



CARL'S JR
COMING TO
MACHALL
IN SEPTEMBER

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I TOOK MY MOM
TO MIKE AND
DAVE NEED
WEDDING DATES

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DINOS
FIELD HOCKEY
READY TO
BOUNCE BACK

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U OF C INCREASES VIDEO SURVEILLANCE

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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 offices are located on Treaty 7 land.

The Gauntlet is printed on recycled paper and uses an ink that almost flooded our tent last weekend. We urge you to recycle/defeat the MacHall gym leader on Potemkin Go and claim victory for team Mystic using the Gauntlet.

The Cover
Design by Samantha Lucy

Advertising
The Gauntlet's local and national sales are managed by FREE media, an agency representing the campus press in Canada. View our Ad Sheet online for rates and publication dates. Questions about the Gauntlet's ad policy can be directed to Ron Goldberg at 403-207-9410 or online at ryc@freemedia.ca

Carl's Jr. coming to MacHall a sound financial decision for Students' Union

Whether you like it or not, Carl's Jr. is coming to MacHall.

After two months of deliberation and uncertainty, Students' Union vice-president operations and finance Branden Cave announced at a July 5 Students' Legislative Council that Carl's Jr. will replace Sweet & Savory in the MacHall food court.

The announcement is controversial. In June, University of Calgary student Clare Hickie drafted an open letter to Cave protesting the possibility of a Carl's Jr. opening on campus. She specifically called out the burger vendor for their sexist advertising and lack of vegetarian or halal options. In response, U of C student Teng Rong started a counter petition, stating that Carl's Jr. targeting their advertising towards young men isn't "inherently sexist."

To be fair, Carl's Jr. is pretty sleazy. They announced that they would provide free Thickburger combos to anyone who signed Rong's petition by July 6. And they freely admit that they cater specifically to "young hungry guys," featuring



SAMANTHA LUCY

advertising laced with scantily clad women paired with glistening burgers. As a woman — and a person, for that matter — I'm not a fan.

Saying Carl's Jr. isn't inherently sexist is incredibly misguided. But blaming the SU for the burger vendor's sexist advertising is also misguided. At the end of the day, this was a financial decision. Carl's Jr. will make the SU money and that's why it's coming to MacHall.

"I support Carl's Jr. coming to

MacHall because having a proven successful business in our building provides both a reliable option for students and stable lease revenue to fund the SU's programs, services, events, and advocacy," Cave said following the announcement.

The SU's financial future is uncertain. With the decision on their injunction hearing with university administration for operation of MacHall postponed to the end of July — and a larger lawsuit over

the building's permanent ownership looming — the SU wants to secure their finances in every way possible.

I'm not a fan of Carl's Jr. or their business practices. I probably won't eat there outside of the occasional hankering for a milkshake after a three-hour lecture. But I can't fault the SU for wanting to pay their bills.

The SU shouldn't let Carl's Jr. put up offensive or sexist advertising at their MacHall location — something they've already pledged.

But ultimately, this was a sale between two individual tenants. Sweet & Savory wanted to sell, Carl's Jr. wanted to buy. The SU facilitated that because a sale was financially viable for the SU's interests. Sweet & Savory wasn't making money, and the SU thinks Carl's Jr. will. It's as simple as that.

If you don't like Carl's Jr., don't eat there — I probably won't. If you do, go ahead and enjoy those big, juicy Thickburgers and know the SU is making bank.

Melanie Woods
Gauntlet Editorial Board

Summer Den

DRINK SPECIALS THURSDEN PRICING

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THE DEN EST. 1969
STUDENTS' UNION

NEWS

CAMPUS FOOD »

Carl's Jr. coming to MacHall food court in September 2016

Scott Strasser
News Editor

After two months of hype and controversy, Carl's Jr. is officially coming to MacHall.

At Student Legislative Council on July 5, Students' Union vice-president operations and finance Branden Cave announced the burger joint will take over Sweet & Savory's lease.

"Late on Wednesday June 29, we were informed by the Carl's Jr. franchisee that they had come to an agreement," Cave said.

According to Carl's Jr. management, the franchise aims to be in MacHall by September.

"If we can make it by the time students come back, that would be ideal," said Jeff Branton, Carl's Jr. vice-president general manager of Canadian operations.

Sweet & Savory owner Diane Pham declined to comment on the sale.

Branton said the MacHall unit's design will be based on one of the Carl's Jr. locations in Denmark.

"Although it's a very small space, we'll try to make it as modern and hip as humanly possible," he said.

Cave first announced the possibility of Carl's Jr. coming to MacHall in early May, when negotiations between the burger joint and Sweet & Savory were still ongoing.

Negotiations came to a halt in mid-June due to Sweet & Savory's asking price. The arrival of Carl's Jr. then appeared unlikely.

Some University of Calgary students expressed concern over a



The MacHall food court will be Carl's Jr.'s second location in Calgary.

JARRETT EDMUND

Carl's Jr. coming to the U of C, citing gender-targeted advertising and a lack of healthy and vegetarian food choices.

Fifth-year psychology and development studies student Clare Hickie wrote an open letter to Cave on June 18 stating the SU should not allow Carl's Jr. to come to campus.

"It is clear that Carl's Jr. does not consider women as part of its demographic, nor worth considering in their business model as more than sexual objects," reads Hickie's letter.

In response to the letter, third-year chemical engineering student Teng Rong started a counter-petition arguing why students should welcome Carl's Jr.'s arrival.

"Every big company targets their core audience," Rong said. "I believe in individual rights and freedoms above all. It's the company's right to have a target audience. Doing so doesn't make it inherently sexist."

Branton said Carl's Jr. will give coupons for free Thickburger combos to those who signed Rong's petition by July 6.

As of July 6, Rong's petition had 107 supporters.

"I think we're most excited about the people who are excited for us," Branton said.

The MacHall unit will be Carl's Jr.'s second location in Calgary. The franchise opened its first location in December 2015 near SAIT.

According to Branton, that unit has been the most successful of the franchise's 18 Canadian locations.

Carl's Jr. will be the second burger vendor in the MacHall food court in addition to A&W.

short form

How do you feel about Carl's Jr. coming to MacHall?



"I don't eat burgers."

- Rejoice Okere
third-year biological sciences



"I'd rather keep Sweet & Savory."

- Nicole Grenon
second-year graduate studies



"I don't believe it changes what MacHall stands for."

- Toddy Feng
first-year kinesiology



"It would be better to bring in healthier options."

- Elise Hessel
second-year nursing

ADMINISTRATION »

University of Calgary releases sunshine list

Scott Strasser
News Editor

Melanie Woods
Editor-in-Chief

On June 30, the University of Calgary released its "Sunshine List" — a public list of all U of C employees who earned more than \$125,000 in 2015.

Disclosing salary and compensation for public agencies, boards and commissions falls under the provincial government's new Public Sector Compensation Transparency Act (PSCTA). Coming into effect this year, the PSCTA is meant to boost transparency of public-sector spending in Alberta.

Under the PSCTA, Alberta's public sector institutions must publish the names and salaries of all employees who earn more than \$125,000 a year, according to base salaries and "other compensations." The list must be published before or on June 30 each year.

During a question period at a U of C town hall on June 24, audience members voiced concerns that the Sunshine List could cause rifts in faculty and staff.

U of C vice-president finance and services Linda Dalgetty said she supports the Sunshine List, but admitted publicly disclosing workers' salaries can create pressure.

"I think the downside is it could put unnecessary pressure on salaries because there is a broader light shining than there was

historically," Dalgetty said after the town hall.

The U of C's Sunshine List was published on the U of C website just after noon on June 30. Here are four takeaways:

1. U of C president Elizabeth Cannon was not the U of C's highest earner in 2015. Schulich School of Engineering professor Steven Bryant topped the U of C's list with a \$705,867 salary and \$31,556 in other compensations.

2. At the U of C, 1,010 employees passed the \$125,000 a year threshold. With 5,026 full-time employees, this means approximately one fifth of U of C workers earned more than \$125,000 in 2015.

3. While women are well-represented in upper administration, just 22 of the top 100 earners at the U of C last year were women. In both medicine and business, just one of each area's top 10 earners in 2015 were women.

4. The Cumming School of Medicine (and related fields) is the most represented area in the top 100 of the Sunshine List, with 28 of the U of C's highest earners. Other well-represented faculties include business, with 17 of the top 100 and engineering, with 10 of the top 100 earners.

For the full story, visit thegauntlet.ca

Photos and interviews: Jarrett Edmund

U of C's new director of Campus Mental Health Strategy talks reducing stigma

Scott Strasser
News Editor

Andrew Szeto is an assistant professor in the University of Calgary's psychology department. On July 1, he began his new role as the director of the U of C's Campus Mental Health Strategy — a campus-wide plan to tackle mental health issues. Launched in December 2015, the strategy includes 28 recommendations under six strategic focuses that will aim to improve the mental health and well-being of students, staff and faculty at the U of C. The *Gauntlet* spoke to Szeto about the university's mental health strategy and the importance of reducing stigma surrounding mental illnesses.

Gauntlet: Can you tell me about your history at the U of C?

Szeto: I came to the university in 2010. I was a post-doctoral fellow with Dr. Keith Dobson, looking at stigma and interventions to reduce the stigma of mental illness. Since 2013, I've been an assistant professor in the department of psychology and I've continued my work with looking at destigmatization of mental illness. I've been looking at attitudes, how personality relates to those who stigmatize, as well as looking at different interventions to reduce the stigma of mental illness.

G: What do you mean by reducing the stigma?

S: Stigma is a complex process where people are labeled, and those who are labeled have specific traits attached to them. This leads to separation between those who are labeled and other people in the population. This leads to unequal outcomes such as prejudice, discrimination and



The U of C's Campus Mental Health Strategy launched last December.

JARRETT EDMUND

general negativity towards people with those labels.

I look at how to reduce those things. One of the biggest things I look at is contact-based education. Specifically, looking at how people with lived experience of mental illness can reduce that stigma by talking about their experiences with illness stigma, but more importantly their experiences with recovery, with seeking help — providing that positive model for health seeking.

G: You're also involved with the Mental Health Commission of Canada. Can you tell me about that organization and your role within it?

S: The MHCC is a non-governmental organization funded by Health Canada, but that exists separately from them. Essentially, what the commission does is act as a

catalyst to bring people together from all walks of life — researchers, people with lived experience of mental illnesses, service providers, people who are in general in the mental health space. We bring those people together to try and transform the mental health system into a better place than what it is currently.

G: What factors led to needing a new Campus Mental Health Strategy?

S: It's important to point out there are many factors that led to the U of C developing this strategy. One was the National College Health Assessment, conducted in 2013. This was essentially a survey of students looking at physical health, their experience on campus and mental health. We saw in the stats that about 20 per cent of students were experiencing

mental health problems every year. About one per cent have attempted suicide. A majority of students surveyed said they felt overwhelmed during the past 12 months and that they were stressed. Of course, we can't deny that [the Brentwood tragedy] had some impact on this as well.

G: And [according to the report] university students are particularly vulnerable to mental health issues?

S: Incoming students are in a new phase of their lives. They're transitioning. And even students who are leaving are transitioning. While they're on campus here, they're experiencing lots of times of stress — exam times, or when projects are due. There's a lot of impact on students while they're on campus.

G: What were the most striking or significant things that your team noticed while developing this strategy?

S: I was actually quite surprised by all the services, programs, initiatives and expertise that exist on campus already — the Wellness Centre, the Bystander Intervention program, various mental health programs, various mindfulness and stress reduction programs. Those all exist on campus.

I was also blown away by the expertise that exists on campus, for example the Hotchkiss Brain Institute, the Mathison Centre for Mental Health Research. All these have mental health experts and they do lots of great work.

G: What would you say the Campus Mental Health Strategy's biggest priorities are?

S: I think one of the biggest priorities is always to reduce the stigma of mental illness. We know that stigma exists and is alive and well. We're making inroads, but we know it still exists and people with mental illness are being discriminating upon. There's negative attitudes towards them. I still think reducing stigma is one of the things we can do.

Other big priorities for the strategy are things we don't have currently. So things like policies and procedures that are conducive to mental health. We do have a lot of policies, but are they the best for mental health? We don't know yet. We have to do those audits.

One of the initiatives we don't currently have is a for-credit course for students on mental health and wellness and resiliency. I think that's a big priority we can get into campus.

Edited for brevity and clarity.

BRIEFS

Campus Security releases first statistics report of 2016

University of Calgary Campus Security released its crime statistics report for the first four months of 2016.

According to the report, Campus Security responded to 686 incidents from January–May, 279 of which were alcohol-related.

Manager of community operations Rick Gysen said alcohol-related incidents include a variety of cases.

"If there's a fight in the south quad on a Thursday and we can confirm the participants had come from the

bar and had been drinking, we call that an alcohol-related event," Gysen said.

According to the report, the early afternoon was the most common time for incidents, with most occurring around 1:00 p.m.

Wednesdays were the day with most reported incidents.

Chief of Campus Security Brian Sembo said 2016 has been a run-of-the-mill year for the U of C in terms of crime.

"It's a snapshot against last year at this point. Really, we'll have a better idea by the end of the next reporting period if we're starting to see surprises," Sembo said.

Board of Governors approves operating budget for next year

The University of Calgary Board of Governors approved its 2016–17 operating budget on June 24.

The consolidated budget equals \$1.274 billion, which is largest in the U of C's history.

"I think this is positive news for the post-secondary sector," U of C provost Dru Marshall said.

According to Marshall, the U of C will receive \$446.5 million from the Campus Alberta grant — a two per cent increase from last year.

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OFF-CAMPUS »

ACAD students host campus rally to protest administration and government underfunding

Scott Strasser
News Editor

Alberta College of Art and Design students held a rally at their campus on July 4 to protest various "systemic issues" with the institution.

Students brought up registration and timetabling conflicts, campus accessibility, administrative understaffing and a lack of provincial funding.

"Many people have been very frustrated with systemic issues that have been facing the students for years," ACAD student and rally organizer Jonah Derkson said. "We have a lot of diverse artists who work in Calgary and work in the greater contemporary arts field who feel like they're not having their voices heard."

Around 60 people attended the rally, including ACAD students, staff and media.

Recent timetable changes were a key point of contention. Studio classes will change from six hours to 4.5 hours starting in the fall. Derkson said the majority of students voted against the change.

"[Students] didn't want the timetable change," he said. "We felt going from six hour classes to



ACAD students voice their gripes during the open mic portion of the rally.

MELANIE WOODS

4.5 hour classes wasn't going to be good for the students."

According to ACAD's Student Association, 207 students voted against the timetable change, while 47 voted in favour. Just over 20 per cent of total ACAD students voted.

One of the concerns surrounding the change is the lack of a substantial break between morning and afternoon classes. Alison Miyauchi, ACAD's acting vice-president research and academic affairs, said the new timetable schedule is meant to give students

more flexibility.

"With the old timetable, we could only offer one studio class per day. With the new timetable, we're able to offer more," Miyauchi said.

ACAD spokeswoman JoAnn Reynolds said the schedule will be released once classes are established, with a 10-minute break between the morning and afternoon studio classes.

ACAD staff made up a sizeable portion of the rally's attendees. Miyauchi said student concerns are taken seriously at the school.

"We are here to be active listeners, to let the students have their voice, and we'll be recording all their issues," she said.

Derkson said concerned students will write two petition letters — one to the provincial government and one to the ACAD board of governors.

"There are going to be two separate petitions because the paperwork and the requirements for the school board are greater. In order for them to take us seriously, we need to meet more requirements there," he said.

The rally included a speech from Derkson and an open mic for ACAD students to voice their grievances. The event also included an anonymous letter box, which Derkson said will be sent to ACAD administration.

During the open mic, third-year visual communications and design student Lise-anne Lacombe spoke about how scheduling conflicts forced her to extend her degree.

"It's not just me. Because of administration, scheduling and a bunch of other issues at ACAD, we were being forced out of our classes. We were basically being told we couldn't take our classes and we'd have to take an extra year," Lacombe said.

Derkson stressed that the rally wasn't meant to antagonize administration, but rather bring forward issues that affect ACAD students.

"Yes, it's a protest, but that's because so many people have tried to speak up against these systemic issues for so long," he said. "This is our time to actually work with the school, work with administration and work with fellow students so that we can really make a difference in our school."

CAMPUS SECURITY »

Campus Security to increase CCTV surveillance

Scott Strasser
News Editor

Campus Security will get more help from Big Brother this year, with plans to significantly increase the number of surveillance cameras at the University of Calgary by the fall.

The U of C currently uses around 300 closed-circuit television cameras, with that number expected to increase to around 500 by September.

But that's a far cry from the 82 surveillance cameras at the U of C this time last year, says chief of Campus Security Brian Sembo.

"A year ago, there were significantly fewer CCTV cameras on campus," Sembo said. "That number has increased quite a bit with the introduction of the new security operations centre and the technologies that went with it."

According to Sembo, similarly-sized universities can have anywhere from 3,500 to 9,000 cameras.

"It sounds like a lot that we went from 80 to 500, but in fact, we're just now playing some catch



Campus Security will ramp up its CCTV surveillance in time for the fall semester.

up," Sembo said. Most of the new cameras will be set up in new buildings at the U of C, such as the Taylor Institute for Teaching and Learning and the rebuilt Schulich School of Engineering, scheduled to be completed this fall.

Cameras will also be put in areas that previously did not have much surveillance, such as the Olympic Oval and the Kinesiology complex.

Sembo said CCTV can act as a deterrent for theft — something

that spiked at the U of C earlier this year.

"Places like the bookstore, we're certainly getting anecdotally good reports about the deterrence factor of having those additional cameras in those areas," he said.

Surveillance cameras at the U of C were useful in late May, when Campus Security identified Alexander Louis Harsanyi and Monica Rebalski — two suspects of a large string of credit card thefts — through reviewing CCTV footage.

"The capture of those folks for



those thefts was directly attributed to that new CCTV system we installed. We're having a lot of success with that new technology," Sembo said.

Manager of community operations Rick Gysen said CCTV is a useful tool for Campus Security.

"It doesn't replace boots on the ground, but it's an extra tool — certainly on the forensic side of things," he said. "When something does get reported, we can go back to recordings and identify."

The U of C started their CCTV

surveillance program 18 years ago, with 12 cameras. Gysen said the U of C was an early trendsetter in camera surveillance at Canadian universities, but stalled for several years.

"We sat at 80 cameras for many years, and it was old analogue equipment and the imaging was terrible," Gysen said. "It was a recognized area of risk that we need to address this and bring us into the 21st century and take advantage of the technology that's so readily available."

LOCAL ART »

Gerry Thomas Gallery houses exhibition on the lost and found artistic process

Rachel Woodward
Entertainment Editor

The Gerry Thomas Gallery is an artistic space nestled between restaurants and bars on 11th Ave. Founded in 2012, the hidden gem currently houses *Lost and Found* until August 5.

The exhibition is a multi-disciplinary exploration of the artistic process and features 10 Canadian artists. Local artist Desere Pressey makes her curatorial debut as a guest curator at the gallery. Her work is included among other art in the show, which features paintings, sculptures, wire forms and wooden mobiles.

"I got to be on the other side as an artist, and it was so interesting to be going through all these submissions and being able to decide what art moves me," she says. "I wanted a more in-depth experience of the work and to know the process and the artist. I wanted it to be very honest."

Some gallery space is taken up by tools and pieces from Pressey's



The gallery will host 10 Canadian artists and their multidisciplinary work.

studio meant to represent the artistic process alongside the finished work on the walls.

"It became very apparent to me that I wanted people to have an experience beyond the white, clinical and pristine walls," she says.

The art featured in the gallery varies in medium and subject

matter. Local artist Janet Hardy contributed large portraits of young, androgynous children with melancholic expressions.

"They are these captures between expression, they are so honest. It looks as though they've experienced darkness and they are in this in-between state before

they react," Pressey says.

Figurative artists Mandy Tsung and Cameron Lee Roberts's work will also be shown in the exhibition. Roberts' wire sculptures of human silhouettes work with shadow and movement to demonstrate the balance of female energy between spaces.

JARRETT EDMUND

Bruce Watson contributed wooden mobile sculptures that are hung and move with air that flows through the gallery, referencing nature and energy.

Pressey describes Christine Wignall's sculptures of the female form as having pieces of Wignall's personal life, such as horns on one of the women that represents her experiences in hunting.

Pressey also worked alongside gallery manager Mona Gauvreau to start Wine and Art Wednesday — a weekly after-hours event where the gallery is open to patrons to see the artwork alongside wine and live music by local musicians.

"It's a nice way to engage the community and open the space up for increasing culture mid-week," Pressey says.

The Gerry Thomas gallery is located on 11th Ave. across from Broken City. *Lost and Found* will show until August 5.

For more information, visit
gerrythomasgallery.com

ASTRONOMY »

Rothney Observatory hosts nights under the stars

Jason Herring
Online Editor

If you're not an astrophysics student, there's a good chance you don't know that the University of Calgary runs an observatory. The Rothney Astrophysical Observatory is located about 15 kilometres outside of the city on Highway 22 and boasts one of Canada's three largest telescopes.

The observatory will open its doors to visitors this summer for the Milky Way Nights event from 10:00 p.m. – 2:00 a.m. on July 21–23, and again from August 25–27. According to observatory's director Dr. Phillip Langill, evenings let the public explore space with guidance from trained scientists.

"It's an opportunity to think about the universe, ponder the planet, look through some high tech telescopes, talk about science and astronomy and just have fun," Langill says. "We also point out the constellations — we talk about the lore and the myths about the characters in the sky as well. We do all that fun stuff."

Milky Way Nights originated as a week-long event called Milky



The observatory will be open for patrons to observe the night sky.

Way Week. The observatory launched the event to see what the interest in a late-night drop-in time would be. Langill says the turnout was surprising.

"I was blown away by how many night owls showed up to look through a telescope. We were trying to shoo people out of there at 2:30 a.m.," he says. "Doing it every night for a week, that basically killed us. We were totally banded

up by the end of the week. So instead of doing Milky Way Week, we do Milky Way Nights."

The RAO is near the hamlet of Priddis, an hour's drive from the U of C. The remote location helps minimize light pollution from Calgary. Another precaution the RAO usually takes to prevent excessive light is holding their late-night events while there's no moon in the sky. While the moon's cycle

prevents this year's weekend event from being completely free of moonlight, Langill says the moon is interesting to see through a high-power telescope.

Some planets will also be visible during these nights. Jupiter is expected to be in the sky until midnight, while Mars and Saturn will be visible the whole night. Also visible are what Langill calls "deep sky objects."

LOUIE VILLENUEVA

"What we really like to do, because we're up late and because the sky is a little darker, is hone in on the fainter objects in the sky," Langill says. "We see the more faint clusters, the more faint galaxies, that kind of thing. These things we call deep sky objects, because they're the kind of things you need a really dark sky to be able to see."

Since a clear night is vital for skygazing, Calgary's recent stormy weather is a bit worrying, but Langill assures that the early month's cloudy days are a good sign for late-July observations.

"Actually, this is really great, because this rainy weather will be long gone by the time we get to the end of July," he says. "It's a four-hour thing, and we do it for three nights in a row, so the hope is that it's clear enough at some point that evening and bright enough to show people what's in the sky."

Entry to Milky Way Nights is by donation on a drop-in basis.

For more information on the event and for directions to the RAO, visit
rao.ucalgary.ca

MOVIES »

I took my mom to *Mike and Dave Need Wedding Dates*

Rachel Woodward
Entertainment Editor

There are movies you should see with your mom — *The Sound of Music* or *Marley and Me* come to mind. *Mike and Dave Need Wedding Dates* is not one of those movies.

The film involves two brothers of a bride-to-be who discover that their family is concerned with their rowdy behaviour at family events. Their sister begs them to bring “nice” girls to the wedding — who just happen to be two equally rowdy ladies who want a free trip to Hawaii. The film, starring Zac Efron, Aubrey Plaza, Anna Kendrick and Adam DeVine, turned out to be pretty much exactly what I expected.

The most important thing that I took away from watching this movie is to definitely not — under no circumstances ever — take your mother to see it with you.

I sat beside my sweet, lovely mother as Aubrey Plaza and Anna Kendrick picked out which porno to watch as they smoked weed in their hotel room. I sat in jolted silence beside the woman



This movie ain't mother-material.

What I thought would be a fun night out with my mom, because she said the trailer “looked funny” turned into a really, really long drive following the end credits. I know this night changed our relationship forever, no matter how many times she said, “it’s okay, I enjoyed it.”

The movie does a fine job of being a typical raunchy summer flick, with Adam DeVine’s entertaining physical comedy and Zac Efron’s exceptional arms — which have defined

my life since *High School Musical*. This movie, however, should never have been seen alongside my darling mother.

Mike and Dave Need Wedding Dates had a good soundtrack and kept me entertained. Despite the vile humour, I was pleasantly surprised at how often I laughed, even though I spent most of the movie casting terrified side-glances at my sweet, sweet mother to see how she reacted to the endless dick jokes.

If you’re looking for an over-the-top comedy that ends with a dance number, this movie won’t disappoint. Just don’t bring your mom, okay? Take her to *Finding Dory* instead.

COURTESY TWENTIETH CENTURY FOX

LOCAL SPOTLIGHT »

Scarlettbear. brings “sad folk music” back to its roots

Rachel Woodward
Entertainment Editor

opportunities in Calgary that are hard to find elsewhere.

Adam Mourad is a folk singer and songwriter currently based in Calgary. He goes by the stage name scarlettbear. and has created music since he was 13 and taught himself how to play the guitar.

After spending his childhood living around the world, Mourad dropped anchor in Calgary to explore his music, which he jokingly describes as “sad folk.”

“It’s a cathartic experience. When you’re feeling crappy about yourself or a situation, that’s what flows out of you, so it’s going to be a little sad,” says Mourad. “Loss is a big theme for me. It’s kind of what drives me to write about when I write a song.”

Mourad’s music, while falling into his “sad folk” descriptor, also deals with serious themes of nature, politics and heartache.

Despite being well-traveled, Mourad says that there are musical op-

portunities here that you wouldn’t necessarily have in other places with more developed music scenes,” he says. “There’s a lot of original music right now and places are generally welcoming. You get the sense that something is starting.”

The demo tracks on his SoundCloud demonstrate the folk roots Mourad thrives in. Performing at open-mics, art events and bars, Mourad says he attempts to bring folk music back to its roots through his songs.

“If you think about what folk music is, it’s work music. It started off as a way to make the time pass faster so you can stay in a certain rhythm while you’re working. That’s what I think about when I write a song,” he says.

Scarlettbear. will play at Good Earth on 17th Ave. on July 15 and on July 22 at the Blind Beggar.

Mourad’s music can be found on SoundCloud under scarlettbear. as well as on YouTube.

NEW MUSIC »



The Avalanches
Wildflower
July 8, 2016 (XL)

I was a toddler when the first album by The Avalanches came out 16 years ago. That album, *Since I Left You*, was a marvel made up almost entirely of samples — an estimated 3,500 — woven together as one continuous, hour-long song. No one has made a record with the same scope before or since, and even though I only first heard *Since I Left You* five years ago, it feels like I’ve known the music all my life.

So even though a follow-up to that album had been rumoured for years, many were skeptical about The Avalanches’ ability to replicate their zeitgeist of a debut. Luckily, the

Australian turntablists dispell those fears with *Wildflower*, an album that vividly captures feelings of musical nostalgia and joy.

The Avalanches mostly stick to their sample-based music on the new record, but bring in rappers to add verses to some tracks. When this works, it’s stunning. Camp Lo’s rapping on opener “Because I’m Me” is hard to decipher, but captures the elation that characterizes old-school hip-hop. Biz Markie also lends his voice to a hilarious end on the cartoon “The Noisy Eater.”

So much of the joy in *Wildflower* is hearing a snippet or a melody that

sounds familiar and experiencing the emotions that accompany that music. For instance, “Frankie Sinatra,” is a calypso cut featuring some less-than-great verses from Detroit rapper Danny Brown. The song feels off, lacking the subtlety of The Avalanches’ work, until it abruptly turns into a woodwind melody of *The Sound of Music*’s “My Favourite Things.” The contrast is incredible.

The rest of the album is filled with moments of staggering beauty. “Harmony” embraces the childhood wonder of music, while “Zap!” is a melancholic exploration of that period of life. “Subways” is the best pop song of

the year. “Stepkids” is a psychedelic pop masterpiece lifted straight from 1967 and “If I Was a Folkstar” bounces between sorrow and delight.

Each track feels different, but it’s impossible to peg where those feelings start and end.

It’s easy to fall into hyperbole when talking about new music, especially when it’s surrounded by as much history and anticipation as *Wildflower* is. But the album feels like a monumental success, blending disparate sounds into gorgeous and fun music. I don’t know if I’m going to want to listen to anything else all summer.

Jason Herring

STAFF PICKS »

JULY 14 - 21

Thursday, July 14:

Roundup for Her presents an event with food and drink alongside live bands, DJs, presentations from dance groups and a fashion show. Proceeds support the Calgary Women’s Emergency Shelter.
Time: 5:00 p.m. - 12:00 a.m.
Place: Calgary Metropolitan Centre

Saturday, July 16:

The Canadian Badlands Passion Play presents its 23rd season and will tell the story of Jesus’ birth and resurrection on Canada’s largest outdoor theatre stage. The stage is 30 acres and the show will feature over 200 actors and animals.
Time: Various times
Place: Drumheller

Friday, July 15:

The annual Oxford Stomp will highlight Stampede again this year featuring live music from Serena Ryder, Vertical Horizon, Don Henley and Matthew Good. The event supports the Rotary Club of Calgary.
Time: 3:00 p.m. - 10:00 p.m.
Place: Fort Calgary

Tuesday, July 19:

Shakespeare by the Bow relocates their production of *Hamlet* to St. Patrick’s Island while the Calgary Folk Festival takes over Prince’s Island Park. The show will take place as the sun sets to add spooky ambience to the production.
Time: 9:30 p.m.
Place: St. Patrick’s Island Park



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FIELD HOCKEY »

Dinos field hockey team ready to shine following disappointing 2015 season

Emilie Medland-Marchen
Sports Editor

It was a rainy day in Calgary, but that didn't warrant a day off for the University of Calgary Dinos field hockey team.

Water splashed onto cleats and jerseys as the girls hit their sticks against the soggy turf. As ball after ball hurtled towards the net on the south end of the field, it was clear that the bad weather wasn't going to phase the team.

After all, there's no room for time off when you're competing against two of the top teams in the country.

The Dinos field hockey team has gone through a rough patch in recent years. From the outside looking in, it's hard to view the 2015-16 season in a positive light. They posted a zero per cent win rate, losing all eight games they played between September and October.

It seems like it would be a hard season to come back from. But looks can be deceiving.

"The results didn't come, but we made the improvements," head coach Peter Taylor said. "We made big improvements getting closer to the opposition, to the University of British Columbia and the University of Victoria. We had some close games where we only lost by one or two goals, whereas in previous years the girls have lost by five or six."

The Dinos face some of the stiffest



The Dinos field hockey team perfect their shot in the hopes of improving their position in the Canada West this season.

JARRETT EDMUND

competition in the country. Their rivals, the UBC Thunderbirds and Victoria Vikes, are the only other teams in the Canada West division, and they're also the two strongest CIS field hockey teams in Canada. The CIS championship finals last year pitted them against each other for the top prize in varsity athletics. Ultimately, the Vikes came out on top.

If the Dinos had the luxury of playing in the Ontario University Athletics conference where the competition is far less fierce, then they might have a

shot at winning their way to a championship final. But out west, there's no room for error.

"If we were playing in a bigger competition, we would definitely win games," said Taylor. "Last year we narrowly lost to UBC and UVic, and they were both in the CIS finals playing each other."

Fifth-year veteran Jessica Britton posted 140 minutes for the team last year as a key defender. A seasoned veteran, Britton has played under two different coaches with the Dinos.

Heading into her fifth year, she feels prepared to secure wins.

"On paper [last season] may have not been a great success to a lot of people looking in," Britton explained. "But the previous year we struggled a lot more, and last year we saw a lot of improvement in scoring against teams in the Canada West. We're competing with them now."

To jumpstart that improvement, Taylor will send his team to Holland to train with some of the best in the world.

"Holland at the moment, the women are number one in the world," said Taylor. "To play against them is a great experience to improve our level and to build us more as a team."

In daily training, the team is still learning how to win against two of the strongest teams in Canadian field hockey, but Taylor isn't worried.

"We have our focus points that we have to work on," said Taylor. "And it's very much that we have nothing to lose. So we put everything we have into the game."

TRY THIS »

My ballet barre class kicked my ass and everything else

Hayden McBennett
Gauntlet Sports

After a long day at university, the last thing I want to think about is working out. But a few weeks ago I decided to kick that habit and take a stab at one of the newer fitness trends offered in the city this summer. My destination of choice was Barre Belle — a trendy newcomer to Calgary's expanding boutique fitness scene, located in the heart of downtown.

The reception area resembles any other spin or barre studio — clean and modern, yet somehow still edgy. Most importantly though, the place is Instagrammable for those like myself who are looking to prove they can offset a weekend of binge drinking with semi-regular bouts of physical activity.

Inside is a small selection of Swell water bottles and the kind of athletic

gear that Kylie Jenner might wear to a workout. The studio is quaint and peaceful. There were only two staff present — one instructs the class while the other signs in guests. Based purely on the size of the place, any more would be overkill.

There were about 15 participants in my class. The room was painted ivory with black moulding, but otherwise resembled the dance studios from my childhood — floor-to-ceiling mirrors, big open windows and, of course, the illustrious ballet barre.

We were immediately instructed to grab two weights — ranging from 2.5-pounds to five-pounds each — and a red resistance band that initially seemed harmless. The instructor, Anna Kozicky, cheerfully instructed us that the class would begin with some light cardio and stretching.

Aware of my physical limitations in terms of strength, I had opted for

the 2.5-pound weights thinking that I could at the very least follow through with anything Kozicky decided to throw at me. This was not the case.

A mix of dynamic cardio exercise left me — along with the rest of the back-row dwellers — sucking in air for dear life.

After 20 minutes of hell, Kozicky fluttered over to the bar like she had been doing this her entire life. Following her example, the rest of us hobbled over like a herd of wounded animals.

This was not the throwback to my childhood ballet class that I had anticipated. Second position, plié, down. Up, down — slowly! — hold. Pulse up. Repeat.

But then came the real horror. What was marketed as an elegant 55-minute class of exalted yoga consisted of around 15 minutes of wall sits that did not take place against a wall. A time before this I had daringly

considered my legs to be some of the stronger parts of my body. That illusion was promptly shattered.

My thighs shook like I was lifting a car to rescue a stranded child — except I was standing at a ballet barre in black asymmetrical cutouts wondering if I was really that perturbed by the idea of early onset disease.

The last portion of the class consisted of core exercises in plank position. At this point my ass had been kicked. I had checked out mentally. I was the wounded antelope of the class.

But as I spoke to my instructor, she barely seemed phased.

"I like a challenge," she said. "A lot of other barre classes aren't a hard sweat. So when I did this it was an instant love-slash-hate. It's not an easy workout, but it's not that complicated and it gives results."

She went on to explain that, even after having an extensive background

in fitness, she found her first barre class challenging. For a moment I felt a tiny bit better. And then I felt my legs.

But overall, the class was enjoyable. The class was small enough that it felt personal. I never felt like I had been shoved into the corner of a dark, dungeon-like spin class and left to drown in my own sweat.

"A lot of people are scared of barre because they don't have a background in dance," said Kristi Stuart, co-owner of the studio alongside Jill Belland. "They don't realize that it isn't just a bunch of choreography."

The studio offers a variety of classes. Barre X is more cardio heavy and Barre Ballet has a stricter dance approach.

But take my word for it and try the Barre Belle class first. You'll be surprised to find how easy it is for a pair of 2.5-pound dumbbells and some pliés to kick your ass.

