

GAUNTLET



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VOL. 57 | ISSUE NO. 29 | Feb 16, 2017





STUDENTS' UNION

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## GAUNTLET NEWS

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## Golden Spatula



This week's recipient of our coveted Golden Spatula award is Gloria Beltran, whose keen eye for spotting fashion sense is always appreciated. Gloria once told me that if I follow my dreams, I might one day follow in her footsteps and become the coolest person in the world. But only when she's ready to retire from that position.

\*play for keeps, yo!

## Furor Arma Ministrat

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

The Gauntlet is printed on recycled paper and uses an ink made of positive thinking. We urge you to recycle/reconstruct your world view using the Gauntlet.

## Letter Policy

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

The Cover  
Design by Samantha Lucy

## Advertising

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

## CAMPUS CRIME »

## Vehicle theft at the U of C rises according to 2016 annual report

Scott Strasser  
News Editor

There were 10 motor vehicles stolen from the University of Calgary campus in 2016, according to campus security's most recent annual report.

That's two more than the eight vehicles reported stolen in 2015 and four more than the six reported in 2014. Since 2011, 46 vehicles have been reported stolen from campus — an average of just under eight per year.

Campus security manager of community operations Rick Gysen said the number of reported car thefts on campus is consistent with the number of thefts in surrounding neighbourhoods. He said the locations where vehicles are stolen at the U of C are more or less random.

"Anywhere you have a large concentration of vehicles, the potential is always there," he said. "We've had some thefts from the Arts Parkade, we've had some thefts from the large lots on the north side — so lots 10, 11 and 12. I think we even had some from lot 32."

Gysen said that car theft at the U of C is usually passed on to the Calgary Police Services.

"The owner [of the vehicle] will call us and report it to campus security. Then we'll take some steps to determine if it indeed had been stolen," Gysen said. "Once we determine



Forty-six vehicles have been reported stolen at the U of C since 2011.

that we have a legitimately missing vehicle, we call Calgary police or the owner calls Calgary police."

When comparing car theft at the U of C with other Alberta post-secondary institutions, the size of the campus is a major factor.

At the University of Alberta, 13 cars were reported stolen in 2009, five in 2010, 11 in 2012 and 13 in 2013.

One vehicle was reported stolen at the Southern Alberta Institute of Technology in the last seven months. At Mount Royal University, two vehicles were reported stolen in 2016 and zero in 2015.

Ritesh Narayan is a criminologist and lecturer in MRU's criminal justice program. Narayan and

some of his students are currently researching what factors lead to vehicle theft in areas that are particularly vulnerable to car theft in Calgary.

Narayan said universities are generally sheltered from car theft due to the amount of surveillance and the structure of campus roads, making it difficult for car thieves to make a quick getaway. He said car thefts that occur just off campus are more prevalent, as these areas are less likely to be under surveillance.

"What we notice is that a lot of car thefts occur around campus, as opposed to on campus," Narayan said.

Narayan believes a possible reason for car thefts on university

campuses could be due to student negligence when they are preoccupied with exams and projects.

"What has been noticed is that a lot of cars get stolen [on campus] during what I would classify as 'crunch time,' which is when midterms take place and also towards the end of semester when papers are due and students are getting ready for final exams," he said. "Something as minor as locking their car can seem like a major task."

In general, theft is a growing problem at the U of C campus. According to campus security's annual report, there were 307 reported incidents of theft under \$5,000 in 2016 — a 50 per cent increase from 2015.

JUSTIN QUAINANCE

## UNIVERSITY POLICY »

## Sexual violence policy consultation ends

Saima Asad  
News Assistant

A month-long consultation on the University of Calgary's new campus sexual violence policy closed on Feb. 8. The policy, which has been in the works for nearly two years, opened for student consultation on Jan 9.

The sexual violence policy aims to provide a framework for addressing sexual assault prevention and reduction at the U of C, while also improving consent education and support services for victims of sexual assault.

According to U of C provost and vice-president academic Dru Marshall, the sexual violence policy consultation had "strong participation from the community," with

over 300 responses by Feb. 8. She said 43 per cent of responses came from students.

"Overall, the feedback has been supportive of the policy and its role in helping create a safer campus," Marshall said.

Students' Union vice-president student life Patrick Ma sat on the implementation committee for the sexual violence policy this year. He said though initially there was a large response rate, participation dropped "significantly" towards the end of the consultation period. Overall, he said the feedback was largely in support of the new policy.

"There's a large approval of the policy, which is a good thing," he said.

Ma also said there are some

points in the policy that the university wants to get more feedback on, including the scope of the policy's application reaching beyond the U of C campus.

"There's some topics that we were looking to get more feedback on or that we thought people would have different opinions [on], like the scope of the policy," Ma said.

The policy currently encompasses university members that are victims of sexual assault or harassment off campus. Ma said the university received positive responses in support of the scope.

The policy and protocol subcommittee of the sexual violence strategy is now implementing the feedback they received. The consultation results will be discussed at General Faculties Council later

this semester.

"We are now taking time to assess the feedback submitted and consider how changes may be integrated into the draft policy," Marshall said. "It is still early in our assessment to know exactly how the policy may change, but we will be sharing broad themes with the campus community in the coming weeks."

There is no set date for the policy's final approval, but the committee hopes to have it done by the end of the academic year.

"We've taken quite a bit of time to write a comprehensive policy and then we've also given it out to the broader campus community. I think we're moving in the right steps and I think we're pretty proud of that," Ma said.



# Social work faculty hosts conference to raise awareness of Fetal Alcohol Spectrum Disorder

Scott Strasser  
News Editor

The Faculty of Social Work co-hosted a conference to raise awareness of Fetal Alcohol Spectrum Disorder (FASD) from Feb. 5-9. The conference was held at Hotel Alma at the University of Calgary.

The faculty co-hosted the event alongside the Aboriginal Friendship Centre of Flin Flon, Manitoba and the Public Health Agency of Canada (PHAC). The inaugural event aimed to educate members of Canada's Head Start Program sites of new developments in FASD research.

"This is the first ever national training event like this and we're really focused on a strengths-based perspective and positive outcome for children and families," said U of C social work professor Dorothy Badry, whose research specializes in FASD.

FASD is a disability caused by prenatal exposure to alcohol. According to the Canada FASD Research Net-



The conference was held at Hotel Alma. Roughly 25 Head Start delegates attended.

JUSTIN QUAINANCE

work, there are no confirmed statistics on the number of Canadians with FASD, but prenatal alcohol exposure is "considered the most common known cause of developmental disability in the western world."

The disorder can result in physical development problems, as well as learning and behavioural difficul-

ties later in life. According to PHAC, the disorder is more common in indigenous communities than non-indigenous ones. A 1997 study of an indigenous reserve in Manitoba showed FASD was present in as many as 101 per 1,000 births in that community.

New Canadian diagnostic guide-

lines on FASD were developed at the College of New Caledonia in British Columbia and published in 2015.

The conference at the U of C was meant to bring more recent information on the disorder to indigenous communities across the country.

"It's about bringing the informa-

tion across Canada to the Aboriginal Head Start programs so there can be information disseminated among each of the provinces," conference facilitator Lisa Lothian said.

The Aboriginal Head Start program promotes education and child-care programs in indigenous communities across the country. There are 134 Head Start sites across Canada.

One of the conference attendees was Dolora Parisian, the executive director of the Aboriginal Family Service Centre in Regina. She said the information presented at the conference can have a ripple-effect.

"We all watch television and we all watch commercials and we know how much alcohol is promoted, especially aimed at the younger generations," Parisian said. "We need to counter that message with the important facts that drinking can harm an unborn baby."

Around 25 delegates from Head Start sites across Canada attended the conference.

## MENTAL HEALTH »

# Wellness Centre staff to study student loneliness

Zarif Alibhai  
Gauntlet News

Registered psychologists from the Students' Union Wellness Centre will conduct a research project this semester to help determine what contributes to student loneliness.

SU Wellness Centre psychologists Ann Laverty and Lara Schultz will carry out hour-long confidential interviews with 10 University of Calgary students for the project. They believe the research will help identify what contributes to student loneliness at the U of C.

The project is in response to the Nov. 28 release of the 2016 National College Health Assessment (NCHA) results, an anonymous survey that gauges student well-being across the province. The survey is conducted every three years.

According to the 2016 data, 65 per cent of U of C students who took part in the NCHA survey reported feeling extremely lonely at some point in the last 12 months.

"Something is happening here and that's [what] we are kind of curious to understand," Laverty said. "We think talking to students and going right to the students is the best way to try and understand what might be happening."

Just over 1,000 U of C students participated in the 2016 NCHA sur-

vey — the second time the U of C took part. According to Laverty, 30 post-secondary institutions participated in the survey in 2016.

Data from the 2013 NCHA survey led to the creation of the U of C's Campus Mental Health Strategy in December 2015.

"When we get data, we get data that is just for students at the U of C. We get comparative data around how our students are impacted or how are they are self-reporting on measures in comparison of what we are seeing at other Canadian institutions across the country," Laverty said.

Laverty said there are likely many factors that contribute to student loneliness at the U of C. She feels some students might arrive on campus having previously experienced loneliness.

"Maybe they were lonely in high school, so that could be a contributing factor," she said. "I think loneliness is sometimes experienced because of transition — transitioning from high school to university. If a student has moved to Calgary to attend university, there are a lot of transitions in terms of moving from one location to another."

According to Laverty, they hope to publish the results of the study and present them at conferences in the near future.

## Prof. Bev Dahlby

### STEP DOWN

From the oil mouthpiece

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## EYES HIGH »

# Consultation for Energizing Eyes High comes to a close

Scott Strasser  
News Editor

Results of the three-month public consultation for Energizing Eyes High were published on the University of Calgary's website on Jan. 31. The results outlined feedback from community members regarding the U of C's new strategic direction.

The published results include a consultation summary and three working papers based on analyses of the three-month period's findings.

Energizing Eyes High will be the U of C's strategic direction for 2017-22. The strategy intends to build on the Eyes High strategy that was in place from 2011-16. Eyes High aimed to make the U of C a top-five research university in Canada, while turning the campus into a "global intellectual hub."

From September through December 2016, the university conducted surveys, focus groups, weekly polls, roving booths and an environmental scan related to the refined strategy's five commitment areas — teaching and learning, research and scholarship, community engagement, student experience and campus culture.

More than 4,000 people participated in the consultation period.

Students' Union president Stephan Guscott sits on the strategic oversight committee for Energizing Eyes High and was heavily involved throughout the consultation process.

"The biggest piece for me with the Energizing Eyes High process was to ensure that lots of students participated, because all the consultation data feeds into how the university develops the action-



The consultation results were presented to SLC. Justin Quaintanceables for its next strategic plan," Guscott said. "I think a substantial number of students voiced their concerns and I'm happy with those numbers."

While the feedback shows a general acceptance of the U of C's goals and priorities, some respondents were concerned about student support and the state of physical spaces on campus, including social and study spaces.

"The two things that I think came out strongly from students was a focus on concern for spaces — infrastructure or classrooms or study spaces — and access to resources," Guscott said. "There's a number of other things that came up too, like access to undergraduate research opportunities. Quality of instruction also came up."

U of C president Elizabeth Cannon presented the consultation results to Students' Legislative Council on Feb. 14 alongside Haskayne School of Business professor Loren Falkenberg, who chairs the Energizing Eyes High secretariat.

"It's really important that this does resonate to the students," Cannon told SLC. "This is particularly your opportunity to really embed in the strategy document what you think the student experience should be."

The results of the Energizing Eyes High consultation will be presented to General Faculties Council on Feb. 16 and other governing bodies on campus throughout February. The final Energizing Eyes High strategy is scheduled to be introduced at the end of April.

## STUDENTS' UNION »



PRINCE AFRIM

## SU approves \$12,000 cut to executive travel and conference funding

Scott Strasser  
News Editor

Students' Union executives at the University of Calgary will have a smaller budget for travel and conference expenses next year.

At their meeting on Feb. 7, the SU's operations and finance committee approved a \$33,000 budget for executive travel from July 2017 – July 2018.

That's about \$12,000 less than the \$45,291 devoted to executive conference and travel in the SU's 2016-17 operating budget.

According to SU vice-president operations and finance Branden Cave, the reduced funding is due to the SU opting out of the 2018 Leaders' Hall — an orientation and leadership skills conference for student governments.

"Leaders' Hall is valuable for those small schools that don't have as rigorous an orientation process," Cave said. "We saw that our students wouldn't get as much value out of it, so we've decided not to attend in 2018."

The \$33,000 will pay for travel and conference fees for the five SU executives from July 2017 – July 2018. The funding will cover flights, accommodation and other expenses when executives attend out-of-city events.

Cave said the SU is also reducing its executive travel budget as a cost-cutting measure following the SU's failed

injunction application to maintain operational control of MacHall.

"We're looking at ways we can do some cost-saving and tighten our belt with the uncertainty around how much revenue we're getting back from food court tenants," Cave said. "That way, our bottom line is affected as little as possible."

According to Cave, the SU president and vice-president external each attend 10 conferences a year, while the other three vice-presidents attend four conferences per year. Three of those conferences are attended by all five executives.

SU president Stephan Guscott has attended Leaders' Hall twice. He agreed that it is more beneficial for smaller schools to attend.

"We've been fortunate to create a strong orientation and transition process for new executives. A lot of the things we provide in-house are duplicated at Leaders' Hall. It's a good conference, but the value for our students isn't what we want it to be for that type of expenditure," Guscott said.

The SU executive travel and conference funding is broken down into monthly allotments. The most expensive travel month for the SU in 2016-17 was May, with \$13,200 devoted to executive travel funding.

The only month in which executives were not allotted travel funding was January.

## This Week in MacHall

Now until Feb. 12

### Apply for the Eric Lahoda Scholarship

This scholarship honours Eric Lahoda, former student and dedicated club member and executive. Ten scholarships, each valued at \$1000.00, are awarded each year. Made possible through the Quality Money Program. Applications are available on ClubHub.

Now until Feb. 24

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

Love your prof? Got a terrific TA? Nominations are now open for the SU Teaching Excellence Awards. The fall deadline is Feb. 24 at 4:30 p.m.

Now until Mar. 10

### Apply for Funding through the Committee of 10,000 program

Are you part of a non-profit or charitable organization? Would you like to receive funding? Apply by Mar. 10 at 4 p.m. Applications available at [www.su.ucalgary.ca/10000](http://www.su.ucalgary.ca/10000).

Now until Apr. 7

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Are you part of a non-profit or charitable organization? Would you like to receive funding?

The Committee of 10,000 collects a small levy from the 27,000 undergraduate students of the University of Calgary to give to charitable causes throughout the city. Composed of students, the Committee of 10,000 gives away approximately \$20,000 annually, with up to \$5,000 per group. The intention of the committee is to build positive relations with the community outside of the university. All applicants must be registered non-profit or charitable organizations. Applicants from clubs registered with the Students' Union will not be considered.

#### APPLY NOW!

Application deadline is March 10, 2017 at 4:30 p.m.

All applications must arrive at the Students' Union by the deadline. Late applications will not be reviewed.

For an application, go to [www.su.ucalgary.ca/10000](http://www.su.ucalgary.ca/10000)  
Questions? email [volunteer@su.ucalgary.ca](mailto:volunteer@su.ucalgary.ca)



Complete listing of student events, concerts and more:  
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The Students' Union advertisement is provided by the SU and published without Gauntlet editorial revision.



# Wildrose student club endorses Kenney over Jean

Scott Strasser  
News Editor

The Wildrose on Campus (WROC) student club has endorsed Progressive Conservative Party leadership candidate Jason Kenney over current Wildrose Party leader Brian Jean as their pick for the leader of a united right-wing party in Alberta.

WROC recently conducted a survey asking club members if they support merging the province's two conservative parties, as well as who they feel should lead a new unified party. According to WROC, 82 per cent of respondents support a united conservative party and 56 per cent of respondents support Kenney as its hypothetical leader.

Forty-four per cent of survey respondents also said they are "severely displeased" with the Wildrose Party's current administration and staff.

WROC is a Students' Union-registered club that promotes the Wildrose Party at the University of Calgary. The club was formed in 2013 and has approximately 160 members.

A former Member of Parliament with the Conservative Party of Canada, Jason Kenney stepped down from federal politics last summer to run for leadership of the Progressive Conservative Party of Alberta (PCs). Kenney is running on a platform of uniting the two right-wing parties in Alberta — the PCs and the Wildrose — in an attempt to oust the New Democratic Party from power in the next provincial election.

WROC vice-president external Kean Bexte said another reason the club endorses Kenney over Jean is because Kenney puts more emphasis

on student engagement.

"Jason Kenney has just — in his actions — appeared far more open to engaging with youth and students about issues facing them, whereas Brian Jean has come to campus [a few times] in the last year, and only to talk with Students' Union executives," Bexte said. "Jason Kenney came and invited everyone who wanted to talk to him and talk about issues facing them."

On Jan. 26, Jean released a video saying he supports the idea of merging with the PCs, but only if the new party would be established under the Wildrose's legal framework. In Jean's video, he said he would seek to lead the new party if it formed.

Under Elections Alberta law, merging the Wildrose and PCs would mean both parties' finances and assets would be forfeited to the Crown. Jean's proposal would let the Wildrose keep their funds.

Bexte felt Jean's video "reeked of desperation."

"It's never good to be reacting to your political opponent, it shows you're not in a leadership position, [but] just following," Bexte said. "We're concerned Brian Jean is trying to kneecap any sort of negotiations by saying it must have the Wildrose Party's legal framework. While he has some reasons for that, and while there are benefits to it, it's worrisome that he's trying to make it seem it's his way or the highway. We all need to compromise."

The new PC leader will be determined at the party's leadership convention on Mar. 18. According to public opinion polls, Kenney is the frontrunner in the three-candidate race against Richard Starke and Byron Nelson, who both oppose plans to unite the PCs and the Wildrose.

# Research Station in Banff receives \$12.8 million

Saima Asad  
News Assistant

The Banff International Research Station (BIRS) will receive \$12.8 million in funding from various sources including the governments of Canada, Alberta, the United States and Mexico. The funding was announced at the University of Calgary on Feb. 10.

The BIRS is a research centre that focuses on applied mathematics in the sciences. The station opened in 2003 as a joint effort between Canada, the United States and Mexico.

Canada minister of veteran affairs Kent Hehr was the opening speaker at the event. He said the federal government will commit \$3,405,000 towards the research centre through the Natural Sciences and Engineering Research Council (NSERC) — Canada's funding agency for post-secondary research initiatives.

"I'm pleased to announce that through the NSERC, the Government of Canada is providing more than \$3.4 million to the BIRS to take your research programs to the next level," Hehr told the crowd gathered in the EEEL building.

According to BIRS founder and director Nassif Ghoussoub, the funding announcement comes after 18 months of vetting. He said the vetting process included 50 scientists from all over the world conducting site visits.

"This is not a random announcement. This has come after many, many months of reference letters, reviews, etcetera. We really appreciate the government's support [from NSERC]," Ghoussoub said.

The Alberta government also announced their portion of the BIRS funding on Feb. 10. The provincial ministry of economic development and trade will provide \$4,042,918 to



The \$12.8 million will come from multiple sources. SAIMA ASAD

"support the valuable work BIRS does."

"We are proud to stand as partners with the Government of Canada and NSERC," Banff-Cochrane Member of the Legislative Assembly Cameron Westhead said. "[The BIRS] is a tremendous and proud example of the importance of partnership between federal, provincial and international governments, as well as academia."

Mexican consul Cecilia Villanueva spoke to Mexico's portion of the funding. The Consejo Nacional de Ciencia y Tecnología (CONACYT) announced that they will contribute \$250,000. Mexico became a BIRS sponsor in 2006.

Villanueva hopes the funding will result in an enriched collaboration between the U.S., Canada and Mexico in the fields of science and engineering.

"CONACYT funded the construction of a facility in Oaxaca, which is one of our main states in Mexico. They have a BIRS station, too," Villanueva said. "From there they do a lot of projects and initiatives related to mathemati-

cal innovation."

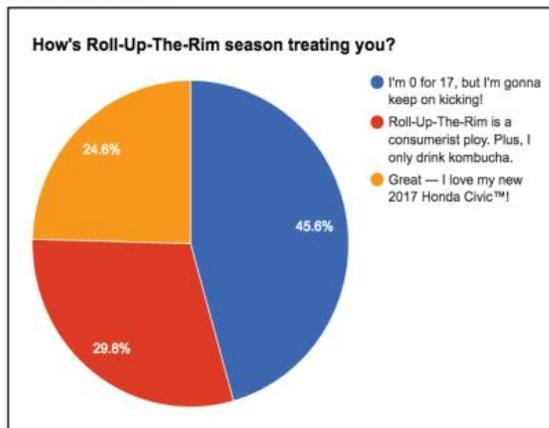
In addition to government contributions, the U.S. National Science Foundation will contribute \$5,086,000 CDN towards the BIRS. The research centre will also receive \$400,000 from the University of British Columbia, along with further support from the University of Alberta and the U of C.

Through his project at the BIRS, U of C graduate and current UBC PhD student Rowan Cockett will benefit from the funding. Cockett is a computational geophysicist.

"One of the next steps in computational geophysics is a lot of interdisciplinary work, so this where BIRS came into the picture," Cockett said. "We had started a lot of these projects reaching out to other universities and trying to get research collaboration started in a very real way. BIRS offered this opportunity for a bunch of scientists to come together."

Roughly 50 people attended the announcement.

## POLL RESULTS »



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

## STUDENT CLUBS »

# University of Calgary Chess Club hosts Battle of Alberta tournament

Scott Strasser  
News Editor

Dozens of chess players from across the province will gather at the University of Calgary from Feb. 18–19 for the annual Battle of Alberta chess tournament.

The Battle of Alberta takes place every February at one of the province's post-secondary institutions. The University of Alberta hosted and won last year's event, while Mount Royal University hosted in 2015.

The U of C Chess Club will host this year's tournament in That

Empty Space. Chess club president Riley Workman said between 30 and 40 players will compete, including a handful from the U of C.

"We haven't fully established our team yet [but I would] guess somewhere between six and eight [of our players]," Workman said.

The tournament will abide by World Chess Federation standardized rules, including time clocks and the "no touch" rule — if you touch a piece, you have to use it.

The U of C Chess Club was founded in 2015 by Workman and fourth-year chemical engineering

student Chinmoy Ayachit. Workman said the club's weekly meet-ups offer a friendly environment for both new and veteran chess players at the U of C to work on their skills.

"Sometimes Masters come in," Workman said. They're open to teaching students of all levels. And it's just fun. Chess is good for the mind. That's useful for a university environment."

The Battle of Alberta is also open to independent players and non-students. The registration fee for a university student is \$10 while the fee for a non-student is \$15.



# OPINIONS

EDITORIAL»

## SU elections mean it's time to prepare for a post-MacHall world

The upcoming Students' Union general election at the University of Calgary is about more than just hallways plastered with posters and grown men running around in *Minions* costumes. The election will present the opportunity for student politicians to bring up and debate "the issues."

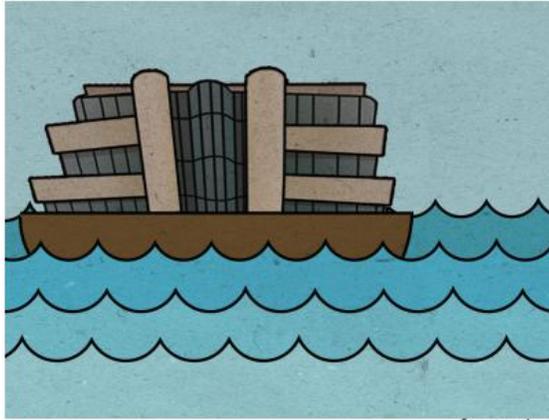
These issues include everything from federal advocacy to free pizza days. This year, one of these issues is something you may not have heard about in a while — MacHall.

Though it may feel like old news, the SU is still locked in a lawsuit with university administration over majority ownership of the MacEwan Student Centre — more commonly known as MacHall. Since the SU lost their injunction application and, subsequently, control over operation of the building in October, everyone seems to have forgotten about the lawsuit.

But with the election, candidates — whether it's in the scope of their position or not — will likely bring up MacHall. Or at least they should, because the SU has relied on the profits from operating MacHall for years. Our SU is one of the wealthiest in the country, and revenue from MacHall is central to this success.

But don't assume a student politician will be able to "fight for MacHall" because the fight for MacHall is basically over.

U of C students need to start preparing for a post-MacHall world and



SAMANTHA LUCY

the SU election is the perfect place to start. The biggest issue of this SU election isn't going to be saving MacHall — it's the lack of MacHall.

The current SU executive inherited a lawsuit. The next executive we elect in March will inherit either a case settled out of court or a lawsuit that — based the injunction ruling — has grim prospects.

Reading the injunction ruling from October, it's evident the SU's case has holes. While it's important to note that the injunction is separate from the larger lawsuit, many of the SU's arguments are the same for both. Justice Kim D. Dixon, in her injunction ruling, noted that "the SU's arguments about the harm it could suffer are based on a misunderstanding of the Governors' intentions on expiry

of the [previous agreement]."

Coupled with former SU president Levi Nilson's sworn affidavit, which Dixon ruled "not substantiated by the evidence presented," the injunction did not make the SU's case look all that strong.

Prospects weren't always this grim. The initial push from the SU last fall had momentum. In November 2015, it felt like the SU was ready for war and the student body was rallying around them. But they lost that momentum as soon as they entered closed-door mediation last January and any remaining bits of passion were lost with the injunction ruling.

The injunction ruling claims that losing operation of MacHall won't cause "irreparable harm" to the SU. But it does create a new reality.

The SU has lost hundreds of thousands of dollars from a "MacHall Defence Fund" and \$1.9 million in annual revenue from operating the building that they won't get back. This year's candidates need to understand that reality.

The SU must accept that they've made mistakes with this lawsuit and move on. The people we elect to the SU this year must have a realistic perspective on the future of MacHall and the fact that majority ownership of the building — barring a major legal development — is now a distant pipedream. To believe anything else is naïve.

This probably sounds repetitive. Every year, student journalists and SU hacks remind you of the importance of voting in the SU election and bemoan the dying art of caring about student politics. We remind you that student politicians have a lot of control over important things, make big decisions and represent you directly.

But whether you like it or not, your student politicians do have a lot of influence over your U of C experience. Whoever is elected this year will have the opportunity to start shaping what a post-MacHall world looks like.

I'm not going to tell you what the right approach to that world is. But demand that your SU executive candidates plan for something. It's time to start living life after MacHall.

Melanie Woods

Gauntlet Editorial Board

## short form

How much do you care about the SU elections?



"I've voted in elections before."

— Sahar Elkadri,  
fifth-year business



"It's something I'm aware of but not involved in."

— Mave Kleen,  
first-year communications



"Not interested. The SU doesn't seem to do much."

— Faizan Hanif,  
first-year architecture



"It'll depend on the candidates."

— Craig Martis,  
fourth-year engineering

Photos: Genesis Kayemba  
Interviews: Ian Kinney

WOMEN'S MARCH »

## Protests support powerful collective voices

Tessie Ward  
Gauntlet Opinions

On Jan. 21, the largest simultaneous protest in the history of the United States — the Women's March on Washington — took place in various cities across the U.S. and around the world. The protest numbers were estimated to be between 3.6 and 4.6 million worldwide. And it was peaceful — there were no arrests made at the Women's March in the U.S.

This was more than a peaceful and meaningful protest. The Women's March saw people come together to make a statement and demand to be heard. The numbers are impossible to ignore.

Following United States President Donald Trump's Jan. 27 executive order banning people

from seven predominantly Muslim countries from entering the U.S., more protests erupted. Thousands of people arrived at different airports and government buildings to fight the order.

Protests are important. No matter which issues are being represented, the right to peacefully protest shows that people can be politically involved beyond simply voting or contacting their local representatives. This is important in a democratic country like the U.S., which prides itself on the value of freedom.

I attended the Seattle Women's March with my mother. The organizers prepared for 50,000 attendees, but over 100,000 showed up. Every bus was packed like sardines, so we had to walk a few kilometres to the march's meeting point.

As we joined the crowd, I started to get overwhelmed. All I could see behind and in front of me were people holding signs, wearing pink "pussyhats" and occasionally chanting. But mostly, people talked among themselves. There were young people, people of colour, dads with their daughters and grandmothers. Everyone not only cared, but cared enough to come to the march, make a sign and refuse complacency.

It's easy to dismiss the effectiveness of protests when you only see them on the news. The coverage is usually limited to facts and figures, maybe some interviews with participants and different video clips cut together. It's impersonal. But when you're actually in a protest, it's a lot different. I walked with a group of

complete strangers, but I knew we were all marching for a common goal. The physicality of being in this massive group made me see how important a protest can be — not just to the political or social movement, but also to the people who go out and join these movements.

To dismiss protests is to deny that people can be involved in making political change through their actions. Protests are meaningful to the people who participate, the movements they represent and those who witness their cause.

Protests are effective and give a collective voice to the people. My best advice for those that don't believe protests matter is to attend one. Make a sign, chant with the group and feel their power.



# We must not tolerate hate on our campus

Tina Shaygan  
Opinions Editor

It's only been a few weeks since United States President Donald Trump's inauguration, but with all the contentious debates and the ugly rhetoric, issues we thought existed only in history textbooks are back in everyday conversations.

As post-secondary students in one of the most developed countries in the world, we are one of the most privileged groups in society. We have no excuse for our own ignorance. While free speech is important, there is no obligation to tolerate repulsive acts of hate on our campus.

Recent political arguments aren't a Hobbes versus Machiavelli discussion. This isn't about how to best raise taxes or whether a free market approach is better than government intervention in the economy. Our debates are now about whether people should be able to leave Syria's war zones or whether the *Roe v. Wade* ruling should be overturned to re-criminalize abortion.

These decisions have pressing consequences for the most vulnerable groups in society. But by tiptoeing around the real issues, we only provide room for dangerous ideologies to grow.

Free speech and debate are important. But science-fiction writer Isaac Asimov summed it up best:



Recent political debates on campus promote hate. PUBLIC DOMAIN  
"anti-intellectualism has been a constant thread winding its way through our political and cultural life, nurtured by the false notion that democracy means that 'my ignorance is just as good as your knowledge'."

Since the nomination days of the 2016 American election, people have asked where all these Trump supporters came from. Most studies agree that a large number — though

Those on our campus who plaster a Facebook event page with photos of Nazis or talk about the dangers of 'Islamification' choose hate and ignorance despite knowing — or having the opportunity to know — better.

The University of Calgary Wilfred on Campus club recently endorsed Jason Kenney for leadership of a potential provincial united right-wing party. Kenney has been publicly accused of racism and homophobia, was responsible for the niqab ban while he was a Member of Parliament and made cuts to social services for refugees. When faced with criticism regarding these cuts, he told the CBC, "I wonder why these doctors aren't raising the same questions about [the medical benefits] taxpaying Canadians receive."

A blind endorsement of Kenney — and by extension, these ideas — from a group of post-secondary students reeks of ignorance. There is no validity in arguments against LGBTQ rights, helping refugees or banning religions. As university students endorsing Kenney, they should critically challenge him on these ideas.

On Feb. 13, a dozen posters purporting Holocaust denial were seen around campus. And last semester, anti-Muslim posters were found around the U of C just weeks after anti-Sikh posters were found at the University of Alberta campus. There is absolutely nothing of val-

ue in white supremacist ideas. We shouldn't give them any legitimacy as something worthy of discussion.

We're nowhere near done with social progress. We need to debate in order to include transgender issues, indigenous issues and people of colour in feminism. We need to work to unravel the embedded racism of our institutions. We need to demand our governments represent indigenous communities better. But we do not need to debate whether racism, sexism or homophobia exist in the first place — they do.

Next time an alt-right fascist starts an argument with you on women's rights, LGBTQ rights or any human rights for that matter, know that you have no obligation to respect their ideas. People's lives and human rights aren't feelings to be discussed and mutually agreed upon. They are rights everyone is entitled to by the virtue of being alive.

These debates should be over — fascism has no legitimate grounds, reverse racism doesn't exist and women's rights are human rights.

While healthy discussion of legitimate ideas is important for progress, these recent 'debates' should be called what they are — hate. As university students, we have no excuse for ignorance. We must know better and demand better from our peers. Don't make room on our campuses for hate to find legitimacy.

## WORLD POLITICS »

# Not supporting your worldview doesn't make it "fake news"

Jesse Stilwell  
Gantlet Opinions

Fake news used to be a term generally considered to mean blatantly false information from illegitimate sources in the form of hoaxes, propaganda and conspiracy theories. But fake news has taken on a whole new meaning and is now used by people to describe anything that does not conform to their worldview.

On Feb. 6, United States President Donald Trump tweeted that "any negative polls are fake news." This tweet was one of the latest in recent occurrences of Trump and others calling undesirable reporting 'fake news'. Using the term fake news in a colloquial sense like Trump's tweet allows people looking to confirm their biases to do so.

According to ScienceDaily, confirmation bias is "the tendency to search for or interpret information in a way that confirms one's preconceptions, leading to statistical errors." Trump exemplifies this by frequently interpreting public opinion polls and media reports as fake news.

But Trump is not the only person

dismissing facts that does not conform to his worldview.

It's important to not immediately take everything you read on the Internet as fact. Fake news is not a new phenomenon that we do not have tools to avoid. It is also not difficult to find reputable sources for news or statistics, especially at the University of Calgary.

Fake news' prevalence is not entirely the fault of the media or Facebook. A large share of the blame for its new-found prominence is on us for warping its definition and allowing confirmation bias to take over our critical thinking. After all, the algorithm Facebook uses to put one news story before another relies on the number of clicks that people make on certain articles, not what gets put on Facebook in the first place. We must be critical of the information we receive and actively hold ourselves accountable for what we share on social media.

If you're finding it difficult to confirm your worldview or if information from a generally accepted as credible source seems to be proving you wrong, keep an open mind and consider that you



Fake news is increasingly used to refer to reportings people disagree with. COURTESY NENAD BORIC  
dian Joe Rogan said, "the problem is not fake news, the problem is idiots."

So the next time you read something that seems too controversial to be true or even just different from what the majority of other sources are saying, don't be naïve.

Check the sources of your information and ensure you aren't allowing confirmation bias to con-

control your actions. Fact checking organizations — like factcheck.org — make it easy to quickly verify a politician's speech or the statistic mentioned in an article. You can also verify ideas and facts through the resources available in our campus libraries. There are no excuses to allow confirmation bias and fake news to warp your vision of reality in 2017.



GENERATION SEX »

# How to ease your way into the world of BDSM

Lady Marmalade  
Gauntlet Columnist

For people tired of a vanilla sex life, there are some easy ways to ease into a kinkier side without going full dominatrix-sex-dungeon — unless that's what you want, in which case — hell yeah.

BDSM — bondage, dominance, sadism and masochism — is a comprehensive lifestyle for some. But it also consists of simple tricks and activities that people can incorporate into their sex life. Here are some tried and true ways to spice up your sex life without maxing out your pain threshold.

**Dirty talk:**

While this doesn't necessarily fall into the category of BDSM, it works nicely to introduce you to some more verbal — and possibly physical — sexual activities. It also provides an opportunity to explore what you and your partner might like to try, to discuss fantasies and build up anticipation before you even start having sex. If done correctly, dirty talk can add to experiences of foreplay and heighten sexual energy during intercourse. If you feel shy or nervous about being vocal, try just starting a con-



There are lots of safe ways to experiment with rough sex and ease your way into BDSM. JUSTIN QUAINANCE

versation about what turns you on or what kinds of things you'd like to try next time you're having sex. Practice makes perfect — the more you talk dirty with your partner, the better you will get. Don't feel embarrassed talking about what you want to do or have done to you.

**Lots and lots of foreplay:**

Like dirty talk, foreplay helps build tension and anticipation be-

fore sex. Foreplay that doesn't always end in sex will do wonders for your imagination and will create sexual frustration that — once satisfied — will really make the act worth the wait. Even little grabs and touches here and there before things get intimate will get your partner thinking about sex and build anticipation.

**Sexting:**

Sexting is a foolproof way to

get your partner thinking about that dirty weekend you're about to spend together. It might even make them want to rush over on a school night between textbook readings. The great thing about sexting is that you can ease into it and chat back and forth about what you'd like to do or you can send one message that will hopefully be enough to spark your partner's imagination. Talking

to your partner over text about rougher sex is a great way to explore each other's boundaries about how far you're willing to go. If all else fails, send a nude. That'll get the message across.

**Small steps to rougher sex:**

When you're still unsure of a partner's sexual boundaries, there are some small moves you can try to test the waters and find what is pleasurable for both of you. This could range from light hair pulling and spanking to moves that are a little bit rougher like pressure on the neck and biting. You can also go to your local sex shop and pick up some simple materials like ropes and fuzzy pink handcuffs that are still goofy enough to not be taken too seriously. Keep in mind that BDSM doesn't always have to include pain. Tickling and teasing are other fantastic ways to heighten anticipation and arousal without leaving a mark.

Consent is key when pushing the boundaries in a sexual relationship. As long as you are open and communicating, you can have lots of fun trying out simple ways to liven up your sex life and get kinky.

# DON'T MESS WITH A CLASSIC

**THE DEN** EST. 1969



# Ify brings a smile to the University of Calgary every morning!



Ify works at Tim Hortons at Mac Ewan Hall. She is an employee of Aramark. They are the University's business partner that provides food services on campus. Ify loves meeting the students, and getting them going with their morning coffee.

Ify arrived from Nigeria five years ago looking for a better life, and seeking out employment. She is 16 weeks pregnant and has worked at the University since 2015.

Ify became a Union activist when horribly disappointed with her working experience with Aramark. She is one of the 91% of staff that voted to unionize. They voted yes so they could have a collective voice to demand **dignity and respect** at work.

Recently, Ify's boss changed her schedule on less than a days' notice. Ify had made an ultrasound appointment based on her pre-existing written work schedule. When she raised her concerns with her boss, she was told to cancel her ultrasound appointment.

Aramark employees fall within the ranks of the "working poor" and are all too often viewed as nameless bodies not worthy of basic work rights.

Please help Ify and other Aramark employees gain the **respect** that they deserve. Soon, we'll be telling you about more of the workplace issues that could lead to a strike among food services employees at the University

of Calgary. Aramark employees have recently been on strike at a Toronto University.

We are asking the University of Calgary, and its entire community to tell Aramark to do the right thing and to conclude a new Union Contract with Aramark employees to bring **dignity and respect** to their workplace.



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ON CAMPUS »

# SCPA brings *Mother Courage and Her Children* to the University of Calgary

Jocelyn Illing  
Gauntlet Entertainment

Although technology may be efficient, there is one important thing the Internet and cinema cannot give us — human interaction. Theatre provides us with entertainment, as well as a human connection we cannot get from movies or television.

University of Calgary students will have the opportunity to witness such an event in the form of *Mother Courage and Her Children*.

The U of C School of Creative and Performing Arts will present Bertolt Brecht's play *Mother Courage and Her Children* at the University Theatre from Feb. 17-19 and Feb. 21-25.

*Mother Courage* is an ensemble piece that takes place in Germany during the Thirty Years' War. It centres around the title character and her children as they struggle to survive.

U of C associate drama professor Valerie Campbell will play the role of Mother Courage. She says this "iconic play" is relevant to today's society.

"Mother Courage [is] determined but flawed in the way she goes about



*Mother Courage* will tell her story to students at the U of C in the SCPA's newest play.

JUSTIN QUAINANCE

conducting her life. [The play] has a lot of political resonance that won't be lost on audiences," she says.

Campbell has taught acting and movement at the U of C since 1998. She says the chance to play this role is "the opportunity of a lifetime."

"It is the plum role," she says. "It's like Hamlet for younger men. Even though it's a huge undertaking, I felt like I had to do it."

Although her role is important, Campbell stresses that the piece is an ensemble. She says many students from various backgrounds have worked relentlessly over the last few weeks to prepare for the show.

Campbell says she has been able to influence the students while simultaneously learning from them as a way to "stay current" and continue her lifelong study of theatre.

But director Adrian Young says the road to opening night hasn't been easy.

"The process of getting the show together [has been] a perpetual nightmare," Young says. "[While saying that], I think that the reason why we always remember nightmares most clearly is because they kind of get the adrenaline up the most. It is that kind of feeling that [helps you] stay on top of everything."

Young says working with students

was unique.

"With students, especially with student actors, you have this interesting nature of not being able to know what they know in terms of what they have learned," he says. "It becomes an interesting bond between directing and sometimes teaching, which, in a way, have similar goals. You don't want to tell them what to do, you want to give them the tools and the structure to thrive."

Young — a graduate student at the U of C — became infatuated with drama at a young age. He grew up in England and has participated in after-school drama clubs since he was four years old.

"I was just always in [the arts] and English theatre is more a part of the direct culture," he says. "I don't even remember a time where I wasn't involved in theatre, actually. That's how it happened and then I did my undergrad in Ontario after I moved to Canada. Having the opportunity to come here and do theatre as a full-time student was just really nice."

With this production, Young hopes to shorten the distance between individuals and the reality of war.

"I think that a lot of Canadians have this sense that Canada is out of [the] idea of war and making money off of war," he says. "I think now with what has happened in the United States, more and more people are starting to figure out that you have to get involved, you have to do something, because otherwise, these things will happen and we just have to stand there and be a hypocrite."

The performances will run Feb. 17-19 and Feb. 21-25 at the University Theatre and there will be a themed pre-show reception on opening night. Tickets are free with your student ID.

For more information, visit  
scpa.ucalgary.ca

SLED ISLAND »

# Sled Island headliners announcement highlights Cloud Nothings and Converge for 2017 festival

Jason Herring  
Webmaster

Calgary music fans received a Valentine's Day gift to remember when local music and arts festival Sled Island unveiled their first wave of headlining artists on Tuesday.

Cloud Nothings and Converge are among the bands that will play at the 11th annual Sled Island Music & Arts Festival, taking place at venues across Calgary from June 21-25, 2017. Cloud Nothings is an Ohio indie rock band currently riding the success of their fifth album, *Life Without Sound*.

At the announcement event at Commonwealth Bar and Stage, Sled Island executive director Maud Salvi said the festival has been trying to get the band to play in Calgary for a few years. The band stands in stark contrast to Converge, an acclaimed Massachusetts metalcore band that helped shape the genre.



Curated by electric artist Flying Lotus (left), the 2017 Sled Island lineup includes bands such as Cloud Nothings.

COURTESY SLED ISLAND.

Other major names set to play this year's festival include seminal slowcore band Low, southern folk songwriter Waxahatchee, 1960s psychedelic pioneers Silver Apples and atmospheric black metal mainstays Wolves in the Throne Room.

Rounding out the initial wave of artists are Weyes Blood, Hailu Mer-

gia, Daughters, Land of Talk, Thor & Friends, EX EYE, Mothers, King Woman and New Fries.

On Jan. 17, Sled Island announced that experimental electronic and hip-hop artist Flying Lotus would curate this year's festival. Curated picks from Flying Lotus, who will play at the Palace Theatre on June 24, will

come as more bands are revealed.

One Sled tradition is going to be absent this year, as the festival moves away from all-day shows at Olympic Plaza. Salvi said the festival wants to focus on pub shows, and said that some all-ages shows will moved to other venues.

These 16 artists are a small portion

of Sled Island's total lineup. According to the festival, over 250 artists, including visual artists and comedians, will perform this June. The next wave of artists will be announced on March 13.

For more information, visit  
sledisland.com



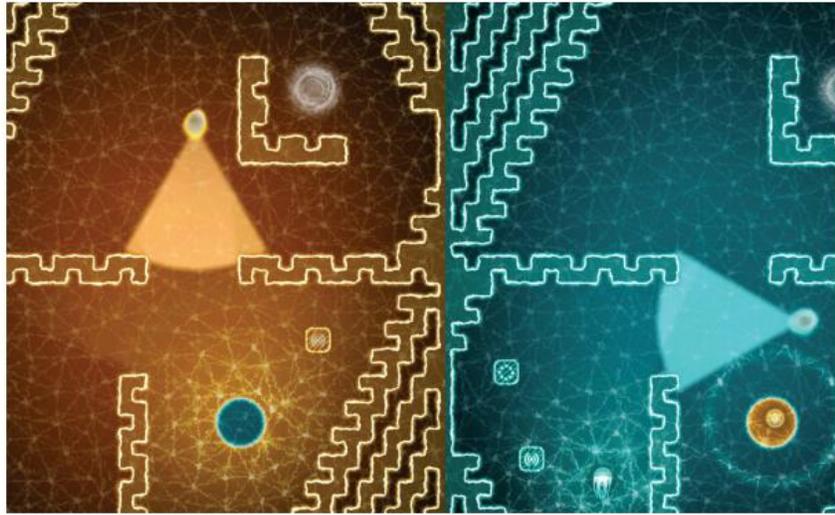
# Semispheres is first Calgary-made game launched on current generation consoles

Jason Herring  
Webmaster

**M**editative puzzle game *Semispheres* launched for Steam and PlayStation 4 on Feb. 14, courtesy of local video game developer Radu Muresan and his studio Vivid Helix. According to Muresan, the tricky stealth-puzzle hybrid is the first Calgary-made game released on the current generation of consoles.

The single-player game puts players in control of two jellyfish-like creatures that must navigate around enemy sentries through a series of progressively harder levels. Each character is given its own half of the screen and is controlled independently and simultaneously using separate control sticks. Each of the approximately 50 levels features a puzzle to be solved through a combination of clever thinking and dexterity.

To make things interesting, a number of abilities are found in nodes around the map. Some give players the ability to send beacons to distract sentries and avoid their fields of vision, while others create portals into the opposite character's screen or across the map. These mechanics take inspiration from classic stealth games, but



While aesthetically pleasing, the game is also perfect for puzzle lovers up for a challenge. **COURTESY VIVID HELIX**

once I finally figured it out, the solution was obvious and satisfying. Making puzzles that deceive experienced gamers isn't an easy task. Muresan says he created unusual mechanics and tried to combine them in unintuitive ways. He also wrote a program that generated ideas for about a quarter of the game's levels — though you'd never be able to tell how each level was made.

I spent about half an hour baffled by one late-game level, but

“Once I have a concept, I try to distort everything around it,” Muresan says. “Then I add another concept, like swapping sides, and I try to determine whether it plays well with the game and the duality of the two sides of the screen.”

Part of the success of *Semispheres* is its unique puzzles. Since I had never seen a number of the game's mechanics in any other game before, I had no idea how each ability would be twisted

as the levels progressed.

This is to say nothing for *Semispheres*'s art, which employs a visual theme of duality and a beautiful orange and blue colour scheme to perfection. Each stage is tied together by storyboard illustrations of a boy and his robot. The connecting element of the game's atmosphere is the music, an ambient soundtrack by veteran composer Sid Barnhoorn. This creates a fully-realized and immersive environment.

The game took me just over three hours to finish, making for a quick play. But despite its relatively short length, *Semispheres* succeeds as an innovative and engaging puzzler.

After a multi-year development period and a number of trips across the world to demo *Semispheres*, Muresan is relieved that his game is finally seeing wide release.

“It's a bit surreal,” he says. “I'm still in the mode of ‘I'll believe it when I see it.’ It's really exciting and terrifying at the same time.”

*Semispheres* will be released on Steam and PS4 on Feb. 14 for \$11, with an Xbox One release planned for the future.

For more information visit  
[semisphere.es](http://semisphere.es)

## STAFF PICKS »

FEBRUARY 16 – MARCH 2

### Thursday, February 16:

*Messiah on the Frigidaire* tells the story of a Jesus fridge magnet and the group that found it in a trailer park. All proceeds from the play go towards the church community.  
Time: Various times  
Place: St. Peter's Anglican Church

### Friday, February 17:

Take a peek into the Theatre Calgary's "confrontational" depiction of the separate lives of two former lovers with *Spotlight*.  
Time: Various times  
Place: Engineered Arts Centre, Arts Commons

### Saturday, February 18:

The Blue Gala encourages its attendees to wear blue as former ballet dancers dance to raise money for pancreatic cancer.  
Time: 7:30 p.m.  
Place: Decidedly Jazz Danceworks

### Thursday, February 23:

Make your very own candles in a mason jar and become the hipster you've always dreamed you would be.  
Time: 7:00 p.m. to 9:00 p.m.  
Place: YYC Beeswax HQ

### Friday, February 24:

The Broadway musical *Kinky Boots* comes to Calgary, where audience can see the heeled classic in all its glory.  
Time: Various times  
Place: Southern Alberta Jubilee Auditorium

### Saturday, February 25:

A puppet play without words, *Star Keeper* tells the story of an old woman and a temperamental baby — among others — who deal with a star falling from the sky.  
Time: Various times  
Place: The Playhouse

### Tuesday, February 28:

Alberta Theatre Projects presents *Gracie*, a story of a 15-year-old girl who was born into a polygamous community.  
Time: 7:30 p.m.  
Place: Martha Cohen Theatre, Arts Commons

### Wednesday, March 1:

The musical *Crime Does Not Pay* tells the story of a man named Bob who heads to the city to publish his comics.  
Time: Various times  
Place: Engineered Arts Centre, Arts Commons

## LOCAL THEATRE »

# Morpheus presents a *Skin Flick*

Fernando Moreno  
Gauntlet Entertainment

**W**hat would you do get some extra spending money? *Skin Flick* follows a couple — Robbie and Daphne — experiencing economic difficulties who decide that the best way to get out of it is to make a porno. *Skin Flick* plays at the Joyce Doolittle Theatre until Feb. 18.

“It takes place in the mid-'90s before you could get a lot of pornography easily through the Internet. The show is about when you still had to go and rent a skin flick,” director Alice Nelson says. “[It's about] lower-class folks trying to make a buck.”

As the play explores the topic of pornography, Nelson says those involved will have to take some risks. She hopes audiences will come in with an open mind.

“You shouldn't judge a book by its cover. [This] is just your typical blue-collar family who are just trying to make ends meet,” she says. “They're just like you and me.”

Nelson says that though the subject of pornography is often taboo, the characters create their “flick” in a way



Robbie and Daphne will do what it takes. **COURTESY MORPHEUS THEATRE**

that audiences can relate to. “[It has] a kind of innocence to it. Their human quality and naïveté is what kinds of makes them really endearing. I hope people go away more than anything having had a really good laugh because the play is so funny,” she says.

The play was written by Canadian playwright Norm Foster. Nelson says the experience of theatre is unique.

“Theatre doesn't take a lot of risks right now because I think it's just hard in general to get audiences out to shows,” Nelson says. “I believe

you can't beat that experience of the live performance and experience it with a group of people laughing right beside you and seeing live performers who've spent hours and hours and you're never going to see it the same way. It's a really cool community experience.”

Nelson adds, “this is an ideal show to take a date to” — for those over the age of 18.

*Skin Flick* will play at the Joyce Doolittle theatre until Feb. 18.

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



## LOCAL THEATRE »

# The Exquisite Hour explores an unlikely friendship

Gurman Sahota  
Entertainment Assistant

What would you do if an encyclopedia salesperson wound up in your backyard one warm summer night? Set in 1962, *The Exquisite Hour* explores what Zachary Teale does when he meets encyclopedia salesperson Helen Darimont in his backyard. Written by Edmonton playwright Stewart Lemoine, Lunchbox Theatre will present the play until Mar. 4.

Director Samantha MacDonald came across the script nearly six years ago, but only recently decided to produce the piece in Calgary. The hour-long performance had only two weeks of rehearsals before its Feb. 13 opening night.

In the midst of a cold winter and the shaky political climate, MacDonald hopes the play will lift people's hearts.

"It has a hopeful message, which is very important in our world right now because it's set in the summer," MacDonald says. "Obviously, [with] us being here in the middle of February where it's cold and snowy, it felt like a nice break for Calgarians in the middle of winter. They get to come into the theatre and be immersed in the backyard in the summer time."

MacDonald says Lemoine's comedic writing and distinct sense of humour shine through in the play with the aid of the cast. MacDonald went through different actors in different combinations in order to find the perfect fit for the lead characters, eventually casting Barbara Gates Wilson and Curt McKinstry.

"Their chemistry is fantastic and their comedy is great — as



The play tells a story of a backyard salesperson. COURTESY LUNCHBOX THEATRE  
soon as you saw them together in the room, it made perfect sense," MacDonald says.

Adhering to Lunchbox Theatre's mandate of producing plays that are relevant to its audiences, MacDonald says the theatre offers its patrons a new perspective in order to open their eyes to something new and different when producing large political works. The theatre hopes to take audiences out of their comfort zones with the play.

"We try to temper that with works that are going to be more easily digestible, but you never want to get complacent with what you're choosing for your audience," MacDonald says. "You never want them to feel that they're being taken for granted."

Even though the play is meant to be a sweet experience, there is also a message of hope and bravery.

"The female character in the play essentially makes a decision that impacts her life and impacts the life of Zachary Teale. There's a sense of bravery to it that I think is also a nice message for our audiences," MacDonald says. "I do hope that audience members see that and take that away and maybe they choose to pursue their own exquisite hour in whatever way [suits] them."

*The Exquisite Hour* will run until Mar. 4 at Lunchbox Theatre. Tickets are available online.

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

## LOCAL FESTIVALS »

# Just Acts explores mental illness

Aurora Anderson  
Gauntlet Entertainment

Urban Stories Theatre's Just Acts Play Festival 2017: Examining Mental Illness(es) will present four new plays by local writers from Feb. 14-19 at the Knox United Church Lower Theatre.

Urban Stories Theatre focuses on supporting local playwrights whose work addresses social justice issues. This year's festival will feature work from local writers, directors and actors drawing attention to mental health awareness and treatment.

Jessica Bruhn, director of *La Mère/La Mer* — one of the four

plays — wants to draw attention to the struggle many people suffering from mental illness face.

"I need you to believe that — no matter what you see or hear — healing is possible for anyone if they have access to it and if they want it," Bruhn says.

Bruhn wants to dispel the stigma attached to these illnesses. *La Mère/La Mer* specifically focuses on personality disorder and postpartum depression.

Bruhn says Calgary is the perfect place to host a festival of this genre.

"[Calgary is a] mosaic of people from different nations, cultures, creeds, and beliefs, [which] makes the play's material very applicable

to the social schema in which we interact on a day-to-day basis," she says.

Bruhn hopes that students in particular are able to see the show.

"Students are in a unique position to apply the ideas and knowledge they are learning in new ways, generating new solutions," she says.

The Just Acts Play Festival 2017: Examining Mental Illness(es) runs until Feb. 19 at the Knox United Church. Tickets are available online and range from \$10-20.

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

## IN TOWN »



COURTESY IRONHART VANGUARD

# Medieval combat club ready to fight

Rachel Woodward  
Entertainment Editor

As a university student, it can be tough to expel some energy while also having fun and meeting new people. Katrina Bruce, one of the founders of Ironhart Vanguard, found a way to meet all of that criteria.

Ironhart Vanguard is a full-contact medieval armoured combat club located in Calgary. Founded in 2014, its members meet for tri-weekly classes and other events that involve donning medieval garb and engaging in battle.

Bruce says that misconceptions about the group involve a lack of education around what the group does.

"We don't LARP [Live Action Role Play] — it's a different thing. We have steel weapons and we are fully encased in steel armor, so we can hit full-force. You don't have to hold back. They don't expect you to. It's very freeing being able to do this. You're not as likely as you think you are to hurt these people," she says. "We are a form of martial arts, we just practise them as they were done in medieval Europe. We aren't just hitting each other with no technique — we do have forms and such that we gather from written and pictorial evidence, then put into actual practice."

The group is a part of a larger collective called The Forge, which is dedicated to "training in Historical European Martial arts, as well as Modern Combatives, Maverick Combat Systems, grappling, self-defence and swordsmanship."

Bruce says beginners are welcome in the group, as training and equipment is provided.

"We will train you. We have people who have no martial arts [experience]. We have people who we have to teach how to punch," she says. "We also have some loaner gear when you are starting out. We provide the weapons, some basic armour. As long as you are wearing something you can move in and indoor shoes, you're golden."

Ironhart runs classes three times

a week. Tuesday evenings focus on self-defence, Thursdays on training and European martial arts, sword fighting and wrestling and Sunday afternoons on armoured combat with mixed weapons. Drop-in fees are \$25, but the first class is free for newcomers.

"[When] you go to a class for the first time, it's free. Generally, it's a \$25 drop-in fee or you can pay for the month. If you mention this article, we are doing a 10 per cent off a monthly rate," says Bruce.

Bruce says the equipment is a main focus for the group, as most of what is worn during battle is authentic and professionally made. The weapons are accurate to the period, but won't cause any real damage.

"We use polearms, we use swords, shields, maces, axes — everything we use is blunted, you can't stab someone with these," Bruce says. "We like these people. We want to fight them and knock them over but we also want to go for drinks with them afterwards."

The group participates in city and nation-wide events in addition to their weekly meetings. They have been involved in demos at the Calgary Comic Expo and medieval faires around Canada. The group's members have also represented Canada in worldwide battles.

Bruce says anyone interested could benefit from participating in an event, as it provides a way to expend some extra energy and meet new people.

"A large part of it is I have a lot of fun in this. I like to fight, but I don't want to go out and fight people who don't want to fight me. It's a great group of people," she says. "University-age students have lots of energy. But to be perfectly honest, we have kids under 18 who come train with us, and we have a fellow with us who just celebrated his 50th birthday. He's a competitive athlete in this."

Ironhart Vanguard meets three times a week, with prices varying for drop-ins and packages.

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



CAMPUS STYLE »



JUSTIN QUAINANCE

Not everyone on campus can execute a colourful outfit like second-year communications student Adrienne Rovere. Her ensemble of a slightly distressed denim trench coat from Zara paired with a basic Wilfred mustard-yellow tee, makes her outfit colourful and edgy. Adrienne balances the contrasting colours with a pair of black jeans and comfortable combat boots to provide neutral tones to her outfit. To complete her look, she boasts a dark ColourPop lipstick and a bright fuchsia backpack for effortless pops of colour. Through these contrasting colours and trendy staple pieces, Adrienne puts a new twist on casual campus attire.

Gloria Beltran



**Heart Beat.**  
*Bone marrow list.*

**oneMatch.ca**

*Can you hear it?*

LOCAL THEATRE »

# Sage Theatre explores *Soliciting Temptation*

Gurman Sahota  
Entertainment Assistant

With a tagline boasting “provocative temptation” and “dangerous conversation,” *Soliciting Temptation* grabs the audience’s attention from the very beginning. The play follows a man and a woman who meet in a hotel room to have sex, but things take a dark turn. *Soliciting Temptation* will take place at the Pumphouse Theatre from Feb. 23 – Mar. 4.

Matthew Overall plays the unnamed man. He says that the play is also about the truth of a person.

“[Truth] was something I had to really grapple with when I look at my character and certain automatic responses at the kind of things he does, which are pretty common western responses,” Overall says. “I had to look behind them to find this human being that I am playing, as opposed to this stereotype that I may have about him.”

Sage Theatre produced the piece. The company focuses on telling stories that explore what it means to be human.

Director’s Jason Mehmel says he chose the show because it challenges his own privilege and authority. Mehmel says *Soliciting Temptation* explores heavy themes without necessarily providing a clear answer about what is morally right. However, presenting sensitive themes comes with certain difficulties.

“We’ve had challenges where we set the play to make sure we’re following something that is both accurate to the text and what the story requires as well as trying to be as representational as we can



Roles will reverse.

of the actual team that we have,” Mehmel says. “We’re trying to be as authentic as we can.”

Patricia Cerra — who plays the unnamed girl — says her character explores a different kind of intimacy in the play.

“It’s finding those barriers and lines of the character and exploring intimacy in a sort of complicated and flawed kind of way,” Cerra says. “And seeing how far we can take things on either end of the spectrum and where that lives.”

Mehmel says there are forms of theatre that intend to educate the audience, but *Soliciting Temptation* is not one of them. Instead,

COURTESY MARC J. CHALFOUX PHOTOGRAPHY AND JEFF McDONALD

its focus lies in expressing tension without giving explicit points or reasoning.

Mehmel hopes the audience gives thought to both the piece and the topic of sexual tourism.

“If we do our jobs right, we’re going to be causing conversations in the parking lot and questions afterwards,” Mehmel says. “We may cause reactions and ultimately [hope] that they react and respond to the work.”

*Soliciting Temptation* will play from Feb. 23 – Mar. 4. Tickets are available online.

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

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## NEW MUSIC »



JJ Shiplett  
*Something to Believe In*  
January 27, 2017 (Halo Ent. Group)

As somebody who has trouble appreciating country music, I am hesitant to give new albums of the genre a try. But as someone who also supports local music, I was eager to give Calgary-born JJ Shiplett's new album *Something to Believe In* my best shot.

The country-rock up-and-comer has seemingly breached into the mainstream, as I first learned about this album from Apple Music. The album is a collection of Shiplett's best work that those who have seen him live will recog-

nize, alongside newer tracks that bring more emotion and punch. Shiplett's ability to carry the same energy to his recorded tracks that he brings to a live performance is admirable.

The titular track of *Something to Believe In* carries the beginning of the album flawlessly. The build of vocals and guitar eases listeners into the album and prepares them for the confident declarations of love and vocal power that follow. While this opening track brilliantly showcases Shiplett's powerful

vocals, it also leaves you wanting more.

As the album moves through some slower songs, Shiplett opens up to listeners with tales of heartache and late nights. He uses his songwriting to alter the typical country music genre into something that non-country fans can still enjoy.

"Darling, Let's Go Out Tonight" is my favourite track on the album, as the upbeat melody and carefree lyrics lure listeners with a song about a night spent

dancing. While this track doesn't showcase the power of Shiplett's vocals, it carries the album with positive vibes and heartfelt lyrics about a carefree night with someone you love.

The album finishes with songs that all blend together, including soulful tracks like "Waters" and reflective songs like "Loaded Like A Freight Train." But the album never loses its charm. It will surely put Shiplett on the map as a country-rock name.

Rachel Woodward



Japandroids  
*Near To The Wild Heart of Life*  
January 27, 2017 (Anti-)

commercial success if marketed correctly. Subtle, scratchy vocals with an infectious chorus will no doubt be stuck in your head and set the tone for the rest of the album — it's almost boring.

The first and second tracks blend together, but not in the way that the listener yearns for. There isn't much distinction between the tracks and it isn't until the third song that it feels like the band has put in any effort. Even then, "True Love and a Free Life of Free Will" eventually morphs into the sound of its preceding tracks after an intense and refreshing musical introduction.

The album doesn't get better, but the band does manage to stray from these dull opening tracks to something more entertaining. If anything, the second part of the

album is reminiscent of The Verve and their classic 1997 album *Urban Hymns*. But be warned — where *Urban Hymns* sounds hip, *Near To The Wild Heart of Life* sounds dated.

"Midnight to Morning" would work on the soundtrack of a cool, coming-of-age indie movie and is just as sweet. It's one of the album's better songs, with just the right mixture of vocals, lyrics and instruments.

There isn't much risk with this album release that relies on guitar riffs and evoking an image of a band that's just starting out — unsure of what their sound should be. However, as this is Japandroids' fourth studio album, it comes off as lazy and lacks the panache of an experienced band.

Gurman Sahota

## DATE NIGHT »

## Post-Valentine's Day date ideas if you forgot

Too busy studying for midterms to cook a romantic candle-lit dinner? Did you forget Valentine's Day, despite the fact that your significant other has been hinting about something special coming up for the past few weeks? Here are some post-Valentine's Day date ideas to make up for it.

The Glow Downtown Winter Light Festival from Feb. 17-20 is the perfect way to get lit with your love. From 6:30-11:00 p.m., the core of the city will be filled with art installations, projections and various theatre experiences all related to the theme of 'glow'

If you want to try your hand at some

do-it-yourself art, try taking your date to a glassblowing class, presented by Glass House Collective. There's nothing like some hot liquid glass to get your heart pumping!

Want more reasons to celebrate your special someone every day? Throughout this month, National on 17th Ave. has introduced FEBREWARY — a 28-day celebration of local breweries and brewers. Each day highlights a different brewery, along with samples, specials, and events like the Brewer's Brunch on Feb. 19.

Nikayla Goddard

## To be Gloomy ... or to be Happy?



As you go through this phase of life, take comfort in the fact that there is nothing new under the sun. While there is never going to be anyone with identical genes who will experience life exactly as you do, your emotions, good and bad, are something that we all have. Life comes in stages, getting a college education is one stage. This is around the time in which your prefrontal cortex is getting developed, when you are becoming more aware that your behaviour affects other people. It is a time of great self-awareness, particularly awareness of a moral conscience. Up to this point your behaviour has been mostly shaped by fear of punishment. But never forget that the urges you have, and even your sexual orientation are largely part of the pre-package that you came into the world with. Don't be hard on yourself, after all, you did not make yourself and you are not responsible for the genes that have shaped you up to this point. It is not for you to feel guilt or shame about how you were put together. What is important, is what you do about the traits that are harmful to others. With a moral appreciation of consequences, your behaviour should be shaped by a desire to pursue goodness, for goodness' sake. This is a narrower road, but it brings peace of mind, success and happiness. It is also the surest road to wisdom. So try not to despair when the day seems dreary or the task seems impossible. Bad times never last and you will adjust like you've always done. Never forget that we live in our minds and so just as negative thoughts bring you down, positive thoughts will lift you up. As so, it is important to control your thoughts. Learn to shake off negative thoughts the moment they occur to you — practice makes perfect. This, by the way, is one of the triumphs in life — gaining control of what we allow our mind to dwell on. No one knows where thoughts come from, but with some effort you can learn to focus on the things that bring you happiness. Work hard, and try to remain honest, so you can keep growing in your ability. You are capable of much more than you realize. Learn self-discipline and organisation so that work doesn't spill into play, and your play is not spoiled by guilt from work left undone. Try never to panic, instead seek help to recover from trouble. Offer good advice and don't hesitate to seek counsel. We are all in this together. Don't be embarrassed to embrace faith but do not become self-righteous or a hypocrite. Your friends may not tell you so, but they will respect you and admire you as a spiritual person. After all, true spirituality is about learning to love others. You will find that the more you pray, the better you know yourself and the less mistakes you make. Pray for those you don't like and forgive others so that it is easier to forgive yourself. Overcome your shyness, not by heavy drinking or by using drugs, but by reminding yourself that we are all shy to some extent. In fact, shyness tends to be a result of self-awareness. No one is better than anyone else, we all have our warts. Through prayer you will gain more self-knowledge and understanding of how you fit into the world. The more you know about yourself, the calmer you will be and the more hopeful you will be about the future. Hope and faith are wonderful assets and they will teach you about love and laughter. You are about to come into your own so learn to pick up after yourself and hang in there. You have yet to taste the best that life has to offer, be patient.

The Compassionate Listening Society of Alberta  
wedaretolisten.com



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

February 17



The Dinos men's hockey team will kickoff the playoffs in a game against the University of British Columbia Thunderbirds. The Dinos are ahead of UBC by three spots in the Canada West rankings, which should make this game an easy win for the Dinos. Puck drops at 7:00 p.m. at the Father David Bauer Arena.

**Dinos Volleyball (W)  
vs. Regina**

February 17



The No. 4 conference ranked Dinos are far ahead of the University of Regina Cougars in the Canada West, which makes this game close to sure win for the Dinos. This will be one of your last times to catch the Dinos women in action before the playoffs. The game starts at 6:00 p.m. in the Jack Simpson Gym.

**Dinos Basketball (M)  
vs. Canada West**

February 23



The No. 2 conference ranked Dinos will begin the playoff season with the first game of the Canada West quarterfinals. Their opponents have yet to be determined, but the match is sure to be heated. With the Dinos hoping to repeat last season's deep playoff run, the game is not one to miss. The game starts at 7:00 p.m. in the Jack Simpson Gym.

**Dinos Volleyball (M)  
vs. Alberta**

February 25



The Dinos men's volleyball team will play their last game of the regular season against the University of Alberta Pandas. With the Dinos one spot off of making the Canada West playoffs, the game will be a heated fight to claim a position in the quarterfinals. The match starts at 1:30 p.m. in the Jack Simpson Gym.

Q&amp;A »

## Dinos athletics director discusses involvement in Bell Let's Talk

Emilie Medland-Marchen  
Sports Editor

The University of Calgary Dinos athletics department got involved in this year's Bell Let's Talk day on Jan. 25 in a big way.

Bell Let's Talk is a social media campaign dedicated to starting a conversation about mental health and leading de-stigmatization efforts across Canada. Engaging with the hashtag on social media, the Dinos helped raise awareness about the stigma of mental health in sport among student athletes.

The *Gauntlet* sat down with Dinos athletics department director Christine Stapleton to discuss the Dinos' involvement this year and how approaches to mental health have changed in sport culture since she was an athlete.

**The *Gauntlet*: What led to the Dinos getting involved in Bell Let's Talk?**

Christine Stapleton: Last year, the Atlantic University Consortium got together as a regional association and put together a conference-wide message of videos and opportunities with student athletes. The Bell Let's Talk folks saw how impactful that it was and rolled it out across Canada. Each regional association in Canada actually was involved. Institutionally, we wanted to be involved, but as a member of Canada West and with Canada West being involved in Canadian University Sport, it was a country-wide initiative.

It was a no-brainer for the U of C and the Dinos to get involved. So when Bell Let's Talk asked, we answered the call. And when we walked down that path with our peers, Bell Let's Talk provided everything. It really was quite simple for us to execute on campus.

**G: What impact can Dinos athletes have on starting conversations about mental health in Canada?**

S: I think it's important that, whether we like it or not, student athletes have a bit of a higher profile on campus because they're competing against peer institutions. We have a responsibility to talk about it within our own population. It's really important that we're not only leaders in the competitive environment, we're [also] leaders in a conversation as important as this.

**G: What was your experience as an athlete with mental health and how have perspectives towards it changed since then?**



Christine Stapleton played basketball in Sudbury before becoming an administrator.

JUSTIN QUAINANCE

S: Well, it's a conversation. When I played, we didn't even really talk about it. We all wanted to be healthy, but we never really talked about our mental health — it was always our physical health. When we would go through challenges as a team — and I coached for many years as well — you didn't understand what happened off the court. In my case, I was a basketball player and a basketball coach. It wasn't talked about as much. Whereas now, in my eight [or] nine years as a director in the sport administration side, it's a part of the way I talk to the coaches, and it's something that I ask the coaches about their student athletes.

**G: What did the Dinos do this year on the day and in the weeks leading up to Bell Let's Talk?**

S: Every day on our social media — we're very well followed on Instagram, Twitter and Facebook — we highlighted a different team with individual photos, as well as team photos. And they would share on the bubble cards, with the hashtag Bell Let's Talk. Each one of our teams got toques and we hosted games [like] Bell Let's Talk hockey games and court games.

Canada West had a video that we produced for Bell Let's Talk, featuring one of our student athletes — the assistant captain of the men's hockey team, Elgin Pierce. We played that at

each one of our games and it was very much part of the lead up to Bell Let's Talk. We had our countdown day up until Bell Let's Talk and then on the final day we had a mash-up of all of our photos. Then I led my team — the department — in taking photos highlighting how we were feeling.

**G: What do you think that video did to break the stigma and start a conversation about mental health?**

S: We have a leadership group within our varsity teams. Two or three athletes get together about once every six weeks and talk about leadership topics and we discuss Bell Let's Talk. Even starting with that group was extremely powerful. We're extremely appreciative that Elgin got involved along with other student athletes from our peer institutions. I think it was extremely important for someone like Elgin, who is a leader within his own population of student athletes, to become a leader on our bigger campus where there are close to 30,000 students. Everybody has a story.

**G: There seems to be more of a focus in sports on physical health and less of a focus on psychological support and mental health. Can you speak to that at all?**

S: [Within the Dinos] we don't have any [resources] that are outside what's

offered to all the students at the University of Calgary. We just don't have the capacity. I would love to have a more specialized service for student athletes because I think their experiences here on campus are unique. Currently we don't have a student service designed to specifically serve student athletes, but we absolutely communicate with our student athletes about the services that are available through the Wellness Centre on campus.

**G: How do you think starting this conversation can help other students not necessarily involved with the Dinos?**

S: I think it's important because I've been on campus for about a year and a half and one of the first things that I read was the hashtag, "we are all Dinos." I was really appreciative of how excited and how widely our student athletes participated in the campaign this year, going from nothing last year to an intentional focus this year and having a resounding pickup by our student athletes. Having our social media timelines filled with our own students [engaging] with the social media — that was a really influential day that we'll be able to focus on next year.

Edited for brevity and clarity



## TRY THIS »

# Three ways to beat your mid-semester cold

Christie Melhorn  
Volunteer Coordinator

The sniffing and hacking coughs that echo throughout the halls of the University of Calgary are a sure sign that mid-terms are approaching. In the flurry of paper writing and studying, it's easy to catch a cold but not so easy to get over it. This week, the *Gauntlet* compiled our favourite cold-busting recipes to get you through the rest of winter.

## Lemon and ginger root tea:

This tea is not meant to be enjoyed. It's rather overwhelming and might make you lose your appetite — especially if you don't like ginger. However, the spicy earthiness mixed with a citrus zing will soothe your throat and help you feel better. According to *livestrong.com*, lemon juice contains anti-inflammatory properties that ease swollen muscles and joints, while vitamin C helps strengthen your immune system. Ginger simultaneously relieves nausea, acts as a cough suppressant and is an anti-inflammatory agent. Together, these two simple ingredients make a cold-crushing elixir.

When I make this tea, I usually don't measure anything out. However, here is a structured recipe that I borrowed from *livestrong.com*:

1. Boil two cups of water.
2. Thinly slice one three-inch piece of ginger root. Peeling is optional. Toss in the boiling water.

3. Add at least half a cup of lemon juice to the pot.
4. Stir well, cover and let the pot sit for at least 10 minutes.
5. Strain the mixture to remove the ginger pulp before drinking.

As simple as this recipe is, the process of making the tea can also offer health benefits. The barky texture of ginger and the crisp scent of lemon offer a pleasant sensory experience. The subtle puffs of steamy ginger that escape from the boiling water create a comforting, homey feel. To really amp up the relaxing effects of this tea-making process, I recommend making it at night with some candles to soothe the mood.

## Oil of oregano:

Oil of oregano is one of the few over-the-counter cold remedies that I'm willing to spend a decent amount of money on. It's a fiery, golden substance derived from the leaves of oregano — and will probably burn your throat the first few times you take it. However, the stinging sensation is not just a superficial mediator of your cold symptoms. Dr. Joseph Mercola — an osteopathic physician and member of the American College of Nutrition — says that oil of oregano is abundant in healing compounds such as carvacrol and thymol. These help detonate parasites and infections and can boost your immune system.

If you're willing to give oil of oregano a try, be warned there are various old wives' tales about the best way to consume it. Oil of oregano capsules



A spoonful of honey makes the medicine go down in the most delightful way.

COURTESY MYHEALTH

are available, but it's generally more cost effective to purchase it in liquid form. Most bottles come with a dropper for easy use and accurate dosage measurements. As I'm usually in a rush, I try to place one to three drops under my tongue followed by a glass of water to help it absorb. I'll do this about two or three times a day when I'm sick.

Mercola recommends placing one drop of oil of oregano mixed with one drop of either olive or coconut oil and placing it under your tongue for a few minutes. Afterwards, rinse out your mouth with water. Repeating this four times a day will maximize results. That might sound like a lot but it is a simple and quick process. When I'm sick, I carry a small bottle in my backpack to bust out when I'm in need of a revitalizer.

## A tablespoon of honey:

In contrast to the remedies previously mentioned, a tablespoon of raw honey is one of the most guiltlessly indulgent, decadent and beneficial types of cold medicine that nature can offer us. According to the National Honey Board, ingesting honey coats your throat and can offer temporary sore throat relief.

As a bonus, eating honey is extremely enjoyable. It slowly melts into a delicious sugary blanket that allows you to thoroughly savor the sweetness. When you're bogged down with a cold, this can go a long way to boost your mood and temporarily alleviate discomfort.

Even when I'm not sick, if I'm itching for something sugary and awful for me, I'll pop a giant spoonful of honey. It's great because I don't feel like I'm

compromising for the junk that I want — my craving is equally satisfied but without the sluggishness that I feel after a Mars bar or caramel Frappuccino. You can also add a tablespoon of honey to the ginger root tea to naturally sweeten it and make it a little more tolerable.

When it comes to a pesky cold, the greatest remedy is time — which, unfortunately, is something students don't have a lot of. While these at-home cures may not completely neutralize your sickness, they at least encourage you to take some self-time while subduing your symptoms.

So before you pop yet another generic cold and flu pill before your big midterm, opt for one of these natural remedies to help get you through your day.

## TRY THIS »

# Incorporate kale into your diet with these four recipes

Tommy Osborne  
Sports Assistant

Kale is an incredibly healthy food. It's full of powerful antioxidants, essential vitamins and minerals, fibre and — best of all — no fat. But for many, the unappetizing taste of kale isn't worth all the health benefits.

But this doesn't mean you can't find ways to incorporate kale into your diet. Here are five tasty ways to include kale into your meals:

## Kale miso soup:

For fans of Japanese food, adding kale to your miso soup is a great way to incorporate kale into your diet. To make miso soup, you need:

- 500 ml of water
- one teaspoon of dashi
- two tablespoons of miso
- a leaf of kale
- tofu (optional)
- green onion (optional)

Start by boiling 500 ml of water. Once the water has heated up, add a teaspoon of dashi and two table-

spoons of the miso. Stir until all the miso has dissolved. Then add a leaf of chopped kale. If you want to add more to the miso soup, tofu and green onion slices can help bring out the notes of dashi.

## Kale wraps:

I usually make a chicken parmesan wrap using a combination of recipes from *budgetbytes.com* and *dempsters.ca*. Keep in mind this recipe is for only one wrap, so if you want to make more than one be sure to adjust accordingly. To make this, you will need:

- 1/2 cup of cooked, shredded chicken
- 1/2 cup of chopped kale
- 1/2 a carrot
- one tablespoon of bacon bits
- one tablespoon of Parmesan cheese
- one tortilla, preferably large

You can either buy a pre-shredded pack of chicken or you can make it at home on your own. To make your own, put an uncooked chicken breast in a pan and cover it with

water. Cover the pan with a lid and bring the water to a boil. Let it boil for around seven to 12 minutes until the chicken isn't pink anymore. Take the chicken out and pull it apart with two forks.

Thinly slice carrots and kale, and then add your chicken, carrots and kale to the wrap. After, put the bacon bits and parmesan cheese in your wrap. If you want to add more flavour, caesar dressing or mayonnaise works well.

Keep in mind that raw kale is a goitrogen, meaning that eating it in excess can cause a goitre in your thyroid. While one wrap certainly won't hurt, you could boil the kale for around seven minutes and then squeeze the water out. This makes the kale completely safe to eat and it will also taste a little better.

## Kale smoothies:

There are many different ways to put kale in a smoothie, ranging from green smoothies to fruit smoothies with kale in them. One of my favorites is the chocolate kale protein smoothie

from *yummyhealthyeasy.com*. This one is actually pretty simple to make. All you need is:

- 3/4 cup of milk (almond or skim)
- two cups of kale. If the amount of kale seems daunting you can always lower it a bit
- one scoop of chocolate protein powder
- one tablespoon of peanut butter
- half a banana
- a handful of ice

To make this smoothie, start by blending the kale and milk together. After that, simply throw in the rest of the ingredients and blend them all together.

## Chocolate chip kale cookies:

While the concept of adding kale to cookies might sound awful, but the kale isn't really noticeable. To make these cookies, you'll need:

- one and 1/4 cups of flour
- two teaspoons of baking powder

- 1/2 cup of oats
- 1/2 cup of kale
- 3/4 cup of brown sugar
- 1/2 cup of unsalted butter
- one tablespoon of molasses
- two eggs
- one cup of chocolate chips.

Start by chopping your kale into tiny pieces. Make sure that they are chopped really small. If they're too big they'll be noticeable. Next, sift your flour and baking powder together. After that, beat the butter in a separate bowl until it is soft and smooth. Once the butter is soft, add the brown sugar and mix until there aren't any noticeable chunks of sugar. Follow that up by beating the eggs and mixing them in with the rest of the batter. Once everything is mixed together well, add your molasses, oats, chocolate chips, flour and kale. Mix them all into your batter, and then bake the cookies in the oven at 350 F for 12 minutes. You'll notice that when you eat these cookies they taste just like regular cookies — with just a little bit of green.



# HUMOUR

Editor: Derek Baker  
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TRAVEL TIPS»

## Five exotic locales to visit this break

Derek Baker  
Chillin' in Torrington

As reading week approaches, the envy you feel towards your friend jetting off to Cabo is probably growing stronger. You can attempt to justify the shitty reality of waking up to another -30 C day by taking comfort in the fact that they won't get anything done. But don't kid yourself — we all know you're not actually going to read anything either.

In order to say you at least did something over your break, here are a few places to visit around Calgary that won't break the bank.

### Balzac:

Ha — this place sounds like "ballsack." A short drive immediately north of the city gets you to Alberta's premier hamlet. Located right beside the CrossIron Mills shopping centre, you can spend the money that could have bought you a ticket to a tropical paradise at some basic outlet shop and wear what all the cool kids are wearing.



Why go to Maui when you can go to this rural paradise?

A stroll through the Bass Pro Shop will feel just like a hike through the mountains, except with less cold, dampness, spiders, dirt or animal shit.

### Torrington:

Located at the edge of my homeland of Kneehill County — where "going into the city" means going to Three Hills, population 3,000 — this quaint town is home to the

oddest attraction in Alberta. Have you ever seen the movie *Dinner for Schmucks*? Replace the taxidermy mice with stuffed gophers set in little scenes — like sitting on a beach — and you've got Torrington. Visualize yourself as that dead gopher and escape the hell that is reality.

### Cochrane:

This one may be a little bit too bourgie for the simple student. But

if you have the inclination to go to Calgary's hottest suburb, don't forget to pack a lawn chair and a beach towel. Catch up on your tan as a chinook blows in while licking the McKay's ice cream cone you stood in line for over 30 minutes to get in the middle of February.

### Brooks:

Listed by Canadian Mortgages Inc. as one of the top 10 worst

places to live in Canada, Brooks isn't all that bad. I mean, the stench from the combination of a meat packing plant and feed lot does give off a certain eau de toilet. But once you get use to it, you won't find much of a difference between this small Albertan hick town and any other. As an added bonus, you can sit in the parking lot of the McDonald's, have an existential crisis as you sort out some shit going on in your life and conclude by uttering "let's get the hell out of Brooks."

**The opposite side of the city from where you live:**

What takes longer — flying to Cancun or getting from Tucson to Somerset? Venture out of your city quadrant for a change of scenery on the opposite side of town. Feel uneasy at the sight of the run-down strip malls, the potholes and broken bus shelters that are literally the same as the ones you see around the corner from your house. Vow to never return to this hideous part of the city ever again.

PUBLIC DOMAIN

HOT TIPS »

## How to still look good during midterms

Saima Asad  
Dead inside

For most students, midterm season brings a lack of hygiene and proper nutrition, turning us into empty shells of the wholesome humans we once were. But while your interior slowly decays from all-nighters and energy drinks, there's no reason your exterior can't shine. Use these three tips to keep yourself glowing through this cold and dreary season.

### Use a natural highlighter:

Did you snooze your alarm before your 8:00 a.m. exam and roll out of bed to run to your final without washing your face or even looking in a mirror? We've all been there. Lack of self-care is a natural result of excessive studying and terrible time management. But don't let that stop you from glowing! Just use the excess grease on your face as highlighter. Be sure to rub it around your cheekbones and temple to get that natural dewy shine. Using all that oil will make you glow brighter than a big ol' kerosene lamp.

### Make a bold statement with your eyes:

That statement being, "I haven't slept in two weeks — please send help." Sleep deprivation combined with not washing off your makeup from the night before will give you a perfect natural under-eye worthy of '90s heroine chic. Some people might even think you got in a bar fight last weekend — just go with it. Convince everyone that you're not to be messed with by saying, "you should've seen the other guy."

### Get your beauty sleep:

Though it may seem contrary to the previous step, you can actually catch up on lost sleep given the right opportunity, and that right opportunity is a crowded lecture hall. Show how much you respect your professor by picking a nice cozy spot in class and letting their droning voice soothe you like a lullaby. Bonus points if a little drool ends up on the folding desk — it contains DNA, which you can later analyze in your lab. If you're a real multitasker, use this opportunity to put on a facemask, too. There's no better place to do a face mask than a packed lecture hall.

PROCRASTINATION »

## Student promises to be productive this reading week

Joie Atejira  
Will not procrastinate this time

As reading week approaches, University of Calgary students are pumped to finally have a whole week off to relax and run away from their responsibilities with only a slight tinge of guilt.

However, third-year psychology student Chelsea Thomas swears she'll use her time wisely this semester. She purchased a Kate Spade day planner filled with colour-coded lists entirely dedicated to her reading break schedule. Thomas spent five hours picking out sticky note tabs from Chapters for the planner. She also has a 20-page paper due tomorrow.

"I have each day completely booked," Thomas said. "I'm so good at time management."

Thomas is 100 per cent sure she will make this break productive.

"I've written down every chapter I have to read and every lesson I want to go over," Thomas said. "By writing them down and having tick boxes beside them, there is no way I won't complete each task."

Thomas also aims to balance her ac-



Don't let your reading week dreams stay dreams.

PUBLIC DOMAIN

ademics and fitness routine. She plans to engage in pilates, crossfit and Chris Hemsworth's specialized *Thor: Ragnarok* workout.

"I am going to wake up at 6:00 a.m. to hit the gym before my day starts," Thomas said while setting 10 alarms, each five minutes apart, starting at 5:55 a.m. "I will definitely not press snooze. There is literally no way I will not get up."

Thomas also made time in her schedule to have some fun. Under her "de-stressing" list, an impressive enumeration of activities — wall-climbing, snowboarding, dog-sledding, figure skating, performing a one-woman musical set at the deserted campus and watching all of the *Star Wars* movies — is planned.

"As you can see, I'm a person who likes many things and is ready to take

risks," Thomas said, putting the finishing touches on her colour-coded schedule instead of finishing her paper due before the break. "I will do all of these things. What even is 'procrastination?'"

Thomas said she will finally learn how to manage her time.

"Every reading break I've had always went by so fast," Thomas complained. "I never set a schedule or wrote down lists before, so maybe that's the reason why I never got anything done."

Thomas also plans to schedule her future to ensure her life will go somewhere after graduation. Minimizing the window where she was writing her paper, Thomas displayed a list of activities that included, "hand in 50 resumes, purchase a shredder to dispose of PFO responses and learn to cope with extreme mediocrity"



## SU ELECTION »

# The eight candidates you can expect to see in this year's Students' Union election

Tina Shaygan  
Tired of y'all

Students' Union elections bring candidates who swarm classrooms, hand out cookies and cover the walls with poorly designed posters. These people promise things that will literally never happen, like better Wi-Fi and free parking. To help prepare you for the chaos, we've compiled a comprehensive list of candidates you're likely to interact with in the upcoming weeks of campaigning.

## The Ess duo:

These two people from Engineering Students' Society can drink the most beer and hold the longest keg-stand. They're the drinking gods of engineering and they will very likely get elected — mainly because they'll bully others out of running. They'll go into management consulting after their SU terms are over.

## The Arts clan:

While all SU candidates are annoying, Arts representative candi-



You'll eventually recognize who runs annually.

dates are a league of their own. Legend says there was 18 of them one dark election season. These people want to bring halal food to campus, become Prime Minister and run the Arts faculty simultaneously. In reality, it doesn't matter which ones are elected — they won't get anything done.

## The rez kid:

They're virtually unknown outside of residence, but were likely an executive on the Residence Students' Association. They'll count

solely on their partying abilities to get them elected. Sometimes it works. Other times, they'll learn the harsh reality that their ability to chug a two-six of Smirnoff Ice is less impressive outside of Olympus Hall.

## The ENGG Switzerland candidate:

You'll only meet this person's floating head on a screen at forums. They are usually a past ESS executive on internship in Europe and want to run in the SU election for the sole purpose of having some-

thing to do in their final year to pad their resumé. Their loyal followers will all hold grudges once their beloved cult leader fails to win. These people manage to be the least annoying candidates, mostly due to their literal lack of presence on campus.

## The Conservative™ candidate:

These people want to take U of C back to the great days where a young Stephen Harper roamed the halls of Social Sciences. They hate the millennial-left and think the campus is on the verge of a communist outbreak. They will never win an election and actually hate the SU establishment. But every year, they throw one of their own into the rink as a sacrifice to the fiscally responsible gods of conservatism. Oink, oink, capitalists.

## The second-year science student:

They're adorable, young and still full of hope. You worry about them campaigning without parental supervision, especially on nights when it's past their curfew. They

will probably do a fine job once elected, but you will never hear from them again because they'll enrol in the University of Alberta's medical school immediately after their SU term.

## The "free parking for everyone!" candidate:

These people want to make everything free and make our campus great again. They promise you things like free parking and cheaper tuition. Little do these poor souls know, Elizabeth Cannon has a few horcruxes that need to be destroyed before anything gets cheaper on this campus.

## The repeat candidate:

These people run in the election every year, for every position possible. It seems they have a weird itch only the SU can scratch. You've seen their posters in your first year and are seeing them again in your fifth year. These people will resign four months into their terms when they realize fancy SU positions don't automatically grant them admission into law school.



**COME WORK  
WITH US IN  
2017-2018!**

## EDITOR-IN-CHIEF:

The Gauntlet's **Editor-in-Chief** is elected every year by the society's membership. This year the election will be held on **March 7**, with voting open from 9:00 a.m. to 6:00 p.m. Results will be announced at 6:00 p.m. that same day.

Interested candidates for Editor-in-Chief must post a poster with their name and the position on the south-facing windows of the Gauntlet office by **February 24 at 4:00 p.m.**

Interested applicants for the position of Editor-in-Chief are encouraged to contact current Editor-in-Chief Melanie Woods to express their interest.

## SECTION EDITORS:

The Gauntlet is hiring the following positions for the upcoming year: **News Editor, Opinions Editor, Entertainment Editor, Sports Editor, Humour Editor, Photo Editor, Digital Editor, Video Editor** and **Volunteer Coordinator**. All positions are salaried. Full job descriptions are available online at [thegauntlet.ca/hiring](http://thegauntlet.ca/hiring).

Applications are due **March 3 at 4:00 p.m.** Resumes and cover letters can be dropped off in person to Editor-in-Chief Melanie Woods or sent over email to [eic@thegauntlet.ca](mailto:eic@thegauntlet.ca). All candidates must be available for an interview on March 11, and complete an editing test with the current editor in their position scheduled during the week prior to that interview day. Position hirings will be announced **March 14 at 6:00 p.m.**

**Email [eic@thegauntlet.ca](mailto:eic@thegauntlet.ca)  
with any questions.**



# The future is very real and super intense

Dawn Muenchrath

Her legal middle name is now "Sassy"

their wisdom for \$2.49 or a small lock of genuine hair.

**Aquarius**  
(Jan. 20 – Feb. 18)  
Start a business that manufactures tiny white plastic chairs to match the tiny plastic tables inside pizza boxes. Put your entire life savings into this project because it's a great idea. You gotta risk it to get the biscuit.

**Pisces**  
(Feb. 19 – March 20)  
Put on a fake moustache and text your ex to make sure they don't recognize you. Ask them about the weather and their stone cold heart.

**Aries**  
(March 21 – April 19)  
You've been wearing the wrong size of shoes for your whole life. What? Thanks for nothing. Oprah.

**Taurus**  
(April 20 – May 20)  
Run into your local Mucho Burrito and shout, "why are you all so obsessed with guacamole? The meaning of life is not so tasty!" You may get banned from Mucho Burrito.

**Gemini**  
(May 21 – June 20)  
Buy a box of 20 plain Timbits and gift them to your saltiest enemy. Who actually likes the unglazed ones?

**Cancer**  
(June 21 – July 22)  
Find out what your real horoscope predicts by consulting someone with actual magical abilities. Most warlocks these days sell

**Leo**  
(July 23 – Aug. 22)  
Punish yourself for your past mistakes by wearing the a toque made out of the itchiest wool in existence.

**Virgo**  
(Aug. 23 – Sept. 22)  
Tell people your middle name is Sassy. It will not make them like you nor will it make you spectacularly sassy. Legally change it, anyway.

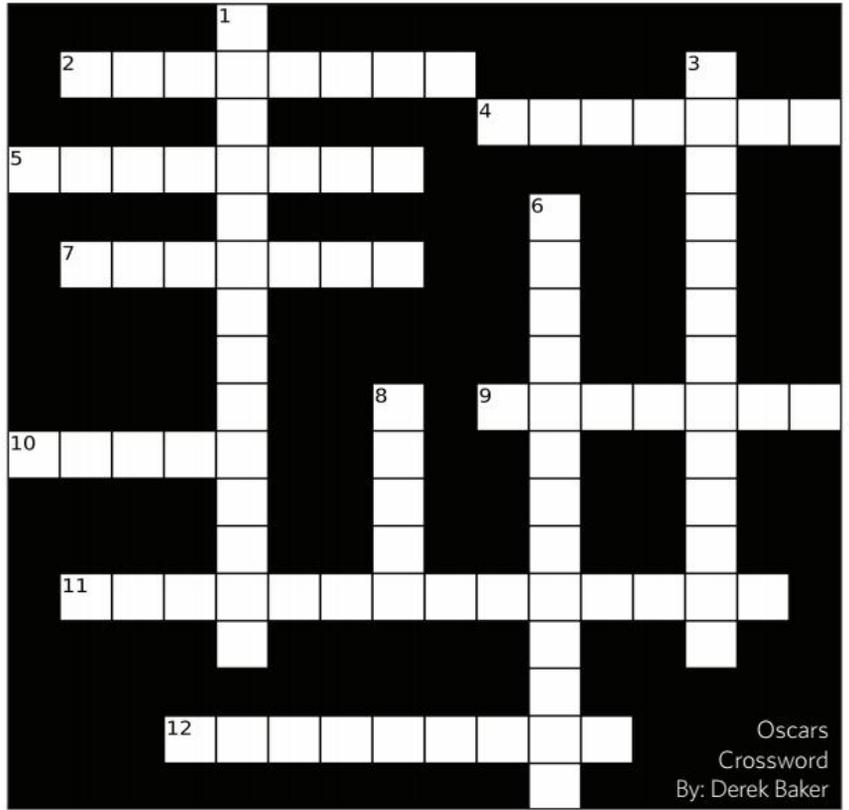
**Libra**  
(Sept. 23 – Oct. 22)  
Google "is chipotle mayo the most perfect condiment?" – just to check. After, Google "how to kiss?" – just to check.

**Scorpio**  
(Oct. 23 – Nov. 21)  
Pretend to cry while watching a Pixar animated short. Be sure to make it convincing because they're catching onto your secret, you heartless robot.

**Sagittarius**  
(Nov. 22 – Dec. 21)  
Start chewing and swallowing cinnamon gum. It may burn, but fight through it. It will establish you as the spiciest member of your innermost friend circle.

**Capricorn**  
(Dec. 22 – Jan. 19)  
In the words of the late, great Mariah Carey, "it's all retrograde from here, baby." Mariah Carey knows everything, so don't bother getting out of bed this week. Or next week. Or the week after that.

CROSSWORD »



Oscars  
Crossword  
By: Derek Baker

ACROSS:

- 2. With 14 nominations, this movie-musical is tied for the record number of Academy Award nominations.
- 4. Ryan \_\_\_\_\_ plays Sebastian, an aspiring jazz musician, in *La La Land*.
- 5. This actor plays the adult Saroo Brierley in *Lion*.
- 7. This science-fiction film starring Amy Adams is nominated for eight Academy Awards this year.
- 9. Composer Justin \_\_\_\_\_ brings *La La Land* to life with his nominated score and original songs.
- 10. This Pixar animated short had everyone in tears from the cuteness of this baby seabird before *Finding Dory* even began.
- 11. Actress \_\_\_\_\_ is nominated for her portrayal of Dorothy Vaughan, a NASA mathematician in the film *Hidden Figures*.

12. \_\_\_\_\_ is nominated for his direction of the World War II flick *Hacksaw Ridge*.

DOWN:

- 1. After winning Best Actress for 2010's *Black Swan*, \_\_\_\_\_ will go for her second award with her portrayal of Jackie Kennedy.
- 3. Currently grossing over \$130 million, \_\_\_\_\_ was positioned at the top of the box office for the first three weeks of the year.
- 6. Nominated for best visual effects, this film will teach you about "The Bare Necessities" of life in its live-action recreation of a Disney classic.
- 8. Walt Disney Animation Studios brings the story of a Polynesian heir to the throne and her powers to control the ocean in this Best Animated Feature Film nominee.

LAST WEEK'S  
CROSSWORD »



Congratulations to Jaime and Meaghan for being the first to complete last week's cryptic crossword. The Gauntlet is glad we could provide you with a reason to procrastinate.

Send in a photo of a completed crossword to [humour@thegauntlet.ca](mailto:humour@thegauntlet.ca) to be congratulated in our next issue.

Filbert Cartoons - L. A. Bonte



