fluoride reintroduced to Calgary's water as compared to 27 per cent who don't. Nine per cent were unsure.

The debate around fluoridation resurfaced in February when a University of Calgary study found children in Calgary – where water fluoridation ended in 2011 – had worse teeth than those in Edmonton, which

Close race takes shape in Calgary byelection

A provincial byelection in the riding of Calgary-Greenway is turning into a tight contest. A recent poll shows the Progressive Conservative (31 per cent), NDP (24 per cent), Wildrose (22 per cent) and Liberal (21 per cent) candidates all within 10 percentage points of each other.

The seat was vacated after PC MLA Manmeet Bhullar was killed in a car crash last November.

CAMPUS EVENTS »

Annual Pie Week dishes out sweet revenge to raise money for charity

Jill Girgulis
Gauntlet News

The Engineering Students' Society is teaming up with the Faculty of Arts Students' Association and the Residence Students' Association for the University of Calgary's annual Pi week, where students can exact revenge on their peers while raising money for charity.

The fundraiser runs from March 14 – the calendar representation of the approximation of Pi (3.14) – to March 18. Students can purchase a \$5 pie that will be delivered to their classmate of choice and smeared in their face.

Pi Week coordinator Geoffrey Cornish said the event is a tradition for U of C engineers.

"[It's] a tradition from before I was involved in school – I think it's 10 years old," Cornish said.

This year, the event is incorporating two different fundraising initiatives. Pies purchased from FASA will support the Calgary Urban Project Society.

"[CUPS] is really involved in moving Calgarians out of poverty



Participants in last year's Pi Week get a face full of pie for a good cause.

LOUIE VILLANUEVA

through the three pillars of health, education and housing," Cornish said.

All ESS funds will be offered to recent engineering graduate Oliver Descoteaux to help fund his cancer treatment.

"Normally the proceeds go to CUPS," Cornish said. "We're trying to fulfill obligations while still helping alumni."

Pi Week coordinator Farzin Mou believes collaborating with

FASA will help the event raise more money.

"This year we figured, why not expand to other faculties?" Mou said. "Eventually the plan is to make it an entire school thing."

Both Mou and Cornish said delivering the pies is the best part of Pi Week.

"It's probably the look of terror right before you pie someone. I'm not gonna lie – it's pretty satisfying," Mou said.

Students have the option of refusing to face the pie – as long as they pay \$5 to redirect it. They can also submit an opt-out form, forfeiting their right to send or receive any pies.

Interested students can purchase pies from the Arts or Engineering Lounges for \$5 starting on March 11 at 12:00 p.m.

More details about the rules of the event can be found on the ESS Facebook page.

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ACTIVE LIVING »

Women-only fitness classes prove popular

Scott Strasser
News Assistant

University of Calgary Active Living now offers women-only weight training following the success of recently introduced women-only fitness classes.

Active Living is offering weekly weight-training classes for women from March 7–28. The classes take place every Monday from 5:00–6:00 p.m. in the small weight room below the kinesiology changing rooms.

In December 2015, a group of women from the Muslim Students' Association approached the Students' Union about the possibility of implementing women-only fitness options on campus. Vice-president student life Kirsty McGowan worked with Active Living to create six women-only fitness classes in barre fusion, jazzercise, zumba and belly dancing for this semester.

"It was about making sure all students had the opportunity to be active on campus and to have a space where they felt comfortable to exercise in," McGowan said. "A lot of students told me they're really happy with the classes and they're glad they have an option to be active."

All six of the women-only classes offered were fully booked. Active Living manager Pamela Cox

estimates that around 15–20 students chose the classes because they were only for women.

"The classes are all very popular so it's difficult to know for sure what percentage of the students signed up specifically for the women-only experience," Cox said. "I did receive several inquiries about the classes, though."

Third-year kinesiology student Shannon Giorgini registered for one of this semester's women-only barre fusion classes. Giorgini said she chose that option because it worked best with her schedule.

"I didn't specifically pick it because of the women-only aspect, but I think maybe it could make it easier for some women to work out in a women-only space," she said.

Giorgini believes it's good to have safe spaces for women to exercise, but suggested incorporating men as well.

"I'd almost argue we should be encouraging mixed spaces where we can create a supportive environment, instead of perpetuating the idea that women need to feel comfortable working out by themselves," Giorgini said.

Active Living is also offering a free weight-training orientation for women on April 1. The orientation is run by a personal trainer and takes place from 4:15–5:15 p.m.

LABOUR »



STEPHAN KIM

University's food workers push for unionization

Kate Jacobson
Editor-in-Chief

Aramark employees at the University of Calgary are applying to unionize with the UFCW Local 401. Aramark runs food vendors, operates the residence Dining Centre and provides catering services on campus.

The union filed their application with the Alberta Labour Relations Board on March 4. Union organizer Joe Irving is confident they will meet the government's requirements.

"The government requires that we have 40 per cent, at least, of the workplace sign union petitions or union cards to show their interest that they want us to be their bargaining agent," he said. "We believe that we have well above the 40 per cent."

After the application is filed with the Alberta Labour Relations Board, the government will request a list of employees from Aramark. They reference the petitions with the list provided by the employer in order to confirm that the union received 40 per cent support.

Aramark vice-president corporate communications Karen Cutler said the company is generally supportive of their employees' right to unionize.

"We have a great deal of respect for our employees," she said. "While we prefer that our employees deal directly with us

on issues concerning their employment, we fully support their democratic right to understand all of the issues and choose for themselves on the matter of union representation."

If there are no issues with the list, the Labour Relations Board will issue a secret ballot government vote. If 50 per cent of the employees support unionization, the workplace becomes unionized, regardless of the company operating it.

“The employees contacted us early in this year to say that they wanted to be represented again by a union.”

— UFCW union organizer Joe Irving

"If a new employer came into this workplace, you wouldn't have to go through this process again," Irving said. "The certificate would be for this workplace so any provider that comes in, the place would still be unionized."

Chartwells, the previous campus food provider, voluntarily recognized a union among its employees. But as the workplace had no official certification with the province, it was no longer unionized after Aramark took over the university's food services. Irving hopes the official certification will help workers.

"The employees contacted us early in this year to say that they wanted to be represented again by

a union," Irving said. "Chartwells' collective agreement had really good benefits and wage scales. They don't have that anymore."

Aramark employees work at the Dining Centre, Zoca, Bento, Bistro Alma, the Foothills campus Starbucks, Tim Hortons and Made For You. The company also has a catering operation on campus.

The UFCW has a bargaining relationship with Aramark in other locations. There are several Aramark serviced camps in Fort McMurray.

They are also the food service provider at the University of British Columbia Okanagan, which is unionized with the UFCW. The company claims they have a good relationship with their unionized workplaces.

"We also have positive working relationships with many unions across the country, including the UFCW," Cutler said.

The UFCW says they have not seen any unfair labour practices from Aramark at this point in the unionization process.

"Aramark was aware of this process early in the campaign," Irving said. "We haven't received any backlash from the employer. Typically, we will."

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What should the dress code be at the U of C's fitness centre?



"A shirt and shorts."

– Max Ross,
fourth-year geology



"A sports bra is a little too aggressive."

– Dan Gibb,
third-year international relations



"A crop top is fine. I've worn one before."

– Isela Alvarez,
first-year international relations



"There should be no dress code."

– Matias Haims,
first-year business

Photos: Stefan Kim
Interviews: Emilie Medland-Marchen

EDITORIAL »

Inconsistent fitness centre dress code invites discrimination

Dress codes aren't necessarily bad. While they're rarely the most fun rules to follow, they can be used to set firm guidelines on what is and isn't appropriate to wear in a shared space. But, like any other fair-weather rule, inconsistently enforced dress codes can become a tool for discrimination. And this is exactly what's starting to happen at the University of Calgary's fitness centre.

Two female students — Bobola Olayinka and Gorana Jetic — were asked to leave the fitness centre in February for wearing sports bras. Staff claimed that their attire went against the gym's dress code, and that they would have to leave the gym and change if they wanted to continue their workout. When the two students returned to the gym a second time wearing sports bras, fitness centre staff called security, who escorted them outside.

The gym's staff were technically right. The fitness centre's dress code does require visitors to wear a t-shirt, meaning that tank tops, sports bras and other open-sided shirts are prohibited. But wearing tank tops at the U of C gym is like smoking weed. Strictly speaking, it's forbidden, but everyone does it anyway. And the people in charge usually don't care — almost nobody gets in trouble for showing some extra skin at the fitness centre, regardless of their gender or appearance.



SAMANTHA LUCY

For the most part, this lack of enforcement works fine. This t-shirt-only dress code is overly restrictive when compared to other gyms, but few employees want to go through the trouble of kicking out every person who showed up with their shoulders showing.

So why were these two people singled out? Clearly, someone working at the gym thought they had gone too far. While others were also flagrantly breaking the rules, they were apparently breaking the rules just enough to require action. In other words, these students were punished because of someone's personal judgement in the matter — not just because they were doing something wrong.

This is a never a good thing. When the decision to enforce or ignore a rule lies in the hands of individuals, there is a risk of this rule being unfairly applied to certain individuals or groups of people. Even if this bias is unconscious, certain people and types of apparel are more likely to be singled out than others.

This isn't to say that the fitness centre employees that called security that day were raging misogynists — for all we know, they may have been as confused about their dress code rules as everyone else at the gym. But the fact remains that, out of the hundreds of students breaking the rules, only two people

were punished. And they were both women wearing similar attire.

So it's no wonder the women asked to leave the fitness centre felt like they were being treated unfairly — it's because they were literally being treated unfairly. A rule applied to them that didn't apply to other people. This would make anyone frustrated.

Both Olayinka and Jetic have said that the experience made them feel uncomfortable, and that they won't be coming back to exercise at the fitness centre. And if this trend continues, more people will start getting fed up with the fitness centre's wishy-washy rules.

As a response to this debacle, Active Living claims they will review the fitness centre dress code this April. If they still don't want patrons wearing sports bras, that's their decision to make. But they either need to formalize this as a part of their stated rules, or start enforcing their current dress code fairly.

Because as it stands, the U of C's fitness centre is governed by the whims and biases of whoever is running the front desk, instead of a coherent set of rules. It was only a matter of time before this resulted in people being treated unfairly, and this will continue to happen until something changes.

Sean Willett
Gauntlet Editorial Board

LAST PAST THE POST »

Public consultations can hurt more than help

Fabian Mayer
News Editor

Like Beanie Babies and topknots, public consultation is becoming a fad. From federal ministers touring the country in "pre-budget consultations" to the city's round of "engagement opportunities" currently underway on possible upgrades to Crowchild Trail, governments are more and more likely to look for public input.

On the surface, this seems like a positive development. Shouldn't governments consult the public on policies and projects that will impact them?

It depends. The value of consultation depends on the project or policy and how the public's feedback is used.

There are certain issues where the general public has very little to add. Hence why there are — thankfully — no public consultations on air traffic safety rules, at least not yet. This is obviously an extreme example, but Calgary's Crowchild Trail study is almost as absurd.

The consultation asks Calgarians to evaluate 17 ideas to alleviate congestion on Crowchild Trail between 17 Ave. and 24 Ave. in the northwest. The ideas range from widening the Bow River bridge — currently the highest rated idea online — to moving Crowchild Trail north of University Drive — the lowest rated idea.

Urban planning is a highly specialized field. It's difficult to imagine people without relevant expertise in it will be able to give much useful

input. The city employs many people with years of schooling and experience in the field, whose entire job is figuring out the best way to move forward based on available evidence.

If their decision-making is constrained by what public consultations have produced, it's almost certainly bad for Calgary. Alternatively, if feedback isn't considered in infrastructure decisions, then there is little point in having the consultations in the first place.

In addition, public consultation gives an oversized voice to those negatively affected by a project. People facing the prospect of construction in their backyard will have the greatest incentive to mobilize and do their utmost to halt projects that may

be required by the city as a whole. The people that will be helped by improved roads and new transit lanes probably won't have as big a say.

Future Calgary residents that stand to benefit from improved infrastructure also can't be consulted. And commuters living at the edges of the city have fewer opportunities to provide input. This is not only unfair, but also has the potential to lead to shortsighted approaches.

Public consultation can be a useful tool for governments. But governments must resist the temptation of using consultation to avoid making difficult decisions. They need to carefully consider whether public consultation will add anything of value and how it can skew the decision making process.

ENTERTAINMENT

Editor: Jason Herring
entertainment@thegauntlet.ca
@GauntletUofC

FILM FESTIVAL »

Local festival sparks conversation about the representation of disability in film

Rachel Woodward
Entertainment Assistant

Picture This...Film Festival, an annual Calgary festival screening films with the theme of disability, is returning for its 15th year from March 16–18. Every film shown at the festival was either created by a person with a disability or is a discussion about topics surrounding disability.

Festival director Sheryl Lenthall says representation in film is important.

"There is a community out there that doesn't always get its films into the mainstream. It was hard for people to get their work shown and now, that's actually not true," Lenthall says. "A lot of these films do get entered into mainstream festivals. It really does bring the world together and it really does make the world seem like a pretty small place."

Forty-three films will screen over the three-day festival, ranging from 30-second shorts to full-length feature films.

Films with similar themes are grouped together. The final block of the festival, for instance, focuses on the theme of "drama and the dramatic" and will show pieces like *Guang*, which tells the story of an autistic boy and his brother.

According to Lenthall, themes of disability are becoming more



Guang won "Best of Festival" at this year's Picture This...Film Festival.

COURTESY QUEK SHIO CHUAN

prominent in film festivals. "Since we've been around, there have been an increasing number of festivals specifically on the theme of disability around the world," she says. "These are films coming in from around the world, and they are entertaining."

Lenthall says many viewers are surprised by the variety and scope of films shown throughout the festival.

"Primarily, they are here for entertainment, but if you get inspired and educated along the way, then that's great too," Lenthall says.

"The misunderstanding is often because the theme is disability, people think its going to be sad or depressing and in fact, it's far from it. There's great comedies, great animations and dramas."

The festival is an initiative of the Calgary SCOPE Society, a non-profit

organization dedicated to supporting people with disabilities. The festival also takes place at the society.

"They're an organization that specifically works with people with developmental disabilities, but there's a senior's department and there's children and there's adults. There's a full spectrum of life," Lenthall says.

During the rest of the year, organizers share submissions with broader audiences through the Picture This...On the Road series. At these showings, the festival curates a selection of films from the festival for screenings across Canada.

"We get asked to come in and show some films — it's a specifically put together series of films for that audience. We usually do around a dozen a year," Lenthall says. "It's actually really exciting. I love taking the films to new corners."

In addition to exhibiting films, Picture This is also a competitive film festival that recognizes submissions in categories including "Best Animation" and "Best Education."

Most importantly, popcorn is free at all screenings.

For tickets and more information about Picture This...Film Festival, visit ptff.org

LOCAL MUSIC »

Edmonton musician blends traditional folk and punk

Jarrett Edmund
Gauntlet Entertainment

As a solo artist, performances are inherently intimate. The audience's attention is fixed on a single individual, where the connection between the artist and the viewer serves as the emotional core of the performance. For Edmonton musician Cassia Hardy, live shows are all about connecting with her audience.

"I think it's something special to have someone solo go up — to make a connection with the audience without a backbeat," Hardy says. "I'm an emotional wreck after a show."

Under her stage name, Wares, Hardy has been making these connections for years. Her captivating

and energetic live performances blend elements of heavy-hitting punk ballads with traditional folk songwriting.

"I started out very much as a folk player," Hardy says. "I keep a notebook on me at all times and I write down anything that could possibly be lyrical. It takes me months."

As a solo performer, Hardy stresses the importance of a thoughtful writing process.

"When it's just your instrument and your voice there does need to be quite a bit of lyrical heft for the song to carry through," she says.

Music fans are starting to take notes of their own. After releasing two EPs since 2013 and being featured in *Noisey* in 2014, Hardy is set to release a new 7" record,

with each side featuring a very different sound.

"I tried to make the songs as different as I could. But they're both in the same key. They both have the same five chords and they're both in the same time," Hardy says. "My thing was to try and show people how different something can be when you use the same ingredients."

Wares' vinyl release party takes place Friday, March 25 at Tubby Dog on 17 Ave. She will be joined by local staples We Knew, Monty and Samantha Savage Smith. Doors open at 8:00 p.m. and tickets cost \$10.

Wares' music can be found online at wares.bandcamp.com



Wares will release a new 7" record on March 25.

JARRETT EDMUND



COURTESY GITTE (LEFT) AND DENNIS BUNTROCK (RIGHT)

This isn't your grandmother's seafood quiche

Alena Martin
Gauntlet Entertainment

When most people think of quiche, they think of a milk-toast meal — the kind of dish you're likely to find in a Martha Stewart cookbook.

But not all quiches have to be boring. That's why I've written this recipe for a meal that combines the zest of seafood with the warmth of quiche. Even the most adamant quiche decriers will find something to love in this scrumptious dish.

Ingredients:

1 cup all-purpose flour
1 teaspoon salt
1/2 cup olive oil
1/2 cup water
1/2 cup shredded cheese
900 grams of imitation crab
1 cup of shrimp (frozen or fresh)
1/2 cup of red peppers (optional)
1/2 cup of onions (optional)
1/2 cup ketchup
4 eggs
1/2 cup milk
1 teaspoon minced garlic
1 teaspoon salt

1 teaspoon pepper
A pinch of chili pepper

Prep time: 20 minutes

Cooking time: 30–40 minutes

Directions:

1. Preheat oven to 350°F and set out a rectangular pan that's been greased with olive oil.
2. For the crust, sift flour and salt into a small bowl. Then add olive oil and water and mix with a fork until a sticky dough forms.
3. Continue to knead the crust with your hands, then spread onto the

bottom of the pan and bake for 15 minutes.

4. For the filling, dice crab and shrimp (after removing tails and thawing), as well as any desired veggies. Red peppers and onions are particularly good.

5. Fry the crab and shrimp in a large frying pan with a dab of olive oil until crispy. Add the veggies, garlic, salt and pepper, chili pepper and other spices to the pan. Add ketchup, turn down the heat and mix well.

6. Take the crust out of the oven and sprinkle shredded cheese

overtop. Pour the filling into the crust, leaving about half an inch at the top of the pan, then sprinkle more cheese on top.

7. Whisk eggs and milk in a small bowl, then pour the mix in the pan. Pour until you can see liquid come through the rest of the filling.

8. Bake for 30–40 minutes, adjusting for desired crispiness. Use a toothpick to check whether the quiche is ready to eat — if it comes out clean when inserted into the middle, you're ready to dig in.

9. Serve warm and enjoy!

NEW MUSIC »



Kendrick Lamar
untitled, unmastered.
March 4, 2016 (Top Dawg)

Kendrick Lamar has established himself as a pivotal figure in hip-hop, releasing the highly-acclaimed *To Pimp a Butterfly* last year. Lamar considers himself more of a writer than a rapper, which is justified, as Lamar's work reads like poetry discussing themes of social inequality, race and identity.

The rapper now returns with the unexpected *untitled, unmastered.*, a project that sets politically charged lyrics against free jazz, soul and avant-garde. The collection of untitled demos makes no promises but breaks all expectations, fleshing out tracks Lamar premiered in recent months on late-night television and at the

Grammys.

The album carries more raw production than the rapper's previous works. Still, many tracks would fit perfectly on *To Pimp a Butterfly* with a little more polish. Despite the collection's stripped-down sound, the tracks form a cohesive whole, and it's obvious some songs were touched up in the studio.

Of all the songs, "untitled 05 | 09.21.2014" hits hardest, with Lamar offering commentary on how the American justice system disproportionately punishes people of colour. Beautiful jazz and backup vocals from Anna Wise give the song warmth, but a chilling reality lies beyond the musical backdrop. Lamar is an expert at this trick, combining gorgeous instrumentals with heavy-hitting lyricism.

Lamar waxes poetic again on album closer "untitled 08 | 09.06.2014," which finds the rapper reflecting on the challenge of finding success as a black American.

The eight tracks clock in at 34 minutes, and each are a powerful demonstration of Lamar's creative flow. The studio versions of songs previously premiered live aren't quite as dramatic, but still stand on their own. I also found it

helpful to read along with the lyrics as I listened through *untitled, unmastered.* to get a better grasp on each song's meaning.

“ The collection of untitled demos makes no promises but breaks all expectations, fleshing out track Lamar premiered in recent months on late-night television and at the Grammys.

After the release of *To Pimp a Butterfly*, many lauded Lamar as the new leader of West Coast rap, and *untitled, unmastered.* only cements that claim. Few rap albums — especially ones composed entirely of demos — exemplify the creative and emotional potential of the genre like this.

Kent Wong

Inspire
hope

onematch.ca

you =
spring

DINOS BASKETBALL »



COURTESY DAVID MOLL

Dinos men's basketball wins Final Four, claims Canada West championship

Semifinal

Emilie Medland-Marchen
Sports Assistant

In front of a raucous crowd, the Dinos men's basketball team won their Canada West Final Four semifinal matchup on March 11. Fans armed with vuvuzelas crowded into the Jack Simpson Gym to cheer the team on to a victory against the University of Manitoba Bisons.

Guard David Kapinga was a major factor in the Dinos' win, scoring many of his 23 points at key moments throughout the contest.

"I think the way they were playing, it just took us a little while to figure out," Kapinga said. "They were really sagging off and we just had to do our plays really fast. We didn't have time to help pass the ball and find an open man."

Dinos head coach Dan Vanhooren spoke highly of his team after the win.

"We got a great contribution from multiple players tonight," Vanhooren said. "Jhony Verrone was brilliant and David Kapinga played very well. A lot of our younger players played exceptionally tonight and I'm really thrilled for them."

The Dinos fell behind early in the first quarter, but managed to finish the opening frame with a 25-20 lead. Strong efforts from Kapinga, Jasdeep Gill and Thomas Cooper — who finished with a game-leading 27 points — allowed the Dinos to earn a 51-42 lead at half-time.

But the excitement wasn't limited to the outstanding efforts put forth by Kapinga, Cooper and Verrone. The

show of school spirit that filled the Jack Simpson Gym was also noteworthy.

The Dinos men's volleyball team showed up to support their fellow varsity team, blasting vuvuzelas behind the Bisons' bench. The volleyball team were returning the favour to the basketball team, who showed up during the heartbreaking series against Trinity Western University last week.

The Dinos upped their energy in the third quarter. One notable highlight came when Gill broke away from the Bisons with 10 minutes left in the quarter, barreling down the court to bank another two points. That hustle continued when guard Torrez McKoy sunk a three-pointer to give the Dinos a cozy 84-56 lead.

The Dinos surpassed 100 points with only 40 seconds remaining. The team leapt from their seats as the clock counted down and the buzzer rang, booking the Dinos a ticket to the Canada West final.

While it was a strong showing from the Dinos, Kapinga was clear about the team's ultimate goal.

"We're going to have to focus on tomorrow," Kapinga said. "We want to win every game, from now on to the end."

Vanhooren seemed confident that he could lead his team to a Canada West championship.

"It's the Canada West final," Vanhooren said. "Our focus is going to be on ourselves, and making sure we run our stuff and play the way we can. And then see where the cards fall"



Thomas Cooper

Thomas Cooper — the 2016 Canada West MVP — led the Dinos in scoring in both games, posting 27 points in the semifinal game and 24 in the final. Both totals were the highest from any player on either team.



David Kapinga

David Kapinga played a key role in earning the Dinos a shot at the Canada West title. He finished with 24 points in the semifinal game and led the team in assists in both contests, posting 12 over the two games.

Final

Grant Jackson
Gauntlet Sports

The Dinos men's basketball team are the 2016 Canada West Champions.

The University of Calgary club won the title in dramatic fashion, beating the Thompson Rivers University WolfPack by a score of 91-84 in what proved to be a very close affair.

The match started quickly for Thompson Rivers, with big man Josh Wolfram making two quick threes to put the WolfPack up 14-5 early. But the Dinos rallied back to tie the game, benefitting from excellent three-point shooting — a trend that continued all night long.

Calgary started quickly for Thompson Rivers, with big man Josh Wolfram making two quick threes to put the WolfPack up 14-5 early. But the Dinos rallied back to tie the game, benefitting from excellent three-point shooting — a trend that continued all night long.

The Dinos' first half dominance was punctuated by a sequence late in the second quarter when they stole the ball on back-to-back possessions to score some easy points, forcing Thompson Rivers head coach Scott Clark to call a timeout.

The U of C spent the rest of the second quarter consistently burning Thompson Rivers on back-door cuts, leading to more easy baskets.

When the first half expired, the Dinos led by a strong margin of 53-40.

Thompson Rivers came out hot in the third quarter, however, quickly closing the gap via strong play from Gerard Gore — who scored 22 points overall — and Volodymyr Iegorov.

Dinos guard and Canada West MVP Thomas Cooper set the tone for the Dinos throughout the contest, continuing his excellent season. Cooper got to the rim at will during the Dinos' victory, scoring a game-high 24 points — including a perfect nine-for-nine from the free-throw line.

Cooper was emotional when asked what his coach's support meant to him as an athlete.

"Everything," Cooper said. "I'm holding back tears."

The Dinos held on to their lead for an emotional victory. It was an especially important night for fifth-year players and team co-captains Matt Letkeman and Josh Owen-Thomas, both of whom have provided a steady veteran presence for the Dinos since the start of the season.

"I'm so thankful. I'm so blessed," Letkeman said after the win. "I'm so proud of everyone of these guys. Every man stepped up."

After winning the Canada West, the Dinos advance to the CIS Final Eight. They'll begin the CIS Championship tournament on March 17 in Vancouver. The Dinos are set to take on McGill University Redmen in their CIS quarterfinal matchup.

How to squash your fitness goals

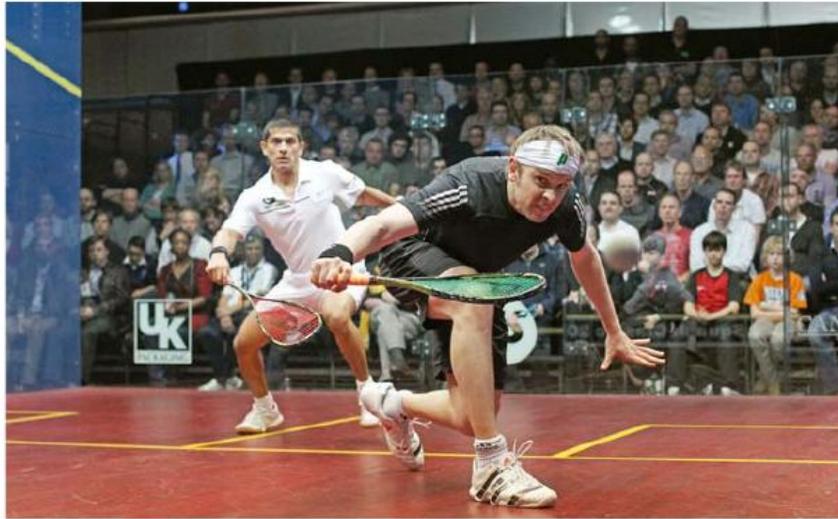
David Song
Gauntlet Sports

When most Canadians think of sports, the first thing that comes to mind usually isn't squash. We think of lacing up a pair of skates, kicking around a soccer ball or shooting some hoops. But squash, despite its relative obscurity, is one of the best and most overlooked ways to exercise.

Squash is easy for beginners to pick up. All you need is a racquet, a squash ball and some normal athletic gear — far less costly than pastimes like hockey or skiing. The University of Calgary also has some top-notch squash facilities, which are open for student use as long as bookings are available.

My own introduction to squash was during high school gym class. Despite having never played before, I soon found myself breaking a sweat and having a lot of fun. After all, I was hitting a ball against a wall as hard as I could — it wasn't complicated. Squash is very beginner-friendly. It's simple and enjoyable.

But squash is also a worthy challenge for those who are more athletic or competitive. Its simple gameplay belies the level of strategy and concentration required to excel in the sport.



Squash appeals to both beginners and more experienced sportsters.

COURTESY CARAVANUM

Players must remain focused on both the tiny ball flying around the court and on their opponent's position and movements in order to catch them off-guard. Attention must also be paid to the power and angle of each shot.

"The game never gets boring," said second-year business student Philip Wahl. "Each person you play has a different style of game to adapt to and learn from."

Squash also brings tremendous

health benefits with it. It is an excellent cardiovascular workout, and much less repetitive than running on a track or treadmill. Due to the nature of the movement brought on by the gameplay, squash also sharpens hand-eye coordination and increases agility. Add in the power needed to hit the ball effectively and you get a great way to tone muscle and maintain a healthy body weight.

"This is a sport that involves both strategy and focus," said squash af-

cionado Rick McCallum. "You get a terrific workout and it's a lot of fun, even for the beginner. I've been playing squash since I was a university student 25 years ago, and the U of C has some of the best squash facilities of any campus across Canada."

Squash is an easy sport to pick up. So next time you're looking for workout or a new activity to try with friends, pick up a racquet and head over to a squash court.

Calgary Inferno win 2016 cup

Sonny Sachdeva
Sports Editor

The Canadian Women's Hockey League's Calgary Inferno won their first ever league championship on March 13, defeating the Montreal Canadiennes by a score of 8-3 to win the Clarkson Cup.

The Inferno entered the playoffs as the second seed, eight points behind Montreal. But they managed to stage an upset against the perceived favourites with an offensive outburst in the championship match. Inferno forwards Rebecca Johnston, Brianne Jenner, Jessica Campbell and Blayne Turnbull each scored two goals in the 8-3 victory.

The CWHL championship game took place at Ottawa's Canadian Tire Centre — home of the NHL's Ottawa Senators — which marked the first time a Clarkson Cup final was played in an NHL arena. Former Dino Hayler Wickenheiser registered two assists in the championship game.

RETRACTION »

The March 10 story titled "Dinos men's soccer players train overseas with England's Oxford United FC" misattributed quotes to Dominick Zator and Dominic Russo. We apologize to our readers for this error.

The Students' Union is hiring!

Work on campus and gain real world experience in a variety of positions with the Students' Union in 2016-17. We're looking for:

- Program & Event Assistants
- Research Assistants
- Program Coordinators
- A Student Meeting Assistant
- A Deputy Speaker for SLC
- A Social Media Coordinator

Application deadline is Friday, April 1

For more information, visit www.su.ucalgary.ca/jobs



HUMOUR

A WRETCHED HOLIDAY »

Six tips to stay safe this St. Patrick's Day

Jill Girgulis
Proud Green Party supporter

No one wants to get pinched on St. Patrick's Day for being caught without any green apparel. The official rules are unclear, but my understanding is that all social norms are momentarily suspended on March 17 and people are free to give out painful and aggressive pinches to anyone who fails to dress in the holiday-appropriate green. Here are some suggestions to help protect yourself this St. Patrick's Day.

Wear green earrings: If green just isn't your colour, sidestep the rule by wearing emerald earrings. If you don't own green earrings, simply steal a pack of Mr. Sketch markers from the bookstore and draw some on your earlobes. I'd recommend using Mint or Tropical Punch.

Eat salad for lunch: If you ingest something green on St. Patrick's Day, you should automatically be granted immunity. Given that most people aren't interested in visualizing your stomach contents, no one will question your claim.



This St. Patrick's Day, avoid pinches by voting for the Green Party and eating salad.

Roll down the Prairie Chicken hill: Spring has arrived, bringing with it plenty of fresh, green grass to bask in. A spattering of bright green grass stains on your nicest church clothes will surely detract any pinch-givers.

Vote for the Green Party: In the next federal or provincial election,

cast your vote for a party with absolutely zero political influence here in Calgary. No election happening in time for St. Patrick's Day? Infiltrate the government and find a way to call one. The #kudatah people will be green with envy.

Be envious: Speaking of envy,



COURTESY KIRUS.RU (LEFT)

jealousy works great for avoiding pinching too. Put that old saying into practice and spend the whole day embracing your inner green-eyed monster by staring longingly at your professor's free-flowing ballpoint pen, a business grad with a job lined up or that piece of chocolate banana bread in the Bake Chef display case.

Have green eyes: This one might require a bit more preparation, but with recent technological advances it shouldn't be a problem. Simple time travel and a little genetic reprogramming in the womb are all you need to ensure that you can live a life without a constant fear of pinches on St. Patrick's Day.

HOROSCOPES »

It's raining your future, hallelujah

Simran Kaler
Young woman yells at cloud

Pisces (Feb. 19 – March 20)
If a snowman ask you to journey to his winter wonderland after class, politely decline. He'll probably melt by then and that's an awkward interaction you will want to avoid.

Aries (March 21 – April 19)
You will step outside holding an umbrella. If it isn't raining, at least it will be a great conversation starter.

Taurus (April 20 – May 20)
Do not ignore the weather forecast this week. It will be correct upwards of two times.

Gemini (May 21 – June 20)
If you sneeze in the morning, you'll be sweating by afternoon. Or come into great fortune — the stars are iffy on this one.

Cancer (June 21 – July 22)
If a groundhog crosses your path and offers to disclose the secret of Calgary's weather, walk away: Humanity is not ready for that kind of knowledge.

Leo (July 23 – Aug. 22)
Jack Frost will nip at your nose. You will punch him in the mouth.

Virgo (Aug. 23 – Sept. 22)
If you see a groundhog outside it means six more weeks of winter. If you see the sun shining, it means the long-awaited apocalypse is upon us.

Libra (Sept. 23 – Oct. 22)
A bird migrating north for the summer will ask if you want to join them on a trip to Nunavut and you will excitedly jump on their back. The bird will be unable to get off the ground. You're just too heavy.

Scorpio (Oct. 23 – Nov. 21)
It will rain while you are outside. The only umbrella you will have on you is one of those tiny ones for garnishing tropical drinks.

Sagittarius (Nov. 22 – Dec. 21)
You will become so angry at the ever-changing temperature that you will proceed to yell at the clouds. They will prove their dominance by making it snow. Never get into an argument with a cloud.

Capricorn (Dec. 22 – Jan. 19)
If you wake up in the morning and there are no clouds in the sky, squirrels will become our overlords. Maybe not tomorrow — but someday.

Aquarius (Jan. 20 – Feb. 18)
It will start raining books. Remember to bring a wooden plank for a shield, or you will be knocked unconscious and miss the rest of your classes.

BRIEFS

Weird aunt on Facebook back at it again with the racism

Your racist aunt on Facebook posted a meme last week comparing a contemporary and inoffensive political figure to Adolf Hitler.

"This is just like the Holocaust," your aunt said of something that was definitely not like the Holocaust at all.

Local bartender excited to create vile, green drinks

Stan Hogarth, a bartender at the Topsy Harpsichord, said he is incredibly thrilled at the prospect of creating vile green drinks for St. Patrick's Day.

"You got your green beer, your green tequila, your green wine," Hogarth said. "But let's do more. Green water! Green soda!"

With 142 instances of food poisoning at the Topsy Harpsichord so far, Hogarth is already looking forward to next year.

Recent grad loses job before even being hired

Recent engineering grad Jake Plunkman was laid off from a job he hadn't even gotten yet last Tuesday.

"I applied to Encana last week and my interview was scheduled for Thursday," Plunkman. "And then yesterday I got a notice saying that due to the trying economic times, I had been laid off."

As Plunkman had been an employee for less than 30 days, he was not entitled to severance.

Student newspaper hires new staff

The *Gauntlet* hired their new staff on Tuesday, convincing almost a dozen students that hundreds of hours of thankless and underpaid labour are worthwhile.

"I'm super excited to eat Domino's pizza every Tuesday for the rest of my life," incoming sports editor Emilie Medland-Marchen said.

