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BUT NICE
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VOL. 57 | ISSUE NO. 23 | Dec 1, 2016

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Golden Spatula

Jesse Stilwell

Do you hear that, loyal Gauntlet reader? Is it the rustling of leaves in the wind? The whisper of winter's cold embrace? The ringing of church bells in the night? No. It's the tap-tap-tapping of Jesse Stilwell, frantically typing out brilliant copy for the Gauntlet on her 1940s-style typewriter. Type away, Jesse. Type away.

"I bought the typewriter on Ebay."

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: theгаuntlet.ca. The Gauntlet offices are located on treaty 7 land.

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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@theгаuntlet.ca.

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Design by Samantha Lucy

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MENTAL HEALTH »

2016 National College Health Assessment results released

Scott Strasser
News Editor

The 2016 National College Health Assessment (NCHA) results were officially released on Nov. 28. The data provides Alberta's post-secondary institutions with a more detailed framework for understanding what mental health problems students currently face.

The NCHA is an anonymous web-based survey that asks students general and mental health-related questions. The American College Health Association created the survey, which Canadian universities later adopted.

This year marks the second time the University of Calgary has participated in the NCHA. The university emailed the survey to 5,000 U of C students last winter, with 1,004 recipients — 20.1 per cent — responding.

The U of C also took part in the last NCHA survey in 2013.

Results of the 2013 survey, along with other factors including the 2014 Brentwood tragedy, helped spur the U of C to create its Campus Mental Health Strategy (CMHS). The strategy officially launched in December 2015.

U of C psychology professor Andrew Szeto is the director of the CMHS. He said the NCHA survey is an important indicator of what mental health problems post-secondary students struggle with most.

"It gives us a gauge of how that student population is currently doing with regards to mental health



The NCHA helps universities decide programming. JUSTIN QUAINANCE

concerns, how they're feeling in general," Szeto said. "Although [things like sadness and loneliness] might not be criteria for mental illness, they're indicative of things happening on campus."

Compared with the 2013 NCHA survey, this year's data shows higher percentages of students reporting mental health issues. This year, 13.1 per cent of respondents claimed they seriously considered suicide at some point in the last 12 months, compared with 8.4 per cent in 2013.

The survey also saw large increases in the number of respondents who reported to have been professionally treated for or diagnosed with depression or anxiety in the last 12 months. In 2016, 15.4 per cent claimed to have been treated

for or diagnosed with depression, a nearly six per cent increase from 2013.

Another increase was anxiety, with 18.9 per cent of respondents in 2016 — compared to 10.7 per cent in 2013 — reporting they were treated for or diagnosed with anxiety at some point in the last 12 months.

The 2016 data also showed notable increases in the percentage of respondents who reported feeling hopelessly overwhelmed, lonely or exhausted.

But according to Szeto, the increased percentages between the 2013 and 2016 data could be due to increased mental health problems among university students, but also a decrease in the stigma surrounding openly discussing mental health-related issues at universities.

"We could be seeing actual increases [of issues] but we may actually be seeing increases because of reduced stigma creating a more open, more supportive place for people to discuss these things," he said. "Over the past three or four years — especially after the campus mental health strategy came out — we've worked hard on campus to reduce the stigma of mental illness to create a more supportive environment for people to talk about these issues."

Students' Union Wellness Centre senior director of student wellness access and support Debbie Bruckner agreed that destigmatization of mental illness could play a role in the differences between the 2013 and 2016 data sets.

"Since Alberta institutions last ran the survey, there's been a tremendous amount of work on reducing stigma, public awareness, increasing capacity, encouraging earlier reporting and having more information available for students," Bruckner said. "If students are accessing support earlier, that's actually very positive."

According to the 2016 data, 78.6 per cent of NCHA respondents reported that they would consider seeking professional help from a mental health expert if they experienced a serious problem — a four per cent increase compared to the 2013 survey.

More than 7,200 students answered the Alberta version of the 2016 NCHA survey. Students from 10 post-secondary institutions in Alberta participated.

UNIVERSITY POLICY »

U of C revises international travel policy

Josh Harkema
Gauntlet News

(With files from Scott Strasser)

In response to the changing risk factors faced by staff and students travelling internationally, the University of Calgary has revised and upgraded its international travel policy and procedure.

U of C director of risk management and insurance Janet Stein said the university's previous policies for international travel were over 10 years old. The revisions to the policy and procedure include the implementation of a database to track staff and students travelling on university business.

Stein said the provost's office approved the changes and the revised policy and procedure will go into effect on Dec. 1.

"We needed a better process and one that everybody understood and one that was transparent," Stein said. "We have a whole set of resources that we offer now that we weren't able to 10 years ago."

According to Stein, setting up an international travel registration database for students and staff allows the university to react quickly in the event of a disaster.

"When the earthquake hit Japan [on Nov. 23], we could instantly pull up a spreadsheet of all of the people in Japan and [send] a quick e-mail

just to check and make sure that they were okay," she said.

Stein noted the new system will be easier to access than the current spreadsheet and is also more transparent. Students and staff will be required to register for the new system before they travel and will only be required to enter the dates and destination of any subsequent travel.

The revisions also include giving students and staff access to a cell phone app that provides information on the infrastructure and political situation in their destination. The app also provides information on any vaccinations they should get before departure.

As per the changes, staff members

and students can also be given an sos phone number to use in the event of an emergency. The phone number provides information on nearby hospitals and emergency translation services if no one is available to speak a language the traveller understands.

"Let's say you were in an emergency room in Germany and you can't understand what the doctor is saying, you can call the [app's] sos number and they will actually assist you in both languages," Stein said.

The app is only available to students and staff travelling for academic reasons. Students participating in study abroad programs are included in the new set of procedures.

University of Calgary finishes draft for new sexual violence and assault policy

Scott Strasser
News Editor



After nearly two years of development, the University of Calgary's new campus-wide sexual violence policy is nearing completion. While not made public, the U of C released a draft of the new policy this month.

The U of C's sexual violence policy is intended to provide a framework for sexual assault prevention and reduction on campus, while also improving consent education and offering support for victims of sexual assault.

Work on the policy began in January 2015, when the U of C created the Subcommittee for the Prevention of Sexual Harassment and Sexual Violence. The reasoning behind the new policy was that most universities in Canada have similar policies and strategies to address sexual assault.

"Although we're equipped and prepared to deal with this issue through existing policies and procedures, we're creating a new sexual violence policy that is comprehensive in addressing the full spectrum of sexual violence issues and that outlines clear supports for survivors, regardless of whether they choose to formally report to the institution or to law enforcement," said U of C senior director student services Jennifer Quin, who chairs the subcommittee. "[It will] ensure all community members have a healthy and clear understanding of consent, facilitate understanding in our community as to what constitutes sexual violence and ensure that survivors of sexual violence know that the institution is prepared to respond when incidents do occur."

The U of C has been working on a new sexual violence policy since early 2015.

Those involved with developing the policy include university officials, Students' Union representatives and members of the Consent Awareness and Sexual Education student club (CASE).

CASE vice-president external Hilary Jahelka sits on the Implementation Committee for the policy. She said the university's previous strategy for addressing sexual assault and violence was outdated.

"We know there is a large amount of people sexually assaulted at their time in university. One in four women will be sexually assaulted [in] university, and that is backed up by tons of different research," Jahelka said. "We see sexual assault happening on campus, we see it not going reported, we see people not understanding what consent is, how it works."

Students' Union vice-president student life Patrick Ma also sits on the Implementation Committee.

"One of the things we've been really working on is to make sure — for the student perspective — that the policy document is navigable and the policy addresses student-specific situations, and all those protocols are in place and easily

recognizable to students," he said.

The U of C has increased its measures for preventing sexual assault and educating the community about consent in recent years. In 2015, the U of C's Women's Resource Centre partnered with CASE to launch a three-year sexual assault prevention project called Ask First: Creating a Culture of Consent. The campaign seeks to shift the focus in sexual

assault cases away from victim blaming.

CASE also brought Bystander Intervention Training to the U of C in 2014 — a training program to teach employees at the Den and Black Lounge as well as other locations on campus to be proactive in identifying possible sexual assault cases before they occur.

"We're 100 per cent behind [Bystander Intervention Training]

because we believe it's a great way to make sure that it's not put on the person being targeted or assaulted," Jahelka said. "The program has trained multiple students and staff members. I would say it's made a difference."

According to Quin, the timeline for officially publishing the policy has not yet been determined.

"We know this important work will need community input and take several more months," she said. "The progress of this committee will be updated regularly on the sexual violence website, which was launched in September 2016 and also represents one of the key recommendations. In addition, the Implementation Committee will be reporting on progress annually to [General Faculties Council] and the Board of Governors."

The draft of the policy will be discussed at GFC in December. The policy could be open for public consultation by the new year.

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LABOUR RELATIONS »

After rocky start, bargaining improves between Aramark and workers' union

Scott Strasser
News Editor

As negotiations over a collective agreement continue between Aramark and the workers' union that represents its employees at the University of Calgary, union representatives say things look "cautiously optimistic."

Aramark is the U of C's official food service provider, a position they took over from Chartwells in March 2015. They operate the residence Dining Centre, provide catering services and run various food vendors on campus. They have a five-year contract with the university.

The United Food and Commercial Workers Local 401 (UFCW) is the official bargaining agent for Aramark workers at the U of C. The UFCW and Aramark have been meeting to negotiate a collective agreement since April 2016, with the latest bargaining sessions between the two parties taking place at Hotel Alma from Nov. 3-4.

UFCW chief advisor and spokesperson Tom Hesse said the tone of bargaining has recently improved after a rocky start to negotiations.

"There were some substantive improvements that the employer offered," Hesse said. "Importantly and critically for us, the employer



Aramark and the UFCW Local 401 are currently bargaining a collective agreement.

was originally seeking to exclude students from representation rights. They've retreated from that position on these latest bargaining dates."

While neither side could previously agree on terms for the collective agreement, Hesse said the relationship between the two parties has since improved — though he said things could "still go sideways" through a strike vote, if necessary.

"I have more optimism than in our last set of meetings," he said. "There's no doubt the employees themselves have sent Aramark a message. The employees openly talk about striking if they have to. That's heard by managers and they would pass that message up to their superiors."

Aramark employees at the U of C unionized last spring, joining the UFCW. Eighty-four per cent

of Aramark workers at the U of C voted in the secret-ballot vote, with 90 per cent of voters in favour of unionization.

"This was not a marginal vote. It tells you there's something wrong in the workplace. This is not something employees do everyday," Hesse said.

According to Hesse, Aramark initially wanted to exclude student workers and supervisors from

representational rights. While the tone of bargaining has improved, Hesse said much work still needs to be done.

"We're also looking for a clause where the employer is required to treat employees with dignity and respect and to put that into writing and make that a forcible clause," Hesse said. "Also, we're going to be looking at some provisions in the collective agreement that require Aramark to act ethically in the broader sense."

The UFCW also wants Aramark to prepare a comprehensive contract offer of settlement for its employees at the U of C, meaning Aramark would propose an overall collective agreement that includes monetary and non-monetary agreements.

"We've asked for that and they've said they will do that," Hesse said.

Aramark vice-president of communications Karen Cutler said the company does not publicly discuss the specifics of their negotiations, but provided an emailed statement.

"We respect the integrity of the collective bargaining process and consider negotiations private," the statement reads. "Negotiations are continuing and we are working towards a new agreement."

The next round of negotiations will take place in early January 2017.

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STUDENT INITIATIVES »

SU rep helps students "know their rights"

Saima Asad
News Assistant

Twenty-five students attended Know Your Rights in the Students' Union council chambers in MacHall on Nov. 22. SU law representative Mark Shearer organized and led the event alongside former RCMP officer Chad Haggerty — who is now in his first year of law school at the University of Calgary — and third-year U of C law student and member of Student Legal Assistance (SLA) Nakita McFadden.

Shearer said the event was inspired by his past encounters with law enforcement.

"I got a speeding ticket [when I was younger] and paid it right away and then seven years later, I'm in law school and I learned very quickly that you don't [always] have to pay those kinds of things," he said "I've learned a lot in law school and I wanted some sort of forum where I could help give that information out to students so that it was available to them."

At the event, the three law students

talked about various legal issues that students may face including traffic violation tickets, landlord/tenant disputes and driving under the influence.

The speakers also debunked common legal myths, such as the misconception that if a peace officer misspells an offender's name on a ticket, the ticket is then void. The ticket is, in fact, still valid.

Fifth-year political science student Graham Duff was one of the event's attendees.

"The session was very informative and covered a lot of situations I've personally experienced and things my friends have experienced," Duff said. "Knowing and being comfortable dealing with officers is important so that students get fair treatment under the law and know when they have the right to say no to people in positions of authority."

Alongside the legal information provided, Shearer wanted students to leave knowing they have campus resources available to them, in reference to the U of C's student av clinic that offers free legal counsel to students.

Haskayne alumnus and former SU executive Eric Termuende talks new book and consulting

Saima Asad
News Assistant

Eric Termuende graduated from the University of Calgary's Haskayne School of Business in 2014. Shortly after graduating, he co-founded a management company called the DRYVER Group — formerly Gen Y Inc. — gave a TED talk, was featured in a *Forbes* article and most recently, published a book titled *Rethink Work: Finding and Keeping the Right Talent*.

The *Gauntlet* spoke to Termuende about his new book, his consultancy work and his post-university career.

The Gauntlet: What led to writing your book?

Termuende: Through the work that we've been doing with DRYVER, formerly Gen Y Inc., we started to find that work is something that we have to do, but we don't like to do. On Mondays, we dread getting up and dragging our feet to work. I think that we're living in a day and age where we've got so much accessibility to information — there's so many great stories out there — that ultimately we can find work that doesn't necessarily feel like it's work. Through some of the engagements that we've had and through some of our clients on the consulting side, we've found just that. There are a lot of people that really love their jobs. If we can tell the right story and find and keep the right talent, then I truly think we can rethink what it means to work and remove the negative connotations associated with it.

G: What led you to start Gen Y Inc.?

T: Truthfully, I wasn't a great student. My GPA was far lower than I would have liked it to have been.



Eric Termuende graduated from the U of C's Haskayne School of Business in 2014.

SCOTT STRASSER

As a result, while I was here at the U of C, I pursued a lot of extra-curricular activities. I was part of the clubs in Haskayne, then part of the Students' Union and then class ambassador for the university. I was involved in business case competitions and ultimately found that even though I had the ability to learn the skills that employers wanted to teach me, my GPA didn't allow those opportunities to happen. So when I applied for the dream jobs that I had at the time I didn't get them. I didn't even get the interviews. I didn't even get a call. So, I was left thinking, "what am I going to do after school?"

My cofounder at the time, Emerson Csorba from the University of Alberta, approached me after I had done a Red Bull trip with two of the SU executives here. The trip was pretty incredible. Long story short, we had to travel from England to Berlin using nothing but Red Bull as currency. We didn't

have cell phones, wallets, cash or credit cards, and we had to trade our way across the continent using only red bull as currency. So along with a few of the other initiatives I had going on, Emerson approached me with an idea and we decided to run with it. So instead of trying to maybe settle, we created our own opportunities and here we are as a result.

G: Why did you change the name from Gen Y Inc. to DRYVER Group and what other changes came alongside that?

T: With Gen Y Inc., what we were trying to do is help close the talent gap in the workplace. We're seeing now that about 37 per cent of the Western world in terms of working population is this millennial generation. Generally speaking, organizations are having a difficult time attracting and retaining these millennials. Making sure that the tenure in these positions is longer

than 18-24 months, which in some cases is the average. Recruiting and training costs are from \$25,000 – \$100,000 per person, depending on industry and sector. This is an absolutely extreme cost and so we called ourselves Gen Y Inc. because what we're trying to do is make sure that we can try and close that talent, age and communication gap in the workplace, specifically with the millennial generation.

But the work that we were doing was actually much bigger than that. It was cultural optimization, it was leadership development, it was communication, it was the attraction and retention of talent of all ages. So while millennials are still a major focus, certainly it's much bigger than that. So what we're trying to do with DRYVER is drive cultural change, drive optimization in the work place, drive happier places to work. It's just more representative of the work that we're doing.

G: You mentioned this process of cultural optimization. How do you measure culture and what kind of factors do you look for?

T: Generally speaking, a universal best culture doesn't exist. I was looking at the Fortune 100 "Top Places to Work in the United States" a couple months ago. Number one was Google and number four was Wagman's — a grocery chain similar to Safeway. What we realized is a best culture at Google is far different than a best culture at a fruit market. So, to suggest that we've got a best culture doesn't necessarily help in attracting and retaining talent, unless we know what it means to have a best culture.

With the diagnostic tool that we developed, we're asking employees within organizations how they feel about different components within their organization when it comes to culture. Everything from diversity to sustainability to branding to remote work and flexibility to communication to collaboration to integration to engagement to grit and so on and so forth.

What we're able to do is take these statements and actually put a road map in place. That's where the kicker is, because people will say "how does your work differ from an engagement survey?" The truth is that more often than not, an engagement survey will be taken and it'll sit on a shelf for 12 months and it'll collect dust, and nothing happens from it. What we're able to do is really drive where those opportunities are within an organization, put a roadmap in place, and really act on it, so that we can compare internally how to optimize a culture, instead of something that's external that we can't really compare.

Edited for brevity and clarity.

ACADEMIC »

U of C approves bioinformatics minor for Fall 2017 semester

Claudia Wong
Gauntlet News

The University of Calgary Cumming School of Medicine will offer a new minor in bioinformatics starting in Fall 2017.

The new program is a minor in one of the three existing streams in health sciences, bioinformatics, biomedical sciences and health and society. The U of C's Academic Planning and Priorities Committee (APPC) approved the program at a meeting in October.

The APPC is the final approval

authority for the creation of new U of C programs.

Bioinformatics is a term for computational approaches to biomedical issues like gene sequencing or genetic testing that use math and statistics.

The bioinformatics minor will be available to students in three areas — biological sciences, health sciences and computer sciences. Details of the program or admission requirements have yet to be publicized.

"It's an excellent opportunity to expand the knowledge base in those three areas, especially as

[bioinformatics] is a popular and upcoming area where medicine is going." Students' Union Cumming School of Medicine representative Sam Sirianni said.

Sirianni thinks that for students in the other two streams of health sciences, the minor provides an even better opportunity to gain an edge in bioinformatical knowledge and be introduced to a new field of research.

"I, as a student, definitely see it as beneficial," she said.

U of C students can already major in bioinformatics.

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DIABETES AWARENESS »

Diabetes awareness expo takes place at Foothills

Scott Strasser
News Editor

The Canadian Diabetes Association (CDA) and the Julia McFarlane Diabetes Research Centre hosted the annual Diabetes Awareness Day and Expo on Nov. 26 at the University of Calgary Foothills campus.

Now in its 14th year, the expo featured lectures and discussions related to diabetes-related research.

"The goal is to introduce [people] to the cutting-edge thinking about diabetes and inspire them to feel they can better take control of diabetes management and care," regional director of the CDA for Alberta and the Northwest Territories Scott McRae said.

The CDA's expo always takes place in November to coincide with Diabetes Awareness Month. This is because insulin — the hormone that diabetics do not produce enough of — was discovered in November 1921.

Diabetes Day is officially recognized on Nov. 14.

McRae said prior to the discovery of insulin, a diabetes diagnosis was "essentially a death sentence."

"People could diagnose it, but there was no possible way to manage it," he said. "With the introduction of insulin, it became possible for people living with diabetes to continue to manage this chronic disease and live a full, rich life."

Diabetes is a metabolic disease where the body isn't able to produce enough insulin, causing elevated glucose levels. Type 1 diabetes is when someone does not produce any insulin, while Type 2 is when someone's body cannot use insulin effectively.

Type 2 is usually onset later in



More than 300 people attended the Nov. 26 event. SCOTT STRASSER
life than Type 1.

According to the CDA, roughly 303,000 people in Alberta are diagnosed with diabetes, 600,000 have something called "pre-diabetes" and 130,000 are likely living with the disease, but are not officially diagnosed.

"This is probably the biggest health epidemic we're facing, both nationally, provincially and globally," McRae said.

The CDA claims diabetes rates have doubled in Alberta since the early 2000s. McRae said there are many reasons for the increase — especially Type 2 — including an older population, changing demographics and unhealthier lifestyles leading to a more overweight population.

"We're a more sedentary society, our food has degraded in quality, we're tending to eat more fast food and easy carbohydrates. We're getting heavier. All those factors contribute to the early onset of Type 2

diabetes," he said.

McRae says there is a misconception that the disease only affects older generations.

"That was never true, but it's becoming less and less true every single year," he said. "There are significant parts of the student population that either have Type 2 diabetes already or definitely Type 1, which onsets earlier."

One of the lecturers at the Nov. 26 expo was U of C professor David Lau, from the departments of medicine, biochemistry and molecular biology. He said the focus for this year's expo was how heart health relates to diabetes.

"We now have diabetes medication that have been shown to protect the heart," he said. "In addition, we also highlighted the importance of healthy eating and in particular, encouraging people with diabetes to eat more 'pulses'."

More than 300 people attended the expo.

FAITH AND SPIRITUALITY »



JUSTIN QUAINANCE

Faith and Spirituality Centre hosts Shabbat

Scott Strasser
News Editor

On Nov. 25, the University of Calgary's Faith and Spirituality Centre hosted its first formal Shabbat observance.

Shabbat is a weekly Jewish ritual that takes place on Fridays, no later than 18 minutes before sundown. The observance marks the beginning of the seventh day of the Jewish week — the Sabbath — which, according to scripture, is a day of rest.

"It comes from Genesis. It's that God worked for six days and on the seventh day, he rested. So for Shabbat, you work for six days and then you rest," said Faith and Spirituality Centre program outreach coordinator Jessica Burke, who led the observance.

A dozen people attended the event, most of whom were non-Jewish U of C students interested in learning about Shabbat.

Burke is Jewish and explained to the group how the ritual involves lighting two candles, reciting a blessing of Kiddush, drinking a cup of wine poured from a goblet and eating homemade bread.

Burke lit the candles at 4:16 p.m., before reciting the blessings.

"It has to be 18 minutes before

sundown, lest you forget and not do it by sundown," Burke said. "In Judaism, our days actually start at night."

The reason for Shabbat, explained Burke, is to refrain from labour and reflect on the spiritual side of life. But she said how strictly someone adheres to Shabbat depends on the individual.

"Technically, you're not supposed to work on Shabbat, but it depends on what strain of Judaism you are — if you're Orthodox or Reform, Reconstructionist or Conservative," Burke said. "So, what someone considers working is subjective."

Other than not working, restrictions on Shabbat include not sowing land, not mending anything and not lighting fire.

Following the blessings, Jews typically eat a large meal with family members.

"At my house I make different things — dumplings, stew, dessert. It's like a full Thanksgiving meal pretty much every week," Burke said. "It's really fun. I'm the happiest when I have a table full of people."

The Faith and Spirituality Centre will host a second Shabbat observance on Dec. 2 and a third on Dec. 9. The observances will continue in the new year.

This Week in MacHall

Monday, Dec. 5

Cinemanía in the Den: Masterminds

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: Masterminds.

Friday, Dec. 9

Frostbite Registration Deadline

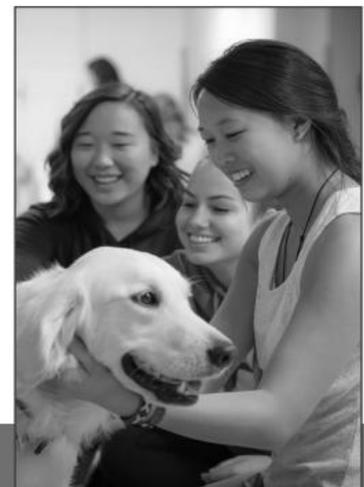
Register your team to compete in the U of C's official winter games, Jan. 23 - 27, 2017. Indoor and outdoor challenges get you points toward some serious prizes. www.su.ucalgary.ca/frostbite

Monday through Friday

StressLess Week

We know that the end of the semester is crunch time and you're no doubt pulling all nighters and spending every spare moment studying in the TFDL. So we have a week full of stress relieving and fun activities in MSC to give you a little break before you get back at it. Check out free Yoga in the Space, nap rooms, art therapy, destruction therapy, pet therapy, and a carnival.

Full schedule of events available online at www.su.ucalgary.ca/stressless



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

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

short form

Would you seek professional help for mental health?



"I never have before, but maybe I would."

– Yukina Otani,
fourth-year English



"Yes, professionals are trained to help."

– Zachary Frena,
third-year engineering



"Yes, having someone to listen to you is important."

– Elliot Reichardt,
fourth-year health sciences



"No, I think I already have a good support system."

– Bethel Afework,
second-year science and arts

Photos: Justin Quaintance
Interviews: Jake Robinson

EDITORIAL »

Student mental health survey results can have silver lining

With the never-ending responsibilities of university, many students will struggle with mental health throughout the course of their degree. An extensive workload of studying and exams alongside balancing work and a social life outside of school means that most students suffer from some combination of stress and exhaustion. In some cases, these stressors can result in students facing more serious mental health ailments like depression or anxiety.

The results of the 2016 National College Health Assessment (NCHA) confirm a lot of what we already know about students: many of us are stressed out, anxious and have difficulty sleeping.

Of the students surveyed at the University of Calgary, 40.4 per cent reported that stress greatly impacted their academic performance, with anxiety rates ringing in at 31.4 per cent and difficulties sleeping at 28.3 per cent.

The most alarming statistic from this year's NCHA survey was that 13.1 per cent of students who completed the survey had seriously considered committing suicide in the past 12 months. This percentage is up from the 8.4 per cent reported in the 2013 survey, with a slightly higher response among women at 8.6 per cent than men at 7.6 per cent.

In the 2016 survey, 65 per cent of students reported feeling lonely, 90 per cent reported feeling overwhelmed and 57 per cent reported feeling hopeless.

The statistics are troubling. Despite all efforts to emphasize the importance of mental health among students, many are still struggling.



SAMANTHA LUCY

But there is a small silver lining to these statistics. An increase in self-reporting of mental health struggles among students might have occurred due to efforts to combat mental health — not despite it.

The creation of a strategic framework for the Students' Union Wellness Centre and the University's new Campus Mental Health Strategy may actually be doing the work they set out to achieve. It's possible that due to efforts to reduce the stigma surrounding mental health, more students now feel more comfortable self-reporting their struggles or speaking out about them.

The stigmatization of mental health discourages those suffering from mental health illnesses to speak out or seek help. But plenty of figures throughout fiction and his-

tory have wrestled with depression — from Romeo's bout of 'melancholia' in the opening act of *Romeo and Juliet*, to Abraham Lincoln's contemplation of suicide and Sigmund Freud's own battles with periodic depression, fatigue and apathy. In 2016, with a better understanding of the chemistry of our brains and how they work, combined with an arsenal of psychological approaches to treat mental disorders, physicians and psychologists are better prepared than ever before to help those in need.

But medical advances aren't helpful in treating mental health if they aren't utilized. First, addressing the social stigma that plagues sufferers of depression, anxiety or trauma when trying to come forward is essential. If we can't convince others that speaking out about mental health can hap-

pen in a safe, compassionate and understanding environment, we aren't moving any closer to providing the kind of care that those facing mental health challenges need.

Among students specifically, depression and anxiety rates are higher due to the unique environment of academia. The approach of the U of C and the SU has been to destigmatize mental health and encourage students to come forward and get help if they are struggling. And while stigma reduction can often be seen as a buzzword that creates little tangible change, the ripples of this approach are visible in this year's NCHA results.

But above all, this year's survey results show we have more work to do. The increase in mental health awareness and the creation of the university's Campus Mental Health Strategy in December 2015 highlight the importance of mental health support among students, but many still struggle.

While encouraging mental health awareness and reducing the stigma is the kind of work that will likely never be done, for now it's good to know that there is a strategic framework in place to help improve the health and well being of students — one that's showing potential.

Ultimately, 90 per cent of students feeling lonely is unsettling. If you are feeling anxious, depressed or hopeless, know that you are not alone. The SU Wellness Centre offers free counselling for all students and the Distress Centre offers 24-hour Suicide Prevention Hotline. Help is out there. Make the call.

Emilie Medland-Marchen
Gauntlet Editorial Board

GENERATION SEX »

Hook up or settle down — it's your choice

Lady Marmalade
Gauntlet Columnist

Relationships in your 20s are strange. There are people who love the single life that university allows — countless sexual and romantic encounters that are more or less meaningless — and there are people who go from one serious relationship to the next.

University is typically presented as a time of complete sexual freedom, with lots of opportunities to hook-up at parties, fuck your friends or even engage in a one-night stand every night of your

undergraduate degree if you want.

But long-term relationships in university are also equally common. It's easy to fall in love in an environment of intellectual stimulation and social exploration. Long-term relationships can feel strange in a time of such freedom. On one hand, being in a relationship with someone you care about for the long-term is a lovely situation, but there is always a fear of missing out. What if you'll regret not spending this period of growth doing some exploring, both sexually and emotionally?

Sex in a long-term relationship

is tricky as well. The beginning of a new relationship can mean the beginning of passionate sexual exploration with a new partner. But after a while, this can die out. We all get busy and we all get tired. It's a sad day when the discussion of "spicing things up" takes place. While I am a firm believer that sex can always be "spiced up," it is difficult to admit in a relationship that the thing you both used to be the best at is something you're now falling behind in.

Love is tricky and sex is even trickier. There is no shame in being afraid of doing the right thing, and there is no way of looking into the future

That's So Raven-style and knowing what the right thing to do is.

The only thing you can do is follow your heart. Don't be afraid to go into the world and make love to as many people as you want. Or if you want to be in love, be in love. Do both if you want.

It's important to be confident in your decisions and embrace a time where you're expected to do stupid things and have way too much sex, but you also don't need to be ashamed for wanting to be monogamous. Love yourself first, take your time and feel it out — you'll be okay.

HOLIDAYS »

No happy holidays: in defence of Christmas

Jill Girgulis
Gauntlet Opinions

When you think of December, what comes to mind? Ask any university student and they'll say exams. But beyond that, I'm willing to bet most people will think of the holidays — more specifically, Christmas. Christmas is so ingrained in our consciousness that we don't bat an eye when store shelves are stocked with Christmas decorations at the end of October. There's not a single other holiday that is acknowledged so far in advance as Christmas. The second the clock strikes midnight on Halloween night, Christmas carols fill our ears and peppermint mochas fill our travel mugs. There is no denying it — Christmas is a pretty big deal.

But not everyone shares this sentiment. In the past few years, I've noticed that the actual word Christmas is not used as much. It seems like everywhere I look, there's a big sign wishing everyone "Happy Holidays" or a flyer advertising the local elementary school's "winter production." What



Christmas decorations are seen around stores as early as the end of October.

JUSTIN QUAINANCE

happened to "Merry Christmas" and schools putting on Christmas concerts?

This trend is evidence of people becoming too accommodating. I know there are lots of different holidays from different religions happening at this time of year, as well as people who opt to not celebrate

anything in particular in December.

There's no problem with diversity. But when people are so concerned with not stepping on anyone's toes by accidentally offending them, it becomes almost impossible to know what's acceptable anymore.

We get so hung up on not making anyone feel excluded that we muddy

the holiday season with our political correctness. So what if three kids in your grade three class are Jewish and don't celebrate Christmas? They'd probably still love to get a present in the Secret Santa gift exchange and eat frosted cookies at the class Christmas party. And just because not everyone unfortunate

enough to have to spend December in hospital doesn't mean they wouldn't enjoy the sight of twinkling Christmas lights up and down the hallways.

Most people's favourite parts of Christmas have nothing to do with the story of Jesus. I love taking the time to scour Chapters for just the right book for a friend or watching cheesy Hallmark Christmas specials every night in December. Decorating gingerbread houses, putting up Christmas ornaments and driving around to look at Christmas lights aren't activities that have much to do with Catholicism — they're just fun and encourage a sense of community and bring people together. And what's wrong with that?

The principles of the holiday season are all the same — family and friends come together during the holidays for a few moments of peace and fun and cheerfulness. Instead of worrying about offending each other at this time of year, we should all just focus on the festive, happy elements of the season that make this month great. The more the merrier, I say.

SOCIAL ISSUES »

Women's bodies don't belong in advertising

Jesse Stilwell
Gauntlet Opinions

Everyone knows that sex sells. For a long time, that has meant sexualized portrayals of thin white women. Women's bodies are objectified in countless marketing campaigns to generate massive profits.

But people have been calling out these corporations for objectifying women and this has pushed companies to change their marketing to appeal to diverse consumers, without losing the sex appeal.

In response, some companies have started using the body positivity movement to market their products. Advertising campaigns such as Dove's Campaign for Real Beauty and Aerie's #AerieREAL have used plus-sized and racially diverse models to lure more customers. At the Glamour Women of the Year Summit, plus-sized supermodel Ashley Graham promoted the Mattel Barbie Doll created in her image — a doll whose thighs touch, unlike any of their previous toys. People are labelling this a positive step in the right direction for women and an achievement for feminism. But this is simply not true.

Corporations can now sexualize

even more women for even more profit without the risk of being criticized for discrimination. This marketing perpetuates the idea that a woman's most valuable asset is her looks and that companies that celebrate the diversity of how women should be rewarded with our money more than those who only promote traditional ideas of sex appeal.

Of course, displaying women in advertisements tells us nothing about the quality of products. A model's dress size has nothing to do with a product's ability to satisfy the customer.

To combat this, companies must create marketing that demonstrates their products are high quality. They do not have to be body positive at all. They can just be "conscientious consumers making wise choices positive." Corporations don't have to mention women's bodies at all and certainly don't have to centre their entire advertising campaigns around them in order to make a profit.

As university students, we need to look critically at the media around us and the endless barrage of advertisements we are exposed to every day.

Letting go of the idea that sex sells is one step closer to equality for women regardless of diversity.

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BOW VALLEY
COLLEGE

How to be a good ally: don't let your voice ring louder than the ones you support

Melanie Woods
Editor-in-Chief

Along with any discussion of social justice movements comes the debate over how involved allies should be. When fighting for LGBTQ rights, how much should straight and cisgender people be involved? When protesting racism, what role do white people play? And when discussing sexism, where is there room for men?

The University of Calgary Students' Union Q Centre hosted a "How to be a good ally" panel on Nov. 30. The discussion centred around ways that straight and cisgender people can support their LGBTQ friends.

Allies usually mean well. They want to help social justice movements make progress. They want to stand up for marriage equality, Black Lives Matter or break down systemic sexism. But there is a fine line between being a good ally and drowning out the voices that really need to be heard.

An oft-cited example comes from the appropriation of the "A" in the extended LGBTQIA acronym. It means asexual/aromantic. But some people interpret it to mean "ally"



The Students' Union Q Centre recently hosted a workshop on how to be a good ally. PRINCE AFRIM

It doesn't mean that and it shouldn't. There is no history of exclusion, lack of visibility, oppression or danger related to being an ally. LGBTQ people have fought to be able to identify by those words. We have fought for ownership and pride over terms to name ourselves. Roping "ally" in there negates the work our LGBTQ predecessors had to do to even be allowed to have these words to describe ourselves.

The fine line between allyship and appropriation isn't just related to the LGBTQ community.

In a Nov. 22 piece, *Calgary Herald* columnist Don Braid wrote about former Progressive Conservative party leadership candidate Sandra Jansen and the harassment she faced. While the sentiment was well-intentioned — abuse of female politicians is a recurring issue in Alberta politics — Braid's final line is troubling.

"The wider society has to fight back. And men must be on the front lines."

Braid is right. We do need to fight against sexism in politics. No one should argue with that. But Braid's

final comment represents the fundamental problem with saviour allyship, the idea that ally groups feel a responsibility to stand up for — and figuratively in front of — an oppressed group.

Support from allied groups is important. And if social justice movements want to accomplish anything, they often need the support.

But men are the not on the front lines. Men are not ones having sexist slurs thrown at them every time they open Twitter. Men are not the ones

being told to stay in the kitchen or called a "lying bitch."

Suggesting men be on the front lines implies that the work marginalized groups are doing isn't good enough. Men should not be on the front lines of discussions about sexism in politics just the same way that straight allies should not be on the front lines of discussions about LGBTQ issues or white people should not be on the front lines of discussions about Black Lives Matter.

Keeping with Braid's metaphor, men should be in the reserves. Women are on the front lines of the battle against sexism in politics. In this case, women like Jansen and premier Notley are the ones facing heavy artillery fire, just as LGBTQ folks are the ones facing generations of trauma, not straight and cisgender allies.

A good rule of thumb when you're supporting a marginalized group is to speak up, but never let your voice ring out louder than those who are oppressed.

If you want to be a good ally, pause and critically examine your role in the issue at hand. You should not be on the front lines, but you can still help in other ways.

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

Visit scpa.ucalgary.ca to find out more about special pricing for UCalgary students and employees.



Six Characters in Search of an Author

Pirandello, one of the twentieth century's signature theatrical innovators, interrogates the nature of illusion and reality in this groundbreaking and prophetic work. In this vital and contemporary interpretation of the classic play, the theatre's "sacred" fourth wall is broken when "six characters" appear at a rehearsal and plead for the chance to tell their stories.

December 2 - 10 at the Reeve Theatre



French Connection

Meghan Behiel and Linus Weber performing works by Rameau, Berio, Beethoven and Debussy, this friends & alumni duo plays an Hommage to French Music and its influence throughout Europe, including familiar and lesser known works.

December 10 at 8 p.m., Eckhardt-Gramatté Hall

ENTERTAINMENT

Editor: Rachel Woodward
entertainment@thegauntlet.ca
@GauntletUofC

LOCAL THEATRE »

Naughty... but Nice! review highlights the adult side of the holiday season

Gurman Sahota
Entertainment Assistant

Moving away from the tradition of the baby, manger and nativity scene, Lunchbox Theatre will host Forte Musical Theatre's review-style show *Naughty... but Nice!* for its third year. Filled with new seasonal songs punctuated by the stresses of the holidays, *Naughty... but Nice!* provides a somewhat cynical take on the Christmas season.

Forte Musical Theatre director Joe Slabe says the show is a fresh take, with half of the songs new and half of the cast even newer. Submissions of works came from across the country, some even arriving from overseas. The themes of the show vary from light-hearted to more traditional sentiments of the season.

"In some cases, we look back at submissions that we really like over the past two years but that one reason or another didn't fit into the show and a couple of those songs we've included this year," Slabe says. "Sometimes they were just too similar to songs we already had in or they expressed a similar sentiment to a song we



The show will bring adult themes to the Christmas season this year.

had in — so as we retire material, we're able to bring some new songs as well."

Cheeky new songs and works from previous performances highlight *Naughty... but Nice!*, allowing audiences who have seen the show before to still have fun.

"There's some songs that they'll recognize and they'll have fun with. We have a song called Brendan the Brown-Nosed Reindeer about the biggest suck-up in the North Pole and he's come back

this year. We have a song called Bailey's for Breakfast, which is about making it through Christmas Day by giving yourself a little shot in the morning and this guy takes it to a bit of an extreme over the course of the holiday," Slabe says. "But then we have new stuff. I'm really excited about another number about a guy who is really into Christmas decorating."

The show retired the song "Santa's My Daddy" this year, replacing it with "Waiting Up for Santa" — a

playful song with plenty of double entendres for the season.

"It's very Marilyn Monroe — Santa's booty call at the end of a long night of delivering presents so then Santa gets a present," Slabe says.

Audiences have shaped the show over the past three years. Standard holiday songs like "Baby it's Cold Outside" have been performed, but Slabe says original works garnered more attention.

He says audiences have responded positively to the new material.

"They really liked new numbers, so that's definitely the direction we've gone in because it's new and they haven't heard it before and it's really fresh," he says.

Calgary culture is reflected in the show through local references. With universal themes of the holiday season sprinkled throughout, submissions were altered to make songs and dialogue more cowtown-local.

Slabe says the show — though naughty — still hopes to be nice for audiences.

"I hope that they laugh at some stresses that we put ourselves under during the holidays, but I think they're going to come away with a sense that it's worth it," he says "It's worth it in that it allows us time to be with family and friends and celebrate that's good about the season."

The show will run from Dec. 6-18, with pay-what-you-can showing on each Tuesday of its run and student pricing available other days.

For more information, visit
fortemusicaltheatre.com

LOCAL ART »

Deck the Walls with art for sale at Newzones

Hayden McBennett
Gauntlet Entertainment

With the holiday season fast approaching, the Newzones Gallery of Contemporary Art is bringing back the beloved Calgary tradition of *Deck the Walls*, a culmination of art that will cover the walls.

This season's installment will include returning favourites and exciting fresh faces in a gathering of styles presented on a single wall.

Deck the Walls aims to showcase a variety of contrasting art styles and mediums in an idiosyncratic yet harmonic way. The salon-style exhibition of art will be a treat for those looking to find the perfect gift for an art-lover this holiday. Newzones will fill the wall from top to bottom with as much art as they can fit.

"It's two-fold. It's a way to look at

smaller works, people usually expect to see bigger pieces at our gallery and it's also a nice way to show people how to do a gallery type installation that's a bunch of different things," Newzones director Tamar Zenith says. "Usually people think 'this has to work with this or that has to match that,' but it shows that if you're buying pieces you love, it all works together."

Newzones expects to see approximately 200 guests on opening night, Thursday Dec. 1. With a rotating roster of pieces, the exhibit remains fluid.

"We install the first way and then usually there are different pieces by the same artist so we can replace other works, but with artwork you want to get your favourite piece," Zenith says. "It's how the piece speaks to you and how you identify it towards others."

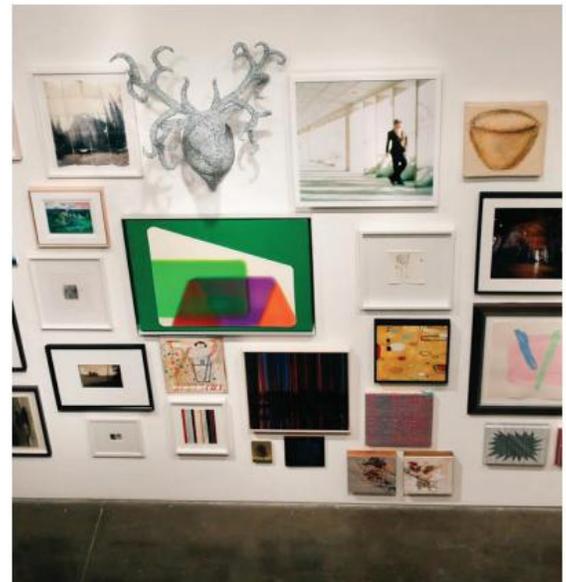
Works range in price from \$275

to \$20,000 to fit every holiday shopping budget.

New artists such as Emily Filler, Kristopher Dean and Mark Birksted will bring fresh offerings of study sketches, abstract and pottery, respectively. Colleen Philippy and Bradley Harms return as Newzones heavyweights, having presented pieces in *Deck the Walls* since close to its conception in 2010. Cathy Daly, a fan favourite and Canadian staple, will return with her delicate approach to the female form using a black and white styling.

Deck the Walls' opening reception will be held on Thursday Dec. 1 from 5:30 p.m. - 7:30 p.m. at Newzones. The exhibition will run until Jan. 14 and is all ages.

For more information visit
newzones.com



The show will feature a single wall packed with art.

COURTESY NEWZONES

ON CAMPUS »

Pop Up to sell student art for a good cause

Rachel Woodward
Entertainment Editor

On Dec. 2 from 9:00 a.m. – 5:00 p.m., That Empty Space will host the first annual U of C For She Pop Up Art Sale.

The event, organized by art student Anbareen Abeer and computer science student Yen Po Wen aims to bring art students to a more central spot on campus.

"The Arts Parkade is in the corner, it would be nice to bring the arts into the main building of MacHall," Abeer says. "[We want to] connect art students to the community."

Wen has been a member of the

U of C For She club on campus for two years. Ten per cent of the proceeds from art sold at the event will go directly to Because I'm A Girl, a worldwide initiative that works to bring education to young women in less-developed countries around the world. The remaining funds will go directly to the artist.

"A lot of art students end up throwing their artwork out, so we were thinking we might as well sell. Ten per cent is going to a [good] cause and the rest goes to the artist so they are making money instead of just throwing out their artwork," Abeer says.

The team will accept submissions for the sale through Face-

book until Dec. 1. They have received over 100 submissions so far and hope for more by the time the event begins.

Though artists will determine the selling price of their artwork, Wen and Abeer hope prices remain under \$20 to still be accessible for students to purchase.

Wen and Abeer hope in the future this event will take place twice a semester, but will wait to see the outcome before moving forward.

The U of C For She Pop Up Art Sale will take place in That Empty Space on Dec. 2 from 9:00 a.m. – 4:00 p.m. Submissions will be received until Dec. 1 through their Facebook page.

NEW MUSIC »



Emeli Sandé
Long Live the Angels
November 11, 2016 (Virgin Records)

Coming nearly five years after the release of her wildly successful debut album, *Our Version of Events*, Emeli Sandé's second studio album, *Long Live the Angels*, presents a compelling collection of tracks showcasing the Scottish singer's striking talent. In contrast to Sandé's debut album, which perhaps held a few more flourishes than necessary, *Long*

Live the Angels toys with simplicity, aligning songs that are deliberately toned back alongside the singer's signature power ballads.

Sandé provides ample warning of the exploratory nature of the album with the opening track, "Selah." The track plays with an infectious mosaic of trickling water, high vocal tones and ambient sounds, all injecting new elements into the singer's typical sound.

The following track, "Breathing Underwater," juxtaposes the simplicity of "Selah." "Breathing Underwater" reintroduces the boisterous yet radio-friendly melodies Sandé is known for, boosting the singer's vocals further with the presence of a backing gospel choir.

The lung-bursting melodies that characterize Sandé's last album are offset with moments of restraint through interjected tracks that are purposefully stripped back, exposed and vul-

nerable. The interplay between commanding, anthemic hooks — like in "Sweet Architect" and "Highs & Lows" — and tender intimacies like "Right Now" creates a compelling juxtaposition. However, certain tracks, like "Lonely" or "Every Single Little Piece," are pleasant without ever being impactful.

More rugged than her first album, *Long Live the Angels* is ultimately more rewarding. Sandé interjects delicacy, volume and clever rhythmic nuances whenever they are needed to develop and improve upon the sound she is known for.

Although her second album is more scaled back, Sandé's usual soul belters are not entirely absent. *Long Live the Angels* brings together the best of the singer's debut album with new and improved elements that are bound to please fans both old and new.

Julie Park



The Weeknd
Starboy
November 25, 2016 (XO Records)

Starboy may be the Weeknd's best work yet. Abel Tesfaye has released an eclectic mix of songs that takes this third album from his sterner R&B niche and moves towards dance and electronic music. There isn't a dull moment and the tempo of the entire work ebbs and flows in one

cohesive piece.

The album starts with three well-recognized singles that hit a more electronic vibe — "Starboy," "Party Monster" and "False Alarm" — before the album changes tone with "Reminder."

A softer, smoother tune, "Reminder" highlights the Weeknd's efficiency in bouncing back and forth from chart toppers to more refined songs that demand the listener's attention. The album is punctuated by softer songs, jumping from the sombre tones of "Reminder" to a more upbeat tempo of other points in the work.

It is difficult to pinpoint exactly where the Weeknd does his best work in *Starboy*, but it is a welcome difficulty — the album does not fall flat in any particular song. The collection of electronic music combined with with alternative R&B works very well in his favour.

The lengthy album features 18

songs and includes a handful of seemingly contradictory artist collaborations, from Lana Del Rey to Kendrick Lamar and Future. Daft Punk collaborates twice on the record for both the opening and final songs which helps listeners enjoy the piece as one entity.

There is something to be said about "Love to Lay" a song reminiscent of the "Dirty Diana" — era of Michael Jackson, but with a more contemporary upbringing. It is an unexpected hit of subtle nostalgia.

With each of the 18 tracks carefully crafted, it isn't unreasonable to claim that this is the Weeknd's best work to date. It may also be one of the best albums released this year. If you've hit your quota of holiday music and need something to bring you out of your jingle bell coma, *Starboy* will go to infinity and beyond.

Gurman Sahota

CAMPUS STYLE »



JUSTIN QUAINANCE

This casual look from first-year political science student Emma Hopper is a certified trend blend from year's past. Emma pairs hints of vintage flair with a Banana Republic camel duster. The gentle clashing of patterns provides a lot of texture to this outfit and gives it a unique twist. When asked about her eclectic outfit, Emma said she wanted to try something different — and with the pairing of a plaid scarf, white cable knit sweater and a hat straight from the '90s, Emma's own vision shines through.

Emilie Medland-Marchen



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Remember, Santa always
checks twice!

LOCAL SPOTLIGHT »

Penny Fortune makes music out of “bro-ship”

Nikayla Goddard
Gauntlet Entertainment

Relatively new to the Calgary music scene, Penny Fortune has gained momentum as a fresh face in the industry. The band is a unique mix of what the duo describes as “a contrast of R&B music with guitar and rap,” according to Myles Olsen, who contributes guitar and vocals alongside Jeremy Braynen, who heads keyboard and rap vocals.

“I think we’re super different, so [it’s] hard to put any of our albums into a genre,” Olsen says. “Our live show is even more unique, keeping it true to the song and the art of music.”

Penny Fortune began as a casual “bro-ship” when the pair met at Mount Royal University — then Mount Royal College — ten years ago. They wound up in Lethbridge to finish their teaching degrees, where the idea of forming a band began when they started casually playing guitar and rapping at a party. Olsen and Braynen both had musical experience before, but decided to take it to the next level and form an official band. Their first paid gig was volunteering to play at a fundraiser for the local surf club. The performance was packed, and the duo walked away with some unexpected cash.

The typically slow transition from



These local teachers just happen to play local gigs. COURTESY PENNY FORTUNE
basement jamming to club gigs didn't apply to Penny Fortune and they were quickly set up for several openings, act after act.

After moving back to Calgary, Braynen and Olsen started fresh, re-networking and inching their way into the music scene in the city.

“We’re always writing,” Olsen says. “We’ve probably got seventy songs — I don’t even think that’s crazy because that’s how many we’ve written or produced and recorded. We’ve got out two pressed albums, one of them on iTunes from 2013.”

Their newest album, *Loose and Colourful*, was released on Nov. 5 following their last string of shows. Since then, a calm has settled with less rehearsals and less of a push for an album deadline.

Despite the hectic rehearsal nights, both wholeheartedly agree that live music is a passion.

“We love performing, and that’s

something the album can’t capture. I think we’re both weird-ass dudes that love performing and are no more comfortable anywhere in the world than on stage,” Olsen says.

Future plans for Penny Fortune include heading back to the drawing board to work on evolving their sound and taking a break from shows to focus on their jobs as teachers — for Olsen, high school English, and for Braynen, junior high gym and humanities. As for their rockstar status, Olsen said the enthusiasm of their students is fantastic, especially from Braynen’s students, who he says enjoy pointing out in the comments on his videos that they are his students.

“When I taught grade six they were convinced that I was like a superstar, like I was a celebrity. And I’m like, ‘you guys know that all my views on YouTube are my mom, right?’”

LOCAL THEATRE »



COURTESY CUM VINO CANTUS

Oh come and drink wine with Cum Vino Cantus

Gurman Sahota
Entertainment Assistant

With Christmas nearly upon us, Cum Vino Cantus will host their annual Christmas concert. *A Cum Vino Cantus Christmas* on Dec. 4. Cum Vino Cantus is a Calgary-based choir that performs for an hour, drinks a glass of wine, the performs for another hour.

Artistic director Jean-Louis Bleau says the tongue-in-cheek choir strives to provide new twists to old classics in addition to performances by musicians in the city such as Neil Cockburn, the Calgary Philharmonic’s organist.

“There will be a mix of music, kind of a twisted interpretation of ‘Jingle Bells’ and a take on ‘Mary Had a Little Lamb,’” Bleau says. “The performance is also going to feature Neil Cockburn, CPO’s organist [who is] going to perform the *Vito Encarga Fugue* with a festive ‘Hallelujah’ which is a rather unique combination.”

Keeping in mind the seasonal audience pull towards traditional choral productions this time of year, Bleau works to keep the show fresh.

“The majority has to do with stuff I think will be interesting for the audience and creating variety of pieces and a mix of music so that it is entertaining,” Bleau says.

Bleau says the aim of each performance is to produce cheers, laughter and chills.

“I wouldn’t want it all to be one type of music which is why we have a mix of some serious repertoire together with some stuff that will make people laugh,” Bleau says.

Sticking with Cum Vino Cantus’ mantra of pushing the boundaries of traditional choral performance, Bleau says there is a sense of enjoyment when it comes to modifying traditional pieces.

“It’s fun to take the traditional pieces that you hear and turn them on their ear which is what Cum Vino Cantus tries to do. [The performance] also [pulls] in repertoire that is amazing and beautiful to listen to and that fits with the Christmas festivities,” Bleau says.

Although Cum Vino Cantus’ holiday production doesn’t come with many surprises, in an effort to remain new and exciting for audiences, the real challenges lie in finding interesting pieces to perform.

“Just coming across repertoire that I really want to do and then trying to find resources to be able to do it,” Bleau says.

With a complex and varied repertoire, Bleau finds new material the choir learns the most rewarding.

“Because of some of the layers and how the harmonic textures of the pieces work, it’s always the most fun and exciting part about rehearsal,” he says.

Not only has the membership of the group grown since Bleau became artistic director, the age range of the group has also shifted from originally a younger choir to a more mature one.

“The interesting repertoire that we do is kind of attracting the attention of other choral singers, so we have a number of people who have joined and now we have a mixed bag of ages and different backgrounds from what the choir used to be,” he says.

The audience plays a big role in how the choir turns flat pieces into chill-inducing performances, as both the singers and the audience symbiotically work off each other. It’s the motivating goal for Bleau, to continue to have interaction of audience reaction with performance.

“Some of the highlight moments start with the choir realizing that you start to feel the audience’s energy come into [the performance] and everything kind of snowballs from there,” he says. “The experience of the performance magnifies and those chill bumps that other people are feeling is kind of the goal [of the performance.]”

A Cum Vino Cantus Christmas will take place at the Cathedral Church of the Redeemer on Dec. 4 at 7:00 p.m. Tickets are available online.

Find more information and tickets at vertigotheatre.com



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Half Moon Run kicks off first Canadian tour

Gurman Sahota
Entertainment Assistant

Half Moon Run is an indie-rock band beginning their first full Canadian tour after forming in Montreal in 2010. Following the release of their second album, *Dark Eyes*, and a year of touring other locations, Half Moon Run will play in Calgary on Dec. 13. The *Gauntlet* spoke with vocalist and instrumentalist Connor Molander to talk about the band and their upcoming tour.

The Gauntlet: How did Half Moon Run form?

Connor Molander: In 2010 we moved from other parts of the country to Montreal because we were young and wanted to play music. We were just on the lookout for projects to get involved with and we found each other through mutual friends. When the core group was eventually in the same room in 2010, it became clear to all of us that we would basically change the direction of the rest of our lives to facilitate this band working because we thought it showed a lot of promise. It took another year or so for the record to be put together and then things just continued from there.

G: How do you compare this tour to tours of the past?

M: This is our first tour of Canada since the second record came out that is of a proper size. When the record first came out, we decided to play smaller, more intimate venues at that time. So this tour is a proper, full-production "we're gonna pull out all the stops" kind of tour.

G: Why did you choose to do it now?

M: We made a whole plan about exactly where we wanted to go and what time. There's a lot of places that we go — Europe and America and even Australia. This is just how the scheduling worked out. We started by playing more intimate-sized venues and then we decided to do a big one. So the time has come for us to do a big one.



The group will make an appearance in MacHall as a part of their Canadian tour.

COURTESY YANI CLARKE

G: Have you noticed any reception for the new works?

M: It's been great, we've played all kinds of festivals this summer and when we did the first record, it [was] a challenge at times to stretch just one album's worth of material over the course of a long show. [It's] more fun now to plan out the set list because we've got more to work with.

G: You've toured the United States and Europe and are now touring Canada, do you find any difference?

M: Historically there's differences [and it] depends on any number of things — the room we're playing in, how we're feeling, all these things. Canada tends to be one the places people know us the best and so that's always nice, the level of familiarity. [You] try to keep the same mindset every night that you're going to give your best show and that people hopefully respond and try to be a little zen about it.

G: Do you have any expectations of this album and the tour in general?

M: Since the second record came out, it's been a year so we've been touring this longer set for a year now. We just haven't done the full-sized Canadian tour yet, [but] I kind of

have a sense of how the show goes, what the high points and what the quiet points are. It's fairly well-refined at this point. There's a few extra production tools that we're bringing in — a few other surprises and a really great opening band. I think the show that we're touring is the strongest show we've ever brought on tour which is nice.

G: Being a Canadian band, do you have to prove yourself a little more? Do you feel like the music scene in Canada is still in its growth period?

M: The music scene in Montreal is pretty world-wide, pretty well renowned and a lot of great bands are coming out of Montreal. People from other places move here because it's such a great music scene. As far as any city right now in the world, I think Montreal compares anywhere in terms of great music coming out including New York and Los Angeles or whatever. So I wouldn't agree that Canada has an underdeveloped music scene because I think it has a world class music scene. If anything we're trying to live up to that.

G: Is the writing process collaborative or more of a singular act?

M: It's collaborative. Everyone sits

around at home and fiddles with their instruments and comes up with their parts. You do what you can to develop your skillset. But really, the bulk of the work gets done when you meet up at the jam space and spend hours, days, weeks and months just negotiating song forms and figuring it all out.

G: Do you have a preference when it comes to venue size — smaller or larger?

M: A good show's a good show. The best shows I've played have been in tiny little places that don't necessarily have full production or anything. It's because the vibe is so good. Sometimes you play in a big place and it can be empty emotionally. I've had good and bad shows in every set of circumstances. This tour, the venues that we chose all are acoustically very good. It'll be in an environment where some of the intricate parts of the music that don't always come across in other situations are going to be able to come through. I hope that embellishes the experience for people.

G: How has Half Moon Run changed from the beginning of the band to now?

M: When I got into the band I was 19. My life has changed in ways I can

go on [about] forever. It's hard to even quantify all the ways. Just as people in that amount of time, things change, people change. Your notion of success changes, your musical taste changes, everything. We're more confident instrumentalists, we have a more balanced outlook on what we're after now. It's kind of a strange time to be alive in the world right now. I'm looking forward to the next stage of creative and musical output and I hope we can address those sorts of things through music and through musical ideas we put together because that's our job, that's our specialty.

G: Do you find that you garner a lot of inspiration from current events and what's happening around you? Or are you more emotionally driven with your lyrics?

M: Yeah, I think both. In terms of current events and basically stuff other than completely personal stuff, it is affecting. When you go to write or when you go to play your instruments, I think your emotional energy is laden with whatever is on your mind. So it's variously personal stuff or bigger issues. I think to some extent it all comes through. Whether or not the subject matter of the song is one thing or another, it's all there somewhere.

G: How do you find playing university campuses? Is there a difference between here and other venues?

M: It's not like the real world, it's a different way of life. People are usually very drunk, but also very enthusiastic, optimistic and full of energy and those are all great things. Often, it can be a lot of fun.

G: What's next for the band after the tour?

M: After this tour, a little Christmas break. Then flying to Australia and then in the new year we have a bit more touring in Quebec, our home province. Then after that, we'll keep on being creative. We're just being a band.

.....
Edited for brevity and clarity.

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Q&A »



JUSTIN QUAINANCE

Undergraduate researcher looks at bullying in amateur sports

Emilie Medland-Marchen
Sports Editor

Many adults have had negative experiences from their past that impact their participation in sports. These traumatic experiences often involve instances of bullying or verbal abuse from coaches in a competitive environment.

Lauren Stefaniuk is a third-year undergraduate researcher studying the negative effects of bullying in sport. Under the direction of University of Calgary Kinesiology professor Dr. William Bridel — who specializes in gender in sport culture — Stefaniuk's findings in analyzing amateur Canadian sport organizations and their bullying guidelines highlight the negative impact of bullying on the health and well-being of everyone involved. *The Gauntlet* sat down with Stefaniuk to discuss her research.

The Gauntlet: What led you to getting involved in this kind of research?

Lauren Stefaniuk: I was in Dr. Bridel's class — he teaches socio-cultural sport. He's a qualitative researcher, which is different than a quantitative researcher. Qualitative researchers are really interested in the experience of people's lives, rather than quantitative which is more values based. I'm definitely more interested in people's experiences. So, Dr. Bridel's research and what he was talking about in the class hit me in the heart. I had been bullied in sport before by other people in sport and also neglected by coaches, so kind of

both the harassment, abuse and bullying affected me personally. I had a really keen interest in this topic on bullying.

Q: What were some of your findings?

S: I found that six organizations — including Skate Canada and Rugby Canada — reference Respect in Sport, which is a Canadian based organization that provides certification and educational programs for topics like harassment, abuse, discrimination and bullying, for both parents and coaches. I watched those programs and found that they were really focused on holistic development of the athlete and ethical leadership [such as] — coaches not abusing their authority position. And then each of them just recognizing what the behaviours are, how bullying can actually be motivated by certain cultural influences that you see every day, such as homophobia, sexism, violence and racism. There wasn't a huge focus on the cultural, ideological effects of bullying, or even on harassment and abuse, but both Hockey Canada, Rugby Canada and Skate Canada really focused on these ideological roots.

Q: It seems like a lot of people in sport have had similar experiences to you. Can you mind reflect on your own experiences as an athlete?

S: I played volleyball at the club level — so not a super high level, but provincially — and there were some people in sport that would use verbal slang to put you down and try to make you motivated to play, which is really not helpful. In the same sport

as well, just having a coach completely neglect me as an athlete and not really giving any interest in the way that I was performing in sport or trying to change his coaching methods to the way that I was trying to learn and trying to succeed. Sitting on the bench a lot, it affects your self esteem a lot.

Q: Are there any differences between bullying between athletes versus bullying from a coach's position?

S: Yeah, definitely. Usually a coach bullying an athlete would be considered harassment, because of the huge power differential there. But even within peer-to-peer bullying, there can be a power differential — such as a coach selecting certain players — they would be placing them on a pedestal above other players and they would feel as though they have an ability to use that power differential to try to abuse other athletes or bully them.

Q: Do you think those sorts of hierarchies in teams lead to bullying practices?

S: Yeah, personally that's my idea. We didn't actually look at the experiences of bullying in sport, but personally I think that not having equal playing time is not allowing the individuals to develop their own self esteem and their own athletic abilities. So there's going to be this huge differential in skills and confidence levels between athletes. I think it does stimulate a power differential. But even if there was equal playing time, the cultural influences such as homophobia and racism, those are going to be coming from outside of sport

and creating power differentials. We need to teach — especially young children — that they need to respect and empathise with people based on these assumed differences that really don't change a person. They're all human beings.

Q: You mentioned the effects on self esteem. Did you do any specific research on that?

S: Yes, in the literature review I found that a lot of research was saying that they had increased suicide and self harm ideation and attempts. Even cases of post-traumatic stress disorder after this, depression, anxiety — there are so many awful consequences related to bullying that may not arise right after but have long term serious effects on people that have been victimized.

Q: Why do you think bullying in sport resonates with so many people and athletes?

S: We see sports in our everyday lives, all the time. And a lot of these professional athletes are acting violently, physically and verbally, definitely abusing their other teammates and opposing teammates. It influences everybody in a different way. A lot of people play sports or do physical activity and in kinesiology we hope people are playing sports and doing physical activity. We want people to be getting all of the positive benefits from sport, but bullying can undermine the positive benefits of sport and a lot of people can end up dropping out if they don't feel it's a positive experience.

Edited for brevity and clarity.

UPCOMING GAMES

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

December 2



With a slumping seasonal record of 4-10-3, the Dinos women's hockey team will look to climb out of their recent five-game losing streak. The first of two back-to-back games starts at 3:00 p.m. at Father David Bauer Arena.

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

December 3



The women's portion of the Dinos basketball Crowchild Classic starts at 5:00 p.m. in the Jack Simpson Gym. With a 10-4 season record and a two-game win streak against Lethbridge, the match is bound to be exciting for this stellar women's team.

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

December 4



The men's portion of the Dinos basketball Crowchild Classic will tip off at 7:00 p.m. in the Jack Simpson Gym. With an exceptional 11-1 seasonal record, the Dinos men's basketball are looking to repeat their 2015 season where they contended for the title of national champions.

**Dinos Track and Field
Dino Opener**

December 4



The track and field team will compete in the Jack Simpson Gym for their seasonal home opener. The event takes place all day on Dec. 4 after the first day of competition in the Olympic Oval on Dec. 3.

**Canadian Junior
Championships**

December 16-18



The Olympic Oval will be hosting the Canadian Junior Short Track championships from Dec. 16-18. Head to the Olympic Oval to watch Canada's top short track speed skaters under the age of 19 compete on the fastest ice in the world.

Vanier Cup heartbreak for Dinos football

Emilie Medland-Marchen
Sports Editor

The Dinos football team's outstanding season came to an unfortunate conclusion on Nov. 26 in Hamilton at the 52nd Vanier Cup.

The team missed a chance at hoisting the cup for the first time since 1995 in a tight 31-26 loss to the Laval University Rouge et Or. The win marks the ninth Vanier Cup title for Laval, while the loss for Calgary is the fourth time in nine years the Dinos were stopped in their tracks by the Rouge et Or in their quest for the Vanier.

An explosive start saw the Dinos take a 14-point lead in the first quarter of the game. But the first quarter also saw the loss of star quarterback Jimmy Underdahl, who was once again sidelined by the knee injury that plagued him all season. Injured in a Laval sack, Underdahl would not return to the field that night and was replaced by second-year quarterback Adam Sinagra.

Following the sack, Laval forced a quick-strike play with nearly five minutes left in the first quarter to make the score 14-7 for Calgary.

In the second quarter, both teams earned field goals and Calgary maintained their lead. Rookie Niko DiFonte fired off a 43-yard field goal that brought the score to 17-10 at halftime.

DiFonte pounded out his second field goal of the night to give the Dinos a 10-point lead of 20-10 at the start of the third quarter. But fate caught up to the Dinos in the third. A game-changing sack on Sinagra caused the Dinos to lose possession of the ball and ultimately led to a Laval touchdown. With the score climbing for the Rouge et Or, the Dinos began to lose the last remnants of their early focus.

In the fourth, DiFonte kicked two more back-to-back field goals to earn the Dinos a slim 26-24 lead at the start of the fourth. Laval fought back, taking



The Dinos swallow their hopes of winning the Vanier Cup on Nov. 26 during an address from coach Wayne Harris. COURTESY DAVID MOLL

a 31-26 lead off a one-yard touchdown run with just 2:33 left in the game.

In the drama that followed, Calgary had two shots to get back into the end zone. The Dinos fought right to the bitter end, driving down the field to Laval's 23-yard line but ultimately couldn't convert on third and 10. The Vanier Cup went to Laval as the Dinos dropped, devastated, to their knees.

A dramatic image of third-year linebacker Iyanu Ojekale crumpled up on the ground after the game, unable to fight back tears, defined the heartbreak for the Dinos. As the rain

fell on Tim Hortons field, head coach Wayne Harris reiterated his immense satisfaction with the outstanding Dinos season.

"I have never been more proud of a team," he said to his players in his last field address of the 2016 season.

And the Dinos do have a lot to be proud of this year. Earning not one but two defining victories over bitter rivals the University of British Columbia Thunderbirds in two key moments of the season — Kickoff and the Hardy Cup — the Dinos fought their way to the Mitchell Bowl. In a season

riddled with injuries, the team's depth shone through with a series of rookies overperforming to fill the shoes of injured veterans. DiFonte was the unlikely star of the year, kicking for Dinos leads at key moments that won the team multiple victories on their path to the Vanier Cup.

The final score between Laval and Calgary was closer than it ever had before. In the past two Vanier Cup appearances for Calgary — both of which took place against Laval — the Quebecois powerhouse decimated Calgary in a score of 25-14 in 2013,

and 29-2 in 2010. This year's score of 31-26 combined with Calgary's early lead shows that the Western rivals are knocking on the door of Laval's legacy. In the coming years, the Dinos will have a chance to challenge Laval for dominance in Canadian varsity sport — and that's something that should make Laval very nervous.

For now, there's still time to mourn a tough loss. But looking forward, this year's Vanier Cup result shows that the Dinos football team is on a forward path towards dominance in Canadian football.

CFL FOOTBALL »

Redblacks stamp out terrific Calgary season in Grey Cup

David Song
Gauntlet Sports

Last weekend, the Calgary Stampeders were upset by the Ottawa Redblacks on Canadian football's greatest stage. The Stamps were unable to overcome a shaky first half and, despite fighting to the end, lost the Grey Cup in a 39-33 overtime thriller.

Although the game itself was an instant classic, the result is little consolation to Stamps players, coaching staff and fan base. Doubts and questions are abound and many view the 2016 campaign as a tragic waste. However, there are still many moments of reflection

for a historic, if ultimately disappointing, season.

New head coach Dave Dickenson led his team to a 15-2-1 performance in the West division, proving he should pick up where John Hufnagel left off. Running back Jerome Messam rumbled for 1,198 yards and 11 touchdowns to lead the league in rushing, a feat that retired CFL All-Star Jon Cornish accomplished three times. The Stamps' defence was an iron wall, allowing fewer yards of offence in the regular season than any other unit.

As well, Calgary redefined the notion of "home field advantage." McMahon Stadium was a graveyard for visiting teams — the Stamps won all

10 games at home, including a 42-15 rout of the B.C. Lions in the Western Final. Calgary Quarterback Bo Levi Mitchell led the league with 32 touchdown passes, shredding defences with his arm strength, accuracy, and football IQ. The fifth-year quarterback was humble in defeat, shouldering responsibility for his team's failure at the end of the hard-fought battle against the Redblacks in the Grey Cup.

In the receiving corps, veteran Marquay McDaniel posted his third 1,000-yard season as a favoured target on second down, while receiver Davaris Daniels contributed 885 yards and nine touchdowns in only 11 games played. Throw in the rushing attack of

the 254-pound Messam, and Calgary's offence was nearly impossible to stop.

None of this would have been possible without the offensive line. Despite being riddled with injuries all year, Calgary's frontline allowed only 20 sacks — yet another league-leading effort — protecting Mitchell and clearing the way for Messam to run rampant. The Stamps' defence tied for first in the league with 52 sacks, including 16 by defensive end Charleston Hughes. Rookie middle linebacker Alex Singleton made 65 tackles, showing the poise of a grizzled veteran.

Calgary has possessed remarkable depth up and down their lineup. Re-

ceiver Joe West, defensive tackle Junior Turner, linebacker Deron Mayo and offensive lineman Dan Federkeil are just a few examples of starting players who missed significant time with injury. Each time, someone else has stepped up to replace them.

All of these facts make Calgary's Grey Cup defeat harder to stomach, but they also represent a tremendous foundation that the team has to build on. The Stamps organization must take a glass-half-full approach going into next year, reloading and resetting for another deep playoff run. Fans should take heart. If Calgary uses its latest setback as a learning experience, it will be playoff-bound once more.

HEALTH & WELLNESS »

Activity during exams may boost brain power

Christie Melhorn
Volunteer Coordinator

In the thick of my undergrad, I took the unhealthy cram-until-you-collapse-then-drink-a-Red Bull approach to surviving exam period. The lack of physical activity and excessive sugar made me feel awful. It made my spine feel like a piece of cardboard and my restlessly bobbing feet felt like they would fly off. I still remember my frustration in those moments but I couldn't tell you much about the material I was reviewing.

Sitting in the same spot for hours hunched over your notes is a sure concentration killer. Dr. Joseph Mercola — an osteopathic physician with fellowship status from the American College of Nutrition — asserts that even three hours of sitting stunts the production of brain and mood enhancing chemicals due to the reduced blood flow to the brain. This creates a brain fog that even the most desperately highlighted page of your textbook can't penetrate. *Shape* magazine explains that just 30 minutes of moderate physical activity can help shake your

sluggishness and boost your brain power.

Executive editor of the *Harvard Health Letter* Heidi Godman says that regular exercise improves memory retention. Aerobic activity enlarges the hippocampus — the part of our brain associated with memory, emotion and learning. According to *TIME* magazine, even just one workout performed four hours after completing a memory-related task can help you retain what you learned.

If you're up for a challenge, high intensity interval training (HIIT) can increase levels of brain-derived neurotrophic factor — a brain-derived protein — that is linked with stronger decision making skills and critical thinking — this is perfect for either writing a paper or hammering through flashcards.

If you're not up for HIIT, the Anxiety and Depression Association of American advocates that going for a 15-minute walk can sharpen your alertness and diminish anxiety, helping you to concentrate more clearly. This could easily be accomplished on campus by walking from TFDL to the Social Sciences building

and back. Walking up the stairs from the first floor of TFDL to at least the third floor is also a nice quick way to get your heart rate up indoors.

Getting some social interaction while working out can also help refresh your mind. In general, group fitness classes are fun and rewarding. Research by Oxford's Institute for Cognitive and Evolutionary Anthropology indicates that we get an extra surge of endorphins when working out with others rather than by ourselves. The dramatic endorphin kick can help you return to studying with a boosted morale, which is a fragile thing during exams. For \$30, you can take a Zumba class through Active Living Center on campus every Tuesday at noon from Dec. 13–Jan. 3 and every Wednesday at 5:00 p.m. from Dec. 14 to Jan. 4. This could be a great way to vent with fellow students and melt stress off.

Whatever type of activity you feel like pursuing, finding time for exercise will improve how effectively you study and could help you score higher grades. So the next time your back is about to snap from studying for too long, get out of your chair and start moving.



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HEALTH & WELLNESS »

Internet fitness is a great option for busy students

Tommy Osborne
Sports Assistant

gym really loudly so everyone notices how strong you are.

We've all seen those "get a six-pack in five minutes!" videos or those "get fit quick with this EASY tip" pop-ups. These types of videos have taken a hold of the Internet, each promoting the same idea of getting that dream body with minimal work in the comfort of your own home.

Whereas enthusiastic gym-goers may discredit this style of exercise due to a lack of weights or equipment, it is a convenient way for the average person to make time for physical activity in a busy schedule.

The idea of working out from home has been around for several decades now, dating back to those super peppy '80s workout videos. Today, the Internet allows fitness gurus to show the average person tips on toning and how to lose the belly fat that never seems to go away. Sure, you probably won't get incredibly ripped only doing Internet fitness programs, but that doesn't discredit their value.

At the end of the day, you can still get a good workout in without the added glamour of grunting and dropping weights in the

Internet fitness has expanded past the realm of websites and YouTube. A variety of fitness apps promote the same benefits that YouTube personal trainers offer. For example, *Shark Tank* viewers know about the app "Sworkit." The app acts as a personal trainer, putting you through various drills that work specific muscle groups. Fitness apps provide a way for people to get active in a daily routine without the hassle of actually going to a gym. Having the option to work out at home gives busy people a chance to do a quick workout.

And of course, a huge benefit of Internet fitness is that it allows people that may not be comfortable going to a gym to hit the mat. Overall, it's safe to say that Internet fitness isn't just a trend but something that offers many benefits towards a healthy lifestyle. It provides a nice in-between for people who simply want to exercise for a bit, rather than do a full workout. If you find yourself in a position where you want to work out but your schedule doesn't let you, give Internet fitness a try. You may find yourself pleasantly surprised with the results.

HUMOUR

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VERY SERIOUS CLASSIFIEDS »



JUSTIN QUAINANCE

Holiday jobs for the broke and unemployed

Jill Girgulis

Hiding from the real world in school

People tend to become strapped for cash during the holiday season. Every year we vow to spend less on presents, treats and parties and instead focus on the immaterial aspects of the holidays. Despite good intentions, it's still not a pretty sight when the bills roll in. If you're looking for a way to make a little extra money without subjecting yourself the unspeakable evil of another shift at Bath and Body Works, consider responding to one of these classifieds.

Christmas Companion:

Job Description: A charming individual is required to accompany the employer to all of their family gatherings to neutralize the judgmental stares normally directed their way for being 23 and single. Duties include peeling carrots with grandmother while she rants about Donald Trump, losing at *Just Dance 2017* with the cousins and not laughing at embarrassing baby photos of the employer.

Hours: Four hours on Dec. 24 with the grandparents, six hours in the afternoon on Dec. 25 with the extended cousins and 12 hours on Boxing Day.

Pay: The employer will quantify the value of the applicant based on the success of the events.

De-Christmaser:

Job Description: Successful applicants will be tasked with removing all the ornaments from the Hilbert family Christmas tree in a timely fashion, as well as neatly wrapping the 100 metres of lights found around the tree. Children's presents will need to be sorted and put away in the bedrooms.

Hours: 6:00 a.m. starting Jan. 1 until job completion.

Pay: \$500 for the job, with a \$50 bonus available if the applicant manages to complete the job before next December, which is when it usually gets done.

Gift-wrapping Maestro:

Job Description: Carefully and artistically wrap the employer's presents for the office Christmas party, the co-ed soccer team, the aunts and uncles, the children, the children's classmates, the dogs and the mailman — but don't do such a good job that everyone can tell the employer didn't wrap anything themselves.

Hours: As many hours as it takes leading up to Christmas Eve.

Pay: Employee will receive \$300 and will be allowed to select one unwrapped present (valued at \$30 or less) from the gift pile to keep for themselves. Cost of gift wrap and tape will be deducted from the stipend.

VERY SERIOUS LYRICS »

A serious review of Lady Gaga's "Christmas Tree"

Derek Baker
Too pure

In 2008, Lady Gaga released one of the most unappreciated holiday songs in existence, "Christmas Tree." However, it has recently come to my attention that many individuals think this song is some weird perverted metaphor for sex, to which I reply, "get your head out of the gutter." To prove my point — and cleanse your filthy souls in time for the holidays — I have analyzed each line of this Christmas banger for its true and pure meaning.

Light me up, put me on top:

Released in 2008, "Christmas Tree" was Gaga's first stab at a holiday hit. Obviously, this rising star had her eyes set for the top of the charts, though she was unfairly robbed with the lack of success seen by this song.

Let's falalalalalalalala:

It's time to get festive! The only way to properly express your festive spirit is to falalalalalalalala your way through this Christmas season — singing, that is.

The only place you want to be is underneath my Christmas tree:

That's where all the presents are! Anyone who says that Christmas is about more than just receiving gifts is trying too hard to be selfless and is a liar — Lady Gaga ain't afraid to tell the truth.



This song is not about sex. At all. Like, I swear its not.

INTERSCOPE

Ho, ho, ho, under the mistletoe:

This is definitely not an innuendo to the derogatory term towards women. Lady Gaga is simply referring to the jolly sound Santa makes, made even more festive with the added mistletoe.

Yes everybody knows, we will take off our clothes:

Everyone knows Santa won't come unless we're all asleep in bed. Mother Monster is thoughtfully reminding us to take off our clothes, put on our pyjamas and jump into bed before Santa arrives. We wouldn't want Santa not to come, would we?

Oh, oh, a Christmas, my Christmas tree is delicious:

Have you seen those Reese's peanut butter cups in the shape of Christmas trees? I don't know about you, but I find them pretty tasty too. Thanks Gaga, for offering us some.

Here, here, here, the best time of the year/take off my stockings we're:

Referring to hanging stockings by the fire, Lady Gaga is clearly just getting ready for Santa's visit by hanging her socks on the mantle.

I'm spreading Christmas cheer:

Yes you are, Gaga. Yes you are.

VERY SERIOUS RECIPES »

Get lit this Christmas season with these cocktails

Derek Baker
lit

It's that time of year again. With the combination of final exams, group projects, mall parking lots, festive decorating and family dinners, cortisol levels can skyrocket. Luckily, there's one thing that we can all turn to during this stressful time of year — alcohol. Here are three new drink mixes to help get you through the chaos of Christmas.

The "Two Exams on One Day":

- Two shots of jägermeister
- Two shots of rum
- Two shots of tequila
- Two splashes of Red Bull

Combine liquors, mix together and

pour over ice in a coffee cup to sneak into your exam rooms.

The "My Relative is Currently Defending Trump?":

- Half a shot of Alberta Premium Rye
- Half a shot of Alberta Pure vodka
- Half a shot of Crown Royal
- Half a shot of Polar Ice vodka
- 125 mL of Alexander Keith's

Pour all liquors into a double-shot glass. Drop the liquors into the Alexander Keith's and shoot back this Canadian drink every time you feel like screaming to remind you that at least you live in this country.

The "Sinner in Church":

- One shot of Fireball Whisky
- One shot of Captain Morgan spiced rum
- One shot Jack Daniel's Tennessee Fire
- Splash of tobacco sauce
- One can of cola

Combine all hard liquors into a highball glass and set on fire. As you watch the small inferno, pour the can of cola into a larger glass. Carefully pour the ignited liquors into cola to extinguish. As you knock it back, the burning sensations of the spicy drink in your esophagus will distract from the burning sensation you feel on your skin as you walk into the church.



Holidays are the best time to get lit.

JUSTIN QUAINANCE

SPREADING CHRISTMAS CHEER »

The 12 days of sex positions feature nutcrackers, logs and cookies for Santa

Lady Marmalade
Not pure

The holiday season is almost upon us. With the holidays come cookies, snow and lots of boning with your loved one. Get down and dirty with these 12 sex positions for each day of Christmas, which are sure to bring good tidings to all.

The Christmas tree:

This position is best done when both lovers are standing facing each other. Hold hands and stand so that your foreheads touch with your feet about three feet away from each other so you resemble a Christmas tree. With your foreheads together and hands held, say some sweet things to your lover while fully clothed — this is a religious holiday, after all.

Santa's knee:

While one lover is "taking a knee" on the carpet, carefully take a seat on their extended knee to face them. Then, try really hard to manoeuvre your body for optimal penetration.



The *Gauntlet* does not Christmas kink-shame.

COURTESY ISTOLETHEY

It might not work. When your partner gets too tired from holding your body up after all those holiday treats, you can feel so bad about yourself that you don't want to have sex at all. Good thing there's more *Gilmore Girls* on Netflix, am I right?

The yule log:

Wrap your penis in cardboard and bubble wrap so that it resembles the length and girth of your

run-of-the-mill holiday yule log. Then present it to your lover only to be turned down, because honey, that dick is too big.

Cookies for Santa:

Need some milk for those cookies? Go down on your lover with a mouthful of Dad's oatmeal chocolate chip cookies filling your cheeks. When the moment of truth arrives — good luck.

Frosting the snowman:

Ask your lover to ejaculate all over your naked body. After eating all that pumpkin pie, your body will resemble a snowman! This body shape is highly sought-after in the snowman community, so you should be very proud.

The Rudolph:

Let your partner cum first for once, you selfish ass.

Stocking stuffer:

Normal doggy-style sex, but you're full from eating so much turkey. Also you really want to take a nap. After four minutes of this, just lie down next to your lover and talk dirty until you're hungry enough for seconds! Mashed potatoes, here we cum!

Jingle-balls:

Mix it up! Put on some nipple clamps that have nice red and green Christmas ornaments hanging on them! Now, as they bob around during sex, you can remember how much joy you feel during the holidays.

The nutcracker:

This is an advanced technique. Proceed with extreme caution and consent.

Santa Claus is cumming to town:

When you arrive at your lover's home, wear some sneaky edible lingerie under a bright red Santa suit. They'll be in for the surprise of their lives when your jolly red attire turns out to be hiding the sexiest thing of all — food!

Dance of the sugar plum fairy:

For this move, make sure you and your lover(s) are wearing elaborate outfits donned in glitter. Now, engage in the most intricate dance routine you've ever seen while you remove the outfits. The love-making that follows this stunning routine will be so beautiful that Christmas will come to a quick climax. The glitter, however, will never end. It'll be there forever.

O holy night:

More or less exactly what you'd expect — fisting. Use lots of lube.

Late Semester

B I N G O

Everlasting dread.	Function on three hours of sleep, give or take impromptu class naps.	Bargain to yourself, "if I do my next class's reading in this class, and then tomorrows reading in that class..."	Receive a sympathetic look from your peers when you say that you're dying inside.	Ask, "how many Withdrawals am I allowed again?"
Watch Netflix without chill in either sense of the word.	Don't worry, these memes are my only coping mechanism.	*Internal screaming*	Google "how many cups of coffee will kill you."	Be 20 videos deep into a cute animal playlist and forget your pile of readings.
The only thing getting you through is the promise of an upcoming holiday.	What the fuck is this "time management" sorcery?	FREE SPACE: "Oh god oh god what do I do???"	Fall asleep in one class and wake up to find yourself in another.	Everything is fine. Everything is fine. Everything is fine.
Spend the entirety of your food budget on coffee.	Track your progress along the Seven Stages of Grief.	Making a #relatable bingo in attempts to relieve your stress.	Existential nihilism.	Binge eat your feelings.
Catch yourself on a downward spiral through conspiracy theory videos at 3:00 a.m.	Channel your frustration into your opinions about the American election.	Coming up with plans for if/when you drop out.	Wonder, "why isn't every day pet therapy day?"	Calculate what you need to get on your final to get the grade you want.



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