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ENGINEERING  
BUILDING OPENS  
ON CAMPUS

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DINOS WIN  
HARDY CUP,  
LOOK TO  
MITCHELL BOWL

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VOL. 57 | ISSUE NO. 21 | Nov 17, 2016

GIRAF ANIMATION FESTIVAL

PG 17







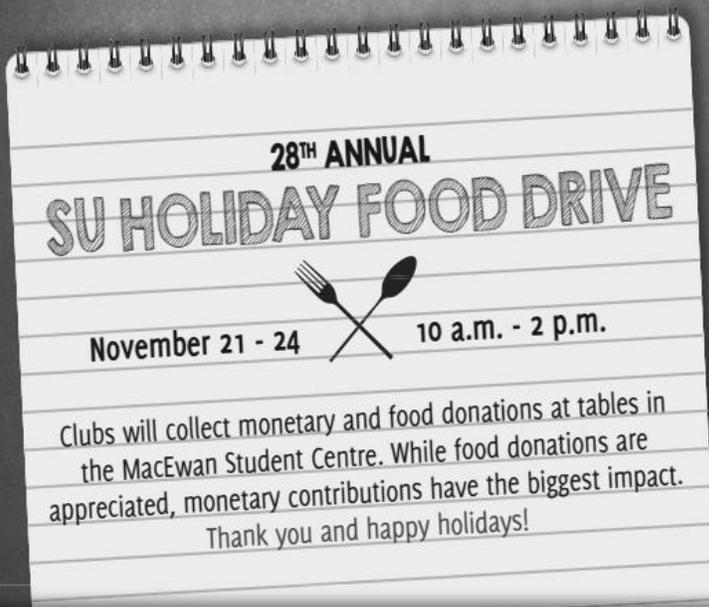
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## GAUNTLET NEWS

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## Golden Spatula

Ronn Miguel  
Delos Reyes


A wise man once told me to never trust people with four names. The wise man also told me to watch out for people eating noodles in their Facebook profile pic. I didn't know what Facebook was at the time, but I've come to learn the errors of the wise man's ways. Because Ronn is the bomb.com and is super trustworthy. Go read his story about bread sandwiches.

"I've made a huge mistake."

## Furor Arma Ministrat

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The Gauntlet is the official student newspaper of the University of Calgary, published most Thursdays throughout the year by the Gauntlet Publications Society, an autonomous, incorporated body. Membership in the society is open to undergraduate students at the U of C, but all members of the university community are encouraged to contribute. Opinions contained herein are those of the individual writers, and do not necessarily represent the views of the entire Gauntlet staff. 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 hot ham water. We urge you to recycle/categorize your favourite Arrested Development jokes 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 [ew@thegauntlet.ca](mailto:ew@thegauntlet.ca).

The Cover  
Design by Samantha Lucy

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## INFORMATION TECHNOLOGIES »

## U of C policy restricts BitTorrent use on campus Wi-Fi networks

Scott Strasser  
News Editor

University of Calgary students trying to torrent their favourite movies on the university's Wi-Fi networks might be out of luck, after the U of C restricted access to BitTorrent on Nov. 1.

The U of C's new IT policy dictates that BitTorrent is now restricted on the AirUC-Secure, AirUC-Guest and RezNet Wi-Fi networks.

BitTorrent is a decentralized Internet file sharing program that allows users to send and receive large files. Torrenting is the most common way to stream or download digital content and copyrighted material on the Internet.

Students, staff and faculty who have reasonable grounds for accessing BitTorrent can request to do so through an application form on the U of C's IT website. Those who apply to access BitTorrent must prove their request relates to work duties or academic activities. Their request must also be compliant with Canadian copyright law.

"We are not saying people can't have it. We're saying people need to think reasonably in terms of their need for the service and what they are accessing. We hope people will take that responsibility very seriously," U of C vice-president finance and services Linda Dalgetty said.

According to Dalgetty, there are three reasons why the university restricted BitTorrent access. The main reason was to comply with Canadian copyright legislation.



The new IT policy went into effect on Nov. 1. JUSTIN QUAINANCE

stances where those formal notifications we were getting indicated BitTorrent was being used for copyrighted materials," she said.

According to Dalgetty, the U of C experienced a sharp decrease in its notice-and-notice infringements immediately after the new policy was implemented. In the first eight days of November, she said the U of C received 90 per cent fewer notices than usual.

"I think what we're finding is it has definitely made a difference. But we have to monitor that, because statistically, we have to go through a longer time frame than eight days," Dalgetty said.

The other two reasons for restricting BitTorrent access, according to Dalgetty, are to enhance cyber security and to improve the U of C's network performance.

"The more streaming we have on the campus, the more it impacts network performance and that takes away the user experience for other pursuits," she said. "The third [reason] is security. The more streaming we have, the [higher chance] of inadvertently downloading something that would create issues."

But Mea Wang, an associate professor in the U of C's computer science department who has researched peer-to-peer file transferring systems, said setting up a VPN likely wouldn't help bypass the U of C's new policy.

"If the U of C is blocking this all together, no traffic of this kind is coming into this campus at all," she said. "VPN itself allows you to remotely access a computer. You're not doing any traffic on the U of C campus. I don't think VPN would help."

Dalgetty said other file sharing services do not currently fall under the U of C's new IT policy. She acknowledged access to other torrenting clients might also be restricted in the future if the university's IT department notices a spike in their use.

"There may be additional steps taken to restrict access to other services, not just BitTorrent," Dalgetty said.

## STUDENT SERVICES »

## Wellness Centre shifts gears on naloxone

Josh Harkema  
Gauntlet News

(with files from Scott Strasser)

With fentanyl overdoses accounting for 338 deaths in Alberta in the first half of 2016, the University of Calgary Students' Union Wellness Centre is looking for ways to encourage students to join the fight against Alberta's opiate epidemic.

The Wellness Centre has offered free naloxone kits from Alberta Health Services since last February. Naloxone is a temporary antidote for a fentanyl overdose that allows an overdose victim to resume breathing.

The centre has also held awareness sessions alongside campus security and Residence Services to educate the

campus community on fentanyl's dangers and the naloxone kits' usefulness.

But the initiatives have seen limited interest from U of C students, staff and faculty so far, prompting the Wellness Centre to re-evaluate its awareness program.

Wellness Centre senior director of student wellness access and support Debbie Bruckner thinks the venue may play a factor in why people haven't been keen to pick up the kits. She said walking into a clinic can be intimidating.

"I think one of the barriers to that is, you might say, 'my son, my daughter, my friend or my roommate is at risk and I would like to have the kit,'" she said. "And technically, the kit was not to be available unless it was to the

person requesting it, so I think that created a bit of a barrier to people, even though receiving the kit was completely confidential."

Bruckner said another barrier might be the need for naloxone to be delivered by injection. While there are nasal versions of the antidote available in the United States, they are currently not available in Calgary.

"Some people are not comfortable [with injections], which is why we're eagerly awaiting the nasal version of naloxone and why that's been embraced across the country as it's much easier to administer," she said.

The Wellness Centre is currently meeting with other offices on campus to discuss the new strategy for promoting naloxone kits going forward.

"I've talked to our students medical response team, the Students' Union [and] the Graduate Students' Association about what might make it more accessible for students, so that we can address the barriers that people [find] in our current set up," Bruckner said.

Bruckner hasn't identified fentanyl and other opioids as a problem in social situations on the U of C campus, but said fentanyl can show up in pills unexpectedly. Having naloxone on hand if other party drugs are being used could save a life, as a dose of fentanyl as small as even a few salt-sized grains can be lethal.

The naloxone kits available at the Wellness Centre contain two doses of naloxone, rubber gloves and a pocket mask for giving rescue breaths.



# University of Calgary study shows steady increase in binge drinking since 1996

Scott Strasser  
News Editor

A recent study by University of Calgary researchers shows a steady increase in binge drinking among Canadians in the last 20 years.

The study found the proportion of binge drinkers in Canada increased from 14 per cent in 1996 to 20 per cent in 2013, the most recent year from which researchers were able to obtain data.

Binge drinking is defined as consuming more than five alcoholic drinks in a single sitting more than once per month for an entire year. According to the study, one fifth of Canadians now participate in that pattern.

Scott Patten — a co-author of the study and a member of the Mathison Centre for Mental Health Research and Education — said the research was motivated by similar work done in other countries.

"It's mostly because we had heard reports from the United Kingdom and the United States expressing concern about a changing pattern in alcohol consumption — a trend towards more binge drinking," Patten said. "We felt it was important to look and see whether the same trends might be occurring in Canada."

The researchers analyzed cross-sectional national health surveys from Statistics Canada. The data found that young adults



Patten said there are many factors that explain why binge drinking has increased. Between 18 and 24 were most likely to binge drink.

The 18–24 age group also saw the largest increase in the percentage of binge drinkers.

"[We] found the same things being reported in the U.S. and the U.K. There's been a very steady increase in this particular pattern of alcohol consumption," Patten said.

According to the study, men tend to binge drink more than women as a whole, but men saw a lower increase in the percentage of binge drinkers in relation to women.

While the proportion of Canadian men who binge drink increased from 21 per cent in 1996 to 26 per cent in 2013, the proportion of Canadian women who binge drink doubled from seven per cent to 14 per cent in the same

time period. MELANIE WOODS

"With respect to sex-related differences, there was a higher frequency of this pattern of drinking in men as opposed to women. But actually, the increase in relative terms was bigger in women," Patten said.

Patten said there are many pos-

sible reasons for the study's findings. He said Canada likely experienced a "period effect" in which societal attitudes as a whole relaxed towards heavy alcohol consumption.

"That would lead you to suspect there [are] some factors such as societal attitude toward alcohol,

tolerance of intoxication, accessibility of alcohol, how it's marketed [and its] affordability. These are all things that have been reported in other literature to determine societal patterns of consumption," he said.

Patten said binge drinking is problematic for many reasons, noting binge drinkers are more likely to engage in violence than non-bingers and that the habit is more likely to lead to physical dependency or alcoholism.

"Often times [binge drinking] will evolve into a pattern of dependence where people are drinking way too much, spending way too much time intoxicated and giving up important activities because of their drinking," he said. "When drinking is interfering with careers or relationships, that's when it's a disorder. And this pattern of [binge drinking] predicts a higher risk of that occurring."

The study was published in the open access journal *CMAJ Open*.

## POLITICS »



JUSTIN QUAINANCE

More than 650 people gathered at the Den on Nov. 8 to watch the 2016 United States presidential election results unfold.

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## ADMINISTRATION »

# U of C cuts ties with Xerox services on campus

Josh Harkema  
Gauntlet News  
(with files from Scott Strasser)

After an 11-year contract, the University of Calgary will sever ties with Xerox for scanning and printing services on campus.

Xerox's operations at the U of C include business-related services like printing, scanning and copying. Throughout their contract with the U of C, two of the company's main responsibilities were printing and scanning exam Scantrons and Universal Student Ratings of Instruction (USRI) faculty evaluation forms.

The U of C's contract with Xerox will expire on Jan. 1 2017. Rather than extending the contract, the U of C selected West Canadian Digital Imaging as Xerox's replacement.

According to U of C vice-president finance and services Linda Dalgetty, the university issued a public Request for Proposal to find Xerox's replacement. The request was approved earlier this year.

"Anyone who is qualified [was] able to come into that competition. We chose West Canadian to do that portion of business because we felt that they were the best respondent in terms of the competitive bid process," Dalgetty said. "University employees cur-



Many Xerox employees at the U of C work out of the Imagine Printing office in the Education Tower.

JUSTIN QUAINANCE

rently responsible for exam scanning were directly involved in the review process and selection of the new vendor."

Many Xerox employees at the U of C work out of the Imagine Printing office located in the basement of the Education Tower.

Xerox operations manager Mavis Iverson said Imagine Printing staff didn't receive any information on plans to facilitate the upcoming transition until a Nov. 2 meeting between Xerox and members of the U of C.

An employee at Imagine Printing said staff are unsure if they will still be employed by Xerox after

their contract with the U of C ends. Iverson said she is working on relocating Xerox employees currently at the U of C to other locations, but couldn't promise that all employees will be successfully relocated. There are currently around 20 Xerox employees at the U of C.

Dalgetty said the U of C does not directly employ Imagine Printing staff, as they are on contract. She said the U of C cannot comment on the future of Xerox's on-campus employees.

One U of C professor who spoke on the condition of anonymity is concerned the change will affect the university's ability to ensure

timely Scantron results following fall semester final exams. The professor is concerned a change in Scantron service providers will affect the university's 48-business-hour guarantee for the return of exam results.

Dalgetty said the university has a transition plan with West Canadian to ensure there is no disruption to service. She also noted West Canadian will not take over until after fall term final exams are completed.

"In terms of the 48-hour turnaround [for Scantron results], we put that service level into the agreements with our contrac-

tors. Whether it's Xerox or West Canadian, they will have a guarantee they have given us on service level," Dalgetty said.

Dalgetty said the transition work is already underway.

"We are also taking older exams and scanning them to ensure they produce the same results as well as running a parallel process in December to prevent any issues," she added.

The university expects increased service levels from West Canadian as well as better monthly reporting for each department. Dalgetty said the change in scanning and printing providers should not create any additional costs.

## Respiratory Therapy

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### RESEARCH »

## SU Law rep hosts "Know Your Rights" session

Scott Strasser  
News Editor

Students' Union law representative Mark Shearer will host a "Know Your Rights" session on Nov. 22.

Intended to provide University of Calgary students with a framework for understanding the basics of their legal rights, the session will discuss topics like the Residential Tenancy Act, traffic and bylaw tickets and employment law.

"It's something I've thought about doing since I first joined [Students' Legislative Council]," Shearer said. "I've learned so much in law school — especially working with the clinic on campus — it's stuff I wish I'd known when I was an undergrad or when I was younger."

According to Shearer, some of the most common legal issues that students have to deal with include speeding and Calgary Transit tickets, housing disputes with landlords and petty crimes like meal fraud or minor theft.

"Part of my intent is so people are aware of the legal issues they might

face, which are quite common," he said.

Shearer said knowing their rights can save students both time and money. He mentioned it is often possible to get a speeding ticket reduced and how a safety deposit for an apartment cannot be withheld if a landlord didn't perform a move-in inspection and supply the tenant with a copy.

**/// It's stuff I wish I'd known when I was an undergrad.**

— SU law representative  
Mark Shearer

While Shearer organized and will lead the session, members of Student Legal Assistance and a former RCMP officer will also be involved.

The "Know Your Rights" session will take place on Nov. 22 from 2:00–4:00 p.m. in the SU Council Chambers in MacHall. The event will include a lecture and a Q&A session.



# Newly renovated CNRL Engineering Complex opens on University of Calgary main campus

Scott Strasser  
News Editor

After a three-year construction period, the Schulich School of Engineering's new home was unveiled on Nov. 15.

Though large portions of the building have been open since September, the newly-renovated, expanded and renamed Canadian Natural Resources Limited (CNRL) Engineering Complex at the University of Calgary officially opened its doors to the public on Tuesday.

Hundreds attended the ceremony, which included speeches from members of the U of C, the Alberta government and CNRL.

U of C president Elizabeth Cannon said the unveiling of the facility was a long time coming.

"It's transformational for our campus and for the education of future engineers," Cannon said. "It's a spectacular building that has not only expanded the footprint of our engineering school — it's renovated a large portion of it as well. This sets us up perfectly for the future as we educate more engineers and help build a stronger Calgary."

Renovations began three years ago. The total cost for the redevelopment was around \$174 million, with the provincial government committing roughly \$147 million towards the project.



Renovations of the old engineering complex began three years ago.

JUSTIN QUAINANCE

"It's exciting that the timing of the opening of this school is today because we're going to need engineers to lead Alberta into the new economy of the future," minister of advanced education Marlin Schmidt said.

The federal government and CNRL also helped fund the project, committing over \$19 million from the Post-Secondary Institutions Strategic Investment Fund and \$7 million, respectively.

The opening of the new complex comes in the middle of a deep economic recession in Al-

berta, which has seen thousands of engineers in the province laid off in recent years.

But Schmidt called the new facility a fantastic investment in engineering education and the energy sector in Alberta.

"Our government — through our jobs plan, through our climate leadership plan — is investing a lot of time, effort and money into diversifying the economy of the province," he said. "Engineers, with their technical skills, innovative solutions and creative thinking, will be at the forefront of

diversifying the economy of Alberta and leading us to a renewable energy future."

Some of the building's notable features include two new 240-seat lecture theatres, an expanded student lounge and capacity for 400 additional engineering students.

The facility also boasts two new floors of research laboratories and a social staircase similar to those in the EEEL building and the Taylor Institute for Teaching and Learning.

"We know students learn a lot better when we can incorpo-

rate active learning techniques," Schulich School of Engineering dean William Rosehart said. "In the past we have not had the space to enable us to be able to bring in that learning technique. There are so many things in this building that are going to have an incredibly positive, direct impact on our students."

Second-year mechanical engineering student Manpreet Deol was the emcee for the Nov. 15 ceremony.

While she wasn't at the U of C when the old engineering complex still stood, Deol said having a permanent home for the school will help foster a community for engineering students.

"[This building] really creates that engineering community and spirit that is needed to get through the degree," she said. "It's all about fostering that collaboration — whether in the classroom, outside the classroom, in the workrooms or the study spaces. That's what is essential and what I'm looking forward to in the new building."

The renovated complex includes approximately 18,300 square metres of new space and 11,100 square metres of renovations to the old complex.

Though the complex is now officially open, renovations will continue into 2017.

## INTERNATIONAL »

# Mexico Days celebrates Mexican culture and heritage at the U of C

Saima Asad  
News Assistant

The University of Calgary is hosting multiple Mexico Days events until Dec. 1 to mark its third annual celebration of Mexican and Latin American culture.

Mexico Days is traditionally celebrated in November at the U of C. This year, events took place on Nov. 2, Nov. 3 and Nov. 10, with another event scheduled for Dec. 1.

"[Mexico Days] allows us to bring a spotlight on all the different collaboration that's going on with Mexico," U of C regional manager for the Americas Jen Avaz said. "It's a chance also for some cross cultural learning [because] there's so many different kinds of events going on."

Mexico Days began three years ago after the U of C established its international strategy, which identified Mexico as a region of emphasis. The other five regions of emphasis in the strategy are the United States, Germany, China, the Middle East and East Africa.

The first Mexico Day of 2016 was held on Nov. 2 to coincide with the Mexican holiday "Día de Muertos" — the Day of the Dead. The Latin American Students Association, Latin American Studies program and the Mexican Consulate in Calgary collaborated for the event.

A main feature on Nov. 2 was an "Altars" competition, where participants competed to design the best Day of the Dead altar. A representative from the Mexican Consulate judged the designs. A traditional Mexican sugar skull workshop was also held at noon on the same day.

The following event on Nov. 3 began with a smudging ceremony from Anita Eagle Bear, a traditional knowledge keeper for the Blackfoot Nation. Afterwards, Isabel Altamirano-Jiménez — a Zapotec scholar at the University of Alberta whose research focuses on indigenous and feminist perspectives — delivered a keynote speech. The event ended with a panel discussion, photography exhibit and live music performance.

Avaz said Altamirano-Jiménez's

keynote focused on the philosophy of "Buen Vivir."

"Generally speaking, you could maybe think of it as collective well-being, including all creation," Avaz said.

The U of C's next Mexico Day was on Nov. 10, when the Mexican Consulate hosted their Tastes of Mexico event at the Calgary Petroleum Club. The \$135 entry to the event included a six-course menu designed to celebrate cuisine from the Yucatán Peninsula in southern Mexico.

This year's final Mexico Day will be held on Dec. 1. Film director Emilio Maillé will deliver a talk on the history of Mexican film in Social Sciences 203 at 6:00 p.m.

Avaz said all Mexico Day events on campus are free of charge and open to any U of C students and faculty members, as well as members of the public.

"We hope that they will enjoy connecting with other cultures and get stimulated by new ideas, become more aware of all of the different collaborations that are going on and how they might want to get involved," Avaz said.



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INDIGENOUS »

# First Nations, Métis and Inuit student enrolment up 17.4 per cent at the University of Calgary

Saima Asad  
News Assistant

According to the University of Calgary registrar's office, First Nations, Métis and Inuit (FNMI) student enrolment is up 17.4 per cent this year at the U of C.

Self-declared FNMI students make up 675 of the roughly 32,000 students at the U of C, totalling about 2.11 per cent of the 2016-17 student population. This is an increase from last year, when 575 self-reported indigenous students were enrolled at the U of C.

U of C vice-provost student experience Susan Barker said there are many reasons for the increase in FNMI students.

"We've had an indigenous recruiter for some time now and she has built up some really outstanding relationships with schools with large numbers of indigenous students," Barker said. "She's also built up relationships with schools in reserves in the Calgary area. I



Barker said there are many reasons for the increase in indigenous students.

think when you build up relationships over time, this really builds up trust and builds up the U of C as a place for these students to apply to."

Other reasons Barker cited were an increase in the number of FNMI faculty members at the U of C and

a higher number of scholarships available for indigenous students.

"Certainly over time, I think this is going to have much more of an impact when indigenous students see indigenous faculty they can identify with," Barker said. "Lastly, the Alberta government

instituted a number of scholarships for indigenous students and I think this is also great in regards to attracting students to post-secondary programs."

Tessa Bailey has been the U of C's indigenous student recruiter since March 2015. A member of the Tlingit people of the north-west coast, Bailey calls the position "more than just a job" and believes education is the key to success for indigenous people.

"With the [U of C's] indigenization strategy, having all that input is really going to help bring more students to campus. I think in general there will be increases happening," Bailey said.

The U of C is currently developing a campus-wide indigenous strategy, set to be announced this

spring.

Bailey said a challenge she faces as the U of C's indigenous student recruiter is the widespread area she has to cover, which spans Alberta, northern British Columbia, northern Saskatchewan, the Territories and even Alaska.

She said a barrier to increasing indigenous student enrolment in Canadian universities is the persistence of colonial attitudes.

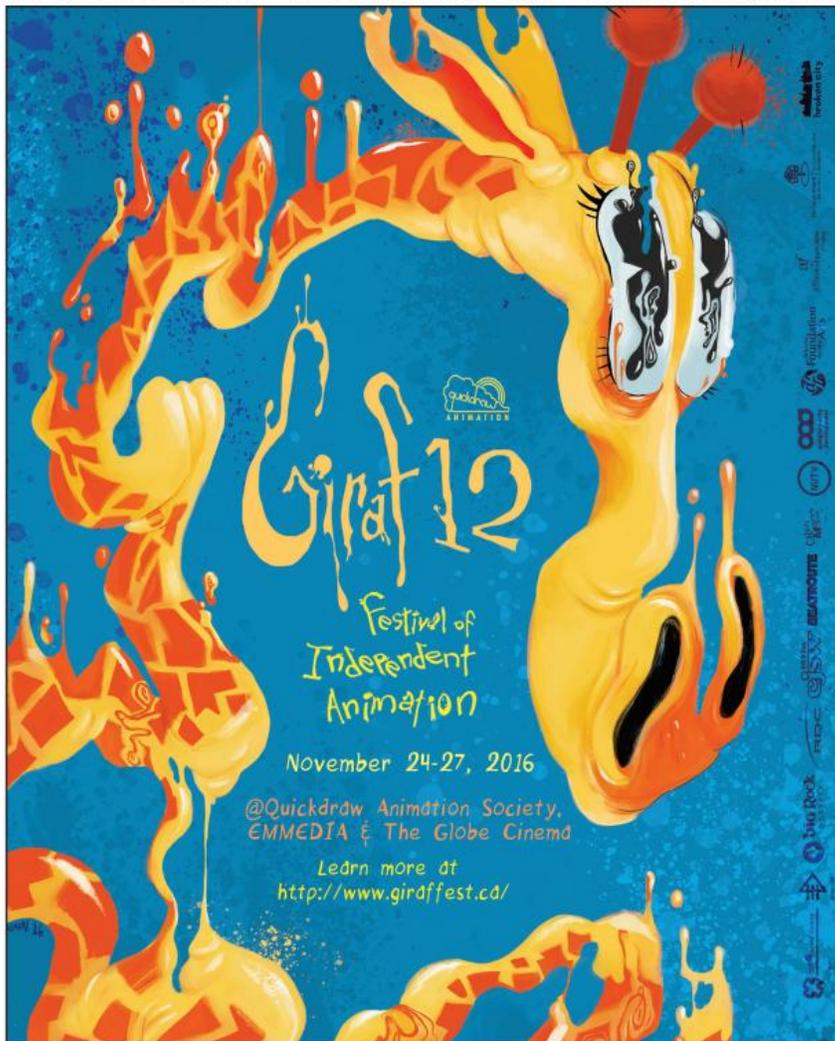
"It's starting to change, but we [still] infer within our culture that we're inferior and must be dominated," Bailey said.

Bailey also said a lack of learning resources in schools on reserves can impede some FNMI students' opportunities for academic success. She mentioned how schools on reserves often receive significantly less funding than public schools.

"Some of the [reserve] schools are sharing one textbook for an entire class and teachers are photocopying everyday, so it's not really on the students," Bailey said.

The U of C has an Aboriginal Admission Process to ease the admission standards of students who do not meet regular enrolment requirements.

The population of indigenous peoples in Calgary also increased recently. According to a City of Calgary survey from 2010, the city's indigenous population grew by 75 per cent between 1996 and 2006, with 46 per cent of these individuals being under the age of 25.



RETRACTION »

The Nov. 3 story "Wildrose Party passes policy that supports putting student associations under FOIP Act" misidentified Brian Huff as voting against the policy. The third person to vote against the policy was actually Avery Dallaire. The *Gauntlet* apologizes to its readers for this error.



KINGSWORD INTERNATIONAL CHURCH - CALGARY

# Faith Stories

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short  
formDo you think politics  
in Alberta are  
inherently sexist?"There is still work to do, but  
we're doing better."- Nicole Henbrey,  
fourth-year computer science"I'm sure it is, but I don't keep  
up with politics."- Riley Workman,  
third-year applied math"Lots needs to happen before  
women can run comfortably."- Haider Ali,  
fifth-year communications"There will always be sexism, at  
least it's not as bad as the U.S."- Mikayla Ramos,  
first-year political sciencePhotos: Justin Quaintance  
Interviews: Sam Cheffins

## EDITORIAL »

Harassment of female politicians  
perpetuates systemic sexism

Last week was a rough week for women in politics.

On the international level, the United States' first female presidential nominee of a major political party lost the presidency to a neo-fascist dumpster-fire who brags about grabbing women without their consent.

Closer to home, the only two female Alberta Progressive Conservative leadership candidates — Donna Kennedy-Glans and Sandra Jansen — dropped out of the race, leaving a field of four men. Jansen specifically withdrew due to harassment faced online and at a party convention in Red Deer from Nov. 4–6. She said slurs were written on her candidate forms and that groups of people cornered her in a hallway to intimidate her about her stance on abortion.

A few days later, front-runner PC candidate Jason Kenney said in a statement that he was also bullied at the same Red Deer convention that drove Jansen out of the race. He claims there were "people jabbing [him] in the chest and shouting expletives."

But Kenney facing finger jabs is not the same as the harassment Jansen and countless other women in politics have to face. Equating the two is painfully misguided.

What Jansen described was not "bullying." It was targeted sexual harassment and physical intimidation. To call it anything else trivializes the inherent sexism of the political sphere.

This is not an isolated incident



in Alberta. This summer, Wildrose Party leader Brian Jean had to backtrack comments he made complaining that it was "against the law to beat [Alberta premier] Rachel Notley." Since taking office in May 2014, Notley and her cabinet have also faced an endless barrage of death threats and pornographic images on social media networks. And this past week, city councillors from across the province came forward about the harassment they face.

University of Calgary political science professor Melanee Thomas specializes in gender in politics. She

says Jansen's claims are proof that harassment of women in politics isn't specific to one party or ideology.

"For everybody who thinks this is news, they need to start paying attention," Thomas said. "I'm sorry that it's finally happening to your own team, but this is pretty pervasive in Alberta politics."

Following the two candidates' withdrawals, Wildrose MLA Derek Fildebrandt tweeted "hypersensitive, politically correct, victim-as-virtue culture is creating a leadership class of wimps," criticizing women who speak up

about harassment and those that support them.

People like Kenney and Fildebrandt — and Donald Trump, for that matter — normalize blaming women for the harassment they face. Declarations of "it's not that bad," "I face it too," and "don't be a wimp" perpetuate the male-dominated sphere of politics and further exclude women from the political conversation.

Women deserve to run for office without the threat of sexual harassment. And yet these situations persist because sexist rhetoric is legitimized and given space.

We need to stop accepting sexism in politics as a normal part of the process. People like Jansen speaking out and rallies of support like the one held by female politicians last week in Olympic Plaza are a step forward.

In her concession speech, Hillary Clinton offered up advice and hope to little girls everywhere: "Never doubt that you are valuable, powerful and deserving of every opportunity."

But the onus isn't only on female politicians themselves to believe they can do it. We need everyone in politics, the public and the media to also stop doubting that women are valuable, powerful and deserving of every opportunity.

Or at least stop sending death threats and writing the C-word on campaign material. That might be a good start.

Melanie Woods  
Gauntlet Editorial Board

## GENERATION SEX »

## Don't go to online porn for your sex-ed

Lady Marmalade  
Gauntlet Columnist

When I was in grade eight, my math teacher had to teach my class how babies are made and she failed miserably. Not only did her "sex-ed" consist of Googled images of herpes and genital warts to scare us into abstinence, but something she said during these two days of "human sexuality" really stuck with me: "If you ever try that shit they do in porn, you're going to turn around and get a slap across the face."

It wasn't until I really started to watch porn that I understood what she meant. When I was younger and had no idea what sex between

two people looked like, porn was my only example.

Looking back on this situation now, it freaks me out. There's nothing comforting about knowing videos like "Teen Loves Huge Cock: Nerdy Leah Takes a Pounding" are trending in the online porn community. And while maybe Nerdy Leah does love huge cock, what kind of impression does this leave on younger generations about safe and consensual sexual practices?

It's difficult to find videos on porn sites with explicit consent present — in fact, many videos increase their views by portraying some sort of force being used to make the video. Knowing now what I do about sex and consent,

this is deeply unsettling.

For young people exploring these websites to search for some knowledge about sex or an outlet to explore their sexuality, porn can be a harmful medium. I wholeheartedly believe that the Internet is an invaluable resource to learn about sexuality, consent, safe practices and to connect with others regarding sex. But the mass-produced and highly-accessible porn industry hinders efforts to explore sex in a realistic and safe way.

One problem with porn is that when indulging in this medium during "solo-play" or even with a partner is that desensitization can easily occur. It can get harder and harder to get off when watching videos of

various intensities and with different content.

If watching blowjobs are your thing, it could start with an "amateur gentle blowjob" but eventually the only thing that works is the most intense forced deepthroats. My younger self was no stranger to porn-binges and I know that the more "tame" videos slowly had less of an effect on me.

There's nothing wrong with using the Internet to explore sexuality and porn has the potential to become a valuable learning tool. But there are also some pretty harmful doors that are easily opened. Be critical of what you watch on the Internet and the effect it has on your view of your sexuality.



LOVE YOU A LATTE »

# For goodness' sake, don't text your ex back

Jennifer Khil  
Gauntlet Columnist

Ring, ring. It's your ex, motherfucker. Maybe it's your high school ex you dated for six months or the one you dated for three long, hellish years. Or maybe it's your ex from that first-year biology class who switched into business, became a bank teller and is now the reason you can't use the BMO in Market Mall.

Maybe it's the guy from the Den that you hooked up with, like, three times and then the conversation became "Read at 3:15 a.m." Maybe it's your long-distance ex you met on Tumblr when you were, like, 15. But no matter what, do not text them back.

If the other half of your ex-partnership summons up the courage to hit that "send" button with their beer-smeared thumb on a Friday night at Commonwealth, then it's up to you to uphold the sanctity of your now ex-relationship.

Your ex is not okay. They're thinking about you. They're thinking about grad. They're thinking about that one time you guys made out in the staircase by Science A. Your ex is down. You've got the power — but dude, are you serious? You miss



Studies show on and off relationships are harmful to those involved. them, too?

Your ex is a person that you loved, or at least liked. I get it. "But it's complicated." I know. "I just want to know why they cheated on me." I know. "I just want to know if they still care." I know, I know. "They must, if they're texting me, right?" Honey, no.

Research on cycling — or as we know it, 'on and off relationships' and 'sex with an ex' — shows that our relationships in emerging adulthood are becoming more and more uncertain.

Studies show that one third of young couples living together and one fifth of young couples who have

made it to marriage have experienced at least one breakup and renewal in their relationships. Well, if it's so common, then it must not be so bad, right? Wrong.

Research shows partners who experience cycling are at much greater risk for further cycling and are faced with considerable difficulty and con-

straint when they end the often unhealthy relationship for good. "For good" means permanently, by the way. As in, not texting your ex back.

Cycling also predicts greater uncertainty and lower satisfaction in our relationships.

So if our exes are so bad for us, why do they feel so good? Our exes are familiar — we already know them. They feed into our need for intimacy. We might also feel that there is unfinished business.

But don't give into the cycle. You might have been looking for a sign — this is it. Don't text them back.

Remind yourself that you are good enough. Know that you deserve better and that they probably do, too. Go out for drinks with your friends, work on that term paper or send me an e-mail to rant about your ex. But for fuck's sake, do not text them back.

In all seriousness, some people might find that they are having difficulty leaving an unhealthy relationship. If you or someone you know suspect that your relationship might be hurting you, I encourage you to visit [www.loveisrespect.org](http://www.loveisrespect.org). Their quizzes are fun and beneficial for anyone in any type of relationship.

Never hesitate to reach out — relationships should always be a positive and enriching experience.

GREEN INITIATIVES »

## University sustainability plans ignore potential student impact

Hayley Nguyen  
Gauntlet Opinions

The University of Calgary is pretty active in flaunting its sustainability initiatives.

I was genuinely impressed by how comprehensive the U of C Office of Sustainability's website looks. I did not know students can actually book a tour to visit "EEL, one of North America's most energy efficient laboratory buildings and Leadership in Energy and Environmental Design Platinum certified" and "see how rain gardens and a stormwater management pond in the Taylor Family Digital Library Quad are naturally managing and filtering storm water."

The website also touts new technologies such as the co-generation facility in Cascade Hall that reduces energy loss.

While the university prides itself in obtaining LEED and STARS certificates for its new buildings and research, its initiatives directed at students are rather lackluster.

The Office of Sustainability offers a program called "Sustainable Cities" but it was so poorly promoted you probably haven't heard

of it. Similarly, it says on the website that U of C has "more than 50 sustainability-related clubs," but only 19 of those clubs listed are still active on campus.

The word "sustainability" is like a magic charm to make the university administration feel good, but we need to see through that veneer.

Instead of relying on administration to engage students, there are things we can do to immediately lower our carbon footprint.

For example, you can categorize your trash. This might be common sense to some, but not everyone knows why we have three separate trash bins in MacHall. Sorting material is important to ensure only collected materials can be recycled. The simple act of separating your carton food packaging from the food scraps can go a long way. A campaign to educate people on sorting out recyclable materials would be a valuable one.

Something can also be done about plastic cutlery. Several vendors including Good Earth and the Dining Centre use corn-based utensils touted as an alternative to petroleum-based plastics. But

the problem is they only compost at the compost facility, which they hardly arrive at because few sort them into the correct bin. What we can do is to only take what we need and not grab another fork just because you accidentally dropped it on the floor. Or, maybe just bring lunch with your own spoons and forks and don't waste money on over-priced campus food.

You should also bring your own water bottle — and don't lose it. Working at the Information Centre/Lost and Found, I feel exhausted looking at the collection of lost bottles that no one comes back to claim. Bringing your bottle to school is good, but it defies logic if you lose it and just get a new one afterward.

There are small and manageable actions we can take to combat climate change. Nothing is going to change unless we do something.

Our university administration needs to focus more on including students in their "sustainability" goals instead of focusing on obscure green certificates. But in the meantime that doesn't mean we can't start saving the planet on our own.

LETTER TO THE EDITOR »

## Love: a call to action

We are currently living in a period of history that one may call frightening, if not downright terrifying. In that vein, I would like to submit for your perusal this poem from George Orwell's book *1984*:

"Under the spreading Chestnut tree/I sold you, and you sold me/ There they lie, and there lies we/Under the spreading Chestnut tree."

This quote is used in the novel, to illustrate the power of oppressive regimes to undermine even our most precious relationships. The true strength of such groups stems from the weakness inherent in all of us when we follow the path of least resistance and do not stand together in times of extraordinary duress.

Our university community has recently come under attack: islamophobia, racism and support of extremist politicians have infiltrated our beautiful community. This perversion of our most basic values has, in turn, led to divisiveness and disrespect, an unacceptable state of affairs indeed.

All hope need not be abandoned, however, for it is precisely this environment which can foster opportunities to renew our commitment to love and respect. Can we all find the courage and strength to resist the synonymous forces of hatred and fear?

We most certainly can. There are numerous organizations at our uni-

versity which operate on the precepts of intersectionality, safer space and anti-oppression.

This letter is intended to be an open invitation for all students to protest injustice by joining or volunteering with one of the many clubs and organizations at the university such as the Women's Resource Centre, the Q Centre, the Faith and Spirituality Centre and the Women's Studies and Feminist Club — to name a few — and to reject the political movements that favour exclusion and distrust in favor of that most essential aspect of humanity: love.

Hamish A.W.K. Tregarthen  
Second-year anthropology and psychology

### WRITE US A LETTER TO THE EDITOR

Letters must be typed, double-spaced and received by Friday at 4:00 p.m. for inclusion in the next issue. They must include the author's name, position or year/degree, telephone number and e-mail.

All letters should be addressed to "Editor, the Gauntlet," and be no longer than 300 words. The Gauntlet retains rights to edit or refuse submissions.

We accept letters delivered in person to the Gauntlet, 319 MacEwan Student Centre, or by e-mail to [eic@thegauntlet.ca](mailto:eic@thegauntlet.ca)



# Your vote matters now more than ever

Andrew Kemle  
Gauntlet Columnist

**O**n Nov. 8, the United States elected Donald Trump — a populist who utilized divisive rhetoric throughout his campaign — as their 45th president. This year's voter turnout also reached a 20-year low of only 55.4 per cent.

There are varying explanations for Trump's surprising victory, but the low voter turnout played a significant role. Older individuals — who are typically more conservative — vote far more often and are a more reliable block than younger generations, who typically lean more to the centre or left.

It has never been more important for young people in Canada — particularly post-secondary students — to vote, not just in federal elections but provincially and municipally as well. While it's tempting to look at our neighbors to the south and laugh, the possibility of a Trump-like demagogue is not a far reality.

An Ipsos Poll conducted just after the American election noted that nearly 77 per cent of Canadian respondents would consider supporting a candidate that, like Trump, promised to be tough on



Protests erupted in the U.S. after the Nov. 8 election. COURTESY MARCUS YAM as Ann Coulter or Sean Hannity about the U.S.

Conservative Party of Canada leadership candidate Kellie Leitch has already stated that she wants to bring Trump's message to Canada and considers herself to be the Canadian version of Trump.

Leitch made headlines when she proposed screening immigrants for "Canadian values" — something opposed by members of all major political parties. Despite the controversy, Leitch is in the running to be named

the new leader of the Conservative Party, and in the most recent polls she is leading the field with 19 per cent of polled conservatives supporting her bid for leadership.

At a provincial level, candidates like Progressive Conservative leadership hopeful Jason Kenney have also tried to tap into the same populist anger by supporting discriminatory policies like the "Barbaric Practices Hotline" — Kenney's own invention when he was immigration minister — or the infamous banning of the niqab that became a political hotpoint in the last Canadian federal election. While there's little that Kenney can do in terms of immigration policy at the provincial level, there is a real possibility that two controversial, self-styled populist candidates could find their way into the upper echelons of Canadian politics with rhetoric and policies similar to Trump's.

Had more American Democrats come out and voted on Nov. 8 — especially in key states like Pennsylvania, Florida and Michigan — the election results would have turned out differently. And while the numbers are still being compiled, the youth vote in America dropped from 51 per cent in 2008 to 45 per cent in 2012. The same will likely be

true for 2016, as polling surveys like Survey Monkey showed that a large millennial vote would have given the election to Hillary Clinton in a landslide.

If you compare this with Canada, where in 2015 a record turnout for young voters helped put Justin Trudeau well into a majority government, it should be clear the kind of political power the millennial vote can hold.

But this is only if we vote. Older generations are far better at getting to the polls and are the ones who vote for candidates like Trump, Leitch and Kenney.

If you political views don't align with candidates like Trump, then your vote has never been more important. You are voting not just for a candidate that most closely shares your own views, but for a candidate that you know will represent your friends and family in a way that won't put them or their lifestyle at risk. You're voting to ensure that Canada remains friendly and open, and doesn't succumb to the reactionary backlash against progress that has swept nations like the United Kingdom and now the U.S.

Your vote has always been important, but with candidates like Trump waiting in the wings, it's more crucial than ever to be politically engaged.



# ENTERTAINMENT

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LOCAL FESTIVALS »

## Feature and short animated films highlighted at GIRAF animation festival

Rachel Woodward  
 Entertainment Editor

From Nov. 24–27, Calgary will welcome a wealth of animated talent to the Globe Theatre with Quickdraw Animation Society's GIRAF International Festival of Independent Animation, now in its 12th year.

Animated films of various lengths and origins will take centre stage at the festival all featuring animation as a medium.

While Calgary is no stranger to annual film festivals, Quickdraw programming director Ryan Von Hagen says that a festival with a specific focus on animation is important for the community.

"I think animation is an amazing art that lives with independence. Independent artists are always telling and creating these very unique stories," he says. "Animation isn't classic narrative. It can be, but it's also experimental in the sense that it's dealing with colour and light and strobing, so it breaks down into the medium of animation as well as storytelling."

With a total of 45 films showing as feature-length films or in pack-



Nick Diliberto took on a four-year challenge to create *Nova Seed*.

COURTESY HOUSE OF COOL

ages of shorts, the festival will offer stories that appeal to a vast demographic.

Many animated shorts make up the festival's schedule. The "Late Night Shorts" pack promises wacky and unique content. There will also be a group of shorts falling under the "Newgrounds Retrospective" category which focuses on the Newgrounds online, platform and the role it played in bringing animated video to the internet.

"Newgrounds is pretty excit-

ing because it was pre-YouTube and Vimeo and that was the first chance for independent animation to be seen by millions of people," says Von Hagen. "We even had the creator of Newgrounds record an intro that we will play in front of the shorts pack."

Feature length films such as Nick Diliberto's *Nova Seed* are highly anticipated this year. Von Hagen says Diliberto made this film as a challenge.

"He just Googled how long it would take to make an animation

and it popped up that it takes four years to make a feature-length animation, so he had himself four years to work on it. He had over 70,000 frames that he drew himself," Van Hagen says.

One of the shorts featured in this year's "Late Night" package is created by Calgary-based Alberta College of Art and Design student Gina Veres. *Box Party* shows a boy who is helping someone move but starts to explore what might be in the boxes.

"It combines black and white

hand drawings, claymation [and] rotoscoping, which is a technique where you draw over live footage," Veres says. "This is definitely the best thing that I've made so far. I made it last January and it builds on a character that I developed before for one of the very first animations I made and I went a little bit farther. It's definitely the one I'm happiest with."

Veres says that GIRAF plays an important role in the community by demonstrating the intricacies of animation and allowing a space for the medium to be viewed and celebrated.

"It's really important for people to see local talent and animation with techniques that have maybe been forgotten in a commercial world," she says. "I think it's important to see that people are interested in it. It's still a very valuable medium."

This year, animator and filmmaker Amy Lockhart will give a workshop to festival attendees as a visiting artist.

The GIRAF festival will run from Nov. 24–27. Tickets and passes are available online.

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

LOCAL SPOTLIGHT »

## Local rock four-piece Crooked Spies on the come up

Rachel Woodward  
 Entertainment Editor

Crooked Spies is a four-piece rock band featuring brothers Dylan and Steven Evanik alongside Aaron Samson and Mark Lawlor. The group just released their first single "Waiting" from their second feature-length album set for release early next year.

"We formed about two and a half years ago. It started with a bunch of university students that I met at school through the geology program plus my brother and it kind of evolved from there," Dylan says. "We played a show and then didn't really do anything for three or four months and then started getting involved in it. We pretty much are just based out of Calgary and have been for a while until eight months ago."

For the past eight months, the band has worked long-distance since Dylan Evanik — lead guitarist and vocalist — moved to Vancouver for work.

Evanik says the band had to be cre-



The local band will release their second full-length album in the coming months.

COURTESY CROOKED SPIES

ative to continue producing music.

"I moved to Vancouver for work but we've been keeping the band alive through Skype for musicians and flight benefits through WestJet, so I'm back pretty much every two weeks and we jam and try to play a show," he says. "We usually do about two shows a month."

They released their first album *Treason* two years ago and after a hia-

tus of gigs and jam sessions, Crooked Spies is working to release their second album. They will release a second single from the album while the band finishes the album over the Christmas break. The group will also tour Kamloops, Kelowna, Vancouver and Saskatoon in the new year.

The group members have backgrounds from various genres. Evanik feels that this multidimensional as-

pect is what sets the band apart from other musicians in the city and what listeners will find unique about the album's first single.

"I think it definitely stems from the name — 'Crooked.' Each of us listen to different genres of music and that definitely comes across in the songs that we write. It's this weird mix of these blues-inspired riffs with an edge," he says. "Every song that we

have is very different too. We definitely just want people to listen to ["Waiting"]. It's about taking a look at your life — where you're at. Everyone has some kind of baggage that is holding them back from pursuing what they want to do. That's what the song is about — stop waiting for that and just go do it. This is a newer sound from us so it will be interesting for people to hear that."

Even though the members of Crooked Spies are geographically separated, Evanik feels that Calgary is a great home base for the group.

"There are Calgary staples but I didn't realize the actual wealth of talent in Calgary for bands," he says. "Any given night, you go to Broken City [or] the Palomino [and] you're going to see some kind of amazing band. It's so diverse in terms of genres, it's actually pretty bumpin'."

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





COURTESY SCPA

## SCPA Dance Montage celebrates dance and movement at the U of C

Gurman Sahota  
Entertainment Assistant

Showing diverse dance in the city, the University of Calgary School of Creative and Performing Arts will host its 47th annual *Dance Montage* from Nov. 24–26.

The performance attracts local choreographers from around Calgary to contribute work. Ten pieces of various styles will take the stage in this year's montage.

"There's a huge energy behind the show and it's a great sampling of varieties of dance [that] people may or may not be familiar with seeing," *Dance Montage* artistic director Oriana Pagnotta says. "I always recommend [it to] people who are hesitant on seeing a dance show — they're not sure on what they're gonna get — [because] this is a great sampling. [If] you don't like something, it's going to switch over in about eight minutes."

Each piece is first presented at an open call for applications from choreographers across the city. After reviewing the calls, Pagnotta, along with a panel of faculty choose what is performed in the montage. Pagnotta says the use of commissioned pieces ensures diversity in the montage.

"We have an open call for applications from choreographers in the spring, so people apply with what kind of piece they're interested in doing," Pagnotta says. "We've also been commissioning a couple [of] choreographers to make sure we're really rounding out styles of dance and also making it a feasible option for some professional choreographers to come in as well."

Although *Dance Montage* has no set theme, this year's performance will be dedicated to Shirley C. Murray, who passed away

earlier this year. Murray was a longstanding choreographer and dance educator at the U of C.

"[*Dance Montage* is] paying tribute to her contributions and there's also a piece that former students of hers of all ages [are putting together] because she had taught here for decades. It's looking at some of her work and how she has sparked people's creative expressions," Pagnotta says.

This year's performance features an eclectic collection of genres ranging from contemporary to experimental flamenco and Hawaiian hula. Pagnotta says the tribute piece to Murray highlights the montage.

"The tribute piece will be special to see how dance lives on in our bodies and how we pass this on from our teachers," Pagnotta says. "There's this very beautiful, organic thing that happens. It's in your body and it moves forward in your life with you."

Pagnotta says the energy an audience creates plays an integral part in *Dance Montage*.

"Come with an open mind and see what the artists are offering. You don't need to know about dance to watch a dance show," Pagnotta says. "This show in particular is about short pieces that allow you to experience what there is and your experience of the show is totally valid. If there is something that really moves you, it's okay to show your appreciation. It's pretty open to you sharing how you're feeling about the pieces."

Admission to *Dance Montage* is free with your Student ID through the Claim Your Seat program.

For more information, visit  
scpa.ucalgary.ca

LOCAL ART »

## Big Kitty Crew combines art and feminist community

Gurman Sahota  
Entertainment Assistant

Founded in Calgary in 2010, the Big Kitty Crew is Canada's largest all-female urban arts collective. Creative director and co-founder Jennie Vallis says her experiences at the Alberta College of Art and Design led to the formation of the crew as a response to the male-dominated field of painting, graffiti and mural work.

"What started out as a visual art collective soon expanded into all different types of female creatives including fashion designers, music producers, singer-songwriters [and] dancers, but they all kind of have an influence by urban culture," she says.

Community involvement and urban influences are a major part of the Big Kitty Crew. Vallis says collaborations with CJSW 90.9 FM and ACAD have strengthened the collective.

Collaboration between artists within the crew is also an essential part of the collective. Vallis says it is a struggle transitioning from student to freelance artist with the loss of a school-based community.

"Once you leave ACAD, you really lose your community base. As an artist, having a space where you can bounce ideas off each other [is necessary]," Vallis says. "Here we do a lot of collective commissions, we group-build. We all work as a team together to get to bounce endless ideas off one another."

The crew has 52 members across the country with chapters in most major cities in Canada. Three founders — including Vallis — and six in-house artists with backgrounds in mixed media reside in Calgary.

A foundation for the Big Kitty Crew — a name Vallis reclaimed from her school years — is getting together and



COURTESY BIG KITTY CREW

The collective focuses on female art spaces.

promoting each other through newsletters, shows and fundraisers.

"When I come across certain opportunities, I try to pass them on. I try to connect certain girls together and we try to help each other grow as a female artistic community," Vallis says.

Working closely together with Studio Cartel, another Calgary-based arts collective, the Big Kitty Crew has access to a larger workspace which is necessary for large commissions the collective works on.

"There's more of a demand for custom artwork and large-scale pieces that now we collaborate [on] and then we can pay off things and pay all of our artists," says Vallis.

While big cities like New York have a well-developed arts scene, Vallis finds that Calgary's burgeoning scene is something to attend to.

"I find Calgary is the best city to work in because it's a really fresh arts scene, it's been growing and getting a lot stronger in the last couple years. It's a really exciting place to be," she says. "Even with

the recession, people are really open to the idea of seeing new mediums and new things. With [places like] New York City, who already have such a strong arts scene, you could just get lost in how much amazing culture there is."

Vallis says the opportunities in Calgary such as Beakerhead, Sled Island and the Winter Classic help strengthen the bond between the crew and its founding city.

The Christmas season bodes well for the crew's involvement in the community with smaller events and larger events in the new year.

While still determining the fine details, the crew will have an international tour in 2017, with an emphasis on Asian destinations.

In the spring, the Big Kitty Crew will host its annual fundraising show featuring a hip-hop headliner to be announced later this year. The proceeds will help fund future projects for the crew.

For more information, visit  
bigkittycrew.com



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LOCAL FESTIVAL »

# Femme Wave makes waves in Calgary culture scene

Hayden McBennett  
Gauntlet Entertainment

Femme Wave is back for its second five-day run of feminist-fueled performances, workshops, art installations, comedy acts and films. This year, the festival will feature artists and performers from across Canada and the United States. The festivities begin Wednesday, Nov. 16 and continue through Sunday, Nov. 20.

Since its conception, Femme Wave has worked to create safe spaces, giving women, transgender and non-binary artists a space to share their experiences in Calgary while allowing allies to support that expression.

"If you compare [Calgary] to Toronto or Vancouver, we're a little bit behind — we've got a lot of work to do. But with that being said, we've had wonderful acceptance of Femme Wave. We're kind of influencing some newer stuff here," Femme Wave co-founder and artistic director Kaely Cormack says.

Femme Wave has pioneered expanding the voice of feminism in Calgary. To add to the efforts of 2015's Femme Wave festival, this year will include gender-neutral washrooms and various workshops centred around creating dialogue about safe spaces, trans, non-binary, two-spirit and femme voices, cultural appropriation and taking up space effectively. The



Toronto-based Catl will feature at Femme Wave. COURTESY ALYSSA FAORO

workshops include sewing circles, holistic healing and finger weaving, choreography and swordplay, astrology and tarot card reading.

"If people just take away one piece of information from it, then that is better than where we started. A big part of [feminism] is listening to other peoples' stories and understanding and respecting other people," Cormack says. "I'm just hoping that people can learn to be more respectful of people around them, whether that's partying safe or being aware of different cultures. It's going to be pretty heady conversations and there's going to be some stuff that goes over everyone's head but even if you take away just one thing I think

that's awesome."

Femme Wave includes a variety of free and all-ages events and offers childcare by donation at the Royal Canadian Legion #1 on Sunday. Some of the highlights of the festival include Toronto rock-country duo Catl, Los Angeles-based pop-punk quartet Peach Kelli Pop and comedian Adora Nwofor, Femme Wave 2015's emcee.

Tickets for the whole festival are available online or for pickup at Gravity Pope. Tickets to individual events can be purchased online or at the door.

Find more information and tickets at [femmewave.com](http://femmewave.com)

DATE NIGHT »



COURTESY ERIC SKIFF

## Get physical with your date this November

Unleash your inner ninja and spend a night with your date having fun and working out at the InjaNation facility in northern Calgary. The facility offers a wide variety of activities for a day's admission, including a ninja obstacle course, military obstacle course, trampolene park, climbing walls and many opportunities to challenge each other and impress your date with your mad ninja skills. They also offer events such as Date Night on Nov. 24 from 7:00–10:00 p.m. and Family Night every Wednesday.

In the mood for some theatre? Spirit Fire Theatre presents

*A Streetcar Named Desire* from Nov. 7–26 at 7:30 p.m. with matinees at 2:00 p.m. on Nov. 19 and 26.

One of the cheaper cooking classes for couples in Calgary can be found at SAIT, which offers cooking date nights at the downtown culinary campus or the SAIT main campus almost every Friday night. Hop into the kitchen and experience a new cuisine with your loved one before settling down to enjoy your creation. Usually costing around \$90–200 per person anywhere else, SAIT offers classes for only \$75 per person.

Nikayla Goddard

CAMPUS STYLE »



JUSTIN QUAINANCE

Third-year communications student Jana McDonald channels Ruby Rose swag with this confident look. An oversized plaid scarf paired with a burnt red leather jacket evokes tones of punk rock chic. Aritzia skin-tight jeans and heeled booties coupled with glam oversized sunglasses balance out the heavy scarf with sleek edges. Topped off with a stellar white blonde dye and slicked back pixie cut, this outfit conveys the whole package — cool, confident and sophisticated.

Emilie Medland-Marchen



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# Vertigo Theatre presents Christie's *The Hollow*

Rachel Woodward  
Entertainment Editor

As a continuation of their mystery-themed 40th season, Vertigo Theatre will present Agatha Christie's mystery classic *The Hollow* as the second installment of the BD&P Mystery Theatre series.

The detective-fiction whodunit tells a murder mystery with a large cast and many motives. Actress Lara Schmitz says that the tale fits perfectly in this year's suspenseful season at Vertigo.

"First of all, it's an Agatha Christie — a murder mystery queen — but I think it's an exceptionally well-crafted show. Reading it for the first time and then continuously throughout rehearsals, even though I know exactly who's done what, I'm still watching these scenes and thinking 'that person has a reason to do it,' so it's built so well so that almost everyone could be the [culprit]," she says. "It builds up that suspicion and the whole script sets up each character as a potential."

Schmitz plays Doris, the new

housekeeper at the Hollow — the estate of Sir Henry and Lucy Angkatell. Doris doesn't fit in this tightly-run household and struggles to stay afloat working in the home that is known for its quality of service.

As a story that carries the conventions of a mystery, Schmitz feels that the script does justice to its characters.

"It is a play that keeps the audience on their toes. I also think along with the mystery, there's so much depth to all these characters," she says. "I want people to come out of it really in love

with these characters and to be shocked to see how it all work[s] out. It's really satisfying to know at the end."

A University of Calgary alumna, Schmitz has worked with various theatre companies around the city but will make her Vertigo debut with this play.

"It's been a wonderful experience. It's a 12-person cast, which is not a common thing. It's a very rare chance to work with so many wonderful artists and the director is phenomenal," she says. "There's a real community being represented on the stage that I would

say are some of Calgary's best. It's truly a pleasure and honour as a young artist to be able to work with them."

Once the play's run is over, Schmitz is set to assistant direct the Shakespeare Company's *All's Well That Ends Well* in January alongside director Peter Hinton.

*The Hollow* is directed by Jan Alexandra Smith and will run at Vertigo through Dec. 11. Tickets are available online.

Find more information and tickets at  
[vertigotheatre.com](http://vertigotheatre.com)

## NEW MUSIC »



Broad City  
Original Series Soundtrack  
October 28, 2016 (Milan Records)

I love the television show *Broad City*. It is one of the few pieces of

media that I feel perfectly encapsulates what it's like to be a 20-something woman in a large city. Whether it's trying to scrounge up enough money for Lil' Wayne tickets or going out for a fancy-ass dinner on your parents' dime, Abbi Jacobson and Ilana Glazer's creation is simultaneously hilarious, relatable and feminist as fuck.

The soundtrack scoring the series is one of its highlights. From Alt-J's surreal "Fitzpleasure" backing a scene with a man-baby, to Drake's "Started From the Bottom" accompanying a trip to deposit a cheque at the bank, ev-

ery song feels perfectly placed. And while neither of these high-profile songs are included on the tight 12-track official soundtrack release, the album manages to come together as a cohesive release, no matter how brief.

Produced by *Broad City* music supervisor Matt FX Feldman, the album leans heavily into an upbeat, eclectic hip-hop vibe. Featuring diverse artists including RJD2, Jarina De Marco and Ana Tijoux, the soundtrack conjures key moments and memories from the series.

The album perfectly pairs bass-heavy rap tracks with upbeat and

totally danceable songs. The thudding and rhythmic "Marijuana" from Zebra Katz and Kashaka comes immediately after Jarina De Marco's high-energy "Tigre" — an album exclusive. But despite differences, these transitions work perfectly and capture the frantic energy of the show.

An album highlight is definitely Lizzo and Caroline Smith's "Let 'Em Say." Fans of the show will know this as the score to the third season cold open showcasing all the activities — NSFW and all — that occur in Abbi and Ilana's bathrooms with a split screen. The track

may even be better isolated on the album as a feminist anthem of self-empowerment and positivity.

Of course it wouldn't be *Broad City* without DJ Raff's "Latino & Proud," included on the album as both the full track and the classic 14-second "four and three and two and one" riff that opens every *Broad City* episode.

With three seasons complete and a fourth premiering in January, *Broad City* has enough great songs to fill several more soundtrack albums. With the success of this collection, hopefully more will follow.  
Melanie Woods



Tove Lo  
Lady Wood  
October 28, 2016 (Island Records)

Tove Lo plays it safe with her second album, *Lady Wood*. Continuing the foul-mouthed lyrics and a comfortable electro-pop background the Swedish singer is known for, she continues to produce the familiar sounds created in her first album.

Half of the album is marked "explicit" — and rightfully so — as Tove Lo does not shy away from risky language. Holding her own niche of cutting lyrics and dance music, the album is a continuation of the singer's quest to bring

real life into music.

"Fairy Dust — Chapter 1" starts as a non-lyrical prelude to the electronic influences that highlight the album. This opening track gently leads the listener into the works that build up to sick beats and chilling lyrics.

Tove Lo cleverly hides the gravity of her lyrics with repetitive choruses and dance beats that make it difficult not to shimmy along. The title song is an expectation turned on its head with lyrics such as "Dirty on the inside,

damaged goods with nothing but pride, yeah, you give me wood, give me lady wood." Such is the theme of the album — dirty words and infectious beats.

The album also reflects Swedish synth-pop, akin to albums released by Robyn and a more subtle Icona Pop.

"Cool Girl" punctuates the smooth electro-pop background with a chorus that the listener will definitely sing along to. The track combines the best of Tove Lo, with ample amounts of lyrical

punch if you pay attention. This is a trick the artist uses to her advantage alongside a versatile back track that is not limited to just the dance floor.

Although the album shows promise, it falls flat of providing anything overly exciting to the listener. There are more duds than gems on the album with the exception of "Cool Girl" — the best track on the album and one of the best tracks Tove Lo has released to date.

Gurman Sahota

## This Week in MacHall

Monday, Nov. 21

### Cinemanía in the Den: Mike and Dave Need Wedding Dates

Cinemanía: now in The Den! Great sound system, big screen and comfy couches... the SU presents free movies at 7 p.m. on Monday nights in The Den. This week: Mike and Dave Need Wedding Dates.

Tuesday, Wednesday, and Thursday

### Yoga in the Space

Yoga in the Space - The SU presents free instructed yoga classes in That Empty Space. Tuesdays and Thursdays at 12:30 p.m. and Wednesdays at 12 p.m.

Nov. 21 - 24, 10 a.m. - 2 p.m.

### SU Holiday Food Drive

Demand for the SU Campus Food Bank has doubled over the past two years. Please bring monetary or food donations to Clubs' tables in MacEwan Student Centre and help us make it through the holiday season.

Now until Nov. 25

### Share your Bright Idea for SU Quality Money

Do you have a bright idea for a new space, project, or service on campus? Submit your Quality Money proposal by Nov. 25. Need some inspiration? Take a peek at the 150 projects we have funded so far: [www.su.ucalgary.ca/quality](http://www.su.ucalgary.ca/quality)

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## DINOS FOOTBALL »



JUSTIN QUAINANCE

# Dinos football secures Hardy Cup in clutch 46-43 effort

Emilie Medland-Marchen  
Sports Editor

The fight for the 80th Hardy Cup was a rematch between the University of Calgary Dinos and the University of British Columbia Thunderbirds — but this time, the outcome was entirely different.

The Dinos football team walked away with the Hardy Cup trophy and the title of Canada West champions after a hard-fought victory over their longstanding B.C. rivals. The final score of 46-43 is the highest Hardy Cup scoring total ever.

The next stage in the Dinos' quest for the Vanier Cup is the Mitchell Bowl against St. Francis Xavier University, set to take place at McMahon Stadium on Nov. 19.

The U of C took an early lead in the first half, but a series of missed opportunities in the third quarter put them within 10 points of repeating last year's Hardy Cup heartbreaker.

But the Dinos managed to pull through in the fourth quarter and perform a last-minute touchdown and clutch convert, securing the win by just three points.

For head coach Wayne Harris, this year's win over UBC was two years in the making.

"The last two years, we were heavily favoured to win both Canada West games and we weren't able to produce," he said. "This kind of gets that monkey off the back."

The Dinos charged out of the gate with second year running back Jeshrun Antwi running in an

eight-yard touchdown. With the convert secured by star rookie kicker Niko DiFonte, the Dinos took a 7-0 lead in the first minute and a half of the game.

The Dinos continued to assert their dominance with second-year linebacker Jakub Jakoubek playing a 20-yard fumble recovery touchdown in the first five minutes of the second quarter. A successful convert from DiFonte put the Dinos up 36-10 by halftime.

In the third quarter the Dinos' confidence started to wane. A team safety and two touchdowns from UBC brought the Thunderbirds within 10 points of the Dinos. And a one-yard touchdown run by UBC running back Kory Nagata in the fourth quarter narrowed the gap.

At a score of 39-36, it was anyone's game.

Calgary fired back with a four-yard touchdown run from Antwi and the successful convert from DiFonte gave the Dinos a 10-point lead with just minutes left in the match.

But UBC was not ready to walk away. A successful two-yard touchdown run and convert brought them within three points of the Dinos. But Calgary would eventually end the night with the Canada West title and the Hardy Cup.

As his players celebrated, Harris reflected on a season. It was one that looked pretty similar this time last year.

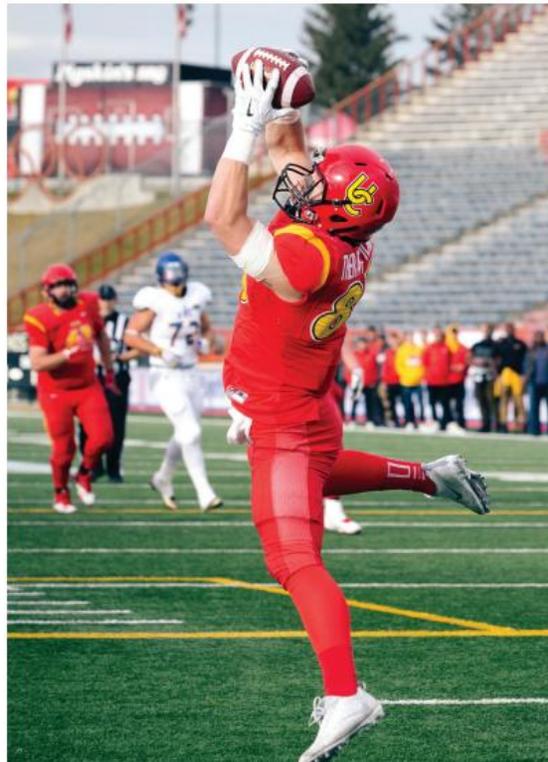
"All championship games are tough," he said. "When you get down to the top two teams in the Canada West, it's a great group of teams and it's going to be a battle. It's never easy."

For those watching in the stands, it was difficult not to fear a repeat of last year's Hardy Cup, when the favoured Dinos lost out to the underdog Thunderbirds — a team they had beaten all season.

But this year, the Dinos proved themselves against a team that they have so much history with. UBC's ability to run on the heels of the

Dinos in the third quarter was an impressive effort. But the U of C's ability to exorcise the ghosts of their 2015 heartbreak was even more remarkable.

"The pressure is more of what you put on yourself," Harris said. "Tonight was about being focused on the task at hand and staying committed to the game and playing well."



The combined score of the Hardy Cup was 89 points. JUSTIN QUAINANCE

## UPCOMING GAMES

### Dinos Football vs. St. FX

November 19



After winning the 80th Hardy Cup, the Dinos football team have made it all the way to the Mitchell Bowl, where they'll fight for a spot in this year's Vanier Cup national championships in Hamilton, Ontario. Kickoff is at 2:00 p.m. at McMahon Stadium.

### Dinos Hockey (M) vs. Saskatchewan

November 19



The second match of back-to-back games against the University of Saskatchewan Huskies will see the Dinos men's hockey team battle to improve their 9-4-3 season record. The puck drops at 6:00 p.m. at the Father David Bauer Arena.

### Dinos Volleyball (W) vs. MRU

November 24



The women's volleyball team starts their portion of the volleyball block party in the last Crowchild Classic of the season. After a 6-1 start, the team will look to secure another win and a spot in the Canada West championships.

### Dinos Volleyball (M) vs. MRU

November 24



The Dinos men's volleyball team will take on cross-town rivals the Mount Royal Cougars in the men's portion of the volleyball block party. The match kicks off at 7:30 p.m.

### Dinos Basketball (W) vs. Lethbridge

November 26



The women's basketball team will take on the University of Lethbridge Pronghorns after returning from a week on the road. With a 8-4 season record, the team will look to secure another win against their cross-province rivals.



# Dinos men's basketball off to early head start

Tommy Osborne  
Sports Assistant

Coming off a 17–3 season that ended in a Canada West Championship, the Dinos men's basketball team hopes to achieve greater success and bring home the University of Calgary's first national championship title. But head coach Dan Vanhooren emphasized that the team cannot rest on the accolades of last year.

"The guys have to realize it's a new season and that we have to go through the process again to get to the same endpoint," Vanhooren said. "I think because we have some additional new faces and some new talent level, we need to learn to play together at a higher pace than we have in the past."

The Dinos' strong core from last year returns along with an influx of new talent that will bring depth and scoring ability to the team. Vanhooren credits this year's 9–1 start to the players that were so successful last season.

"We have a great group of guys back from last year, [and] a solid amount of our scoring back," Vanhooren said. "The team does have a number of the key components that are required to be successful early."

Third-year guard Mambi Diawara is one of the team's returning veterans. He hopes to help the Dinos take the top spot in this year's U Sports national championships.

"I think that's what everyone is looking for," Diawara said. "I'm just trying to improve my game

every single day — put in work on and off the court. We all have the same goal."

Diawara played a key role in the 102–77 victory over the Manitoba Bisons on Nov. 5, with 19 points alongside eight rebounds and an assist. When asked about how he plans to maintain that success, Diawara pointed to the team's defence.

"Play defence, because that's how I got my points, out of transition," Diawara said. "We have to play defence first and then get quick buckets, fast paced. That's how we're looking to start our games."

Along with the returning core, there are also five new players joining the team. Vanhooren stressed the importance of acclimating rookies to the work that needs to be put in to be successful at such a high level of basketball.

"I think our freshmen need to realize they need patience. They're going to have to hit the weight room and learn," Vanhooren said. "These guys are going to need patience to go through the process, gain some experience, better their bodies and get ready for some opportunities. They'll have to figure out how to work in the system, so that'll really just take some gameplay to get those edges smoothed out."

Among the rookies is first-year guard Max Eisele, a transfer student from Ulm, Germany. Along with the challenges of being on the basketball team, Eisele also had to acclimate himself to Calgary life. He says the transition from Ulm to Calgary has been positive.



Veteran guard Jasdeep Gill was a major force for the Dinos last season.

LOUIE VILLANUEVA

"It's been very good, because it's a great community here. The guys on the team are great," Eisele said.

Eisele hopes he will contribute to the team's effort to take home a national championship.

"[I want to] try to help the team however I can with my experience and love for the game [and] just try to do the best to get us to our goals," Eisele said.

Eisele credits the team's hot start to both the talent and the relationship the players share on and off the court.

"We have a lot of talent and we get along well on and off the court — that's a good mixture," Eisele said. "We have a great coaching staff as well — we have all the fundamentals to achieve what we want to achieve."

Like the rest of the team, Eisele is determined to win a national championship.

"I think the whole team has the same goal. Last year we made it to the finals, this time we want to get it done," Eisele said.

For Vanhooren, heading to the

U Sports finals also tops the to-do list.

"For 50 years this school has been trying to win a national title and they haven't won one yet. So I'm not gonna be bashful talking about that as a goal. The ultimate goal is to win a national title," Vanhooren said.

The Dinos look to continue their route to a national title on Nov. 26 at the Jack Simpson Gym against the Lethbridge Pronghorns. Entry is free for students with a valid student ID.

## HEALTH & WELLNESS »

# A light workout while over-tired could be great for your health

Christie Melhorn  
Volunteer Coordinator

In my time as a student, I've woken up one too many times with the ache of exhaustion making me want to stay in my bed until my body has melted into it.

For most students, the thought of working out on a few hours of sleep is nauseating. However, for gym diehards, sleepiness is no excuse to skip a sweat session. When you are exhausted, it is highly recommended to rest before exercising. However, if you feel it necessary to get your heart rate running before napping, there are certain ways to approach your workout that will prevent you from totally crashing.

First, if you were up all night cramming, skip the gym. According to the Society for Psychophysiological Research, sleep deprivation weakens auditory and visual capabilities, leading to a less satisfactory workout. In extreme cases, working out while fa-

tigued may cause you to pass out. You don't want to be that person who collapses on the stair-master and needs stitches in your head.

When exercising on just a few hours of sleep, it is better to rest before working out. If exercise is still beckoning you in your sleepy haze, Marc Megna, an NFL strength coach, recommends avoiding highly technical movements and intense activity. Such exercises demand extra spatial and bodily awareness that we struggle to achieve when we're exhausted. Grinding out heavy weighted squats or snatches when you're wiped is not only dangerous to yourself but to those around you.

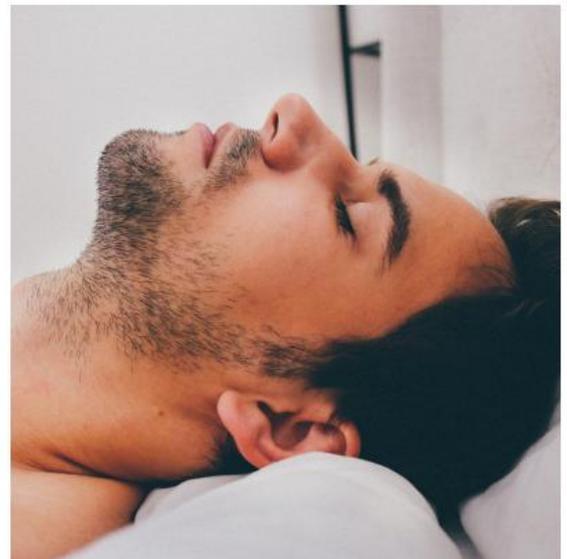
Instead, Megna recommends working out lighter for a shorter time. Using a lower weight than normal for less reps will get your heart rate pumping without comprising your body's ability to recover from lack of sleep. If you're really into cardio, postpone sprint intervals for when you're refreshed.

My go-to post-scary-assignment-and-sleep-deprived workout involves gentle cardio and body weight exercises to diffuse my restlessness while avoiding over-exertion.

- 15–30 minutes of jogging
- 20–25 crunches (three sets)
- 20–25 bicycle crunches (three sets)
- 30–50 Russian twists (three sets)
- 30–45 second planks (three sets)

The level of my fatigue determines how long and how many reps of each exercise I perform. The key thing is to listen to your body. Maybe you will surprise yourself and coast through a workout without much struggle.

But if peeling yourself off the mat feels like a workout in itself, let yourself go and get some rest. You can always carry on with a more effective and enjoyable workout after some much-needed sleep.



If you're too tired to get out of bed, skip the workout. PUBLIC DOMAIN



DINOS FOOTBALL »

# Five stand-out players from the Hardy Cup

Tommy Osborne  
Sports Assistant

The University of Calgary Dinos won a 46-43 nail-biter against the University of British Columbia Thunderbirds on Nov. 12. With the win, the Dinos advanced to the U Sports Mitchell Bowl, where they'll compete for a position in the Vanier Cup.

Though the Hardy Cup victory was a team effort, here are our top picks for players that really stood out in the Dinos victory.

**1. Defensive back Nick Statz:**

Statz set the tone of the game early on, forcing a UBC fumble on the very first play of the game that resulted in a Dinos touchdown. Statz would later repeat the effort, forcing another fumble and leading Calgary to another touchdown. He was also a force to be reckoned with on the field, leading the team with nine tackles.

**2. Linebacker Jakub Jakoubek:**

Like Statz, Jakoubek made his presence known all over the field

with six tackles. Jakoubek positioned himself to make plays throughout the game — which was most obvious on his 30-yard fumble return for a touchdown. His hard work created a huge burst of momentum for the Dinos. Jakoubek also had an interception late in the third quarter, which helped the Dinos stall the building UBC momentum. His interception resulted in a Dinos field goal and — given that the Dinos won by three points — was ultimately a key moment in the game.

**3. Running back Jeshrun Antwi:**

Antwi's strong running helped balance the Dinos offence with 96 yards against a tough defensive line. Antwi's ability to fight for extra yards after contact created plays for a gain where there would've been a loss. He also hurdled over defenders, providing a great show for the crowd. But Antwi's key contributions to the game were his two touchdowns. Like the rest of his plays, his touchdowns were powerful runs that set the gritty tone the Dinos would play with all game.



Defensive back Nick Statz led the Dinos with nine tackles during the Hardy Cup.

JUSTIN QUAINANCE

**4. Wide receiver Whitman Tomusiak:**

Tomusiak was a constant playmaker for the Dinos, leading the team with five receptions and showing off his versatility in both the short and long game. His 45-

yard reception was the longest play from scrimmage and he was also able to bring in a three-yard touchdown reception. Tomusiak's 75 receiving yards trailed only wide receiver Dallas Boath, who had 104 yards on the night.

**5. Quarterback Adam Sinagra:**

Sinagra had an excellent game, passing for an efficient 22 for 29 with 366 yards alongside three touch-

downs. Sinagra displayed all the qualities you would expect from a star quarterback. He was able to connect with eight different receivers and each of his three touchdowns went to a different player. His ability to spread the ball around kept UBC from being overly aggressive on defence. Sinagra opened up the offence to create big plays for many of his receivers and his ball placement was perfect on most of his deep throws.

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# HUMOUR

Editor: Derek Baker  
humour@thegauntlet.ca  
@GauntletUofC

I LOVE BREAD »

## A review of bread sandwiches — the staple of every law abiding citizen's life

Ronn Miguel Delos Reyes  
Bread makes you fat?

Sandwiches are the foundation of the food pyramid. By grabbing literally any food item and squeezing it between two slices of bread, you can make yourself this staple meal. You have your are ham sandwiches, tuna sandwiches, peanut butter sandwiches, jelly sandwiches and even peanut butter and jelly sandwiches. But many overlook the pinnacle of all sandwiches. I would like to introduce to you the wonders of the bread sandwich.

I know you may think: "Bread sandwiches? Isn't that kind of stupid and pointless?" Well, it's not stupid and pointless. It's just stupid. Which means it has a point — a really crusty point. By simply toasting a slice of bread and putting it between two other slices of bread, you have a delicious and cheap meal.

You can also get creative by taking the crusts off of the outer slices and frying them up as a scrumptious onion substitute.



This is the most majestic picture of three pieces of bread I've ever seen.

JUSTIN QUAINANCE

Or don't. Crusts are absolutely disgusting.

"It could be more wonderful if you actually bought real ingredients for a sandwich," you might say, to which I would reply with a soft laugh. I did buy ingredients — but chose not to use them. You want proof? That's so typical of you. Only wanting the facts. Look,

I have the receipt from the store.

"I only see sliced bread on there," you'll observe and feign ignorance to the evidence in front of you. I am a normal Canadian citizen and can do as I please without your approval. I pay my taxes, hold doors open for people that are way too far behind me and try not to make eye contact with

people on transit for too long.

This was just supposed to be a normal review for bread sandwiches. Yet you insisted on aggravating me. I'm a law abiding citizen. Wait a minute. You called the police on me? Don't you try and deny it. I can hear them pounding down on my door right now. I trusted you. I should never have

trusted scum like you. Oh, I know what your plan is. You don't want me to eat a bread sandwich? I've got news for you, buddy — I'm going to do it anyway, whether you like it or not.

Grabbing three pieces of bread from a bag, I begin to put together my culinary masterpiece. The bread has been in my pantry for an unknown amount of time, but that's no excuse to waste food.

"That looks mouldy, Ronn." Well, it may be just a little green and I swear that there's something moving in there, but it's not mouldy. I stare at the sandwich. It stares back — literally. Classic social conventions are begging me not to eat this. This is when most people back down, when the constant torments from you and everyone else have successfully battered down on the individual. But we live in a free country and I refuse to let these forces dictate my actions. I take a bite and let the abyss wrap its cold arms around me.

It tastes awful.

NON-DENOMINATIONAL HOLIDAYS »

## Four fabulously festive Starbucks concoctions

Derek Baker  
SuperFestive!

Once again, Starbucks has begun serving their annual non-denominational holiday beverages. Festivity lovers embrace this as the first sign of the most wonderful time of the year. However, if you want to make your drink extra-festive to get you in the holiday spirit, here are some new takes on a few Starbucks classics.

### The Egg Eggnog Latte:

Get your your daily dose of protein by cracking a raw egg into an eggnog latte. After hitting the gym to get swole, down this drink as your post-workout boost. Even gym bros can get into the holiday spirit with this possibly health-hazardous drink.

### The Mariah Carey:

The holiday season isn't really in full swing until Mariah Carey's "All I Want For Christmas Is You" is played on a continuous loop. Ask for a tiny speaker to be put at the

bottom of your Starbucks cup, so that when you finish your drink you and everyone around you can be #blessed with the classic tune. Immediately ditch those who find the song "annoying." You don't need that shit in your life.

### The Mariah Carey (SuperFestive! version):

Similar to The Mariah Carey, except instead of playing "All I Want For Christmas Is You," the tiny speaker will play "All I Want for Christmas (SuperFestive!)." And who doesn't want their holiday season to be super festive? I know I do.

### The Tinsel Town:

Grab some edible glitter and dump half a cup into any Starbucks holiday drink. Drape a fist-full of Christmas tree tinsel on top of the classic red Starbucks cup. Be sure to ask for an extra shot of espresso and scoop of sugar in your drink, too. Not only will everyone around you know how festive you are, but you can also be wired enough to survive the hustle and bustle of the holiday season.

VERY SERIOUS REVIEWS »

## Doctor Strange is strange

Jill Girgulis  
#TeamLevy

I'm just gonna say it — *Doctor Strange* is one strange movie.

Prepare yourselves for Sherlock Holmes in his most convincing disguise yet — an American physician with a superiority complex. It will be a rude awakening for Cumberbatch everywhere when their Internet bae opens his mouth for the first time and doesn't sound like a finely tuned harpsichord.

In addition to functioning as a public safety announcement on the dangers of psychedelics, people will learn a lot from watching *Doctor Strange*. For instance, Regina George has made a full recovery after getting hit by a bus in high school and now works alongside world-famous neurosurgeons as an emergency room physician. David Bowie's overlooked younger sister proves that she can still be fierce while using glittery fans as weapons. And Chiwetel Ejiofor continues his fruitless attempt to surpass his co-star for the title of most bodacious Brit in the Marvel Cinematic Universe.

Another important co-star is the



Is that Benedict or his stunt double?

COURTESY PRISHANK THAPA

Cloak of Levitation, affectionately known as "Levy" from here on out. Forget Strange, Levy is the true hero of this movie. The adorable scarlet rockstar completely steals the show with her quirky antics, from constantly yanking Strange away from his weapon of choice to wiping his misty eyes so that he can return to his mission. As one astute audience member noted, Levy is basically Strange's mom.

I also want to take a moment to compliment Benedict Cumberbatch's stunt double. He was really put to the test this movie. Aside from honing his skills playing Cat's Cradle, the poor guy

probably spent hours rehearsing how to walk with a purpose.

Not one to deviate from the status quo, this Marvel creation also includes a post-credits scene. Marvel Studios has now released 14 movies, but amazingly, the vast majority of moviegoers still left the theatre at the start of the credits. You'd think eight years of evolution would have started to favour those with larger bladders.

If you're looking for an enlightening audiovisual experience to the soundtrack of Yankee Cumberbatch, this movie's for you. Or if you just want to blow your brains out, try watching this movie alone in a TFDL workroom with the sound off.



## HOROSCOPES »

# It's the end of the world as we know it, but our horoscopes will make you feel fine

Derek Baker  
Optimist



## Scorpio (Oct. 23 – Nov. 21)

After ironically hoping that a giant meteor hits the earth instead of Hillary Clinton or Donald Trump winning the United States presidential election, the heavens will hear your prayers and send down a personal mini-meteor, hitting you on the back of the head. Luckily, it will knock you into a coma for four years and you'll only have to deal with Trump's second term in office.



## Sagittarius (Nov. 22 – Dec. 21)

On this day in 2050, you will go outside on a particularly sweltering day. It will be so hot that you can crack an egg on a slab of asphalt and it will actually fry. You are completely fine with this, however, because salmonella is deadly. This is the only way you can be certain that your tar-flavoured omelette is completely devoid of any harmful bacteria.



## Capricorn (Dec. 22 – Jan. 19)

The year is 2021. It is the third year in a row that a nuclear-induced winter has persisted after a falling out between the U.S. and Russia. It's okay though — the snow glows in the dark and that's kind of cool. Who needs to eat, anyway?



## Aquarius (Jan. 20 – Feb. 18)

In 2090, you will decide to visit Florida for a winter holiday — because what else do old people do, am I right? However, due to our inadequacy in addressing climate change, the sea level will have risen to such an extent that Florida no longer exists. We can't say that they didn't have it coming.



## Pisces (Feb. 19 – March 20)

After decades of oil fracking, a massive earthquake will hit rural Oklahoma and somehow completely rearrange the earth's tectonic plates. You can

now fearlessly move to Victoria with the assurance that the "Big One" is no longer a possibility.



## Aries (March 21 – April 19)

In the year 2069, as you stare out into the ocean, you will be alarmed that it has turned blood red. Is it a sign of the apocalypse as foretold in the *Book of Revelation*? Nope. It's only a bloom of toxic red dinoflagellate plankton, so there's nothing major to worry about.



## Taurus (April 20 – May 20)

A supervolcano will suddenly spurt out of your backyard next week. However, you have been preparing for just such an event for years. As you climb down into your volcano shelter, you also tap into the geothermal energy sources of the geological feature. Once the eruption calms down, you will emerge from your shelter as the world's next energy superpower.



## Gemini (May 21 – June 20)

The year is 2073 and you consider planning a road trip down to the American midwest. However, the amount of tornadoes now seen in this region may throw a wrench in your plan. The reason you aren't in Kansas anymore is because Kansas has blown right off the face of the earth.



## Cancer (June 21 – July 21)

A great flu pandemic will sweep around the world, bringing peril to everyone. However, you can now smugly brag to all of your friends who pester you every year to get a flu shot that it really is pointless.



## Leo (July 23 – Aug. 22)

In the year 2052, there will be enough carbon dioxide in the atmosphere that life will almost inevitably cease to exist. However, you will come up with a way to sequester the carbon from

greenhouse gas and squeeze it into diamonds. Your short-lived stint as a gemstone mogul will make you one of the richest people on the planet for the short time left that humans can still survive.



## Virgo (Aug. 23 – Sept. 22)

There will be enough mercury in the water by the year 2045 that you will actually be able to squeeze it out of the fish you're about to eat. This isn't an issue, however, because you've always wanted to be able to play with mercury with your hands like they did in the days before they realized how dangerous it is to human health.



## Libra (Sept. 23 – Oct. 22)

It's November 2053 and the Amazon rainforest no longer exists. However, the world's supply of hamburgers and steaks has increased dramatically, allowing you to chow down on a juicy Carl's Jr. Thickburger for half the cost it is today.

Don't miss live dance and music performances, this month at the School of Creative and Performing Arts.

Visit [sca.ualgary.ca](http://sca.ualgary.ca) to find out more about special pricing for UCalgary students and employees.



### Dance Montage

Join our celebration of dance communities. With a collection of dance works showcasing the incredible diversity of Calgary's dance scene, this continues to be an audience favourite. Now into its 47<sup>th</sup> annual production, *Dance Montage* welcomes the lively spirit of community to the stage and acts as a hub of creative exchange for new and experienced dance artists.

November 24 & 25 at 8 p.m. November 26 at 2 & 8 p.m., University Theatre



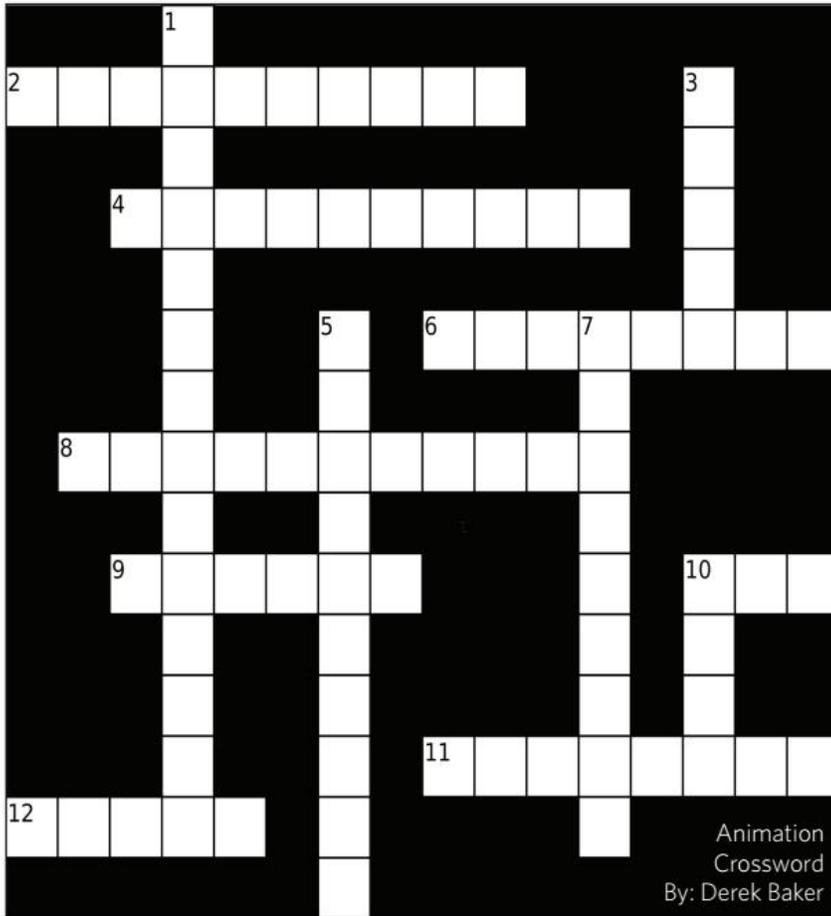
### A Celebration of Bartok I

Since its inception in 1994, the UCalgary String Quartet has been the resident string quartet at the University of Calgary, performing nationally and internationally. As part of its mandate, the second violin position is awarded to an advanced UCalgary violin student. This season, the UCalgary String Quartet is celebrating the music of Hungarian composer Béla Bartók.

November 24 at 8 p.m. at Eckhardt-Gramatté Hall



CROSSWORD »



Animation  
Crossword  
By: Derek Baker

**ACROSS:**

2. Songs from this Disney classic include "Colours of the Wind" and "Savages."
4. This form of animation involves taking thousands of photos of a clay figure and moving it in tiny increments between each shot.
6. Created by Pixar, this was the first full-length film done completely in computer animation.
8. This heartwarming Disney and Pixar flick features tropical fish as they cross the ocean towards Sydney, looking for another fish.
9. Renowned for the level of detail he puts into his animation, producer and animator Hayao Miyazaki released classics like *Spirited Way* and *Princess Mononoke* with Studio \_\_\_\_\_
10. This three-letter acronym refers to the three-dimensional animation technique that relies on digital technology for its flicks.
11. Combining classical music and animation, the Disney movie \_\_\_\_\_ is regarded as one of the studio's finest works.
12. This contemporary Studio Ghibli film features an anthropomorphic fish as she strives to become human.

**DOWN:**

1. This was the first full-length film released by Studio Ghibli.
3. This animated film follows an elephant who uses his long ears to fly around.
5. This was the last animated film

that Walt Disney worked on before his death.  
7. This is the princess in the first full-length animated film by Disney, re-released in 1937.  
10. Animators draw on transparent \_\_\_\_\_ when creating their motion pictures.

**LAST WEEK'S  
CROSSWORD »**



Want to make a crossword?  
E-mail  
[humour@thegauntlet.ca](mailto:humour@thegauntlet.ca)



