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Twitter: @GauntletUofC

Editor-in-Chief: Melanie Woods 403-391-8138
ew@thegauntlet.ca

News: Scott Strasser 403-988-4068
news@thegauntlet.ca

News Assistant: Saima Asad

Opinions: Tina Shayan
opinions@thegauntlet.ca

Entertainment: Rachel Woodward
entertainment@thegauntlet.ca

Entertainment Assistant: Gurman Sahota

Sports: Emilie Medland-Marchen
sports@thegauntlet.ca

Sports Assistant: Tommy Osborne

Humour: Derek Baker
humour@thegauntlet.ca

Photo: Justin Quaintance
photo@thegauntlet.ca

Video: Sebastian Jarmula
video@thegauntlet.ca

Graphic Artist: Samantha Lucy
graphics@thegauntlet.ca

Webmaster: Jason Herring
online@thegauntlet.ca

Volunteer Coordinator: Emily Macphail
volunteer@thegauntlet.ca

Business Manager: Riley Hill
403-807-5201
business@thegauntlet.ca

Contributors
Jojo Alegre • Ally Baharoun • Isaac Collis • Jill Girguffs
Nikayla Goddard • Zachary Green • Josh Harkema
Frankie Hart • Rhea Henry • Ian Kinney • Cynthia Kwan
Gagan Mann • Christie Melhorn • Dawn Muehnrath
Hayley Nguyen • Jake Park • Aziz Ray • Jake Robinson
Clara Sadler • Aisoula Savadou • Meagan Siemaszkiewicz
Louie Villanueva • Sean Willett

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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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STUDENT LOANS »

Student loan applicants could increase 10 per cent in Alberta

Scott Strasser
News Editor

As the economic downturn continues to plague Alberta, more post-secondary students are taking out loans to ease the financial burden.

According to Student Aid Alberta, the province projects a 10 per cent increase in student loan applicants this year.

"It's correct to say we are seeing the applications trend up," said Student Aid Alberta executive director Maggie DesLaurier. "When you look back the last few years, we've been seeing those steady increases in the number of students accessing our student loan program."

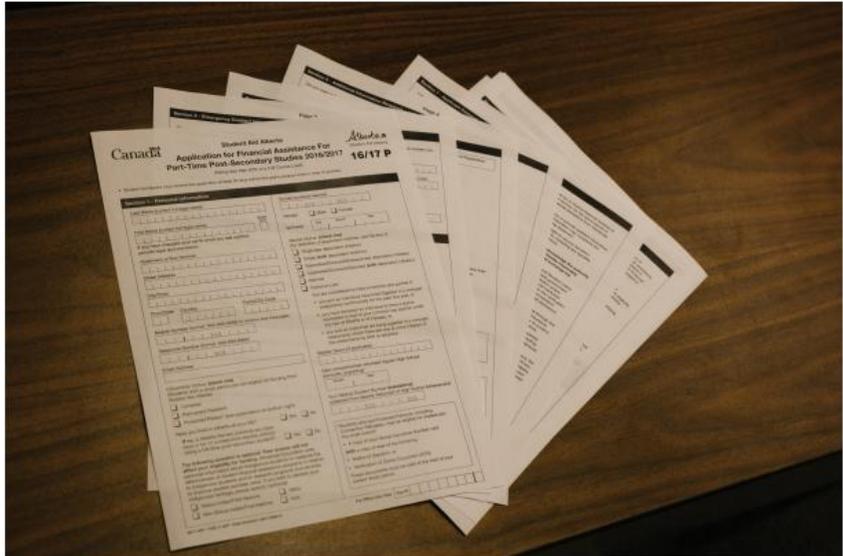
While 70,461 students took out loans in 2015-16, Student Aid Alberta expects that number to reach 77,000 students this year.

The total dollar amount in 2016-17 is projected to be \$579 million in student loans, up from \$537 million last year.

While the province's economic downturn plays a factor, DesLaurier said the increase in applications could also be due to Student Aid Alberta's recent programming changes. These include increasing living allowances to match inflation, increasing loan limits, allowing for childcare costs and doubling the Alberta low-income grant from \$120 to \$250 in 2016.

DesLaurier said eligibility requirements have also eased and that applications were made available a month earlier than usual.

"We're always looking for ways to



According to Student Aid Alberta, loan applications have steadily increased. JUSTIN QUAINANCE

improve student loan programming to meet the needs of students," she said.

Students' Union vice-president external Tristan Bray said Student Aid Alberta's statistics reflect the SU's own data collection.

"I think you can't ignore the impact the economic downturn has had," Bray said. "Overall, students are expecting to need more loans to graduate."

The 2016 SU annual survey came out last month. It was answered by 2,696 University of Calgary undergraduate students — roughly 10.9 per cent of the university's total enrolment.

In the survey, 33 per cent of respondents expected to graduate with more than \$20,000 of debt. There was also a 7.9 per cent increase from the 2015 survey in the number of U of C students who experienced debt at some point during their degrees.

The survey also reported that 59 per cent of respondents worked during the academic year, with 22 per cent claiming to work 11-20 hours per week.

"My experience interacting with students is that over the summer, students were able to find fewer degree-relevant jobs," Bray said. "There were fewer internship positions,

research-type positions — the really good, degree-related jobs — for students. They were saving a little less money than summers previous."

DesLaurier acknowledged many people return to university during an economic downturn.

"It is definitely a factor. We've been seeing historically that as the economy dips down there are more learners looking to go back into post-secondary studies. As a result, we see an increase in student loan applications," she said.

According to DesLaurier, most student loan applications occur in September.

STUDENT SERVICES »

Students' Union food bank finding its feet

Saima Asad
News Assistant

The University of Calgary Dinosaurs football team weren't the only ones who won big at Kickoff this year — the Students' Union food bank scored its own share of touchdowns through the Bling Bling fundraising contest.

The Bling Bling contest is an Orientation Week event that pits faculties against each other to raise money for a certain charity. The faculty that scores the most "points" is announced during Kickoff.

This year, the Faculty of Engineering won the Bling Bling contest and the SU food bank was the chosen charity. The food bank collected

\$3,677.25 from the contest.

After a rough start to 2016 with an increase in usage but a drastic decline in donations, the SU food bank has seen a recent resurgence following the O-Week contest and its annual Calgary Stampede food drives.

"We had a great summer in terms of donations," food bank coordinator Allison Iriye said. "In the summer of 2015, we raised just over \$2,800 and about 7,500 food items. This summer we got \$4,486 dollars as well as just over 1,400 food items."

Iriye attributed the success to the food bank's summer fundraising events at the Calgary Stampede.

According to Iriye, the food bank received 130 food items and \$215 at the annual President's Barbecue

on July 12. The food bank also participated in the Haskayne School of Business Dean's Stampede Breakfast, where they received 89 food donations and \$35.

"This was great to help us get through the summer and we really appreciated it," Iriye said. "Those extra donations definitely helped out our clients and the increased traffic we had."

Last spring and summer, the food bank distributed 55 hampers and fed a total of 113 people.

Those figures more than doubled this year, as the food bank distributed 130 hampers and fed 288 people.

Iriye said the increased usage could be linked to Alberta's economic downturn. She said the U of C community should keep the food bank in mind

when thinking of places to donate.

"If we did not have our donors, we would not be able to provide for our clients," Iriye said.

The SU food bank's O-Week fundraiser came a week before the Calgary Food Bank's annual city-wide food drive on Sept. 17, administered by the Church of Latter Day Saints. This year, around 7,000 volunteers collected perishable food items from 198 neighbourhoods in Calgary, collecting 205,000 kilograms of food for the Calgary Food Bank in total. That's 25,000 kilograms more than the annual food drive in 2015. This year's drive came after unprecedented usage for the city's food bank — the Calgary Food Bank fed around 170,000 people in its most recent fiscal year.





MELANIE WOODS

U of C announces Energizing Eyes High

Scott Strasser
News Editor

The University of Calgary announced a new strategic direction for the next five years at its annual Community Report on September 16 in MacHall A and B.

“Energizing Eyes High” aims to build on the university’s Eyes High strategy that was in place from 2011–16. The strategy will run from 2017–22.

The Eyes High strategy aimed to make the U of C a top-five research university in Canada, while turning the U of C into a “global intellectual hub.”

With many Eyes High goals not reached by the strategy’s conclusion this year — the U of C is currently sixth in Canada’s ranking of the top research institutions according to Research Info. Source — the Energizing Eyes High strategy aims to continue where Eyes High left off.

“People resonate with Eyes High,” said U of C president Elizabeth Cannon. “Eyes High speaks to our past and our tradition, but it’s very much about looking forward and looking upward.”

Notable attendees of the Community Report included U of C Chancellor Robert Thirsk and past and current U of C student-athletes Allison

Beveridge and Kirsti Lay. The pair recently won bronze for Team Canada as part of the women’s cycling team pursuit at the 2016 Rio Olympics.

“[The Community Report] is a chance for our community to come together and celebrate our success. It’s been a banner year for the U of C and now we’re in our 50th [year]. It’s about celebrating not only our past year, but starting to look ahead,” Cannon said.

Cannon outlined the university’s highlights from 2015–16 in her address. She mentioned how the U of C accepted more than 1,400 evacuees following the Fort McMurray forest fires in May, opened the Taylor Institute for Teaching and Learning in April, hosted the Congress of the Humanities and Social Sciences in May and launched a campus-wide mental health strategy in December 2015.

Cannon also mentioned some of the U of C’s upcoming projects for 2016–17, which include creating a campus Indigenous Strategy, opening the Canadian Natural Resources Limited Engineering Complex and finalizing the university’s long-range development plan.

The U of C will consult with students, staff and alumni until the end of November to gauge feedback and refine the new strategy.

Students’ Union looks into partnership with Leftovers

Scott Strasser
News Editor

The University of Calgary Students’ Union could soon partner with Leftovers Calgary, a not-for-profit organization that takes food before it’s thrown out and transports it to various service agencies around the city.

Founded in 2012, Leftovers now rescues 2,500 to 3,000 pounds of perishable food a week. The volunteer organization currently has 148 drivers who distribute rescued food throughout 36 different routes around the city.

“Basically what we do is we take excess food from different vendors — whether it’s grocery stores, markets, restaurants and bakeries — and we donate that food to service agencies that are in need,” said Leftovers founder and executive director Lourdes Juan.

The organization gained NPO status in 2015 and now boasts around 40 partnerships, including Co-Op, the Calgary Farmers’ Market, the Calgary Food Bank, the Mustard Seed, Inn From the Cold and the Calgary Drop-In and Rehab Centre.

After getting involved with Leftovers this summer, second-year biological sciences student Uzair Tazeem met with SU vice-president operations and finance Branden Cave to discuss the possibility of expanding Leftovers to the U of C.

“I talked to Branden and told him about Leftovers and he was interested and gave me a list of questions to ask [Juan] about how everything would work,” Tazeem said. “I sent the answers to Branden [Cave] and am currently



Leftovers would pick up food from MacHall vendors. JUSTIN QUAINANCE

waiting on a response.” Cave said the SU is currently looking into the likelihood of forming a partnership.

“We want to make sure that if we do this, it’s well thought out and feasible.”

— SU vice-president operations and finance Branden Cave

“We want to make sure that if we do this, it’s well thought out and feasible,” he said.

If the partnership is arranged, Leftovers would take perishable food from the MacHall food court and the U of C Dining Centre at

the end of each day and transport it to the different food service agencies they currently work with.

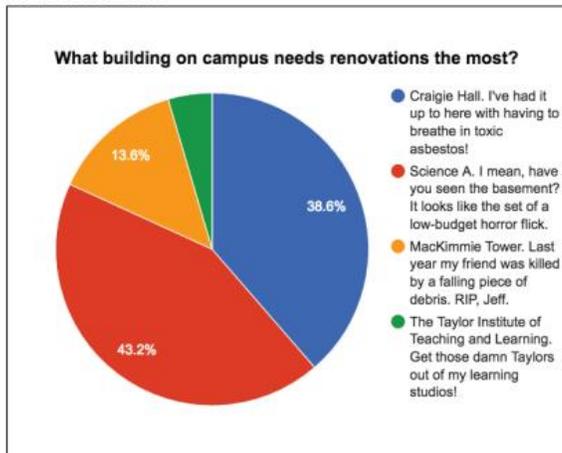
According to Juan, Leftovers already has a similar set-up with the Students’ Association at Mount Royal University. She said they could start at the U of C with a pilot program.

“It will take a couple more meetings and hopefully we can get some vendors on board to start donating,” she said.

While the SU already has a composting program for leftover food in MacHall, Juan said there are many perishable food items that Leftovers could pick up from the U of C.

“As long as it is not buffet-style food we can donate it,” Juan said. “So a lot of the vendors in MacHall are eligible, if they have excess at the end of the day that they are not going to sell the next day.”

POLL RESULTS »



Check out our latest online poll at www.thegauntlet.ca

BRIEFS

Mount Royal University spat over Trump hat goes viral

A recent video featuring Mount Royal University students arguing outside of their campus bookstore has gone viral.

In the video, MRU student Zoe Slusar confronts Matt Linder about his baseball cap bearing the words “Make America Great Again” — United States presidential candidate Donald Trump’s campaign slogan.

Slusar accused Linder of spreading hate speech by wearing a hat that shows support for Trump. A verbal

argument ensued and a video was posted to Facebook.

Since its posting, the video has been viewed hundreds of thousands of times and garnered interest from media outlets around the country.

Linder defended his choice to wear the hat by saying he was practicing freedom of political expression.

Both Slusar and Linder received numerous death threats following the incident.

MRU administration responded to the incident in a statement:

“Both these students are free to express their political opinions on campus and university administrators will not interfere in their right to do so.”

U of C ranks among top 200 universities in the world

The University of Calgary ranks among the top 200 universities in the world, according to Quacquarelli Symonds’ annual World University Rankings.

After examining around 900 universities around the globe, QS ranked the U of C 196th in the world and eighth in Canada.

QS rankings are based on six different factors and indicators.

MIT, Stanford University and Harvard took QS’s top three spots.

CLUB PROFILE »

U of C Shakespeare and Company Literary Association promotes global literacy

Tommy Osborne
Sports Assistant

One fifth of adults globally would not be able to read this article.

The Shakespeare and Company Literary Association at the University of Calgary hopes to combat illiteracy around the world and give people the opportunity to learn to read.

Shakespeare and Co. Literary Association president Mariam Bello founded the Students' Union-sanctioned club when she learned that almost one billion people worldwide are illiterate.

"I'd like to do some kind of effort in the community to stop or to change that, however I can," she said.

The Shakespeare and Co. Literary Association is new to the U of C but hopes to create a community among students who want to help raise literacy rates. The club also strives to connect students who love reading and would like to discuss and share books among each other.

"This is one of those perfect clubs that is both a hobby and for helping," said club member April Fullido Cadungog. "It's also a club where I can enjoy books and share my love of books, so it's a perfect



The Shakespeare and Company Literary Association aims to support reading in parts of the world with low literacy.

SCOTT STRASSER

mix of both." Bello said the club combats illiteracy by supporting international organization Room to Read, which aims to raise literacy rates around the world.

"We envision a world in which all children can pursue a quality education, reach their full potential and contribute to their com-

munity and the world," the Room to Read mission statement reads.

Bello explained that as a new club with limited resources, aligning with a charity like Room to Read is a good way to achieve the club's goals.

"Since it's our first year, we don't really have the resources to do something on our own, so what

we decided to do was instead support a charity we believe embodies the ideals and interests that we share," she said.

While they may not be able to directly raise literacy rates internationally, the club will hold many events to promote their cause and support Room to Read including fundraisers like bake sales and

textbook drives.

The Shakespeare and Co. Literary Association will also host events for students who want to share and discuss their love of reading. Initiatives like book exchanges, movie nights based on popular books and a book club have all been discussed among members as possible options.

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JUSTIN QUAINANCE

Dozens of students checked out the University of Calgary's third annual Harvest Fair on September 15.



COURTESY KAROLINA GRABOWSKI

Calgary City Council rejects U of C research on fluoridated water

Scott Strasser
News Editor

On Sept. 13, Calgary City Council rejected a motion to review a study from University of Calgary researchers on the effects of fluoridated drinking water.

Councillors Peter Demong, Diane Colley-Urquhart and Richard Pootmans brought forth the motion that would have reopened a decades-long debate among city council regarding the fluoridation of Calgary's water supply.

The motion, which proposed engaging the researchers behind the objective study, failed in a 9-5 vote.

The study in question was published in February in the scientific journal "Community Dentistry and Oral Epidemiology" by researchers from the U of C, the University of Alberta and Alberta Health Services.

Cumming School of Medicine researcher Lindsay McLaren was the lead author of the study, which examined 5,000 children.

Researchers found an increase in tooth decay among second grade students in Calgary since fluoride was removed from the city's drinking water in 2011.

The study also found increased tooth decay among children in Edmonton of the same age, though not as severe as in Calgary. Edmonton still fluoridates its drinking water.

"We observed across the full sample an increase in primary tooth decay in both cities, but the magnitude of the increase was greater in Calgary than in Edmonton," reads the study's results section.

Fluoride hasn't been present in Calgary's water supply since city council voted 10-3 in favour to stop fluoridat-

ing the city's drinking water in 2011.

Councillors justified their decision in 2011 by saying there wasn't sufficient evidence to prove fluoridated water provided any significant health benefits. Some councillors — including Coun. Dru Farrell — stated that fluoride could be accessed through other sources, including toothpaste.

Furthermore, at the time of the 2011 vote, council estimated the costs to upgrade the city's fluoride injection system to be around \$10 million, with ongoing maintenance costs of \$1 million annually.

But McLaren said the February study indicated clear signs that a lack of fluoride in water led to the increase in tooth decay among Calgary children.

"We designed the study so we could be as sure as possible that [the increased tooth decay] was due to [fluoride] cessation rather than other factors," she said in an interview with the CBC after the study was published. "We systematically considered a number of other factors. In the end, everything pointed to fluoridation cessation being the most important factor."

The day after last week's failed motion, city council asked Calgary Mayor Naheed Nenshi to write to Alberta Health Services asking the provincial health authority to explore the issue.

"This letter 'ain't going to amount to a hill of beans, but if you want me to write it, I'll write it," Nenshi told councillors on Sept. 14.

Prior to council's decision in 2011 to stop fluoridation, the debate had gone on in Calgary for almost 60 years.

Other major Canadian cities that do not fluoridate water include Vancouver, Montreal and Victoria.

LIBRARIES »

University of Calgary hosts library design conference

Scott Strasser
News Editor

The fifth annual Designing Libraries Conference took place at the University of Calgary from Sept. 18-20.

Hosted every two years by the U of C's Taylor Family Digital Library, the conference examines the role of university libraries in the 21st century.

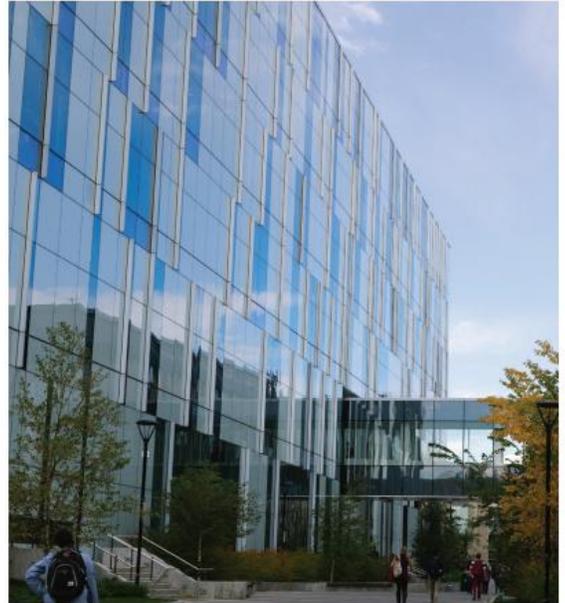
The idea for the Designing Libraries Conference emerged after the U of C opened the TFDL in 2011. Since then, the U of C and North Carolina State University — who opened their own digital library around the same time as the U of C — have taken turns hosting the conference.

U of C vice-provost libraries and cultural resources Tom Hickerson said the TFDL is an example to follow in university library design, as it was built with a focus on research and study space ahead of book storage.

"We really represented a different concept for libraries, so we drew a lot of initial attention," Hickerson said. "I think most people would agree [the TFDL] is one of the most innovative libraries in the world."

The Designing Libraries Conference had its biggest ever turnout this year. While the first conference in 2012 had an attendance of around 150 people from Canada and the United States, around 260 architects, librarians and academics attended this year. Attendees travelled to Calgary from as far away as Australia, Singapore and Jamaica.

"It seems the interest continues to grow — that how library space is used is a determinant of



The U of C hosted the conference twice before. JUSTIN QUAINANCE
what services you provide," Hickerson said.

The overarching theme for the 2016 conference was "visualization and virtuality reality." Some of the conference's topics included "Looking Strategically at the Big Picture," "Makerspaces in Motion" and "Innovations in Architecture in the Academic and Cultural Sphere."

"My vision for the library of the future is that it will constantly be changing and that we build buildings that [will] allow us to realize that," Hickerson said.

While the majority of the conference took place within the TFDL, other buildings on campus — and across Calgary — also held events.

The conference kicked off on Sept. 18 with a pre-conference event at the Taylor Institute for Teaching and Learning, but the conference also held events at the Studio Bell National Music Centre and Mount Royal University — a fitting venue considering MRU's new Riddell library is set to open next spring.

Notable speakers at the conference included president and CEO of the National Music Centre Andrew Mosker, CEO of the Calgary Public Library Bill Ptacek and lead architect for the Calgary Public Library's new central library Vanessa Kassabian.

This year was the third time the U of C hosted the Designing Libraries Conference.



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FEDERAL POLITICS »

Former Canadian Prime Minister Brian Mulroney speaks at University of Calgary

Scott Strasser
News Editor

Former Canadian Prime Minister Brian Mulroney was at the University of Calgary on Sept. 13 to give a lecture to the Faculty of Law.

Mulroney was on campus to perform the 2016 William A. Howard Memorial Lecture, an annual talk from a prominent figure presented by the U of C Faculty of Law and the law firm Borden Ladner Gervais LLP.

A capacity crowd of around 175 students, faculty and media packed into the Bennett Jones lecture theatre in Murray Fraser Hall to hear the lawyer and former politician speak. The topic of Mulroney's lecture was "Role of a Prime Minister: Responsibilities and Leadership."

Mulroney was Prime Minister from 1984 until 1993, as leader of the Progressive Conservative Party. His tenure included multiple economic reforms, such as implementing the Canada-U.S. Free Trade Agreement in 1988 and the national Goods and Services Tax in 1991.

After cracking jokes for the first



Former Prime Minister Brian Mulroney gave the William A. Howard Memorial Lecture. JUSTIN QUAINANCE

15 minutes, Mulroney got into the crux of his speech — the need for strong leadership from a Prime Minister.

"It's called leadership — that ineffable and sometimes magical quality that sets some men and women apart, so that millions will follow them as they conjure up new visions and invite their countrymen to dream other big and exciting dreams," Mulroney said.

A considerable focus of Mulroney's lecture on Tuesday was his

support for TransCanada's Energy East pipeline — a 4,500 kilometre, \$15.7-billion pipeline that would transport oil from Alberta to New Brunswick.

While Energy East has faced opposition from environmental advocacy groups, aboriginal groups and municipal mayors in Quebec, Mulroney urged current Prime Minister Justin Trudeau to take a leadership role in finishing the project.

"Canada cannot expect to expand trade with Asian markets if we

deny ourselves the opportunities to build infrastructure that will enable us to deliver exports to these markets," Mulroney said. "Energy East is a made-in-Canada solution that would replace foreign oil in our market and keep \$17 billion a year in Canada."

Mulroney compared the public and media perceptions to Energy East with the reactions to the Canada-U.S. Free Trade Agreement while he was in office.

"The issue of pipelines should

not be a binary choice between development of our massive energy resources and sustaining our pristine environment. What we need is a responsible, principal balance between the two. One that improves the quality of our environment and one that facilitates energy production," he said.

During the question and answer period that followed his lecture, Mulroney faced audience questions about Energy East, what Trudeau's priorities should be and — most amusingly — his thoughts on American Presidential candidate Donald Trump.

Mulroney, who knows both Trump and Hillary Clinton personally, said Clinton has the upper hand in the U.S. presidential race due to her political experience, but Trump has caught a wave with his stance on immigration.

He said the first televised debate on Sept. 26 between Trump and Clinton will likely play a big part in who wins the November election.

"This is a most unusual choice that Americans have to make," Mulroney said.

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What should U of C's next strategic plan be called?



"I'm not into slogans."

— Siobhan O'Connor,
fifth-year education



"Innovate to Achieve would be interesting."

— Mustafa Shehadeh,
fourth-year engineering



"Endeavour to Excel — or something cooler."

— Matt Gow,
second-year engineering



"Engineers are actually not the best."

— Nha Ly,
fourth-year sociology

Photos: Justin Quaintance
Interviews: Aziz Raj

EDITORIAL »

Retire Eyes High — let's move on

It looks like the University of Calgary will lift up its eyes for another five years. At the annual Community Report on Sept. 16 to much pomp, circumstance and fancy golden sugar cookies, U of C president Elizabeth Cannon announced the launch of Energizing Eyes High, the next strategic direction for the university.

The U of C launched Eyes High in the fall of 2011. The strategy aimed to make the U of C a top-five research university in Canada and a "global intellectual hub" by its 50th anniversary in 2016.

Now that Eyes High has run its course, it's time for the U of C to look to the next five years. That's where Energizing Eyes High will come in. Over the next year, the U of C will formulate its new strategic direction through a planning and consultation process.

Consultation is essential and if you want to be involved in those decisions, attend as many focus groups as you can. But the fundamental flaw with Energizing Eyes High can't be fixed in a focus group — its name.

Cannon said after the Community Report that positive associations with the phrase "Eyes High" prompted the university to want to continue using it.

"I think that the vast majority of people like [the name]. People in the community understand it, they quote it back to us. It's become part of our vernacular at the University of Calgary," she said.

Cannon's right — Eyes High is part of our vernacular. For five years, the phrase has symbolized the actions of the U of C administration — the good, the bad and the very public accusations of compromised academic integrity.

The strategy had its successes.



SAMANTHA LUCY

According to the 2016 Community Report, the U of C has raised over \$725 million from donors since 2011. We didn't make it to the top five, but we are the number six research university in the country. And the concept of looking forward and upwards towards research progress is well-intentioned.

But Eyes High as a concept has also exemplified criticisms of recent administration, with many saying the U of C has set its eyes too high.

In 2013, \$4.6-million executive renovations to the administration building drew controversy and accusations that U of C administration cared more about external image than internal student experience. Internal Board of Governors documentation even show they were aware of the "reputational risks" associated with the cost.

In November 2015 Cannon drew widespread criticism for her role on the board of Enbridge, with critics suggesting the U of C had compromised academic integrity in favour of positive

relations with the energy industry. This followed a 2013 report by the Canadian Association of University Teachers that found, among other things, incriminating details of a research deal — the Consortium for Heavy Oil Research — with donors like Husky and Nexen that stipulated those companies could pull research funding if their money wasn't fuelling projects they approved of.

These scandals show U of C administration looking forward and upward to name recognition, funding and innovation. And as administration ignored or pushed controversies out of sight, they continued to tout the Eyes High strategy.

This literally came to fruition at a 2015 budget town hall that featured the phrase prominently. It also featured a hoard of angry students publicly calling for Cannon's resignation following the Enbridge story.

Frankly, we're tired of Eyes High and its associations. The U of C should want to move past

the controversies of the past few years. A new strategic direction means a chance for people to forget about scandals, jokes like "I sigh" and those wretched red and yellow stars that are on every piece of marketing. It's a chance for us to get excited about what our university is doing again. Clinging to the Eyes High brand won't accomplish that.

"The feedback that we're getting is that people resonate with Eyes High," Cannon said at the Community Report. "Our motto is 'I will lift up mine eyes.' So Eyes High speaks to a little bit of our past and tradition but very much to looking forward and looking upwards."

The U of C does need to look forwards and upwards to the future. But we don't need to have our eyes set that high to do it. First, we should probably look at what's right in front of us. Let's focus on energizing right now.

Melanie Woods
Gauntlet Editorial Board

GENERATION SEX »

Shit happens in sex and that's okay

Lady Marmalade
Gauntlet Columnist

It is a known fact that sometimes, when you're getting freaky with a lover, shit happens. "Shit" can be taken as literally as you want.

Trust me, we've all been there. When you are being intimate and/or naked with another person, things can get messy.

I know that for me, there have been many times where things have happened in and out of the bedroom that I wish I could take back.

For starters, I've had a lover's sibling walk in on some blatant, daytime love-making and since I spend a lot of time in said lover's home, kitchen encounters became very awkward and quiet.

I've seen my fair share of embarrassing and distressing sexual moments. I've broken condoms, wind and hearts. I've bruised a penis and my own ego once or twice. Hell, I've even involuntarily peed all over a lover because neither of us realized it was happening until it was far too late.

The best thing to do in a situation like this is to just laugh it off. I tend not to practice what I preach — most embarrassing moments just end with a lot of crying on my end. But what's important to remember is that almost everyone who has engaged in sexual activity has experienced some form of embarrassment.

Something I can say is that it helps if you're having sex with someone who you feel you can be goofy with. If you only picture this person laughing at you and not with you, proceed with caution. Make sure you are

always communicating with the person you're intimate with.

When two sweaty and naked bodies are moving around together, you can almost always expect some noises and functions to occur.

Don't be embarrassed about your own body and the things it does, with or without your permission. Get comfortable with your body and if you are a person with an agina having sex with a penis-having person and you're on top — be careful. Those things bruise easily. Trust me.

HIGHER EDUCATION »

We need to revalute the textbook market

Tina Shaygan
Opinions Editor

Last week, the Students' Union ran the #TextbookBrokeAB campaign to raise awareness of the high cost of post-secondary textbooks in Alberta.

Standing directly outside the bookstore to talk to students that just dropped hundreds of dollars is bold and arguably one of the more affirmative approaches taken by student leaders on the issue. Previously the issue of the cost of textbooks had been only mentioned in campaign promises and discussed without much controversy.

This campaign is part of a greater approach to implement Open Educational Resources, which are free online textbooks that are widely used in other provinces.

OER are a fine solution for those of us that have purchased a \$300 textbook for a total of 10 pages of reading and only sold it back to the bookstore for less than a fraction of the cost. But the problem is bigger than that.

We shouldn't have to hold the receipt of our outrageously expensive books and tell everyone what other essentials we, as poor students, could have purchased with that amount of money. Instead, professors and publishers should reconsider the material they're forcing us to buy.

The underlying problem is the fact that a student's right to education is considered equal to a right to profit. When the right to educa-



The cost of textbooks can be a barrier to education for many students.

tion is commodified, students are ultimately left behind. For many, these unnecessary costs are a barrier to obtaining an education.

When health services like EpiPen raise their prices, they are condemned for making profits off a product that saves lives. Education may not save lives in the same sense, but it could make one significantly better. And those that need education most are the often ones who have to struggle the hardest to obtain it. While these two cases aren't completely analogous, pub-

lishers should also be condemned for exploiting students who have no choice but to purchase their products.

This isn't to say scholars and researchers shouldn't be compensated for their work, but that compensation shouldn't be at the expense of students. We already pay our share through tuition and mandatory non-instructional fees.

We very effectively could force the textbook market to change via our actions. But in order to stop textbooks from becoming a profit

trap at the expense of students, we need more help.

Can the same information be found elsewhere? Is a new edition of practically the same book truly necessary for the course? Or is the online resource that only comes with the newest edition of the book actually required for a complete comprehension of the course material? Maybe if professors did not assign a new edition every year, publishers would not be incentivized to continue producing a shiny version of the same

JUSTIN QUAINANCE

material for triple the cost. If the course content hasn't changed in the past 15 years, neither should our textbooks. And if publishers are forced to compete with used textbooks, maybe the prices of new ones would be lowered, or there would be some actual changes in each new edition.

Besides, it promotes a shamefully wasteful culture to have copies of books thrown out each year and never used again. If we want to be a campus renowned for our commitment to sustainability, we should start with simpler things like paper and plastic before we build any more shiny, energy efficient buildings.

Most professors often mention other resources like library books and online articles in their outlines, but actually making them the norm over assigning the newest edition of textbooks for classes that can survive without is a far less complex solution.

How the market treats textbooks is a sad irony to the "sustainable," "free market" and "basic rights" values we hope to teach and learn in higher-education.

We should demand that more be done by our institutions and governments to address this problem. But if we can't effectively lower textbook prices to a reasonable level, maybe we as students and apparently consumers, should just boycott the damn thing and show that the sixth instead of the seventh edition will do just fine.

CAMPUS LIFE »

Why I moved out of residence after my first year

Hayley Nguyen
Gauntlet Opinions

I moved into residence with the excitement of a naïve first-year student. I thought to myself, "this is the place that I am going to call home for the next eight months." And it was — I spent my first year in residence. But I eventually decided it was no place for me.

The first reason for my decision was the same one that people often quote as a perk of living on campus — distance. It's true that you can roll out of bed 10 minutes before class and still make it on time.

But without self-control it is so easy to fall into the trap of hitting that snooze button and pampering yourself with five more minutes of sleep. Barely making it to my 8:00 a.m. class with dishevelled hair, I haughtily told my friends — who had to wake up two hours before class — how content I was with living on campus. But such a privilege condoned a disorganized and irresponsible lifestyle. So next time

when you consider living in residence mainly as a way to get out of bed late, think twice about whether you deserve that extra 10 minutes in bed anyways.

Living on campus is also not worth the money. On the cheapest end, you have Kananaskis and Rundle Hall. Despite my fond memories of first-year residence, they are dilapidated buildings, with white-washed, brick-pattern walls and ancient carpets that you should never walk on barefoot. And don't get me started on common areas like the lounge where literally nobody wants to hang out in and the washrooms that flood constantly.

For second-year, there is the fanciful Yamnuska Hall where you pay nearly \$900 per month and still don't have a full kitchen or your own bathroom. You have to live off the food from the Dining Centre, which is terribly expensive. I appreciate the point of putting money in your meal plan so that you don't have deal with a debit card



Living in residence can be of little benefit to some students.

or cash. But how about letting you spend your money in places other than the Dining Centre, Subway or Dominos? I have \$2,000 left in my account now because by the second month I was sick of the limited selection of food and resorted to splurging money in MacHall. Moving to upper-year, you have your

own room and kitchen, but is paying \$1,000 per month worth it?

Living on campus is tempting but it will definitely come at a high cost — not only to your or your parents' bank accounts but also your development. It takes time to transition from high school to university, but don't allow yourself

JUSTIN QUAINANCE

to live in a falsely-painted illusion of university being an escape from responsibilities.

Live off-campus after your first year and experience the "real" university life of running to class from home, handling electricity bills and looking after yourself on your own.

City ignorant to disregard fluoride study

Jason Herring
Webmaster

The City of Calgary stopped fluoridating water in 2011. Ten city councillors voted to stop the process, which involves a controlled addition of fluoride to public drinking water in order to reduce levels of tooth decay.

In the same meeting, councillors voted against including a plebiscite about fluoridation for the 2013 municipal election. They also decided not to refer the issue to a panel of experts.

Since then, tooth decay in Calgary children has increased at a higher rate than in children the same age from Edmonton, a city which still uses fluoridated water. This is according to a study released in early 2016 by the University of Calgary's Cumming School of Medicine.

Five years after the vote to remove fluoride, Calgary City Council still refuses to fully explore the issue. On Sept. 13 council rejected a motion to revisit the debate and consider the U of C study, which was offered to council for free.

This wasn't even a vote to start putting fluoride back in water — it was a vote to look at the research available and hear from experts so council



Calgary City Council voted against discussing water fluoridation last week.

COURTESY CALGARY DOWNTOWN (LEFT) AND LOUIE VILLANUEVA (RIGHT)

would be able to make an educated decision. City council has a responsibility to give careful considerations to relevant studies from local post-secondary institutions. Rejecting the motion without even giving the study credence is willfully ignorant.

The U of C study is not the only source that supports fluoridation of water. Alberta Health Service's official stance on the issue is that fluoridation "offers significant benefit and very low risk" and "is a foundational public health mea-

sure for prevention of tooth decay." Alberta health minister Sarah Hoffman even stated that the provincial government has studies supporting water fluoridation. But council still stands in opposition to even discussing fluoride.

Most councillors' objections to fluoridation focus on individual rights. Coun. Andre Chabot is among them, saying that he sees it as "medicating the population with no options of opting out."

But evidence shows that fluoridating water is not detrimental to health. Like vaccines, water fluoridation is a public health issue. And just like a parent choosing not to vaccinate their child, choosing not to fluoridate water isn't only ill-informed, it's irresponsible.

Fluoridation of water is cheap and effective. That's an undeniable fact, given the leagues of evidence and research available. Children from low-income families who can't afford dental care benefit heavily from the practice.

There's no reasonable excuse for Calgary not to put fluoride in public water and there's even less of an excuse for city council to ignore an academic study that would further inform debate of the issue. Policy decisions should be made based on evidence. Simply ignoring the evidence on the benefits of fluoridation is poor policy making, as well as downright ignorant. And an ignorant municipal government doesn't deserve to govern.

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THE NEXT 36

ON CAMPUS »

Peggy Baker's *SplitScreen* presents the duality of dance at the U of C

Gurman Sahota
 Entertainment Assistant

The University of Calgary will host *SplitScreen*, a contemporary dance presentation on Sept. 23 and 24 at 8:00 p.m. Tickets are available at the University Theatre on campus or online.

Contemporary dancer and choreographer Peggy Baker created the performance from seven dances. She says the piece is unique in its dual performance by two distinct but symbiotic performers during each piece.

The *Gauntlet* sat down with Baker to talk juxtaposition and audience reaction.

The Gauntlet: Are you excited to finally see *SplitScreen* performed?

Peggy Baker: Well, it's not brand new — in fact one of them is from 1998, one of them is quite old and another one is from 2012. It's a group of dances that I brought together because I discovered this beautiful thread in my works that I wanted bring out. These dances had unusual connections and I wanted to bring them together into a single program.



Choreographed by Peggy Baker, the dance features juxtaposed performances on a single stage.

COURTESY MAKOTO HIRATA

The thing they all have in common is that there's basically two lines of action going on in very different ways, which is where the title *SplitScreen* came from.

G: Why did you choose juxtaposed performances?

B: I have to say that I do not know — that wasn't my point. [But]

I discovered it was something these works had in common.

There's more than one way of looking at anything. One of the beautiful things about artwork is that there's mystery, ambiguity and wonder that requires the viewer to explain it to themselves, to respond to it [and] find a correlation in these two actions.

G: What do you hope audiences take away from *SplitScreen*?

B: I want them to say, "wow, I'm really glad that I'm there." [I want] to provide them with an experience, an afterglow, a stimulation [and] not a take-away message, because that's not a meaningful response. It's something way more personal than

that. In other words, their experience is primary — what happened to them, where they went in relation to the works and how they complete the work. Because live performance work is only completed by the presence, experience and response of the viewer.

Edited for brevity and clarity

LOCAL THEATRE »

The *Good Bride* actress talks strong characters

Ally Baharoon
 Gauntlet Entertainment

According to actress Arielle Rombough, the process of bringing *The Good Bride* to her hometown of Calgary came together like a "beautiful artistic sandwich."

Written by Rosemary Rowe, *The Good Bride* is about 15-year-old Christian girl Maranatha who hopes that every day will be the day her 28-year-old fiancé Pete comes to claim her.

"It premiered in Edmonton a year ago. After we finished, everyone involved agreed that it was a really special show and we just really wanted to do it again for selfish reasons because it's fun," says Rombough, who stars in the show as Maranatha.

Friends at Glitterverse Productions supported Rombough who then partnered up with Handsome Alice Theatre to bring the show to Calgary this fall.



The play tells the tale of a girl spending her days awaiting her fiancé.

COURTESY HANDSOME ALICE

The Good Bride was honoured with a 2016 Sterling Award for Outstanding New Play and a nomination for Outstanding Lead Actress.

The play explores faith and religious fundamentalism by asking questions such as "is condemnation more righteous than compassion?" and "is she making an

idol of her nightly Chick-Fil-A shake?"

Director Trevor Schmidt also helmed the production in Edmonton last year.

"Trevor is very good at giving his actors enough confidence and respect to follow their own impulses. And he of-

fers incredible gems that punch up the performance in such a significant way," Rombough says. "He was really good at calibrating that in me and helping me stay within the age because Maranatha is 15."

When Rombough auditioned for the role a year and a half

ago, she was pleasantly surprised to find a character who she felt connected with her emotional journey. She was enthralled by Maranatha's story so much that she even turned down other roles before she got an offer for Maranatha because she wanted to keep herself available.

"Much like Maranatha was hoping and praying so hard for her fiancé to show up, I was hoping and praying so hard that I would get this role and I got it!" she says.

The play is 90 minutes long with no intermission. Rombough says she had to deal with a lot of script memorization to prepare for the role.

"The text is so incredibly strong and Maranatha is such a strong character that she left off the page," she says.

The Good Bride runs Sept. 22-Oct. 1, 2016 at Arts Commons.

For more information, visit
artscommons.ca

We tried to guess which Den beer is which

This year, the Den introduced its exclusive new Den Lager. Brewed specially for the Den by Molson, the Students' Union bills the beer as an affordable and unobtrusive choice for students. It joins Molson Canadian, Coors Light and Pilsner on the Den's list of domestic beers on tap. Those three retail for \$5.50 a pint, while the new Den Lager goes for \$4.75.

To see what all of the fuss was about, *Gauntlet* staff of various beer-drinking experience decided to have a blind taste-test of the four beers. We wanted to not only see if we could pick out the new addition, but determine which is the tastiest.

We based our evaluations on four categories: Taste, Mouthfeel, Which beer is this? and How much would you pay for a pint?

Our server labelled each beer with a number and kept their identities hidden until the end of the challenge. We sampled each beer together and gave our thoughts on each category.

The panelists:

Derek Baker, *Gauntlet* humour editor: "I'll drink anything that is free."

Rachel Woodward, *Gauntlet* entertainment editor: "I know nothing about beer, and I have nothing to say because all of these beers look exactly the same."

Melanie Woods, *Gauntlet* editor-in-chief: "The first time I drank beer was Pilsner here at the Den."

Sean Willett, former *Gauntlet* editor of various positions: "I have spent close to a decade drinking beers in a remote compound in Bolivia, so I think I'm ready to do this and I'm confident in my ability to figure out which beer is which of these gentlemen's beers."

Beer one: The beer we are sampling is actually Molson Canadian.

Sean: At first, the taste is nothing. It's like fizzy water. Then it settles into your mouth with a sort of distinctive bad beer finish. It lingers in there for a bit. Honestly it's a toss up as to which one this is — who really knows? Mouthfeel is kinda fizzy and somehow greasy? It just sits in there for a while. I would pay two Canadian dollars for a pint of this. It's a toss up as to which one it is. It's either Canadian or Pilsner. Okay, Canadian.

Derek: Definitely has that cheap beer taste. It tastes better than anything at a hockey game, so we know we're above that. It tastes like bread that has been out for too long. Its mouthfeel is definitely a liquid, so that's good. I think it's Pilsner and I would pay no more than five bucks for a pint of this.

Rachel: Greasy is a good word. It's very light, it doesn't have a whole lot of flavour. Oh, just kidding, at the end it does. It does sit and it is thick at the

end. Mouthfeel — very strange. When I licked my lips it was just sharp. I would pay \$3.50 max for this and I'm gonna say it's Canadian.

Melanie: This is a beer that I would drink out of a pitcher at a social gathering here at the Den. It is very dull, and kind of tastes like cardboard — damp cardboard. I would pay \$4.50 for this damp cardboard. I also think that this is Canadian. It definitely has that sour taste at the end.

Beer two: The beer we are actually drinking is Pilsner.

Sean: So this one hits you a bit faster in terms of flavour. It's a bit more bold and determined with what it does. It's still bad, for sure. But it doesn't sit in your mouth like a disgusting skunk eating trash and rummaging around. It just comes in, does its thing and leaves. What it does is be a mediocre beer. Mouthfeel wise, it's a bit fuller and frothier than the first one. I'd pay three Canadian dollars for this. I think it's Pilsner.

Derek: It definitely tastes worse than the last one. I don't like this one as much. You taste more of that cheap beer feeling. It's heavier than the last one. I hate this so much. Its mouthfeel is bad. It feels like sorrow and pain. I would not pay more than a buck for this. I do not like this one. Because of that, I think it might be Coors Light.

Rachel: Smells weird. First of all, it has a very thick taste to it. It's very musky. It coats your tongue with an awful feeling. Mouthfeel is thick. How much would I pay for this? I don't know, I'd probably just get a flirtini instead. I'm gonna say this is Pilsner.

Melanie: It's very bitter. It's also very carbonated and hoppy. I have to drink this the way that I normally drink Pilsner which is just drinking to commit. Yeah, no. In terms of the mouthfeel, if you squeeze it a little bit, you just get that essence of bitter sadness. It's a more lively beer than the last one which also means it's more aggressive in its badness. I think this one is a Coors Light. I would pay three dollars for this. It tastes like Pilsner but I don't think it's Pilsner.

Beer three: This beer is in fact Coors Light.

Sean: Oh, my god! What the hell is this? This is the Den Lager. This is not anything else that I've ever tasted, even remotely. It's clearly very different. It's almost sweet. A syrupy taste. Not very fizzy or carbonated at all. Like a maple syrupy taste. It's a smooth drink. In terms of how much I would pay for this, I like this. I'd pay four Canadian dollars for this. I think this is the Den Lager because it's truly different than the other ones.

Derek: Wow! That actually tastes not like beer, which is a good thing!



MELANIE WOODS

They honestly are all the exact same shade of off-colour urine.

It's pretty sweet, I would also say syrupy. The Students' Union might have just pumped sugar in this. Mouthfeel is differently liquidy, like most beers are. I think it's the Den Lager too. I'd pay no more than five bucks if it's on special.

Rachel: Oh my god, what? This tastes like peach soda! I like this a lot. This is very light and fruity. Not very carbonated. It doesn't hurt my mouth like beer usually does. Mouthfeel is light, crisp, it's refreshing. I dig this! I'm gonna say it's the Den Lager and I'd pay five bucks for this, straight up. This is good. I'm psyched about this.

Melanie: Oh fuck, this is going to turn into an advertising special for the Den Lager. Oooh! It's very smooth with just a fruity bitter taste at the end. It doesn't hang around too long. The mouthfeel is very fleeting, but in a good way. Whatever beer number three is — hot damn, I would drink this. I'm going to be really bummed if this is Coors Light or something. I think this is the Den Lager and I would pay \$5 for it. Hot damn. This is good.

Beer four: This beer is the real Den Lager.

Sean: This has a lot to live up to.

Well. That's the most inoffensive beer I've ever tasted. It's like if someone took a beer and managed to somehow zap it with a mad scientist's gun that blasted all the flavour out of it. The colour is beer and it feels like beer when it hits your mouth, but it tastes like nothing. It actually is just like illusion magic. It's sparkling water that is somehow alcoholized. Mouthfeel — no, not really. It's not even trying and didn't bother to show up. I would pay one Canadian dollar for it, my lowest score. I think that this is Coors Light because it's light on flavour and light on soul. It's a soulless beer.

Derek: Not much flavour to that one. When I was younger, I hid a 24-pack of Molson Canadian which my mother found and fed to the slugs. I think this is Molson Canadian because I don't love it, but also didn't hate it. So I think it's Molson Canadian. It's not bad, but not great.

Rachel: This is a taste I'm familiar with. It's a taste that I know. It's a taste that I dislike. Mouthfeel is rough. Like sandpaper to my tongue. It's quick and it's dirty and it's sore on my mouth. I'm gonna say Coors Light. Again, I'd get another flirtini.

Melanie: Oh no. This reminds me of going to Red Deer Rebels games, and this smells like the Enmax Cen-

trum. It smells and feels in my mouth the same way that breathing in air at the Enmax Centrum feels, which is pure and bad. Therefore, I am going to cheat and say that this one is Coors Light. This is another one that I would drink out of a pitcher. Out of a single pint on my own regard, I guess I'd pay five dollars because it's a hockey game.

Flipping over the paper revealing which was which shocked us all. Beer number one was Molson Canadian, beer two was Pilsner, beer three — the consensus favourite — was Coors Light and beer four was the new Den Lager.

What does this tell us? Maybe we all have shitty taste in beer. Maybe there's a glitch in the matrix.

After the challenge, our server told us the Den Lager was conceived as a cheap, easy-drinking beer for students on a budget. And while it was none of our favourites, we all agreed it fit that criteria. "Hockey arena beer" isn't really an insult to something intended for student mass consumption.

If you want nice beer, go drink Wild Rose at the Last Defense Lounge. But if you're looking for something to chug out of a dented plastic pitcher on a Thursday night, the new Den Lager might just fit the bill.

ABOUT TOWN »

Storytellers get “busted” at the Calgary Story Slam

Josh Harkema
Gauntlet Entertainment

What better way to get your voice heard than to face a room full of strangers and expose your deepest, darkest secrets for all to hear? That opportunity comes to life at the Calgary Story Slam.

The Calgary Story Slam is a storytelling competition held between 7:00 p.m. and 10:00 p.m. on the third Thursday of every second month at Craft Beer Market.

The event features local storytellers with all levels of experience who tell real and intimate stories of their lives that surround a theme of the evening in a five-minute period.

“Storytellers are given five minutes to tell the audience a story about themselves. There are three rules: the story must be true, the story must be about the speaker and no notes are allowed on stage. It’s not a creative writing competition,” says event organizer Jillian Yawney.

The next Story Slam — taking place on Sept. 29 — features the theme “Busted!” Storytellers are asked to tell a tale of a time that they were caught doing something they probably shouldn’t have been doing.

“The theme is left deliberately vague so people will bring their own



Storytellers have five minutes to tell their tale. COURTESY STEPHANIE JAGER

creativity. It’s interesting to see how each person develops the theme,” Yawney says. “Each night, three random people are picked out of the audience to judge each storyteller on three things: was the story on topic, its awesomeness and audience reaction. There is a fourth judge not selected from the audience, to make sure the stories stay within the five-minute time limit.”

In addition to the pride of knowing you’re a great storyteller, winners of each bi-monthly event eventually come together in a final Story Slam-Off. The most recent Slam-Off took place on June 5.

Past Story Slam winner and University of Calgary law student Jeff Reimer says that anybody could tell stories at the event and have a good time.

“Your story doesn’t have to be fun-

ny. Many serious or sad stories are successful. The most important thing is to be compelling, real, and make it true,” he says. “Truth contributes to the realism. It just has to be real.”

Reimer says that one of the best things about the Story Slam is the welcoming environment provided by the audience of open-minded individuals.

“Story Slam audiences are much more forgiving than comedy audiences. You’re definitely not going to get heckled because the expectations [at the Story Slam] are different than a comedy club,” he says. “If you want to work on your public speaking, or being a compelling orator, Story Slam is a welcoming audience for you to practice.”

The next Story Slam will take place Sept. 29 at Craft Beer Market from 7:00 p.m. to 10:00 p.m. The event is open to the public.

LOCAL SPOTLIGHT »

Ethiopian singer Moël brings Passenger vibes to Calgary music scene

Aïouda Savadlou
Gauntlet Entertainment

Mewael Hadera, better known by his stage name Moël, is an Ethiopian singer-songwriter currently based in Calgary.

He describes his music as “a mix of soul and folk,” naming musicians like Passenger, Allen Stone and Justin Nozuka as inspirations that give his songs emotional resonance.

“Growing up in Ethiopia and then moving to Calgary, there is a huge cultural difference, so that has affected me a lot,” Moël says. “Between my lyrics and melodies, I’m able to stay true to my East African roots, as well as experimenting with what the rest of the world has to offer.”

Moël hopes to connect with as many people as he can through his music.

Moël’s first performance for an audience was two years ago at a high school open-mic event. He realized after the performance that he wanted to pursue music.

He has performed live shows

around Calgary for less than a year, mentioning Café Koi and Groove Theory of Calgary as some of his favorite live music venues.

Moël says the people he has met in the Calgary Music Scene have been very talented and encouraging.

“Even though I’ve only been playing shows for less than year, I like to think I’m well involved in the music scene. People are very supportive and good at their craft,” he says.

His four-track EP *Ellipsis* — a collection of songs he wrote prior to pursuing music as a career — will be released on Sept. 24. His new single “Keep Moving” is already available for free on SoundCloud.

In addition to his EP release, Moël is working on another project scheduled for release early next year. In the meantime, he will continue to perform shows around the city.

Moël will play at the Palomino Smokehouse on Oct. 7. Tickets are available online.

For more information, visit moelmusics.com

THEATRE REVIEW »

Theatre Calgary's 'da Kink in My Hair explores women's stories in real and humourous ways

Jake Robinson
Gauntlet Entertainment

Theatre Calgary’s production of the *‘da Kink in my Hair* will never have a full house this season. Not because it doesn’t deserve it — but because the show’s biggest fan can’t be there.

When actress Trey Anthony started her career in Toronto, she complained to her grandmother there weren’t roles for black women. Her grandma said, “Well if that’s the crap that they’re writing, then why can’t you write better crap?”

So Anthony did. Despite never having penned a play, she managed not only to write one, but one with staying power. Fifteen years later, it’s as relevant as ever.

Once staged, her grandmother attended every performance, sitting front and centre — not just to support her granddaughter, but to loudly correct actors when they got Trey’s brilliantly written lines wrong.



Written by Trey Anthony, the play tells a tale of womanhood in a salon

COURTESY TRUDIE LEE

But *‘da Kink’s* biggest and most vocal fan won’t be at any of the showings in Calgary, which runs until Oct. 1.

She died two years ago, and no one else will get grandma’s seat. The chair front and centre remains empty — or not, depending on your metaphysical world view.

A ticket to *‘da Kink in my Hair* is one of the best purchases you can make this season, with tickets starting at \$35.

Many pieces of theatre will claim to make you laugh and cry, but few will have you howling and clapping before the tears have dried on your face.

If you’ve ever been rear-ended in a car, you have a frame of reference for the emotional experience of *‘da Kink*. It’s emotional whiplash.

The show is a series of musical internal monologues. Main character Novelette — played by Anthony — runs a hair salon present-

ed as an intersection of culture and community rivalling the church.

Her magical ability is that by touching the hair of the women she styles, she knows their stories.

Each story brings tragedy and comedy together. The moments of levity let you surface and catch your breath before plunging back into the pathos.

The piece goes to uncomfortable depths, dealing with homophobia, racism, sexism and old people hav-

ing sex with a glorious and hilarious turn by Brenda Phillips as horny grandma Miss Enid. Thanks to her, you’ll never look at sweet potato pie the same way again.

It’s easy to dismiss works of art aimed at amplifying the voices of the disenfranchised as being preachy. After all, most people don’t want to fork out the bucks to be told to feel bad.

But when people are complaining about something being preachy, they mean they dislike that it exists purely to moralize or reform the viewer.

‘da Kink is not that. It is first and foremost a beautiful piece of art. Full of rich, engaging, heartwarming and above all else, real stories. The kind of stories real women carry in your city, beside you on the train, behind you in line at the grocery store and even occasionally, at your hair salon.

‘da Kink in my Hair will play at the Max Bell theatre until Oct. 1. Tickets are available online.

Find more information and tickets at theatre Calgary.ca

NEW MUSIC »



Grouplove
Big Mess
September 9, 2016 (Atlantic)

After going on hiatus following the release of their sophomore album in 2013, Grouplove has re-emerged in the music scene with their much-anticipated third studio album, *Big Mess*.

The album comes on the heels of a new addition to the Grouplove family with the birth of lead vocalists Hannah Hooper and Christian Zucconi's baby girl in 2015. Hooper and Zucconi's recent transition into parenthood is reflected throughout the album, as *Big Mess* toys with the familiarity of the

group's old sound with an added maturity.

The album opens with "Welcome to your Life," a track that embodies Grouplove's classic sound. The upbeat, anthemic hook is instantly familiar to anyone who has heard the band's music before.

The following songs don't stray much from the expected indie-pop formula, remaining fun and casual.

The album slows down with the more sombre and contemplative "Enlighten Me." This track stands out immediately, demonstrating

the musical growth the band has undergone. The track flirts with simplicity, stripping back much of the pomp and circumstance that surrounds the group's other standout hits.

Tracks like "Cannonball," "Traumatized" and "Heart of Mine" continue to inject more alternative-rock elements into the album, adding variation to the band's familiar indie-pop vibe.

Big Mess is exactly what it claims to be—a big mess. The album is from a band that is in transition, with cer-

tain songs remaining similar to old hits and others branching out into a more mature style.

Though the band plays with their sound throughout *Big Mess*, the seamless blend of Zucconi and Hooper's voices remains constant. Along with the ever-present folk guitar and synth, the unique sound Grouplove is known for remains intact. Although at times all over the place, *Big Mess* is a promising idea of what is yet to come for the group.

Julie Park



Bastille
Wild World
September 9, 2016 (Virgin Records)

ment. *Wild World* is very similar to the band's previous work, making it difficult to distinguish this album from previous releases. *Wild World* isn't a total failure but it fails to step outside the mold cast by Bastille's first album.

Many songs blur into one another. For fans who are well-versed in Bastille's vocals, there seems to be little to no difference between new song "An Act of Kindness" and "Things We Lost in the Fire" off their debut release *Bad Blood*.

Only on "Blame" does *Wild World* finally mature. Here, the album gets a bit experimental—more like the band's one-off cover

songs they produce for side-projects such as "The Driver," which just might be my all-time favourite track by them.

"Blame" sounds like the beginning of Bastille trying something new. They begin to venture from their niche sound—even if it is a small step in doing so.

Despite generally underwhelming tracks, the increased use of synthesizer on *Wild World* was much appreciated. Perhaps the album as a whole will grow on me with more exposure. I don't want to believe I only really love a total of three songs off an album from a band that I've always been fond of.

Gurman Sahota

STAFF PICKS »
SEPTEMBER 22-29

Thursday, September 22:

The annual Lend an Ear breakfast will be held for the Calgary Distress Centre, which provides 24-hour support and counselling. Comedian Big Daddy Tazz will headline the event.
Time: 7:00 a.m. to 9:00 a.m.
Place: Metropolitan Centre

Friday, September 23:

Shadowland, presented by the Alberta Ballet, tells the story of a young girl's coming-of-age with the use of shadow, dance and poetry. Open to all ages.
Time: Various times
Place: Southern Alberta Jubilee

Saturday, September 24:

Lunchbox Theatre opens their season with *After Jerusalem*, a story about a middle-aged teacher who travels from Regina to Israel, where she imitates a famous actress and gets in a whole lot of trouble.
Time: Various times
Place: Lunchbox Theatre

Sunday, September 25:

English majors rejoice! The Shakespeare Company presents *Richard III*—a tale of usurpation, power and royalty. Student ticket pricing is in effect.
Time: Various times
Place: Vertigo Theatre

CAMPUS STYLE »



JUSTIN QUAINANCE

This monochrome look from fourth-year finance student Dominique Serina is perfectly polished. Pairing black-on-black items creates a crisp silhouette that reflects gothic vibes without heading too far into the alternative. Chunky Steve Madden boots and a long H&M blazer balance out the black to prevent it from becoming too weighty. High-waisted American Eagle Jeans and an Aritzia turtleneck create a slimming effect beneath the heavier blazer, and a delicate silver necklace from Oak+Fort finishes the look with flair. Strong eyebrows and pin-straight hair are evenly matched with this fierce and put-together outfit, which works to bring trendy garments to campus.

Emilie Medland-Marchen

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DINOS VOLLEYBALL »



LOUIE VILLANUEVA

Dinos men's volleyball team hungry for Canada West title

Isaac Celis
Gauntlet Sports

Boasting a 2015-16 season that took them all the way to the Canada West final four, the Dinos men's volleyball team looks to repeat that success and push themselves even further in the upcoming 2016-17 season.

This year, the team looks to construct a new identity. The team has 14 returning players, including three fifth-years — Alex Cook will be the team's starting setter, with Curtis Stockton taking starting rightside and Sean Martin in the starting middle position. The trio look to replace some of the talented veterans lost at the end of last season including setter Jackson Marris and strong hitters Brendan Visser and Connor Frehlich.

The players stepping into the new senior positions have some big shoes to fill, especially when it comes to leadership.

"They've got to lead the dressing room and take the positives that we got out of our success a year ago and build on that," head coach Rod Durrant said. "We have a lot of good pieces of the puzzle and we're looking forward to the challenge ahead of us."

Last year, the Dinos men's

volleyball program finished in the top three in the Canada West. But it was a tough end to the successful year. After a hard-fought play-off loss to the Trinity Western Spartans — a team they dominated throughout the regular season — the Dinos lost out on the opportunity to play in the CIS championships.

But despite the bittersweet end to the season, the team finished with a record of 18-6. The result culminated in a Canada West Coach of the Year award for Durrant.

"At the end of day, it's a team award. I ended up getting recognized because our team really achieved a lot last year," Durrant said.

Along with returning players comes new blood in the form of transfers and rookies straight out of high school. The new players will have to make up for some of the roles vacated by the graduated players and play catch-up to keep up with the level of professionalism expected by Durrant.

"Everyone's got a role to play," Durrant said. "We like to consider everyone equal. The difference is some are going to play more than others. But everyone has a voice. Everyone has a part on this team or they wouldn't be here."

Fifth-year senior and starting setter Alex Cook will only be one piece of this puzzle this year — but his role is integral to the team's success.

"The setter is often synonymous with the quarterback of the team," Cook said. "What I want to do is put the guys in the best position to hit the ball to score points. So that's my job, to really run the offense, be a big communicator and a leader. We're looking to start right where we left off, not take any steps back and be at a level where we can be 18-6 [or] hopefully better this year."

Cook — in his last year of his undergraduate degree in engineering — will also be under pressure to perform academically. But that pressure is nothing new for the veteran.

"As you go through you learn how to time manage, so when you're at practice, you're at practice focusing there," Cook said. "It's tough, but it's manageable once you figure it out."

While the veterans seem to have balancing their athletic game with the busy life of a student figured out, newer members of the team will have to adapt to the speed of CIS-level volleyball and the high expectations of academic success.

"I'm very nervous actually," said

Lethbridge College transfer Tim Taylor. "I start next week but I think it's gonna be good. I'm pretty good with my time management and the guys are really good at keeping everyone in check, making sure we're doing what we're doing. Professionalism is a big part of the Dinos program and that reflects on and off the court."

The Dinos boast stellar support from their athletic trainers, academic staff and facilities.

"I love the facilities we have here," said fifth-year veteran Curtis Stockton. "I can book twice a week to go to therapy and that's huge for being able to perform at your peak especially since we're training as much as we are. [It's] one of the other pieces of the puzzle, I guess."

With plenty of support surrounding them, the Dinos look poised to take the season by storm. And while training at times may seem like playful fun to the casual observer, it's all business for the Dinos squad.

"We believe we're one of the top teams in Canada West, as well as CIS," said Durrant. "Now it's [about] doing the right thing, creating that culture, the right work ethic and the right commitment. It's [about] putting it all together on a day to day basis."

UPCOMING GAMES

**Dinos Soccer (M)
vs. UNBC**

September 24



The Dinos men's soccer team have been a powerhouse this season. They hope to continue that success in a home game against the University of Northern British Columbia Timberwolves at 2:15 p.m.

Dinos Field Hockey (W) vs. Victoria

September 24



After returning from a preseason training camp in Holland, the Dinos women's field hockey team will face off against the University of Victoria in their first game of the regular season. The match starts at 11:00 a.m. at Hawkings Field.

Dinos Soccer (W) vs. Winnipeg

September 24



The Dinos women's soccer team has had a stellar season so far, losing just one of eight games. After winning 1-0 against MacEwan University, the team is back in Calgary and will face the University of Winnipeg on the West Varsity Soccer Pitch.

Dinos Basketball (W) vs. TRU

September 24



The Dinos women's basketball team will take on the Thompson Rivers University WolfPack after decimating Mount Royal University 84-43 in their first game of the year. Tip off is at 7:00 p.m. in the Jack Simpson Gym.

Dinos Soccer (W) vs. Manitoba

September 25



After taking on Winnipeg on Saturday, the Dinos women's soccer team will butt heads with the University of Manitoba in the second half of their double-header. The team will play on campus at 12:00 p.m.

TRY THIS »

Seven-minute workout quick and effective

Christie Melhorn
Gauntlet Sports

In seven minutes you could brew a pot of coffee, scroll through your Instagram feed or better yet, sneak in a bit of exercise.

In the last year, High Intensity Interval Training (HIIT) has exploded in popularity due to its promise of trimming your figure without having to slog in the gym for hours or use fancy equipment. Most HIIT workouts last around 20–30 minutes, depending on the program. The American College of Sports Medicine (ACSM) Health and Fitness Journal advocates that you can condense a potent workout into seven simple but strenuous minutes. This week, I tested how much impact such a fleeting moment can have.

Despite the many “seven-minute” smartphone apps available, I went to 7-min.com to try the workout designed by Brett Klika and Chris Jordan of the Human Performance Institute in Orlando, Florida. Here’s how it works: for 30 seconds, you crank through a body weight exercise at near your maximum ability, then take a terribly quick 10 second rest before the next move. The alternating spurts of intense movement and sweat melt fat faster than steady exercise by fluctuating your heart rate and working major muscle groups, such as the core and glutes. Klika and Jordan specifically structured

their seven-minute workout to effectively exert and rest muscles, allowing you to push hard without losing stamina too quickly — and if you’re anything like me, this principle is very important. I’ve been late for class one too many times dragging myself across campus after a hard workout at the gym.

Embracing the “no gym needed” criteria of Klika and Jordan’s workout, I used my kitchen as a fitness experimentation lab and followed instructions given to me by 7-min.com.

It was refreshingly simple. After pressing the “start” button on the website’s homepage, a three-second timer counts you into the first exercise. This is followed by a series of wall-sits, push-ups, planks, squats and tricep dips, all of which are accompanied by visual demonstrations. A low buzz announces the beginning and end of each interval so you don’t need to fixate on the webpage to know when to switch. During rest periods, the next exercises are listed so you can prepare.

I was pleasantly surprised by the fluidity, simplicity and feel-good rush the seven-minute workout offered. The sweet dose of endorphins perked my energy levels and helped me stay concentrated on some late-night work. Better yet, it is a very low-commitment and you can literally do it anywhere.

But there are some flaws to this workout routine. You won’t gain metabolic benefits from such a



The seven-minute workout offers little rest, keeping your heart rate in flux. PUBLIC DOMAIN short burst of activity. The seven-minute workout will not get you sliding into those jeans from first-year or guarantee you catch the train when you see it pulling in from the Crowchild overpass.

But for me, I found the seven minutes challenging enough that I could feel my body slowing towards the end.

However, the workout left me wanting more. I felt like I did a tough warm up rather than a satisfying workout. Stowed away in the

ACSM’s article, Klika and Jordan themselves recommend that you perform the seven-minute workout at least two or three times in a row to get the full effect.

Regarded simply as a fast way to get fit, the seven-minute workout is the fool’s gold of workout regimes. However, any form of exercise is better than none, and a student’s time is precious.

The seven-minute workout may not turn you into a marathon runner, but it could be a handy revitalizer before unearthing a new body paragraph in an essay or tucking into the next chapter of your textbook. Maybe the next time you’re at Thursden and run out of dance moves, you can just throw down the seven-minute workout. If anything, it offers a healthier alternative to guzzling a Red Bull at midnight and could be a welcome introduction into a more nourishing workout regime.

DINOS SOCCER »

Confident Dinos men’s soccer team stacked with talent

Tommy Osborne
Sports Assistant

Following a promising season last year, the University of Calgary Dinos men’s soccer team is poised to contend for the conference championship again. Despite an early playoff exit last year, this season’s squad doesn’t lack confidence.

Led by captain Dominick Zator and 2015 second team CIS All-Canadian Dominic Russo, the Dinos started the season with an incredible three-game winning streak, and are currently going strong with a win-to-loss ratio of 4–2. Head coach Brendan O’Connell credits the success of the team to the excellent roster.

“We have a good group of players, and we’re coming off of a successful season last year. The confidence is still riding high,” O’Connell said. “We’ve strengthened that with some good young rookies and some of the best kids

in the city, if not the province.”

Among those rookies, Bori Falaye — with three goals and assists this season — and Ty Werbecki — with one goal and one assist — have stood out so far.

Falaye, a former player for Calgary Southwest United, was recruited by O’Connell due to his firepower up front, tremendous athleticism and playmaking abilities. Falaye credited his success to his work ethic.

“I just gotta thank God for giving me this ability,” Falaye said. “I guess I work really hard too, practice hard in training and I just try to put my best foot forward.”

The Dinos feature a balance of superb veterans and promising rookies, which leaves a lot of hope for winning the Canada West this season.

O’Connell believes the talent and depth of the Dinos squad is so great that they could field a second team and still be successful.

“I think, to be honest, that we

could field another team, and be in the top four or five,” he said.

The Dinos hope to ride a formula of experienced veterans and promising rookies to the playoffs.

“We’re going to go into every game with 100 per cent effort, and if we play anything like I know these boys can play, then we should be there,” O’Connell said.

Russo encourages fans to come watch the team, as they feed off of support from the student body.

“I’m sure people would enjoy watching [our games],” Russo said.

This upcoming weekend, the Dinos will take on the University of Northern British Columbia on Saturday Sept. 24 at 2:15 p.m. at the West Varsity Soccer Pitch. Entry is free for those with a valid student ID.

The match against UNBC will be the first portion of back-to-back weekend games at the U of C. Sunday’s game against the University of Victoria Vikes will also take place on the West Varsity Soccer Pitch at 2:15 p.m.



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OPINION »

It's time to re-evaluate doping in sports

Emilie Medland-Marchen
Sports Editor

After a tumultuous year, the leaders of 17 National Anti-Doping Organizations held a summit in Copenhagen, Denmark from Aug. 29-30 to discuss the effectiveness of global anti-doping efforts. The summit follows a controversial decision from the International Olympic Committee to not place a blanket ban on Russian athletes at the 2016 Rio Olympics following allegations of a state-sanctioned doping program.

The heavily contested decision came after Russian whistleblowers Yuliya and Vitaly Stepanov claimed Russia had participated in widespread doping during the 2014 Sochi Olympics, which was confirmed by the World Anti-Doping Agency (WADA) in a later investigation.

The IOC's unwillingness to reprimand Russia for its participation in a state-sanctioned doping program in Sochi shows major flaws in fair and ethical sport regulation. But rather than questioning the specifics of Russia's punishment, sporting organizations must re-evaluate the larger role that doping plays in competition.

The summit in Copenhagen is one step towards igniting this conversation, but the debate needs to include athletes, coaches and officials at all levels of sport. We need to participate in discussions on the role that biotechnology and doping have played in permanently altering the integrity of athletic competition.

Whether we like it or not, doping is here to stay. The question is not how we will continue to deny its permeance, but how we will respond to it.

Doping scandals in sport are nothing new — in 1988, Canadian track star Ben Johnson was stripped of his gold medal from the 1984 Summer Olympics after testing positive for the



Pharmaceutical companies have increased control over banned substances.

JUSTIN QUAINANCE

performance enhancing drug stanozolol. In 2012, cyclist Lance Armstrong's seven Tour de France titles were rescinded after he was accused of leading a highly sophisticated doping program. Recently, the International Tennis Federation suspended Maria Sharapova for two years after she tested positive for the drug meldonium.

Doping scandals are now so commonplace they are no longer surprising. Press conferences featuring a tearful athlete apologizing for drug violations are a regular occurrence. Because samples can be held for up to 10 years after international events, positive results are often discovered long after competition. That means athletes are rarely off the hook for doping violations, even years after the fact.

But there is a vast difference between doping infractions by individual athletes and a state-sponsored doping epidemic. The extent to which Russia committed doping offences at the Winter Olympics in Sochi greatly outweighed the dam-

age done by a single athlete. In an incident of institutionalized cheating, the legitimacy of globally hosted sporting events is severely jeopardized.

Whether or not Russia should have faced consequences at this year's Olympics has been widely discussed in the sporting community. But discussions on the role of performance enhancing drugs in sport — and how their sophistication has permanently altered the reality of modern competition — are taboo. Whenever those questions are raised by sport organizations or athletes, they warrant immediate suspicion.

In the current age, where only a small percentage of athletes on drugs are caught by WADA, nobody benefits. There is no benefit to competition when half the talent pool has an unfair advantage, especially when the effects of performance enhancing drugs are visible for years to come.

Meldonium wasn't placed on the banned substance list until this year, but it has been used for decades to

increase blood vessel size and blood flow. The effects of meldonium on an athlete's performance will be seen long after it has been taken out of use in competition, and the athletes involved in the doping program during Sochi will see its positive effects in their performance for years to come.

In a 2013 report published by former WADA president Dick Pound, statistics show that of 250,000 drug tests per year, less than one per cent produce positive findings for serious doping substances, despite an extensive intelligence network within sport that suggests the rate of cheating is much higher.

Sport culture continues to perpetuate a narrative that athletes who compete clean are noble and virtuous while athletes who use enhancing substances are dishonest. This is true in cases where a single athlete has decided to cheat to improve their performance. But in the case of Russia, individual athlete choice was taken out of the equation and administering performance enhancing

substances became the responsibility of the state.

Human beings are intimately connected with technology. That connection extends beyond our relationship with our phones and laptops to our relationship with pharmaceutical drugs and biotechnology.

In a world where over-the-counter cold medications contain banned substances and pharmaceutical companies have increased control over the content of their products, the responsibility can no longer be placed on individual athletes to make the right choice. Performance enhancing substances' sophistication extends beyond our ability to catch them.

When it comes to testing athletes, the drugs used to enhance performance evolve and change much more quickly than WADA's ability to identify and prohibit them. The incident in Russia shows that athletes using these substances are one step ahead of the game.

We need to rid ourselves of the stigma surrounding discussions of biotechnology in sport and face the facts. What is and what isn't allowed in athletics is decided upon by major governing bodies and sport organizations. But when these organizations fail to identify doping programs like the one in Russia on such a mass scale, the result is unfair, dishonest competition.

If the IOC's ability to identify and punish those who break the rules continues to fail in such epic proportions, it's time to change the system. Continuing international competition under the guise of fairness is incredibly misleading when doping is so widespread.

If we can't follow the rules, it's time we re-evaluate them in order to protect the fairness of sport for generations to come.

This Week in MacHall

Monday, Sept. 26

Cinemanía in the Den: How to Be Single

Cinemanía: now in The Den! Great sound system, big screen and comfy couches... the SU presents free movies at 7 p.m. on Monday nights in The Den. This week: How to Be Single.

Monday, Tuesday, and Wednesday

SU By-Election Nomination Days

Looking to make your mark? We have a vacancy in Social Work. Nomination packages available online at www.su.ualgary.ca/elections.

Now until Oct. 19

Calling all undergraduate researchers

Whatever your faculty, whatever your topic, we love research! Apply to show off your hard work at the Undergraduate Research Symposium: we've got over \$20,000 in prizes available. www.su.ualgary.ca/symposium

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Register your team now for Frostbite in January!

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Students' Union Undergraduate Research Symposium

Participate in a showcase of exceptional undergraduate research from all faculties.

Abstract submission by Oct. 19 at 4:30 p.m.

Symposium: Thursday, Dec. 1, 11 a.m. - 2 p.m.
Location: MacIwan Hall
For more info: www.su.ualgary.ca/symposium

Complete listing of student events, concerts and more:
www.su.ualgary.ca/events

STAY FRUGAL »

Five steps to get out of paying your outrageously high student loans

Jake Robinson
Somewhere off the coast of Australia

You could have sold your soul to Satan. Then, if you played the fiddle, you'd at least have a chance to get it back. Unfortunately, you sold yours to the Canadian Student Loans people. They may not have horns, but they're less forgiving. If you hope to weasel out of paying back your loans, you'll need to do a lot more than just brush up on the violin.

Step one: Take classes until we achieve a post-scarcity society

Your student loans aren't due until you graduate, leave school or take six months off. As long as you stay enrolled without graduating, your student loans will never be due. Combine failing, retaking and fabricating classes until 2040 and you're in the clear. Because 2040 is some sci-fi bullshit year. There's no way we won't just have replicators pooping out college degrees every five feet. But on the chance money still exists ...

Step two: Devalue the Canadian dollar

The Canadian dollar is subject to inflation. Your loans, on



Why wait in line to pay your tuition when you can flee to the other hand, will stay exactly the same.

First, convert all your money into Dutch kroners. Then, get your hands on a printing press to mass-produce forged Canadian bills — the steps required to obtain such an object are so obvious that I won't insult your intelligence by going into detail. Once the press is running, the Canadian dollar will collapse. Convert your kroners back into the now inflated dollar, then pay back your student loans for the equivalent price of

four Happy Meals®. However, if your counterfeiting operation is discovered ...

Step three: Fake your death

Student loan debt is forgiven upon death. All you'll need is a cadaver from the medical school, gasoline, a friend's car, a pair of pliers and the resolve to pull your own teeth. Once the immolated corpse with your chompers in its mouth is burnt to a crisp, it will be indistinguishable from you. But if you're unwilling to tear out your teeth, you can try ...



PUBLIC DOMAIN (LEFT) AND JUSTIN QUAINANCE (RIGHT)

Step four: Hide in international waters

Getting your hands on a ship may involve further criminal endeavors, but you're about to cash a crime blank cheque. International waters basically yell, "Time out!" at the world's cops. Like a pirate, you'll sail the seas, taking oil tankers hostage and founding cults at every port. Sleep easy knowing you are free of student debt. However, if never touching dry land again is too much for you, there's only one thing to do ...

Step five: Bring down the Canadian government

You didn't want to do this — you love Justin Trudeau's wind-blown locks like every other Canuck. But you must take back your country from the occupiers who crushed you under the heel of oppressive loans. Travel to where revolution is already brewing — the separatists of Québec, disgruntled small-town Albertans living in a Liberal Canada or Vancouver when the Canucks lose. You will be the spark that burns this whole damn system down. Viva la revolution! Viva la not paying back student loans!

CAMPUS COMMUTE »

Commute in style with these six alternatives to driving

Joie Atejira
Cruising down Crowchild in chrome

The University of Calgary has been dubbed a "commuter campus." Whether you live just a few blocks away or make the trek from Sundance, many of us don't have the luxury of rolling out of bed in residence and walking to class. Here are a few tips for making it to campus.

Carpool: Fury Road: Flaunt your hot rod and carpool your pals in. Thanks to the spikes on your car doors and the fire that bursts out when you accelerate, it won't be a typical joyride. Forget the aux cord — stack speakers on the roof of your car instead. Your passengers will serve as your live band. Cruise down Crowchild Trail with a guitarist strapped on the front and drummers perched on your trunk. Now, step on the gas pedal and die historic on the fury road as you all chase your lab report deadlines — what a busy day!

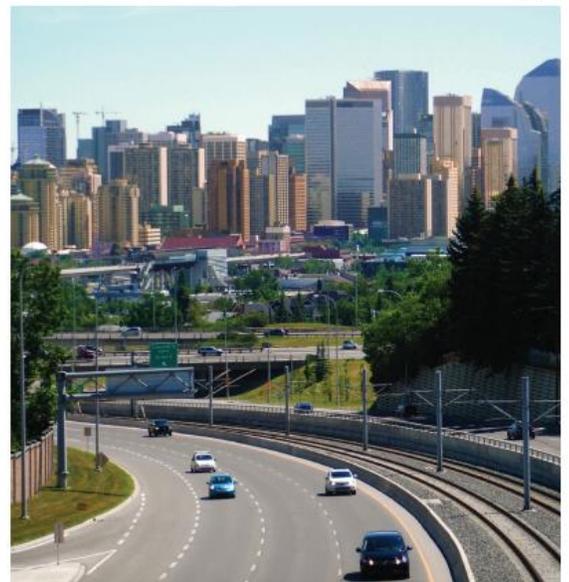
Easy-ridin' with a bike: Release your post-*Stranger Things* frustration and pedal your way to campus. Invite your friends to bike along and don '80s adolescent fashion. But instead of searching for your missing friend, you're all looking for the motivation to live.

By foot: That's right, just walk. It's possible no matter where you're from! Think of how many eggs you'll hatch on *Pokemon Go*. Strap on-your Nikes, finally cross cardio off your workout list and let this virtual app direct you to campus, catching hordes of Pidgeys and Drowsies along the way.

Create a new ride-share service: Uber may not be available in Calgary yet, but who says you can't devise your own version? Hitch a ride from the Domino's delivery guy and get to campus faster than the pizza gets cold. Note that more rides are available in the evenings and during exam season.

The non-Muggle way: Yes, we know you missed the train to Hogwarts and now you're stuck in this muggle university. Skip the roads, avoid traffic and get ahead by flying your wizard family's magical vehicle. It becomes invisible too, so you can park anywhere on campus and avoid paying for overpriced parking.

Public transit: Calgary is endowed with an efficient public transit system. Your daily commute not only serves as your chance to catch up on your readings, it's also your one moment of peace during the day where you get to reflect on your life choices. Why did you sign up for an 8:00 a.m. class? Why didn't you stay in touch with your cute lab partner from last semester? Why did you choose this degree? How much really is that doggie in the window? It's relaxing and refreshing, and will prepare you for the lecture-filled day ahead.



Is that *Mad Max* driving down Crowchild Trail? COURTESY SMARTCANADIANG99

DON'T TALK TO ME »

New U of C class teaches students how to be hermits

Tommy Osborne
Too busy looking at his phone to talk

As the new school year begins, the University of Calgary welcomes both new students and a brand new program to campus. Education for Fending Off Future Friends (EFFOFF) will focus on preventing social contact.

"Millennials are constantly portrayed as lazy, self-engrossed individuals with limited social skills. We aim to reinforce this view by instilling these values in our students," program coordinator Roger Steves said. "Upon graduating with a degree in EFFOFF, students can successfully live as a hermit."

Students have the opportunity to take option courses in EFFOFF or pursue a minor or major in the program. The program focuses on tips and tricks to limit social contact.

Skills taught include disappearing from social settings unnoticed, avoiding awkward small-talk with old acquaintances and utilizing games like *Pokemon Go* to minimize social interaction.

"*Pokemon Go* provides the perfect excuse to look down at your phone all the time," Steves said. "The more *Pokemon Go* you play, the less you actually need to talk to people."

Feedback from students for



Justin Quaintance

Smith currently has an A+ average in EFFOFF. EFFOFF has been overwhelmingly positive.

"I'm so excited to learn how to better avoid people," second-year engineering student Wayne Bruce said. "Talking to people annoys me greatly. In fact, I'm getting quite annoyed doing this interview. End conversation."

Bruce then made a point of shoving seven complimentary muffins in his bag and peacing out — a skill he learned in his EFFOFF classes.

"I'm running out of potential ways to avoid people, especially since the new iPhone 7 earbuds don't provide a visual indication to people that I don't want to talk," first-year student Samantha Smith stated. "How will I avoid

people without the cord dangling from my ears to my pockets?"

EFFOFF will host many group meetings over the course of the semester with the hope that no one will meet.

"Our goal is to completely isolate each and every student so that they can avoid social interaction," Steves said. "Being able to avoid everyone you see is a key aspect of life post-university. We hope to establish that skill in all of our students — especially for anyone pursuing a career in an office environment. It's extra important that they do not make friends."

For anyone who despises human interaction, an introductory course will be held on the sixth floor of TFDL. Participants will not talk at all.

TAKE NOTE »



COURTESY KYLE SB

Four revolutionary ways to take notes in lecture

Jill Girgulis
Artistic elephant trainer

The rise of technology has led to an increase in the use of gadgets and gizmos in the lecture theatre. Students who choose to spit on their parents' legacy by ditching the traditional pen and paper for note-taking in favour of something more current have plenty of options at their disposal. Instead of shelling out the equivalent of 39 trips to Thursden on a shiny new iPad Pro and Apple Pencil, give one of these less conventional note-taking methods a try.

Stone and chisel:

We've all had our note-taking program of choice crash right in the middle of a lecture right before our eyes. Technical difficulties are about as legitimate in the minds of professors as homework-eating dogs, so don't go running to them for a copy of the notes you lost. Instead, try embracing one of the most original forms of note-taking — the stone and chisel. Writing notes might take a little bit longer if you use this method, but now that shit's gonna be around forever.

Invisible ink:

If you have never before been asked by a random nameless classmate to borrow your lecture notes, can you actually call yourself a university student? The next time someone reaches out to you on WhatsApp seeking last-minute academic salvation, you can apologize profusely and explain that you actually can't lend them your notes since you've started writing everything in invisible ink.

Artistic elephant:

Some zoos provide their elephants with easels and paintbrushes to give them a source of stimulation. Why not train one of these fellas to transcribe your Brain and Behavior lecture for you? Just be prepared for death glares when your elephant companion takes up a whole block of seats in ST 140.

Tattoo sleeve:

Have you ever felt like you physically couldn't manage more than two classes per semester? If you start tattooing your lecture notes on your body, pretty soon you literally won't be capable of adding anything else to your course load since you won't have any note space left on your body.

HOROSCOPES »

Grab a few pints with your future

Melanie Woods
Coors Light enthusiast

Virgo (Aug. 23 – Sept. 22)
While you are enjoying a pint of the new Den Lager, your long-lost son Romero will appear behind you and gently tap you on the shoulder. "I've missed you," he'll say. "I've always missed you."

Libra (Sept. 23 – Oct. 22)
A local craft brewery will introduce a new ale named after you. It's bitter, salty and tinged with a sad, oaky mouthfeel.

Scorpio (Oct. 23 – Nov. 21)
You will spend 10 years in a remote Irish village learning to pour the perfect pint. When you finally come home to show your mom your new skills, you'll fuck it up completely.

Sagittarius (Nov. 22 – Dec. 21)
After travelling the world tasting every beer ever brewed, you'll conclude without a doubt in your mind that that Coors Light is your favourite.

Capricorn (Dec. 22 – Jan. 19)
After the Den introduces a new triple-pitcher, you'll consume three litres of beer in 10 minutes and emit a belch so loud, you'll cause an earthquake off the coast of British Columbia. Thousands will perish.

Aquarius (Jan. 20 – Feb. 18)
Molson will release an exclusive Eyes High branded lager. Despite lofty expectations, tons of hype and an extensive branding campaign, it will still only rank sixth out of the best beers in Canada.

Pisces (Feb. 19 – March 20)
You will enter a bar in suburban Calgary for an after-class pint to find former Prime Minister Stephen Harper and his band performing a cover of Billy Joel's "Piano Man."

Aries (March 21 – April 19)
After drinking an entire case of Molson Canadian that you hid from your parents, your mom will feed you to the slugs in her garden.

Taurus (April 20 – May 20)
Unsure of exactly what hops are, you'll take a tour of your local brewery to find out. You will be horrified to find the legless corpses of rabbits scattered around the brewery. "All of the hops," the brewmaster will say softly.

Gemini (May 21 – June 20)
After trying a new beer that tastes exactly like grape soda, you'll be disappointed to realize it actually is just grape soda.

Cancer (June 21 – July 22)
On a dare, you will shotgun a tallboy of Keystone Lager while waiting for the train. "Next train arriving, please stand behind the yellow line," you'll hear the announcer say. You will then projectile vomit across the yellow line.

Leo (July 23 – Aug. 22)
You will host a kegger at The Keg and get au jus all over their nicest pint glass. You will be made to pay for the glass and take it home, where it will sit in your cabinet for the next 20 years until eventually being sold at a garage sale.

LAST WEEK'S CROSSWORD »



Your future involves writing for the *Gauntlet*.

Email humour@thegauntlet.ca



Calgary Transit



B I N G O

Someone cutting their fingernails	People stand in front of the doors instead of moving to middle of train	Someone's sweat literally drips onto you	Music played so loud without headphones that you can hear it from across the train	A small child is inexplicably alone
Feel disappointed by the new mask C-Train	Guy playing an out-of-tune guitar poorly	Dude trying to hit on a woman with headphones on	Awkwardly make conversation with an old acquaintance	Drunk sports fans get in a post-game tussle
Someone loses their call in a tunnel and doesn't understand why	Bus driver stops for a mid-route snack	Free: Feel legit scared for your life while riding Calgary Transit	Dude trying to hit on a woman by doing pull-ups on the handrail	Witness a couple getting handsy
That one cheery C-Train driver tells you about the weather and wishes you a nice day	Someone vaping — a particularly fruity flavour, by the smell of it	Angry rider argues with bus driver over something inane	Someone books it off the train right as peace officers board	Lose a staring contest with a vaguely threatening stranger
The bus or train stinks. I mean, just absolutely reeks	Ride with someone's backpack in your face on a crowded train	Overhear a teenager trying to tell his mother that weed is really good for you	Bags on seats on a full train	Get caught in a delay



Written by Jason Herring, Design by Samantha Lucy

It goes without saying - Dawn Muenchrath



