



JUSTIN TRUDEAU SPEAKS AT THE U OF C

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HPR PRESENTS A PLAY FOR WINNERS AND LOSERS

pg. 11

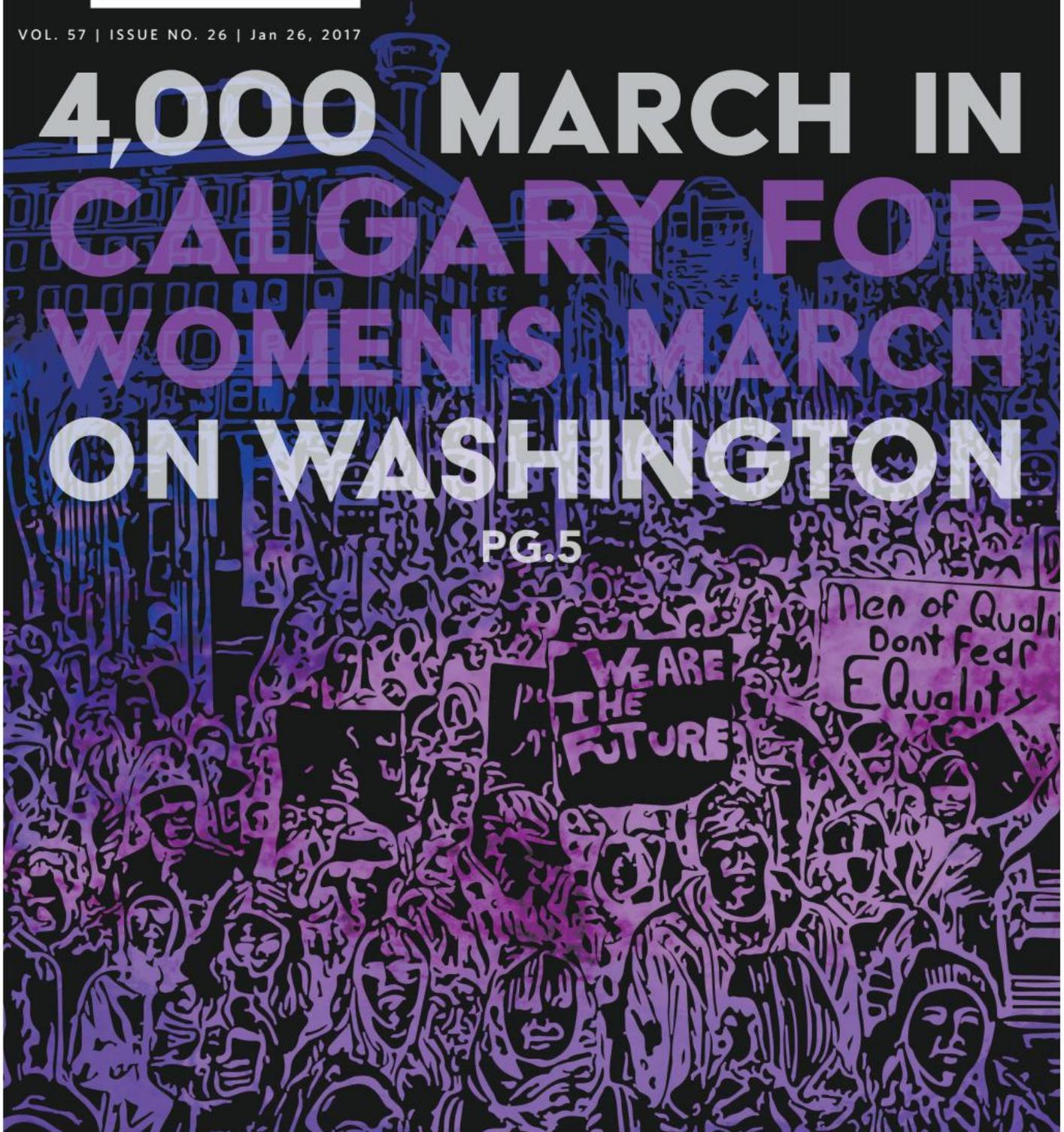
DINOS MEN'S HOCKEY SPLITS WITH GOLDEN BEARS

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4,000 MARCH IN CALGARY FOR WOMEN'S MARCH ON WASHINGTON

PG. 5





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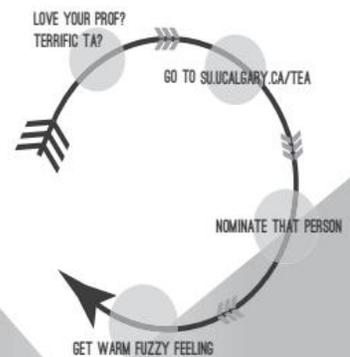
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GAUNTLET NEWS

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Golden Spatula

The woman, the myth, the legend, Emma Gammans is this issue's golden spatula recipient. Knocking opponents off the rugby pitch and slaying in her history degree, Emma brings grace and panache to the otherwise trash that is the Gauntlet office. Thanks Emma, and may you use your spatula powers for the better. Or not. You do you, boo.

"It's really not that trashy of an office, you guys."

Furor Arma Ministrat

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The Gauntlet is the official student newspaper of the University of Calgary, published most Thursdays throughout the year by the Gauntlet Publications Society, an autonomous, incorporated body. Membership in the society is open to undergraduate students at the U of C, but all members of the university community are encouraged to contribute. Opinions contained herein are those of the individual writers, and do not necessarily represent the views of the entire Gauntlet staff. Editorials are chosen by the majority of the editorial board. The Gauntlet is a forum open to all U of C students but may refuse any submission judged to be racist, sexist, homophobic, libelous, or containing attacks of a strictly personal nature. We reserve the right to edit for brevity. Grievances regarding the Gauntlet follow a three-step process which requires written decisions from the Editor, the GPS Board of Directors, and the Ombudsboard. The complete Grievance Policy is online at: thegauntlet.ca. The Gauntlet offices are located on treaty 7 land.

The Gauntlet is printed on recycled paper and uses an ink made of unstable biochemical products. We urge you to recycle/develop superhero-esque powers using the Gauntlet.

Letter Policy

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

The Cover

Design by Samantha Lucy

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FEDERAL POLITICS »

Prime Minister Justin Trudeau enters the U of C "lion's den"

Scott Strasser
News Editor

Canadian Prime Minister Justin Trudeau arrived to a crescendo of cheers — and more than a few jeers — when he walked into the Jack Simpson Gymnasium for a town hall at the University of Calgary on Jan. 24.

The town hall was the eighth stop on Trudeau's cross-country listening tour, with the U of C visit coming after a three-day cabinet retreat in downtown Calgary.

Calgary Member of Parliament and Minister of Veteran Affairs Kent Hehr introduced the Prime Minister, who before taking questions spoke about youth employment and the Expert Panel on Youth Employment.

A theme of the night was Trudeau's claim of being highly committed to Calgary and Alberta. He mentioned that the town hall marked his fifth visit to the city since taking office in October 2015 and that he was "going to keep coming back."

"Calgary matters. Alberta matters. For years, for decades, you helped support and you drove the Canadian economy with your hard work and your innovation," he said. "I know Alberta is struggling and has been struggling for the past few years. But at the same time I know there is strength and resilience here."

Canada's Prime Minister faced both praise and malice from members of the audience throughout the hour-long question-and-answer period.

Trudeau answered 15 questions from members of the roughly 1,700 in attendance. Questions ranged from his government's position on the Israel-Palestine conflict to how he would handle a situation similar to the Standing Rock protests in North Dakota.

One audience member asked how Canada's trade relationship with the United States would be maintained, considering U.S. president Donald Trump's recent executive order to repeal the Trans-Pacific Partnership.

Trudeau responded by saying trade would continue with the U.S., though his government will pursue other trade agreements and partnerships.

"Trade is good for Canada. We're a country that has benefitted extraordinarily from good trade rela-



Trudeau faced both praise and malice from the roughly 1,700 in attendance.

JUSTIN QUAINANCE

tionships with the world. Obviously [relationships] with the United States have benefitted millions of jobs in Canada," Trudeau said. "We also know it's important to expand opportunities to sell Canadian goods and participate in partnerships around the world."

U of C biology alumnus Chris Menzies asked Trudeau if his government was concerned about a loss of national pride among western provinces, citing a poll that suggested an increase in sentiments of western separatism. Trudeau replied by stating he disagreed with Menzies' assessment that Albertans are not proud Canadians.

"You might say from having seen a poll that Albertans don't feel proud to be Canadian, but I tend to disagree. I've talked to a wide range of Albertans who are very proud to be a part of Canada," he said.

After the event, Menzies said he was impressed by Trudeau's ability to cope with heckling from the crowd.

"I thought Mr. Trudeau did his best to answer [my question]. It was a question that was difficult and I think he tried to address it empathetically and as thoughtfully as he could," he said.

While supportive applause rang

throughout the night, Trudeau's approval among the crowd was not unanimous. Frequent jeers from a handful of people at the back of the crowd marred the event, with cries of "another soft one!" and "you didn't answer the question!" from some attendees.

First-year business student Jason Wilson said he was disappointed in the town hall and that he would have preferred more questions related to carbon taxes and their impact on the agricultural industry.

"There weren't relevant issues brought up, there were a lot of wishy-washy questions and answers. I came for a good debate and to learn a bit, but didn't come out with any new knowledge," Wilson said.

In contrast, fourth-year international relations student Permeet Randhawa said he thought the town hall was successful and that most of the Prime Minister's answers were "pretty good."

"I think there was a good mix [of questions]. Some were definitely easy for him to answer, because they were related to his campaign but some did hold his feet to the fire a little bit," Randhawa said.

It was the last question of the night that drew the most excitement. Trudeau relented and

granted a question to one of the hecklers — Merle Terlesky — who demanded the Prime Minister retract his remark from two weeks earlier about "phasing out the oil sands."

"Down east, you've been telling people you want to kill the single biggest employer in our province," Terlesky said. "You're either a liar or you're confused. And I'm beginning to think it's both. You cannot come down to this province and attack the single biggest employer."

Trudeau's reply that he would continue to balance the economy with the environment brought loud cheers from much of the crowd. He also asked how many audience members believed climate change was real, with the vast majority of the crowd raising their hands.

"I have repeatedly said that the responsibility of any Prime Minister is to get our resources to market and yes, that includes our oil sands and fossil fuels," Trudeau said. "I've also said we need to do that in a responsible, sustainable way — that you cannot separate what's good for the economy with what's good for the environment."

Trudeau's cross-country tour continued with a town hall in Saskatoon on Jan. 25.

SU sets municipal election advocacy priorities

Zarif Alibhai
Gauntlet News

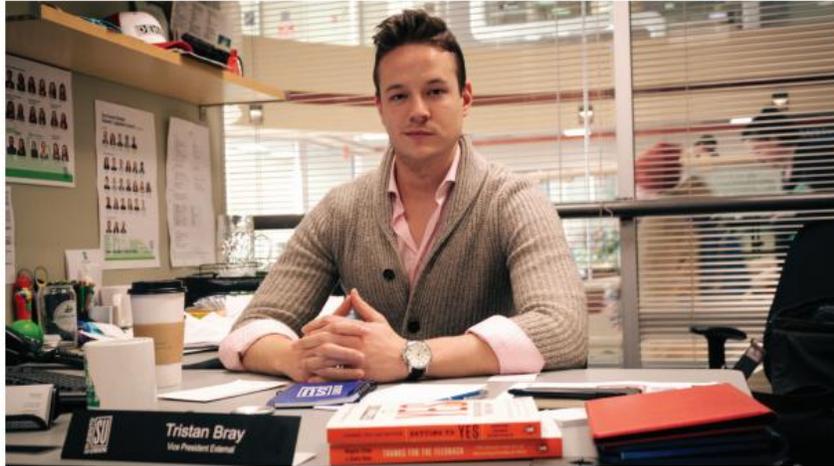
Scott Strasser
News Editor

With the Calgary municipal election next October, the University of Calgary Students' Union has set their municipal lobbying and advocacy priorities.

SU vice-president external Tristan Bray presented the union's priorities for city issues to Students' Legislative Council on Jan. 17.

A highlight of the SU's municipal mandate is continued lobbying of the city to legalize secondary suites, which are housing units inside single-family homes. They typically consist of a basement with a separate entrance, kitchen and bathroom.

Currently, the process for legalizing secondary suites in Calgary involves a homeowner acquiring a building permit, paying a registration fee and arguing their case for legalization in front of city council — a process that eats up many



SU vice-president external Tristan Bray presented the priorities to SLC on Jan. 17.

ZARIF ALIBHAI

hours of a council meeting, as applications are reviewed on a case-by-case basis.

"We're hoping it becomes an election issue because city council has wasted so much time dealing with secondary suites," Bray said. "We're hoping more councillors will take a public stance on it."

Additionally, public transportation issues compose two of the SU's municipal priorities. The SU wants to push the city to create an appeal process for U of C students who are ticketed for forgetting their UPass — something the SU started to pursue last year.

Bray said students who forget

their UPass can be fined \$200. They can argue their case in court, but that usually only gets the ticket reduced to \$150.

"Given the financial stress on students and the time it takes to go down and get that ticket reduced, this is a small change that could make a big impact for students," he said.

The SU's other transit-related focus is advocating for more convenient transit access for students in newer communities.

"Every student pays for a UPass, so they should have the opportunity to use that UPass," Bray said.

Getting the government to increase property tax exemptions for U of C residences is another focus of the SU. Currently the city charges U of C residences between \$700,000 and \$1 million per year on municipal property taxes, which is then passed onto students, according to Bray.

"It's money coming out of students' pockets," he said.

The last municipal priority for the SU is to make voting easier for students. According to Bray, the SU will run a Get out the Vote campaign next summer.

According to the city's official website, there are currently 55 candidates registered to run in the 2017 Calgary municipal election. Bray said the SU plans to speak with as many candidates as possible.

The Calgary municipal election will be held on Oct. 16, 2017.

PROVINCIAL POLITICS »

Social work professor appointed to child intervention panel

Scott Strasser
News Editor

A University of Calgary social work professor has been appointed to a provincial panel dedicated to improving Alberta's child welfare system.

Bruce MacLaurin — whose research fields include child maltreatment and child welfare policy — will join other child care experts and Alberta Members of the Legislative Assembly to help craft solutions to the province's child welfare issues.

Created by the provincial government, the Ministerial Panel on Child Intervention is tasked with assessing the province's death review process, proposing recommendations to the province's child intervention system and exploring systemic issues that lead to children entering government care.

The panel was formed largely in response to the death of Serenity — a four-year old girl who died in September 2014 due to a traumatic head injury after being in government care. Interim Progressive Conservative Party leader Ric McIver proposed an all-party committee dedicated to analyzing child intervention programs in November 2016.

According to media reports, Serenity arrived in hospital suffering

from severe malnutrition and hypothermia, as well as anal and genital bruising. She weighed just 18 pounds at the time.

Serenity is just one of several children in Alberta who have died in government care in recent years. According to Alberta Human Services' most recent annual report, 22 children and youth receiving child intervention services died in 2015-16.

"There is nothing more concerning than a child dying in our care," minister of human services Irfan Sabir recently told media. "This panel's work is critical to ensuring that every child has the opportunity to be safe, nurtured and to thrive."

MacLaurin declined an interview request, stating he wants to wait until the panel meets before commenting in the media.

"I'm excited about the work that is coming," MacLaurin said in a statement on Jan. 23. "I'm looking forward to the important agenda we'll be tackling in the coming months. I think it's important to have representatives from all parties around the table and I'm looking forward to the opportunity to collaborate and to come up with some solid recommendations to protect Alberta's children in the future."

The panel's first meeting is on Feb. 1 and will be open to the public.

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MELANIE WOODS

An estimated 4,000 people take to downtown Calgary for Women's March and rally

Melanie Woods
Editor-in-Chief

Chants of "women's rights are human rights" echoed across downtown Calgary as an estimated 4,000 people gathered in support of the Women's March on Washington on Jan. 21.

Bearing signs with slogans ranging from "I'm with her" to "this pussy is not up for grabs," Calgary marchers gathered at the Famous Five statue in Olympic Plaza and marched to Municipal Plaza at City Hall.

The march joined hundreds around the world — many drawing hundreds of thousands of participants — in response to the Jan. 20 inauguration of United States president Donald Trump.

The Calgary rally featured various speakers and performances, a Treaty 7 acknowledgement, indigenous drumming and a blessing. Calgary comedian and Femme Wave board member Adora Nwofor emceed the event.

"We have a call to action. Because yes, thank you for coming, yes thank you for being in the

cold, yes thank you for raising your voices. But we need to carry on the journey," Nwofor said. "Support your communities. Be loud. Be nasty."

Calgary poet laureate Micheline Maylor spoke and read a passage of poetry.

"I am nothing, but I am too all things," Maylor recited. "By being all things, we live in a paradox — we recognize that inequality exists, but we can take care of ourselves and each other. Calgary, take care of each other."

In her reading, local poet and activist Sheri D. Wilson called on the crowd to participate. She started her speech by highlighting why she was at the march.

"I am here today not for a man, not for anything that any man has said, like 'keep your legs closed,'" Wilson said. "I am here for women, all women. This is about women in the language of women — how we speak about women for women [and] how we are treated. This is for the women and how we treat women."

The LoveBullies led the crowd in a rousing rendition of Helen Reddy's "I Am Woman, Hear Me

Roar." The rally ended with a call and response traditional song led by Chantel Chagnon and Cheryl Chagnon-Greyeyes.

Many University of Calgary students were in the crowd. Engineering graduate student Rachel Malone said she was marching as a way to take action.

"I'm choosing hope instead of despair. I'm choosing action instead of fear because I am scared and I want to do something productive with that scared-ness," Malone said.

Fifth-year law and society student Jen Tokarek said she was marching in solidarity with those in Washington.

"I am marching in solidarity with women who seek equal rights — equal rights in office, equal rights as people. And in solidarity with those marching in Washington who actually have a president like Trump," Tokarek said.

At the end of the formal proceedings, Nwofor concluded by calling the crowd to further action.

"Remember, there are other people in your community who can do exactly this and more and we must support them, today, tomorrow

and forever," Nwofor said. "Our voices matter, our actions matter, we matter."

According to the Women's March on Washington's official

website, more than 4.8 million participants took part in 673 marches worldwide. More than half a million participants took part in the Jan. 21 event in Washington D.C.



Adora Nwofor emceed the rally following the march. MELANIE WOODS

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U of C economist Trevor Tombe talks provincial carbon tax impact on campus

Scott Strasser
News Editor

The Alberta New Democratic Party government's carbon tax went into effect on Jan. 1, putting a price on using fuels that emit greenhouse gases in the province. The tax is currently set at \$20 per tonne of carbon emissions and will rise to \$30 per tonne in 2018 and \$50 per tonne in 2022.

Since being announced, the controversial tax has faced backlash across the province. The *Gauntlet* spoke with University of Calgary economist Trevor Tombe about the new carbon tax and how it might impact the U of C.

The Gauntlet: What is carbon taxing and why would a government implement one?

Tombe: Any time we burn fuel, we emit greenhouse gases into the atmosphere and this contributes to climate change. What we're doing by not pricing carbon is make decisions as households and businesses that don't take into account the full cost of our choices. The carbon tax is meant to ensure when we decide to drive somewhere or heat our homes in particular ways — making choices that contribute to climate change — we do so recognizing the full cost of our choices.

When we set the tax at \$20 per tonne, that's going to increase to \$50 per tonne by 2022. This is really meant to try and capture what we estimate to be the monetary cost equivalent of climate change. It's what economists call the "social cost of carbon."

G: So essentially, it's an incentive to shift towards more energy efficient choices?

T: Yes, but importantly to incentivize changes in behaviours that

are the least costly ways of lowering emissions. There are millions of potential small choices that we could make to lower emissions and ideally we want to do so in the most efficient, cost-effective way possible.

A government could decide to regulate what kind of machinery businesses use, what type of windows we install or what type of light bulbs we use. But governments are typically unable to know precisely what is the most effective and cheapest way to lower emissions. What the carbon tax does is harness the power of markets and individual decisions we make every day to lower emissions. The government doesn't need to know what those choices are. They simply provide the incentives and let the chips fall where they may.

G: Why has this tax received a lot of backlash from across the province?

T: Some taxes are just more salient than others. Tariffs, for example. We all pay to the federal government various taxes when we import products from abroad. The average Albertan pays roughly the same amount in federal tariffs as they will pay in carbon taxes. Yet nobody complains to the extent we've seen with the carbon tax about tariffs. Some taxes are too hidden for people to grab onto and rally behind. The average Alberta household pays a little over \$20,000 a year in income taxes. And yet the backlash around what really amounts to \$200-\$300 [a year] in carbon taxes is generating quite a bit of opposition.

It's something we need to take a breath and have a calm discussion about. The objective [of the tax] is to lower emissions, and certainly



U of C economist Trevor Tombe said most students will receive rebates.

SCOTT STRASSER

some don't want to lower emissions at all, they wouldn't recognize that climate change exists or [see it as] something we should do anything about. But once we decide that yes, we want to lower emissions, the question is, should we use the most efficient tool to do so? And that's carbon pricing.

G: You've mentioned some pros, but what are some cons of the carbon tax, from an economist's perspective?

T: Any action on lowering emissions is going to have costs, so the carbon tax will shrink Alberta's economy relative to where it otherwise would have been. The government estimates the overall Climate Leadership package will shave about 0.05 per cent off of Gross Domestic Product growth over the next couple of years, so

out into the early 2020s we're looking at about a billion dollars or so in lower GDP. That's about 0.3-0.4 per cent lower GDP.

There are costs to lowering emissions, but those costs are less than alternative ways we might try to lower emissions. A high profile issue right now is pipelines. There's opposition to new pipeline construction projects — TransMountain in particular — with an emphasis on blocking the pipelines to help lower our emissions. That's certainly one way to lower emissions, but the economic costs are substantially higher.

G: How will the tax impact U of C students on a day-to-day basis? Obviously many will qualify for the rebates the government has set up, due to the average student's income level.

T: I'm glad you mentioned the rebates. This is an important part of the carbon pricing plan. If we increased the cost of energy, this will disproportionately burden lower-income households, who spend a higher fraction of their income on goods and services, as well as energy-intensive goods. Providing rebates ensures our carbon tax is not regressive. The way they've been calibrated makes the package progressive. The lowest [earning] one third of households on average will receive rebates that are larger than the carbon tax they're expected to pay. For the middle third, it's a wash and the top third will typically not get any rebates.

Of all the college and university students in the province, 80 per cent will receive a rebate. This

year that rebate is worth \$200, next year \$300. Given that most students don't have a lot of fuel expenditures, those rebates are going to be larger than their expected costs. The tax for students is not something that will lower their overall standard of living.

G: What about the U of C as an institution? Surely we emit lots of carbon emissions.

T: The U of C will see higher costs as a result. You see university vehicles around campus that burn gasoline. We'll pay more for gasoline. And to heat the building we're in right now for example, there's going to be expenditures associated with that. Natural gas is going to be more expensive. The university overall spends about \$1.2 or \$1.3 billion in total expenditures. Utilities is a little under two per cent of that total spending. The overall utility bill of the university is going to rise just modestly.

I'd say the increased cost for the university as a whole is quite modest. The university hasn't calculated that precisely, but for context, the Calgary Board of Education is an entity of roughly similar size to the U of C in terms of total spending. And the CBE estimates the carbon tax will cost them about \$1 million per year. If we think the U of C will see higher costs of roughly a similar order of magnitude, it might cost an extra \$1 million per year. That's out of a budget of \$1.2 billion, so it's not something I think any of us will notice on a day-to-day basis.

Edited for brevity and clarity.



JUSTIN QUAINANCE

Tombe said the U of C will spend more on fuel under the carbon tax.

SU POLICY »

Gender Bender moved off-campus after Students' Union policy change

Melanie Woods
Editor-in-Chief

After over a decade of celebrating drag on the University of Calgary campus, student club Queers on Campus' annual Gender Bender cabaret will move from the Den to an off campus location for 2017.

The move follows a change in Students' Union policy. Previously, clubs looking to host cabarets at the Den would pay a \$500 deposit that was returned if the event made over \$2,000 in liquor sales. Under the new policy, clubs pay a flat fee of \$1,550 for the Den or \$1,250 for the Black Lounge — a fee that is not returned.

Queers on Campus president Zack Wierzbicki said the policy change makes it harder for student clubs to host cabarets.

"This is such an awesome way for clubs to raise funding for themselves and cut a lot of that overhead cost out of it," Wierzbicki said. "But if you make it so you have to have \$1,500 before you can even try, that means a lot of clubs can't."

Gender Bender usually draws 200-300 people annually and features drag performances, burlesque and raffles. It is usually held at the Den in late March. However, this year's event will take place at Dickens Pub on 9th St. SW on March 24.

"I reached out into the community and we found one of our allies in the community, James Demers, who set us up with Dickens," Wierzbicki said. "They're hosting us there at no cost."

SU vice-president operations and finance Branden Cave defended the policy change. He said it makes booking cabarets at the Den more



Wierzbicki said the policy change makes it harder for student clubs to host cabarets. JUSTIN QUAINANCE

secure for both clubs and the SU. "You know that this is your cost, you know that this is how many tickets you're going to need to sell in order to be able to recover that and it's a much more simple process," Cave said. "We get the money that we need to run the space and clubs can keep whatever money on top of that and put it towards their other initiatives and events."

The policy has been in place since last spring. According to Cave, three club cabarets have been booked under the new policy at the Den since September 2016 — the Indian Students' Association, the Iranian Graduate Students'

Association and the Afro Students' Association.

Wierzbicki said it's a shame that Queers on Campus is unable to host the event at the U of C this year.

"Such a big part of being a queer organization is the ability to take possession of a space and particularly to be prominent and unapologetic in that occupation," he said. "I believe we are the only queer event that happens in the Den."

Cave said the policy will be reviewed at the end of the year to judge its success.

"We're going to look at this, look at the data and sit down at the end of the year and review it," he said.

"See if there's anywhere where our costs have decreased or where student input needs to be considered."

Wierzbicki hopes Gender Bender will be able to return to campus next year. He said it's an important night for the U of C.

"The first year I attended was the first year I'd ever tried drag," he said. "Being on campus at that time, it's this incredible experience where — particularly as you get closer to the event — you start seeing more and more people in drag. And there's people pointing and snickering and doing typical bro things, but it's such an amazing opportunity."

BRIEFS

University of Calgary celebrates China Day on campus

A celebration of Chinese culture was held on Jan. 22 at the University of Calgary in MacHall.

Coinciding with the Chinese New Year, China Day was a collaboration between the Chinese Students' Society, the China Scholarship Council Students and Scholars Association and the University of Calgary International office.

"We think it's important to engage student clubs and the academic community," U of C international relations director Glynn Hunter said.

The afternoon consisted of a variety of Chinese performances including Wushu, tai chi and Chinese dance, while the evening portion of the event included a workshop, a mindfulness lecture and a movie screening.

For the mindfulness workshop, U of C psychiatry professor Allan Donsky defined mindfulness for both the east and the west.

"Most of us are living our lives with our mind somewhere else, typically in the past. [The present] is the only moment where you're fully alive," Donsky said.

An evening screening of Chen Kaige's *Together* was presented after the mindfulness workshop. The film revolves around a father-son duo that moves to Beijing to further the son's prodigious violin talent.

The U of C's second China Day event will be held on March 1. It will focus on how economics and politics in China influence business.

Claudia Wong

This Week in MacHall

Monday, Jan. 30

Cinemanía in the Den: Deepwater Horizon

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: Deepwater Horizon.

Every Tuesday and Wednesday

Free Breakfast

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

Friday, Feb. 3

Pet Therapy

The puppies are back! Join us in That Empty Space on Friday, Feb. 3 from 12 - 1:30 p.m. for some pet therapy with our 4-legged friends from PALS.

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

short form

How often do you attend club cabarets at the Den?



"I didn't know clubs could put on events at the Den."

– Joshua Walters,
third-year engineering



"Yes. Maybe around once a year or so."

– Julia Pasička,
first-year law



"I attend maybe five events per year."

– Caitlyn Bennett,
fourth-year communications



"Yes, I attend club cabarets at the Den once a semester."

– Matthew Roberts,
fourth-year engineering

Photos: Justin Quaintance
Interviews: Tommy Osborne

EDITORIAL »

\$1,550 Den booking fee makes vital club events inaccessible

Campus traditions make undergraduate degrees bearable and elicit the value in campus community. But a University of Calgary Students' Union policy change puts this sense of community in jeopardy.

Previously, if clubs were to use the Den for cabarets or other events, they paid a \$500 deposit. To be reimbursed, an event would have to make at least \$2,000 in liquor sales. In the past, bigger events such as Gender Bender — hosted by Queers on Campus — have made the minimum in liquor sales and then some. However, there have been cases where smaller clubs have not. The new policy is intended to help alleviate the burden of failed events on the SU.

There is now a flat fee of \$1,550 for the Den and \$1,250 for the Black Lounge that clubs must pay before being able to use those spaces. The fees are not reimbursed and are in place in order to recover the costs of features like ticket and poster printing, staff and the general cost of operating the space. This will result in the loss of vital campus events like Gender Bender, which is moving off campus this year as a direct result of this policy change. Surely, there is a solution somewhere between a \$500 returnable deposit and a \$1,550 flat fee that still allows important events like this to happen on campus.



SAMANTHA LUCY

For over a decade, Gender Bender has taken place at the Den, usually at the end of March each year. It is a day — and night — that marks the unapologetic possession of the space. Drag queens, kings and all other royal queertisans gather for the cabaret, the U of C's only queer event set at the campus pub. With usually 200–300 people in attendance, it is a time where the connection between the queer community on campus can forge with the broader community — a vital support network that would not otherwise be present for those who need it.

Due to the financial inaccessibility of the Den, Queers on Campus have taken the prime queer night off cam-

pus to Dickens Pub.

Though a more reasonable venue — a downtown location with a later event end time and other pros — the crux of the matter is that Gender Bender will no longer be the queer event of the U of C campus.

SU vice-president operations and finance Branden Cave says that the new fee system is more secure for both the SU and clubs looking to use the Den or the Black Lounge. It is a clear format where the space is paid for and the SU wouldn't face too much damage if an event flops. Knowing the cost of the event upfront will also provide the motivation needed to make enough ticket sales or perhaps will be a flag for the event to be reevaluated

— can the club event make at least \$1,550 to recover and then perhaps some money on top of that to keep the club afloat?

Logistically, the policy makes sense. The Den is a business that needs a secure way to recoup their costs. However, it has unintended negative consequences like losing vital campus club events such as Gender Bender. A non-reimbursable \$1,550 is simply not feasible for many clubs at the U of C. The Den and Black Lounge, which are home to many community oriented events, become inaccessible and we lose cherished traditions that thrive because of their physical location on campus.

Dickens Pub may be an easier choice, but that's not the point of events like Gender Bender. Rather, they are meant to engage the community in campus spaces and host a unique event for all students. It is called Queers On Campus and not Queers Off Campus for a reason.

While the policy may make financial sense, the SU's job is to serve and represent students. Unique campus events such as Gender Bender are an important part of student life, which the SU ought to protect. The SU needs to find ways to cultivate campus traditions while protecting its financial interests.

— Gurman Sahota
Gauntlet Editorial Board

AROUND CALGARY »

Calgary well-equipped for Olympic bid

Saima Asad
News Assistant

Many Calgarians grew up hearing glamorous stories about when the Winter Olympics were held on home ice in 1988. Now, we may have the chance to experience that wonder in our own lifetimes.

Calgary City Council received a report at their Jan. 23 meeting intended to evaluate the costs and benefits of hosting the Olympics. Although the city has not yet put in an official bid, they have already invested \$5 million into research. There is a lot to be gained from hosting the Olympics and Calgary should go through with its bid.

According to a press release, "Calgary City Council authorized up to \$5 million from the city's fiscal sustainability reserve to conduct a fea-

sibility study on hosting the games." The money was granted on June 20, 2016 in response to a request from the Calgary Sport Tourism Authority (CTSA).

"We believe this is an opportunity to sustain and grow Calgary's capacity as a world-class sport hub, grow our economy, create jobs and provide a global showcase for Calgary's arts and culture community," CTSA Chair Doug Mitchell said.

As a result of this initial survey, the city announced the creation of the Calgary Bid Exploration Committee (CBEC) on Sept. 19, 2016 to determine whether the benefits of hosting the Olympics outweigh the costs.

Our existing infrastructure provides an ideal setting for an Olympic bid. The CBEC's feasibility studies focus on upgrading the existing facilities which were cre-

ated for the 1988 Olympics. The cost of hosting the 1988 Olympics was \$829 million, which exceeded the cost of any previous Summer or Winter Olympics. At the time, the cost was justified because of the facilities that had to be built. Unlike the stadiums that Qatar is building for the FIFA World Cup that will likely become obsolete, the infrastructure built to host the 1988 Olympics was designed to be used long after the games. Since Calgary already has these facilities, the infrastructure costs will be significantly lower than they were in 1988.

An Olympic bid also has the potential to boost Alberta's economy and provide increased revenue for tourist attractions. According to the city's study, "the 2026 Games have the potential to add approximately \$3.7 billion in GDP to the Alberta

economy, \$2.6 billion of additional labour income and the creation of approximately 40,000 jobs."

Canada Olympic Park is one of Calgary's main attractions and hosts activities throughout the year that bring many visitors to the city. The Olympic Oval was built in 1987 and is still packed with ice skaters and international athletes.

Regardless of where the Olympics are held, athletes from across the world still choose to train at the Olympic Oval, which boasts being home to the world's fastest ice and 26 world records.

The CBEC's final report will be released by July 2017. Hopefully city council decides to put in a bid for Calgary to host the Winter Olympics in 2026. The existing infrastructure and economic benefits from hosting the Olympics makes putting in a bid for Calgary an easy choice.

STUDENTS' UNION »

The SU must respect their own governance

Derek Baker
Gauntlet Columnist

The University of Calgary Students' Union is a democratic organization, as described in their bylaws. Motions, policies and resolutions are voted upon by council members during meetings. The legitimacy of a democratically run institution rests on the foundation of adhering to the outcome of such votes.

However, this respect for the vote has been called into question.

On Nov. 29, 2016, SU members voted down a motion that would change the frequency of verbal reports given by elected officials during Students' Legislative Council (SLC) from weekly to monthly, among other things. The debate ensuing on this policy change was polarizing, with some SLC members advocating that the reform would increase the quality and effectiveness of verbal reports. Others took the position that losing weekly verbal reporting wouldn't actually solve the problem of poor quality reports and decrease SU elected officials' accountability.

Though the vote was very close — with nine in favour, 11 against and



Some SU council members declined to provide verbal reports at the Jan.17 meeting. JUSTIN QUAINANCE one abstention — the motion ultimately failed. As a result, student executives and faculty representatives will continue to provide verbal reports every week.

This motion's failure reinforces the importance the majority of SU elected officials place on frequent verbal reports. The will of this majority should be followed if the SU is to be respected as a legitimate body of governance.

But this was not the case during

the Jan. 17 SLC meeting.

During this meeting, two executive members and one faculty representative declined to speak about what they had accomplished in their position as student representatives during the previous week. They simply stated that their reports were available to view online, rather than actually presenting them and going into detail.

Yes, their weekly reports are available online for all elected officials and students to view. However, using this

as an excuse to manoeuvre around a policy that failed to pass defeats the purpose of voting for anything in the first place. The vote affirmed the importance of weekly verbal reporting to the SU. Disrespecting the members' vote undermines the organization as a whole.

This should not happen during council meetings. The debate explicitly asked for weekly verbal reports to continue and the vote confirmed that.

As a student whose interest and

engagement in SU matters is rather infrequent, the odd time that I do manage to sit through an SLC meeting, I want to know what's been going on. In the sparsely attended gallery, the few students that are present deserve to hear what their representatives have been up to.

Furthermore, elected officials are meant to represent students and vote in a way they know their constituents would want them to. Disrespecting the council's vote ignores the student voice and brings forward a lack of accountability to the decisions the SU makes as a body.

Most importantly, I want to know that my SU is above petty politicking and isn't going to let personal grievances about an outcome of a vote diminish the quality and legitimacy of the organization.

While weekly reporting might seem like a small matter, there are larger implications to SLC ignoring its members' votes. SLC members should not continue pursuing a failed policy on weekly verbal reporting without consequence. What's to stop them from doing the same in other situations?

WELLNESS »

Mandatory wellness course a good idea for all faculties

Jesse Stilwell
Gauntlet Opinions

In response to increased discussions on mental health, the Werklund School of Education will now offer a mandatory course on wellness. Other faculties should consider adopting this initiative.

According to the Centre for Addictions and Mental Health in Toronto, mental health absences from work cost the Canadian economy \$51 billion annually. This shows that the skills needed to encourage and protect the wellness of those around us are vital.

The concepts and skills presented in the Werklund course would benefit students themselves as well as their personal and professional relationships. For example, business students, future lawyers or potential physical therapists in kinesiology will likely find themselves in positions where they are playing an important role in another person's life. Being able to recognize signs that their employee or client is letting their wellness slide is an important skill both personally and professionally.

For those who will eventually become managers or even Chief Executive Officers, being able to tell when their workplace is be-

coming a negative social environment and remedy this is pivotal for their success. If an employee at a typical business isn't the best possible version of themselves due to their mental health, it means the business is also not performing at its full potential either. This can also help lower the costly mental health leaves that Canadians pay for now.

/// Mental health absences from work cost the Canadian economy \$51 billion annually.

— Centre for Addictions and Mental Health Toronto

The U of C is already well equipped for this wellness training. The Wellness Centre provides wellness courses but these are not mandatory and many students never hear about or access these resources. Making wellness courses or training mandatory to a variety of degree programs could work alongside the resources that already exist through the Wellness Centre.

The Werklund course will also teach students how to look after their own well-being and encourage them to draw upon the existing resources available to them. This will ensure a larger proportion of

students benefit from the resources the university is already paying for.

The long running success of the #BellLetsTalk campaign demonstrates that there is a growing interest in learning about and discussing mental health issues. Students who participate in #BellLetsTalk and the many other mental health initiatives on campus would be excited to have

a portion of their education spent learning mental health skills relevant to their own field.

Education students who take the wellness course starting in 2018 will be better prepared for life's challenges than students who graduate without these skills. Werklund is a leader in the Canadian professional landscape by emphasizing that the skills necessary to protect people's well-being are also necessary to successful professional careers. This emphasis on mental health and wellness should be praised and expanded across campus and the whole country.

MENTAL HEALTH »

Taking study breaks can be good for productivity

Emma Gammons
Gauntlet Opinions

Starting school in September should a certain thrill. In a few months over the summer, students come to romanticize the smell of textbooks and tedious PowerPoint presentations. We miss our friends, our classes and the thrill of learning.

While a few months off does the trick from May to August, a few weeks over the holiday break doesn't cut it. The winter semester is, inevitably, met with lowered enthusiasm.

Despite recharging over the break, students returning in January encounter heightened exhaustion earlier in the semester. Additionally, January is one of the coldest, darkest months. When a professor assigns an absurd amount of reading the first week back, intense workloads can drive students to approach school anxiously and obsessively. It's hard enough to get outside while buried under a stack of books and it's even harder when the temperature drops to 25 degrees below zero. It's especially important for students to take note of their well-being in January.

Though maintaining a strong work ethic is important, it's also crucial to remember that your academic life must act in unity with a lifestyle that bolsters mental,

physical and social wellness.

Despite memes about students being forever alone or having no recognizable social life, "student" and "robot" are two entirely different words. With a stack of readings and a list of essays due, it might seem like a smart idea to succumb to a life of darkness and solitude. But while taking on the role of a hermit holds some benefits, studies show that taking breaks increases productivity. Looking at cute pictures of animals, taking walks or even planning a vacation mid-year can actually help reboot cognitive energy.

The *Atlantic* article "The Procrastination Doom Loop and How to Break It" cites a study by DePaul university on the relationship between emotions and procrastination. Researchers argue that procrastination is more connected to our emotions and mood than our work ethic. Therefore, taking care of your well being will result in a positive trickle-down effect.

So if you find yourself looking up *Spongebob* memes or cat videos on YouTube, don't despair. Finding a balance between maintaining sanity in a highly stressful environment and preserving one's mental and physical health is more likely to encourage success than repeated all-nighters and caffeine spurges.

Alberta politics on the cusp of an ugly battle

Fabian Mayer
Gauntlet Opinions

Alberta's next planned provincial election is still over two years away, but the battle lines are already being drawn.

Jason Kenney's Progressive Conservative party leadership bid appears to be on track. He is doing well in the delegate battle and without any other high profile candidates in the race, his victory is starting to look inevitable.

Kenney stated his intentions of merging the PCs with the Wildrose at the outset. Should he win leadership of the PC party, there is little to stand in the way of that happening. He has the momentum and the support of other prominent conservatives — including former Prime Minister Stephen Harper — needed to unite the right.

By the time the dust settles and Albertans prepare to vote in 2019, the province may only have two viable political parties to choose from. The Alberta Liberals have been decimated and the Alberta Party's struggle for relevancy continues. For voters hoping to help choose the next government, a united conservative party and the governing New Democratic Party will likely be the only options.



Albertans will likely have only two viable options in the 2019 provincial election. COURTESY KURT BAUSCHARDT

Recent history is unsettlingly clear about how campaigns play out when there are only two sides. The rhetoric becomes supercharged, emotions run high and things get personal.

Who will win will come down to how effectively each party can persuade centrist voters. Persuade

might be the wrong word for what will be a downward spiral of negative attacks aimed at serving a dual purpose.

First, stirring up the party base to ensure they turn up on election day. And second, smearing the opposition as extreme ideologues to scare centrists into voting to keep the

other guys out. Rage and fear will be the currencies of the campaign. And it's going to get ugly, fast.

Kenney is already showing us a glimpse of the kind of rhetoric certain to dominate in 2019.

"Albertans want their province back," Kenney said at the leaders debate on Sunday Jan. 15. — the

thinly veiled implication being that progressives aren't real Albertans and have no place running the province.

The phrase echoes the "we want our country back" slogan used so effectively by the leave side of the United Kingdom's "Brexit" referendum. Creating the idea that something has been stolen is a powerful political tool Kenney clearly intends to take full advantage of.

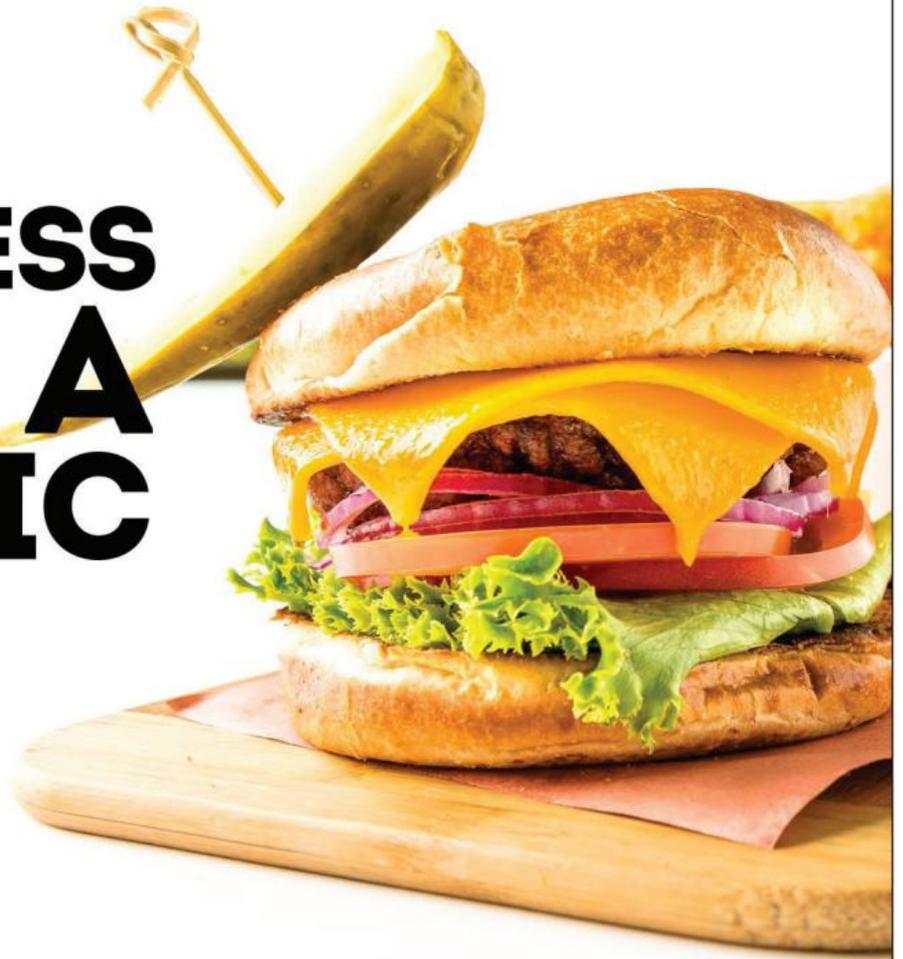
In the U.K. the anger flowing from that grievance was mostly directed towards the European Union and its institutions. Without a similar external outlet, aggrieved Albertans' anger has only one place to go — the voters who stole Alberta using the sinister trickery of the democratic process. Albertans will be pitted against each other like never before.

As the government, the NDP isn't keen to wade into the mudslinging just yet. But once the gloves are off you can bet they will be doing all they can to paint a united right as a threat to public services and minority rights.

In 2016 Albertans watched politics around the world reach new heights of division and hate from the side. In 2019, they'll have front row seats.

DON'T MESS WITH A CLASSIC

THE DEN EST. 1969



ENTERTAINMENT

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HIGH PERFORMANCE RODEO »

High Performance Rodeo presents a show for all the *Winners and Losers*

Gurman Sahota
 Entertainment Assistant

Topics like race and privilege are often left unspoken due to their taboo nature, especially when among friends, family and coworkers. But James Long and Marcus Youssef made a performance based on just that discomfort.

Presented by Theatre Encounter, *Winners and Losers* is what Long calls a "structured conversation of topics that are often untouched and how that correlates with the idea of winning and losing."

Long co-created and acts in the play.

"We started early on having a conversation about the idea of winning and losing and what it means to feel like a winner or a loser," Long says. "[We] devised this game called *Winners and Losers* where we started to name random elements in the world — people, places, things — and then debate whether those things are winners or losers and transcribed it all and then turned it into a script."

Improvisation played a vital role in the development of the show and its ongoing performances. However, the show built consistency over nearly five years of performances.



Long and Youssef tackle taboo topics, such as privilege and race.

COURTESY SIMON HAYTER

Long and Youssef have presented the piece around Canada and on international stages. Calgary's High Performance Rodeo will host *Winners and Losers* from Jan. 25–28.

"We've taken it 19 times around the world, everywhere from Montreal to New York City, from Iceland to Italy," Long says. "All over the place where people sort of speak English, essentially."

The show is primarily Canadian and references Vancouver locales, Long says each audience — whether it international or local — takes to the

performance differently.

"The show is very exposing for us as human beings because we talk about ourselves in it so that's a big difference," Long says. "But when we do it in a place like the United Kingdom, for example, the questions of class and privilege we're talking about has a much different feel [than] in Canada."

For example, Long says the play promotes "real open conversation about class and privilege" in the U.K.

Much of the show is based on the biographical roots of the performers.

Long says a challenge he faces with the show is working with the consequences of the dialogue being so exposing and intimate.

"You have to say things about yourself and the other person that you would never, ever say in public," Long says. "We said things to each other and about ourselves [then] suddenly we're saying these things in front of our friends, families, colleagues and it gets really uncomfortable."

Though the performance does tune in to the discomfort of its actors, Long says this feeling keeps

the show fresh and creates a "tricky little phenomenon."

Long says the show relates to more than just its Canadian home in reference to the international political climate.

"The show is built on the idea of winning and losing — a real binary system of looking at the world as one or the other," Long says. "I think in particular with the inauguration of [American President Donald] Trump, that idea of one or the other is very much heightened and exposed than it was when we made the show a few years ago."

The technical aspect of the show features Long and Youssef improvising basic topics — neither will know what the other will say until the show happens — as well as a taking a few launching points from the audience. With world events affecting the show, the underlying themes of each show may vary, but at its core, *Winners and Losers* remains a conversation of 'have' and 'have not.'

Theatre Encounter's *Winners and Losers* will perform at West Village Theatre from Jan. 25–28 at 9:00 p.m. Ticket prices vary.

For more information, visit theatreencounter.com

IN CONCERT »

Hear the music of DreamWorks at the philharmonic

Gurman Sahota
 Entertainment Assistant

For animation connoisseurs and anyone who likes a cute children's movie, the Calgary Philharmonic Orchestra will present *DreamWorks in Concert*.

The concert will feature clips from nostalgic DreamWorks movies including *Kung Fu Panda* and *Shrek*, as well as lesser known films like *Rise of the Guardians*.

There will be montages of each movie on screens, with the orchestra cued to play scores that complement the films.

CPO artistic operations administrator Jason Stasiuk says Calgary will host the concert after its success in the United States.

"A lot of times the audience doesn't realize that there's so much music going on underneath the film," Stasiuk says. "So to come away from this show, you're going to [have] an appreciation of

all kinds of movies."

The orchestra will rehearse and perfect the scores for the concert in about two days.

Keeping in mind a changing — and in particular, younger — audience, Stasiuk says the CPO hopes to provide an eclectic season for both veterans and newcomers.

"We're always trying to expand our audience. Our classics will always be our staples, but finding new ways to bring new people to see the orchestra is always a challenge that we have," he says. "So doing things like DreamWorks and Disney brings those people and families in as well."

With the impact of variation, the CPO strives to bring season after season of changing material with classics punctuating more contemporary and somewhat popular concerts. Stasiuk says the amalgamation of old and new keeps the orchestra fresh and provides new and exciting material for musicians to work with.

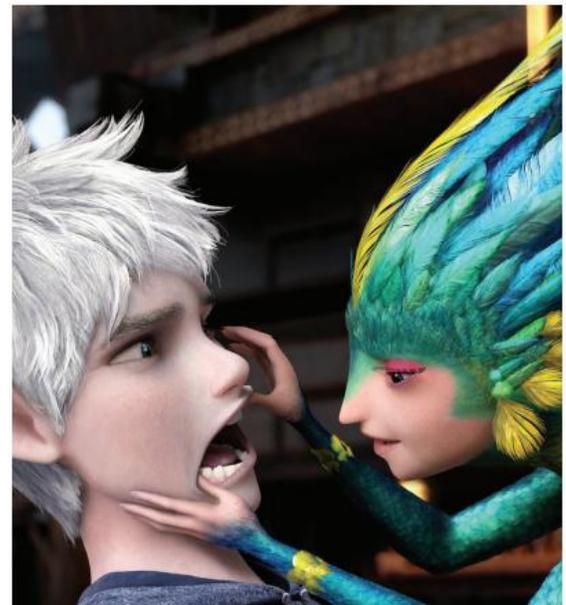
Hits such as *Madagascar* and *Shrek* will highlight the concert, playing on the recognizability of the films. Additionally, *How to Train Your Dragon* will also be featured — a film score medley that may not be as recognizable.

Stasiuk hopes the performance will bring audiences back for other concerts.

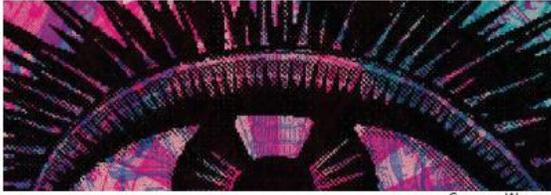
"I hope we just get new people in the door and come back for another concert and they see what the orchestra is capable of doing," Stasiuk says. "We're not just about the classics or the pops, but we can do a lot more. Hopefully you come to *DreamWorks* and everyone leaves having a good time."

The Calgary Philharmonic Orchestra will present *DreamWorks in Concert* on Jan. 27 and Jan. 28 at the Jack Singer Concert Hall. Ticket prices vary.

For more information visit calgaryphil.com



The show will present scores from DreamWorks. COURTESY DREAMWORKS



COURTESY WINDIGO

Windigo to bring new music before end of 2017

Rachel Woodward
Entertainment Editor

During the late months of 2011, Anthony Kameka and four fellow Calgary musicians formed Windigo, an indie-pop and rock group. Almost five years later, Kameka now leads three new bandmates — Del Coburn, Tory Rosso and Mitch Cooper — as the band sets out to release their latest full-length album.

Kameka says that through the transition of bandmates, the group has evolved.

"It's along the same vein. I'm still writing the songs — so it's the same songwriter — but it features a new collection of musicians," he says. "I think we've matured in our sounds."

The band will release their next album later this year and will start releasing singles in March. They plan to embark on a national tour from March to May, starting in Nanaimo and ending in Montreal.

As Calgary-based musicians, Kameka says that the community in the city has been nothing but nurturing to the group.

"It's been very supportive. I think it's been growing at a crazy rate. Every day there's a sweet new band here," he says. "There are lots of venues that are willing to book you and support you. If you have a CD release, they will be happy to host you. We've been lucky enough that we've played so many shows at home, we've got to work on our craft and make a lot of friends in our community. It's a great community. As far as venues and fans, there's plenty. It's great."

Having played over 200 shows during their existence, the band is ready for the next challenge. Kameka says the upcoming album was recorded to sound as close as possible to the band's live performance.

"The songs are all live off the floor, we just did everything in one take — even the vocals. It's got more of a rock and roll, psychedelic vibe than our past releases which have been predominantly more pop-y," he says.

For more information visit
windigomusic.ca

BLOCKBUSTERS »

La La Land for those of us who are dreamers

Tessie Ward
Gauntlet Entertainment

La La Land takes all of the optimism and hope that 2016 lacked and puts it into a film. Directed by Damien Chazelle and starring Ryan Gosling and Emma Stone, *La La Land* tells the story of two people who fall in love in modern-day Los Angeles. The film brims with youth and possibility but doesn't shy away from realism. The balance of reckless hope and real struggle is expertly executed in a way that grounds the rousing, floaty musical.

The film shows those with their eyes set on the future the sometimes soul-crushing reality they can face in a stunning visual and musically-diverse way.

Throughout the film, Mia and Sebastian's relationship is tense and beautiful. Chazelle develops both characters with stories and lives that are separate and distinct from each other. That's part of the brilliance of *La La Land* — while many critics and audience members tote the nostalgic tropes of the film, it breaks the gendered mould of its classic predecessors.

The music is fun, heartbreaking and acts as its own character. Every musical number shapes itself to the film's storytelling in a way



This movie presents the reality of the limelight. that is never jarring or forced. The choreography flows naturally with the music. The musical format harkens back to classic American films but reinvents them in an original story.

The city of Los Angeles lives and breathes in this film. It could not have been set in any other city and the filmmakers weave the setting into every aspect of the story. Someone outside of the fast-paced entertainment world can treat *La La Land* like an introduction to the city, its people and what it's like to pursue art in a city that is saturated with young talent.

Light and colour are carefully selected to evoke feeling in the viewer and they are as effective as they are breathtaking. The direction is also flawless, with no scene feeling too long, too short or unnecessary. The film is tight,

clean and engrossing with every frame.

Chazelle is bringing back jazz whether the audience wants it or not. Coupled with his 2014 hit *Whiplash*, he uses musicality and passion to show audiences a new side of jazz. The film doesn't simply make you want to look a song up on Spotify — it makes you want to go to a jazz bar and really live it.

In the end, the film succeeds in inspiring its audience to go out and pursue their dreams. *La La Land* takes the pessimism of 2016 and offers a guiding light through music, dance and a connection to something as real and necessary as chasing an impossible dream. For those with their hearts set on their dreams, the film provides a realistic view of what it's like to fail and hopefully succeed.

NEW MUSIC »



William Basinski
A Shadow in Time
January 20, 2017 (Temporary Residence)

David Bowie passed away just over a year ago. It was a tough death for many to process — myself included — partially because in his final weeks Bowie released an album that acknowledged and tried to reconcile with his imminent death. It felt like the end of an era. A year later, ambient stalwart William Basinski has released *A Shadow in Time*, a two-track album that eulogizes Bowie and meditates on a difficult year.

Basinski's art often deals in grief. His most enduring work,

The Disintegration Loops, was released following the Sept. 11, 2001 attacks and was accompanied by videos of the New York City skyline as smoke rises from the city. Though the scope of *A Shadow in Time* is much smaller, it manages to evoke the same emotions of loss and profound sadness.

"For David Robert Jones" makes up the first half of *A Shadow in Time*. The track starts off muted, before swelling into an orchestral loop that feels almost laudatory. But as the track wears on, the symphonic loop starts to surprised.

Having as varied a career as the Flaming Lips can make it difficult for a band to continue to push musical boundaries and make something new. But *Oczy Mlody* proves that after nearly 34 years as a band creating music, the Flaming Lips still manage to produce an album that defies convention.

Frontman Wayne Coyne's lyrics are minimal on the softer, more electronic album. It isn't until the end of the album that there is a moment in

decay as static noise drones above the track's previously optimistic atmosphere. "For David Robert Jones" finishes with a murmur, leaving a silent space for the listener to ruminate on the life of an artistic visionary and the frustrations surrounding a year characterized by hate.

But grief often gives way to hope, and hope is what Basinski inspires in the album's second half, titled "A Shadow in Time." Unlike most of Basinski's work, the track's atmosphere is comforting rather than brood-

which classic, lyrical narration is present.

"The Castle" sounds more traditional with seconds of instrumentals followed by an onslaught of quirky lyrics. It's a song that might borderline on being boring but is very welcome on the unusual album. It was a comfort to have such a song cut through an album made up of bandmates experimenting and playing around with their equipment.

Oczy Mlody isn't in the same vein as the Flaming Lips' pre-

vious releases. If anything, after 17 studio releases, countless compilations and that odd Miley Cyrus collaboration, the band can afford to have a one-off album. They're awarded the luxury of producing an album where they don't subscribe to any strict formula.

While the album doesn't seem to warrant multiple listens, it is still a trippy escape for when listeners are in the mood to try something a little freaky and out of the normal.

Jason Herring

Gurman Sahota



Flaming Lips
Oczy Mlody
January 13, 2017 (Warner Bros.)

LOCAL SPOTLIGHT »



COURTESY MIGUEL RAUL GRANDA BARBON

Lego building competition showcases kid in us all

Nikayla Goddard
Gauntlet Entertainment

Spark your long-lost youth at the 11th Annual Silver Springs Community Association Lego Competition on Jan. 28. The competition will welcome Lego enthusiasts of all ages to unlock their inner creativity.

Last year's competition drew around 150 registrants and 500 spectators from across Calgary, garnering entries from 30 different Calgary communities.

Event organizer Sherry Gazlin says that the event is a great opportunity for a family day out.

"It was started originally because parents were trying to think

of a family thing to do in winter," she says.

Gazlin says the competition helps families bond by constructing something for the other competition and then seeing the works.

Judging will take place at the Silver Springs Community Association on Jan. 28 from 10:00 a.m. - 12:00 p.m. The displays will be open to the public from 12:00 p.m. - 2:00 p.m. Judges are always local, with a representative from Bricks4Kidz — an after-school Lego program — on the panel along with other Lego enthusiasts.

Gazlin added that some of the entrants, particularly older

builders who construct works made from thousands of pieces, stick around during the viewing to chat with spectators about their hobby.

During the competition, first, second and third place ribbons are given out, along with a first place prize for every age group. Themes for this year's constructors are structures, transportation, cool scenes and "all things Canada."

The competition will accept entries until Jan. 27. If you wish to enter, check out the SSCA website for the registration form.

For more information visit ssccalgary.weebly.com

DATE NIGHT »



COURTESY SAMUEL MANN

Self-dates are the future

Do you ever wish you actually had a date to do cool things with? Here are a few sweet date night ideas — for just you.

What better way to meet a potential date than speed dating? If you're between the ages of 24 and 35, head down to Trolley 5 on 17 Ave. on Jan. 26 from 7:00 p.m. - 9:00 p.m. Meet 20 new people for \$30 — that's \$1.50 a person. Each date lasts four to five minutes. Flirt, flaunt and find out your matches when the organizers send you their numbers the next day.

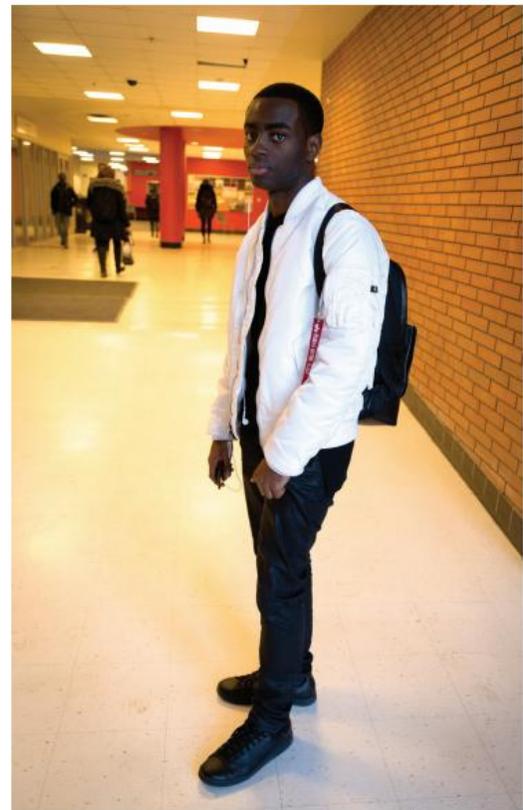
If you're concerned about your love life, *5-Minute Therapy*

might be the deal for you. For free, get five minutes of counseling from Emelia Symington Fedy as part of the High Performance Rodeo. Sessions are hosted on Jan. 27 in noon at Bankers Hall and Jan. 28 at noon in the Simmons Building.

Of course, the best sort of date can be the one spent at home. After all, what's cheaper — a fancy-schmancy dinner for two at a steak place downtown or a bag of extra-butter popcorn, a glass of wine and Netflix? Case made. Treat yo' self.

Nikayla Goddard

CAMPUS STYLE »



JUSTIN QUAINANCE

Third-year business major Dixon Fasola brings a hybrid of athleisure and cool sophistication to campus with this minimalist look. Merging styles from 2016 and 2017, these threads present the perfect combination of style and comfort. A sleek Alpha Industries jacket draws attention while distressed Zara jeans and black Stan Smith kicks highlight the quality of Fasola's jacket. A black leather bag brings scholarly notes to the classroom without minimizing the sleek lines. Together, all the items point towards the quality of this jacket — and provide an example of how to bring out the best in a single stylish item.

Emilie Medland-Marchen



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Ali Hassan talks making homemade pasta and exploiting his kids for comedy

Drew Thomas
Gauntlet Entertainment

Muslim Canadian comedian, actor, chef and family man Ali Hassan brought his *Muslim Interrupted* tour to Calgary on Jan. 20 at Arts Commons. He will also act as host for this year's Canada Reads event from Mar. 27-30. The *Gauntlet* spoke with Hassan about his comedic style, advice for aspiring comedians and cheap food.

The Gauntlet: What kind of reception are you expecting from the audience? What do you hope people take away from it?

Ali Hassan: I put this show on a few times in 2016. A one-nighter in Ottawa [and] three nights in Montreal for Just for Laughs. My primary goal is to entertain and I feel people do walk away entertained — mission one accomplished. But then there's a separate thing happening here obviously, against the backdrop of Islamophobia or whatever you want to call it — tensions involving the Muslim community. I feel people walk away a little bit informed as well, which I didn't set out to do, but it's a great feeling to do comedy that entertains, informs and pushes boundaries a little bit. Particularly with my own people, Muslims, it might push boundaries, but even with other people because they have a certain narrative — non-Muslims have a certain narrative of what Muslims are and seeing a show like this will challenge that.

G: How often do you write jokes?

H: I go through waves. Sometimes I'm gonna sit and I'm gonna write and that lasts a couple of weeks and then it fades. My best jokes have always come when I'm doing the most mindless stuff — I'm vacuuming, taking a shower. My jokes that have

come to me from writing are ideas [that] have premises, then I work on them onstage and then they become something. In the shower, vacuuming, lawn mowing or snow shoveling — that's when bits come in my mind that are fully formed and I'm already taking them to the stage. Those menial activities really free up your mind to be creative, but you can't guarantee that like, "okay, I'm gonna vacuum, let the jokes come!" It just sort of happens.

G: As a comedian and chef, how has cooking and food been a part of your comedy?

H: You joke about what you know and I was a chef before I was a comedian, so it was naturally something that I took to the stage. [At] the Winnipeg Comedy festival, there was a food gala — Glorious Food. I think it was called. I think I was an obvious choice. You don't have too many comedians who've been at it for a long time who are also chefs or have a chef's background. So I know that I get called upon often when food related-themed shows are happening. I'm happy to do that — I was immersed in that life so there's a lot of material. Comedy comes out of pain too and the kitchen in a restaurant can be a painful environment too sometimes. Egos, knives, heat — all that stuff mixes together to make a pretty volatile environment that when you finally step back from it you're like, "oh I can laugh at that for sure."

G: You've got a YouTube show called *Bland is Boring: a Cooking Show*. As university students, a lot of us have trouble making good food for the cheap. What is best thing you've ever made for under \$10?

H: I don't think students will be happy with this answer, but when I've made pasta from scratch I've al-

ways felt amazing about it and you can do it for under 10 bucks. You can have pasta sheets or you can buy pasta and roll it out, but that's a bit more time-consuming. Making the filling — you can braise some lamb or some beef in coconut milk and let it soften and really flavour and then stuff that into pasta and then cook the pasta with some sauces. Those things that take three or four steps, for some reason I really like them because I love cooking, but a student who's got stuff to do and places to go might be like, "that's ridiculous."

The other thing is Indian food. If you're looking for bang for your buck, Indian food or Mexican food can go really far. I really enjoy making tostadas and tacos because what you get is variety. First of all, it's not very expensive and second of all, you get variety. So you can have three tacos with three different toppings on them [and] three different ingredients inside of them. Pork taco, chicken taco, beef taco or fried fish or something like that. All three of them have different toppings — a lot of variety for not too much money.

G: As an actor, a comedian and a family man, how do you balance all these things and how does that play into your comedy?

H: It's one of the interesting things because part of you would think on paper that having a big family robs you of your time and your creativity, which is partly true. But also my kids just constantly feed me material and I pay them back in the form of food and a roof over their heads, so they're getting something out of it. Sometimes, these kids present me with a joke that's ready to go right to stage. I don't even have to work on that. It's like having a team of writers. It's like I'm a late night talk show host and my writers are working around the clock without their knowledge and without pay, which



Hassan was at Arts Commons to share his wisdom.

COURTESY FOAD HP

is amazing. A family helps and I think it also motivates me. I don't think about this outright but I can't deny that there's four kids who need to live, they need to survive, and it'd be good if they didn't die. So I get out there and I work a little harder probably because of their presence.

G: Is there any advice you'd like to give for any aspiring comedians out there?

H: I think the best advice I can give is that there is no quick solution. If you're looking for quick fame, quick money or quick success, this is not the field for you — because we've watched people who get shortcuts. Ultimately, it's the audience that decides and sometimes the audience gives you a big fat thumbs down because you rushed it, you pretended you had 20 minutes of material but really you had three to five.

This is what all these great comedians talk about. You have to be ready to fail, you have to be able to

go up, fail, learn, fail, learn. I see comics who are two or three months into their comedy — they're already putting up a set on YouTube and I'm like "Buddy, you don't realize that in two years you're gonna be embarrassed of that but that's what people are gonna judge you on from YouTube." So it's about really putting in a lot of work because there are really no short cuts in comedy — you have to find funny. You have to build the material with rare exception. At the end of the day, it's a journey. There's no race for comedy and there are people who find great success by their fifth year that others take 15 years to find, but you gotta put in that effort. You gotta put in a hell of a lot of effort. It looks like it's easy because we look like we just woke up and got on stage taking some t-shirt off a pile of clothes [and] put it on, but for many of us it's a ton of work going into it too.

Edited for brevity and clarity.

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DINOS HOCKEY »



JUSTIN QUAINANCE

Dinos men's hockey splits weekend series with Alberta Golden Bears

Emilie Medland-Marchen
 Sports Editor

The Dinos men's hockey team split wins with the No. 8 ranked University of Alberta Golden Bears in two games on Jan. 20 and 21.

It was an essential weekend for the Dinos, who are currently one spot behind Alberta in the Canada West. One more win would put them ahead of their cross-province rivals, while second-place in the Canada West would have secured a bye to the USports playoffs.

The Dinos lost the first game at home on Jan. 20, falling 2-1 to the

Golden Bears in a nail-biter. Despite a valiant effort from Calgary in the first quarter and a half — they scored the first goal of the night at the top of the second — Alberta came back in the third period, scoring two goals and settling into a third-place position in the Canada West.

"I thought we started really well," Dinos head coach Mark Howell said. "We didn't give them anything in the first period, played a really smart, hard, intense first period. I even thought at the start of the second we were really good. Then right after we scored 1-0, I thought we would take it. But we started trading chances back and forth and stopped playing the way we had to play."

Calgary showed potential in the first period, outshooting the visitors 9-6 by the end of 20 minutes. A penalty for Alberta in the first 30 seconds of the game set a strong offensive tone for Calgary, who picked up the pace and tried to capitalize on a power play opportunity. But despite a snappy wrister from fourth-year defenceman Drydn Dow on the power play, the Dinos' efforts were thwarted by Alberta's goalie, who stopped all nine shots fired his way.

The Dinos scored the first goal of the night at 5:18 in the second period. Fourth-year forward Chris Collins snapped up the lead for the Dinos, clipping Alberta netminder Brendan Burke's right glove with assists from veteran forward Dylan Walchuk and third-year defenceman Dylan Busenius.

"Well, we only got one, but I thought we competed hard for the puck," Howell said. "Our defence were pretty smart for the most part. When your defence plays a solid game, you've got a good chance to compete with a good team."

Collins — the sole goal scorer of the night — agreed.

"Coach has been telling me to stand in front of the net more," Collins said. "I was there and our D-man shot the puck. I got a piece of it and it threw the goalie off."

Despite the Dinos' early lead, Alberta was quick to settle the score. The restless Golden Bears played an aggressive third period, tying the game 1-1 at 3:27. A number of Dinos rushes and breakaways failed to lead to anything, despite the Dinos outshooting Alberta 24-20 by halfway through the period. A roughing penalty for second-year forward T.J. Dumonceaux at 11:18 was a sign of bad things to come

for the Dinos. Alberta scored their second goal of the night right off the power play, creating a gap that Calgary couldn't match.

The end of the third period was a mad rush to the finish. Howell called a timeout for Calgary and pulled the goalie with just a minute and a half left in the game. But despite rushing the Golden Bears' net with an extra man, the Dinos couldn't extend the game into overtime.

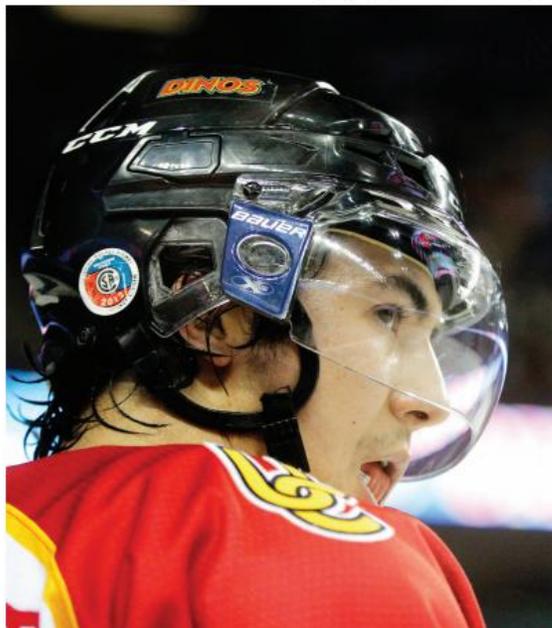
"If we want to be able to beat the top teams, we have to be able to play the whole game, not just the first twenty minutes," Collins said. "We were just trying to get everything on net, crash the net and hope the puck goes in. You never want to be in that position when you have a goalie pulled, but when you do you can't hold anything back."

While it was a hard defeat on the first night of back-to-back games for the Dinos, the team came back swinging on Jan. 21, earning a convincing 3-0 win over Alberta in Edmonton. It was a historic night for fifth-year veteran goalie Steven Stanford, who shut out the Golden Bears in the team's first loss on home ice since 1964.

The Dinos maintained their spot firmly behind U of A in the fourth position in the Canada West. With the University of Manitoba winning both of their two games on Jan. 20 and 21, the three close teams will fight for the top spots in the Canada West division throughout the remainder of the regular season.

But for Collins, there is plenty of opportunity to make sure the road to the playoffs is free of obstacles.

"For us we've got a pretty tough road to play," Collins said. "We just have to make sure we're ready to go each period and make sure we have some good sixty minute games ahead of us."



The Dinos are aiming for a spot in the playoffs.

LEXI MARIE WRIGHT

UPCOMING GAMES

Dinos Volleyball (W) vs. UBC

January 28



The Dinos women's volleyball team are the underdogs of the 2016-17 season.

This match against the University of British Columbia Thunderbirds is your chance to catch the team on home turf. The game starts at 4:00 p.m. in the Jack Simpson Gym.

Dinos Athletics Jack Simpson Open

January 29



The track and field team will compete in the Jack Simpson Gym on Sunday Jan. 29. The event

takes place all day and will feature both the running and field teams. For heats and the complete lineup, check out the Dinos website.

Crowchild Classic Hockey (W) vs. MRU

February 2



The biggest hockey event of the year kicks off at 5:00 p.m. at the Scotiabank Saddledome. The

women's hockey team will take on their cross-town rivals the Mount Royal University Cougars in a classic Calgary barn burner. The game will be especially important for the Dinos hockey women, who will need a win to move them up in the Canada West standings.

Crowchild Classic Hockey (M) vs. MRU

February 2



Puck drops at the men's portion of the Crowchild Classic at 7:45 p.m. The game will be an essential

win for the Dinos men's hockey team, who are currently within two wins of the University of Alberta Golden Bears and the Mount Royal Cougars in the Canada West standings. Expect a stellar home-town crowd at this game, with the rink split into two sides of red and blue.

Dinos suffer double losses against Pandas

Emilie Medland-Marchen
Sports Editor

The Dinos women's hockey team fell to provincial rivals the University of Alberta Pandas twice in a home-barn split this weekend.

After a tough 4-0 loss against the Pandas in Edmonton on Jan. 20, the Dinos returned to Calgary for a rematch at the Father David Bauer Arena. Despite a strong effort from the Dinos in the first period, a series of Alberta power plays allowed the Pandas to run away with the night in a 7-1 win.

"I'm disappointed," Dinos head coach Danielle Goyette said. "I thought we started well, the first period was really good — much better than what we did [on Jan. 20] and that's what we asked for. As soon as they scored the second goal, we were discouraged and not mentally strong enough. Today was tough, but at the end of the day we need to be stronger emotionally."

The Pandas kicked off the second half of the home-game split with a goal by defenceman Alex Poznikoff just one minute into the game. It was a lacklustre start to a lacklustre game for the Dinos, who only managed to score one goal on their Alberta rivals. Fourth-year Dinos veteran Kate Lumley shoved a loose puck into the net at 10 minutes into the game, assisted by fourth-year Sasha Vafina and second-year Delaney Frey.

But after briefly tying up the period, the Pandas fired back with two more goals for a 3-1 lead at the end of the first. A relatively even offensive effort saw the two teams at eight shots on goal for the Dinos and 12 for the Pandas, but an inconsistent defensive effort resulted in two give-away goals for the visitors.

"We created a lot of good scoring chances," Goyette said. "We're not a

team that usually gets that many goals per game. Every time we miss a goal, it's hard to get that momentum back. We need to keep it going."

The second period was more of the same for Calgary, who struggled to capitalize on major power play opportunities. A U of A power play goal early in the period led to a dominant 4-1 score for the Pandas. While Alberta took advantage of successive Dinos penalties in the second period, Calgary couldn't follow up with the same. The Dinos wasted a two-man advantage near the end of the second and were unable to penetrate the stellar Alberta defensive effort and find the net. With the only goal of the period, Alberta had a 4-1 lead over the Dinos with 22 shots on goal to Calgary's 13 going into intermission.

The Dinos spent the majority of the third period in the penalty box after a series of controversial calls. Alberta came out swinging at the start of the period, firing off another goal at 20 seconds to bring them to a 5-1 lead. Halfway through the period, the Dinos had racked up seven penalties on the night, creating a momentum loss that couldn't be recovered. A 10-minute misconduct penalty towards the end of the period was challenged by Goyette. The small crowd booed the referees as first-year forward Rachel Paul was sent to the box.

"We didn't lose because of the ref, but for me, I could see that the girls were frustrated," Goyette said. "At the end of the day, I felt for them because they were trying to work hard and things that usually go by when the score is 4-1 or 5-1, they just didn't tonight and it was frustrating for the players. But this is not a reason to be undisciplined and this is something that we need to correct as a team."

The frustration was visible on the faces of the Dinos. Calgary couldn't



The Dinos must win all six of their upcoming games to make the playoffs.

EMILIE MEDLAND-MARCHEN

defend off the final push from Alberta, who sank three goals by capitalizing on the Dinos' missteps. After outshooting Calgary 15-38 by the end of the third and bringing the score to a disheartening 7-1, the Dinos were ready to see the game end.

It was a bitter pill to swallow. The Dinos are currently last in the Canada West. After making the playoffs last season, a spot in the Canada West finals this year is only possible if the Dinos women win all six of their upcoming games. While Goyette acknowledges the tough road ahead, she maintains an optimistic attitude and a belief in her team.

"We have to go one game at a time," Goyette said. "We can't look six games down the road because it's too much to demand for this team. Not that we

aren't capable, but we need to take it one game at a time."

The Dinos struggled to secure passes and were constantly fighting for loose pucks. By contrast, Alberta put up the consistent, unified effort they've been known for throughout the season. With the Pandas ranked third in the Canada West and the Dinos in last place, the stark contrast between the two teams showed in their connection on the ice.

But while Calgary struggled to defend their season standing against a higher ranked team, there were some moments of clarity. Although second-year netminder Sarah Murray struggled throughout the first period, a tripping penalty seemed to kick her into gear for the second. She made some beautiful saves over the course of the night, brav-

ing the Alberta offensive effort while her teammates struggled to defend the net.

Fourth-year veteran Sasha Vafina showed off her speed and stickhandling skills throughout the night, making quick work of Alberta's defence and rushing the net in breakaway opportunities. Although she couldn't secure a goal, her presence on the ice was a consistent offensive threat to Alberta.

Looking ahead, Goyette is hoping to utilize those strong moments to build on the team's mental preparedness.

"We have to be stronger mentally," she said. "We cannot go and play just on emotion, because sometimes it's going to work for you and sometimes it's going to go against you. We were not on the same page for the whole 60 minutes tonight and we need to work on that."

TRY THIS »

Relieve your mid-semester headache with these light exercises

Christie Melhorn
Volunteer Coordinator

Between sitting for too long, living off double-doubles and Calgary's inconsistent weather, being a University of Calgary student can be a literal headache. As a consequence we either get used to having those chronic headaches or pound back more coffees and ibuprofens than necessary to mediate them. But a lot of the time, our bodies are just begging us to get moving.

One of the best ways to relieve a tension headache is yoga or low-impact cardio. Merle Diamond, co-manager of the Diamond Headache Clinic in Chicago, says that yoga is ideal for headache relief because it untangles stress in your body and relaxes your spine and neck, which can take a beating from extended periods of sitting. All of these factors can get your blood flowing, bring more oxygen to your brain

and help loosen the binding sensation around your head.

Of course, we can't just abandon class or leave the library for a yoga session every time a tension headache strikes. However, you can try some of the following moves borrowed from *active.com*, *Yoga Journal* and *The Huffington Post* to melt away headache pangs. All of these moves can be performed in your chair, but standing will maximize their benefits. For better results, perform each move at least two or three times.

Elbow grab:

Standing hip-distance apart, reach your arms behind your back and grip your hands around your elbows on your opposite arm. Loosen your jaw, soften your neck and try closing your eyes. For a deeper stretch, place your hands in a prayer pose behind your back with your fingers facing upwards. Inhale and

exhale while you hold this pose for at least 30 seconds.

Side stretch:

Standing with your feet hip-width apart, firmly ground your feet into the floor. Raise your arms above your head and grab one of your wrists with your opposite hand. Gently pull the arm with your free hand to the opposite side. Hold for 30 seconds on each side and try to tilt a little farther each time you exhale.

Modified eagle pose:

Start by rolling your shoulders back, lengthening your spine and loosening your neck. Next, wrap your arms around your torso, giving yourself a well-deserved hug. Raise your hands and let your top elbow rest on the elbow joint of the arm below. Flip your hands inward so that your palms are facing together. Close your eyes, keep

your inhales and exhales slow and sustain the pose for 30 seconds. Switch arms when you're done.

Seated spinal twist:

Bring one of your legs up towards your chest. Latch your elbow of the arm opposite to your leg on the outside of your thigh. Softly shift your torso towards the same direction of your elevated arm and leg. With each exhale, try and twist a little bit farther without causing any strain in your back. Perform for at least 30 seconds on each side.

Big toe pose:

Start with your feet about six inches apart. Keep your legs as straight as possible without locking your knees. Hinging at the hips, tilt your torso and head towards the ground, exhaling as you lower. If possible, loop your index and middle finger around your big toe

and secure your grip with your thumb. Gently press your fingers onto the ground. On your exhales, try to raise your tailbone to amplify the stretch in your lower back. Hold for 30 seconds.

Whichever activity you chose to do, remember to stay hydrated and well fed. *Livestrong.com* suggests drinking at least eight ounces of water before your work out and at 30 minute intervals throughout. Before a workout, fuel up properly with wholesome proteins and carbs. *Men's Fitness* lists fruit, oats and greek yogurt as easily digestible, satisfying foods that prevent nausea during a workout.

So before downing a sugary coffee or popping some Advil, nourish your body with the right food, tons of water and some movement. You will return to studying with a lighter, clearer mind.

INTERNATIONAL HOCKEY»

World Juniors show we need consistent implementation of shootout across leagues

Emilie Medland-Marchen
Sports Editor

There was a lot of grumbling in the Canadian hockey world following the heartbreaking American shootout win over Canada at the 2017 World Junior Championships. But while a lot of discussion is the result of Canadian hockey pride, the shootout in hockey also has a long and controversial history.

In the NHL, the shootout was introduced following the 2004–05 lockout to guarantee a winner by eliminating ties. In the International Ice Hockey Federation (IIHF), referees will resort to a shootout after a full period of five-on-five sudden death overtime if a tie still persists. In Canadian varsity hockey, the shootout isn't even an option — instead, overtime play continues until either team scores the winning goal.

Some fans are against the shootout, arguing that it's a cheap gimmick that places value on an individual player's skill rather than the team elements that are usually essential to winning a

game. Other fans enjoy the pressure that the shootout places on players, the psychological strategy involved in deking out a goalie or the excitement of seeing their favourite team secure a win in a one-on-one duel. But whether you're a fan or a critic of the shootout, there's no doubt that its role in the game — and its relatively short history — is marred with controversy.

The shootout exists as a method of solving a tie in a quick and straightforward way. Before this attempt to declare a winner, overtime play was the only way to decide a game following the regulatory three periods. Overtime was eliminated in the NHL in 1942 due to wartime restrictions, a tradition which continued until the 1983–84 season when the NHL introduced a regular season overtime period of five minutes. Prior to this, games would remain tied after just three periods. But the tradition of tying a game seems to have no place in 21st-century hockey.

After the 1983–84 season, if the five-minute period ended with no scoring, the game would be declared a tie.

Teams were stacked with five players each and one goalie — although this later changed in 1999 when the NHL adopted a four-player overtime period, except in two-man advantage situations. In the Stanley Cup playoffs, teams play at full strength with full 20-minute overtime periods and no shootouts. The 20-minute periods receive full intermissions, which allows athletes to recover. This method of deciding games is popular among hockey fans, some of whom feel it should be extended to regular-season play and that the shootout should be banned altogether.

But international overtime rules are where the World Juniors controversy comes in. In gold medal games in the IIHF, teams will play a maximum of 20 minutes in five-on-five overtime. If no winner is declared at the end of 20 minutes, a five-round shootout will declare the winner. The differences between overtime rules in international hockey games and the NHL makes games confusing for fans. The variations from game to game makes the



In the NHL, shootouts are only used in the regular season. COURTESY ELLIOTT

overtime rule seem random to those inexperienced with the nuances of the rulebook and the differences between leagues. For many watching the World Juniors, it seemed like the referees were deciding whether overtime play should be extended or if the game should go to shootout. While this is not the case, it can be a frustrating thing to watch when a gold medal is on the line.

The IIHF first adopted the shootout in 1992 when a new Winter Olympic and World Championships playoff procedure required a winner for each game played. Until 2006, the shootout consisted of five rounds and was only used for knock-out games, but was reduced to three rounds and applied to all games to eliminate the possibility of a tie. Following the lead of the East Coast Hockey League (ECHL) and the American Hockey League (AHL) minor leagues, the NHL adopted the three-round shootout for all exhibition and regular-season games in 2005–06.

The shootout is not used for any North American leagues, including men's and women's CIS and USports hockey. This has resulted in some extraordinarily long overtime periods — like a game between Queen's University Golden Gaels and the University of Guelph Gryphons in the OUA hockey final in 2011. The game went an extreme 107:14 of extra time and was the longest game on record in CIS men's and women's hockey history. It was also the longest Hockey Canada-sanctioned game ever played.

For fans of the shootout, games like these support the argument against extended overtime. Playing extended periods is physically draining on athletes, coaches and fans. Without shootouts in the regular season, hockey games can extend far beyond the realm of what's healthy for athletes and result in greater late-season fatigue. The quality of the Stanley Cup playoffs could be jeopardized by extended overtime in the regular season — after months of playing the equivalent of five or six-period games, teams will be overworked and outplayed for the games that really

matter.

But there is something to be said for the psychological test that a shootout offers. While giving players a chance to deke out a goalie with elaborate moves, the shootout is also a significant test for players learning how to perform in high-pressure environments. Success in the shootout is a trainable skill — by utilizing mental performance techniques and psychological resiliency, players can train themselves to stay calm playing in high-pressure arenas. The shootout environment is the perfect place to practise and develop this skill — it gives teams the chance to mentally develop before hitting the high-pressure playoff environment. While some fans argue that teams will unfairly make the playoffs in shootout situations, it's also true that a team's ability to perform well in a shootout is a test of psychological ability — something that is often overlooked but deserves to be trained as much as physical performance.

But the biggest issue with the shootout is consistency. The shootout's uneven application to the minor and major leagues leaves fans confused and frustrated when it is applied. It also prevents athletes from consistently developing their skills in the shootout situation. Whether the shootout is an appropriate way to decide the winner of a game or not, it needs to be applied more consistently to the game. If the shootout is kept, it is a skill that needs to be part of an athlete's repertoire early in their career. By introducing it to the minor leagues in a relatively low-stakes environment, hockey players can improve their psychological performance and ability to produce under big-pressure games.

Whether you're a supporter of the shootout or not, its current inclusion in the game needs to be better addressed. As it stands now, we can't have the shootout halfway — either it needs to be embraced as a developable skill, or we need to find a better solution to resolve tied games.

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HUMOUR

Editor: Derek Baker
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HOT TIPS »

How to make super-awesome cool friends in your classes this semester

Jake Robinson
Super kool

The new semester brings a new chance to turn crippling loneliness into limping but manageable loneliness. Rookies in the friendship biz – real friend connoisseurs don't have time to spell out business in full – might suggest being yourself or joining school associations, athletic teams or the *Gauntlet* to meet new people. However, those people couldn't be more wrong. All you really need are these cool steps to be the coolest cat on cool-ampus.

Step one: Be proactive

The early bird gets the worm and the late bird gets to watch *Grey's Anatomy* alone again this Friday night. Staking out your classes is an absolute must. By studying the room's social architecture, you can be equipped with the knowledge and power to perfectly predict the complex maelstrom of interpersonal relations you'll soon experience. If you think showing up to class 15 minutes before it starts is early, you couldn't be more wrong. You shouldn't just be bringing snacks for these stakeouts – 20 litres of



Stake out your classroom to know where the cool people sit. A tent is essential!

JUSTIN QUAINANCE

Step two: Speak to every classmate

Descend from your hidden ceiling tent like a spider crawling down from its web directly into the throngs of your peers. Startled screams of joy are to be expected. Having study buddies to share notes with is imperative to success. Before you know it, you'll be sharing your entire lives. Demand comprehensive lists of their interests while sparing your own at them. You have

a lot of people to get through before the professor starts class, so make sure to talk excessively while they try to get a word in. Because as soon as you see the whites of the professor's eyes, you'd better engage ...

Step three: Befriend the prof

Shake your professor's hand like you're the San Andreas fault line and it's San Francisco in 1906. You are Shake 'n Bake and it's time for

dinner. This is just like how you would walk into any job interview, shake the CEO's hand, look him right in eye and intimidate him into being your friend. The harder you shake, the harder your grade gets curved. If their shake ends up making you wince, you lose and have to accept a D. They may start yelling, telling you to stop. Do not let go of their hand. This is a test – a test you are acing! In fact, you may do so well that the professor simply has to introduce you to ...

Step four: Befriend campus security

Campus security has now been called. This is your graduation day, Daniel-San. You are about to advance from the original *Karate Kid* to the Jayden Smith remake of *Karate Kid*. Getting tight with school security is the highest echelon of U of C friendship. The officers will demand you stand down. If you can snatch the taser from their hand, young grasshopper, you win all the friends. Forget your major, this is your graduation day. DO YOU FEEL THE FRIENDSHIP COURSING THROUGH YOU! TRUST ME, IT'S NOT ELECTRICITY FROM A TASER – IT'S THE NEW YEAR MAKING A NEW ME.

VIRTUAL PET CATASTROPHE »

Tamagotchi murderer rejected from vet school

Jill Girgulis
Has a 17th generation Tamagotchi

Fourth-year biology student Rachel Redick's application to the University of Calgary's Doctor of Veterinary Medicine program was recently rejected because, according to the admission board, she "failed to provide the necessities of life to a creature, real or digital, in her care."

Redick, normally a devoted Tamagotchi parent, recently let her busy schedule get the best of her and neglected the digital pet until it eventually succumbed to illness.

Now, she's facing the consequences.

"They told me I was red-flagged," Redick said. "I'm never gonna be a vet now."

With the resurgence of Tamagotchi popularity in the last few years due to the smartphone version of the popular handheld toy, a career in virtual veterinary

medicine has the potential to be incredibly lucrative, something Redick is well aware of.

"The plan was to break into the Tamagotchi reproduction market," Redick said. "The Matchmaker is pretty old – she's not gonna be around forever."

When asked why she let the creature perish instead of simply resetting the device, Redick blamed the overuse of technology in the classroom.

"I can only use a laptop to take notes now, so I couldn't find a normal pen in time to reset [the Tamagotchi]," she said. "When the beeps of doom came from the device, I couldn't rifle through my backpack quick enough to find a pen. Oh god, I am so sorry!"

Redick is now planning a funeral for her dead virtual pet.

Assistant dean of admissions Matthew Read explained the U of C's decision to remove Redick from the applicant pool.

"The student clearly demon-

strated a lack of responsibility when she let her helpless Tamagotchi starve," Read said. "It's a competitive program and this is just not something we can have in a future enrollee."

First-year veterinary medicine student Jordan Greenfield agreed with Read, but acknowledged that they may be missing out on a valuable addition to their program.

"I can certainly see their concern, but it would've been helpful to have someone in vet school who actually has experience with this species," Greenfield said. "We have horse people, cow people, small animal people, but no Tamagotchi people. I think most of us would benefit from some Tamagotchi animal handling tips."

The department of veterinary medicine is now considering a specialization in virtual animals. Hopeful applicants must show competence in caring for Neopets, Sims, Tamagotchis and Hatchimals.



The last known photo of Redick's Tamagotchi alive. COURTESY T. SIENICKI

HOROSCOPES »

The sun will come out tomorrow and so will your future with these horoscopes

Derek Baker
Still half asleep

Aquarius
(Jan. 20 – Feb. 18)
After hitting snooze on your phone's alarm for the seventh time in a row, Siri will make a snide comment, saying that you will amount to nothing in your life.

Pisces
(Feb. 19 – March 20)
You will watch your roommate unblinkingly brush his teeth after drinking a full glass of orange juice. You will then proceed to call an exorcist — that shit ain't natural.

Aries
(March 21 – April 19)
While waiting for the bus to take you to school, another person will sit uncomfortably close beside you on the bench. They'll ask if you want to take a peek inside their bag, which you will hesitantly agree to. As they open their bag, a rabid lemur will jump out and bite your nose.

Just another day on Calgary Transit.

Taurus
(April 20 – May 20)
While showering before school, the water will inexplicably switch between burning hot and icy cold. Thinking that something with the pipes is broken, you will go to check your hot water tank, only to see your younger brother maniacally laughing as he plays with the valves. He is a little shit, but you still love him.

Gemini
(May 21 – June 20)
While biking to campus one morning, it will be so cold that your feet will freeze to your pedals. This is how you will have to attend lecture today.

Cancer
(June 21 – July 22)
After pulling an all-nighter to finish an assignment, you will proudly complete it, print it off and staple it together. Only after you come home from school

later that day will you notice that page three is on the floor beside your printer — which probably means there isn't a page three attached to your assignment.

Leo
(July 23 – Aug. 22)
Really tired one morning, you will ask the barista to put an absurdly large number of espresso shots in your coffee. Though you'll still feel just as tired after drinking it, your heart will pound faster than it ever has and you will see colours you've never seen before. Whoa.

Virgo
(Aug. 23 – Sept. 22)
After watching the second train in a row pass by full of passengers, you will climb on top of the next one and train surf all the way to campus. Be sure to duck at the tunnels!

Libra
(Sept. 23 – Oct. 22)
You will make peanut butter toast one morning for

breakfast. After turning away from it for only a second, you will look back and see that half of your toast is eaten and there are small hippopotamus footprints leading away from your plate. They really do exist!

Scorpio
(Oct. 23 – Nov. 21)
You will wake up to see the sun shining, hear the birds chirping, feel a warm breeze on your skin and have Peer Gynt's "Morning" playing sweetly in the background. Though this sounds pleasant, you will begin to panic because you know you live in Calgary in January. Shit — climate change is real.

Sagittarius
(Nov. 22 – Dec. 21)
While deciding what to wear one morning, you will look in the back of your closet and think you've been transported to Narnia. Walking around and talking to a bunch of animals, you will then notice that they're actually just plush toys. Turns out you

were still coming down from last night's acid trip.

Capricorn
(Dec. 22 – Jan. 19)
While walking through MacHall on the way to your first class, you will see the ridiculously long line at Tim Hortons and go through the daily existential debate questioning whether you really need coffee. You will reluctantly join the back of the line because you are weak.

Predict our futures!

E-mail
humour@thegauntlet.ca



SEX WEEK IS COMING, FEB. 6-10

Take the Gauntlet Sex Survey.

It's anonymous.

And free.



Online at
thegauntlet.ca

University offers new degree in NAP-ing

Drew Thomas
Sleeping in ST 140

This week, the University of Calgary announced a new degree stream promoting the application of Non-Awake Participation (NAP) principles. Students will soon be able to earn a Bachelor of NAP-ing and enrol in intensive sleep-based classes.

NAP 327: Practical Application of Dozing is the first course to accurately display what students have requested in their Universal Student Ratings of Instruction for years.

Students' Union vice president napping Blankie Binkerson described the program as a real step forward in listening to student needs.

"The creation of the Bachelor of NAP-ing program is very clearly an olive branch from administration,

which is set to address the growing tiredness in today's student," Binkerson said.

U of C vice-provost re-energizing Sandy Sandman said the stream is a response to student experience.

"This was a calculated effort across faculties to develop a program that utilizes students who were already falling asleep during lecture," she said.

Descriptions for the courses include renewed visions of NAP into the future, the history of NAP and the practical application of NAP in everyday life.

An expert on sleep science for the past 30 years, Dr. Sullivan Leepy spearheaded the program's creation.

"Some might say that I'm only an expert in old-man NAPS, but I believe I still have something to share with the younger generation of NAP-ers" Leepy said.

Despite initial mixed opinions,



Napping is apparently great for increasing your productivity, so doze away!

COURTESY TIMOTHY KRAUSE

every course was full within a few minutes of registration opening. Though the grading scale for the faculty is not yet set, many students have said they will audit the course simply for the opportunity to catch up on sleep.

"This course has been a long time

coming. I'm not missing an opportunity to have NAP courses listed on my transcripts — employers will love that shit," one excited and slightly drowsy student said.

With unrivaled interest in the first pilot course, the Faculty of Engineering and Faculty of Science

will also offer new classes in the fall semester of 2017.

FORT 237: Theory of Pillow Structures and CHEM 487: Advanced Ramen Principles have already seen great interest by U of C students. Early registration will open up next February.



