



WHAT DOES  
THE INJUNCTION  
MEAN FOR  
STUDENTS?

pg. 7

BURLESQUE  
FESTIVAL  
RETURNS TO  
CALGARY

pg. 10

DINOS  
WRESTLING TEAM  
CULTIVATES  
SUCCESS

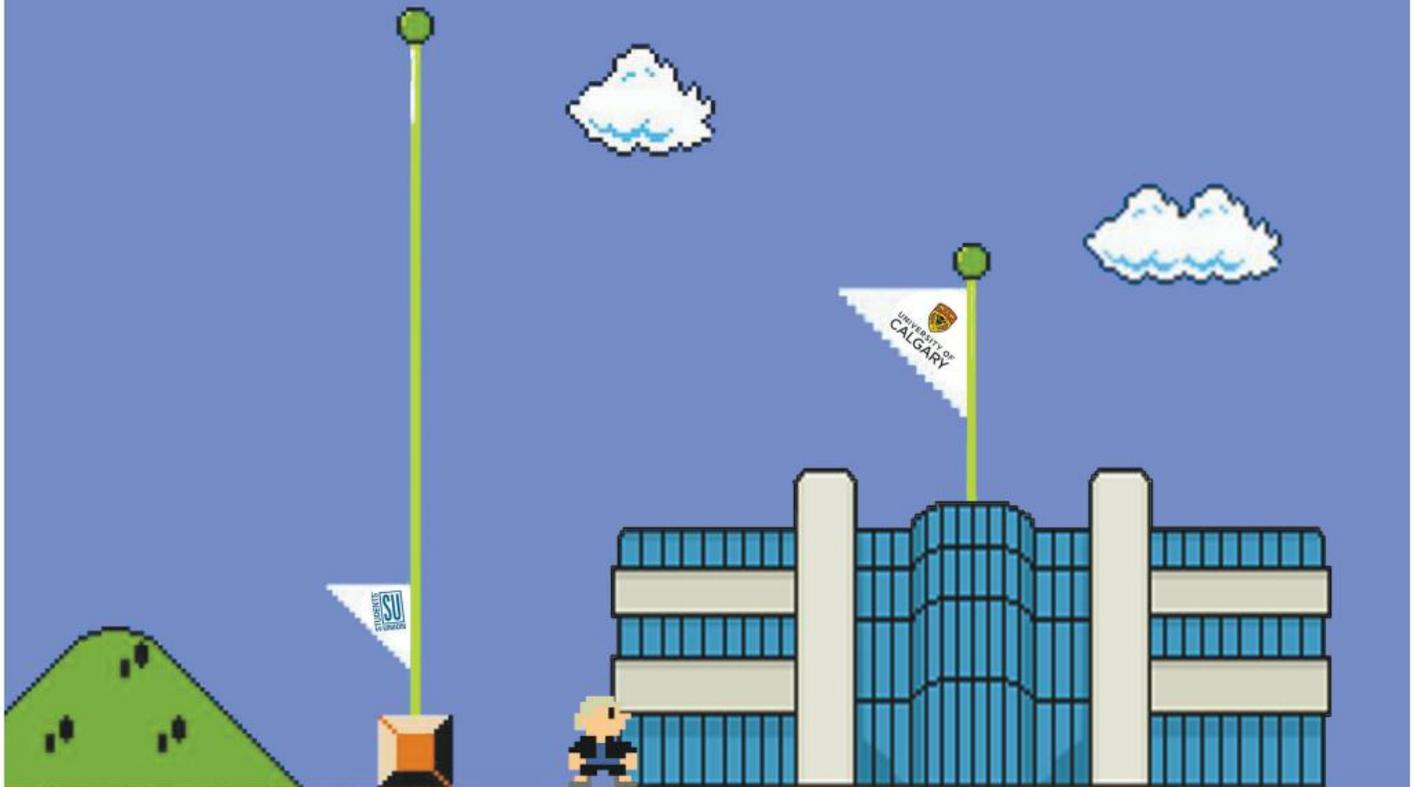
pg. 14

VOL. 57 | ISSUE NO. 17 | Oct 13, 2016

× 1,900,000

WORLD  
1-2

TIME



# UNIVERSITY TAKES CONTROL OF MACHALL

PG 3





STUDENTS' UNION

[www.su.ucalgary.ca](http://www.su.ucalgary.ca)

Top 20

study spaces on campus,  
chosen by you.

SS

SS Bsmt

75

Scarce

7am-11pm

NORTH

Looking for collaborative  
study space?

Head to [su.ucalgary.ca/studyspace](http://su.ucalgary.ca/studyspace)  
to see the full map, featuring all 20 study spaces.



## WE'RE LOOKING FOR STUDENT LEADERS.

Boost your resume with real-world skills while representing and promoting the interests of your faculty! Vacant seats:

- Faculty Representative, Veterinary Medicine
- Faculty Representative, Social Work
- Senate, Student at Large Representative

Position descriptions available at  
[www.su.ucalgary.ca/jobs](http://www.su.ucalgary.ca/jobs)

To apply, please send a resume and cover letter  
to Zoe Abrahams, Coordinator, Student Support  
at [zoe.abrahams2@ucalgary.ca](mailto:zoe.abrahams2@ucalgary.ca)

**Deadline: October 17, 2016**



## FREE BREAKFAST



for undergrad and grad students  
Tuesdays and Wednesdays  
8:30 - 9:45 a.m. at the Q Centre





## GAUNTLET NEWS

Twitter: @GauntletUofC

Editor-in-Chief: Melanie Woods 403-391-8138  
ec@thegauntlet.caNews: Scott Strasser 403-988-4068  
news@thegauntlet.ca

News Assistant: Saima Asad

Opinions: Tina Shagan  
opinions@thegauntlet.caEntertainment: 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.caPhoto: Justin Quaintance  
photo@thegauntlet.caVideo: Sebastian Jarmula  
video@thegauntlet.caGraphic Artist: Samantha Lucy  
graphics@thegauntlet.caWebmaster: Jason Herring  
online@thegauntlet.caVolunteer Coordinator: Christie Melhorn  
volunteers@thegauntlet.caBusiness Manager: Riley Hill  
403-807-5201  
business@thegauntlet.caContributors  
Prince Afrim • Sam Chelline • Isabel Chiang  
Beatrice Genilo • Jill Gurgulis • Nikayla Goddard  
Josh Hariema • Frankie Hart • Simran Kaler  
Genesis Kayamba • Ian Kinney • Cynthia Kwan  
Chady Liu • Hayden MacBennet • Fernando David Moreno  
Julie Park • Aziz Raj • Jake Robinson  
Louie Villanueva • Sean Willett • Kent Wong

## Golden Spatula



This week's golden spatula goes to Frankie Hart. Frankie provided us with hilarious content for the Humour section the past few weeks. Based on her last article, we're going to consult her for nutritional advice when making our lunches from now on. How did we eat Mr. Noodle so blandly for so long?

"Feeling like an animal with these cameras all in my grill."

## 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](http://thegauntlet.ca). The Gauntlet offices are located on Treaty 7 land.

The Gauntlet is printed on recycled paper and uses an ink made of cigars on ice, cigars on ice. We urge you to recycle/memorize Beyonce lyrics using the Gauntlet.

## Letter Policy

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

## The Cover

Design by Samantha Lucy

## Advertising

The Gauntlet's local and national sales are managed by FREE Media, an agency representing the campus press in Canada. Visit our Ad Sheet online for rates and publication dates. Questions about the Gauntlet's ad policy can be directed to Ron Goldberger at (403)-607-4948 or online at [yyc@f-media.ca](http://yyc@f-media.ca).

## MACHALL LEGAL DISPUTE »

## SU injunction fails, university assumes control of MacHall

Scott Strasser  
News EditorMelanie Woods  
Editor-in-Chief

An injunction application from the University of Calgary Students' Union to maintain control and operation of MacHall has failed, a Court of Queen's Bench judge ruled Oct. 7.

With the ruling, U of C administration will take control of the operation of the building and collect revenue from rent cheques from MacHall tenants for the duration of the ongoing lawsuit over its ownership. There is a seven-day transition to transfer over control of the building, which ends Oct. 17.

"The University of Calgary respects the decision of the court to allow the university to assume management of MacHall while the Students' Union's legal action against the university regarding ownership of MacHall proceeds," the U of C wrote in a statement. "The university is disappointed that the SU's public response to the court's decision repeats numerous statements that the SU has been making on this matter over many months. The court decision is very clear."

The SU and the university have been in a legal dispute over who owns MacHall since last fall when closed-door negotiations over a new operating agreement broke down.

The SU believes they are the 55 per cent majority co-owners of MacHall, as stated in the original 1969 building agreement. They claim to have invested nearly \$20 million into the building since it was built.

Conversely, U of C administration points to the 1999 License of Occupation, Operation and Management Agreement (LOOMA) — as well as ownership of the land MacHall is situated on — as justification for their ownership claims.

The SU went public with the ownership dispute in early October of last year. With neither side able to come to an agreement, the SU filed a statement of claim for majority ownership of the building on Oct. 21 2015.

The 1999 LOOMA was set to expire on Dec. 9, 2015. The university initially stated plans to assume control of MacHall's operation

JUSTIN QUAINANCE (TOP), JARRETT EDMUND (BOTTOM LEFT)  
PRINCE AFRIM (BOTTOM RIGHT)

The university will assume control of MacHall on Oct. 17.

once the agreement expired in a letter to the SU in late November 2015. However, on the eve of a planned injunction hearing the two sides agreed to enter closed-door mediation.

After months of extensions, mediation talks broke down in April and the SU refiled their injunction request. The two sides went to court twice this spring.

Following the second hearing on June 3, Justice Kim D. Nixon — the Court of Queen's Bench judge who presided over the MacHall injunction application — said her decision would be finalized by late June. She later delayed her verdict until mid to late July but did not come to a decision until October.

With the ruling, the university will collect revenue generated by rent cheques from MacHall tenants — which the SU estimates to be \$1.9 million annually — for the duration of the ongoing lawsuit.

"We are disappointed in the ruling," SU president Stephan Guscott said. "The university sought to terminate the operating agree-

ment four years before the end of its term, and this injunction would have prevented that from happening."

Guscott claims "students will feel the negative impacts to important SU services, programs, and advocacy" with the shift in operation.

"In losing \$1.9 million, or 15 per cent of our operating revenue, as a non-profit organization that funnels all the money it makes towards students through program services and advocacy, I don't know how that wouldn't impact our organization," Guscott said.

Guscott couldn't say whether the SU will need to increase its fees or cut programs as a result of the loss of revenue.

"We're evaluating the options we have right now. If it came to that it would come through council. It would be public and we would reach out to students," he said.

According to the university, the only thing that will change under the court's ruling is to whom third-party tenants of the building pay their rent.

"The university is committed to working with the SU to continue to support student programs and services in MacHall through the utilization of net proceeds received from third-party tenants," the U of C said.

In the spring, U of C vice-president finance and services Linda Dalgetty wrote a sworn affidavit on behalf of the U of C Board of Governors that the university would not evict the SU from MacHall if the injunction application did not pass. Dalgetty's affidavit also stated the university would allocate revenue generated from third-party MacHall tenants back to SU programs.

"The university remains committed to ensuring that our students are not affected and the campus community should see no change in services and programs offered through MacHall as a result of the decision," the U of C stated.

The injunction was just the first step in the legal process. In May, Guscott estimated the legal dispute will likely last for several years.



# Annual UFlourish Week encourages U of C students to play

Scott Strasser  
News Editor

The second annual UFlourish Week took place at the University of Calgary from Oct. 3–7.

The event featured activities to promote positive mental health and raise awareness of the mental health programming and services offered on campus.

Now in its second year, the week-long series of events is a collaborative effort between multiple U of C offices, departments and faculties.

"[UFlourish Week] highlights some things that you may not necessarily be aware are contributing to your mental health," said Russell Thomson, a health promotion coordinator with the Students' Union Wellness Centre. "When we look at playing, for example, not everyone really puts time or thought into unstructured activity, which is what playing is."

According to UFlourish organizers, the activities were based on the five themes of Emory University professor Corey Keyes' Mental Health Continuum. The themes include playing, learning, interacting, helping and connecting.

"We had disc golf, giant Jenga and some other activities. There was also a paint night. All of the activities and events were categorized according to one of Dr. Keyes' five themes, so we could encourage people to participate in the different categories," said Katie Chapman, a mental health advisor with the U of C's human resources department.

Chapman said the week also

included a passport program that participants could check off as they completed different types of UFlourish activities.

"It was really about challenging yourself," she said.

UFlourish Week kicked off with a launch event on Oct. 3. The rest of the week featured workshops, health checks, working mind sessions, games and a theatre performance.

A highlight of UFlourish Week was the Wellness Fair at the Rosza Centre on Oct. 5, which several hundred U of C students, faculty and staff attended.

UFlourish Week came after the U of C launched a new campus-wide mental health strategy last December. The strategy was developed in response to the 2013 National College Health Assessment.

That assessment showed an increase in mental health problems among Canadian university students, such as a rise in the prevalence of depression, anxiety and stress.

Thomson said UFlourish Week offers a way to help and support not only students who are in crisis, but those across the entire mental health spectrum. He said it's about being proactive regarding mental health on university campuses.

"We want to be able to offer programming that helps keep people in the green, that keeps them from going to yellow or going to orange," Thomson said. "Doing things you might not think are contributing to your mental health but they're actually really positive."

# Engineering prof calls out U of C's use of rankings

Melanie Woods  
Editor-in-Chief

The University of Calgary is moving on up — in the rankings, that is.

Last week, the European Centre for Science and Technology (Leiden) placed the U of C 116th in the world out of 842 universities from 53 countries. The U of C is now also ranked as the number five research university in Canada according to Leiden.

"This exceptional performance is a reflection of our dedication to research excellence and the collaborations that make a research university truly great," U of C president Elizabeth Cannon said.

The Leiden ranking concerns core publications from 2011 to 2014 in five fields: biomedical and health sciences, life and earth sciences, mathematics and computer science, physical sciences and engineering and social sciences and humanities.

But as many celebrate the climb, one U of C professor calls out the university's use of rankings as "misleading."

U of C engineering professor Martin Mintchev noted the university was previously ranked fifth by Leiden in 2012 — taking into account publications from 2007 to 2010 — before dropping in 2013.

"This is not climbing in the rankings. It is a recovery of rankings," Mintchev said. "The general public — our students, our staff, the provincial government and the people of Calgary — are misled that a rise in rankings has occurred."

Mintchev said a similar situation happened with the Quacquarelli Symonds (QS) World



The Leiden ranking placed the U of C 116th in the world. LOUIE VILLANUEVA University Rankings. In September, the U of C announced it had moved to 196th in the world according to QS.

"While these rankings traditionally favour older, more established universities, the fact that we have broken into the top 200 means we are successfully transitioning from a global leader among young universities to a global leader among all of our peers," Cannon said after the QS announcement. "Our commitment to teaching and research excellence to benefit communities at home and abroad is fundamental to delivering on our Eyes High goals, and these rankings help us benchmark our efforts internationally."

Mintchev said the fact the U of C was ranked as high as 149th in 2009 is proof that the Eyes High strategy

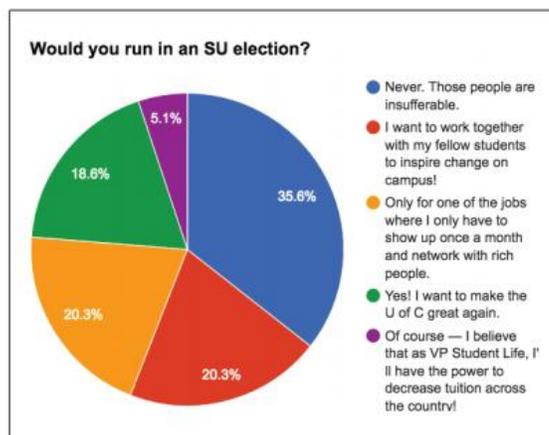
did not positively influence the U of C's international standing.

"The Cannon administration brought this ranking down to below 200 and should take responsibility for that before bragging that she has taken it back up to 196th place, which is lower than the starting point from when she took over as president," Mintchev said. "This is 50 positions lower. Is that increasing the ranking like it is presented?"

In the 2016 Community Report, the U of C identified the value of highlighting rankings.

"These measures [...] assess both quantitative and qualitative dimensions, reflecting different facets of our organization and providing us with comparative data against our peer institutions," the report read.

## POLL RESULTS »



Check out our latest online poll at [www.thegauntlet.ca](http://www.thegauntlet.ca)

Sell your soul to student journalism  
... volunteer at the *Gauntlet*

New volunteer orientations Tuesdays at 5:00 p.m.  
More info online at [www.thegauntlet.ca](http://www.thegauntlet.ca)



## CLUB PROFILE »

# Campus improv club more than just a chicken

Nikayla Goddard  
Gauntlet News

For the University of Calgary Improv Club, “why the chicken?” is a commonly asked question regarding the club’s logo.

“The history is from when the club started up,” Improv Club co-president Rielle Massey-Leclerc said. “The [original] logo was a rubber chicken, with the idea being that a rubber chicken is the ultimate symbol of comedy.”

Club members say one of the most important things to know about the Improv Club — besides the mystery behind the logo — is that the club isn’t exclusive to drama and arts majors. Massey-Leclerc said this is one of the largest misconceptions surrounding the club. A zoology major herself, she said many other members have joined not because they were into drama, but because they wanted to improve their improvisation and public speaking skills.

“The club is just a bunch of students with active imaginations and [a] passion for telling stories,



The Improv Club holds workshops twice a week in Craige Hall E 004 from 2:00–4:00 p.m. hanging out and being completely random,” Massey-Leclerc said.

The club currently has around 20 members. They offer weekly workshops to students who want to practise improv and host bi-monthly shows where members put their performance skills to the test.

The club’s first show this semester

was on Sept. 23. Despite some lighting issues that arose during the performance, Massey-Leclerc said the performers had a great time.

“I think I speak for all the improvisers on that show when I say it was awesome to get back into it and be able to share those stories with the audience,” she said.

The Improv Club also participates



JUSTIN QUAINANCE

in the annual Best of the West Improv Festival in February, where clubs from across western Canada come to Calgary to workshop and perform shows with the U of C team.

Massey-Leclerc says the club offers a unique environment for individuals to learn applicable skills, meet dynamic people and express themselves through a creative outlet.

“It’s just a really fun time and anything can happen,” Massey-Leclerc said. “It doesn’t matter what major you’re from or what flavour of weird you subscribe to — we all find a common ground in improv.”

For students interested in improv, the club hosts workshops on Tuesdays and Fridays from 2:00–4:00 p.m. in Craige Hall E 004.

Join seven great speakers for an evening of ideas and debate about the conversations we have, and the conversations we should be having

**ENMAX** Presents

## The Walrus Talks

### The Art of Conversation

#### Featuring

#### Amanda Lang

Anchor, Bloomberg TV Canada

#### Denise Donlon

Broadcaster, corporate leader, and author

#### Gianna Manes

President and CEO, Enmax Corporation

#### Dr. Marie Delorme

CEO, The Imagination Group of Companies

#### Dr. Françoise Baylis

Canada Research Chair in Bioethics and Philosophy, Dalhousie University

#### Fibbie Tatti

Advocate for Indigenous languages and culture

#### Dr. Sylvia Bashevkin

Professor, Department of Political Science, University College at University of Toronto

Thursday, October 20, 7 p.m.

Eckhardt-Gramatté Hall, Rozsa Centre, University of Calgary

Buy tickets

[thewalrus.ca/events](http://thewalrus.ca/events) — General: \$20 Students: \$12

EWALRUS

ENMAX

PROZSA FOUNDATION

UNIVERSITY OF CALGARY

Mount Allison

inspire

Shaw

SSHRC CRSH

## BRIEFS

### University of Calgary to host conference on walkability in 2017

As many as 600 attendees from around the world will come to the University of Calgary next September to participate in the 18th annual Walk21 International Conference on Walking and Liveable Communities.

The Walk21 conference aims to bring experts together to discuss how to improve walkability in communities and implement policies to encourage walking as a means of transportation and recreation.

The U of C was announced as the host for the 2017 Walk21 conference on Oct. 6.

“We look forward to hosting international and local delegates, who will help shape this vital global conversation about creating healthier neighbourhoods and communities, as well as sustainable growth,” U of C president Elizabeth Cannon said.

The conference will occur over three days. Rather than just lectures and powerpoint presentations, the event will feature “walk-shops,” with guided tours throughout parts of Calgary to emphasize walkability.

Previous Walk21 conferences have been held in London, Barcelona, New York, Munich and Sydney.

### University of Calgary alumna drops tax bomb on Donald Trump

A University of Calgary alumna has made her mark on the 2016 United States presidential race.

U of C political science graduate Susanne Craig — now a finance and politics reporter with the *New York Times* — was the lead reporter in a recent breaking story about Republican Party candidate Donald Trump’s income tax returns from the mid-1990s.

According to Craig’s story, Trump declared a \$916-million loss on his income tax returns from 1995. A deduction of that size means Trump could have legally avoided paying federal income taxes until 2013.

Craig said she received the fragments of Trump’s 1995 returns in an anonymous envelope in her mailbox at the *New York Times* office.

“I can safely say I don’t get tax returns of presidential candidates in my mailbox every day,” she told the *Calgary Herald*.

During her time in Calgary, Craig wrote for the *Gauntlet* and was a summer intern with the *Calgary Herald*. She later worked at the *Toronto Star*, the *Globe and Mail* and the *Wall Street Journal*, before moving to the *New York Times* in 2010.



# Anti-Muslim posters found on U of C campus technically not criminal in nature

Scott Strasser  
News Editor

Though offensive, Calgary Police Services say anti-Muslim posters found at the University of Calgary last week do not break any Canadian hate speech laws.

On Oct. 4, campus security officers found around 40 posters at the U of C depicting a burning Quran and various hateful messages directed towards Muslims. The posters were found throughout the main campus and removed in the early morning.

"F-k your beheadings. F-k your Sharia. F-k your Mohammed. F-k your Quran," read the posters. "You can keep your barbaric ways right where they belong — in your seventh century homelands."

After they were found, U of C president Elizabeth Cannon said the posters "in no way reflected the culture of the university."

"We've obviously turned this over to the Calgary Police Services. We hope that the perpetrators can be identified and held to account," she said.

But despite the hateful nature of the messages, Sergeant Eric Lavesque, a hate crimes coordina-



Many students responded to the posters in positive ways at the U of C.

JUSTIN QUAINANCE

tor with the Calgary Police Services, said the content of the posters was not criminal in nature.

"It is very offensive, but if you remove the bad words, the message itself does not contravene Canada's hate speech laws," Lavesque said in an interview with the *Calgary Herald*.

While Canada's Charter of Rights and Freedoms has a section that prohibits hate speech, there are high thresholds for breaking such laws.

According to Lavesque, there are around 50–60 hate crimes per year in Calgary. Only a handful have re-

sulted in criminal charges being laid since 2009, usually due to a public incitement of hatred.

Even though no criminal charges would be laid if the perpetrators were discovered, U of C campus security is still investigating the incident.

"I want to be clear that the university's investigation has not stopped and is still ongoing," chief of campus security Brian Sembo said. "Campus security has reviewed surveillance video and we now have a description of a person of interest. This is new information that we'll

actively pursue, while continuing to coordinate with police to determine who is responsible."

Campus security describe their main suspect as being a black male in his 20s or early 30s, standing at 5'10 with a stocky build.

Should the suspect be identified, the university states there are several potential consequences for their actions. If the person is not a student, faculty or staff member, they could be subject to a trespass ban from all U of C properties.

If the perpetrator is a student, the

university said they "could face an investigation under the student non-academic misconduct policy and procedure." If they are a staff member, they could undergo an investigation by Human Resources for a breach of the U of C's Code of Conduct.

The incident spurred solidarity among U of C students, staff and faculty. On the day the posters were discovered, the U of C Faith & Spirituality Centre organized a gathering in front of MacHall. Attendees were encouraged to write positive messages on heart-shaped cards and give them to others.

Other positive messages towards Muslims have emerged throughout the U of C campus. On Oct. 5, members of the Women's Ahmadiyya Muslim Student Association painted a message on the rock near the Prairie Chicken. The message, which is also the club's slogan, reads, "Love for all, hatred for none." The message also reads, "You give us hate, we give you love."

"After the Islamophobic posters were put up on campus, we decided that we had to stand up for ourselves," WAMSA vice-president events Sophia Rajpoot said. "The posters were extremely hurtful and instead of spreading hatred we wanted to spread love."

## FACULTY INITIATIVES »

# Nursing faculty takes part in Shut Up & Write Tuesdays

Scott Strasser  
News Editor

The University of Calgary Faculty of Nursing wants you to sit down, shut up and finally write that paper you've been procrastinating — at least for one hour every other Tuesday morning.

The Faculty of Nursing hosts Shut Up & Write Tuesday on the first and third Tuesday of every month. The one-hour writing sessions give academics a chance to come together and get work done.

"The whole gist of it is you get your butt in the chair and actually write instead of multi-tasking or doing other things," said Faculty of Nursing scientific writer Jill Norris, who coordinates the sessions. "It's a way to build community for academics around writing and a way to be productive."

The Shut Up & Write Tuesday movement started in Australia as the Twitter handle @SUWTues in 2013. The movement is now a global online initiative that sees academics in all over the world write at the same time.

"There was so much international interest that we quickly launched [in the United Kingdom] and [in Asia] so people in other time zones



The Faculty of Nursing coordinates semi-monthly Shut Up & Write Tuesday sessions in PF 2205.

could get involved," said @SUWTues founder Siobhan O'Dwyer, who is also a senior lecturer at the University of Exeter. "As we've expanded, many universities have also created offline Shut Up & Write Tuesday groups, which meet face-to-face but are coordinated with our Twitter sessions."

That means those participating at the U of C are writing at the same time as people in the UK, Australia, or other countries taking part. Participants can connect on Twitter using the #SUWTues hashtag.

Writers who take part in the

sessions follow the Pomodoro technique — a time management method that involves working for 25 minutes straight, then taking a five-minute break.

"What we know from research around productivity is that workers are most productive when they work for about 50 minutes. What this is trying to do is bring that work-rest interval to writing," Norris said.

According to Norris, Shut Up & Write Tuesday isn't the only initiative from the Faculty of Nursing to bring writers together. She said the



Aziz Raj (left) and Prince Afrim (right) the struggle of writing together.

"[Writing] is such a solitary activity and by bringing people together, we can talk about the work we're doing and we can find out that everyone is struggling together," she said. "Writing isn't easy for everybody. It's good to be able to tell our stories about writing and come together and form that community."

Shut Up & Write Tuesday is open to students in all faculties. The sessions take place on the first and third Tuesday of every month at 9:00 a.m. in Professional Faculties 2205. The next session is on Oct. 18.

faculty has hosted multiple group writing sessions for both students and instructors.

"My job is to promote best practices in writing, so what I've done over the last three years is try and build community around writing and being productive," she said. "There's a bunch of new research around the benefits of writing groups and bringing people together, because it helps build accountability in your writing."

Norris said that above all, the Shut Up & Write Tuesday sessions give academics a chance to share in



# OPINIONS

EDITORIAL»

## What does U of C control of MacHall mean for students?

Last October, the University of Calgary Students' Union dropped a bombshell — and a lawsuit — when they sued the U of C for majority ownership of MacHall. The move was unprecedented for Canadian university student associations, and kicked off a year of uncertainty and legal jargon at the U of C.

Almost exactly a year later, the court ruled against an injunction request filed by the SU to continue operating MacHall for the duration of the lawsuit. With the failed ruling, the U of C takes over operation of the student centre this week.

While a lot of people assume this means U of C president Elizabeth Cannon will descend on the building with a legion of armed tanks, the reality is not as dramatic.

Controlling operation of MacHall means a lot of things, but what we know for sure right now is the SU just lost 15 per cent — \$1.9 million — in annual revenue from third-party tenants.

With the ruling, rent cheques from third-party tenants like Subway and Bake Chef will now be payable directly to the U of C, and the university will collect the revenue and decide what to do with it. The U of C has said they will funnel some of that money back into SU programs, but they haven't been clear on the specifics.

The financial loss could directly impact student programming. If the U of C doesn't dole out money the way the SU wants or agrees with — or if there's less money than expected — the SU might face some hard decisions. Student fees could rise. Prices at the Den could rise. SU programs could be cut. It all sounds pretty apocalyptic.

But this request failed for a reason. One of the largest factors in granting



SAMANTHA LUCY

an injunction request is whether or not it will cause "irreparable harm" to the organization in question. In their application, the SU argued that the loss of \$1.9 million will cripple the organization and student services. Justice Kim D. Nixon, who handled the injunction application, disagrees.

In her ruling, she noted the U of C will maintain the building, collect third-party revenue and use that revenue to operate the building and fund student programs in consultation with the SU. Contrary to popular belief, the U of C isn't going to evict the SU or replace the Den with a private yoga studio. They're not going to demolish the Q Centre or burn down CJSW. All they're really doing is collecting \$1.9 million and reallocating it to student services and operation of the building.

So if they are just going to put that revenue to what it went to before, why did the U of C want it in the first place?

The answer is likely the same reason for this whole debate — control.

With this ruling, the U of C has an opportunity to prove they can operate MacHall better than the SU. By the time the larger lawsuit is in full swing, they'll have concrete data to point to in terms of their success in building management. They'll also gradually be able to decide space allocation and distribution for the long term. While SU spaces like the Q Centre and Clubs Space are protected under the judge's ruling, the U of C will decide what goes where the Campus Ticket Centre was or what new food vendors come in. They'll have more control over the space as a whole.

But it also could cost the U of C a lot more to run the building, at least for the first little while. And there will probably be a lot of kinks to iron out.

The SU spent about half of that \$1.9 million operating MacHall — that includes caretaking staff salaries and

other expenses. But employees of the U of C will have to be unionized, and a lot of complex contracts negotiated. This won't be cheap.

And then there's the money left over after operation costs that the U of C has promised to student programs. The university and SU may agree on how the money is spent and everything will be fine. But unless things are settled out of court before then, the adversarial relationship between the SU and administration — at least regarding MacHall — will continue. These don't seem like two sides who want to agree on much right now.

No matter what, funding to SU services will likely change as a result of this ruling. That's why, regardless of who's making the funding decisions, student voice is more important than ever.

If there's something you care about and think deserves attention, now is the time to make it known.

SU president Stephan Guscott said any decisions on the SU's part will go through Student Legislative Council, so find your faculty rep and tell them what matters to you. Speak up to university administration at consultations and demand program funding or space allocation for what you care about. And if the SU does have to raise fees to make up for the loss, it will go to a referendum vote in the SU general election. If that happens get your butt in gear and vote.

We'll know more in the coming weeks as to the exact details of what a U of C managed MacHall means, but know that there are changes coming. It may not be a legion of armed tanks, but it's still a big deal.

Melanie Woods  
Gauntlet Editorial Board

## short form

How do you feel about the MacHall injunction?



"I don't like either the SU or the school."

— Vardan Singh,  
second-year engineering



"It's disappointing the university wants to take control."

— Chantal Snodgrass,  
second-year fine arts



"It's tough to care and students have lost interest."

— Jen Tokarek,  
fifth-year law and society



"I ere on the side of the SU."

— Hunter Yaworski,  
third-year archeology

## ABORIGINAL RELATIONS »

### Orange Shirt Day a positive step for all

Simran Kaler  
Gauntlet Opinions

On Sept. 30, the Werklund School of Education and the Alberta provincial government encouraged students to wear orange shirts in honour of residential school survivors. This can in no way atone for the past. But starting to remember, rather than hiding it, will begin a path of healing for indigenous Canadians.

Orange Shirt Day is inspired by the story of Phyllis Webstad, who was sent to a residential school when she was six years old. She

lived with her grandmother at the time and, though money was tight, her grandmother scraped together enough to buy her an outfit for her first day of school. Phyllis picked out a shiny orange shirt, excited to show it off for her first day. But when she entered the school, she was stripped and her beloved orange shirt was taken away, never to be seen again.

Orange Shirt Day is now a way for residential school survivors to tell their stories, since many were ignored and forced to quietly suffer for decades. Children at residential

schools experienced cultural genocide, being cut off from their culture and family, as well as physical and sexual abuse. A generation of children was left to manage this pain and trauma on their own.

Residential schools and the horrifying treatment of indigenous peoples were Canada's dirty little secret for years. The last residential school only closed in 1996. The Canadian government didn't publicly acknowledge the trauma until June 11, 2008. Stephen Harper said that "[t]he government now recognizes that the consequences of the Indian

Residential Schools policy were profoundly negative" — an understatement, to say the least.

I never learned about residential schools until junior high. Parents and schools might worry residential school history is "too morbid" to be taught to children. But residential schools happened in Canada and racism towards indigenous people continue today.

The movement to educate and acknowledge is growing. Orange Shirt Day is a good start. Students have a right to understand Canada in its entirety, even the ugly past.



# You don't have to finish what you start to enrol in professional degree programs

Jill Girgulis  
Gauntlet Opinions

Winners never quit and quitters never win — that's what they say, right? But in the context of higher education, is it fair to consider someone who changes their mind or moves on from their degree a "quitter"? Not necessarily.

When a student chooses their undergraduate major, it is likely the first time that they've had to make a legitimate decision about their future. For some students, undergrad is viewed as a stepping stone to a future career path, such as professional degree programs like medicine, dentistry or veterinary medicine.

In order to gain insight into the decision-making processes of students accepted into professional programs prior to finishing their undergrad, I spoke with two former University of Calgary undergraduates now in professional degree programs.

Emma Jerome-Smith is a first-year veterinary medicine student at the U of C. Prior to entering the program, she was in her second to last year of a Bachelor's of Science, majoring in zoology. The Doctor of Veterinary Medicine (DVM) program at the U of C allows students who have completed a minimum of two years of undergrad to apply.

"I didn't apply after my second year just because I didn't feel ready,"



Students can apply to professional degrees without an undergraduate.

Jerome-Smith said, "Now that I've started, I don't really regret not applying [earlier] because now I have a couple physiology classes and an anatomy class that have so far really helped me through the vet classes." Jerome-Smith is among approximately one-third of this year's new DVM students in Calgary who entered the program without completing an undergraduate degree.

"My fourth year was going to be mostly electives, so there was no point to finishing my degree," she said. "I figured applying after my third year would give me a year or two to experience the interviews."

While some students take rather convoluted academic trajectories before arriving in the program, there wasn't much second-guessing

for Jerome-Smith.

"I never really faltered on the vet plan — that was my go-to. I really didn't have a plan B," she said.

Jerome-Smith was fortunate to be surrounded by a support system during the application process.

"[My family] were all super on board — they were like, 'why didn't you apply after second-year?'," she said.

For Alex Wong, a first-year medical student at the University of Alberta, the decision to apply during his second year of a Bachelor of Health Sciences degree at the U of C was preceded by a different choice — healthcare or engineering?

"It was actually in my grade 12 year. I was kind of on the fence be-

COURTESY CALGARY FOOTHILLS GENERAL HOSPITAL  
tween engineering or medicine," Wong said.

He was initially hesitant about agreeing to yet another application cycle, in contrast to the direct entry nature of an engineering program. However, he eventually made his decision.

The U of A's medical school has only 25 spots allotted for students applying without an undergraduate degree. Heading into the interviews, Wong was one of the youngest in the crowd.

"It was slightly overwhelming. I think being a younger applicant, it feels like everyone else has more life experience, is older, more mature, that kind of thing," he said. "But it's just a matter of practice, and really considering, if I was the interviewer,

what would I want to see in the applicants? What traits would I look for in a future doctor?"

Wong saw no disadvantages for submitting his application ahead of the majority of his fellow interested students.

"My mindset behind it was that if they give you the opportunity to apply early, why not take it? I mean, even if you don't get in, it's a good chance just to get familiar with the process," he said.

And as Wong pointed out, many professional schools even encourage early-year applicants.

"A lot of people don't know, but you do get [a Bachelor's degree] from the U of A after two years of medical school" he said. "If you're an early-year applicant, they still want to get you interested in research, so they make sure you have the qualifications you need if you want to pursue a Doctorate of Medicine and of Philosophy."

Wong's future beyond medical school still isn't set in stone.

"After every [presentation from a medical specialist], I'm like 'yeah, I could do that! That sounds really nice!'" he said. "Then I go to the next one and feel the exact same thing."

Finishing an undergraduate degree prior to pursuing a professional degree is a matter of personal choice impacted by multiple factors. If the schools allow it — and the applicant is confident in their choice to attend — there is really no disadvantage to applying early.

## GENERATION SEX »

# Go touch some rubber at a sex shop — you'll thank me later

Lady Marmalade  
Gauntlet Columnist

I've visited a few sex shops in my day. These are also commonly referred to as adult stores, toy stores or "that place where I bought my first butt plug."

If you've never been to one of these places before, I highly recommend it. Not only are they great resources for bachelorette party supplies like penis-shaped lollipops and "pin the cock on the jock" party games, but they provide a wealth of knowledge for any sexual escapade.

The first step to checking out your first sex shop is finding a good location. Looking up reviews online usually helps. This is really important — if the first shop you visit is a For Lovers Only behind a KFC, you might have bad time.

What you're looking for is something that looks like it's going to be brightly lit and have lots

of space. Small, claustrophobic incense-filled rooms with bulk bins of vibrators will surely put you in stress mode. The first time you embark in one of these places should be a safe and welcoming experience. You should be able to ask for help when needed.

The ideal sex shop is best described as a "Blockbuster for dildos." Not only is it spacious and brightly lit, but you shouldn't feel any shame for being there. You know why you are there, you know why everyone else is there and they all know why you're there. There's no judgement.

Once you've found your sexual holy grail, if you don't know something, ask. I've spend a lot of my time in sex shops asking the person behind the counter questions like "which lube is the least sticky?," "have you ever tried the



Your first time at a sex shop should be a fun and welcoming experience.

Silicone Fist 2.0?" and "what the hell is a 'jack-in-the-crack' and why does it have a face?" If the person you're talking to makes you feel comfortable asking these questions, you'll feel right at home. If not, go somewhere else.

For couples looking to spice things up in the bedroom, go together. Pick out some new toys together. Try something daring.

What's great about shops like this is that usually you can find a "beginner's set" for a really light transition into something new, whether it be bondage, butt play or just some edible lingerie.

And have fun. Stick your fingers in the "so-real sex dolls" and squeeze every dildo you can find. Look at the really expensive, sleek vibrators and maybe even buy

one. Hell, you might even pick up a couple jack-in-the-cracks. Go with a friend and talk about sex.

Make sure the person who does your transaction takes the toy out of the package and tests it out on the counter. This is fun to watch and a part of the purchase to make sure what you're buying works properly. So leave your pride at the door and walk into that store.

COURTESY MORDERSKA



## CAMPUS LIFE »

# Free tampons an important issue for all genders

Isobel Chiang  
Gauntlet Opinions

Cornell University recently passed a referendum to provide free tampons and pads in both women and men's campus bathrooms.

Kudos to Cornell for subsidizing the cost of feminine hygiene products. It's about time universities recognize that all students and faculty deserve to have their personal needs met.

We need free tampons and pads for the same reason that bathrooms are stocked with free toilet paper, soap and paper towels — it is a matter of public hygiene. We don't live in a BYOTP (Bring Your Own Toilet Paper) society, so why should we have to BYOTampon?

With that said, double-kudos to Cornell for including a gender-inclusive clause to their policy change. Implicit within this referendum is the understanding that people who identify as women are not the only ones who require tampons — transgender individuals often still menstruate even if they identify as men.

Cornell's referendum passed in full consciousness that gender exists on a spectrum. As a result, transgender individuals are able to enjoy



Some university campuses provide free tampons and pads in all campus washrooms.

complimentary tampons and pads in the same capacity as cisgender women.

New York City passed a similar bill last June to provide free feminine hygiene products to all public schools, prisons and shelters. Columbia and Brown are also implementing similar programs. The University of Calgary should follow suit and provide free feminine hygiene products in all the washrooms on campus.

Creating gender-inclusive bathrooms at the U of C in 2014 was a crucial step towards combating transphobia on campus, and its im-

portance cannot be overstated. It is time the university took the next step and joined the "menstrual equity movement."

Many people will argue that it is not the university's responsibility to pay for another person's tampon and tuition money should be allocated elsewhere. But tampons and pads fall in the category of essential hygiene products, similar to toilet paper or hand sanitizer. If condoms are readily handed out to students for free, why not these as well?

Some will argue that because only a small percentage of people identify



COURTESY GENESIS KAYEMBA (LEFT) AND BRENNIA (RIGHT)

as transgender, it is a waste of money to supply all men's washrooms with tampons and pads. But in implementing this policy, the number of people who identify as transgender is completely irrelevant.

What matters is that there are people on campus who belong to the transgender community and their experiences are real and worthy of our attention. We need to commit as a campus to ensuring their health care needs are met to the same standards as any other student.

The cost associated with subsidizing tampons and pads for students

across the gender spectrum would be worth every penny. This is a future-facing strategy that would position the U of C to become a more inclusive and socially-conscious university.

Plus, I'm not gonna lie, free tampons would be convenient as hell. Never again would I have to awkwardly ask a girl in the gym locker room for a spare tampon.

But for the transgender community, this policy change would be more than just a convenience — it would be a symbolic gesture, and a signal of a more inclusive future.

**The best art party in town.**

**Launch Party At Glenbow**

FRIDAY, OCTOBER 21, 7:30 – 10PM  
ADMISSION BY DONATION + CASH BAR  
Calgary's Museum | [glenbow.org](http://glenbow.org)



## LOCAL FESTIVAL »

## Calgary International Burlesque Festival highlights creativity and vaudeville

Rachel Woodward  
Entertainment Editor

For the past two years, the Calgary International Burlesque Festival has brought vaudeville and extravagance to the city's stages. The festival will take place again this year from Oct. 14–16.

The festival features performers of all genders who take the spotlight and share sexuality, comedy and variety. Burlesque shows are comedic in nature, typically involving satire and a strip-tease.

This year, the festival will expand to include the Sheraton Suites in Eau Claire and the Chinese Cultural Centre in addition to Flames Central for the Saturday Showcase on Oct. 5. According to the festival's director of communications Vanessa Mariani, the 2016 festival will be the biggest yet.

"This year is special because we are expanding our audience capacity. The last two years have been really successful and



Burlesque —while erotic— involves intimate and comedic performance variety. We've had some really good feedback from people, so this year we are expanding into bigger spaces," she says. "Our main event is at Flames Central this year, which is quite exciting. Personally it's what I think the biggest difference is this year from other years." Local, national and international guests will make special appearances at the festival for workshops and performances. Notable guests include Blanche DeBris, who will run a workshop on being the perfect emcee and Perle Noire, who will instruct a high-paced dance class called "Perlesque Werk." The festival not only acts as an opportunity for the local burlesque community to engage in performance and celebration of culture but for audiences to see the true nature of burlesque performance. "Hopefully people realize that burlesque is truly an art form," Mariani says. "I think the general population is a little bit confused as to what burlesque is, but when

you actually attend a show, it's an extremely powerful and empowering art, especially for women. It's not exclusively for women, but it is one of the few industries that's sort of run by women for women."

Mariani also says the festival is an important example of the growing acceptance for burlesque in the Calgary arts community.

"Calgary is just getting into that metropolitan feel for the arts community and because there's more of an appreciation for it, it's so easy to get people to come to these things that are so different," she says. "For a city based in industrial beginnings, I would say that art is getting more of a focus nowadays and it is exciting. That's why the festival has been doing so well."

The Calgary International Burlesque Festival will run from Oct. 14–16 with various events taking place across the city. Tickets are available online and prices vary.

For more information, visit  
cibf.ca

## LOCAL FESTIVAL »

## Fluid Festival showcases contemporary dance

Cynthia Kwan  
Gauntlet Entertainment

From Oct. 13–29, Calgarians will have the opportunity to dive into the city's contemporary dance community at Springboard's annual Fluid Movement Arts Festival.

The event brings unique and intricate dance forms together with physical performances from both international and local performers. Now in its 11th year, the Fluid Festival will showcase a wide variety of contemporary dance in order to appeal to dance fans of all categories and formats.

"Some [acts] are more experimental and have live music or mix music that's really pushing the edge," says project coordinator Pamela Tzeng. "They are some of the most unforgettable [acts] because there are things that you don't expect. There are some [performances] that are very physical and emotional [and] some that are political."

This year, the Fluid Festival will feature acts from Van-



The Urban Culture cabaret will be a feature event at the Fluid Festival. Tzeng says this year's festival will bring a variety of shows for dance fans of all forms. She says shows like *Major Motion Picture* from the Banff Centre — which attempts to embody a world of surveillance and pop culture obsessions — are sure to change how audiences normally see a contemporary dance show. "[Contemporary dance] is very hard to define because there's so much free reign to create your own way of expressing it," Tzeng says. "What we've been sharing is this idea of embracing experiences at the festival and being dance curious — getting that taste of all that dance can be." Cabaret shows will feature at the festival this year. The Flamenco dance cabaret will highlight traditional Flamenco dance and improvisation. The cabaret show, with a focus on physical therapy will — according to the organizers — take a lot of action and place it on a small stage to create artistic chaos. The Urban Culture cabaret will incorporate wordplay into dance performance in order to expand the possibilities of a dance show. PechaKucha Calgary will partner with the festival to present *PechaKucha Night Calgary #27* on Oct. 13. The event will give 10 speakers of various artistic and innovative experiences the chance to speak to the audience about their ideas using 20 photos for 20 seconds each. The festival runs until Oct. 29. Tickets are available online.

ing experiences at the festival and being dance curious — getting that taste of all that dance can be."

Cabaret shows will feature at the festival this year. The Flamenco dance cabaret will highlight traditional Flamenco dance and improvisation. The cabaret show, with a focus on physical therapy will — according to the organizers — take a lot of action and place it on a small stage to create artistic chaos. The Urban Culture cabaret will incorporate wordplay into dance performance in order to expand the possibilities of a dance show.

PechaKucha Calgary will partner with the festival to present *PechaKucha Night Calgary #27* on Oct. 13. The event will give 10 speakers of various artistic and innovative experiences the chance to speak to the audience about their ideas using 20 photos for 20 seconds each.

The festival runs until Oct. 29. Tickets are available online.

For more information, visit  
springboardperformance.com



## NEW MUSIC »



Regina Spektor  
*Remember Us to Life*  
September 30, 2016 (Sire Records)

Since her last full album release in 2012, American singer-songwriter Regina Spektor has released small doses of music to her fans in soundtrack appearances and a demo tape. Finally, her latest album, *Remember Us to Life*, will fill the void for many Spektor fans around the world.

The album is a soulful and melodic collection of stories.

Spektor takes listeners into a beautiful world with quirky and flawed characters that live simply and feel the winter arriving. *Remember Us to Life* arrives at a perfect time with the snow just beginning to fall. The album is a lovely and colourful portrayal of a fairy tale and could stand alone as a soundtrack to a Disney tale of villains, twists, turns and love.

The opening track, "Bleeding Heart," starts off strong with a catchy chorus and jumpy tune. Spektor's unique vocals set the tone for the rest of the album's musical journey.

The storytelling on tracks like "The Trapper and the Furrier" places listeners in an incredibly dark and visually immersive experience. Spektor demonstrates her knack for drawing audiences into her wacky song-filled world. "What a strange, strange world we live in, where the good are damned and the bad are forgiven," she sings.

The melodic bonus track "The One Who Stayed and the One Who Left" is a simple story for listeners to follow slowly with the lyrics. The track is like listening to a familiar description of how this main character views themselves. It compliments the album beautifully by focusing on a small aspect of a large story.

Listening to the album was a thoroughly wonderful and creative experience. Spektor has a remarkable ability to force listeners to crawl into her stories without a second thought and trust the narrative.

My commute to work felt less like I was tolerating transit and more like I was a misunderstood character in a fantasy movie. Fans of Spektor's strange vocals and explosive lyrics will feel right at home with *Remember Us to Life*. It will surely become a winter favourite for imaginative listeners.

Rachel Woodward



Danny Brown  
*Atrocity Exhibition*  
September 27, 2016 (Warp)

On his new album *Atrocity Exhibition*, Danny Brown entertains in the most disorienting and abrasive way possible, proving he is capable of more than just funny lyrics and politically incorrect verses.

The post-punk themes don't end at the Joy Division reference in the title. The album makes manic and drug-fueled

songs sound hopeless and self-destructive. But despite these dark themes, the album maintains the drive and raw bravado Brown's audiences are used to. This is not a depressing album, but Brown stays true to what he is good at.

Brown wants listeners to know he is still the crazy rapper he's always been — he still yells "check" at the beginning of songs and uses his high-pitched rap voice. That being said, *Atrocity Exhibition* is unlike anything he has released so far.

This is most apparent in opening track "The Downward Spiral." With lyrical allusions to his previous albums and a slow, strange beat, the track shows that his old self is still there, but this album will be something new.

The structure and production of the album also stand out. No song sounds out of place and nothing feels repetitive. The al-

bum goes through highs and lows, building up to the intense songs and easing into the eventual come downs.

The production returns to Paul White's experimental work from XXX. Brown's rabid style of rapping fits in perfectly. Most samples sound like nothing you would expect from a hip hop album, yet Brown glides over them like it was common practice for the album.

With guest appearances from Kendrick Lamar, Earl Sweatshirt, Kelela, Petite Noir and B-Real to pick up any slack, the album feels complete.

This record breaks new ground, and seems less like an album and more of an adderall-fueled journey into the world of Danny Brown. *Atrocity Exhibition* has more than enough punch for his old and new fans alike.

Justin Quaintance

## LOCAL SPOTLIGHT »

## FOONYAP set to release new album

Rachel Woodward  
Entertainment Editor

FOON, who goes by stage name FOONYAP, was born in Calgary and has been part of the local music scene since the age of four.

After classical violin training, she entered the Mount Royal Conservatory of Music at the age of 11 and has been involved in the music industry since.

"I had an intense classical music training until I was 17," FOONYAP says. "I dropped out of the conservatory and for a couple years I listened to a lot of punk music and post-punk and then I started my own band. In 2009 I started writing some of the songs that are appearing on this album and here I am today releasing my first solo album."

That album, *Palimpsest*, will be released on Oct. 21. She will perform at the Ironwood Bar and Grill on Oct. 20 to celebrate the release. FOONYAP says that her upbringing and exposure to various genres of music helped form her unique style.

"I describe it as folk music influenced by Asian elements and electronic. If [audiences] are a little bit more versed in the music scene I'll tell them it's minimalist, electronic, introspective, dark and foreboding," she says.

The 10-track album is a delicate exploration of FOONYAP's past, while still

hinting at future hopes and dreams. A "palimpsest" is a manuscript that has been altered but still shows aspects of its former or original self. FOONYAP says she worked with her producer to create the album in an organic way.

"Recording started in 2014 and took a year and a half. Instead of coming into the studio and recording basically what you hear live, my producer and I delve into that electronic production mode and allowed the songs to shift as we recorded them and worked with the textures," she says.

FOONYAP is a University of Calgary alumni and says while receiving her bachelor's degree in communications, her professors helped her music flourish into the state it is today.

"Going to U of C had a huge impact on my music career because I had professors who were willing to work with my artistic tendencies," she says.

FOONYAP will embark on tour next summer and is working on a remix EP.

"I want to explore more of the classical gaps of knowledge in my training, to go back and visit those," she says. "I want to explore Indian classical music and hone my electronic skills and take a dive into bluegrass. I'm sure the next album will be just fucked up."

The album release party will start at 8:00 p.m. on Oct. 20. Admission is \$17 at the door.

## CAMPUS STYLE »



EMILIE MEDLAND-MARCHEN

This laid-back look from first-year engineering student Ali Mahood brings street sophistication to the classroom. A mint Jack & Jones collared shirt is paired with a plain white tee and navy wash jeans. An inky black palette repeats in Mahood's headphones and chunky combat boots, which draw the eye down to complete the look. Paired with a Hershel backpack and leather watch, this outfit is the quintessential student dress for fall — casually stylish, but always practical.

Emilie Medland-Marchen

**Follow us on Snapchat!**

**Scan the code or search:**

**@GauntletUofC**



# Dylan Moran talks dying in a pool of blood

Gurman Sahota  
Entertainment Assistant

Irish comedian Dylan Moran will make an appearance at the University of Calgary on Oct. 30 for the North American leg of his long-running *Off the Hook* tour. Known for his sharp wit and the dark situational comedy *Black Books*, the comedian will visit Canada throughout October.

The *Gauntlet* sat down with Moran to talk stand-up and the evolution of comedy.

**The Gauntlet:** How would you summarize the *Off the Hook* tour to someone who is new to comedy shows?

Dylan Moran: [It's] like a warm bath — I have no idea. I talk about anything and everything — Calgary and I will be getting used to each other. This show has gone everywhere all over the world, so I don't just talk about where I am and what's going on. It's about the things we talk about all the time.

Like when you're sitting at the table at one in the morning or when you're having muffins with your homies — life, love, friendship, all the things of the person's life and whatever else happens to going on, wherever we are.

Fundamentally, I'm talking about the same things we talk about during the day — relationships, where we are in our lives, the fact that we're all going to die and how many Doritos you can put in your mouth at one time.

**G:** How does this differ from your other tours or specials?

M: Well, there's probably a very good answer to that [and] I don't know what it is. I don't remember any of the other ones and I don't remember this one either at this stage, so in that way [the tours are] all the same. I've changed the material since it's the longest tour I've ever done and I can't go and do the exact same stuff all the time, otherwise I'd go insane. So I have to try different things. I think maybe it's a bit lighter than the other one, but feel free to contradict me on that.

**G:** What's your writing process like? How do you translate from mind to page to stage?

M: I've tried different ways of writing it just as a piece [like] what you would print in a newspaper or something. [I avoid] just writing it out in stage-talk because sometimes you get people up on stage and they're saying things that just sound incredibly page-bound, like something written. That can be annoying. I try not to do that.

If you actually sit down and write something as you say it on stage, you don't give yourself room to maneuver on stage because you're stuck with this script. You tend to underestimate how sophisticated you are. You tend to write your monologue too simply if you write it as if it's for reading than a version of real speech. With [screen]writing, you should enjoy it as much as possible and then be quite critical when you go back to it. You should



The Irish comedian is known for his quick wit. COURTESY GARY CALTON  
are. If they're good, they're good, just get on [with] it.

**G:** How has comedy evolved during the time you've been a part of the community?

M: I think it has become more of an industry, that's the way it is. But in some ways [comedy has become] better for women. Because when I started out there were some women who were very funny, but they had to come at things in a certain way. First thing they had to do was they had to talk about [the fact] that they were a woman throughout the entirety of their show. Now it's more interesting, more people have caught onto the fact that it's just a funny person on stage, no matter what gender they

**G:** Why do you think the playing field in comedy for women is starting to level out now as opposed to any earlier?

M: I don't know. I think it's just really talent. If someone is up there and they can write or if they're intensely charismatic or whatever it is you're going to see it, it's all there. [Earlier] the women went into character-work [and] it was fantastic work — amazing people like Julie Walters did great. But recently, younger women have their own voice, they don't want to do somebody else's work and put all their energy and talent to perform

somebody else's work. They want to perform their own work.

**G:** What have you found differs in performing at a university campus from other venues?

M: The audience is younger. I think Calgary is the only [university campus in the tour]. You've got a block of people who are in the same stage in their lives, so I have to work with that. I try and ask a lot of questions when I'm [here], that helps me figure out my angle of attack.

**G:** What do you think of the Netflix comedy special phenomenon?

M: Yeah, it has made a big difference I think. It is a phenomenon. More and more people are aware of it, more and more people are interested in it. It's a bigger scene, it's actually grown hugely. Probably on the whole it's a good thing, it gets people into the game. Because more people — more performers and writers — get to see each other's stuff and look at all this great stuff out there. It can't be a bad thing.

**G:** Once the tour wraps up, what do you have planned next?

M: I've got a couple of ideas for programs, I've written a couple of pilots [...] I just want to take time off next year just to finish things the way I want to. I want to write the end on a few things before I kick them into the world and see what survives and see what dies face down in a pool of blood.

Edited for brevity and clarity.

## THEATRE »

# U of C professor to read new play on time-travel and Jarry's *Ubu Roi*

Rachel Woodward  
Entertainment Editor

Mike Czuba is a sessional drama professor at the University of Calgary. As a part of his Dancing Monkey Laboratories collective, he will present a stage reading of his new work *After us the Savage God* at Wine-Ohs on Oct. 18.

"This is slightly different from most Dancing Monkey productions — usually those are very interdisciplinary — where this is something I've written as a more traditional-type play," Czuba says. "We decided to put on this reading to get it out there. It's about Alfred Jarry. The original idea was to do [*Ubu Roi*], but then I started reading about Jarry, and he's a madman."

*Ubu Roi* was written by Jarry and first performed in 1896 in Paris. The play — a parody of Shakespeare's *Macbeth*, *Hamlet* and *King Lear* — tells the bizarre story of Ubu, who is attempting to lead

a revolution. Czuba says that the story rings true today considering the current political climate.

"When I started doing more research, it really connected to what is happening right now in politics. It's amazing, it's a gift that keeps on giving," Czuba says. "Nothing has changed, *Ubu* still exists in this form, but even through the generations there's always this kind of disgusting elitism."

Czuba's play will follow Jarry in his madness and adventures with *Ubu*. Czuba incorporated aspects of time-travel into the story in order to account for some of the madness.

Jarry supposedly died from malnutrition and alcoholism — reportedly consumed five or six bottles of wine a day — but Czuba thinks it might have been the time-travel that killed him.

"Through my research, I can say categorically that Alfred Jarry managed to create a time machine in his really shitty apartment. The

play is him using [it] to try and kill *Ubu* because *Ubu* has taken over his life. He has to get rid of *Ubu* because it will be the only thing that is remembered," he says. "I concluded again that it wasn't the actual booze or the malnutrition, it was the time-travel killing him. It's perfectly scientifically accurate."

The reading of the play will be a unique way for artists in the city to get together, and — in Jarry's fashion — drink and talk about art. The event is free and several recent U of C graduates plan to read.

"I wanted to create something where it would be this kind of atmosphere, but there is a specific point to the evening. We are reading a full play, we are all mingling, and it's not like people have to be quiet," says Czuba.

The reading will take place at Wine-Ohs on Oct. 18 and is free to the public.

For more information, visit [dancingmonkeylab.com](http://dancingmonkeylab.com)

Note to the Undead:  
Take all the blood you want,  
but leave the bone marrow.

**oneMatch.ca**  
Running for 2 lives could  
make you faster.



ON CAMPUS »

# Nickle Galleries celebrate 50 years of art

Gurman Sahota  
Entertainment Assistant

Along with the Glenbow museum turning 50 this year, the Nickle Galleries at the University of Calgary will also celebrate 50 years of art. Curated by Mary-Beth Laviolette, *Generations: 50 Years of Art at the University of Calgary and Beyond* features artists who have either completed a degree or have been instructors in the department of art at the U of C.

"This is a journey of how the art community [on campus] situate[d] themselves in relation to the department of art," says Kim Huynh, a featured artist in the exhibit.

Huynh, who has been an associate professor in the U of C art department since 1999, says one highlight is the variety of the exhibit. Split into three rooms on the main floor of the gallery, *Generations* begins by easing the viewer into the founding of the establishment.

"Helen Stadelbauer was the founder of the idea that the department of art should be situated at the university. She actually helped to bring in this first team to really try to run a program of studio art," Huynh says.

With examples of ceramic, mixed media, traditional print making and use of objects, the exhibit is composed of 60 artists. Of the artists, half are studio in-



The exhibit acts as an archive of the last 50 years of art at the University of Calgary.

structors and the other half are alumni.

"It is a complicated survey of development," Huynh says.

The exhibit is laid out chronologically, beginning with the early founders and students of the program. The first 20 years of the program are highlighted at the entrance of the exhibit, with works by John Kenneth Esler, Ronald (Gyo-Zo) Spickett and David Garneau — all former U of C instructors.

The gallery has expansive space including a 30-foot ceiling.

Huynh says travelling pieces rarely use the upper space of the gallery.

"[Artists] don't make works for a gallery space, most of the time we make work in our isolation. I made [my] piece for this particular space, because not many galleries have the space," says Huynh, whose installation features a tethered extension made of knitted elastic bands and embroidered carpeting.

The end of the extension has two white cowboy hats mounted on wood with a series of



JUSTIN QUAINANCE

islands installed underneath.

With themes of social activism and the divide between corporate, ready-made culture and tactility with the use of manual labour, Huynh questions Calgarian society with her art.

"Each message seemed to require a different dimension in regards to a design," Huynh says. "Viewers should consider all of these happening in one system, how we all accommodate each other."

"In the '50s and '60s we focused on the playfulness of pigment

and the processes of making but we are moving towards strong consciousness and awareness [through art]," Huynh says.

With over 70 pieces in the exhibit, *Generations: 50 Years of Art at the University of Calgary and Beyond* surveys 50 years of campus art and commemorates the department of art on its formation. Admission is free to the public and the exhibit is on display until Dec. 10.

For more information, visit  
[nicke.ucalgary.ca](http://nicke.ucalgary.ca)

## LOCAL THEATRE »

# New theatre company presents *Hedwig and the Angry Inch*

Rachel Woodward  
Entertainment Editor

Laughing Monkey is a new Calgary theatre company and will present the cult classic *Hedwig and the Angry Inch* as their premiere production.

The performance runs for 10 shows from Oct. 13–29 and will take place at Twisted Element nightclub.

*Hedwig and the Angry Inch* is a rock musical film about Hedwig, a genderqueer musician who had a botched sex change operation. The story documents Hedwig as she follows Tommy Gnosis on his rock tour while performing shows herself. Written by John Cameron Mitchell, the show has gained popularity since its creation, including a Broadway revival starring Neil Patrick Harris.

Randie Parliament founded Laughing Monkey and will direct the performance. He says that this show is a great opportunity to demonstrate what the company will produce for

future projects.

"The way I've always operated with theatre is not to have any limitations. My only mandate is to create high levels of entertainment that are socially responsible and that really are socially acceptable with gender and identity issues," he says. "It comes together and plays to that sense of unity and acceptance especially when transgender visibility is so prominent and I think it plays even better to audiences now."

Zach Peterson will play Hedwig. Peterson is an actor who trained in theatre at Edmonton's MacEwan University and has starred in other musicals including *Grease* and *Les Misérables*. Mande Marcil will play Hedwig's band mate and companion Yitzhak while the rest of the band — the Angry Inch — will be portrayed by local band Run Deer Run. Parliament says a nightclub like Twisted Element is a perfect venue for a show of this nature.

"The thing about *Hedwig and the Angry Inch* is that it is supposed to

be in the nittiest and grittiest bowels of society because Hedwig is following Tommy Gnosis around who is playing the big venues around and she's getting the leftovers," he says. "It just creates a better atmosphere because not only are people drinking and having fun, they're ready to just accept and rock out to it. They're not confined to their little theatre seat. That's what I love about it — they can get up and dance."

Parliament believes that the story can reach any audience, especially younger individuals who can relate to Hedwig's story of identity.

"I never graduated high school, I was one of those kids that was bullied relentlessly in high school, so this story of *Hedwig and the Angry Inch* reads so true to me and my journey in life of breaking free from your demons."

Tickets are available online. The show runs for 10 nights until Oct. 29.

For more information, visit  
[laughing-monkey.com](http://laughing-monkey.com)

CRESCENT HEIGHTS  
**OPTOMETRY**

NOW SAFELY FITTING

PRESCRIPTION  
**HALLOWEEN  
CONTACT LENSES**



ALL ORDERS MUST BE MADE BY OCTOBER 19<sup>TH</sup>

#105-805 EDMONTON TRAIL NE  
403-460-4122

[CRESCENTHEIGHTSOPTOMETRY.COM](http://CRESCENTHEIGHTSOPTOMETRY.COM)



UPCOMING  
GAMES**Dinos Football  
vs. Manitoba**

October 14



The Dinos football team looks to continue their domination of the Canada West conference in a rematch against the

University of Manitoba Bisons. The game starts at McMahon Stadium at 7:00 p.m.

**Dinos Hockey (M)  
vs. UBC**

October 14



The Dinos men's hockey team takes on UBC in back-to-back weekend games from Oct. 14-15. The games will be the Dinos' last before their first Crowchild Classic against Mount Royal University.

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

October 15



The Dinos women's soccer team has had a stellar season this year, achieving a 8-1-1 record. The team will take on MacEwan on the West Varsity Soccer Pitch at 12:00 p.m. before heading into their last few games ahead of the Canada West Playoffs.

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

October 15



The Dinos men's soccer team will take on the Winnipeg Wesmen on the West Varsity Soccer Pitch in back-to-back weekend games from Oct. 15-16. The team look to secure a win to improve their 7-2-2 record.

**Dinos Hockey (W)  
vs. MRU**

October 20



The Dinos women's hockey team will face the Mount Royal University Cougars at the Father David Bauer Arena in their first Crowchild Classic of the season. Faceoff is at 7 p.m.

## DINOS WRESTLING »



JUSTIN QUANTANCE

Dinos wrestling team pins  
down a culture of excellenceEmilie Medland-Marchen  
Sports Editor

While most students are out celebrating the start of the weekend on a Friday evening, the University of Calgary's wrestling team is hard at work in the basement of the Kinesiology building.

Their training centre is a large room padded from floor to ceiling. The space is dimly lit, with decades of sweat giving it a distinct smell. Strategically placed posters are plastered around the room, boasting slogans like "for the impossible" and "step out of your comfort zone." It's motivation for the grind these athletes put themselves through every day.

This is where Rio Summer Olympic Games gold-medallist Erica Wiebe trained for eight years. This past summer, she had her moment in the spotlight.

Wiebe's story is just one of the dozens that make up a culture of excellence in the Dinos wrestling program. But for many of the athletes currently training on campus, their time to shine is years away.

"Being in this room, I have found it amazing," first-year wrestler Amy Bellavia said. "There's so many high-level athletes that it just makes you want to be better. It just has that effect. The whole reason I'm here is because I know the people who come out of here are great athletes."

Bellavia came to Calgary from Ontario after high school to train with some of the best in Canada. After wrestling for three years, she was named to the Pan-American Cham-

pionship team and claimed the title of Canadian Junior champion in the 55-kilogram division last year.

For Bellavia, making the move to Calgary is the first step towards learning what it takes to compete with the best in world.

"I want to be a next level athlete in the program," Bellavia said. "I want to win. Every tournament I want to win."

Led by head coach Mitch Ostberg, Bellavia has a good shot of following in Wiebe's footsteps. A quick glance at the average Dinos practice shows that Ostberg runs a tight ship. It's all part of his philosophy — push his athletes hard and prepare them for the kind of professionalism expected from top wrestlers.

"There's no secret move in amateur wrestling," Ostberg said. "The secret is that you have to work hard every day to be the best. And that's what I tell the athletes — that it's their career and they have to come in motivated [for] every practice and try their best. I guide the technical plan, but it's their hard work that's going to pay dividends in matches."

Along with the expectation that his athletes come to each practice prepared to train hard, Ostberg uses a hands-on approach to coaching. The team wrestles for 10-20 minutes before Ostberg calls a break, demonstrating a grappling technique on one of the athletes.

Ostberg's success as one of the top coaches in Canada makes him a valuable asset. Besides coaching with the Dinos for over 20 years, Ostberg is also a level four certified Canada Coaches Association National Certification wrestling coach and has

won the Wittenauer Coaching Award of Excellence three times. His commitment to excellence makes him internationally renowned, attracting athletes from all over world to train at the U of C.

"We're very proud of people who have represented us at the Olympics," Ostberg said. "We've had three Olympic medals come from our room — two of them were from Carol Winn and now Erica Wiebe most recently in Rio. It's a very proud thing for our entire program. Every athlete in the room and every athlete that came during the time that those medals were won contributed in some way — they were a training partner, they were part of the spirit of the team. We're very proud of everyone who's been involved. I've had a part to play as a coach, but only part of a role."

For Ostberg's athletes, a typical day of training consists of a 6:30 a.m. weightlifting session followed by classes. The athletes are back on the mats again at 4:00 p.m., practising technical moves and scrimmaging one-on-one.

Fifth-year Kathryn Richey is a veteran this season. Her ability to balance student-athlete life, especially in an environment that is so demanding, puts her in a leadership role on the women's team.

"The women's team is always focused on winning Canada West and winning CIS this year," she said. "Obviously it's performance based, but to get there every point, every match matters."

Wrestling for a varsity team like the U of C provides plenty of academic support. With staff dedicated to each individual team, athletes are set up

with valuable physiotherapy, psychology and nutritional assistance. But wrestling is also an individual sport, which makes the team dynamic different from other Dinos teams.

"It's a crazy-high level compared to other programs in the country," Richey said. "But it does set amazing role models and really high standards. It's really great for girls coming in. Obviously at tournaments you're competing for yourself, but I would say the team is really together. We hang out outside, in the evenings or during the day. We're like a big family and it's great for kids who aren't originally from Calgary."

The expectation of excellence in the Dinos wrestling program means its athletes have some big shoes to fill. But at the end of the day, success is a team effort. In a sport that pits one person against another in a one-on-one fight for the gold, developing a team culture is difficult. Ostberg's ability to do so may be one of the elements that sets the Dinos program apart from its rivals.

"Our focus is to be a championship team come championship time in February," Ostberg said. "We're a very competitive team. We've had great success having athletes develop. It's our cooperative effort here and it's the investment of all the coaches together — that pattern of hard work that has led to the athletes' success."

The Dinos will compete in their first home tournament of the season on Oct. 29 in the Red Gym before heading on to the Canada West championships in Saskatoon in February. Entry to the Dino Open in October is free for students.



Q &amp; A »

# That Empty Space instructor talks yoga on a budget and mind-body connections

Kent Wong  
Gauntlet Sports

Need some time to relax and take your mind off midterms? Maybe you have a lingering injury or just feel a bit tense. That Empty Space and the Students' Union provide students with free fitness services — one of which is yoga.

Jessica Kwong is an instructor at That Empty Space on campus and also teaches at Yoga Mandala studio. She started at Yoga Mandala as an instructor after earning her Bachelor of Arts in contemporary dance from the University of Calgary. This week, the *Gauntlet* sat down with Kwong to learn about the health and wellness benefits of yoga.

**The Gauntlet: How did you get into yoga?**

Jessica Kwong: I was a student of dance from the time I was five-years old, but by 20, I wanted a break and was looking for a practice that would balance my training yet allow me to keep conditioned well enough to return to it. I enrolled in a registered hatha yoga class and my relationship with yoga grew from there. It encompassed times I wanted or needed a physical challenge, times I craved emotional solace [and] times I was ready to empower myself and break patterns in both realms. Eventually I started dancing again and got my BA in Contemporary Dance from the U of C.

**G: What would you suggest to people who may have some interest in yoga but have no idea where to start?**

K: Start safe, stay safe — a registered weekly class for beginners, an introductory workshop with an established teacher or one-on-one help. While there are good guides to home practice available at the news stand via magazines such as *Yoga Journal*, I would caution against thinking everything you find online is necessarily the right guidance for a beginner. Trends come and go — wisdom from previous generations may now prove counter-intuitive. Above all else, listen to your body and if you find a teacher you like in a community drop-in class, don't be shy — ask questions! If they do not seem happy to oblige, they are in the wrong occupation and you should move on.

**G: What do you think are the biggest benefits yoga can provide to busy students?**

K: Checking in with yourself. I recently heard a discussion about the science that shows that all elite performers — pro athletes, esteemed doctors and lawyers — they all have one thing in common and that is demonstrably superior physiological awareness. The body informs the brain, as much or more than the reverse. So we would all benefit from listening to our body, making friends with it, nurturing and protecting it. Yoga provides the space for this.



Yoga classes are held in That Empty Space three times a week.

PRINCE AFRIM

**G: Have you heard any success stories from your own students that could help inspire people on the fence about yoga?**

K: One young guy from [That] Empty Space had a longtime shoulder injury and arguably poor posture. He couldn't return to some of the sporting activities he had enjoyed before and wanted a little stress relief, if nothing else. When his schedule changed and he couldn't keep coming to That Empty Space, he started coming to my classes at Yoga Mandala. The last one he attended before moving east to continue his education, he was able to do full wheel — a big backbend that requires a lot of strength, good kinesthetic awareness, openness through the heart and excellent range of motion in the shoulder girdle. I was so impressed.

**G: If a new student is on a tight budget, what do you think they should prioritize?**

K: Getting to class — no fancy outfits, no sweat towels. Most places offer student pricing, loaner mats and some sort of weekly pay-what-you-can karma class, often benefitting local charities or helping build experience for teacher trainees. If you do develop a home practice, a mat, perhaps a yoga strap and — if you go up the line — a pair of wood, cork or heavy foam blocks.

**G: If you could convince U of C students and faculty to do one or two poses a day for the rest of their lives, what would they be? What do these poses do for us?**

K: I'm going to say a modified forward fold against a wall and savasana — aka lying on the floor. In the first,

I'm suggesting one should face a wall, put their hands somewhere between chest and bellybutton height at a width about shoulder distance, and then walk backwards, folding at the crease of the hip until your arms are about straight, your back long, and your feet hip distance under the like of hips, like an inverted L. Here you can stretch the legs, outer hips, open the joints, drop the spine into the body and open the chest and shoulders.

**G: Is there anything you'd like to say to potential students, or existing ones at the empty space?**

K: You can do this. We can help you. For those already in the know who have come faithfully and dragged your friends, thank you and keep up the amazing work!

Edited for brevity and clarity.

TRY THIS »

## Nike app benchmark test a valuable addition to workouts

Christie Melhorn  
Volunteer Coordinator

At any stage of the journey towards healthy living, it's easy to be consumed by the desire for instant results. For many of us, being bombarded with #fitspo selfies of ripped people in minimal spandex can stir an obsession with achieving a taut and toned body. While the pursuit of self-improvement can lead to huge positive changes, a fixation on progress can sometimes distract from the present. That's why this week, I shelved my cardio addiction to take a crack at the "Bodyweight Only Benchmark Workout" on the Nike Training + App for iPhone and Android.

There are an array of fitness tests to examine endurance, muscle strength and other athletic skills. In *Practical Fitness Testing: An Analysis in Exercise and Sport*, Marc Colson and David Archer explain that fitness testing is beneficial because

it can indicate muscle imbalances, instill motivation, establish goals and monitor progress. As busy students with unpredictable schedules, tracking progress through regular fitness tests may not be our top priority. However, trying one out can offer insight about your body composition and areas that could be improved on.

I chose the "Bodyweight Only Benchmark" as my fitness test on the Nike Training + App because of its free features and convenience. Even better, the "Bodyweight Only Benchmark" does not require any equipment, meaning it can be performed anytime, anywhere.

After downloading the app, you have to enter some basic information about your height, weight, current activity levels and goals to access the workouts. Doing so allows the app to recommend routines catered to your fitness needs and interests.

Once your profile is complete,

you can scope out routines under the heading "workouts" in the "workout" tab — the redundancy at least makes finding this section straightforward. This page directs you to an archive of workouts emphasizing strength training, endurance or mobility.

At a first glance, I didn't take the workout that seriously. But upon closer inspection, I realized this workout was going to have me wishing for a half-hearted cardio session. Four sets of push-ups, burpees and squat jumps without any breaks was going to toast me. Even though each successive set requires you to do five less reps than the previous, I anticipated the first two rounds cooking my arms into noodles — which is exactly the purpose. You are not expected to perfectly perform the workout. You should be gassed.

I braced myself as I clicked "download," which allowed me to view the follow-along video for the routine. When you hit "start," the

video expands across your screen and an automated female voice debriefs you on the purpose of the workout. Each exercise is demonstrated by an athlete showing the correct form and pace to strive for. The number of reps to hit are shown at the bottom of the screen. Upon completion, you click a check mark and are taken to the next exercise.

The first two sets were not as grueling as I expected. Tumbling into the workout head first gave me a nice rush of adrenaline and endorphins — a pleasant combo after a long day of sitting around.

But later, I struggled to maintain an efficient pace. As I slowed down, I found the endless loops of squatting and jumping athletes on my screen distracting and stressful, and I took it personally when I couldn't keep up with them.

To my ironic dismay, traces of '80s workout videos were not completely void from the "Bodyweight Only Benchmark." The same placid

female voice from the intro consistently reminds you what step to perform, how many reps, how fast to go and that "you've got this." A bitter relationship developed between that excessively-scripted voice and the faster I could pop a burpee.

When all you want is to let your quaking arms melt to the floor, a vapid "do your best" or "come on!" is hilariously annoying. However, if pestering auditory effects like that don't bother you, the workout might be a more enjoyable experience.

Regardless of my pet-peeves, the workout gave me a satisfying singe in my muscles, especially throughout my arms and back. At the same time, the minimal breaks and challenging moves gave it the same function as a high intensity interval training session. While assessing strength and encouraging self-reflection, the "Bodyweight Only Benchmark" promotes muscle growth. That's a solid win-win for your mind-body connection.



# University of Calgary community responds to domestic violence cases in the NFL

Tommy Osborne  
Sports Assistant

Over the past few years, domestic violence allegations in sports have caused major controversy. In the National Football League, highly public cases such as the Ray Rice scandal in 2014 and the Josh Brown investigation this year have resulted in the league suspending players for their conduct off the field. Despite both Rice and Brown receiving in-game suspensions for these incidents and the NFL adopting a new personal conduct policy to address domestic violence cases in the league, many football fans still feel like the NFL isn't doing enough to punish athletes for their behaviour.

Fans on the University of Calgary campus agree. This week, the *Gauntlet* spoke to U of C kinesiology professor William Bridel, along with students about the problem of domestic violence cases in the NFL and how the league has handled the issue.

"I think that the NFL and [commissioner] Roger Goodell in particular are more concerned with public image than they are about actually addressing the issue of domestic violence committed by NFL players," Bridel said, who specializes in gender and sexuality in sport.

On July 24, 2014, former Baltimore Ravens running back Ray Rice was suspended for two games for assaulting his fiancée in an elevator in Atlantic City. The incident at the time caused a great deal of controversy and public outcry as it was believed that a two game suspension was too lenient given the nature of the crime.

Fourth-year geophysics student



Running back Ray Rice was suspended two games for assaulting his fiancée. Dan Kent says suspensions are too lenient. COURTESY KEITH ALLISON

"To me, this says that they don't actually care about [domestic violence], they're just doing [the suspension] for the sake of public opinion. They don't actually care about domestic violence as an actual issue," Kent said.

Following the public outcry over the Rice case, NFL commissioner Roger Goodell updated the league's personal conduct policy so that any player charged with domestic violence would face a six game minimum suspension and a repeat offender would receive a lifetime ban. While the public was still upset over the poor handling of the Rice case,

the new personal conduct policy showed that the NFL was willing to admit their mistake and strive to address the domestic violence issues that have plagued them for so long.

On Aug. 17, 2016, New York Giants kicker Josh Brown was charged with over 20 incidents of domestic violence by his ex-wife, Molly Brown. However, despite the allegations Brown faced, he only received a one game suspension, due to what the NFL claimed to be insufficient information from Molly Brown during the investigation.

While the NFL claims there was insufficient information for six-game suspension, the *New York Daily News* discovered 9-1-1 calls on

consecutive days from Molly Brown, as well as a detailed account of actions that Molly provided to a detective.

Despite this, the NFL stood firmly by their actions and continues to claim that there is insufficient information in the case because Molly Brown didn't cooperate.

"I feel like the NFL needs to put aside the player's value for winning games and prioritize what the player has actually done," first-year visual arts student Bianca Chiachia said.

The public sentiment seems to be that Josh Brown avoided harsh punishment because of his talent as a football player.

"I feel as a victim, you don't want to have to go through that again," Chiachia said. "So I find it understandable, especially since they only gave him one game — I feel like if she knew that would be the result, then she would've said more to get justice."

The recent history of the handling of the domestic violence issues has made it harder for fans and the public to embrace the NFL as a part of their lives. This extends to U of C students.

"I don't really view them as that high of an organization anymore," first-year open studies student Alysha Creaghan said. "If they're not doing the right thing for people that deserve the right thing, it's not fair."

While the NFL has failed numerous times to take a firmer stance on domestic violence, many football fans have responded to the issue negatively. This response shows that the conduct of high-profile athletes outside of the game is still an important element in sports.

Bridel said current strategies implemented by the NFL aren't enough.

"[The NFL] has implemented something before the national combine, that if somebody has a record of domestic violence or sexual assault they were not allowed to participate in the national combine," he said. "The NFL seemed to think this was a landmark and going to make all the difference, but that doesn't actually prevent people from participating in regional combines and doesn't preclude them from being drafted into the NFL to play. I think the NFL is really good at lip service, but not actually interested in making legitimate change."

## This Week in MacHall

Deadline: Wednesday, 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.ucalgary.ca/symposium](http://www.su.ucalgary.ca/symposium)

Every day

### Sort. It. Out.

Now MacHall can handle all of your mixed recyclables! Just like at home, you can now sort paper, glass, tin foil, plastics, and paper coffee cups into the "mixed recyclables" bins.

Now until Oct. 28

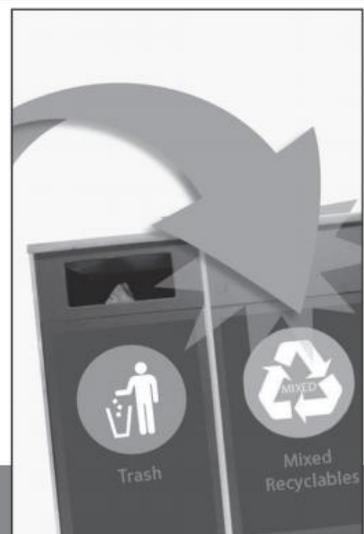
### Nominate your prof or TA for an SU Teaching Excellence Award

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

Plus:

This week in MacHall, we've got Halestorm, The Strumbellas, and Purity Ring.

Tickets for all shows at [www.ticketfly.com](http://www.ticketfly.com)



Complete listing of student events, concerts and more.  
[www.su.ucalgary.ca/events](http://www.su.ucalgary.ca/events)

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



# HUMOUR

ANIMAL RIGHTS »

## New Students' Union veterinary medicine rep an actual armadillo named Sparkles

Jill Girgulis  
#TeamSparkles

The University of Calgary Faculty of Veterinary Medicine (UCVM) finally has a representative on Students' Legislative Council. The Students' Union appointed the new faculty representative last week. The position has been vacant since former SU vet med rep Erik Burow stepped down last month.

"The students weren't keen this year — no one was stepping up to fill the vacancy," veterinary medicine associate dean Emma Read said. "So we decided in the spirit of veterinary medicine to consider more than just one species."

What she is referring to, of course, is the three-banded armadillo Sparkles who was selected as Burow's successor. The creature beat out three other candidates for the job.

"Vet med is supposed to be a collaborative environment, but for some reason this race got really intense once we opened it up to all the class animals," Read said, shaking her head in disbelief.

Sparkles is the class animal for UCVM's Class of 2020. Her main competition for the SU faculty rep



Who's that on SLC? Oh wait — it's Sparkles the armadillo! We all wish Sparkles well.

position was the Class of 2019's hummingbird Flutter and the current graduating class's manatee BigBoi.

"Those has-beens didn't stand a chance!" Sparkles adamantly snorted. "Can any of the other candidates roll into such cute, smooth ball like me? I don't think so."

Sparkles stood out last week during the candidates' debate. She presented the argument that electing an animal to the SU would be the only way to eliminate discrimination once and for all.

"Thankfully, the U of C is one of the most progressive institutions around," Sparkles said in the debate. "Including an armadillo on SLC is the next logical step towards worldwide acceptance and inclusion."

Despite her enthusiasm, when asked how seriously she was planning to take her new faculty rep responsibilities, Sparkles had an unexpected response.

"I'm pregnant with identical quadruplets, so once those babies pop out I'll just have them take



COURTESY WIKIMEDIA (LEFT) AND DEREK BAKER (RIGHT)

turns attending the SLC meetings for me," Sparkles said. "It's not like the other reps will be able to tell the difference."

However, some students are less enthusiastic about communicating to the SU through an armoured mammal.

"I have a few concerns," first-year student Jesse Pawlak said, shaking his head in disbelief. "Sparkles is solitary and largely nocturnal, which I don't think makes her a very good representative of students. To be fair, I'm

trusting Wikipedia on this since we don't know the first thing about armadillos."

Sparkles will begin her six-month term as soon as she can get a ride to main campus from the Spyhill campus — it would be unrealistic to expect her to roll all the way there, obviously.

As her first objective as vet med representative, Sparkles aims to increase the accessibility of campus by adding animal flaps and free kibble stations at the entrance to each lecture theatre.

BASEBALL »

## How to prove you're a real baseball fan this October

Melanie Woods  
Has a 0.420 JPG rating

The Toronto Blue Jays made the playoffs again this year, which means baseball — traditionally the sport of bubblegum and radio — is suddenly the most interesting thing in the world for Canadians across the country. While you probably want to follow the ongoing MLB playoffs to keep up with what everyone's talking about, you might worry about being called out as a bandwagon-jumper. To help, we compiled four things you can do to convince them all you're a real fan.

**Throw beer at things that make you angry:**

Stuck in traffic? Someone really getting on your nerves? Toss a full can of beer at them as hard as you can. It's even better if you hit a baby or a member of the opposing team along the way. According to

recent events, that's what baseball fans do so you better start doing it to convince them you're a real fan. Maybe stay away from the racial slurs though.

**Wear the jersey of a player from, like, at least five years ago:**

Wander over to Value Village and pick up the jersey of a player who played at least some time before 2010 — the rattier and more worn out the better. To convince them all you're a real fan, wear the jersey, sigh whenever something good happens and say something like "it's amazing how far we've come" or "baseball's not like it used to be." This will earn the loyalty of true fans.

**Say random strings of numbers and letters a lot:**

With statistics like OPI, RBI and OBP, baseball often sounds like an acronym generator and not a real sport. To convince them all

you're a real fan, just start saying random number and letter combinations. Tell anyone who will listen that you hear Josh Donaldson has a 0.669 JPG rating and a 1.32 GIF. Follow that up with discussions of Aaron Sanchez's flawless SCUBA percentage and 0.009 AAAAAAAH. This is sure to fool them into thinking you're a real fan.

**Similarly, make up really obscure statistics:**

"Do you know Encarnation hits 0.333 against left-handed pitchers when the moon is waxing gibbous?" you'll say. True baseball fans love obscure stats. Make sure to mention how José Bautista's bat flip last season was Statscast\* projected to be the same speed as a Nerf dart's exit velocity. No one will be able to question you, but they will be impressed by your use of statistics and believe you to be a true baseball fan.



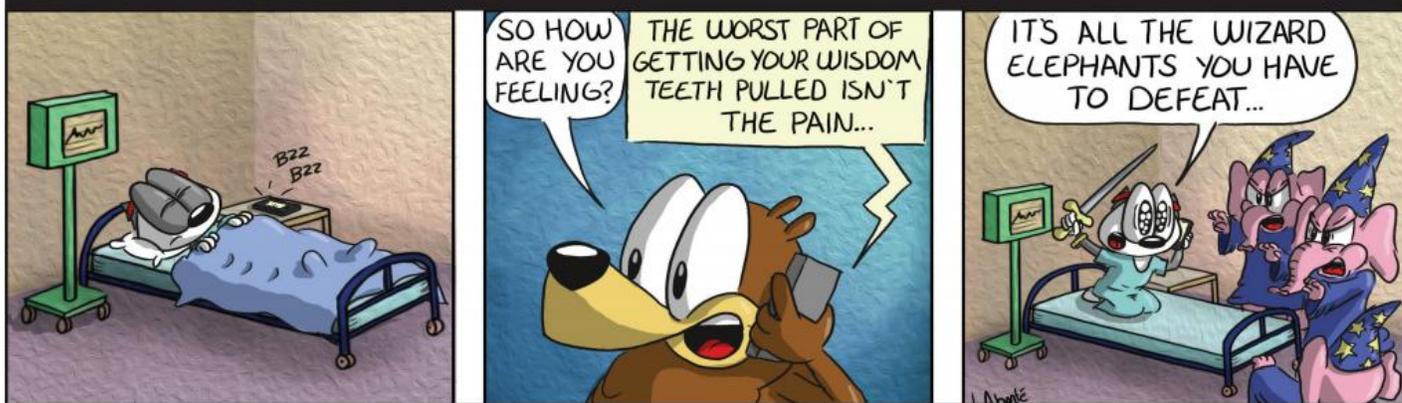
All these people are definitely experts at baseball. COURTESY KEITH ALLISON







Filbert Cartoons - L. A. Bonte



Pollmaster - Fernando Moreno



**DEN LAGER**  
GREAT BEER, GREAT PRICE  
A NEW TRADITION

**YOUR CAMPUS BEER**

THE DEN EST. 1969





THE GREAT, HUGE,  
I MEAN REALLY UNBELIEVEABLE,

# CAMPUS ELECTION PARTY



**VS**



All Night Coverage

Red and Blue Beer - \$10.00 Burger and Brew

Dress as a candidate to receive a Den Lager Sample

**November 8th, 7:00 p.m. @ The Den**

Presented by



THE DEN  
EST. 1949

