



RSA MUST
ADVOCATE FOR
RESIDENCE
STUDENTS

pg. 7

OUR PICKS
FOR YYC HOT
CHOCOLATE
FEST

pg. 9

DANNY GAYLE
TALKS
CROWCHILD
CLASSIC

pg. 12

VOL. 57 | ISSUE NO. 27 | Feb 2, 2017



SEX WEEK

PG.5



STUDENTS' UNION

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Healthy Relationships

Trans 101

LGBTQ+ in the Workplace



sex week

Sexual and Gender Wellness Week

February 6 - 10 in MSC
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NOTICE OF NOMINATION DAYS

THE STUDENTS' UNION,
UNIVERSITY OF CALGARY

Notice is hereby given that Nomination Days are Monday, February 13 to Wednesday, February 15, 2017 and that nominations for the election of candidates for the following offices will be received at the Students' Union, MSC 251 between the hours of 10 a.m. and 3 p.m. on Nomination Days.

Offices Available	Number of Vacancies
President	1
Vice President Academic	1
Vice President External	1
Vice President Operations and Finance	1
Vice President Student Life	1
Faculty Representatives, Arts	4
Faculty Representative, Cumming School of Medicine	2
Faculty Representatives, Haskayne School of Business	2
Faculty Representative, Kinesiology	1
Faculty Representative, Law	1
Faculty Representative, Nursing	1
Faculty Representatives, Schulich School of Engineering	2
Faculty Representatives, Science	3
Faculty Representative, Social Work	1
Faculty Representative, Veterinary Medicine	1
Faculty Representative, Werklund School of Education	1
Board of Governors Student at Large Representative	1
Senate Student at Large Representative	2

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Feb. 6 - 10

10 a.m. - 4 p.m.

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Nolan Hill
Students' Union, MSC 251
elections@su.ucalgary.ca

Co-Chief Returning Officer:
Dianne Honorio
Students' Union, MSC 251
elections@su.ucalgary.ca

Dated at the University of Calgary in the City of Calgary, Province of Alberta, this 30th day of January, 2017.



As of January 30, 2017, Nomination packages will be available online or at the SU main office. Visit www.su.ucalgary.ca for more information.

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Golden Spatula



At first, we at the Gauntlet thought a lime had somehow escaped all bounds of physics and walked into our office. Then we realized it was just Gaby dressed head to toe in lime green clothing. Like the fruit, she energized the whole office with her sweetness and freshness. Also like a lime, she displayed an utter superiority to lemons.

"And boom goes the dynamite."

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 vodka slimes. We urge you to recycle/fall graciously on the floor 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, Photo by Justin Quaintance

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RESIDENCE »

Students' Union calls for city to exempt residence property tax

Scott Strasser
 News Editor

Last year, every student living in residence at the University of Calgary paid around \$255 in property taxes — and the Students' Union wants to change that.

As part of their municipal advocacy priorities, the SU will push for the city to exempt U of C residence buildings from paying property taxes.

SU vice-president external Tristan Bray presented the union's municipal mandate to Students' Legislative Council on Jan. 17. Among the SU's lobbying priorities is a call for the city to expand property tax exemptions to include post-secondary residence buildings.

Bray argued that because residence buildings are part of a public post-secondary institution, they should be exempt from property taxation.

"By taxing residence, that cost gets passed on to students living in residence," Bray said. "It's money coming out of students' pockets."

The city currently taxes U of C residence services hundreds of thousands of dollars per year. According to residence services associate director Randy Maus, the value of taxation equalled \$693,000 in 2016.

"It is part of our expenses, just like any other residential property. It's part of operating the property, like lighting, heating and furniture," Maus said, adding that residence services often ap-



The city charges U of C residences property taxes. SCOTT STRASSER

peals their property tax assessments. "It's not just the U of C's issue, it's an issue for all our colleagues as well."

There are roughly 2,700 U of C students living in residence. Each paid about \$255 to account for property taxation in 2016.

Residence Students' Association president Kendra Toth said the RSA supports the SU's lobbying initiative.

"It's something that affects multiple institutions in Alberta and it would be extremely positive to see the U of C lead the charge on this issue," Toth said. "It is also powerful to have a major issue that the RSA, SU and residence services can and will work on together."

Toth added that the money saved by not paying property taxes could go towards upgrading older resi-

dence buildings.

Bray said most provinces in Canada do not charge property taxes to post-secondary residences.

"I know [British Columbia] isn't allowed to charge this tax," he said. "It's not consistent across Canada. Some provinces allow it, [but] those provinces are in the minority."

Property taxes — both residential and non-residential — are a main source of the city's revenue and account for more than 40 per cent of Calgary's annual operating budget.

Property tax assessments in Calgary are based on a property's value rising or falling in a given year. A property's tax bill increases or decreases based on how the assessed value changes relative to the average change.

Recent years have seen increases

in Calgary's property tax assessments for both residential and non-residential property owners. In 2016, small business owners in particular saw large increases in how much the city taxed them.

"From my conversations with current sitting councillors, they've said the city needs this money [and] this revenue. They can't afford to stop charging it," Bray said.

According to the City of Calgary website, the city will exempt property taxes to organizations "based on the belief that the use of the property or business returns a sufficient community benefit to society earning the relief of tax obligations."

The SU will lobby their municipal priorities to city council candidates before the October 2017 municipal election. Bray hopes candidates will be more aware of the property tax issue.

"It's on our municipal priorities document to get it onto city council candidates' minds," he said. "And hopefully show Calgary city council candidates the student side of this tax."

Maus said residence services supports the SU's lobbying initiative.

"We've been hoping to get property taxes removed for some time," he said.

"As you can imagine, \$693,000 is a significant amount of money. If we can reduce our expenses by that much, have additional revenue to enhance the residence experience, maintain facilities or provide additional programs — that's huge."

EVENTS »

Vet med faculty hosts national symposium

Jill Girguis
 Gauntlet News

The University of Calgary Faculty of Veterinary Medicine (UCVM) hosted the 31st annual Students of the Canadian Veterinary Medical Association (SCVMA) symposium from Jan. 20–21. The two-day event brought together students from all five veterinary schools across the country.

The symposium included a cardiopulmonary resuscitation (CPR) competition, guest lectures, wet labs, tours and a keynote presentation from Colorado State University animal science professor Temple Grandin.

Third-year veterinary medicine student and symposium organizer Sarifa Lakhdir said the event offered the chance to share what UCVM — Canada's youngest veterinary

school — has to offer.

"I really wanted to just showcase UCVM," Lakhdir said. "To me, that meant production animal health — specifically beef because that's really big to our school. And also our simulators, because a lot of other schools don't have clinical hands-on simulators."

Lakhdir said hosting the symposium required considerable teamwork.

"The biggest thing was that we're such a small school and even just getting a committee together [was a challenge]," she said. "It doesn't help when we also had all these other things that our [class] was responsible for, and so I think a lot of people were just burnt out."

Formed in 2008, the U of C's veterinary medicine program accepts approximately 30 students each year. Ontario Veterinary College stu-

dent Louise Lam attended the symposium this year and helped plan the 2016 event. She believes that the annual gathering is extremely valuable for veterinary medicine students.

"I feel like any university can put together resources to do lectures and wet labs, but to share experiences at another university and network with all the other students going through the same type of program and the same types of hardships is something you can't do on your own," she said.

For Lam, one of the weekend's pleasant surprises was a trip down memory lane. On the symposium's final night, attendees looked back at when UCVM first opened its doors to students in 2008.

"Being in an already well-established program myself, I couldn't imagine how being the first ever class in a veterinary school would

feel like," Lam said.

Despite only graduating its first class in 2012, the U of C's veterinary medicine program has evolved quickly. UCVM dean Baljit Singh considers ongoing renovations to the Clinical Skills Building a good sign.

"To outgrow the facilities that have been built tells you that we have been growing at a very fast pace," Singh said.

Singh also said hosting the SCVMA symposium highlights the value of students coming together in the veterinary medicine community.

"The future of everybody — of each of us — is only in a minor way defined by the diploma that we carry. It is largely defined by the people that we know," he said.

Next year's SCVMA symposium will be held at the Atlantic College of Veterinary Medicine in Charlottetown, Prince Edward Island.



JUSTIN QUAINANCE

Haskayne student to attend World Series of Beer Pong in Las Vegas

Saima Asad
News Assistant

Fourth-year marketing student Andrew Borys started throwing ping-pong balls into plastic cups six years ago. As he put it, it was “too cold to make basketball trickshots all the time.”

Now, the Haskayne School of Business student is set to compete in the World Series of Beer Pong this June.

Borys received the invitation to the event after his online videos of beer pong trick shots were featured on sports news website Bleacher Report.com.

In his videos, Borys nails shot after shot in his basement, even using a golf club to get the ball in the cup.

“Bleacher Report did a feature on me a couple weeks ago and they mentioned that I was interested in competing at the World Series of Beer Pong,” he said. “Since that happened, the World Series community saw that video and immediately got interested in having me.”

While his videos mainly show him performing trick shots, Borys claimed he has never actually played a proper game of beer pong. He said he has no idea what to expect from the tournament.

“This is definitely gonna be way out of my comfort zone. I’ll be competing with people around the world,” Borys said.

The World Series of Beer Pong takes place every year in Las Vegas, Nevada. The tournament began in 2006 with 80 registered teams.

The tournament has since expanded. Several hundred teams from multiple countries will compete this year for a \$50,000 grand prize.

According to Borys, tournament organizers have used his invitation

to draw attention to the relatively unknown World Series of Beer Pong.

“They’re trying to bring my online presence to the event to make it more of a mainstream event,” Borys said. “A lot of people never knew that the World Series of Beer Pong was a thing until Bleacher Report mentioned it and it’s definitely being heard all around the world because of that.”

Even though Borys’ YouTube channel is known mostly for his beer pong videos, he said there is much more to his videos than that.

“I started making these videos because I was too shy to speak in front of a camera. So throwing balls into cups — beer pong — was a way to do that. It’s not even that I really enjoy beer pong. It’s just kind of what my channel has grown into,” he said.

Borys practises for a few hours each day and said that making videos has become akin to a job.

“It’s exciting and nerve-wracking but it’s what I signed up for,” he said. “I create these videos because I want to provide entertainment value and provide videos that are more for entertainment and not for beer pong. Ideally, I’d like to start making similar kinds of videos in the future.”

But making videos isn’t Borys’ only hobby — he is also a marathon runner.

“I love running. I’ve run four marathons,” he said. “I had a tumour in my neck and about four years ago, I wasn’t able to run at all. I kind of made it my goal to run one marathon before I finish university and I’ve run four now. Not a lot of people know that.”

The World Series of Beer Pong will take place from June 1-5 at the Westgate Las Vegas Resort & Casino.

EVENTS »

Sex Week 2017 is coming to the University of Calgary

Claudia Wong
Gauntlet News

It’s that time of year where a giant penis and vulva roam MacHall — Sex Week!

From Feb. 6-10, the University of Calgary’s annual Sex Week will feature workshops, events and discussions surrounding sexuality. Now in its sixth year, the event is a collaboration between the Women’s Resource Centre, the Q Centre, the Students’ Union, the Faith and Spirituality Centre and Career Services.

SU vice-president student life Patrick Ma said Sex Week helps make conversations about sex easier for students.

“The SU is always looking for ways to promote diversity and inclusion on campus [and] Sex Week is a great way to do that,” he said.

According to Ma, Sex Week’s appeal is its wide range of topics. While the most anticipated event is usually the annual BDSM workshop, he said

there is something for everyone.

This year will include discussions surrounding asexuality and transgender identities. For those who are not sexually active, a religious discussion on healthy relationships without sex is another option.

“The SU is always looking for ways to promote diversity and inclusion on campus. Sex Week is a great way to do that.”

– SU vice-president student life Patrick Ma

Another new feature is the “Fantasies and Desires” workshop, which will incorporate anonymous polling.

Toronto-based sex and emotional literacy educator Karen B.K. Chan will help participants find what turns them on in a confidential way.

“We will be using tech to do group polling. By [crowdsourcing] to ask questions, you can see where interests are [and] mould the discussion around that,” sophomore leadership program ambassador Ashley Morrison said.

The “LGBTQ+ in the Workplace” event on Feb. 9 is also new. The event had a similar spinoff previously, but will expand this year to include a segment on networking for LGBTQ+ individuals.

“We partnered with Career Services for ‘LGBTQ+ in the Workplace.’ It’s for LGBTQ+ [individuals] to get the up-speed for what they can do when they graduate. It gives an idea of places they can work, as identifying as queer publicly can be a barrier,” Q Centre coordinator Mélanie Trudeau said.

For more information, visit su.ucalgary.ca/sexweek/

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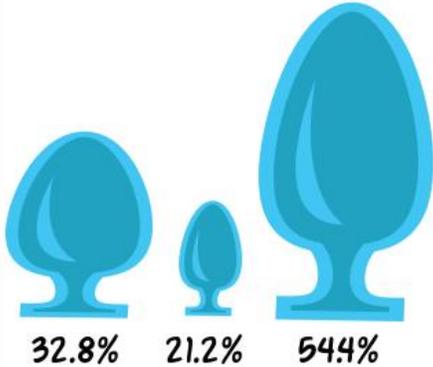


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HAVE YOU EVER HAD SEX ON CAMPUS?

YES, IN RESIDENCE. 32.8%
 YES, NOT IN RESIDENCE. 21.2%
 NO 54.4%



WHAT STUDENTS SAY ABOUT SEX

HAVE YOU EVER VISITED A STRIP CLUB?

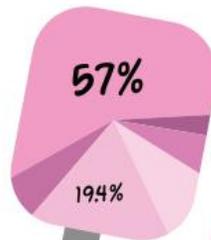
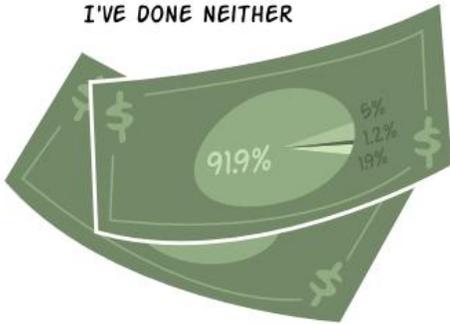


HOW SATISFIED ARE YOU WITH THE AMOUNT OF SEX YOU'RE HAVING?



HAVE YOU EVER PURCHASED OR SOLD SEX?

YES, I'VE PAID FOR SEX 5%
 YES, I'VE BEEN PAID FOR SEX 1.2%
 I'VE DONE BOTH 1.9%
 I'VE DONE NEITHER 91.9%



WHAT'S THE MOST YOU'VE EVER SPENT ON A SEX TOY?

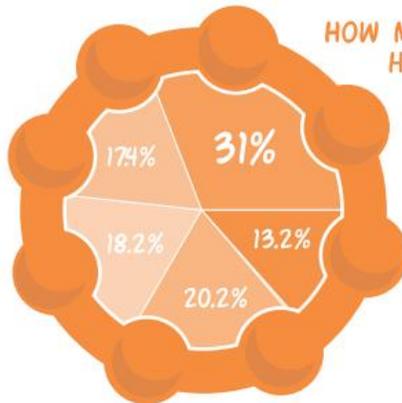
OVER \$200 3.1%
 \$100-\$200 6.2%
 \$60-\$100 8.5%
 \$20-\$60 19.4%
 UNDER \$20 5.8%
 I'VE NEVER PURCHASED A SEX TOY 57%

HAVE YOU EVER USED AN APP FOR THE SOLE PURPOSE OF FINDING A SEX PARTNER?



YES, FREQUENTLY 10.1%
 YES, BUT RARELY 26.7%
 NO 63.2%

HOW MANY SEXUAL PARTNERS HAVE YOU HAD?



NONE 3.2%
 ONE 20.2%
 TWO TO THREE 18.2%
 FOUR TO SIX 17.4%
 OVER SIX 31%

DEMOGRAPHICS

GENDER		AGE	
MALE	65.9%	18 OR YOUNGER	9.2%
FEMALE	32.2%	19-20	23.4%
OTHER	1.9%	21-22	27.2%
		23-24	18.4%
U OF C STUDENT		25 OR OLDER	21.8%
YES	82.8%		
NO	17.2%		



JUSTIN QUAINANCE

Faith and Spirituality Centre hosts vigil after Quebec City shooting

Scott Strasser
News Editor

Students, staff and faculty members gathered in the Vitruvian Space at the University of Calgary on Jan. 30 for a candle-lit vigil dedicated to the victims of a Quebec City shooting that took place the previous night.

The event was organized by the U of C's Faith and Spirituality Centre. Around 30 people were in attendance.

The vigil was in response to a shooting on Jan. 29, when an armed gunman killed six people and seriously injured five others at the Centre Culturel Islamique de Québec during a Sunday evening prayer.

The vigil at the Vitruvian Space began with a prayer recitation by U of C Sunni Muslim chaplain Fayaz Tilly. Before reciting the prayer, Tilly spoke about the importance of standing in solidarity with not just Muslim Canadians, but Canadians in general.

"The actions of a few don't reflect the morals and values of an entire country," Tilly said. "We have to remember to hate the deed, but not the doer, to hate the sin and not the sinner."

Following Tilly's prayer, attendees shared their own thoughts and lit candles around a table. Faith and

Spirituality Centre program outreach coordinator Jessica Burke shared an English translation of a Hebrew prayer.

Following the vigil, Faith and Spirituality Centre manager Adriana Tulissi said the event offered an opportunity to show solidarity with those who experience oppression or discrimination.

"This [shooting] hit really close to home and this was a space for us to say, 'we think of you, we're holding our thoughts and prayers with you.' We just wanted to have an opportunity to gather as a community," Tulissi said. "A lot of people are scared and we wanted to provide that space of support."

Tulissi said the Faith and Spirituality Centre is planning weekly talking circles for students and staff to discuss how to translate their emotions and feelings towards action.

"We're getting so many students who are telling us they feel disempowered — that they can't do anything," Tulissi said. "We want to gather together to figure out what we can do and what that looks like."

The Vitruvian Space event was not the only vigil to happen in Calgary on Jan. 30. A larger vigil took place at City Hall the same afternoon and another is planned for Feb. 3.

MacKimmie Tower offices to relocate later this year

Scott Strasser
News Editor

Roughly 600 people at the University of Calgary will soon find themselves in different office spaces.

As part of the U of C's redevelopment plans for the MacKimmie complex, offices located in the MacKimmie Tower will relocate this summer.

Many of the offices will move to the SMART building in the U of C's Research Park, while others will remain on the main campus. Groups based in the MacKimmie Block — the lower part of the complex — will not be affected by the relocations.

Offices that will move to the SMART building include Research Services and Finance and Human Resources.

Information Technology staff currently in the Math Sciences building will also move to the SMART building, with the exception of the IT Service Centre.

The Graduate Studies office, the Graduate Students' Association, the Postdoctoral Program, the Welcome Centre and the Integrated Service Centre will move to either the Math Sciences building, the Earth Sciences building or ICT.

"Our priority is to accommodate student-related services first and foremost on the main campus," U of C associate vice-president facilities development Boris Dragicovic said. "Campus Planning worked closely with stakeholders in the affected areas to determine which areas need to stay on campus and which ones can move off campus."

According to Dragicovic, the relocation effort will address some of the U of C's deferred maintenance and space issues. The U of C's deferred maintenance bill is currently an estimated \$490 million.

"Once completed, the project will provide a re-energized central hub of improved and new classrooms, centralized undergraduate and graduate student services, re-



JUSTIN QUAINANCE

The MacKimmie Tower was built in 1972.

newed and new student study space and much needed academic space right in the heart of our campus," Dragicovic said.

Graduate Students' Association president Sam Hossack said her office has known about the relocations for about a year.

Our priority is to accommodate student-related services first and foremost on the main campus.

— Associate vice-president facilities development
Boris Dragicovic

"The building is going to be renovated and all the offices in MacKimmie Tower have known about this for nearly a year," she said. "It is a very complex process and the university is keeping us informed every

step of the way."

In April 2016, the provincial government announced they would provide the U of C with \$17.2 million over two years towards a redevelopment plan for the MacKimmie complex and the Professional Faculties building. The funding is intended to review the space and upgrade the MacKimmie complex to meet Calgary's building codes.

Government funding for the MacKimmie Tower redevelopment was long-awaited by the U of C. The tower's top seven floors have been barred from public access since 2013 due to building code concerns. Problems with the building's envelope have also caused roof leaks.

"Once everyone has moved out of the tower, we'll continue the planning and investigation work in preparation for construction," Dragicovic said.

The MacKimmie complex is one of the oldest buildings on campus. The lower block was originally constructed in 1963 and the tower was built in 1972.

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OPINIONS

EDITORIAL»

Residence Students' Association must advocate for students

Though still months away, the 2017 Calgary municipal election will provide a lot of opportunity for various organizations to push their priorities to candidates. The University of Calgary Students' Union has already set their advocacy goals for the election, including secondary suite legalization and public transit issues.

Another SU priority in the coming election is advocating against municipal property taxes for residence buildings. The SU has a mandate to advocate for students on issues like these and it is promising to see them take a firm stance early in the campaign. But the SU isn't the only campus organization that should advocate for students on this issue.

Municipal property taxes directly impact students who live in residence. The Residence Students' Association exists to advocate for residence students, and it is their responsibility to engage in these efforts too.

On their website, the RSA claims to be, among other things, "the voice of residence students through advocacy of their issues."

I have lived in residence for four years in four different buildings. And while I appreciate initiatives like floor events, fitness classes and hot dog eating competitions, I also expect my students' association to properly represent me and the other 2,700 students that live on campus.

Proper representation means informing residence students on issues that directly impact them as



JUSTIN QUAINANCE

residence students and advocating on their behalf. The vast majority of residence students have no idea how their residence fees break down. Most don't realize they pay property taxes that many students living in residence in other provinces don't.

The RSA advocates to organizations within the U of C like residence services and the SU. But that advocacy shouldn't stop at the internal level. The upcoming municipal election is an opportunity for the RSA to take a hard stance on an issue that directly affects residence students.

In 2016, U of C residence services paid \$693,000 in property taxes — about \$255 per student. Few, if any, residence students know they pay that much.

Alberta is one of the only provinces in Canada where residence students pay property taxes. Under Alberta's Municipal Governance Act, municipalities choose whether or not to charge taxes to university residences.

There are many reasons property taxes shouldn't apply to residence buildings. The U of C is a public post-secondary institution, meaning resi-

dence buildings are on public land. The university doesn't pay property taxes for biology labs or lecture halls — what makes residences different? And residence buildings or apartments within them can't be sold the same way as other properties, so they don't even have a concrete market value to base taxes on.

The SU and residence services have taken firm stances on this issue in the past, and that's fine, but it's time for the RSA to step up too. This week, RSA president Kendra Toth said it's "powerful to have a major issue that the RSA, SU and residence services can and will work on together."

But Toth and the rest of the RSA need to follow those words up with action. This isn't a time to just follow the lead of the SU and residence services. The RSA directly represents residence students. And residence students deserve to have their voices heard on this issue.

The RSA should consult directly with students, educate them on property tax issues and ensure the student voice is heard in the upcoming municipal election.

Property taxation may not be the most exciting issue, but this is the perfect opportunity for the RSA to engage in legitimate advocacy. The RSA fundamentally exists to advocate for residence students. It's about time they start doing that.

Melanie Woods
 Gauntlet Editorial Board

short form

Will you attend any of Sex Week events or workshops?



"I won't attend any. I have a lot to do."

— May Shendye, fourth-year finance



"Yes. I want to be well-informed of all things sex."

— Braeden Mackon, fourth-year political science



"I did not know Sex Week was a thing."

— Andy Gingrich, third-year communications



"Yes. I'm going to attend the trivia night."

— Matthew Gagnon, third-year sociology

Photos: Sam Cheffins
 Interviews: Jesse Stilwell

GENERATION SEX »

Anorgasmia: a rarely discussed condition

Lady Marmalade
 Gauntlet Columnist

For many people, sex and physical intimacy are important aspects of a relationship. The ability to get close, release tension and have fun can be positive and bond-strengthening. For some, sex might even be the best part of a relationship. But what happens when sex creates tension and frustration?

After I was diagnosed with depression and placed on antidepressants three years ago, my sexual life was affected. It wasn't until after I started taking my medication that I entered a long-term, intimate relationship. And some of the side-effects of my medications clashed with my blossoming sex life.

Anorgasmia is a condition where it is extremely difficult or impossible to have an orgasm. This also happens to be one of the many side-effects of my medication.

The strain this condition can put on a relationship is unique and difficult to deal with. Trying to reassure my partner that it was not their fault led to a lot of stress and self-consciousness, not to mention feeling uncomfortable and never satisfied.

While searching through online forums to find solutions and connect with other individuals with anorgasmia, I encountered a very common mindset: "I would rather not be able to have an orgasm than be depressed." This is a disheartening reality when you have

to choose between your mental and sexual well-being.

I eventually found methods that allowed me to reach climax on my own, like purchasing an expensive vibrator and cutting down on my medications. But no matter how hard I tried to compensate, it seemed that my partner and I had hit a wall in our intimacy.

Unfortunately, most people don't talk about anorgasmia. When you google, "I can't have an orgasm," posts come up recommending different positions, tips on how you should ask for cunnilingus and even an article claiming that the reason I wasn't able to have an orgasm was because of other problems in my relationship. I even tried cutting out my medications altogether, but it

didn't make a difference.

I still enjoy sex with my partner and I tried to learn that sex is more about the journey than the destination. It took a little bit of the pressure off knowing that it wasn't a requirement to orgasm during sex, as long as I enjoy myself and feel confident. Bringing pleasure to my partner has always been important to me, so I put some of my focus into doing that.

We've made it happen a couple of times. And while the elusive orgasm is still rare, I've been able to learn a lot about my body through this experience. Maybe one day having an orgasm will be something more common to my practices. But for now, I will continue to learn about my body and explore my sexuality.

Anti-choice feminism isn't feminism at all

Isobel Chiang
Gauntlet Opinions

The Women's March on Washington on Jan. 21 was many things at once — a march for equality, an antidote to bigotry and an outpouring of collective grief.

But for some, the march felt like an exclusive club they did not belong to. Or so Texas anti-choice group New Wave Feminists claimed. The organization applied to be an official partner for the Women's March and would have joined the ranks of Planned Parenthood and NARAL Pro-Choice America, but was rejected.

"The idea that feminism is this club and you can be anything you want but not pro-life is so ironic," said New Wave Feminists founder Destiny Herndon-De La Rosa.

But is it possible to be a pro-life feminist? The answer depends entirely on one's definition of "pro-life."

If you identify as pro-life and would personally never get an abortion, but do not believe you have the right to tell another woman what she can or cannot do with her own body, then yes, you can be a feminist.

But there's actually a name for this kind of pro-life feminism — pro-choice.

However, if you condemn abortion and believe that under no circumstances a woman should have the right to choose her own reproductive destiny, then you are anti-choice and not a feminist.

Broadly speaking, feminism is a revolt against patriarchy and



Close to 4,000 people marched on Jan. 21 in downtown Calgary in support of Women's March on Washington. MELANIE WOODS

any socio-economic relations that place women as categorically inferior to men. Feminism rejects arbitrary hierarchies and believes that the fruits of civil society must be equally distributed among all citizens — irrespective of gender, religion, race or class.

As feminist scholar Simone de Beauvoir wrote, the goal of feminism is to grant all people "full membership in the human race."

A person cannot be both anti-choice and a feminist because no woman can call herself a full member of the human race if she cannot own and control her body.

The anti-choice movement's purpose is to deny women their agency, autonomy and free will by making it nearly impossible or illegal to access abortion, birth control and other reproductive health services.

Without the ability to choose the course of her own life, a woman is denied an equal and meaningful existence. Gloria Steinem put it best at the Women's March: "if women can't decide our lives from the skin in, we can't decide our lives from the skin out."

Reproductive freedom affirms gender equality while anti-choice

legislation ensures the suffering of women under patriarchal and paternalistic social relations will endure.

So, despite the clumsy insertion of "feminists" at the end of its title, New Wave Feminists is fully complicit in America's gender inequality.

If a vegan said to you one day that they are against the unethical treatment of animals under human care, but from time to time they enjoy a steaming plate of bacon, you would flat out reject their claim to veganism and look skeptically upon their @VeganisLyfe Instagram account.

That same skepticism should be applied to an "anti-choice feminist"—the very notion of which is as untenable and contradictory as a bacon-eating vegan. One cannot exalt gender equality and simultaneously support the very abortion regulations that are part of a prolonged tactic to keep women as the secondary sex.

So the next time an anti-abortion demonstrator tries to engage with you outside of MacHall, equip yourself with the fundamental truth that any form of feminism which denies women basic human rights is not feminism at all.

AROUND CALGARY »

Sensationalist crime coverage is harmful to society

Jesse Stilwell
Gauntlet Opinions

While watching shows like *Criminal Minds* and *CSI: Miami* might be a delightful way to waste an afternoon, discussing and learning about morbid details of ongoing criminal trials is often the opposite.

A number of criminal trials will take place in Calgary this year and people deserve to know what's happening. But over the past few weeks, media outlets have endlessly published and shared hour-by-hour descriptions of the triple homicide in the Douglas Garland murder trial — from photos of remains found in a burn barrel to descriptions of Garland's meticulous planning. Openly discussing and sensationalizing terrifying crimes like this has a detrimental effect on our society.

Details of criminal trials should

be left to the lawyers and forensic technicians to analyze and discuss in order to determine whether the accused is guilty. They should not be treated as a source of sensationalist entertainment for the general public.

University of Calgary associate sociology professor Dr. Michael Adorjan says there is a balance between staying aware and affirming our worst fears.

"Social media and the 24-hour news cycle have contributed to fear of crime becoming a massive industry," he says. "They promote an image of ubiquitous violence that leads people to supporting politician's expanding our security measures or even buying home security systems they might not actually need."

The damage that discussing horrific crimes can have hits close to home at the U of C. Last May, former U of C student Matthew de Grood was found not criminally responsible for the

murder of five people at a Brentwood house party. Those found not criminally responsible due to reasons of insanity are supposed to go through annual or three-year mental assessment reviews. If details of de Grood's crimes are repeated on this frequent of a basis, there is the potential for painful memories and feelings of horror around campus to resurface each time.

We should carry this awareness into the criminal trials of 2017 — particularly with the Garland case, as the morbid details will continue to be publicly presented in court in the coming weeks. We should watch the lawyers and judges with scrutiny and debate whether their rhetoric is credible and truthful, instead of allowing our curiosities and fears to be exploited by sensationalist media coverage.

Of course, if you have a desire to indulge in morbid curiosity, then crime fiction is available and



Calgary will see a number of criminal trials in 2017. COURTESY TONY WEBSTER offers an interesting look in a way that isn't so close to home.

If you or one of your friends do become enthralled by a particular criminal case in Calgary, try to avoid spreading the aspects of it that not everyone wants to hear. But do not shy away from holding our justice system to account. We need to ensure the truth is revealed in our courtrooms, but we shouldn't allow sensationalist coverage of disturbing crime details to spread unnecessary fear through our society.

LOCAL FESTIVAL »



COURTESY YYCHOCOLATE

Our three picks for YYC Hot Chocolate Fest highlight oranges, coconut and cheese

Nikayla Goddard
Gauntlet Entertainment

Satisfy your chocolate cravings and warm up from the winter cold by participating in the YYC Hot Chocolate Fest at various locations across the city during February.

Now in its sixth year, the Hot Chocolate Fest is hosted by Calgary's Meals on Wheels and invites local businesses to register and compete for three prizes — Best Hot Chocolate, Best Spirited Hot Chocolate and Cup Runneth Over for the most funds raised through both sales and donations.

The competition's opening ceremony was on Jan. 28 at the Calgary Farmer's Market. The voting opened Feb. 1, marking the official start of the competition.

YYC Hot Chocolate has gained popularity since it began in 2011. Calgary Meals on Wheels marketing and communications coordinator Chris Mattock said these past two years of hot chocolate have been momentous for the festival.

"The number of vendors participating is through the roof. Last year was the turning of the corner — we doubled our vendor number from the previous year, we thought it was fantastic. This year we aimed for 50 and we wound up with 77," Mattock says.

The 77 competing entries consist of 44 in the regular hot

chocolate category and 33 in the spirited category. One dollar from every regular hot chocolate and two dollars from every spirited hot chocolate will go towards Calgary Meals on Wheels, a non-profit organization that makes and delivers meals to those unable to provide for themselves. Voting closes Feb. 28 and the winners will be announced in early March.

Gauntlet writers visited three competing vendors to review some of this year's entries.

The Chocolate Orange — Oolong Tea House:

Located at the intersection of Kensington Road and 10th St. NW, Oolong Tea House is a neighbourhood staple and features a wide variety of teas in minimalist yet decorative glass jars. The tea house is an unusual participant in this year's YYC Hot Chocolate Fest, as other participants are predominantly coffee shops.

For their entry, Oolong created the Chocolate Orange — a beverage that combines orange rooibos tea with hot chocolate. The drink is reminiscent of a warm Terry's Chocolate Orange, but is far more flavourful and far less sweet. The tea is multifaceted, with the chocolate complementing the citrus notes. The Chocolate Orange from Oolong is a unique experience — a thinner beverage that has the same "hug for your insides" quality you get from some dope

hot cocoa.

Straying from traditional flavours may not be everyone's cup of tea — or hot chocolate. But the orange flavour is subtle and doesn't overpower the chocolate. Extra sugar isn't necessary due to the sweetness of the chocolate. For those who prefer milk alternatives, Oolong offers a variety of dairy and non-dairy ways to customize your drink.

Oolong's entry is worth a try since traditional hot chocolate often has a nasty habit of dulling the palate with sheer chocolatey flavour. While counter-intuitive, cutting the decadence of hot chocolate with tea is a welcome change in an otherwise overly sweet festival.

Gurman Sahota

Salted Caramel Coconut Hot Chocolate — Higher Ground:

An organic coffee shop, restaurant and licensed purveyor in the heart of Kensington, Higher Ground serves fantastic coffee, baked goods and a surprisingly good Salted Caramel Coconut Hot Chocolate. I know what you're thinking — another sickly sweet hot chocolate with some salted caramel and coconut jammed in to appeal to the masses — but this hot chocolate really does it well in the hectic environment of the café.

The Salted Caramel Coconut Hot Chocolate slaps you in the face with its coconut essence.

The flavour is a mix of all the best parts of a classic hot chocolate with the after-taste of a fancy hipster drink. This hot chocolate would be best paired with a very cold day, some Uggs and a Snuggie. It will remind you that there is no possibility you will ever have fresh coconut in this climate.

Either way, if you like salted caramel and hot chocolate, this drink is definitely for you. If this tropical twist on the classic hot chocolate doesn't appeal to you on its own, remember that Higher Ground is licensed and a Salted Caramel Coconut Irish Hot Chocolate is a no-brainer.

Drew Thomas

Brothers in Chocolate — Janice Beaton Fine Cheese:

The hot chocolate that Janice Beaton Fine Cheese is serving up this February is anything but traditional. Christened with the name "Brothers in Chocolate," Janice Beaton's creation brings together ingredients sourced from across Canada. Dark chocolate from Master Chocolat — owned by Bernard Callebaut and operating out of the Calgary Farmer's Market — is melted into organic cow's milk from Rock Ridge Dairy in Ponoka, Alberta. This blend is then sweetened with Beeland Honey, which is produced in Spillimacheen, British Columbia and available at the Calgary's Farmer's Market. But

the most unexpected component of their unique beverage is what lurks on the bottom — finely diced Five Brothers cheese from Gunn's Hill Artisan Cheese in Woodstock, Ontario.

Admittedly, I was a bit wary of the addition of cheese — of all things — to my hot chocolate. It is a cross between Gouda and Swiss Alpine. When I tasted a piece on its own, it was sharp, with a bit of a pleasant tang to it. Aside from the slight sheen of oil that it produced as it melted though, the cheese wasn't even initially noticeable in the beverage. I only picked it up if I focused on the taste or ate a small, deliciously melted piece as I neared the bottom of the cup.

This was one of the richest hot chocolates that I've ever tried, but in a thoroughly pleasant way. The dark chocolate adds a wonderful depth to the flavour and there is a perfect balance of sweetness — enough to offset the slight bitterness of the dark chocolate, but not so much as to be cloying. I also found it very creamy, which I assume is mostly the milk, but is likely increased slightly by the melting cheese.

If you're feeling adventurous — or just want to make your cheese and chocolate pairing more efficient — Brothers in Chocolate is an excellent addition to your February hot chocolate tasting to-do list.

Emily Macphail

EMMEDIA celebrates Canadian arts with PARTICLE + WAVE Media Arts Festival

Fernando Moreno
Gauntlet Entertainment

On Feb. 2, the PARTICLE + WAVE Media Arts Festival presented by EMMEDIA will begin throughout Calgary. Originally founded in 2012, the five-day festival is a tribute to media arts across Canada and will present lectures, talks and exhibitions.

EMMEDIA programming director Vicki Chau says that the name of the festival is an important connection to the rest of the country.

"[The name is an] homage to the other media arts festivals that [were] going on in Canada. There is SIGNAL + NOISE in Vancouver and in Winnipeg [there is] SEND + RECEIVE, so we kind of wanted to go with that theme of naming our festival that way," Chau says. "PARTICLE + WAVE just came about because in 2012 it was our programming year of lights and you know light comes in particles and waves."



COURTESY MATHEW LINDBERG & JADDA TSUI (LEFT), GRAYSON COOKE (RIGHT)

The festival aims to highlight local media arts as a nation-wide collective. According to Chau, the festival works to express art through modern technology including video, electronics, animation or anything that uses electricity.

"It's just a celebration of all the new media arts popping up," she says. "The innovative ways these artists are taking open-source software that's been made

and [using them] for their art forms."

Chau says that the festival has a particular appeal to students working in the media arts. "We are accessing a lot of the young students from colleges and universities in the city, just because a lot of the graduates from media arts pro-

grams like the Alberta College of Art + Design end up being in the festival or being a part of media," she says.

The festival will feature workshops including "Video Culture" with video artist Tasman Richardson. The closing reception will feature local musicians including Chris Dudge. Chau says

the diversity of the festival ensures attendees will find something of interest to attend.

Tickets can be purchased at EMMEDIA's website or at the door. The festival will run Feb. 2-8 at various locations around the city.

For more information, visit emmedia.ca

CAMPUS STYLE »



JUSTIN QUAINANCE

These threads from U of C student Tyler Magwood evoke a nostalgic Apple vibe. A sleek Express navy jacket is paired well with new denim. The blue tones are offset with tan Browns dress shoes and a black turtleneck sweater. Polished off with a pair of Emporio Armani wireframe glasses, Magwood's outfit is an ideal balance between casual and sophisticated. Dressed for an interview, Magwood puts his best foot forward without being too dressy. We hope he got the job!

Emilie Medland-Marchen

cash reward for undergrads



The **Shell Experiential Energy Learning (SEEL) Program** provides funding to University of Calgary undergraduates in all disciplines for field trips, conferences, special projects and other activities focused on sustainable energy, environment and economy.

The SEEL Program enhances the hands-on learning experience for individual undergraduates and undergrad student clubs and organizations. Sponsored by Shell Canada, administered by the University of Calgary with applications judged by students.



DEADLINE TO APPLY
Wednesday, February 15, 2017

For more info and an application form, visit: ucalgary.ca/provost/SEEL

ON CAMPUS »

SCPA brings Forms of Sound to U of C campus

Rachel Woodward
Entertainment Editor

For students studying music theory and composition, it can often be difficult to see through the eyes of an experienced composer and build a unique method or creative process. But students studying at the University of Calgary might have an easier time thanks to the Forms of Sound festival.

The School of Creative and Performing Arts at the U of C will host the festival, a four-night collection of performances, workshops and music at the Rozsa Centre from Feb. 1-3 and Feb. 8.

Forms of Sound assistant coordinator Nia Devetzis says the festival is a unique opportunity for those on campus to see and hear the U of C's musical works.

"This year, because it's the 50th year of the U of C, it's centred around U of C alumni. Almost all of the pieces that are being performed for the festival are by U of C alumni or current PhD candidates in music," Devetzis says. "A lot of them are Canadian composers."

Devetzis received her Bachelor's degree in integrated studies at the U of C and is currently a Master's student studying performance. She will perform on three of the four nights during the festival.

In addition to performances from various campus ensembles, professional groups like ensemble mosaic from Berlin and Calgary's Juno-nominated Land's End Ensemble will work with U of C musicians. The daytime workshops are free and open to anyone inter-



The festival will give students a look at the pros. COURTESY SCPA

Devetzis says this is a rare opportunity for students. The festival is held only every two years so that ensembles can be booked far enough in advance.

"Sometimes it is difficult to experience new music live, especially in Calgary where the community is quite small," she says. "I like the fact that there's a lot of workshops because you get the opportunity to peer into the minds of all the creators and hear their process and the care that goes into

things that they've created. This is important for students because a lot of us right now are still trying to figure out our process and artistic path and having other people let you into theirs helps you form your own ideas about how to compose or perform."

The festival will run Feb. 1-3 as well as Feb. 8, at the Rozsa Centre. Tickets are free with your student ID.

For more information, visit scpa.ucalgary.ca

LOCAL FESTIVAL »



COURTESY FLASHBACK FILM FESTIVAL

Cineplex to screen classic films for Flashback Festival

Aurora Anderson
Gauntlet Entertainment

new fans of film the chance to celebrate it with friends and family on the big screen."

The eighth annual Flashback Film Festival will return to Calgary as a fresh look at popular classic films. Presented by Cineplex Events, the only coast-to-coast film festival in Canada promises a line up of sci-fi, fantasy and drama classics returning to the big screen.

Film critic and television personality Richard Crouse curated a lineup of 17 of what he calls the "most blood-pumping, thriller-inducing and heart-warming films in cinema," which will screen in 24 cities across the country.

Films will show in Calgary at Cineplex Odeon Eau Claire Market Cinemas from Feb. 3-9. Some of the titles fans can expect to see include *Pulp Fiction*, *The Princess Bride*, *Fight Club* and *Jurassic Park*.

Cineplex Events vice-president Brad LaDouceur says he's excited for this year because of the change of venue. The festival is moving from the Scotiabank Theatre Chinook to Eau Claire.

"[The] big screen and immersive experience [is] great for fans," LaDouceur says. "[The festival] allows

LaDouceur says the films were visually remastered so they screen just like they did when they were first released.

"They are remastered so we see them [the same as] how they were released," he says. "There's got to be a film everyone wants to see in this festival."

LaDouceur says one of the benefits of a coast-to-coast festival is that Canadians across the country have the ability to see the same movie as their friends in different cities.

With many films such as *The Fifth Element* and *The Princess Bride* celebrating their 20 and 30-year anniversaries, LaDouceur says the festival is a great opportunity to celebrate the classics. And with sequels like *T2: Trainspotting 2* coming out this year, the festival will give fans of the classic an opportunity to revisit the originals.

Pricing for the festival varies. The 17 films will be screened across the country from Feb. 3-9 at various theatres.

For more information visit cineplex.com

This Week in MacHall

Monday, Feb. 6

Cinemanía in the Den: Allied

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: Allied.

Monday through Friday

Students for Literacy Booksale

Students for Literacy is an SU Volunteer Services program that provides group and one-on-one tutoring by undergraduate students for adults who are ESL or who face a developmental disability. Paperbacks \$2, hardcovers \$3.

Monday through Friday

Sex Week

You've got questions, we've got answers. A full week of discussions, workshops, and even a carnival. Presented by your SU, the Women's Resource Centre, and the SU Wellness Centre. Full schedule at www.su.ucalgary.ca/sexweek

Now until Feb. 17

SU Survey

When you speak, we listen. Take the SU Survey and be entered to win free food in MacHall. More importantly, let us know what we can do to improve your university experience. www.su.ucalgary.ca/survey

WHEN YOU SPEAK, WE LISTEN.



Because of YOU, study spaces throughout campus have been reworked.

Your opinion matters. Take the SU Survey and be entered to win one of two hundred \$10 gift certificates redeemable in MacHall.

To complete the survey, go to www.su.ucalgary.ca/survey and follow the links. Survey runs from Jan. 9 - Feb. 17.



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

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

UPCOMING
GAMESCrowchild 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 cross-town rivals the Mount Royal University Cougars in a classic Calgary barn burner. The game will be especially important for the Dinos women, who need the win to move 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 MRU in the Canada West standings. Expect a stellar hometown crowd at this game, with the rink split into two sides of red and blue.

Dinos Swimming
Colleges Cup

February 3-5



Head down to the Aquatic centre to watch the Dinos swim team in action. The team will compete at the Colleges Cup from Feb. 3-5. With the men's team ranked third in Canada, it's not be one to miss. Check the Dinos website for heats.

Dinos Basketball (W)
vs. MacEwan

February 10



The Dinos women's basketball team has clinched a Canada West playoff spot despite losing two games to the University of Regina Cougars from Jan. 27-28. The team will have home-court advantage for the rest of the season, taking on the University of MacEwan Griffins at the Jack Simpson Gym on Feb. 10. The game starts at 6:00 p.m.

DINOS HOCKEY »

Dinos hockey forward Danny
Gayle talks Crowchild ClassicDavid Song
Gauntlet Sports

After breaking CIS attendance records last year, the biggest university hockey event in Canada will return to the Scotiabank Saddledome on Feb. 2. This week, the *Gauntlet* sat down with fourth-year forward Danny Gayle to discuss his expectations for the Crowchild Classic, the Dinos men's hockey team's season and what students should watch out for in the cross-town showdown.

The *Gauntlet*: Right now, the Dinos hold a winning record of 16-9-3, including 13 wins against conference opponents. What are some things that the team has done well so far?

Danny Gayle: This year, we have a lot of buy-in from everybody. All the young guys through to the old guys are working really hard. We're playing to our systems, listening to what our coaches have to say and putting a consistent product on the ice.

G: What are some things that you'd like to see the team improve on?

DG: We've struggled scoring goals, so moving forward, we're trying to focus a lot more on that. Also, tidying up our [defensive] coverage. We've given up some chances that we didn't have to. Us forwards, we've made it a little more difficult on our defencemen in terms of not coming back and supporting them. Improving those areas will help us be successful moving forward.

G: As a fourth-year athlete, you have plenty of experience under your belt. How has this season differed from your first?

DG: Honestly, I'd say it's more [in terms of] off the ice. I remember coming in as a freshman and being a little bit overwhelmed with school. Most guys on our team had played four years of junior hockey coming in, so it'd been awhile since we'd gone into the classroom.

I had some older guys — like Max Ross especially — take me under their wing. They helped me [learn] how to balance hockey and school. I just find myself in that position for some of the younger guys now, who are trying to figure

out classes. Being on the other side of that is really different from when I started.

G: You're one of the veterans on a team full of first and second-year guys. How have you tried to be a leader for them on the ice?

DG: On the ice and in the locker room, I just try to bring my best effort every day. I have a reputation for being a bit of a hothead, but when it comes to on-ice play, I take pride in my work ethic and I think all my teammates — especially the younger guys — respect that. They know that I'm going to bring my best effort every game and I hope that continues.

G: You mentioned a lot of buy-in from the team. Can you speak a little about head coach Mark Howell, his coaching staff and what they've done?

DG: [Howell is] always a guy that you can rely on for making you bring your best effort, like I spoke of earlier. They haven't brought systems that are too complex and I think a simplified game has allowed us to play fast and effective. Aside from Howell, the assistant coaches — Sean Robertson, Tyler Sloan, Adam Redmond — they're all good guys on and off the ice. Those are some of the guys that we talk to more person-to-person. But Howell's leading the ship and I think a good word would be that he's fair. Some would argue that he's strict at times, but he'll always make you bring your best effort and that's what helps the team be the most effective.

G: Some fans might know you as a former Calgary Hitmen player. How is university hockey different from your junior experience?

DG: You have to grow up in a hurry when you're playing junior hockey. Everyone's got that dream of playing in the NHL for a few million bucks, which would have been awesome. So, when I was playing in Calgary and Moose Jaw in the Western Hockey League, all I was thinking about was hockey.

Now, you have a lot more condensed schedule, where you've got to practise and train, and do school while you're doing all of that. So while we're still trying to keep our focus on hockey, there's the added dimension of school.



Danny Gayle is a veteran Dinos forward.

COURTESY DAVID MOLL

G: You are part of the Haskayne School of Business. What would you like to do in the future besides hockey?

DG: After junior, I wasn't sure if I was going to continue playing hockey. I'd already done it for 15 years or so. Then I just applied to a bunch of schools in western Canada with a focus on business. I've always had an interest in business. I decided to go into finance, which has been eye-opening for sure.

Moving forward, we'll see where life takes me. I have a couple of former teammates who are playing overseas. I've been in touch with them, so I might pursue that, continue my education [or] maybe get my Masters of Business Administration. I'm also considering writing my LSAT and taking law school head on. Lots of doors are open — I just have to see which road I want to take.

G: Given how the season's progressed, how do you feel about the Crowchild Classic?

DG: I'm super stoked. [Mount Royal University] got the best of us last semester and that didn't go as planned, but I think we're a far better team than we were then. It's a billed rivalry. I know a few of the guys on their team really well, so

there's the bragging rights side of it. But being from Calgary, there's going to be lots of friends and family there.

Plus, the Saddledome's my former home rink, as I'm a Calgary Hitmen alumnus. It's going to be my last kick at the can there, so I'm really excited and confident in the result. We'll see what happens. I'm just going to really enjoy it.

G: What advice would you give to a current member of the Calgary Hitmen?

DG: I would say, don't take it for granted and try to get better every day. When I was young, I remember it — you were probably the best player on your team before you enter the [WHL] and you think you're going to continue being the best player.

But at every level the competition gets more intense and I think being able to be humble, and trying to improve every day instead of being satisfied with where you're at is what's most important. Now that I'm older and I've talked to guys who are playing professionally, it's a big difference. It's a full-time job and you can't get away with just going through the motions.

Edited for brevity and clarity.

DINOS HOCKEY »

Dinos ringette team focuses on teamwork

Mariah Lee
Gauntlet Sports

In the 14 years that the Dinos ringette team has been on campus, head coach Murray Pettem has seen numerous athletes grow as players, teammates, students and women.

Pettem's history with the team started when his daughter was a player during their inaugural season in 2003. He became a member of the coaching staff during the team's second year and has been involved almost every season since.

"[I've] been involved with coaching for 25 years and I keep coming back because it's such a tremendous sport, both on and off the ice," Pettem said. "Both my daughters played ringette growing up, [and it] tremendously benefitted their lives — in terms of confidence, friendships, and knowing how to work on a team. One of my daughters is a lawyer now and had she not played ringette, she wouldn't have become the person she is today."

The Dinos travelled to Guelph, Ontario to compete in the University Challenge Cup from Dec. 28–31, 2016. Even though the team came in fourth, many of the players had some of their finest moments at the tournament.

In one game, defencemen Tasia Rushford and Leah Gates had to play an extended shift while defending against the aggressive offence in the Dinos' end. The moment is one of the highlights of Rushford's time with the Dinos.



The Dinos ringette team will host the IMPACT at WinSport in their last game the regular season.

COURTESY ELIZABETH MERRITT

"[It's been] surreal," Rushford said. "This has been the best experience. The Dinos have given me confidence in my school and provided me with lifelong friends. I'm just really happy to be here."

Pettem encourages his team to treat others with respect, to improve their skills and for each player to have an enjoyable season.

"It's such a supportive environment," first-year defenceman Jasper Greysson-Wong said. "Espe-

cially while going through school and experiencing many challenges for the first time without the familiarity of being at home."

At one of the regular league games against the Calgary Ringette League Open A Blitz in early January, the Blitz's goalie was unable to make it to the game and one of the Dinos goalies offered to play for the other team. Players say this kept the game light-hearted and fun, while still maintaining a competitive spirit.

"[Ringette is] a community based sport," Emily Drake, the Dinos goalie who subbed, said. "No one [has] malice towards the other. You want to win and be competitors, but the relationship still stands."

Veteran player Lindsey Lovre agrees with that sense of community.

"Ringette is so much more than something I had done for years on end since I was six-years old," she said. "It was the place I met

my best friends. It was the place that taught me to be committed. It was the place that I learned that sometimes even the best teams aren't successful. It was the place I learned that girls need role models. And more than anything, I realized that I would be just like those women I played with my first year in Open AA — I would be playing until I couldn't any more."

The Dinos will host the U16AA IMPACT on Feb. 5 at WinSport. The game starts at 8:45 p.m.

TRY THIS »

Five tips to help you fall into the blissful sleep you need

Christie Melhorn
Volunteer Coordinator

Before going to sleep, most of us are guilty of curling up in bed with our phones to catch up on texts, scrolling through Instagram or creeping our eyes on Facebook. Between staring at a bright screen and dropping your phone on your face, the phone-time-before-bed-time tradition does more harm than good. But even if you don't cruise your phone before bed, trying out some of the following sleep rituals inspired by *Canadian Living* and *The Huffington Post* can help you ease into a deeper sleep.

Avoid sugar and caffeine:

Sometimes all you want is a sweet treat to reward yourself after a hectic day. While a little bit of chocolate or candy doesn't hurt when the boost from your morning coffee has long worn off, try not to overdo it. Sipping a Coke or even snacking on a sugary

granola bar before bed can prevent a proper sleep. The Sleep Apnea Center of Texas explains that an overdose of caffeine and sugar will keep you tossing and turning throughout the night. This will leave you extra irritable in the morning and more likely to grab another coffee to cushion your fatigue. Then the cycle starts again and you might forget what it's like to have a thorough sleep.

Not willing to abandon your evening coffee? Try herbal tea or a warm glass of milk instead. If you're hungry before bed, University of Chicago sleep specialist Lisa Medalie recommends eating a protein-rich snack full of complex carbs, such as a handful of nuts, a banana or some beef jerky.

Turn the volume down:

One of my professors at the University of Calgary once referred to music as "acoustic caffeine." This term is definitely applicable to the diverse sounds we encounter daily,

especially living in a city constantly under construction. While not all of us can fully insulate our walls and windows, keeping your bedroom door shut at night can muffle more intrusive sounds. Powering off your electronics and avoiding running the washing machine or dishwasher can also help improve your sleep. And while it may be tempting, try to save listening to your favourite power anthems for the morning when you can carry that boost into your day.

Set the mood:

If you've always wanted to decorate your room with those ethereal, soft fairy lights, a better night's sleep might offer you justification. According to anxiety and insomnia psychologist Steve Orma, dim environments trigger melatonin production that helps us sleep. At least an hour before you want to sleep, start turning the lights down. The early melatonin release will have you snoozing sooner

when your head hits the pillow. As for lighting options, simply flicking on a lamp will do the trick. I also find lighting candles before bed extremely soothing.

Sink into a stretch:

Throughout the day, stress can gather and bundle into uncomfortable pains in our bodies. Shake this off by unfolding into a nice deep stretch. Downward facing dog is a great full-body stretch that will loosen tension in your legs, smooth your spine and melt your shoulders.

Start on all fours with your knees and hips aligned. Place your hands slightly ahead of your shoulders. Splaying your fingers, raise your knees off the floor. Lift your pelvis up and lengthen your legs. Elevate your heels off the ground. Keep your knees slightly bent and allow your head to hang. Flatten your shoulder blades and push your tailbone back. Drop your heels if possible. This will

maximize the stretch in your hamstrings and calves. Hold for 30 seconds to a minute and repeat at least twice.

Dump out your head:

Before bed, try to declutter your mind by writing out a list of what you need to get done or journaling about your day. Whatever thoughts or feelings are bouncing around your head, physically articulating them will help dislodge them and allow you to fall asleep more smoothly.

Whether or not sleep is a struggle for you, these tips and tricks can offer you higher quality rest. When you're a student running on four to five hours of shut-eye a night with 100 things stressing you out, those few hours need to count. So next time your phone beckons you from your nightstand, flip it face down and take some time to nurture your mind and body.

COME HERE! »

Top 10 places to have sex on campus

Lady Marmalade
Resident sexpert

We all know that school can be extremely stressful. However, there is a simple solution to alleviate all that stress — banging! No one has time to go home when they're in the heat of the moment. For this reason, the Gauntlet's resident sexpert Lady Marmalade compiled the 10 best places to bone on campus.

1. The MacHall Carl's Jr.

Hey, they said it was going to get messy in here. Plus, they can probably use the sex you're having as footage for their next commercial. After you get caught, the shame you feel will be the exact same feeling that you get after finishing a double star burger with fries and a strawberry milkshake.

2. The Q Centre:

Honestly, there are so many sources of contraception in this place, you could get it on for years before you run out of protection. Plus, when you get too tired, the big



SLC will give you snaps of approval as you bang away in the gallery.

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dildo on the wall can help provide inspiration.

3. The Atrium:

Get primal in the Atrium and free the beast inside of you. Climb a tree and blow someone. It's so zen in here that I doubt anyone will notice that you decided to get your freak on in the campus jungle. Refer to the Bloodhound Gang's lewd classic "The Bad Touch" and do it like they do on the Discovery channel.

4. Any bathroom with a door that locks:

This is a no-brainer. Once that door locks, you can get it on with whoever is willing without any disturbances. Make sure you check that the coast is clear before you both head out and you'll get off scot-free.

5. The fifth floor of TFDL:

The book covers aren't the only thing hard in here. If you can keep relatively quiet during love-making, this location is perfect for you. Seri-

ously though — don't say anything. You can even book a workbook to get more "work" done with a closed door. The windows are completely see-through, so be careful which direction you face.

6. The Olympic Oval:

Get your "O" at the oval! Are those students participating in an intricate figure skating routine? Are they helping each other learn to skate? Nope — they're doing what most college students do when they

finally catch up on their readings — having sex.

7. Your professor's empty office during office hours:

Don't worry about getting caught for this one. They never show up as it is. You'll have at least an hour to get the job done while your professor spends way too long microwaving their leftovers in the department office, so take your time.

8. The csw office:

Nothing is better than making love to some sweet tunes. Plus, this office is so cool and filled with the most chill people on campus. Is that a record player? So hip.

9. The su council chambers:

It's getting steamy in here — and it's not from all of the hot air spewing out of our student government. Does anything actually happen in this room when it isn't a Tuesday night? No? Perfect. Have sex here.

10. The Engineering building:

Just kidding. Engineers don't have sex. Nerds.

HAWT TIPS »



PUBLIC DOMAIN

Spice up your sex life with these hot tips

Frankie Hart
Extra spicy

Sometimes having sex exclusively missionary style, under the covers, lights off between 8:00 – 10:00 p.m. on a Friday night just doesn't have the same kick it used to. To add some excitement to your vanilla sex life, try some of these hot tips.

Spice it up:

Add some literal spice to your sex life. Did you know that you can use hot sauce as lube? Try Sriracha, Tabasco or Frank's Red Hot. Mama mia — that's a spicy meatball.

Communicate with your partner:

Suggest to your partner you both say your most desired kinks out loud at the same time. When you say "respect and communication," your partner will be so overcome by your romantic side that this is the perfect opportunity to tell

them that you also have a thing for golden showers.

Get ethereal:

Want to have a spiritual experience with your partner? Try using crystals! Mix and match different types of crystals for the desired effect. Remember to keep a large shard handy so that if your partner turns out to be a demon, you can use it to strike them in the chest and instantly kill them.

It's all about trust:

Did you know that direct communication is useful not only in a romantic relationship but also in your sex life? Wow.

Go over the edge:

Adding an element of danger during intercourse can be very exciting. Wait until your partner is on the edge of climax and then challenge them to beat you at Rainbow Road in Mario Kart.

HOROSCOPES »

Your future looks very sexy

Tina Shaygan

Canceling her subscription to Cosmo

Aquarius (Jan. 20 – Feb. 18)

You will pop your hip out trying a new sex position you read about in *Cosmopolitan*. Turns out, having sex upside down with chocolate sauce spread over your body requires athletic ability you do not possess.

Pisces (Feb. 19 – March 20)

You will miss all your classes this week after discovering the lure of post-break up Tinder and having wild sex with strangers all week long.

Aries (March 21 – April 19)

You will discover the magic of bath bombs. You'll never need to have sex again because you have just realized what a true orgasm feels like.

Taurus (April 20 – May 20)

On your walk of shame home one morning, you'll run into every person you have ever had sex with. You've been warned.

Gemini (May 21 – June 20)

You'll finally lose your virginity this week. It will be the best 10 seconds of your life and you will cry tears of joy.

Cancer (June 21 – July 22)

After sitting beside the same person in TFDL for 12 hours, you'll spontaneously decide to have sex between the bookshelves. It will be as hot and wild for as long as your all-nighter paper writing life allows — a full five minutes of passion.

Leo (July 23 – Aug. 22)

Your parents will walk in on you having sex. They'll express their deep disappointment after realizing you only know missionary and 69 — mama didn't raise you like that.

Virgo (Aug. 23 – Sept. 22)

After realizing you've had sex with all your Tinder matches and regular Thursday-ers, you're ready to find your soulmate. Unfortunately, you've already slept with them and didn't call them back.

Libra (Sept. 23 – Oct. 22)

You'll have sex three to five times this week. Nothing weird will happen. It will just be a genuinely good week.

Scorpio (Oct. 23 – Nov. 21)

After seeing a photo of your ex with another person on Instagram, you will be filled with so much self-doubt and feelings of inadequacy that you can no longer perform sexually. Ever again. There is no way for you to avoid this. Reflect on your last shag like it was your last time ever — because it was.

Sagittarius (Nov. 22 – Dec. 21)

You'll use way too much lube while getting frisky one night. Little did you know, it's warming lube. Your genitals will be on fire, metaphorically and literally.

Capricorn (Dec. 22 – Jan. 19)

You'll steal a couch from one of the su offices to have sex on. Your actions will lead to miserable cockblocking of the person the office couch belongs to.

PUBLIC SEX »

TFDL removes bean bag chairs after students discovered engaging in coital activity on them

Derek Baker
I am very upset

Required readings and practice questions aren't the only things students found hard in the Taylor Family Digital Library last semester.

Many students are still coping with the loss of the TFDL bean bag chairs. The chairs provided a place for students to study, nap and — more controversially — get a little frisky on campus.

"After interrupting a couple participating in very inappropriate actions on the bean bag chairs for the 10th time in the span of only a few weeks, we made an executive decision to get rid of the lewd furniture items in question," U of C vice-provost puritanism Gertrude Grundy said.

After removing the bean bag chairs from the library, they were promptly soaked in bleach to remove any questionable stains.

First-year kinesiology student and TFDL-sex enthusiast Felix Fukami shamelessly described his experiences on the bean bag chairs.



The bean bag chairs provided a space for students to get some action on campus.

"Yeah, I've done the devil's dance with no pants on the bean bags on more than one occasion," Fukami said. "It's a really great interactive way of studying for my human anatomy courses. I aced my final — I actually think the U of C should encourage this."

Fukami listed other courses offered at the U of C that interactive

studying methods can help students solidify concepts, including ANTH 331: Sex and Gender. He is offering his services to anyone in need of a study buddy.

Despite Fukami's academic success, campus security was not pleased with his actions when they caught him in the act.

"We heard footsteps from

around the corner, but we couldn't react quick enough," Fukami said. "Does anyone realize just how difficult it is to get out of a bean bag chair? It felt like I was stuck in quicksand."

Campus security then escorted an ass-naked Fukami and his partner off campus.

Though reports of indecent

JUSTIN QUAINANCE

acts on campus have dropped significantly since the removal of the bean bag chairs, many students — who swear they would never have sex on campus — are still reeling from the loss.

"I would plan my sleep schedule with the knowledge that I could catch up on a few z's the next day in the library," second-year biology student Maggie Marshall said. "Now, I guess I'll have to increase my sleep from two hours a night to three hours just to function."

Public sex enthusiasts have started a club with the intent on finding a new place to bone on campus. The University's Nation of Horny Humans (UNHH) club will hold a general meeting to discuss new spots to replace the bean bag chairs.

"So far, we've identified four new possibilities," UNHH president Trisha Titz said. "We're looking at the foam chairs in the Atrium, the couches near Social Science, underneath the Prairie Chicken on the hill and the gallery seats in the Students' Union council chambers."





Five ways to convince the bros you're a real American football fan

Tommy Osborne
Still complaining about the ref

With the Super Bowl rapidly approaching on Feb. 5, it will probably be the only thing you'll hear about in the sports world this week. If you're someone that doesn't care about football — but was invited to a Super Bowl party — this list will help you pretend you actually do care so you can fit in and not embarrass yourself.

Be passionate:

It is of vital importance that you express how much you love football. Since football players are both passionate and aggressive, you'll want to be aggressively passionate. Yell at the television so much that no one can actually hear the game. Flip tables, punch walls, throw the remote at someone, smash stuff — do whatever it takes to convince everyone that football is your life. You need to ooze machismo if you are ever to be accepted by the football bros. Go sprotz!

Complain about the officials:

Complaining about the referee is what real football fans do. With the addition of the instant replay, it's totally obvious that the officials missed that wide-open call. Also, remember that you, a die-hard fan, obviously know way more about the football rulebook than some stupid zebra-shirt

man on the field. If you're able to complain passionately, that's a huge boost to convincing your friends that you are indeed a huge fan of the football. Just hope that no one asks you what offside means — we still don't know.

Don't cheer for the New England Patriots:

Just don't.

Say smart-sounding football facts:

All you need to do is say obvious facts, but make them wordy enough that it sounds like what you said is the most important football fact ever uttered. "In order for the Falcons to win the game, they not only have to be better than the Patriots, but they also must score more points than them," you'll say. Your peers will be blown away by your extensive analysis of football. Other phrases like, "he sure footed the ball right there," also work.

Be enthusiastic for the commercials:

This one should be easy for anyone, since the commercials are usually pretty awesome. Since we're in Canada, we usually don't get the best ones, but that's okay. Part of any Super Bowl party is talking about how funny the commercials are. Throw it back to some old Budweiser commercials to make it sound like you've watched plenty of Super Bowls. If you haven't seen them, just mention dogs and horses. That'll work.

How to navigate through a sex shop successfully

Drew Thomas
Loyal customer

As Sex Week at the University of Calgary approaches, you might want to add some pizzazz to your love life and try something new at your neighborhood sex shop. Losing your sex shop virginity can be understandably awkward and walking down an aisle filled with objects you feel shouldn't go inside anyone can be quite the shock. Hopefully, these tips will help you break into the magical world of sex shops.

Don't let them smell your fear:

Sex shops are like bears — they can smell your fear and will prey on the most fearful entrants. Upon entering, nod politely to the purveyor of the fine establishment and move towards the first recognizable gizmo you see. Take a calm breath because you'll probably need a minute to let your eyes adjust to the standard dim lighting of these places. Take in the bouquet of smells that are currently assaulting your nose. Is that kiwi-raspberry flavoured lube? The bottle looks uncomfortably familiar, like you've seen it at your local ice cream parlour for a syrup you once put on your sundae.

Keep quiet:

As you walk up and down the aisles, try and refrain from making any verbal sounds of awe or "how would that fit on or around or in a body." On that note, don't approach the other patrons. This seems self-explanatory, but a lot of people don't understand that like libraries, porn palaces are among the worst



This place sure looks inviting, doesn't it? places to start a conversation. Any attempts to strike up a conversation with someone will result in the porn police dragging you out of store — and this time, it isn't some sort of kink. That's right. The porn police are real and they know your Internet browser history. Be very afraid.

Go nuts:

Now that the initial awkwardness of entering the sex shop is over, peruse the many sizes of phallus-shaped plastic and silicone love holes. Is that a dragon-themed dildo? You won't be able to look at the *Spyro* games the same way ever again. Pass by the XXX DVD collection and wonder if you should mention that the Internet exists. Trust me, they know — they just refuse to accept that the porn world is changing. You could try and engage them in conversation about the future of premium porn streaming on a site like Netflix — maybe "Netdix"?

Do not get lost in the maze:

While you're enjoying your jaunt through the pornucopia of delights, make sure you don't get lost — or worse, forget what you came here for. Was it giant purple anal beads? Because they're in your hands now and you're unsure when you picked them up. Maybe they will work as a cat toy? It's too late to put a toy in your hand back on the shelf. As these thoughts cross your mind and you wander through the store, you are now wearing something called a "rubber fisting mitten" Maybe it's time to get out of here.

Exit with grace:

When you reach the cashier with all your goodies, make sure to stand as close to the person in front of you as possible. Don't ask me why — apparently this is just the etiquette of porn shops. Extra points if you can breathe heavily while doing so. Wait, this isn't a rule? Damn, I thought everybody did that. I might have some awkward apologies to make.

Simon and Haden - Lorena Morales



Filbert Cartoons - L. A. Bonte



