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GAUNTLET NEWS

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Frank Finley
The Gauntlet is pleased to have Frank as a columnist for this upcoming semester. With political opinions and knowledge galore, Frank feverishly debates on the U of C Debate Team, as well as in Model UN. It's only a matter of time before we see Frank calling the shots for our country. Secretly, we believe he probably does already.

Furor Arma Ministrat

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The Gauntlet is the official student newspaper of the University of Calgary, published most Thursdays throughout the year by the Gauntlet Publications Society, an autonomous, incorporated body. Membership in the society is open to undergraduate students at the U of C, but all members of the university community are encouraged to contribute. Opinions contained herein are those of the individual writers, and do not necessarily represent the views of the entire Gauntlet staff. Editors 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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OPEN ACCESS »

Stanford University professor talks open access publishing

Scott Strasser
News Editor

An expert on open access journals and advocate for their use presented at the University of Calgary last week on the benefits of the open access publishing model.

Stanford University professor John Willinsky was in Calgary to lecture at the U of C on Sept. 23 and Sept. 26.

Currently, the majority of academic journals used by university libraries are purchased in multi-year subscription packages from commercial publishing companies. The only people who can access those journals for free are students and faculty from a university that purchased them.

The open access model aims to challenge that practice by making online journals freely accessible without subscription fees.

Willinsky explained how and why university research is different from other types of intellectual property like pop music or novels. He argued that since post-secondary institutions are publicly-funded, scholarly works should be available to the public for free instead of solely members of the academic community.

"Scholarship and research are a special kind of intellectual property to which the world has a right to and to which we need to see in terms of people's right to know," Willinsky said.

He said taxpayers have a public claim to access scholarly information and that it would be a "crime against learning" to bar academic journals from the public.

"We do our research on behalf of the public, because we have [their] support for that research and we do it in publicly funded institutions," Willinsky said. "But I also think there's a deeper right to know. I think people should be able to share knowledge. Knowledge is a different kind of commodity than apples or ice cream. It's something that hurts if it's not being shared."

A former member of the U of C Faculty of Education, Willinsky later worked at the University of British Columbia and Simon Fraser University. While in Vancouver he developed the Open Journals System — an open source software that enables academic journals to publish their work



John Willinsky gave two lectures at the University of Calgary last week.

JUSTIN QUAINANCE

online for free. Around 10,000 academic journals around the world currently use Willinsky's software, which is now in its third edition.

"We've built a tool that enables others to build research communities, engage in peer review and publish research around the world," Willinsky said.

/// We do our research on behalf of the public, because we have [their] support for that research and do it in publicly funded institutions.

— Stanford University professor and former U of C faculty member John Willinsky

The U of C's use of the open access model has steadily increased since the university created an open access authors fund in 2008. Run by the university's libraries and cultural resources department, the fund pays processing fees for researchers who author works in open access journals.

While the fund started with \$100,000 in 2008, it has increased to \$700,000 as of September 2016.

According to U of C vice-provost libraries and cultural

resources Tom Hickerson, the fund's expansions are in response to a growing number of U of C faculty and researchers interested in writing for open access journals.

"The number of people who have wanted to publish in open access journals has increased every year," Hickerson said.

scholarship and achievement of the entire university," Marshall said.

But Willinsky said relying on continual increases to the fund is an inefficient model.

"That doesn't recognize the public's right to know, it says the authors can purchase open access," he said. "I'm moving from a model of cooperation in which we recognize that the libraries should be paying for the journals to be completely open. Not on an article by article basis and not on an author-purchase basis."

The U of C spends around \$10 million per year on academic journal subscriptions. Hickerson said subscription costs increase around four to six per cent annually, highlighting the need for open access journals.

"We've tied [open access] very much to the conflict with commercial publishers and our own capacity to continue buying at the same rate," Hickerson said. "We just had an announcement this year of five and six per cent increases in the cost of academic journals from some of the commercial publishers. We didn't get a five to six per cent increase in our budget."

The U of C currently subscribes to 11,556 journals, most of which are bought in multi-year subscription packages.



JUSTIN QUAINANCE

Clubs Week showcases student opportunities

Saima Asad
News Assistant

The semi-annual Clubs Week event took over MacHall once again from Sept. 20–23. The event, which happens every semester, gives clubs an opportunity to recruit and offer students a chance to see what organizations are available to join.

Students' Union vice-president student life Patrick Ma called the event a huge success.

"[It] was even more of a success than last year," he said.

There are 317 active clubs at the University of Calgary. 209 of which attended Clubs Week. Each day, 114 different clubs occupied the MacHall courtyards to advertise and recruit new members.

The event's layout had to change this year to allow space for 20 more clubs than last year.

Clubs went all out to gain students' attention. One of this year's notable sights was a giant sandwich named Sammy advocating

for Spread the Love — a charitable club that aims to feed the homeless. Other tactics employed by clubs included parking a motorcycle by their booth or blasting loud music.

First-year open studies student Duncan Jagger and fourth-year engineering student Joje Jeyanthan said they were just browsing the area for clubs that interested them, though Jagger did sign up for the University of Calgary Pre-law Society.

"The goal of Clubs Week is to help connect students with student organizations that share certain interests or values. It's a great way for students to connect with other students [and] find groups that they feel a belonging to," Ma said.

A wide variety of clubs were present, ranging from academic clubs like the Chemical and Oil & Gas Engineering Student's Society to charitable and activist clubs like Oxfam and general interest clubs like the Game Design Club.

SEXUAL ASSAULT AWARENESS »

University of Calgary takes part in "I Believe You" video

Scott Strasser
News Editor

About 20 University of Calgary students took part in filming a public service announcement for the Association of Alberta Sexual Assault Services (AASAS) in Edmonton on Sept. 23.

The video was created for the "I Believe You" campaign, an initiative aimed at changing the culture of how people respond to sexual assault victims in Alberta.

The students boarded a bus at the U of C at 7:30 in the morning on Friday and came back to Calgary in the late afternoon.

"I wanted to be a part of this program, as I had never had any chance to learn about these issues," said geography masters student Prasamsa Thapa, who took part in the trip to Edmonton.

The "I Believe You" campaign is now in its second year.

"Last year we focused on educating Albertans on how very important it is to give a positive response to a disclosure of sexual assault — specifically to say 'I believe you,'" AASAS Chief Executive Officer Deb Tomlinson said. "This year, what we're focusing on is celebrating the many people in Alberta who are believing and supporting sexual assault victims."

The AASAS video focuses on two female hockey players supporting each other in an arena after one of them was sexually assaulted. The video pans out to show all her teammates — as well as the entire arena — supporting the victim.

To film the video, AASAS rented out Kenilworth Arena in Edmonton, which seats 325 people.

"[The video is] really celebrating



The "I Believe You" campaign is in its second year. Justin Quainance the cultural change that we're experiencing right now away from justifying and minimizing sexual assault and towards believing and supporting survivors," Tomlinson said.

The Consent Awareness and Sexual Education Club (CASE) supported the filming of the PSA.

"We are so thankful for [AASAS] and all the hard work they did putting this campaign together," CASE president Nancy Regular said. "A culture where survivors feel believed and supported helps to break the silence that often surrounds sexual assault."

The U of C supported the "I Believe You" campaign last year as well. U of C Faculty of Science dean Lesley Rigg, who is also a co-chair on the prevention of sexual harassment and sexual violence implementation committee, said the university is committed to creating a welcoming campus for everyone.

"We're committed to creating a place where sexual harassment and

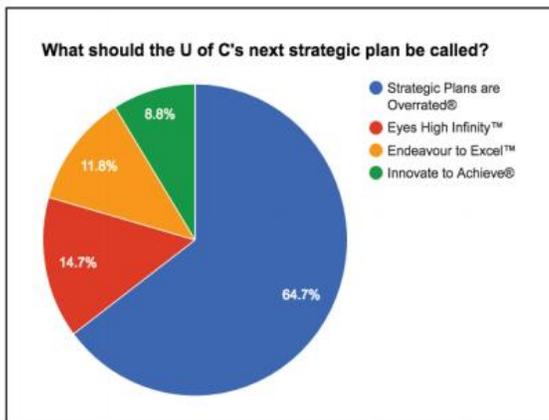
sexual violence is not tolerated," Rigg said. "The 'I Believe You' campaign is a cross-provincial initiative where we can show our support and commitment to our community."

The filming of the PSA occurred two weeks after the U of C's Women's Resource Centre unofficially broke a Guinness World Record for the largest ever game of Red Light, Green Light. The game was part of the WRC's wider sexual consent and awareness project "Ask First: Creating a Culture of Consent."

Tomlinson said events like the Red Light, Green Light game and the filming of the PSA show Alberta universities have recently done well to address sexual assault issues.

"We've had a tremendous response from post-secondaries, from student executives, from teams on campus and from other people from all walks of life," she said. "I'm actually really proud of the post-secondary institutions in our province and the response they have provided."

POLL RESULTS »



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STUDENT WELLNESS »

SU Wellness Centre increases mental health resources available on campus

Scott Strasser
News Editor

In response to increased counselling requests and a new university-wide mental health strategy, the Students' Union Wellness Centre launched a new mental health services model this semester.

The Wellness Centre will expand its programming and services under the new model, which came into effect Sept. 12. According to the centre's senior director of student wellness access and support Debbie Bruckner, the expanded resources will help with the Wellness Centre's growing demand.

"We took a look at our model and we wanted to make sure that how we responded to student requests fit the specifics around their requests," Bruckner said.

The centre added more social workers and psychologists to help with student support programming.

"One of the social workers will meet with a student [who is] seeking counselling support, find out what their needs are and direct them to the solution or the anticipated program that best meets their needs," Bruckner said. "That could be a one-on-one with a social worker, they might prefer online resources, they might prefer workshops or we've got expanded problem solving sessions."



The SU Wellness Centre's new mental health model is a response to increased student demand. LOUIE VILLANUEVA (LEFT) AND JUSTIN QUAINANCE (RIGHT)

The Wellness Centre also implemented an after-hours phone line that connects callers with the Calgary Distress Centre or Woods Homes — an outreach program for underprivileged youth.

"We want to make sure we've got a model that's nimble enough to respond," Bruckner said. "[The model] will be more individually suited to a student's needs."

The SU Wellness Centre has experienced a growing demand for mental health services in recent years — particularly for counselling sessions during midterm and final exam periods. The centre extended session availability by 10 hours per week last year.

According to the Wellness Centre website, students mainly seek counselling for anxiety, isolation and relationship issues.

///We want to make sure we've got a model that's nimble enough to respond. It'll be more individually suited to a student's needs.

— SU Wellness Centre senior director of student wellness access and support Debbie Bruckner

In response to a growing awareness of mental health problems among Canadian university students, the U of C launched a new campus-wide

mental health strategy in December 2015. The strategy is based on results from the 2013 National College Health Assessment survey.

The survey found that one fifth of Canadian university students experience mental health problems every year. According to

the survey, 8.2 per cent reported seriously considering suicide within the last year, while nearly one per cent actually attempted suicide at some point in their lives.

Funding for the Wellness Centre's new mental health services model came from the Alberta Ministry of Advanced Education, who recently announced investing \$3.6 million in mental health and addiction services to post-secondary institutions across the province.

The SU Wellness Centre is open 9:00 a.m. until 7:00 p.m. from Monday to Thursday and 9:00 a.m. to 4:30 p.m. on Fridays.

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STUDENT WELLNESS »

Pet Therapy is back at the University of Calgary

Saima Asad
News Assistant

this early helps bring more awareness of the event," Ma said.

The University of Calgary has gone to the dogs again. The Students' Union hosted their first Pet Therapy session of the academic year on Sept. 23 in That Empty Space on the first floor of MacHall.

According to Ma, Pet Therapy will be held once a month throughout the school year.

"We usually add a few more when we host Stress-Less Week in December, when students are under a lot more pressure from school," he said.

The dogs arrived at 12:00 p.m. It only took a few minutes before a line of eager attendees reached past Subway.

Ma said 200 students attend the monthly sessions on average. The dogs are brought in from a volunteer-based organization called the Pet Access League Society (PALS), who claim "medical studies prove that pets improve the emotional and physical well being of humans."

While Pet Therapy is typically a stress reduction initiative, many students came on Sept. 23 just to have a good time with the furry friends. First-year kinesiology student Allison Mulhall said she wasn't feeling particularly stressed about university at this point in the academic year, but attended anyway.

PALS requires all of their dogs to be a minimum one-year old.

"They must know basic commands and be comfortable in new situations and being touched by groups of stressed students," Ma said.

"I just want[ed] to play with the dogs," Mulhall said.

SU vice-president student life Patrick Ma coordinated the event. "Hosting a Pet Therapy session

will be held on Oct. 28.

Wildrose on Campus faces internal issues

Fabian Mayer

Gauntlet News

(With files from Scott Strasser)

Accusations of party disloyalty, an impeachment motion and a presidential resignation are just some of what took place within the Wildrose on Campus (WROC) student club before classes even began this semester.

The club was the scene of a tense political battle for the last month that even included prominent provincial Wildrose leaders.

Controversy started when WROC members Henry Lung and Phil Dippenaar submitted an official motion on Aug. 26 to impeach then club president Jenn Galandy. Galandy resigned on Sept. 6, six days before her impeachment hearing was scheduled to take place.

Galandy spoke with the *Gauntlet* shortly after her resignation.

"This was about [Lung and Dippenaar] scoring a win for their preferred 'Unite the Right' solution. I think that the role of our club is to stand up for Wildrose and follow the lead of the Wildrose membership, as set by their decisions at Annual General Meetings," she said.

The "Unite the Right" movement aims to combine Alberta's right-leaning parties — the Progressive Conservatives and the Wildrose Party



Wildrose on Campus has recently seen a fair share of internal strife. COURTESY WILDROSE ON CAMPUS

— together to oust the current New Democratic Party from government.

Lung, who is also WROC's fundraising director, responded to Galandy's charge in a more recent interview.

"I deny that 100 per cent," Lung said. "It was about Jenn's poor leadership."

When asked about whether he hopes for a united right in the province, Lung said only that he wants the NDP gone. Lung also said WROC has more autonomy than people may realize.

"We are not the youth wing of the Wildrose Party of Alberta because there is no youth wing," Lung said. "We don't want too much bureaucracy getting in the way of communicating

our message."

The *Gauntlet* obtained club documents that show recently-purchased WROC memberships include many non-students — most notably two current Wildrose MLAs and Wildrose Party executive director Jeremy Nixon.

In order to be a Students' Union-sanctioned club, two-thirds of a club's membership must be undergraduate students. Galandy claims around half of her recent sign-ups were students.

Current WROC president Ben Robinson said that despite the added non-student members, the club remains above the SU's threshold.

Nixon confirmed that he bought a membership from Galandy and was planning to vote in the impeachment

hearing, though he did not indicate how he would have voted.

"As the executive director of the Wildrose Party I probably should be involved with our Wildrose on Campus group," Nixon said. "As a member, if I was able to go and vote, I would have went down and threw my 'X' next to whatever I would have needed to throw my 'X' next to."

PC leadership candidate Jason Kenney is running on a "Unite the Right" platform. Nixon said the party isn't worried about Kenney's attempt to unite the right-leaning parties in Alberta.

"Everybody is keen on taking down the NDP in the next election and focused on helping build the Wildrose —

understanding that a strong Wildrose is better no matter what the third party decides to do," he said.

Following her resignation, Galandy announced she was made an unpaid youth coordinator with the Wildrose Party. She said her "resignation [had] nothing to do with the impeachment motion against her" in a statement published on Facebook.

"I believe that this impeachment motion was a tool to publicly shame me on social media, in a continuation of ongoing harassment by a group of some university students," Galandy wrote in a separate statement.

According to SU vice-president student life Patrick Ma, WROC was placed on provisional registration when the club came to the SU for help with the impeachment process.

"When they came to us they were unsure as to whether or not they were following their own rules," Ma said.

The SU is waiting on the club's AGM meeting minutes to restore WROC to full club status. Ma admitted that the potential impeachment of a club president was unusual.

"As far as we can tell this is the first time that something like this has happened," he said.

WROC was founded in November 2013 and has 160 members. The club promotes Wildrose Party values at the U of C.

Q & A »

University of Calgary physics professor talks quantum state teleportation, optic fibres and specialized lasers

Scott Strasser

News Editor

Wolfgang Tittel is a professor in the University of Calgary's department of physics and astronomy.

This month, Tittel made international headlines after his experiment on quantum teleportation of photons was published in the academic journal *Nature Photonics*. The experiment involved sending an entangled photon pair — which are elementary particles of light — from the U of C to Calgary City Hall via a dedicated fibre-optic line.

The experiment garnered international attention as it set a new record for the furthest transfer of a quantum state by teleportation, at more than six kilometres. The *Gauntlet* had the chance to speak with Tittel about what his experiment means for the future of quantum mechanics.

Gauntlet: To start, can you tell me what exactly your team accomplished?

Wolfgang Tittel: The major thing is that we teleported a quantum state from one location to another one.

Teleportation of a quantum state means we can transmit the quantum state from one place to another without any photon or other particle travel. That's quite remarkable, [as] it is in principle possible to send quantum states by teleportation over arbitrarily long distances. And that has lots of applications.

G: And we're talking about teleportation of light particles, not physical matter?

T: We're talking about teleportation of 'states.' What we mean by that is a description of how such a photon is prepared. If I had an apple, I could tell you it's green, it has a certain diameter and that would specify what the apple looks like. When dealing with quantum systems we can also talk about how they're prepared, but the problem is that in quantum mechanics we cannot know how the state is. We can't teleport a state. We can transmit the information about how a certain thing is done without actually knowing how it's done. And that is also quite fascinating.

G: This wasn't the first experiment of its kind, but it was the first to perform quantum teleportation

outside of a controlled lab environment?

T: That's correct. In the beginning, people wondered if this weird prediction of quantum mechanics — which we call teleportation — indeed exists and could be demonstrated. And that was done for the first time in 1997. Since then people have done it again and again in several laboratories. But until now it was always confined. What we've done differently is able to teleport a quantum state over a distance that is much larger — more than six kilometres in our case — and that we used a standard optical fibre. By that I mean the same fibre that we use when we make a phone call. It's the same infrastructure that is already there.

G: And in order to conduct the experiment, the team needed to use a specialized laser?

T: We needed a lot of specialized equipment. We needed a laser and we needed a very specific crystal. We shone that laser on that crystal and sometimes by doing so we created two photons that were entangled. That's another quantum feature that doesn't exist in our normal, everyday life.

Suppose you have two coins and you flip them at the same time. You will find that they randomly and independently fall on heads or tails. If they were quantum coins, they would either both fall on heads or fall on tails. It turns out this entanglement is very useful and is needed for quantum teleportation.

We created these two photons at the U of C in my lab and we sent one of them to City Hall using a standard optic fibre. There it met another photon that was created in Manchester, a neighbourhood south of City Hall. They met at City Hall, we made a measurement of these photons and then told the lab the measurement was a success. We saw the state from the photon we originally created at Manchester was teleported from City Hall into our lab here, onto the remaining photon.

G: What else can you tell me about the equipment needed for this experiment?

T: We needed to use detectors that were sensitive to single photons. These are detectors that detect tiny amounts of light, and these are detectors that need to be cooled down to very close to absolute zero — close

to -273 degrees celsius — and that requires a cryostatic cooler.

G: How are the experiment's results significant for quantum mechanics?

T: It's interesting to see that this prediction of disembodied transfer of information can go beyond the lab scale. From a fundamental point of view it's fascinating to see quantum mechanics acting on such a scale.

From an application point of view, if you can distribute quantum states through teleportation and over arbitrarily long distances, you can distribute secret keys that you can use for encryption. We all know encryption is important for today's society. If you go to an ATM, you [type] in your code and have to make sure when the machine communicates with your bank, nobody else can read that code. The code has to be encrypted when the machine communicates with the bank. We need keys to do this. Quantum key distribution allows us to distribute keys in a way that allow us to verify if the keys have been eavesdropped on or not. That's a step up from how it's done nowadays.

Edited for brevity and clarity.

OPINIONS

EDITORIAL »

Institutional support for sexual assault survivors a positive step

Last week, the University of Calgary bussed students to the Alberta legislature to take part in a PSA video for the provincial “I Believe You” campaign.

Now in its second year, “I Believe You” is an initiative introduced by the Association of Alberta Sexual Assault Services (AASAS) and the Alberta Ministry of Human Services. The campaign aims to bring awareness to the prevalence of sexual assault and create an environment where survivors are comfortable coming forward to authorities.

“We want to flood the internet with love and support for survivors of sexual assault. If there was a call to action, that’s what it would be,” AASAS Chief Executive Officer Deb Tomlinson said of the campaign.

The U of C’s involvement in the campaign is a positive step forward in creating a culture of consent and support for sexual assault survivors on campus. The university’s role as a large institution amplifies the importance of its support.

According to AASAS, up to 97 per cent of sexual assaults are never reported to police. This is largely due to the harsh scrutiny sexual assault survivors face — what were you wearing? Were you drinking? Are you sure you didn’t enjoy it?

This scrutiny often comes from institutions — police, hospitals, the courts, media and even universities. Many sexual assault survivors are dismissed because their



SAMANTHA LUCY

experiences don’t fit society’s idea of what rape looks like.

People often picture sexual assault as a man jumping a girl in a dark alley. The reality is much more chilling. According to AASAS, four out of five sexual assault victims knew the perpetrator. And more than half of all sexual assaults take place in the victim’s home or within 1.6 kilometres of it.

Many sexual assault victims are in long-term relationships with their abuser. Many are children. Many are men. Campaigns like “I Believe You” promote the idea

that no matter who you are, you will be believed, your trauma is valid and there is support for you. Now that is the message the U of C promotes too.

The video at the legislature isn’t the first produced by the U of C for “I Believe You.” Over the past month, clubs, residence groups, administration and student government have contributed to similar videos or messages with the same theme — believing survivors of sexual assault. Prior to that, our campus community took steps towards fostering an environment of consent and support

on campus.

The Consent Awareness and Sexual Education (CASE) club has grown dramatically over the past few years, receiving the Students’ Union Club of the Year award in 2015. In 2014, CASE introduced bystander intervention training for the staff at the Den which included training on how to identify potentially uncomfortable or dangerous scenarios and how to appropriately intervene.

U of C Campus Security added a disclaimer in 2014 to the bottom of security alerts noting that “a victim of a crime is not responsible for the actions of a perpetrator.” The Women’s Resource Centre unofficially broke a world record at this year’s Kickoff for the largest game of Red Light, Green Light. The purpose of the record attempt was to promote discussions of consent on campus.

All of these steps and movements work to create an environment not only where sexual assault survivors are comfortable coming forward, but where consent is a part of the conversation in the first place. These conversations are vital. Hopefully, they continue and manifest as action.

Believing is one step — continuing the conversation is another. Let’s keep this momentum going.

And for the record, the *Gauntlet* believes you too.

Melanie Woods
Gauntlet Editorial Board

short form

Should the minimum wage be increased to \$15 per hour?



“Businesses should support a \$15 minimum wage.”

– Christina McGirr,
 third-year business



“The current minimum wage is not enough to survive.”

– Ibrahim Baig,
 second-year engineering



“I need more research on both sides of the argument.”

– Fatima Haider,
 first-year political science



“Yes, it is a good increase for everybody.”

– Wei Zeng,
 third-year chemistry

JURY OF YOUR PEERS »

What students can learn from Republicans

Frank Finley
Gauntlet Columnist

There is something fascinating happening to the Republicans and students should take notice. As young people, it is important to learn from history’s mistakes, but right now, we have a chance to learn from the mistakes of the present.

The Grand Old Party of the United States is in trouble. Theodore Roosevelt and Dwight Eisenhower are spinning in their graves at a speed most remarkable. Half of America’s two-party system now has Donald Trump at its helm.

But Trump should not be solely

blamed for his own ascent. The party as a whole has failed to evolve and their troubles have been years in the making. Republican leadership dug their feet in, failing to move forward on LGBTQ issues, climate change and immigration reform. They stoked the fires and it should come as little surprise to now find a personality like Trump at the top.

Trump is the tangerine megaphone that has made the party’s flaws more apparent. What Trump has managed to do is loudly exemplify the fear of “the other” — namely, immigrants and religious minorities. He has suggested monitoring Muslim mosques and neighbourhoods. He has

proposed registering Muslims in a federal index. He has stood behind his idea of blocking all Muslims from entering the country. Further, he promised to deport undocumented Mexican children who grew up in the United States.

To the Republicans, these groups are dangerous to the nation’s welfare. This policy of fear is nothing new, but Trump’s brashness has been easy for the media to summarize into tidy sound bites.

The result of this has been politically disastrous. Prominent supporters have turned their backs even with the much-distrusted Hillary Clinton as the face of the opposition. Simply put, their chances look grim.

What we are seeing is the result of the Republican’s failure to evolve, their inability to move with the times and their use fear of as a political mechanism. If there is an example for millennials of what not to do, this is it.

As young people, we will be tasked with dealing with complex issues as we move forward into the 21st century. From climate change to the continuing refugee crisis, these problems have no clear solutions. We must evolve and adapt to new situations. We will have to work with each other and not act on fear alone.

In order to thrive, we should learn from the Republicans’ mistakes, lest we risk ending up like them.

Photos: Justin Quaintance
 Interviews: Ian Kinney

Does a minimum wage raise benefit students?

Andrew Kemle
Gauntlet Opinions

Raising the minimum wage will be beneficial for the student body.

If you're a university student who is employed, your wages will most likely be as low as legally possible. Raising the minimum wage would have a positive impact on the student body.

The number one cause of future misery for post-secondary graduates is debt. Whether you're in a four-year undergraduate program or you've just completed your final year of law school, the cost of attending post-secondary can quickly turn into a crisis. A 2013 Bank of Montreal survey found that recent graduates expected to accumulate over \$27,000 in student debt in addition to approximately \$1,200 in non-tuition related charges.

If students end up working minimum wage jobs to pay for tuition, then the extra few dollars an hour will be an immense help. It likely won't cover the full extent of costs for students, but cutting down that \$27,000 of debt will make life a little more comfortable.

Increasing the minimum wage has the potential to increase future savings and decrease the pressure students feel to go into jobs that they utterly despise so that they might someday repay their debt.

A higher hourly wage will also lessen the need to work long hours that cut into study time and hurt grades.

Opponents of a raised wage say that it kills jobs, but evidence doesn't support that argument. In 2013, John Schmitt of the Center for Economic and Policy Research explained that in extensive stud-



raising minimum wage is a complex debate.

COURTESY MACK MALE

ies undertaken by economists since the '90s, an increase in the minimum wage showed no discernible effect on employment. Similarly, Washington state increased its minimum wage in 1998 far above the federal level and since then have seen higher restaurant payrolls, higher growth rates and lower levels of poverty than the national level with no negative effect on employment. The recent raise to \$15 an hour in Seattle has shown similar results.

There seems to be a net positive effect when the minimum wage increases, not just on student employment, but employment in general.

The other argument is that prices will rise and cancel out the wage increase, but this again is not supported by evidence. In economics, prices and wages are thought of as "sticky," meaning that a rise in one does not automatically equal a rise in the other.

Reasons for this include the fact that businesses are limited in how high they can raise prices by other firms they're competing with. A study by the University of Washington noted this disparity and it can be seen in what's known as the Big Mac Index, where the price of one Big Mac in one country is compared to the price of a Big Mac in another country. In many countries with higher minimum wages than the United States such as Australia, the price of a Big Mac is only slightly higher.

To bring this back into the sphere of students, a gain in wages for us is just that — a gain.

It won't be enough to cover the cost of our debt or fully decrease our stress load, but it is enough to chip away at it. And with no real negative consequences for the economy, there's really no rational reason to oppose a \$15 minimum wage. If you're a student, it'll be good for you.

Tina Shaygan
Opinions Editor

Raising the minimum wage will not effectively address student debt

The debate of a minimum wage hike to \$15 per hour in Alberta has sparked strong reactions and student organizations have been asked to take a policy stance on the issue.

There is convincing research on both sides of the issue on a macro level. With studies of the impact of an increase in minimum wage on employment rates ongoing, research on one side is often offset by equally convincing research on the opposing side. Economist and University of Calgary professor Trevor Tombe says "the question is not at all settled — researchers studying the same data often get contradicting results."

The government should work to alleviate poverty. But poverty is a complex problem and an increase in minimum wage is a lazy solution.

It is unclear whether increasing the minimum wage will effectively alleviate poverty. Even if unemployment rates remain unaffected, prices rise when wages rise.

"We can't talk about minimum wage hikes without mentioning an increase in prices" says Tombe. The wage increase is offset by extra costs, allowing us to conclude spending power would not dramatically increase.

There are alternative policy options that are not as polarizing and have proven more effective. The provincial government itself admitted that even \$15 per hour is not a living wage. And the rush of implementing this policy by 2018 indicates to some a lack of effective research and planning.

"Opposing a minimum wage hike isn't to say there shouldn't be support for government programs" says

Tombe. Policies such as wage subsidies or the Alberta Child Care Benefit would be far more effective.

"Such programs actually increase employment and the increased cost is not borne by businesses," Tombe says.

Subsidies for single parents and affordable housing can go a long way towards bringing the current wage to a living wage standard and addressing poverty as a complex problem.

It is easy to predict the effect of a minimum wage hike on individual organizations. An organization like the Students' Union that employs hundreds of students will have to balance its budget in response to increased costs. This requires budget-saving adjustments — at least in the short term. Many students jobs can be slapped with a "leadership" title and become volunteer positions.

Another problem is receiving less student financial aid for students with part-time or summer jobs, if the program is not adjusted to factor in higher wages.

Currently, recent graduates are not required to make payments on student loans until they make \$25,000 per year. It is unclear whether the program would be adjusted as a response this policy.

It is evident that the benefits to students are largely offset and students should not be in support of this policy until these problems are fully and comprehensively addressed.

SU vice-president external Tristan Bray says that while the SU has not taken a stance on this issue, they have consulted the government regarding potential problems.

Increasing government grants, maintaining the tuition freeze, tightening regulations on mandatory non-instructional fees and residence fees and expanding programs such as Summer Temporary Employment Program would go much further in addressing student debt without the consequences of a wage hike.

This Week in MacHall

Monday, Oct. 3

Cinemanía in the Den: The Revenant

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: The Revenant.

Every Tuesday and Wednesday

Free Breakfast

SU Campus Food Bank's Free Breakfast - Enjoy the most important meal of the day - on us. Free breakfast for undergrad and grad students every Tuesday and Wednesday from 8:30 - 9:45 a.m. in the Q-Centre.

Now until Oct. 28

Nominate your prof or TA for an SU Teaching Excellence Award

Love your prof? Got a terrific TA? Nominations are now open for the SU Teaching Excellence Awards. The fall deadline is October 28 at 4:30 p.m.

plus:

Register your team now for Frostbite in January!

Love YOUR Prof or TA?

NOMINATION

is this easy



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SU.CALGARY.CA/TEA

NOMINATIONS ACCEPTED
SEPT. 16 - OCT. 28 @ 4:30 P.M.



Complete listing of student events, concerts and more:

www.su.ucalgary.ca/events

GLENBOW »

Celebrate 50 years at the Glenbow museum with *Glenbow at 50* exhibit

Gurman Sahota
Entertainment Assistant

The Glenbow museum will mark its 50th birthday from Oct. 1 to 5. To celebrate, the Calgary art and culture staple will host *Glenbow at 50*, a pop-up exhibit showcasing a variety of works that are not normally displayed.

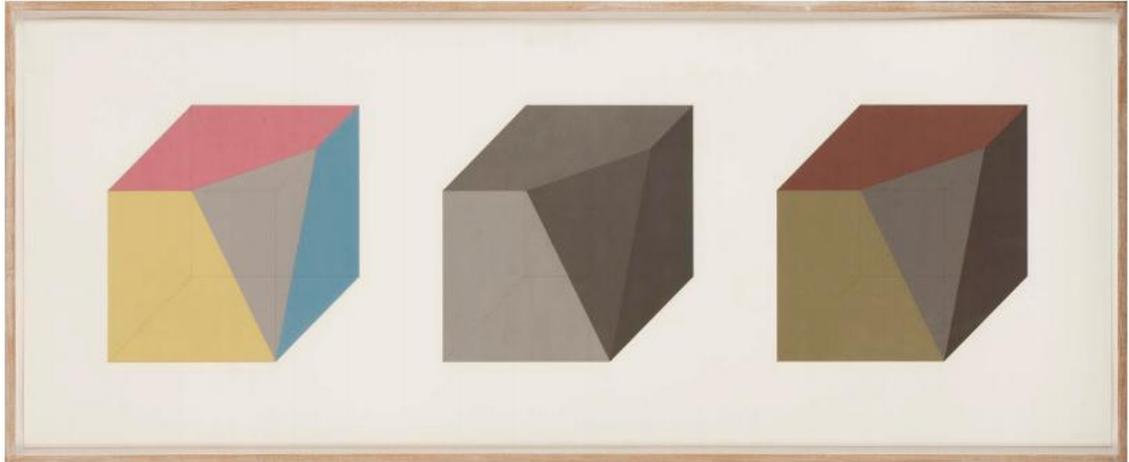
Curating a quick preview of the diversity of the Glenbow's eclectic collection of works over 50 years was no easy task. The vigorous curation process selected only 50 pieces out of a collection of over 30,000.

Each piece carries significance for the region of Calgary or artists that have visited the city. National and international importance were also taken into consideration.

There will be both new and familiar work for patrons of the museum since many pieces haven't been shown in five years. Glenbow manager of marketing and communications Jenny Conway Fisher says this particular exhibit will address a variety of artistic voices.

"It's easy to put up a collection of old, dead white guys," Conway Fisher says.

The exhibit will reflect how the museum has changed over the last



Sol LeWitt's print work will feature in the exhibit. He printed it himself.

50 years, showcasing differing perspectives and diving into the diversity of collections that would not have otherwise been seen.

There will be representation of many artistic forms — historical, contemporary, video work, sculpture and paintings — present at *Glenbow at 50*. Conway Fisher says having a variety of mediums helps tease out engaging stories from the artwork.

"Art is only interesting if someone is looking at it," she says.

Canadian artist Douglas Cou-

pland, famous for *Generation X*, contributed his life-sized sculpture of an iconic green toy soldier à la *Toy Story*.

"It is a fun pop art, Andy Warhol piece," Conway Fisher says.

The exhibit will showcase contemporary pop artist Sol LeWitt whose works are regarded as the beginning of conceptual art. LeWitt printed his own pieces, whereas many artists create their works and another party prints them.

Graeme Patterson will be one of the younger Canadian artists fea-

tured in the exhibit. "Monkey and Deer" is a multimedia, stop-motion video which is an ode to old, low-tech movies.

"[The film] is a quirky, creepy but always a melancholic, lovely story," Conway Fisher says.

The special 50 cent admission fee for the duration of the pop-up — a nod to the price of Glenbow admission when the museum first opened — aims to expose as many Calgarians as possible to the past 50 years of art.

With extended hours to accom-

COURTESY GLENBOW MUSEUM
modate a busy Calgarian schedule, Conway Fisher says the exhibit is incentive to visit one of the most iconic institutions in the city, especially for its 50th birthday.

"[It's] a buffet of crazy, interesting choices. Hopefully people will connect to one piece," Conway Fisher says.

Glenbow at 50 will show at the Glenbow from Oct. 1–5. Admission is \$0.50.

For more information, visit
glenbow.org

CALGARY INTERNATIONAL FILM FESTIVAL »

Hunky Dory explores fatherhood for a drag queen

Rachel Woodward
Entertainment Editor

For his breakout into film, Michael Curtis Johnson wrote and directed the feature *Hunky Dory*, a modern tale of love, addiction and family. The film was featured at this year's Calgary International Film Festival.

With a stunning soundtrack, complex characters and an incredible performance by co-writer and star Tomas Pais, the film is nothing short of amazing.

Hunky Dory tells the story of Sydney — a drag queen with a diet of weed, red wine and cigarettes — who lives on tips and the money he makes selling pills stolen from his terminally cancer-ridden friend. Sydney is used to living on his own with little responsibility, until his ex drops off their 11-year-old without notice or idea of when she will return.

Sydney is forced to step into the role of father to George, played by

Edouard Holdener with an incredible maturity in the role. The two are faced with hardship as Sydney continues to engage in less-than-fatherly behaviour.

The film is a gritty and utterly honest portrayal of Sydney's struggles revealing the reality hidden behind an addict's "hunky dory" exterior.

There is nothing hidden from audiences, with hilarious and devastating moments shown in their purest form. Sydney fills the screen with humour and drama, leaving audiences wanting more from the character. Johnson and Pais present a character that is so easy to latch onto that when the film ends, a real emotional moment of reflection occurs.

While Sydney's sexuality in the film is demonstrated by his sexual engagements with both men and women, his sexual orientation is never spoken of or labelled. And even though it is clear how he is perceived as a drag queen, it is not a defining aspect of his character. There is a real humanity that oc-

curr when labels are taken away completely.

The soundtrack holds the film in an incredibly supportive way, never overpowering the acting. Instead, it provides an effective method to project Sydney's emotional state to an audible level. A simple instrumental version of David Bowie's haunting *Nature Boy* re-occurs throughout the film, accentuating the more raw moments.

The relationship between Sydney and George is beautiful. A young son who holds no judgment towards his father and sees him as a literal "rock star" is something truly wonderful to witness.

The film, with its complex characters of prostitutes, cancer patients and drug addicts creates an incredible blend of relatable and fully formed beings. *Hunky Dory* thrives in character development and finding beauty in flaws, making it one of CIFF's best at this year's festival.



The film follows Sydney, a drag queen, and his son. COURTESY CIFF

CIFF Canadian gala selection introduces audiences to *Two Lovers and a Bear*

Aisouda Savadlou
Gauntlet Entertainment

The official Canadian Gala selection for this year's Calgary International Film Festival was — as promised — very Canadian.

Two Lovers and a Bear features Canadian director Kim Nguyen and stars Canadian Emmy Award winner Tatiana Maslany, known for her lead role in the television show *Orphan Black*. The film was primarily shot in Iqaluit, Nunavut. Maslany acts alongside American actor Dane DeHaan.

The story is set in a small city close to the Arctic circle and follows Roman and Lucy, two lovers haunted by their pasts as they struggle to fight their inner demons and keep their love alive.

Roman and Lucy connect through their shared experience of dealing with abusive fathers, but don't have much in common besides their mutual love.

The on-screen chemistry between the lovers is phenomenal, evoking audience sympathy throughout the film.

There were many times during the screening where audiences



The film, shot in Canada, makes use of the isolating landscapes to laugh at a cringe-worthy joke from Lucy or gasped as the couple faced a life-threatening situation.

"I was immediately certain that [DeHaan] has never acted before in the sense that he was playing his own self and directed as if it was a documentary. That's how I authentically thought of him for the role," Nguyen says. "Tatiana, truth be told, we didn't think of her initially. *Orphan Black* and *Two Lovers and a Bear* are two universes that are so different, but she did a screening test and she was amazing."

As the title suggests, a talking polar bear shocked the audience

use of the isolating landscapes to capture emotion.

The film's plot embeds elements of different genres. Themes of abuse and torment appeared frequently during the movie. How they affect Lucy and Roman's mental health made the film feel like a psychological thriller.

"[The bear] is definitely a mystical bear and he relates a lot for me to the mythical figures of the Greeks since they are gods that have flaws, they are imperfect gods," Nguyen says. "For me, it was almost a mirror of Roman."

Towards the end of the movie, the bear explicitly mentions the idea of being an "imperfect god." The declaration seems unnecessary, as audiences should have the opportunity to create their own interpretation of this needy, alcoholic bear.

COURTESY CIFF

Lucy and Roman's devotion to each other provides an aspect of romance to the film, but the ironic and bizarrely funny moments of this romantic-thriller hybrid bring release in tense moments.

However, experimenting with different genres deprives the audience of getting to know the characters fully. Throughout the movie, Lucy's passion for photog-

raphy comes to light through her desire to capture the aurora borealis. On the other hand, Roman's interests, besides his everlasting love for Lucy, aren't shown. The character could have been explored further.

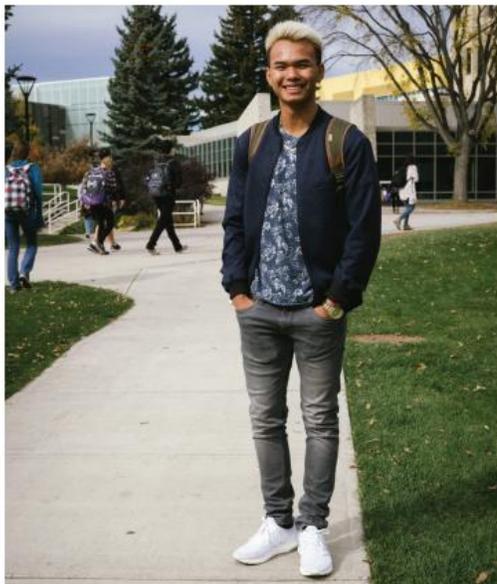
The cinematography is visually stunning, as Nguyen uses the unwelcoming and cold environment of Iqaluit to his advantage. Shots of the characters riding snowmobiles across the isolated and snow-covered landscape of the Arctic and time-lapses of moving icebergs show the earth as a living being.

Nguyen says these shots help bridge the character's internal struggles with their surroundings.

"[It's] so amazing to see the connection between the harshness of the environment and how that can relate to the inner torments of a character," Nguyen says.

Two Lovers and a Bear is an oddly funny psychological and romantic drama with outstanding performances and stunning cinematography. The film suffers from superficial character development, but still provides an entertaining glance at Canadian landscapes and talent.

CAMPUS STYLE »



JUSTIN QUAINANCE

First-year arts student Jason Nguyen's eclectic style makes a strong impression during the first few weeks of classes. Contrasting pieces with prominent accessories make this a look that demands attention. Shock-blond hair complements Nguyen's gold Armani watch, while a navy blue bomber from Topman clashes with stark white Adidas kicks. A patterned shirt reflects streetwear prints without being overpowering. Nguyen's outfit may be bold, but it maintains balance with repeating patterns and colours in all the right places.

Emilie Medland-Marchen

COMEDY »

Fifth annual YYComedy Festival brings laughter to Calgary stages

Rachel Woodward
Entertainment Editor

Featuring a slate of seasoned comedy veterans, the YYComedy Festival is Alberta's largest comedy festival. The fifth annual event will take over Calgary's comedy scene until Oct. 1.

Festival co-founder Harry Doupe says this year's iteration is the best yet.

"I think [with] this being our fifth year, we are more packed talent-wise than we have been. Not to say that we haven't been in the past, but this year it's an extra boost of talent," he says. "Our mandate every year is to put together the strongest lineup of comedy to be seen on Alberta stages."

The festival will take place at various locations around the city, such as the Plaza Theatre — where some big-name headliners will feature — and the Vern's Tavern, Loose Moose Theatre and Oak Tree Tavern comedy clubs.

With headliners including Janeane Garofalo and Todd Barry, audiences can anticipate a week of



Kevin McDonald will take the stage as a headliner. COURTESY HARRY DOUPE

familiar faces and many laughs. Doupe says Calgary is very welcoming to festivals and the scene has grown for many years.

"It's a pretty wide comedy scene, there's been stand-up here since [Yuk] Yuk's opened up in '86. The Loose Moose Theatre ... has been turning out so many great talents, so there's always been a good base here," he says. "The scene right now is flourishing a fair bit. There's lots of room in all kinds of varieties for improv and sketch stand-up."

The Funny 1060 AM YYComedy Festival Gala will take place on Saturday, Oct. 1 and will be one of the largest comedy events held

in the city this year. *Corner Gas*'s Brent Butt will perform at the gala as well as *The Kids in the Hall*'s Kevin McDonald.

Besides stand-up, the festival will feature a short-film contest, improv and a performance from local improv group The Kinkonauts.

"We try to bring the whole comedy community together for a week," Doupe says. "Our hope every year is that everyone will go out and see comedy for a week."

Tickets are available online for all events. Event prices range from free to \$52.25.

For more information, visit
yycomedy.ca

NEW MUSIC »



Keaton Henson
Kindly Now
September 16, 2016 (PIAS America)

Since 2010, British illustrator-turned-musician Keaton Henson has crooned about love, loss and heartache. His classic wavering vocals and incredibly visual lyrics surely contributed to many post-breakup playlists.

This tone doesn't change on his newest release, *Kindly Now* — a 12-track album featuring heartbreaking and soft melodies that promise to turn any mood melancholic with the beautiful and quiet falsetto Henson provides.

Like his first five albums, Henson aims to reach his listeners by exploiting devastating heartbreak and leaving echoes of mourning in his path. While the album is similar to Henson's existing discography, it fits right in place and will surely satisfy listeners who have followed his career.

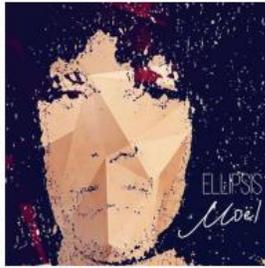
In fact, this might be my favourite of his releases. The album starts with "March," which provides some of the more produced sounds released by the musician yet. It is followed by "Alright," a familiar sounding plea for love and forgiveness. Henson still attempts to hide behind his words by constantly asking to stay on his own.

The next track is "The Pugilist" — a crushing moment of vulnerability and shame, with lyrics like "You pulled me together, with blood and soft stitches, you're proof that I'm breathing and that I still need to be loved — and to hear you whisper to me 'you're enough'."

Despite the simplicity and repetition in Henson's lyrical storytelling, this album fails to bore. There is something enchanting and intriguing about the blatant vulnerability and heartbreak Henson provides. It almost feels too intimate to witness — like a private moment.

Kindly Now is a strong step in the trail of Henson's career and may be his most emotional album yet. If you're looking for something soft to listen to while studying or are planning to down an entire bottle of red wine in a moment of sadness, *Kindly Now* will hold your heart.

Rachel Woodward



Moël
Ellipsis
September 24, 2016 (Independent)

Ethiopian singer-songwriter Me-wael Hadera — who goes by Moël — currently lives in Calgary and has just released his first EP, *Ellipsis*.

The four-track release features the calm, relaxed vibes that Moël thrives in. The album demonstrates smooth and catchy tracks like opener, "Beautiful Gold," which features fun and simple lyrics set to a sweet and equally simple melody. The track is the perfect song for driving around or setting the soundtrack to a study session.

The EP builds in complexity with the second track, "Let Me In," which features an intro of strings and an easy-listening beat with gentle vocals. Moël's vocals on this track stand out, with Ed Sheeran-esque riffs and

simple, romantic lyrics. This track also features a relaxed melody and simple harmonies.

The album demonstrates a perfect example of easy-listening and sets the tone for future releases from the musician. The tracks are simple without being boring and play along with familiar chord progressions matched with fun lyrics and harmonies.

The third track, "Home," is a wonderful example of the simply-produced EP's gentle rhythms and breezy tunes that are sure to keep listeners' feet tapping away.

In contrast with its start, the album ends with more of a focus on Moël's vocals set to less defined background music. "Keep Moving" is a fitting final track on the album, as Moël speaks of moving on.

While the album is meant to tell love stories, it comes across less like a collection of deep cuts and more as a Jack Johnson style album with fun tunes accompanied with some lighter lyrics. Moël's first release will surely place him on the map of the Calgary music scene. As a local Jason Mraz or Jack Johnson, Moël will without a doubt provide easy-listening to the city's open mics, house concerts and shows for years to come.

Rachel Woodward

STAFF PICKS »

SEPTEMBER 29 - OCTOBER 8

Sunday, September 30:

Attend the Print It Yourself Festival from Sept. 30 to Oct. 1. There will be print-making demonstrations and if you're interested in trying to print yourself, there are workshops taught by experts in the field held on Oct. 1 at the Alberta Print-makers Studio and Gallery.
Time: 11:00 a.m.
Place: Olympic Plaza

Saturday, October 1:

From Sept. 9 to Oct. 22, *It's Gonna Rain* by Divya Mehra is on display. The exhibit explores topics of loss and violence and ties in aspects of Mehra's personal loss and tribulations.
Time: Various times
Place: The New Gallery

Saturday, October 1:

The U of C will host Preoccupations — a Calgary-based band formed in 2012 under the original name Viet Cong. Their music has been described as "labyrinthine post-punk."
Time: 8:00 p.m.
Place: MacEwan Ballroom

Friday, October 7:

The Thanksgiving pie-tasting at the Calgary Farmers' Market will raise funds for the Calgary Food Bank. Vendors will compete for the coveted "Best Pie" title.
Time: 11:00 a.m. to 2:00 p.m.
Place: Calgary Farmer's Market

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UPCOMING
GAMES**Dinos Football vs.
Alberta**

October 1



The Dinos football team will take on cross-province rivals the University of Alberta on Saturday, October 1st. The Battle of Alberta will also celebrate the U of C's 50-year anniversary with Dear Rogue headlining the event.

**Dinos Field Hockey
(W) vs. UBC**

October 1



After facing back-to-back losses against the University of Victoria, the Dinos women's field hockey team will look to right their early season against the University of British Columbia Thunderbirds at 11:00 a.m.

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

October 1



The Dinos men's soccer team are 6-2 heading into October. The team will look to continue the success of their early season and compete for the Canada West title. The Dinos will take on MacEwan University at 2:15 p.m.

**Dinos Rugby (W)
vs. Lethbridge**

October 2



The Dinos women's rugby team currently has a perfect season. With two games left before the Canada West championships, the team will look to secure the conference.

**Dinos Basketball (M)
vs. Windsor**

October 6



The Dinos men's basketball team will start their first game of the year against the University of Windsor Lancers in the Jack Simpson Gym at 8:00 p.m. The game will be the first match of the Calgary Cup.

DINOS SOCCER »

After hot start, Dinos women's soccer team chases perfection

Dianna Chan
Gauntlet Sports

On a chilly September morning, the Dinos women's soccer team is hard at work on the fields behind the Olympic Oval. Running through drill after drill, the players bob up and down the field, soccer balls dancing between their cleats. Teammates swerve in and out of one another, their coaches and the cones, never once losing their balance or the ball. It looks like chaos, but there's a method to the madness.

This year, the Dinos women's soccer team is chasing perfection. The team currently has a 6-0 record, which they've maintained throughout the early season in an impressive winning streak. A quick look at the team's results show them barreling through the Canada West — a 10-0 win against the University of Winnipeg, 4-0 against Mount Royal University in the Crowchild Classic and 10-0 over Thompson Rivers University. Anyone can see that the Dinos women's soccer team is on a roll. The question now is how long that can last.

This season, last year's Canada West bronze medallists have their eyes on the ultimate prize in varsity soccer — the 2016 national championships. In order to make it there, the women's team needs to count on maintaining their winning streak, building their confidence and establishing themselves as a major threat in the league.

As the first coach in 10 years to bring the women's soccer team to the CIS championships, head coach Troye Flannery is determined to lead the Dinos to the final round of nationals this season.

"When I was hired I said we would go to nationals in year four, [and] we did it in year three," Flannery said. "It's tough, but that is always going to be the goal from here on out. My intent is to take this program and make us a perennial powerhouse. We aren't there yet, but we are going in the right direction."

Last season, after winning the bronze medal match of the Canada West women's soccer select six, the women's team showed that they were a force to be reckoned with, downing their opponents in a tight 1-0 showdown. The match secured a spot in the CIS championships for the Dinos in their first appearance since 2005. It was only the third national trip in the program's history.

But earning a position among Canada's best was just the start —



The women's soccer team perfect their game at a morning practice.

EMILIE MEDLAND-MARCHEN

the Dinos were determined to bring home the Gladys Bean Memorial trophy for the first time. But despite their efforts to secure a top three spot, the Dinos quickly suffered a heartbreaking loss to the University of British Columbia Thunderbirds, taking them out of the running for the semifinal matchup.

Although they held out against the Thunderbirds for most of the contest, the Thunderbirds put the Dinos away in the fourth and final quarterfinal match. It was a tough loss for the team, especially after such a storied season. But for Flannery, it was the beginning of more success to come.

"It's a great conference, [and] there's a reason why teams that represent Canada West at nationals do very well," Flannery said. "On any given day anybody can beat anybody in this league with the exception of one or two programs."

With the achievements of the previous season, the women's soccer team is determined to improve on the success they obtained last year. Even though they lost some key veteran players, the new recruitment

class has not only shown great potential but has helped continue the growth of the program. Flannery has no doubts that the new additions to the team will only help them further throughout the season.

"Generally, the first-year players are more keen to impress," Flannery said. "It gives us the youthful energy. We've got a good balance between the young and old right now."

The Dinos team morale is stronger than ever, but they still have their work cut out for them in taking on the highly competitive Canada West. Fully prepared for the harsh struggle of obtaining a position in the conference, the team has undergone strict training. Fourth-year midfielder Maddie Lee knows well what Flannery expects from the team.

"Troye is one of those coaches where he always demands more [out] of us," she said. "Our practices are always super high tempo — it's go, go, go, 100 per cent."

That high tempo is plain to see, even at an early season practice. After running through sets of drills, the team takes to the field to start a game of their own. There's little rest as the

women chase each other down, battling for the ball with a determination that shows a will to win.

The team's dedication has not gone unnoticed as they continue to rack up a string of consecutive wins. But this is just the start of the uphill battle the team will have to face if they intend to win the Canada West — and later, nationals. Lee, now a team veteran recognizes that challenge.

"Canada West is a really hard conference to play in and this season is really short," she said. "If you lose [one] game you never really know what's going to happen."

The Dinos will continue the remainder of the regular season alternating between home and away weekends. In the coming weeks the team will be on the road, with matches in Saskatoon, Regina and Lethbridge. On Oct. 9 they return to Calgary, where they'll take on the University of Lethbridge Pronghorns before their last few games of the Canada West conference.

It's a tough road ahead of the team, but based on the success that they've had so far, a spot in the CIS championships isn't far off on the horizon.

DINOS BASKETBALL »

Dinos women's basketball shines in victory over TRU

Tommy Osborne
Sports Assistant

The Dinos women's basketball team won their second game of the regular season, dominating the Thompson Rivers University WolfPack on Sept. 24 with a final score of 73-59. The win extended the Dinos' winning streak to three games and marked the second time they've won by double digits.

The game started poorly for the Dinos who were unable to capitalize on offensive opportunities. Following a series of missed layups and poor turnovers, TRU took advantage of the Dinos' missteps and shot out to a commanding 11-3 lead. However, the Dinos fought back, tying the game 14-14 by the end of the first quarter and taking an eight point lead by halftime.

"There wasn't much change on the defensive end," head coach Damian Jennings said. "It was on the offensive end, just making sure we moved the ball a little more, and got our screen angles where we wanted them."

Jennings' ability to make adjustments in his approach after the 11-3 deficit allowed for the team to come back strong and establish a lead at the half.

First-year guard Bobbi Jo Colburn had the highlight of the

night with an impressive play in the second quarter, intercepting a pass at the point of release to give her a breakout opportunity. Colburn made her layup, drew a foul and made the free throw for an impressive three-point play.

In the second half of the game, the Dinos' defence continued to dominate, giving the offence more opportunities. The second half gave the Dinos a considerable lead over their opponents.

Second-year forward Erin McIntosh had an efficient game, shooting five out of six for a total of 12 points and leading the team in scoring. She was a constant force — dominating in the paint with four layups as well as four rebounds — but also showed her ability to stretch the court with a three-point sinker. She added two assists and a steal to her impressive statline for the night.

McIntosh credited her success to the teammates around her.

"I think that we gave each other shots," she said. "So it's not actually about who scores — it's more about who creates for other people. We got a lot of offence from our defence. I think that's where it really came together for us."

The Dinos continued to pull away, finishing the third quarter with a 55-37 lead. The large lead allowed the team to be more



The Dinos had a slow start, but later utilized their offence to secure a win.

CHRIS SHANNON

aggressive on defence, initiating turnovers and forcing TRU to take shots at poor angles.

Jennings was impressed with his team's defensive performance, but admitted the offence still has room to grow.

"There's 10 players completely new to playing, so there's that teething, growing, storming-norming-performing cycle that we're

in," Jennings said. "Our offence still has a long way to go. [Right now] our defence is what's pushing teams over."

The thought of improvement to the Dinos' offence should scare opposing teams, as they have already been strong this season. The Dinos put up 73 points against TRU. If the offence elevates to the same level of play as the defence,

the Dinos women's basketball team will be a force to be reckoned with in the Canada West this season.

The Dinos will battle the Mount Royal Cougars in their next game on Thursday, Sept. 29 at 1:00 p.m. They will look to extend their winning streak to four games at MRU before heading into the Calgary Cup on home court in early October.

ICE HOCKEY »

The World Cup of Hockey highlights international talent

David Song
Gauntlet Sports

The 2016 World Cup of Hockey has already generated a number of memorable moments on the international stage. Chief among these was Team USA's shocking fall from grace — they did not win a single game leading up to their

elimination on Sept. 20. This year's tournament was a major success, with hundreds of hockey fans across the nation tuning in to watch Canada's international dominance.

Once a regularly held event, the last World Cup of Hockey took place in 2004, with Canada claiming the championship. Going forward, it will be held every four years. While

the World Cup may not hold significance in the eyes of some fans, its re-emergence is fantastic news for the sport of hockey.

Toronto's Air Canada Centre has been a packed house all tournament with international representation and local fans. The electric atmosphere easily rivalled that of an NHL tilt in a hockey-rich market, and the

players hold nothing back, competing as if every shot matters. In addition to the talented on-ice product, the World Cup also has several notable advantages over more established international tournaments.

The Ice Hockey World Championships — although a high-profile event in its own right — overlaps with NHL playoffs, which means that no superstars on the league's contending squads can ever participate. While the World Championships are played with national teams, they never present a showcase of every nation's best facing off.

One tournament that does feature best versus best is the Winter Olympic Games — at least historically. But given the complex debate over insurance between the NHL and the International Olympic Committee, it is no guarantee that NHL players will go to Pyeongchang in 2018 or to any subsequent Olympics. The Olympic hockey tournament might be changed forever, leaving the World Cup as the only event in which fans can watch the titans of professional hockey clash for national pride.

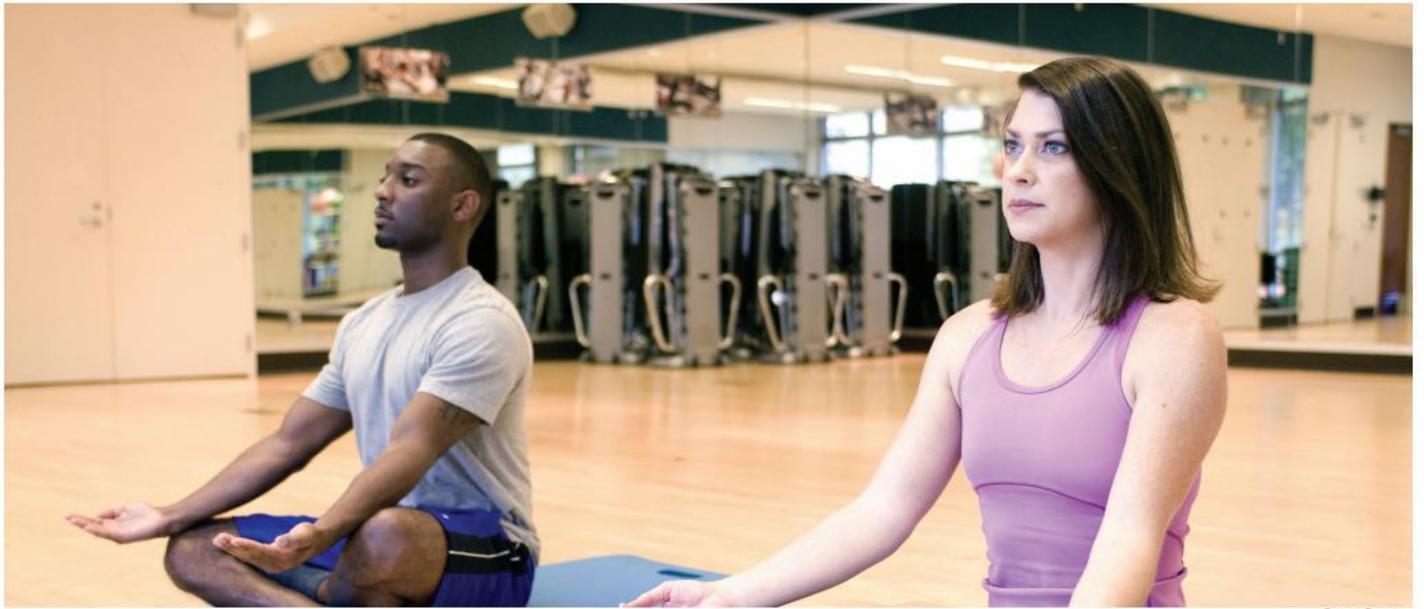
An international tournament like the World Cup of Hockey will only serve to grow the sport of hockey

at home and abroad. This is done in part through the implementation of creative all-star squads like Team Europe, which brings together the best athletes from smaller European nations and gives them a chance to take on — and defeat — established hockey countries like the United States.

Arguably even more exciting was Team North America. The 23-and-under squad was one of the fastest and most dynamic in the tournament, as evidenced by their entertaining 4-3 overtime win over Sweden on Sept. 21. Team North America resembled a dream roster normally found only in a video game, and regardless of their elimination, they captured the imaginations of hockey enthusiasts from coast to coast.

This is what makes the World Cup special. By showcasing hockey's best to an international audience in unorthodox ways, it helps grow the sport beyond nations that already love it, expanding and shoring up fandoms across the globe. While everyone hopes that NHL players will attend Pyeongchang 2018, the World Cup of Hockey in 2020 should be an adequate substitute.

It has never been a better time to love hockey.



PUBLIC DOMAIN

Hot yoga offers more than a good sweat

Christie Melhorn
Gauntlet Sports

While fast, high intensity workouts currently dominate the fitness scene, it's worth taking a moment to slow down and sweat out your stress in a hot yoga class.

To inexperienced yoga-goers like myself, stretching in a room heated to 40 degrees celsius may seem like time better spent grinding out barbell rows or deadlifts. Even though the calorie burn in hot yoga is not drastic, the time spent grounding yourself in your body away from the tempting presence of your phone can benefit you in ways that shorter, fast-paced workouts may not.

This week, I took the "Hot Yin Yoga" class at the Deerfoot Mall GoodLife Fitness to experience it for myself.

At almost any hot yoga studio, instructors kindly remind you to remain silent upon entering a class. Silence — something that we are no longer accustomed to in the hustle and bustle of our daily lives — allows deeply anchored thoughts and emotions to float to the surface.

As I quietly settled onto my mat in the warm, dim studio, I felt that there was something pleasantly intimidating about the silence — it established a sense of intimacy. In *TIME Magazine*, Emily Lindsay, a PhD student at Carnegie Mellon University researching meditation, says the mindfulness of hot yoga can root you in the moment, allowing you to check in with your body and emotions. Without the buzz of your phone or the clattering of gym equipment to wrench you from this state, you can hit levels of self-nurturance that are difficult to reach in everyday settings. If you have ever tried to enjoy a solo lunch date in MacHall on a weekday, you're prob-

ably familiar with that limbo between rest and stimulation.

Of course, the room is not completely silent during a hot yoga class. Wisps of rhythmic inhales and exhales fill the studio alongside the guiding voice of your instructor.

A common consequence of stress and anxiety is shortness of breath and muscle tension. During exam time, if you've ever felt like your body has switched off and you see stars when you stand up, you have quite likely experienced such symptoms.

Regulating your breathing and sweating bullets as you unravel into different poses can dissolve negative tension stored in your body. This helps you rest better not only during sleep, but also while you're awake. Next to food, sleep is the most valuable and difficult need to satisfy as a student. But with a less strain and stiffness, you can at least make those four-to-six hours of sleep really count.

Hot yoga can also improve workouts on days where you are pounding through heavy squats or a big run. When I get stressed, I tend to tense my legs. The strain makes them feel like cement. Combined with fatigue, this prevents me from pushing myself during intense exercise.

In the hot yoga class, I could feel my legs liquify as I sunk into each stretch, which was further aided by the warmth of the room. Even though I was dozing off at the end of class, the session gave me a solid energy boost and a more comfortable workout the next day. It was really worth taking the time to slowly work out the kinks and quirks in my body that I had neglected.

While hot yoga is probably not the sole way to meet your fitness goals, it is a soulful way to replenish yourself. If you go, make sure that you properly fuel your body before and after. Brendon McDermott, a professor of kinesiology and athletic trainer at the

University of Arkansas, recommends that you drink at least half a litre of water 30 minutes before a big, sweaty workout. Also, don't forget to bring a full water bottle to sip on throughout and after class. As for equipment, you

can take your own mat or rent one for about \$2-3 at most studios — at GoodLife, I could borrow a mat for free.

Next time you're stuck working on a stubborn assignment or feel like your brittle legs are going

to snap after walking up a flight of stairs, go melt in a hot yoga class and let the stress slide. Even if you're not stressed, you could try it out simply to be kind to yourself and enhance your mind-body connection.

UNIVERSITY OF CALGARY

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HUMOUR

THIS WILL MAKE YOU WET YOUR PLANTS »

Community garden erected on campus

Amanda Kennedy
 Adicted to gardening

A group of environmental science students have taken the initiative to bring a community garden to the university to raise awareness of small-scale farming practices. The project was erected last Thursday to the immense titillation of its group members.

"I can't wait to pop the cherry on this project and give students the opportunity to spill their seed side by side — that's really the vision that's been behind this whole thing," fourth-year environmental science student Harry Wang said. Wang has worked long and hard for his strenuous efforts to finally reach climax.

Though the head of the club is throbbing with excitement, third-year student and club president Peter Pecker remains concerned about what to do once the land is available for the group's penetration. He says the university lacks adequate equipment for tilling the soil, leaving no choice but manual labour.

"We'll just have to use the old two-man plow," Pecker said, referring to the pre-Industrial Revolution machine that allowed peasants who didn't own horses to plant staple crops such as wheat and barley.

Outdated machinery is not the only problem that has caused the project to face scrutiny. Critics, like second-year student Larissa Grey, believe there is a gender imbalance in regards to the garden's leadership committee.



What? They're just cucumbers, you pervert.

PUBLIC DOMAIN

"What we're seeing here is the classic circle-jerk of male leadership," Grey said.

Pecker tested slogans for the garden with focus groups. He is trying to resolve the gender imbalance issue by creating a catchy phrase that will encourage people of all genders to feel comfortable staking their zucchinis in the company of like-minded peers.

"I just wanted to communicate the manual labour aspect of gardening," said Pecker regarding the slogan, which in its current iteration reads: "Hoes Make it Harder."

When the obvious innuendo was brought up as a possible reason for the lack of enthusiasm, Pecker was defensive.

"We just want students to tend to gourds and cucumbers together. We're not perverts," Pecker said.

Hours later, he was at his drawing board, vigorously crossing off the majority of his slogan ideas,

stating that he's been given the shaft by other group members.

The community garden will also be a way to introduce native fauna into the environment. Wang pointed out a family of garter snakes who have recently inhabited the space.

"There's something pleasantly soothing about watching the snakes slowly slither in and out of their burrows," Wang said, with a tinge of ecstasy on his face.

Wang reminded everyone about the proper attire needed for students wishing to participate in the community garden.

"Obviously, always wear protection," Wang said. "No gardening love without gardening glove."

Note: Shortly before this article was published, currently unidentified vandals found the fenced-off site for the future garden and changed the "O" on the new "Community Garden" sign to a "U."

HOT TIPS »



COURTESY TAKKK

From Saskatchewan? Here are nine tips to assimilate into Calgary

Gurman Sahota
 Probably guest-starred on *Corner Gas*

If you hail from Saskatchewan like me, moving to Calgary may be a bit of a culture shock. Here's a list of helpful tips to help you cope with the change in topography.

Snide comments: People will definitely say "Saskatchewan is so flat, lol" as soon as you mention where you're from. Just tune it out, it's like static on the television — no need to fight about how the land is more diverse than fields of wheat.

Language: Not as many people say "y'all" here as you'd think. Leave it back in Regina. Also, it's called a hoodie, not a bunnyhug.

Desserts: Saskatoon berry pie will always taste more lovely at home than in Regina. Also, it's called a knock-off version will suffice if you close your eyes and slap some ice cream on it.

Location: If someone asks where you're from, you have two options — Regina or Saskatoon. Pick the city closest to your small town and say you're from there. Chances are, unless you're talking to another Saskatchewanian, they won't know where your hometown is. And if you're from Lloydminster, don't try and be fancy and say you're from both Alberta and Saskatchewan. It's not close enough to be a full-fledged Saskatchewanite, even if you went to the Comp and lived on the Saskatchewan side.

Music: That song. You know the one, about pirates on the river Saskatchewan. When it comes on, a very proud tear will come to your eye and you will sing along, gosh darn it.

Sports: Football isn't that big here. It's okay. You're allowed to mention the Riders winning the Grey Cup three times per semester, maximum.

Be humble: Don't talk about cow tipping. Or the bush parties. You're in the big city now. It doesn't matter how funny it was that one time you left Danny in your uncle's field with only his left boot and the truck without gas so he had to walk his way back to town.

Transportation: There are trucks here, yes. Most will not be jacked up — follow suit. Jack down.

But be proud: Remember that mostly-flat bastard of a province will always be in your heart, no matter where you go, so love where you came from and enjoy your life in Calgary too.

It goes without saying — Dawn Muenchrath



Students to power U of C campus by literally Energizing Eyes High in giant hamster wheels

Derek Baker
Stuck on the wheel

Last week, the University of Calgary introduced Energize Eyes High as its strategic motto for the upcoming five years. However, the term “energize” might have a different intention than initially believed.

Citing a recent increase in demand for electricity, the U of C will now generate additional power by having students run on giant hamster wheels. The hamster wheels are attached to a generator, providing electricity for the entire campus.

“In order for our eyes to be set high, we must have sufficient and sustainable electricity to power our facilities,” U of C president Elizabeth Cannon said. “I don’t know why we didn’t think of this sooner. We already gouge students out of thousands of dollars in tuition. This was the next logical step.”

Students chosen to run the wheel are selected throughout campus. Individuals who walk too slowly in large groups, walk on the wrong side of the stairs or abruptly stop



Power will be generated solely by ill-fated students chosen to run the hamster wheels. Justin Quaintance in the middle of hallways are more likely to be taken.

“All of a sudden, someone threw a bag over my head and I was knocked out,” second-year engineering student Seth Stevens said. “When I woke up, I was locked inside this metal contraption in a dimly lit room and told to run like my GPA depended on it.”

Though the ethicality of forcing students to run on the hamster wheels is questionable, plan organizer Larry

Lewis assures that the process remains completely legal.

“Of course, we don’t make students run for too long at a time — that would be cruel and unusual,” Lewis said, running his hands over an intimidating-looking whip. “A complex systemized schedule of on-time and recovery periods rotates students through seven hour shifts with 10-minute breaks throughout the week — which is, in

my opinion, completely reasonable.”

Switching to a human source of power is not without logistical issues. Lewis said there are a few kinks organizers are still trying to work out.

“Whenever you see the projectors spontaneously dim or even completely shut off, that’s usually when we’re changing our runners,” Lewis said. “We’re still trying to work on making the transfers as efficient as possible, but for some reason, some

students seem reluctant to get onto the wheels.”

Lewis believes the larger demand for power around campus can be attributed to the recent increase in construction of modern buildings.

“Sure, the Taylor Institute for Teaching and Learning is literally the best thing to happen to this campus since we were the top North American university under 50 years, but damn, that sucker requires a lot of juice,” Lewis said. “And that new shiny engineering complex needs a little bit more than a nine-volt battery to run, too.”

The buzzword “sustainability” is often mentioned in speeches without any real substantial backing. However, with the implementation of the hamster wheel system, administration believes they have achieved perfect sustainability.

“Not only are we sustaining the environment, we are also sustaining our bank accounts,” Lewis said. “Talk about a synergistic solution.”

“The concept is flawlessly sustainable. Literally nothing can go wrong,” Cannon said. “The ‘Eyes High’ strategy is literally the most sustainable thing in the world if we all pitch in together.”

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