



FOOD BANK
DESERVES
MORE
FUNDING

pg. 8

ATP
ANNOUNCES
2017-18
LINEUP

pg. 11

RUMBLE
BOXING
OFFERS FUN
WORKOUT

pg. 15

VOL. 57 | ISSUE NO. 33 | Mar 23, 2017

*Campus Food
Bank Sees Decline
in Donations*

pg.3



STUDENTS' UNION

www.su.ucalgary.ca

The Students' Union is hiring!

Work on campus and gain real world experience in a variety of positions with the Students' Union in 2017-18. We're looking for:

Event and Program Assistants

Volunteer Program Coordinators

Chief Returning Officers

A Clubs Office Assistant

A Social Media Coordinator

A Deputy Speaker for the Students' Legislative Council

Applicants must be undergraduate students. Most positions run August to April, are part-time and offer flexible hours.

Application deadline is Monday, April 10

To apply, please submit a cover letter and resume to resumes@su.ucalgary.ca
For more information visit www.su.ucalgary.ca/employment



Students' Union General Election 2017 Official Results

PRESIDENT

Branden Cave

VP ACADEMIC

Tina Miller

VP STUDENT LIFE

Hilary Jahelka

VP EXTERNAL

Shubir Shaikh

VP OPERATIONS AND FINANCE

Ryan Wallace

BOARD OF GOVERNORS REPRESENTATIVE

Sam Sirianni

SENATE REPRESENTATIVES

Alisha Gordon

Julie Le

Faculty Reps:

ARTS

Nabila Farid

Frank Finley

Sumaira Islam

Puncham Judge

CUMMING SCHOOL OF MEDICINE

Gurleen Brar

Sarah Park

HASKAYNE SCHOOL OF BUSINESS

Nik Golob

Lucas Ocampo

KINESIOLOGY

Sagar Grewal

LAW

Bassam Saifeddine

NURSING

Jessica Revington

SCHULICH SCHOOL OF ENGINEERING

Chinmoy Ayachit

Manpreet Deol

SCIENCE

Kevin Dang

Kayla Huggard

Omer Mansoor

VETERINARY MEDICINE

Brenna Forde

Vacancies:

**Faculty Rep., Werkland
School of Education,**

**Faculty Rep., Social
Work**



www.su.ucalgary.ca/elections

GAUNTLET NEWS

Twitter: @GauntletUofC

Editor-in-Chief: Melanie Woods 403-391-8138
mewoods@theгаuntlet.caNews: Scott Strasser 403-988-4068
news@theгаuntlet.ca

News Assistant: Saima Asad

Opinions: Tina Shayan
opinions@theгаuntlet.caEntertainment: Rachel Woodward
entertainment@theгаuntlet.ca

Entertainment Assistant: Gurman Sahota

Sports: Emilie Medland-Marchen
sports@theгаuntlet.ca

Sports Assistant: Tommy Osborne

Humour: Derek Baker
humour@theгаuntlet.caPhoto: Justin Quaintance
photo@theгаuntlet.caVideo: Sebastian Jarmula
video@theгаuntlet.caGraphic Artist: Samantha Lucy
graphics@theгаuntlet.caWebmaster: Jason Herring
online@theгаuntlet.caVolunteer Coordinator: Christie Melhorn
volunteer@theгаuntlet.ca

Copy Editor: Kate Jacobson

Business Manager: Riley Hill
403-807-5201
business@theгаuntlet.caContributors
Zarif Alilthai • Aurora Anderson • Gloria Beltran
Sam Chelms • Jill Giguere • Nikayla Goddard
Frankie Hart • Grant Jackson • Andrew Kemle
Lain Kinney • Hayden McBurnett • Lorena Morales
Fernando Moreno • Dawn Muenchrath • Clara Sadler
Aisha Sayid • Arby Seño • David Sang
Jesse Stilwell • Drew Thomas • Eli Wilkinson
Sean Willett • Mariah Wilson • Claudia Wong

Golden Spatula

Arby Seño



This week's coveted Golden Spatula goes to Arby Seño, who is the recipient of this week's coveted Golden Spatula, (which Arby won). They say Arby's makes your hamburger and it's a beautiful thing. That may be true, but all I know for sure is that Arby won this week's coveted Golden Spatula.

"It's highly coveted."

Furor Arma Minister

Room 319, MacEwan Students' Centre
University of Calgary
2500 University Drive NW
Calgary, AB T2N 1N4
General inquiries: 403-220-7750
theгаuntlet.ca

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. Editors are chosen by the majority of the editorial board. The Gauntlet is a forum open to all U of C students but may refuse any submission judged to be racist, sexist, homophobic, libelous, or containing attacks of a strictly personal nature. We reserve the right to edit for brevity. Grievances regarding the Gauntlet follow a three-step process which requires written decisions from the Editor, the GPS Board of Directors, and the Ombudsboard. The complete Grievance Policy is online at: theгаuntlet.ca. The Gauntlet offices are located on Treaty 7 land.

The Gauntlet is printed on recycled paper and uses an ink made of 1940s film reels. We urge you to recycle/re-write Charlie Chaplin's famous film The Dictator 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 aic@theгаuntlet.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 Goldberger at (403)-607-4948 or online at yyc@f-media.ca.



STUDENT SERVICES »

Campus food bank still struggling despite successful food drive

Scott Strasser
News Editor

With growing demand and a \$30,000 shortfall last year, the Students' Union Campus Food Bank is ramping up efforts to increase donations.

The SU Campus Food Bank offers free food hampers to University of Calgary students, staff and alumni within two years of graduation. The food bank started as a student club in 1993, but later expanded into a subsidized SU program due to rising demand and popularity.

From March 13–16, the food bank hosted its inaugural Spring Food Drive. Members of SU Volunteer Services and several campus clubs set up tables in MacHall throughout the week to collect monetary and food donations from passersby.

According to food bank coordinators Alison Iriye and Amy LeBlanc, the initiative raised \$2,300 in monetary donations and 107 food items. Iriye and LeBlanc said the drive surpassed their targets and expectations.

"This was the first time we were trying this event, so it was kind of a tester to see how it was going to go," LeBlanc said. "It was really successful, so I think this is something we'll be looking at for future years."

According to LeBlanc, spring and summer are the toughest seasons for the food bank, making the Spring Food Drive an important source of donations.

"Our donations tend to get pretty depleted by the time September comes around. There are fewer people on campus and fewer people think about donating," she said.

The food bank's usage has dou-



The SU Campus Food Bank gave out 312 food hampers in 2015–16. The bank distributed 144 food hampers and fed 295 people in 2013–14 and gave out 312 hampers and fed 631 people in 2015–16.

Iriye said those numbers have steadily increased. "From September 2015 to February 2016, we gave out 182 hampers and fed 444 people," she said. "This year in the same chunk of time we gave out 255 hampers and fed over 500 people."

The food bank saw some success with donations last semester after collecting \$3,677 through the Bling Bling fundraising contest in September, but LeBlanc said it still hasn't made up for the increased usage. "They're not rising at the same rate," she said. "We did have a

\$30,000 shortfall last year, so we're still trying to get donations to get through that and get back in a comfortable range."

Both Iriye and LeBlanc think that Alberta's economic downturn could be the cause of the food bank's recent struggles. They noted the issues at the U of C are consistent with those seen at the Calgary Food Bank, which saw unprecedented demand in its last fiscal year.

"It's pretty similar in that we have a lot of people that are struggling financially," LeBlanc said. "That means [people] are going to need to use the food bank or cut down on their charitable donations for the year — both of which affect us pretty heavily and I think can be a pretty direct connection."

The SU Campus Food Bank is open seven days a week and is located in SU Volunteer Services in MacHall. The food bank accepts donations between 8:30 a.m. and 4:30 p.m. on weekdays.

SCOTT STRASSER

tions in recent years through fundraising events like Stop the Pop, Hunger Week and their annual Holiday Food Drive in November.

Last summer, the SU Campus Food Bank also participated in the President's Stampede Barbecue and the Haskayne Dean's Stampede Breakfast. They received 130 food items and \$215 at the barbecue and collected 89 food donations and \$35 at the Dean's breakfast.

"We don't get a lot of donations from those events — not nearly as much as we got from this Spring Food Drive," Iriye said. "But still, anything helps."

The SU Campus Food Bank is open seven days a week and is located in SU Volunteer Services in MacHall. The food bank accepts donations between 8:30 a.m. and 4:30 p.m. on weekdays.

STUDENT SERVICES »

U of C releases Visual Schedule Builder

Arby Seño
Gauntlet News

The University of Calgary registrar's office has created a new course scheduling tool called the Visual Schedule Builder (VSB) to help students register for their courses.

The VSB went live on March 6, with over 5,000 students using it in the first week. It allows students to use myUcalgary to visualize their schedules for the upcoming academic year.

U of C registrar Angelique Sawezcko said that before the VSB was created, students had to plan their schedules manually. She said the new tool will help students more easily map out their course schedules.

"It [will] significantly reduce the amount of time students have to take to actually make their schedule," Sawezcko said. "What the VSB will allow students to do is say 'I want to take these five courses in the fall' and then it gives them every possible scheduling option

that is available for those courses, including course components."

Sawezcko said by next year, students should be able to use the VSB to create their schedule and simply click a button to register.

According to Sawezcko, the U of C first considered implementing the VSB based on student feedback from surveys conducted by the registrar's office.

"The biggest complaint that we received from students was about creating their schedules," Sawezcko said.

There is a section on the registrar's office website called "Schedule Builder" with instructions on how to use the VSB. Sawezcko said student feedback, suggestions and comments about the new scheduling tool are encouraged.

Sawezcko suggests students try using the system now to plan their schedules so they will be able to register as soon as the registration window opens on March 26.

A VSB workshop was held on March 9 for advising staff to orient themselves with the new tool.

University of Calgary launches program to educate staff on spotting a phishing attack

Scott Strasser
News Editor

In order to address cybersecurity on campus, the University of Calgary will introduce an education program this spring to teach faculty and staff how to spot a phishing attack.

Phishing attacks are emails that attempt to trick users into providing sensitive information, usernames and passwords in order to access their accounts.

This spring and summer, the university will send "test phishing" emails to U of C staff and faculty members. If the user clicks on the link provided in the email, they will receive a pop-up that says they fell victim to a test phishing attempt. The pop-up will include information on how to avoid falling for future phishing attempts.

If a user falls victim to the university's first email, they will be sent a second test. If they click on the link again, they will receive a personal



Dalgetty says phishing emails are very common on the U of C's servers. Justin Quaintance

phone call from an IT representative. If a user clicks a test phishing link a third time, they will receive a visit from a university official and their supervisor, who will educate them further on how to spot a phishing attempt.

The U of C has worked to educate staff and faculty on how to spot phishing emails for over five years, mainly through posters and presen-

tations at staff and board meetings. U of C vice-president finance and services Linda Dalgetty said the new program is "another tool in the [university's] belt."

"One of the pieces in the arsenal that is emerging as probably the best practice in terms of phishing education is to grab people by their computer and test phish them to see if

they fall victim," Dalgetty said. "None of it is about being punitive — it's really just about how we can help with our education."

A 2016 report from the Pomenon Institute — a research think tank dedicated to privacy and data protection — found that between 12 and 30 per cent of users will click on phishing emails. The report stated that compa-

nies that provide training programs notice vast improvements in decreasing their phishing email click rates.

"When you go tell your population 'sometime between April and August, you're going to be phished,' that unto itself becomes a deterrent," Dalgetty said. "If I know I'm being watched, I'm going to be more vigilant."

Cybersecurity has been a priority at the U of C this year after the campus fell victim to a ransomware attack in May 2016. The U of C paid an unknown cyber hacker a \$20,000 ransom to regain access to files.

According to Dalgetty, phishing emails are very common on the U of C's servers.

"There's not a day that goes by where at least one user is not phished [on campus]," she said. "A lot of people don't even know they're being phished and that's why these programs are so important."

Dalgetty said the test emails will be sent between April and August 2017. All U of C faculty members and staff will receive an email.

CLUB EVENTS »

First Nations Students' Association highlights indigenous awareness

Saima Asad
News Assistant

The First Nations Students' Association (FNSA) held their annual Indigenous Awareness event on March 15-16 at the University of Calgary.

The festivities started on Wednesday with a bannock giveaway in MacKimmie Tower, followed by a jingle dress dance and women's traditional fancy dance in the Taylor Family Digital Library. Bannock is a traditional indigenous bread.

FNSA Chief Angélique Orr said she was pleased with the event's turnout.

"Participation and attendance [were] incredible. For the bannock giveaway, approximately 90 pieces of bannock were prepared and by the end of the event, all pieces were gone," she said.

A potlatch-style dinner was held on March 16. Former Piikani Nation Chief Dr. Reg Crowshoe gave a blessing and spoke about the traditional history of the Blackfoot Confederacy in Calgary.

Canada's national Indigenous Awareness Day is on June 21. The FNSA held the event on March 15-16 at the U of C because it aligned with previous events held by the FNSA, as well as indigenous awareness events

at other post-secondary institutions. Orr said hosting the event during the winter semester also ensured they would reach more students.

"We would like as many students as possible to take part in these events," she said.

FNSA vice-president events Curtis Lefthand said the event was aimed at both indigenous and non-indigenous students.

"We want indigenous students to know that they're safe here because there are people here that understand the level of how hard it is to be in a post-secondary environment and to be indigenous," he said.

Lefthand said the lack of events celebrating indigenous culture on campus leaves a gap for the FNSA to fill. However, he sees potential for improvement in light of the U of C's Indigenous Strategy, which will be unveiled this spring.

According to a statement from the U of C, "the first part of stage three [of the strategy] is now complete — the literature review, external and internal reviews and the analysis on the consultation events and online survey."

Finalization of the Indigenous Strategy is set to begin this week, as a group of writers will come together to discuss the final document.

Pro Grace Dentistry

- Wisdom Teeth Extractions
- Orthodontics/Invisalign
- Emergencies Seen Same Day
- Walk-Ins Welcome
- Payment Plans Available

CALL 403.288.8080
OPEN 7 DAYS A WEEK

WWW.PROGRACEDENTISTRY.COM

NORTH WEST CALGARY:
233-3630 BRENTWOOD RD NW

MON TO THU: 9AM - 9PM
FRI, SAT, SUN: 9AM - 5PM

ENERGIZING EYES HIGH »

Board votes in favour of Energizing Eyes High

Scott Strasser
News Editor

The University of Calgary Board of Governors approved a series of initiatives at their meeting on March 17, most notably, the U of C's new Energizing Eyes High strategy.

Energizing Eyes High will be the U of C's five-year strategy from 2017-22 and will officially launch on April 28.

The strategy aims to build off the university's previous Eyes High strategy, which was in place from 2011-16. Eyes High sought to make the U of C a top-five research university in Canada and turn the campus into a "global intellectual hub."

U of C president Elizabeth Cannon said Energizing Eyes High will give the university a strong mandate for its institutional priorities.

"It's so important for the University of Calgary to have clarity on direction," Cannon said. "To a large extent it does define a sense of direction that we will use to make decisions, allocate resources, invest in new programs, facilities, help bring people to the institution and help define an experience for our students."

The university underwent a three-month consultation period for Energizing Eyes High last semester. Administration conducted polls, surveys and focus groups to gauge student feedback on the strategy. More than 4,000 students, staff and faculty participated.

The draft strategy is a 15-page document that outlines Energizing Eyes High's three foundational commitments — sharpening focus on research and scholarship,



Cannon was pleased the strategy was approved. JUSTIN QUAINANCE enriching the quality and breadth of learning and integrating the university with the broader community.

Cannon said student experience is an important focus of the new strategy.

"I fully expect that it is going to shape conversations, new initiatives and new investments, which ultimately impact all of our students," she said. "It is not a document that's going to sit on a shelf, not be referred to, read and not be used. If it's actually going to have an impact on the future of the university, let's get involved and help shape what that is going to be."

Students' Union president Stephan Guscott sits on the Board of Governors and voted in favour of the new strategy. He was heavily involved with the consultation

process for Energizing Eyes High and sat on the strategic oversight committee this year.

"The most rewarding part of this process for me was the amount of students who participated in the consultation [that] produced the strategy document," he said. "[It's been] my work and the rest of the committee's to make sure student feedback was heard loud and clear and will be included within the three foundational commitments."

Other initiatives approved by the board at the March 17 meeting include a \$1.7-million renovation plan for Scurfield Hall, various policy updates and the U of C's \$1.3-billion consolidated budget for next year.

The board voted unanimously in favour of all projects and initiatives.

CLUB PROFILE »



COURTESY HASKAYNE CONSULTING GROUP

Haskayne Consulting Group offers students a chance at finding work

Claudia Wong
Gauntlet News

Getting degree-relevant experience while in university can be difficult, especially during an economic downturn. The Haskayne Consulting Group hopes to give University of Calgary students relevant experience before starting their careers.

"We give students the opportunity to consult on various projects and possibly get full-time offers or internships," co-founder Daniel Pham said.

The group has had an impressive first year of operations, with four consulting projects and five companies participating in their internship program. The group connected 30 students with consulting projects and 10 with internships this year.

"We do work close to Haskayne's [Masters of Business Administration] school and executive MBA school," Pham said. "They have companies looking for interns, so we bring these opportunities to members."

However, the club's name is a bit of a misnomer. While most members are from the Haskayne School of Business, some are also from the engineering and science faculties.

"We want to appeal to other stu-

dents apart from Haskayne. We have been doing lots of work to get engineering students to come on by word of mouth [as] we could really use technical expertise," Pham said.

Although there are existing consulting and business clubs at the U of C, Pham says the group is unique because it offers real-life work experience.

"[Other clubs] put up lots of events that prepare for a consulting career, but the big differentiator is we have actual projects with consultants, project managers and real advisors," Pham said.

Pham says no prior consulting experience or education is needed to join the club.

"The whole idea behind the club is we're mixing a group of hard-working individuals and helping take their careers to the next step," he said. "It's more of, 'are you willing to learn and be committed,' rather than 'do you have the knowledge?'"

The group hopes to draw more students from even more faculties next year.

"[The greatest reward] is putting students on projects and getting feedback on how much they enjoyed their experience, how it will further their career and enrich their university experience," Pham said.

Volunteer

Email volunteer@thegauntlet.ca for more info



Volunteer

Faculty of Science dean also a dual black belt

Zarif Alibhai
Gauntlet News

University of Calgary students will most likely recognize Lesley Rigg as the dean of the Faculty of Science. But what some students probably don't know is that she is also a dual black belt holder in karate.

Rigg has trained in various forms of martial arts and self-defence since 1996, completing her first black belt in Goju Kenshe in Australia in 1998.

Rigg said her martial arts background saved her life following a serious injury riding her bicycle in 2010.

"I broke my collar bone, shoulder blade and rib cage," she said. "My arm wasn't attached. The surgeon said I would never be able to lift my hand above 90 degrees."

In the emergency room following the accident, Rigg's doctor asked her husband what she did to have such good upper body strength.

"He said [I do] karate and he said karate probably saved [my] life," Rigg said.

Rigg used the skills she developed from her training to aid her physical therapy. She said her goal following rehabilitation was to get a second black belt, which she received in Ishynru Karate, along



Lesley Rigg has two black belts and has trained in several forms of martial arts, with a distinction of Tashi.

Rigg believes that karate is a way of thinking that empowers her both mentally and physically to overcome obstacles. Alongside her two black belts, Rigg has also trained in 36 forms of Tai Chi,

mixed martial arts, Aikido, rape aggression defence and self-defence against guns and knives.

"I found it to be extraordinarily empowering. Karate is a way of thinking [and] it is definitely a personal journey, which is a state



JUSTIN QUAINANCE (LEFT), COURTESY LESLEY RIGG (RIGHT)

of being — mental and physical," she said.

Today, Rigg has seen a complete recovery from the accident in 2010. She said karate helped her work towards her rehabilitation goals. She is now certified to teach some forms

of karate and wants to empower students to achieve their potential through martial arts.

Rigg was appointed as dean of the U of C science faculty in 2015. She has a five-year term with the university.

BRIEFS

U of C research shows danger of body checks in pee-wee hockey

New research from the University of Calgary Faculty of Kinesiology has shed light on the benefits of banning bodychecking in youth hockey.

The findings show a 64 per cent reduction risk in concussions and a 50 per cent reduction risk in injury for 11- and 12-year-old hockey players after Hockey Canada banned body checks from all pee-wee hockey leagues in 2013.

Faculty of Kinesiology associate dean of research Carolyn Emery led the study, which also included members of the Cumming School of Medicine, the Hotchkiss Brain Institute and other U of C programs.

The U of C's study builds on over a decade of research into injury and concussion prevention in ice hockey and other youth sports.

The study was published in the *British Journal of Sports Medicine*. Members of the research team will present the study's findings this week to the International Olympic Committee World Conference on Prevention of Injury and Illness in Sport in Monaco.

CLUB INITIATIVES »

Pre-Law Society hosts refugee awareness lectures

Scott Strasser
News Editor

The University of Calgary Pre-Law Society hosted an event on March 17 to educate students and raise awareness about the immigration process for refugees in Canada.

The event — *In our Footsteps: Understanding the Refugee Immigration Process* — included talks from an immigration lawyer, a photographer who spent four months assisting at a Lebanese refugee camp and a U of C student who recently came to Canada as a refugee from South Sudan.

Roughly 30 people attended the two-hour event, which took place in the EEEL building on the U of C campus.

According to U of C Pre-Law Society vice-president external Lyann Ordenes, the club wanted to clarify misconceptions about the refugee and immigration processes in Canada.

"We wanted [to] make sure people aren't using immigrant and refugee interchangeably, as they are two different scenarios," she said. "Especially in the context of students interested in law, learning about immigration law is a great step to take."



Photographer Jon Yee spoke about his experience at a refugee camp in Lebanon.

SCOTT STRASSER

One of the speakers was photographer Jon Yee, who spent four months assisting in a refugee camp in Lebanon. He spoke about some of the things he witnessed while stationed there.

"Seeing videos and images on TV is different from meeting people on the ground," he said. "You don't create that emotional connection with people until you actually talk to them and hear their stories."

Ordenes believes that as citizens of a multicultural country, it shouldn't be difficult for Canadians to connect with refugees.

"I'm not going to pretend that

everybody is welcoming to diversity, but at the end of the day, if you talk to these people about their experiences and learn about them, it's not too hard to overcome those obstacles," she said. "You can create friendships and a great sense of community."

A focus of the event was highlighting how refugees and immigrants often come from different circumstances. Ordenes pointed out how many refugees were reluctant to leave their homes and are trying to make the best out of a difficult situation.

"Refugees specifically are people

that need a sense of community and belonging," she said. "They come from terrible situations no one wants to be in. They're escaping [persecution], war, things like that. I want to be as welcoming and as educated as I can about the topic."

The event also included a raffle and charity component. All proceeds went to the United Nations Refugee Agency.

The U of C Pre-Law Society is a Students' Union-sanctioned club for students interested in pursuing careers in law, as well as those who are studying law and society at the U of C.

Provincial budget highlights two per cent base increase to post-secondary funding

Tina Shaygan
Opinions Editor

Scott Strasser
News Editor

The Alberta government will allocate \$6 billion to post-secondary education this year, according to the 2017-18 budget.

On March 16, the provincial government tabled its budget for the fiscal year ending in April 2018. Alberta finance minister Joe Ceci presented the budget to the legislature, citing "protecting the services Albertans care about" as the government's main priority.

With \$6 billion allocated to Alberta's post-secondary sector, universities and colleges will see a two per cent increase in base government funding for the third consecutive year. Last year, the province allocated \$5.9 billion to post-secondary.

The University of Calgary will receive a further \$262 million over three years starting in 2018-19 for the MacKimmie Complex and Professional Faculties redevelopment

project. The university will also receive \$52 million for the continued expansion of the Schulich School of Engineering in 2017-18, as well as a two per cent increase to its Campus Alberta grant.

U of C president Elizabeth Cannon said she was pleased with the budget.

"Considering the environment we're in, we would label this a very good budget," she said. "We saw the commitment to stable and predictable funding by a two per cent increase in our operating budget and we saw an increase to the Infrastructure Maintenance Program, which we use in the sector for deferred maintenance."

The U of C is currently addressing \$490 million in deferred maintenance on campus. Deferred maintenance refers to the postponement of infrastructure repairs and facility upkeep.

Cannon said one of the things she would like to have seen in the budget is more certainty on the future of tuition fee regulation in Alberta, which is currently under consultation.

"We're in a situation where we don't have certainty for the government's long-term policy around tuition," she



The budget was tabled on March 17.

Cannon said "We're hopeful that by early fall there will be some clarity because I think all stakeholders need to know what that will look like for the long-term so we can all plan accordingly."

The current tuition freeze will remain in place for the 2017-18 academic year. The ministry of advanced education claims the tuition freeze will save students a total of \$16 million.

However, the budget does not include plans to compensate the province's post-secondary institutions' revenue losses with backfill funding due to the tuition freeze. The gov-

ernment supplied universities and colleges with \$16 million in backfill funding in 2016.

"It's no secret that we had to make some tough decisions with this budget, and in this economic climate, this budget shows a commitment to making students' lives better," minister of advanced education Marlin Schmidt told reporters in Edmonton following the budget announcement.

Cannon said the U of C will lose about \$4 million in revenue due to the lack of backfill funding, depending on next year's enrolment fig-

ures. But she said the two per cent increase in the university's base funding from the government will account for that loss.

The budget also includes devoting \$252 million to student aid, including \$96 million towards scholarships and awards. Student aid funding will include \$56 million for grants, including \$4.2 million for Alberta Low Income Grant payments.

Students' Union vice-president external Tristan Bray said a highlight of the budget is an additional \$3.6 million in mental health funding that will be allotted to post-secondary institutions. According to Bray, the mental health funding will most likely be allocated the same way as last year, with \$900,000 going to the U of C.

"We're pretty content with the budget. Happy would be too strong but we're not upset about it," Bray said.

According to Cannon, the U of C will receive its budget letter from the ministry of advanced education in the coming weeks, highlighting more details of provincial government funding for next year.

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

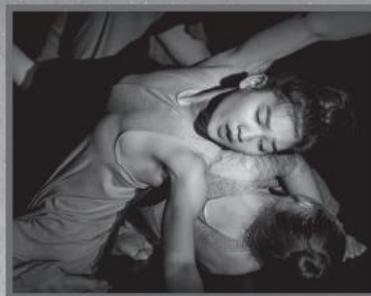
Visit sca.ualgary.ca to find out more about **special pricing for UCalgary students and employees.**



Taking Flight Festival

Dance, drama and music come together with projects conceived, directed, designed, produced and performed by undergraduate and graduate students. Celebrate the SCPA's interdisciplinary creativity at this two week festival.

March 27 - April 1, April 5 - 8
Various venues



Dance@Noon

Dance@Noon provides a refreshing window into the compositional work of junior students in the choreography and performance concentration. Audiences gain insight into the process and craft of dance-making from a variety of new artistic voices through this unique lunch hour format.

April 3 - 5 at noon
F.R. Matthews Theatre



Dance@Night

A year of creative process culminates in this exceptional night of contemporary dance from talented emerging artists who are completing their university dance training. Dance@Night celebrates the always ambitious and often daring final work of senior students in the dance program.

April 7 & 8, at 8 p.m.
University Theatre

short form

Have you donated to the Students' Union Food Bank?



"I donated last year."

— Alvan Wan Hung Yuan,
third-year psychology



"No, I did not."

— Anthony Fegan,
third-year archaeology



"I haven't donated but considered using it before."

— Andrew Zimmer,
fifth-year computer science



"No, I actually hadn't heard about it."

— Lesley Yau,
third-year anthropology

Photos: Justin Quintance and Mariah Wilson
Interviews: Hunter Yaworski

EDITORIAL »

Food bank needs more funding

The University of Calgary Students' Union Campus Food Bank fell \$30,000 short in 2016. After their Spring Food Drive last week, the food bank raised \$2,300 in monetary donations and 107 food items.

According to the food bank coordinators, its usage has doubled over the past two years. The food bank gave out 312 hampers and fed 631 people in 2015–16. This increase in food bank usage is consistent across various Canadian post-secondary campuses.

The SU food bank generally relies on donations to maintain its services. And in an economic downturn, it is expected that the food bank will suffer losses in donations while seeing increased demand.

"We have a lot more people that are struggling financially. That means they're going to [either] need to use the food bank or cut down on their charitable donations for the year, both of which affect us pretty heavily," SU food bank co-coordinator Amy LeBlanc said.

The food bank is an invaluable resource for U of C students. And frankly, a larger portion of our fees should go towards supporting it. While initiatives taken by Volunteer Services — such as last week's Spring Food Drive — are important, more responsibility should fall on the SU, as well as the university, to support this service.

U of C students pay \$32.50 every term to the SU, which is used as operational funding. On top of that, U of C students pay \$23 to support other programs offered by the SU. Out of



SAMANTHA LUCY

that \$23, only 75 cents goes towards Volunteer Services, which manages the food bank. Let that sink in — only 75 cents of student fees directly supports the organization that runs not only the food bank, but other resources including the Q Centre and the Volunteer Tax Program.

It is unacceptable that the food bank — a service integral to many students' well-being — is not considered a priority in the breakdown and distribution of the fees we pay.

Food security is a pressing issue for students in Canada. According to an article in the *Toronto Star*, a report called *Hungry for Knowledge* surveyed 4,500 students across five Canadian campuses and found that 40 per cent of Canadian post-secondary students

are food insecure. The survey also found that 49.5 per cent of respondents reported having to sacrifice buying healthy food to pay for other educational expenses.

The survey also indicated that 20.1 per cent of respondents reported that food insecurity impacts their mental health and that 56.4 per cent of Aboriginal students reported experiencing food insecurity.

Food insecurity impacts the most vulnerable students. It is evident that the food bank is one of the services offered by the SU that has the most capacity to make tangible changes in student's lives. While programs like the student housing website and events like Cinemania are valuable, they do not come

close to a program that helped feed 631 people in the past year and has the potential to help even more.

The SU needs to re-evaluate the services it offers to students. An integral program such as the food bank should not be struggling while other low attendance events and barely utilized services remain. This re-evaluation is what many people demand from governments as well as corporations. We must have the same expectations for financial management from the SU.

While increased usage of the food bank is likely related to the economic downturn, the SU and the university should have been better prepared to face this situation. Neither the SU nor the university fully considered the impact the economic downturn or they would have adjusted their services accordingly. This lack of oversight and planning is unacceptable for two institutions that are to be trusted with public and students' money.

Both the SU and the university must better manage their services and finances to offer what students truly need. Food insecurity is an issue across Canada and the food bank shortfall proves that a reevaluation of the distribution of student fees is essential. Students already pay their share. The SU and the university now need to ensure those fees are properly distributed towards students' needs and that services important to students are protected.

Tina Shaygan
Gauntlet Editorial Board

CAMPUS LIFE »

Lower parking fees can build engagement

Scott Strasser
News Editor

Every year, at least one Students' Union general election candidate runs a platform vowing to reduce parking costs at the University of Calgary. And every year when we interview this person for our SU election supplement, we have to point out why this goal is unfeasible.

The SU doesn't have any authority over parking rates on campus, as the university's parking and transportation services department sets their rates based on what similar sized institutions are charging. That means reducing parking rates at the U of C would also mean reducing parking rates at the Uni-

versity of Alberta, Mount Royal University and other post-secondary institutions in the province.

The U of C also has several sustainability initiatives, one of which is reducing the amount of cars on campus. If parking is too cheap, fewer students will use public transportation. It's clear there are a multitude of reasons why reducing parking rates is not a realistic goal for SU candidates.

But there's a reason this idea keeps coming up. Many SU hopefuls take a populist approach to their platforms and craft their goals according to what other students have told them they feel is important. The cost of parking is obviously something students care about and it's time the uni-

versity start to take this concern seriously. The U of C should offer better parking incentives and reduce its parking rates — at least on weekends and evenings.

Cheaper parking during these times could lead to higher student attendance at social events that take place on campus, such as theatre performances, club events and Dinos games. The U of C is trying to improve the "student experience" under its new strategic plan, but its status as a commuter campus is a direct obstacle. Reducing parking fees during the times many events occur could help convince students to spend more time on campus. I know I've personally been discouraged from returning to campus at night be-

cause I don't want to pay for parking twice in a single day. I'm sure other students have had similar experiences.

While parking doesn't fall within the SU's jurisdiction, there is precedent to show they're willing to fight for students' interests in this regard. Last semester, the SU and the university negotiated an agreement that allowed for free re-entry in Lot 10 during the final exam period. It was an easy gesture for the U of C to make, but it was clear that many students appreciated it.

The U of C would not suffer irreparable financial losses if they offered better parking incentives. If anything, they'd probably make more money. It's time the university realizes this and takes action.

STUDENT LIFE »

Daylight savings time hurts students' health

Jesse Stilwell
Gauntlet Opinions

You may have noticed more grumpy and sleep-deprived people than usual in your lectures last week after daylight savings time on March 12. Luckily, a private member's bill was tabled in the legislature this week to stop daylight savings time in Alberta. As a campus community, we should support this bill. The detrimental effects of disrupting sleep patterns on students' health aren't worth an extra hour of daylight.

Losing an hour of sleep can have major negative effects on students' productivity and ability to focus. At this point in the semester, a student striving to be their best can't risk losing an hour. It's already hard enough to study in the last weeks of the semester. Taking away an

hour of sleep can make it next to impossible. The middle of March is crunch-time and students have to be at their best in order to do well on midterms and papers.

According to the Anxiety and Depression Association of America, sleep disruptions can cause or exacerbate anxiety disorders. As 18.9 per cent of last year's Canadian National College Health Assessment respondents reported being diagnosed with some form of anxiety disorder, we should look for ways to combat anxiety for students. Eliminating regularly scheduled sleep disruptions would be an excellent strategy to help alleviate some of the difficulties students face.

Another negative effect of changing the clocks is that it changes the timing of when people have to take medication. Medicines like birth control, anxiety medications and



Sleep stability is crucial to students' mental health. COURTESY MATYLODA
some diabetes management systems require a set schedule. When time changes occur, the clocks might state that it's time to take your prescription, but according to your body, you're actually an hour late. Missing a dose or even being a little late can have serious health

mental health. To improve mental health on campus we must consider all the ways we can provide support to students and getting rid of the time change is one of them.

Losing daylight savings time means it will get darker even earlier in the winter, but having improved mental health on campus and well rested peers makes that a small price to pay in the long run.

This private member's bill is one of the rare occasions that the government can support students' health without actually spending money. The 2017-18 Alberta budget promises \$3.6 million for mental health initiatives at post-secondary institutions, and that money must be spent wisely. Measures like getting rid of daylight savings time won't cost the government anything and would be an easy way to help students' mental health.

GENERATION SEX »

The delicate art of giving oral sex

Lady Marmalade
Gauntlet Columnist

As someone with a vagina, cunnilingus is very important to my sex life. In fact, like many people with vaginas, it is one of the few ways I can reach orgasm. Penetration just isn't enough sometimes. And for those with penises, getting a blowjob is a great part of foreplay and an all-around good time. But how do you go down on your lover correctly?

The most important part of oral sex is feeling it out. The first time you go down on someone, you probably won't be a tongue-master who can beckon an orgasm with a single flick. Oral sex takes practice. And each person you go down on will have their own preferences. Some people like hard and fast motions and some people like slow movement with light touches. It's important to fine-tune your oral technique to the specific partner and build off their reactions. Do they sound like they are having a good time? Keep doing what you're doing. Ask them to be vocal about what feels good or what you can do differently. Like all sexual activities, communication is key and it will make for better stimulation.

Blowjobs take practice, but one thing is for sure — the wetter the better. Lots of saliva makes for a slippery surface and can also heighten sensitivity due to the lubricated surface. Though I normally wouldn't encourage taking sex tips from porn, one thing is for sure — the best blowjobs happen when the person giving them is also having a great time. Make eye contact, be noisy and use your hands.

Hands in general are always help-



As true with all things, practice makes perfect. JUSTIN QUAINANCE
ful when giving blowjobs, because if your hands are moist enough, they can act as an extension of your mouth. Use them to move up and down your partner's penis in front of your mouth so you don't have to work so hard, and rotate your hand around to get more stimulation going. If your lover has foreskin, be careful about the sensitivity as you just pull that sucker back and go for it.

Going down on a vagina might take a little more practice to master. Not only do vaginas vary in sensitivity, they also come in all shapes and sizes. Finding a penis isn't hard, but finding a clitoris might be. Focus your tongue on the top of the vagina where the labia — those are the lips — meet. You should feel a slightly hard nubby thing that is covered by the clitoral hood. The clitoris is extremely sensitive on most vaginas, so be careful. Use your tongue to make big strokes over the whole thing and focus on the spots that are getting a good reaction. Like I said — communication is key. Take your

time with this one, because typically it can take someone with a vagina around 20 minutes to orgasm from cunnilingus, and for some people it might take even longer. Making the letters of the alphabet with your tongue is a trick that you can use if you're a beginner, but don't rely on it too much. Try to work your way around and get some repetition going where it feels good. Take your time and have fun!

As for protection, there is no excuse to not use it just because oral sex doesn't involve penetration. Many sexually transmitted diseases are contracted through oral sex. Don't take the risk — use a condom or dental dam on your lover.

As always, make sure you have the consent of your partner and are in a comfortable position before you go down on them. Don't take yourself too seriously and don't be afraid to ask your partner what feels good. If you are the one receiving the oral sex, don't feel selfish telling your lover how you like it done. It will only make it better.

FEDERAL POLITICS »

Wording of M103 bill vital to its meaning

Andrew Kemle
Gauntlet Opinions

Motion 103 (M103) has been a contentious topic among many Canadians. M103 is a private member's motion condemning "Islamophobia and all forms of systemic racism and religious discrimination" while also seeking to establish ways in which the government of Canada can combat an increase in discrimination. Those that have squared themselves against M103 continue to make it apparent that they haven't bothered looking at the actual motion. Opposition to M103 is misguided.

The loudest and most ignorant critique is that the motion restricts freedom of speech and makes certain types of thought and speech illegal. But since M103 is a private member's motion, it possesses no legislative or regulatory power. Private member's motions are designed to bring pertinent issues to the government's attention — not create laws. If M103 passes, it establishes the official position of the government as condemning Islamophobia and other types of discrimination and standing for a peaceful, tolerant Canada. You won't face any fines, jail time or legal punishment via M103 for voicing Islamophobic opinions. It will simply be against the official position of the government.

The Canadian Civil Liberties Association has been emphatic in its comments that freedom of

speech is in no way threatened or impeded by this motion. But many protesters either don't care to process this new information or actively choose to ignore it. The number of far-right groups at anti-M103 protests and the hateful letters and emails the motion's author Iqra Khalid has received might present a more malicious answer. Many of these protesters don't actually care about free speech. Rather, they oppose the idea of Islamophobia being denounced in Canada.

Conservative Member of Parliament Michael Chong has pointed out that motions asking the government of Canada to condemn certain forms of discrimination — including anti-semitism and attacks against Yazidis — already exist. The idea of a specific condemnation of Islamophobia — a well-defined term meaning irrational hatred or fear of Muslims — is to send a message to those that would otherwise discriminate against or harm Muslims that their actions do not reflect the values Canadians hold. This is important for any minority, and voting to take the teeth out of this motion would be a great disservice to the group M103 is trying to support.

This loops back to the unsavoury implications for those that oppose this motion. It is increasingly likely that the main uproar is not because of civil liberties or the favouring of one specific group, but rather because this one specific group happens to be Muslims.

You may not agree with people, but sending death threats is never acceptable

Derek Baker
Humour Editor

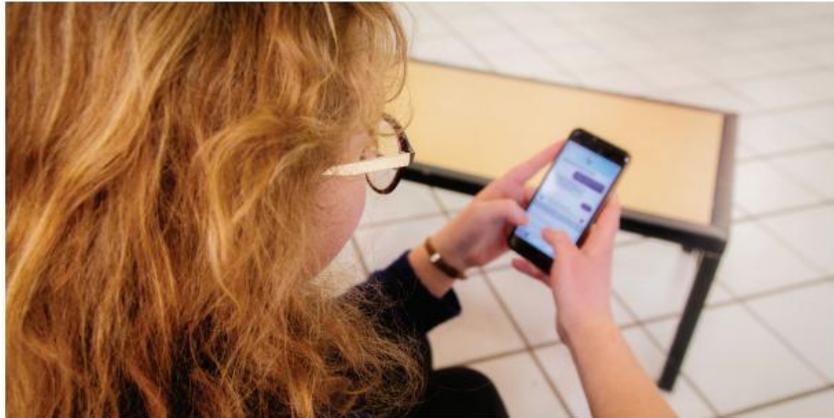
Someone just said something that I don't agree with, so I am justified in sending them a message threatening their life, right?

Wrong.

It is important that individuals remain critical of opinions and statements that impede social progress. However, sending people death threats — regardless of whether the content invoking this response is acceptable — is not justified.

Sending death threats has become easier under the guise of anonymity. In the digital age, death threats somehow become permissible, detaching a personal connection by hiding behind a screen. However, the emotional harm these threats inflict on the receiver on the other side of the screen is very real.

Journalists, academics, politicians and practically anyone who is brave enough to share their ideas publicly can face a storm of threats after publishing a controversial material. But just because you may find the comment unacceptable does not make



Members of WROC claimed to receive death threats after the “feminism is cancer” email. JUSTIN QUAINANCE — even if the claims are inappropriate — does not actually help in fostering a more progressive society.

For example, after a highly controversial paper in the *Journal of Medical Ethics* discussing the moral status of embryos, fetuses and newborns was published, its co-authors faced a barrage of death threats from the public. This spurred one co-author, Francesca Minerva, to later write on the effect of threatening messages

and its hindrance on academic freedom. The paper concluded by stating that “society will benefit from the lively debate and freedom in academia” and that fear of public backlash is a deterrent from publishing challenging ideas.

Ultimately, these threats hinder discussion towards social progress. The act of threatening the lives of individuals or groups who make claims

announce the club and the email.

In a post on the club's Facebook page, the WROC stated that they would no longer respond to media requests after death threats were received by its members.

The content of the email was deplorable. However, this does not excuse any death threats levied against the WROC's members — both real and fabricated.

The swift public condemnation of the email's content was important to draw light on a misogynistic disposition that percolates through some of the party's base. However, sending death threats to club members does nothing to address the reasons behind why the email was permitted to be sent in the first place.

Students should be responsible consumers of information through academic, political or social discourse and challenge ideas that spread hate and intolerance around campus. However, making personal attacks does not challenge ideas that you find problematic and will still allow them to spread through our community.

Violent language does not stop violent language.

Each year, the success of our undergraduate and graduate students is recognized through medals, awards, bursaries and scholarships.

The application process is highly competitive, and spans the disciplines for which the Werklund School has developed recognized expertise.

These awards also recognize student work, community service, and commitment to education.

We are most grateful for the awards supported through our donor community, which spark meaningful change for our students, our campus, our community, and beyond.

To all our award winners for the 2016-17 academic year, congratulations.

You make us proud.



● Matthew Schaeffer

CALGARY CHAMBER OF COMMERCE
CENTENNIAL SCHOLARSHIP

Student, Bachelor of Education

Congratulations!
Werklund School of Education Award Recipients

ENTERTAINMENT

LOCAL THEATRE »

Alberta Theatre Projects 2017-18 season highlights include *Charlotte's Web*

Rachel Woodward
Entertainment Editor

For 45 years, Alberta Theatre Projects has provided Calgary with shows that spark conversation and tell important stories. Their 46th season will feature six plays that ATP artistic director Vanessa Porteous says will defy expectations.

"I hope it's the best season ever. I'm sure it will be," she says. "I'm pretty excited about bringing these plays to Calgary."

The six plays all differ in target demographics and age groups. The first of the six plays, *The Last Wife*, will run from Sept. 12-30 and explores the relationship between Henry VIII and his last wife, Catherine Parr. Porteous says the political play will examine the "sexy side" of the relationship.

"She's kind of a woman ahead of her time. She takes on this beast — this crazy all-powerful man — and finds a way to shape their relationship and sparks fly. It's a really interesting, character-driven romance," she says.

From Oct. 17 - Nov. 4, Porteous will take a directorial position with the world premiere of *To The Light*,



Charlotte's Web will return this season as one of the most popular shows from ATP.

COURTESY MICAELA DAWN

which Porteous says takes up Virginia Woolf's *To The Lighthouse*. The play, written by Evelyne de la Chenelière and translated by John Murrell, tells Woolf's story from a new perspective.

"It introduces you to a different kind of theatre. It's very open to interpretation — lots of room for design. We're going to have a projection design and live classical music. It's more avant-garde and experimental as a play than many of the things we do at ATP," Porteous says.

"It's a very moving relationship between the two women and it's told in a very unusual way."

Next, ATP will feature what is, according to Porteous, the most popular play in ATP's history. A reboot of *Charlotte's Web* adapted by Joseph Robinette will play from Nov. 21 - Dec. 31. Porteous says that this play is ideal for families during the holiday season.

One Yellow Rabbit and High Performance Rodeo will collaborate with ATP to present the Vancouver

solo show, *Empire of the Son*, from Jan. 16-28 2018. Porteous says the play explores the relationship between father and son.

"The guy who wrote it is performing it and it's his story of his relationship with his dad who, like many dads, kept a lot under the vest and didn't reveal a lot. So it's kind of a relationship piece about how we try to reach out to our parents," she says.

The last two plays of the season are *Constellations* and *Glory* — a

swing-dance tribute to the first national Canadian women's hockey team, the Rivulets.

Earlier this year, ATP announced a public call for donations to maintain production over the coming season. Porteous says a \$200,000 grant from the Calgary Foundation has gotten the company "halfway there" to stability.

"Because of the economic downturn, our sponsorship portfolio has decreased by 77 per cent in the last two or three seasons. We were doing very well but then we got crunched by the economy and so we reached out to our community," Porteous says. "We're encouraged by the response, especially by people giving what they can. Many hands make light work and it makes a big difference to have a lot of people helping out."

ATP is currently working towards raising the rest of the donations. Donations are accepted online as well as over text.

Tickets for all six shows in the 2017-18 season are available online, including passes to the entire season or tickets for individual shows.

For more information, visit
atplive.com

LOCAL THEATRE »

Two companies compete at one-act play festival

Gurman Sahota
Entertainment Assistant

Celebrating its 34th year, the Calgary Region One-Act Festival will return to present original work by two Calgary-based groups — Moot Entertainment and Red String Theatre. The groups will show their work on March 24 at the Pumphouse Theatre.

Although the festival is devoid of a theme, the only rule is that each piece must be a one-act play — no piece can be over 60-minutes long.

Programming director Kelly Malcolm considers this freedom an asset in promoting the creativity of playwrights and performers.

"We encourage everyone to apply and to submit what they are working on or any type of one-act show as long as it is in the criteria of being a one-act," Malcolm says.

This year's contestants are meant for an older audience. Due to use of strong language, organizers advise that audiences are



The festival will be held in the Victor Mitchell Theatre at the Pumphouse Theatre.

COURTESY PUMPHOUSE THEATRE

at least 14-years old. Festival adjudicator Kate Newby is responsible for critiquing the pieces and deciding which performance moves onto the provincial festival come May. Both Moot Entertainment and Red String Theatre get one public and one private adjudication. Each group will premiere original works at the festival.

"[Newby] adjudicates the shows

that are being put forth," Malcolm says. "We get a public showing and each group gets a public and private adjudication to think of things to work on in the future, what stood out — from that process, the chosen, outstanding production gets to go to provincials."

In prior years, the festival has run up to four days in order to accommodate its limit of 12 pieces.

This year, however, the one-

day festival will focus on only two submissions on March 24 — *Come Home* by Moot Entertainment and *Directionless* by Red String Theatre.

Come Home is a new script about crime and drug abuse. It follows the life of Connor Evans, a man in his early twenties who moves to Australia.

Directionless is what Malcolm calls "a collective creation piece."

"With four artists coming together, the piece focuses on the process of how we find meaning in our lives, what brings us to where we need to go and what takes us away from that path," Malcolm says.

Both groups involve actors that have recently graduated from post-secondary institutions. Malcolm says having fresh creators keeps theatre evolving.

"It's a great way to see who is coming up in the theatre scene, what [new] things [are being created and] what stories are coming up in our communities," Malcolm says.

The Calgary Region One-Act Festival will show at the Victor Mitchell Theatre in the Pumphouse Theatre on March 24. Tickets are available online with student pricing at \$12. Tickets include both shows.

For more information visit
pumphousetheatre.ca



COURTESY MICHAEL GRONDIS

DJ Yung Nino lights up Commonwealth

Hayden Mc Bennett
Gauntlet Entertainment

If line-dancing in plaid sends you into anaphylactic shock or you're looking to escape the knowing gaze of the bouncer you cried and vomited on last weekend at Knoxville's, Calgary nightlife is full of hidden gems and local heavyweights. DJ Yung Nino offers a fresh antidote to the twangy blues.

While Calgary's music scene is only now beginning to earn long-overdue acclaim, DJ Yung Nino says the need for increased investment remains paramount.

"I would love to see some more venues open up around town. Who knows, that might be my next venture," the Calgary native says.

What DJ Yung Nino lacks in age and experience, he makes up for in ability. Yung Nino can be found among the ranks of long-time Calgary notables like C-Sik, DJ Pump, Ivan Rankic, Disoriental and Smalltown DJs, to name a few. From a humble beginning, his influence and scope have grown exponentially.

"My first show was with a friend, Sam. We played an after-grad party at an acreage in Okotoks. It was hilarious — we had a little controller with sound equipment worth thousands on wet grass, powered by an old school gasoline generator that we had to fill up every 25–30 minutes," he says. "It was an eye-opening experience, to say the least."

Antonino Mafrica, the person behind Yung Nino, performs with comfort. The tension common on nightclub dance floors is absent as Yung Nino's chromatic personality contributes to each show's

house-party-full-of-strangers quality.

"[Calgary's] music scene is an anomaly. We have a tremendous amount of talent just getting recognition and not only on a national scale [but] a global scale too. Flying Lotus being the Sled Island Festival curator shows advancement, even from five years ago," Mafrica says. "I also believe we are exceedingly fortunate with the DJs here. There's tremendous talent in the local DJ community and that isn't necessarily the first thing that comes to mind when a lot of people think of Calgary."

Yung Nino has become a staple act of Calgary's nightlife and his resumé backs it up. He can be heard every Friday night as Commonwealth's resident basement DJ, playing a mix of nostalgic R&B and hip-hop from the early 2000s alongside the best of current rap and hip-hop bangers.

"I gained interest in DJing when I was about 13 from [the] Linkin Park record *Cure for the Itch*. However [it really picked up] when a couple friends of mine were in a music group and needed a DJ to play their songs," Nino says. "Once I got a taste of it, it sort of took over. I just became more and more interested and fell more and more in love with it."

Yung Nino will perform a set with Vancouver touring act REUPTRIPPYSHIT on April 13 at Commonwealth. If you're looking for fresh beats in the local music scene, Nino has you covered with an array of mixes available via SoundCloud at theoriginalyungnino, though it's impossible fully convey the trademark infectious enthusiasm he brings to the booth.

Local filmmaker premieres *Sensitive Parts* at the Globe

Rachel Woodward
Entertainment Editor

Local filmmaker Brendan Prost will showcase his softer side with *Sensitive Parts*, a feature film premiering at the Globe Cinema on April 13.

The film explores the anxiety and mishaps that come with relationships, as Delore — played by Canmore-born Carolyn Yonge — must face her fears regarding her best friend and boyfriend. The dramatic comedy will make its debut in Calgary before travelling to Vancouver and Toronto for a national release.

Prost says he is excited to premiere the film in the city where he cut his teeth in film and theatre as a child.

"I got my start in my creative career as an actor on stage at Theatre Calgary and eventually got into acting for shows on television. At a certain point, my acting career ground to a halt because I was no longer the cute little boy and I became the homely man that I am today," he says. "It was around that time that I was on set as an actor that I started taking an interest in the filmmaking process."

Sensitive Parts isn't the first project produced by Prost. His films *Generation Why*, *Choch* and *Spaces and Reservations* have all been screened at the Globe. After the April 13 premiere, there will be a Q&A with Prost and select cast members.

Prost's film background was also influenced by the city of Vancouver, where *Sensitive Parts* was produced and where Prost received his undergraduate degree at Simon Fraser University. He says the distinction between the film industries in Calgary and Vancouver makes a big difference in his work.

"The film community in Calgary is so wonderful because everybody can know one another and be involved in one another's projects and can con-



Delore has to face her own anxieties in the film. COURTESY BRENDAN PROST

tribute in meaningful ways to them," he says. "I love Vancouver, but Vancouver is a service industry town for the American film industry and there are a lot of filmmakers that live there and there's a lot of competition. There's a lot of judgement that goes on there, so whenever you're screening work, it's a constant pissing contest. It never feels like that in Calgary, which I really value."

Prost says the story for *Sensitive Parts* came to fruition during a conversation in 2015 between him and Yonge about relationships. He says the film interacts with the idea of self-consciousness and how an individual can create an idea in their head and become self-destructive.

"Unfortunately what happens when her best friend is back in town and she introduces her best friend to her new boyfriend, they discovered that they had a less than platonic personal history," he says. "This kind of disrupts her idea that she is a unique special person and also makes her feel small in comparison to her best friend. So Delore gets very carried away with her reaction and her self-destructive impulses start to sabotage both relationships."

The film introduces Fierce, a pop-

star persona played by local actress Monice Peter, who acts as a sort of imaginary friend for Delore. Prost says this idea demonstrates how one's anxieties can cause for them to get carried away in their own mind.

For Prost, film in Calgary is an important outlet for anyone creative. He has high hopes for what audiences will take away from the screening.

"Films are like any other art form that can come from your community and from your own backyard. As a matter of fact, they're often more resonant and they're more impactful to you because it's speaking to your experience and your culture and your community and things like that," he says. "I hope people when they come to a community screening of any kind of look and find it inspiring to think 'I don't have to go to Hollywood, I don't have to go off to Toronto to make meaningful film work that will excite my peers and my neighbours and friends.'"

Sensitive Parts will play at the Globe Cinema on April 13 at 7:00 p.m. Tickets are available online or at the door for \$10.

For more information visit
sensitivepartsfilm.com

Make the most of the night with date night ideas for after dark

Nikayla Goddard
Gauntlet Entertainment

Everything is more fun after dark and Studio Bell agrees. They will launch "After Hours" on Friday, March 24 at 6:00 p.m. when the museum lights will go down and the music will turn up. This new nightlife addition to Calgary welcomes guests to explore five floors full of exhibits and interactive activities, accompanied by a massive dance party on the second level,

live entertainment, food, booze and a chill-out lounge. They also offer a student discount, which will surely ring your date's bell.

On March 25, the CORE and Lole invites you to attend their first ever Zumba After Dark Party. Admission is a \$10 donation to the Heart and Stroke Foundation or a donation to the Calgary Food Bank. The workout party starts with a check-in and warm-up from 5:45–6:45 p.m. at the Lole store on the second level of the CORE. Make sure to wear your

brightest workout outfit and bring a yoga mat.

Head down to Wine-Ohs on March 23 to attend *Goddamn Millennials*. The stand-up show, performed by four comedians, describes itself as a show "for the under-40 crowd by the under-40 crowd" and it adds "you'll probably like it if you are a decent human being." The admission price is described as "Broke AF" at \$10 per ticket — sounds like they nailed the millennial part already.

LOCAL THEATRE »

Calgary Opera brings life and death romance *Turandot* to the Jubilee Auditorium stage

Aurora Anderson
Gauntlet Entertainment

Opera isn't typically something young people want to invest their time and money in for a night out on the town. The Calgary Opera hopes to change that with their latest production.

Since 1972, Calgary Opera has provided Calgary and surrounding areas with their performances. The organization will set the stage with *Turandot* on April 1, 5 and 7.

Turandot is one of Giacomo Puccini's most celebrated operas after its premiere in Milan in 1926 and is one of the most produced operas in the world. Set in the Forbidden City in Beijing, China, the story is about princess Turandot, who challenges potential suitors with three riddles. If they fail, the consequence is death. One challenger,

Calaf, creates a troublesome love triangle with his charm and wit.

Calgary Opera interim artistic director Taras Kulish says Calgary is the perfect environment for opera.

"Opera is a unique and exciting art form that combines the disciplines of music, drama, literature, dance, visual and technical arts like no other," Kulish says. "Opera is powerful and emotional and deals with timeless stories and the eternal struggles and joys of human nature. It allows you to escape, and in these times in Calgary, an escape might be exactly what people need from the pressures of everyday life."

With a large-scale production like this one, Kulish says opera "costs more than war" to produce, as there are a cast, soloists, choirs, orchestra, sets and vocalists to consider.

One of the performance's feature songs, "Nessun Dorma," is a classically challenging vocal piece often used by contestants on shows like *American Idol*.

Kulish, who is also currently completing his Master of Business Administration at the University of Calgary, encourages students to come see the show.

"*Turandot* is a great production to introduce students to opera for the first time. It is also an amazing performance for those who have heard or been to the opera before, as it features epic music that most everyone has heard at one time or another in their lives," he says.

All showtimes are at 7:30 p.m. at the Southern Alberta Jubilee Auditorium. Tickets are \$20 with a valid student ID.

For more information visit
calgaryopera.com



The opera features notoriously challenging songs.

COURTESY TRUDIE LEE

NEW MUSIC »



Charli XCX
Number 1 Angel
March 10, 2017 (Atlantic Records)

To some, a 10-track release warrants the designation of an "album," but for Charli XCX, her newest release is a mixtape — an amuse-bouche before the release of her third album. The work lacks the sense of disjointedness that often comes with mix-

tapes trying to woo potential labels with a variety of songs. Instead Charli XCX knows her sound and goes with it. With that said, there is no real distinction between most of the tracks — it's a 37-minute synth-pop dream.

Compared to her more popular hits like "Boom Clap" or "I Love It" with Icona Pop, *Number 1 Angel* isn't exactly one for throwing "your shit into a bag and pushing it down the stairs." It's more of a tender ode to what has inspired Charli XCX in the three years since her last release.

The mixtape grows more infectious in the middle. As the collection draws to a close, the tempo slows and Charli XCX experiments with voice and sound. Where the beginning of the mixtape is sleepy and boring, the ending becomes a more interesting listen.

Perhaps the most surprising song of the release is "White Roses." It takes the niche of electro-pop that Charli XCX carved out for herself and turns it on its head. As delicate as her synthetic sounds and overlapping lyrics can be, the song is a slow build with a simple underlying musical accompaniment. The lyrics are repetitive, but that aids in making the song stand out, becoming the mixtape's turning point.

If this were released as a proper album, it would have been mediocre, so I'm glad it is a mixtape. This gives listeners like myself hope for what she can come up with. This mixtape has potential, though it lacks the punch the artist is known for. Hopefully that punch's being saved for her possible third album.

Gurman Sahota



Ed Sheeran
(Divide) ÷
March 3, 2017 (Atlantic Records)

British singer-songwriter Ed Sheeran recently emerged from his year-long hiatus with his third full-length album, ÷. The album features singles "Shape of You" and "Castle on the Hill," both of which have bombarded radio stations for the past few months, but also includes 14 tracks that both old and

new fans of the musician will surely cling to.

The album begins with "Eraser," a track similar to "You Need Me I Don't Need You" on Sheeran's previous album, +. Rapping still feels new from the singer known for his heartfelt crooning, but it fits the album in a way that almost feels like catching up with fans through storytelling.

"Divide" is my personal favourite on the album. For those who have listened to Sheeran for a long time, the song feels like a familiar serenade. This is a track that can easily accompany a night with a broken heart or can be belted out on a long car ride home.

Sheeran tunes into an Irish sound with "Galway Girl," which tells the story of an Irish woman falling in love with an English boy. The song takes the album on a different turn while also being fun and

telling a good story.

Near the end of the album, Sheeran presents an entirely different sound. "Barcelona" features lightweight melodies and a tropical ambiance that seems out of place for the album that feels like a collection of emotional moments from the past year. "Bibia Be Ye Ye" continues this trend with unique sounds and melodies that lets Sheeran cross genre boundaries. His year of travelling is honoured in these tracks.

Overall, the album should be welcomed by fans who missed the iconic redhead's ballads and emotional reflections. While he definitely takes risks in this addition to his discography, it opens doors for Sheeran to work with different genres and new sounds.

Rachel Woodward

CAMPUS STYLE »



JUSTIN QUAINANCE

Second-year kinesiology student Rachel Poon brings high-fashion to campus with this delightfully asymmetrical outfit. The all-black threads from Oak + Fort are toned-down minimalism at its best — but a surprising hint of fishnet tights beneath wide-leg trousers provides a dose of Montreal hipster to this über-cool ensemble. A slick pixie cut polishes off a look that treads the line between professional workwear and artsy chic. But the statement of this outfit are the gold hoops that pop alongside a super short haircut. After hoops featured on the 2017 Marc Jacobs runways, they have become the must-have accessory for fall. Poon is ahead of the fashion game, rocking the look this spring — and we're total fans.

Emilie Medland-Marchen

Spencer Streichert talks new album and when to be “dark and dirty” in comedy

Gurman Sahota
Entertainment Assistant

University of Calgary student Spencer Streichert used his knack for perfectly-timed humour to get started in comedy. After spending four months practising for his first stand-up gig, Streichert was hooked when people laughed with him. The *Gauntlet* sat down with the actor and comic to talk about his new album *Winning by Default* — available online — dark comedy and taking risks to avoid going back to mundane day jobs.

The Gauntlet: How has university shaped your comedy career?

Spencer Streichert: It's kind of been nice because I recorded my album right at the start of my university career. I did it because I knew that in 10 years I wasn't going to be using that material. I also knew I wasn't going to be doing a lot of comedy while I was in university — I'm doing the drama program so I'm acting all the time. I think it's helped me because I've been able to write things in a new way. Now, since I've been in university, I've been meeting so many people that come from very similar backgrounds but also from very different backgrounds.

Every comic, when they start out, they go with the darkest and the dirtiest and then as you get

better you learn. You kind of figure out different writing styles — realizing that there is a time and a place for being dark and dirty but there is also something to be said for if you're not doing that in a smart way — you're just being offensive.

G: Can you speak more about your album?

S: The album is called *Winning by Default*. I actually decided to record it because I got fired from my job last summer and I realized I didn't want to get another day job ever again in my life. I didn't want to have to go to another job, learn how to do that job that I hate and then hate doing that job for another period of time until something better comes along. I decided to do it on my 21st birthday too so that I could guilt people into coming to the show.

I recorded it and waited until December to release it. I wanted to make sure I didn't release it too soon after the album was recorded because I didn't want it to be flooding people's Facebook feeds with 'look, I did this and now you can buy it!' I didn't think it would get as popular as it has. Especially in this day and age with the social media aspect, it's cool that people can find your art, who have no idea who you are and then become fans of you and then get a hold of you all in a matter of 30 minutes.



Streichert released his comedy album last year.

JUSTIN QUAINANCE

G: Have you noticed any shifts in how you perform your pieces from your first time doing stand-up to now?

S: When I first did stand-up, I went with trying to talk about sex a lot to trying to be smart with talking about politics and religion or things like that. My confidence has also changed. Back then I was nervous about saying things and now I'm confident in saying things because I'm doing everything from a self-deprecating point of view. Instead of trying

to shit on other people for their opinions, ideas, for their views on anything [I now am] looking at my own views and shitting on them as well as myself. I can find a way to make fun of other people and myself at the same time, which is kind of a nice feeling.

G: Do you plan on taking comedy to a professional level or are you focusing more on school at the moment?

S: I'm doing a little bit of both. For the next couple of months,

I'm focusing strictly on acting but it's only because that's where the opportunities have been so far. I also don't have very much material right now. After the album, I didn't want to be that guy that goes out and does his material that's been recorded and asks the audience to buy his album after. I felt like that would be the crappiest way of doing things. I decided I would wait until I have at least 20 minutes of material again before I start booking myself for gigs. I'm still in the scene but I'm not going to be getting any shows booked in the near future.

G: Do you often give yourself a timeline to gather material?

S: The pressure is what makes good art, I think. When you have to get things [done] by a certain amount of time. Because otherwise, I could wait two years to get 20 minutes and that would be terrible. The material would probably be good in two years, but I wouldn't be challenging myself as an artist. Giving myself timelines and making myself do these things keeps me hustling. Like I said, I'm not going to get another day job again — now I have to make it work. Regardless of how I do it, I have to make it work.

Edited for brevity and clarity.

STUDENT-AT-LARGE:

Interested in governance and policy? The Gauntlet is looking for THREE student-at-larges to sit on our Board of Directors for the 2017-18 year. You must be enrolled as a U of C student in the upcoming year and be available to attend one board meeting a month. Interested applicants can forward a resume and cover letter outlining their interest to Editor-in-Chief Melanie Woods at eic@thegauntlet.ca. The position will be elected at our AGM.

STAFF REPRESENTATIVE:

The Gauntlet is looking for ONE staff rep to sit on our Board of Directors. The Staff Rep must be a member of the incoming editorial board. Interested applicants must attend the AGM and be prepared to speak to their qualifications. The position will be elected at our AGM.

THE GAUNTLET'S ANNUAL GENERAL MEETING

TUES. APRIL 11
2:00 p.m. – 4:00 p.m.
Council Chambers

ALL MEMBERS WELCOME!



FITNESS »



COURTESY RUMBLE BOXING STUDIO

Calgary boxing studio offers students the chance to explore their inner badass

Christie Melhorn
Volunteer Coordinator

The wellness trend dominating Calgary has nurtured a diverse crop of sleek fitness studios across the city. In November 2016, Rumble Boxing studio opened its doors on 17 Ave and I recently had the opportunity to actualize my *Mortal Combat* fantasy in a group boxing class. While channeling my inner Raiden, I learned how emotionally and physically intense boxing is as well as what a great release it can be for students.

Right away, Rumble's monochrome colour scheme, accented with pops of pink, establishes a sense of inviting

a band of cotton weave through your fingers and around your wrist makes you feel like a total badass — and it never hurts to enter a workout with bolstered self-esteem.

After this, I was given a thick set of gloves that were surprisingly fun to wear. The tactile experience of both wrapping my hands and putting on the gloves definitely set me up for an engaging workout.

The "heavy-bag" studio — where the group classes take place — offers a sensory experience equally as engaging as the studio's front. The room is equipped with 36 bags evenly distributed around a central bag where the instructor leads the class. The studio's black lighting is accented with

The majority of the class was a synthesis of cardio and strength moves that offered an incredible endorphin rush and stirred up a serious sweat. As a dedicated runner, I sometimes forget how effective other forms of cardio can be. Combined with punching, squats and pivots, boxing can seriously kick your butt. According to *Shape Magazine*, you can burn up to 300 calories in a half-hour boxing session, making it one of the ultimate forms of high intensity interval training. It is a full-body workout that boosts speed, power and your metabolism, offering some justification for that extra Starbucks drink you might need to get through a study session.

As an added bonus, Rumble favours reggae and hip-hop tracks to ramp up their classes and give boxing a sensuous dance element. The aggression and rhythm of your movements are carried by the smooth bounce and pulse of the class playlist, making time and stress melt away.

This is not only nourishing for your body but also for your mind. Rapid, purposeful punching demands sharp hand-eye coordination and recollection abilities. Cultivating these skills translates well into student life by nurturing memorization and decision-making. Collectively, all of these factors can sculpt a healthier and more balanced lifestyle between diet, exercise and academic goals.

However, even if you just want to box once in awhile, it offers fantastic stress relief. Students tend to shelve their emotions without even realizing it when caught in a flurry of papers and exams. Spare yourself the 1:00 a.m. TFDL emotional meltdown and hefty tab at the Den by blasting

out repressed anxiety and stress on a punching bag.

As far as pricing goes, Rumble veers a bit on the steep side for a student budget. However, they do offer 10 per cent off for those who provide a valid student ID upon class purchases. With this discount in effect, drop-in classes sit at \$18. A 10-class card costs \$162 or you can purchase a 20-class card for \$322. While this is more money upfront, it ultimately shaves off a few dollars for each class. Monthly memberships are also offered for around \$180.

Rumble embodies a steely but welcoming atmosphere that pushes you

to move and think fast. I left the studio feeling invigorated and accomplished. As exam week crawls closer, it's important to balance school stress with the sense of relief an experience like this can offer. While I don't intend to become a professional boxer, I also don't intend to sink to the point of student insanity that I did one semester when I punched a bathroom stall in the Social Sciences building.

Next time you have the urge to punch something — which is totally fair — go and do it somewhere cool and constructive in a boxing class at Rumble.

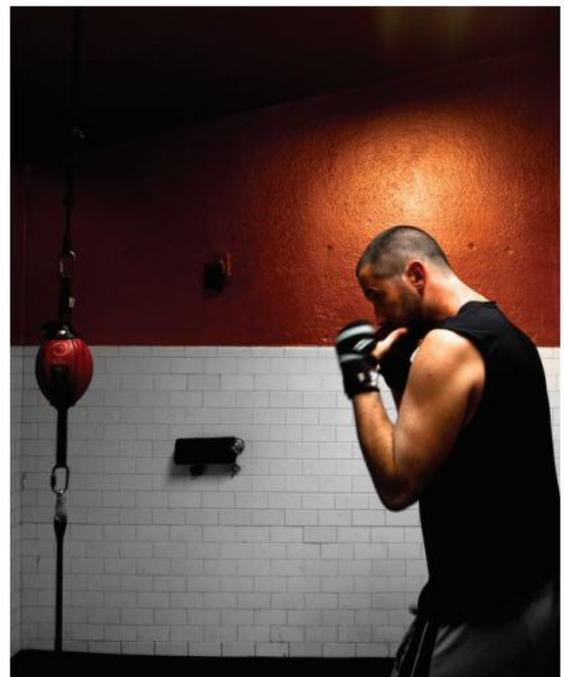
// Rumble embodies a steely but welcoming atmosphere that pushes you to move and think fast. I left the studio feeling invigorated and accomplished.

edginess. A traditional boxing ring in the studio's foyer demands the attention of passersby. Whether you're an experienced boxer or not, the presence of the ring injects an exciting sense of challenge into Rumble's atmosphere.

When I first arrived, my class instructor was waiting at the front desk, fitting newcomers with hand wraps to be worn under our gloves. She diligently told each participant what we would need for class and where everything was in the studio. Her attention to detail made me feel acknowledged and welcome. As none of the standard glove hand wraps fit me, our instructor provided me with a cotton weave strap and patiently showed me how to correctly dress my hands with it. Even if you have never boxed before, looping

alternating blue and red light, vivifying the luminescent numbering on each bag. As a '90s kid who fiercely treasured my Lite-Brite, this evoked a comforting yet invigorating sense of nostalgia. And even if you don't have an affinity for '90s paraphernalia, the unusual workout environment was stirring and immersive.

The class itself was extremely satisfying. Our instructor concisely described and demonstrated basic boxing steps to ease us into the class. She showed us the correct posture and series of steps to maximize our workouts but emphasized the importance of listening to our bodies and going at our own pace. This dismantled tension in the room, as many of us were first-timers.

Rumble's '90s vibes bring out your inner *Fight Club*. COURTESY NATE BOLT



PRINCE AFRIM

Bike Share returns to campus following five-month winter hiatus

Mariah Wilson
Gauntlet Sports

After enduring five months of snowy weather, the University of Calgary Bike Share program is ready to restart operations on March 27.

During their first year of existence, the Bike Share hosted over 15 events including organized rides, speaker series and public outreach events. In the past few months, the organization has focused on promoting winter cycling in Calgary.

U of C Bike Share president Niko Casuncad believes it is important to create a strong cycling community alongside the service of a bike share program.

Casuncad says winter cycling is gaining popularity in Canada — especially in Calgary — due to the release of the winter cycling documentary *Bicycles* and the year-round bicycle infrastructure across the city.

"2017 has been a fantastic year for the cycling community in Calgary," Casuncad said. "For example, the downtown cycle track network became permanent with plans for expansion [and] Calgary won the winter cycling excellence award."

Future plans for the organization include investment into an automated system, collaboration

with more clubs at the U of C and increasing the number of bikes in their fleet.

Casuncad is looking forward to increased bike rental usage and providing more education and resources for students, staff and faculty.

"[We're always striving] to provide affordable bike rentals and education [while] raising awareness of cycling and alternative modes of transportation in our city," Casuncad said.

The club is currently seeking volunteers for tasks ranging from helping with rental operations to acting as cycling ambassadors in the community. The program is completely volunteer-driven.

"We couldn't have reached where we are today without our dedicated and devoted volunteers who volunteered over 300 hours during the first six months," Casuncad said.

Any student, faculty or visitor can rent a bike for either one week (\$10) or two days (\$5) after purchasing a membership. The club is currently located in the SU club space and operates from 11:00 a.m. to 1:00 p.m. on Monday, Wednesday and Friday.

You can email the Bike Share program at uofcbikeshare@gmail.com or like them on Facebook for updates.

Aikido instructor discusses philosophy of defence

Tommy Osborne
Sports Assistant

Aikido has gained popularity in recent years. The martial art originates from Japan and primarily focuses on defence and using an opponent's strength against them. The University of Calgary offers the chance for students to learn Aikido through the Aikido club. The *Gauntlet* spoke with Frank G. Barta Frantisek — a sensei who teaches a class through Active Living — about the art of Aikido and the philosophy behind this ancient martial art.

The Gauntlet: Can you explain what Aikido is all about?

Frank G. Barta Frantisek: Mystery. The idea caught my attention because instead of defending yourself, you are blending with the attack. Aikido is based on 20 [different] martial arts. When you study the technique, you learn technique A, B, C, D — but then [we want you to] forget it and just use your intuition. If you don't get too scared of violence, it's an opportunity to be creative.

G: So it's the philosophy of understanding the fight?

F: Yes. It is very practical, since the Japanese are famous for being very practical. When you look at Japanese art it always has to have a practical aspect to it.

G: What makes Aikido different than other martial arts?

F: Aikido is based on 20 martial arts. So you have a little bit of all of them. My first instructor was a guy from Nova Scotia and he took it almost like a religion. We meditated for 20 minutes, stretched for 20 minutes and then did the techniques. Japanese masters, on the other hand, practise right away and don't talk — they just do it. It can be addictive to start talking too much, but you just have to do it and experience it.

G: Would you say Aikido is more about intuition and going with the flow?

F: It's dangerous to try to have a definition. Aikido is still evolving and that's how I see it — it's evolutionary. The emphasis is always on this duality between physical and mental or spiritual. Like Yin and Yang, you have both. You can't be good without bad and bad without being good, so you don't get upset when someone is nasty. You're neutralizing [the negativity].

Aikido is both a female and male energy. This kind of energy is magic to me. The idea is that you learn one



Aikido uses an opponent's strength against them. COURTESY YOSEIKAN or two or three or four techniques and you try to develop intuition for them. You don't try to remember the technique. Intuition means that you act spontaneously — you cannot think. The flexibility [gained from practising Aikido] is unbelievable and you develop some special techniques just when you breathe. Healing comes out of it too.

G: So Aikido is also a healing process?

A: For sure. You use it for healing also. Just like the Chinese use the pressure point massages — [we] use the same thing. That's how we heal our injuries.

G: Does Aikido enforce and teach self-discipline?

F: What I found out is that Aikido is so nasty when you see the real technique behind it and how [it] came from dangerous martial arts. Aikido is about pinning, but the real original technique involved breaking limbs like shoulders and elbows. Once you see this dark side, that's where the idea of ethics comes in. It's good for practice, you learn how to yield. The only way to cope with a problem is to learn to relax. You understand violence in a different

way — that's the magic of Aikido.

G: Would you say that any of the lessons you learn through Aikido could apply to regular life?

F: You use it where you need it. I learned how to use Aikido and resolve conflicts. It has that mental aspect because it emphasizes that you cannot generate power from your hara [spiritual core] if you are stressed. It's always a reminder that you choose how you use it. Just by learning the technique and the nasty parts, is becoming aware of how much damage you can make.

G: What would you tell university students interested in learning Aikido?

F: Come for one or two classes and decide if you want to register that way. Then you know and you'll get addicted as I did.

For students interested in learning Aikido at the U of C, the Aikido club will offer a course from May 8 – Aug. 12. Students can enrol in the class through the Active Living website.

Canadian teams have playoff potential

David Song
Gauntlet Sports

Last year, not one of Canada's seven National Hockey League teams made the postseason, generating speculation over the well-being of Canadian hockey. This season has rendered that debate moot, with multiple teams north of the border poised to enter the 2017 playoffs.

With a dramatic 4-3 shootout victory over the Pittsburgh Penguins on March 13, the Calgary Flames tied a franchise record of 10 consecutive wins. Brian Elliott is playing like the dominant goalie the Flames traded for, notching back-to-back shutouts, a 1.74 goals against average and a .943 save percentage during the streak. Calgary's offence has also ignited, outscoring opponents 36-18 over the 10 games. Despite a streak-ending 5-2 loss to the Boston Bruins on March 15, the Flames are the hottest team in the league and seem unlikely to relinquish their playoff spot, as they are neck-and-neck with the Edmonton Oilers in the Pacific Division.

The Oilers remain a threat with a high-flying offence led by sophomore sensation Connor McDavid. Much-improved defence and goaltending sets this year's Oilers apart from previous seasons. Oscar Klefbom and Adam Larsson have bolstered the blue-line, while Cam Talbot has a 2.39 goals against average and a .920 save percentage over a heavy, 61-game workload. Only slightly ahead of the St. Louis Blues, Edmonton will need to finish strong, but have all the tools they need to make the postseason.

In the east, the Montreal Canadiens and Ottawa Senators are



Four Canadian teams have a shot at the playoffs.

COURTESY CONNOR MAH (TOP LEFT), LISA GANSKY (TOP RIGHT, BOTTOM LEFT), AND PUBLIC DOMAIN (BOTTOM RIGHT)

currently first and second in the Atlantic Division. Acquiring Shea Weber in the offseason has done wonders for Montreal's blueline and taken pressure off franchise netminder Carey Price. Max Pacioretty is among the league's top scorers with 33 goals and there is forward depth behind him. Once a fringe NHLer, Paul Byron is having a career year with 18 goals and 34 points and Alexander Radulov has played consistently and is on pace for 55 points. The Canadiens are

in good shape heading into April.

The Ottawa Senators cannot be overlooked either. They are comfortably sitting behind Montreal and ahead of the third-place Boston Bruins. Ottawa's forward line is characterized by speed and adaptability. Mike Hoffman, Derick Brassard and Kyle Turris all have skating ability and two-way versatility. Captain Erik Karlsson leads the charge from the blue-line, combining over 65 points with ever-improving defensive

play. Goalie Craig Anderson has missed significant time to be with his wife, who was diagnosed with cancer this year, but Mike Condon has been a fairly steady backup with a .913 save percentage.

Then there are the Toronto Maple Leafs. Just a few points back of the Bruins, their hold on a wild card spot is tenuous at best. Although youngsters Auston Matthews, William Nylander and Mitch Marner have contributed plenty on offence, defense continues to be an

issue as the Leafs have had particular trouble holding leads in the third period. Of all the Canadian teams fighting for a playoff spot, the Leafs are most likely to lose their grip, with the New York Islanders trailing shortly behind them.

Coming off of last season's disappointing Canadian playoff vacancies, 2016-17 is shaping up to be a comeback year for Canadian hockey. The NHL regular season ends on April 9 and the race to the Stanley Cup begins April 12.

This Week in MacHall

Monday, Mar. 27

Cinemanía in the Den: Patriots Day

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

Now until Apr. 7

Get Your Taxes Done for Free

SU Volunteer Services presents the Volunteer Tax Program. Get your taxes done for free Feb. 27 - Apr. 7. See www.su.ucalgary.ca/vtp for eligibility and to make your appointment. (New clients accepted until Mar. 31).

Every Tuesday and Wednesday

Free Breakfast

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

Now until Apr. 10

The SU is hiring!

We're looking for: Event and Program Assistants, Volunteer Program Coordinators, Chief Returning Officers, a Clubs Office Assistant, a Social Media Coordinator, and a Deputy Speaker for the SLC.

Q Centre Discussion Group Series

In the spirit of the Q Centre's mission to offer regular discussion groups, focusing on key topics in the sexual and gender minority community, they take place every other Thursday as a part of the Q Centre. They are open to all members of the campus community and we hope to see you there!

- January 19: Mental Health
- January 26: LGBTQ+ in the Media
- March 2: Masculinity in the Queer Community
- March 16: Racism in the Community: A Global Perspective
- March 30: Intra-Community Issues: Alienation & Exclusion Attitudes
- April 6: Two-Spirit



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

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

ROBBIE, DAT U? »

Q and A with the elusive Robert McDavid

Tina Shaygan
A real person

A few weeks ago, the University of Calgary Wildrose on Campus student club garnered national attention after sending an email that read, "you and I both know feminism is cancer." The email was intended to advertise a screening of the men's rights documentary *The Red Pill* on March 8, International Women's Day.

After the incident, members of WROC said that the person responsible for the email — Robert McDavid — had been fired. While the search for the real McDavid still continues, we sat down with Robbie — who totally exists and gave us this definitely legit, not satirical interview — for an exclusive look into his thoughts, ambitions and what made him send that email in the first place. His answers will shock you.

The Gauntlet: What was the process that went behind planning and sending the now infamous "feminism is cancer" email?



We sat down with a very real Robert McDavid.

JUSTIN QUAINANCE

Robert McDavid: Everyone knows the WROC has been struggling for the past few years. Its slow, painful death was hard for me to see and I decided to pull the plug. I asked myself not what the club can do for me, but what I can do for the club. So I burnt that motherfucker to the ground.

G: Tell me about *The Red Pill* screening.

M: Men suffer too. We need to talk about that. You know, I have a penis. That used to get you places in life, but it doesn't anymore. Now people are posting shit like "the future is female" without any regards

for my feelings. Men suffer too. We really do.

G: Can you please explain what you mean by that? What are some of the issues?

M: These out-of-touch, elitist feminists keep talking about things like 'the wage gap.' But have any of these damn feminists even been friendzoned before? You treat the girl like a human and she won't even have sex with you. These are the real issues we care about. The issues we try to raise awareness about.

G: Your Facebook profile said you enrolled in the Schulich School of Engineering in 2014. But the WROC says you're a first-year. What's that about?

M: I am in my first year. Between trolling people on Twitter, Facebook and Reddit, I really have no time left for school. People don't understand how hard it is. You troll women on social media and they actually respond. What's that all about? Ignore the trolls if

you don't want to be harassed. It's really a simple solution, if you actually try.

G: I mean, I don't think it's that simple?

M: It is, though. If you dislike the trolls, then don't feed the trolls. Just ignore them. Nobody has more respect for women than I do. So I'm telling you, stop asking for it. It's 2017.

G: Your name is now known across the province. How are you handling the fame?

M: I mean, it's sweet that my name is out there. I've even been offered a position on Kellie Leitch's campaign team. But anyone from the WROC could have sent that email. I don't deserve this.

G: Any last words you'd like our readers to know, Robbie?

M: I don't know why you're all so worked up over this. I am just exercising my right to free speech and this email was definitely a class act.

EVERYTHING'S FINE »

Alt-right club recruits minority executive to prove they're not racist

Robin McDonald
Not a real person

After a wave of allegations of racism and sexism, the Friendly Alt-Right Campus Extremists (FARCE) club is taking steps to repair their image. They have recruited a token ambiguous minority to serve as a club spokesperson and showcase the club's devotion to diversity, proving that they are, in fact, not racist.

"I mean, we were already a very diverse group of people," club vice-president Bobby McDermott said. "We have blondes, brunettes and gingers. Some of our members vacationed in Florida over the winter break and came back very tanned, so really, we accept all kinds of people here."

However, McDermott thought the recruitment of a racially ambiguous member would do well to counter any arguments that the club — which recently proposed the creation of a White History Month — was inherently racist.

"The daily struggle and prejudice white people face is great, but people just don't seem to understand," Mc-

Dermott said while putting the finishing touches on his costume for the club's proposed White History Month, which included a white bedsheet. "Can you believe people think we're racist?"

They said they would face these issues through a new recruitment campaign called Locating Intercultural Executives (L.I.E.). McDermott is happy with the progress of the campaign, which led the club to their new recruit.

"Now when anyone says we're just a bunch of racist white guys, we can say 'and one minority, too,'" McDermott said.

McDermott admitted he did not actually know where the new recruit was from, nor did he care.

"I'm just guessing they get stopped at airport security a lot," McDermott said.

The new member is set to take on the role of the director of public image. However, no one has seen or heard from him, as he is "still transitioning into the role."

McDermott said the club has finally ended racism and that it is no longer an issue to talk about anymore.

HOROSCOPES »

Spring into your future with these very real horoscopes

Grant Jackson
Ready for BSD

Aries
(March 21 – April 19)
Spring is here and that means it's appropriate to wear shorts. But please, for the love of all things holy, wear nice khaki shorts. Keep those board shorts at home.

Taurus
(April 20 – May 20)
Your future is so bright that you decide to wear your sunglasses during lecture. Your peers will think you're super cool and the prof is guaranteed to give you that sweet A+ for your daring fashion choice.

Gemini
(May 21 – June 20)
Reward yourself for all of your hard work up to this point by studying poolside this month for that big midterm. Who cares if someone splashes your \$300 textbook — it wasn't like you were actually going to read it.

Cancer
(June 21 – July 22)
You should be aware

of the dangers of skin cancer this spring, so wear lots of sunscreen. This isn't even a joke — I'm just a friendly horoscope writer who wants you to live a long and healthy life.

Leo
(July 23 – Aug. 22)
You will be in the mood for a spring fling. Make sure to wear lots of bucket hats to let prospective partners know you're a real catch.

Virgo
(Aug. 23 – Sept. 22)
You will spend most of your month on the patio enjoying the warm weather, "practising" for Bermuda Shorts Day.

Libra
(Sept. 23 – Oct. 22)
You will shake up your usual unproductive routine of watching Netflix on your computer, to watching Netflix on your computer outside. There's a big difference.

Scorpio
(Oct. 23 – Nov. 21)
You will spend this month consistently over-dressed for the

warm weather and gain a reputation for being unnaturally sweaty.

Sagittarius
(Nov. 22 – Dec. 21)
You will take note of the people slip-n-sliding outside and slip-n-slide into your crush's DM's. They'll love that.

Capricorn
(Dec. 22 – Jan. 19)
You, being wise, will disregard all of the previous horoscopes, as this is Calgary and spring is really just second winter. Wait, why are you reading other people's horoscopes? This month, why don't you mind your own damn business.

Aquarius
(Jan. 20 – Feb. 18)
You will have to come up with more creative excuses than "it's the middle of winter" for staying inside all day this month.

Pisces
(Feb. 19 – March 20)
You will spend this month on the sixth floor of the TFDL imagining what the beautiful weather must feel like.

YOU GET SPRUNG »

Season of Spring awarded title of most apathetic season in upset over Winter

Jill Girgulis
Springing into spring

For the first time in many years, the season of Spring has surpassed Winter for the title of "Most Apathetic Season." In order to be eligible for this distinction, candidate seasons had to meet the following criteria: 1) completely disregard their expected annual durations and 2) generally not give a fuck about what people want.

After a long, seemingly endless Winter with at least one snowstorm every month since October, pundits were caught off guard by the chilly season's surprise loss.

"Myself and the good people at the Weather Network were expecting Winter to cruise to an easy win this year," meteorologist Chris Cumulus said. "Seriously, who can forget scraping off their car windows at 6:55 a.m. for two weeks straight in December when they needed to be somewhere at 7:00 a.m.?"

A common reason cited for why so many people voted Spring for "Most Apathetic Season" was the fact that it's been repeatedly break-



Spring has been described as the flakiest season this year — even more so than Winter.

ing hearts since New Year's. According to countless individuals, Spring is guilty of getting people's hopes up by making appearances and raising temperatures into the double-digits, before disappearing without a trace 48 hours later.

"I haven't felt this abandoned since Valentine's Day," regular Weather Network viewer Stephen Stratus said. "Oh Spring, where are you?"

Another factor that contributed to Spring's come-from-behind victory was her severe lack of empathy towards the students who take

Calgary Transit.

"I literally wore holes through my mittens, that's how often I had to wear them," Status said.

When asked about her recent triumph and underdog status, Spring was less than enthusiastic.

"Yeah, so I won. Whatever. Will I be back to defend my title next year? Who knows? Who cares?" Spring said.

Unfortunately for ectotherms everywhere, at the time of printing, Spring had no concrete plans for her future.

"I'll show up when I wanna show up. How does a chinook sound? I bought stock in Advil," Spring said. "Then again, maybe I'll hand the reins back to Winter and just hibernate until the end of your semester, after your last exam."

Spring justified her apathetic behaviour by mentioning that all of the seasons have had enough with people lately.

"All you guys ever do is complain, complain, complain. It's either too hot or too cold, too rainy or not rainy enough," Spring said.

COURTESY BROWNPAY (LEFT), PUBLIC DOMAIN (RIGHT)
"So, the other seasons and I got together and started fucking with the weather. Yeah, we're causing climate change."

Concerned about an apparent lack of direction, Spring's counselor Dr. Ned Nimbus offered a few words.

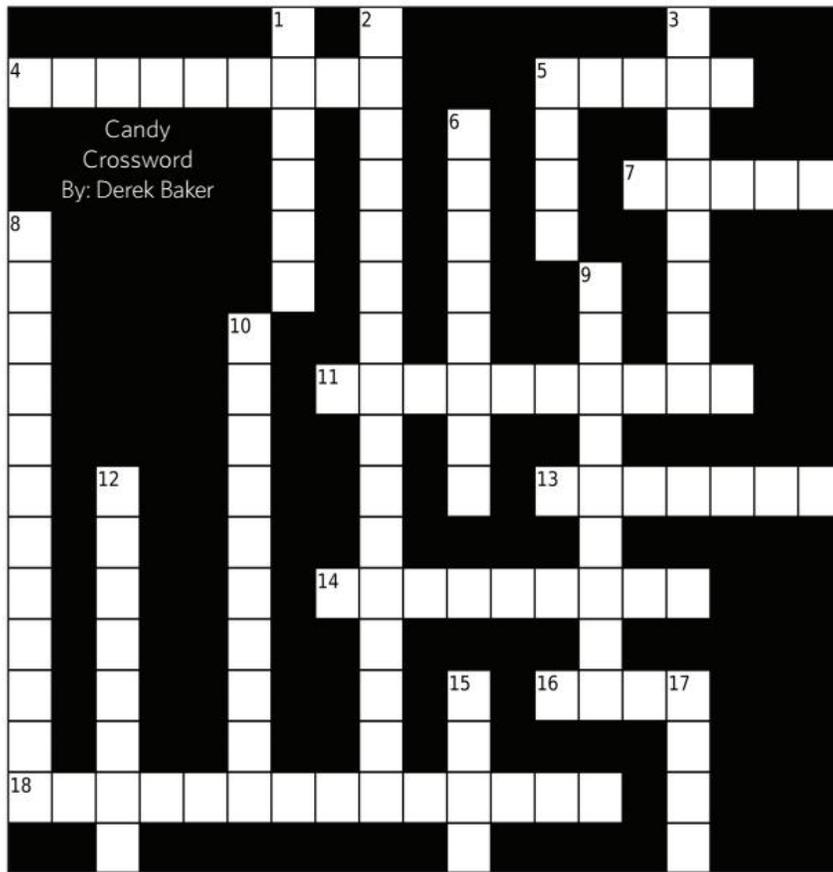
"Perhaps Spring, just like the rest of us, is suffering from a severe case of seasonal affective disorder," Nimbus said. "She could also be feeling a little blue from constantly having to live in that damn groundhog's shadow."

DEN LAGER
GREAT BEER, GREAT PRICE
A NEW TRADITION

YOUR CAMPUS BEER

THE DEN EST. 1969

CROSSWORD »



ACROSS:

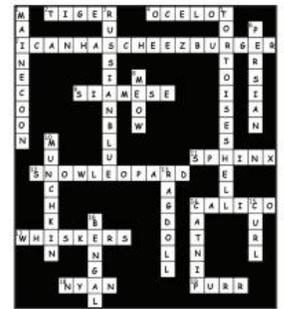
4. The flavour of this candy comes from the root of the Glycyrrhiza glabra plant.
5. Glucose and sucrose are forms of this organic compound.
7. This chewy candy is sure to give you a laugh.
11. Gene Wilder and Johnny Depp both played this character.
13. These astronomically sweet pellets are made in the same type of press that makes pills.
14. A common treat during the holiday season, this red and white confectionary can be sweet or minty.
16. Rapper 50 ____ will take you to the candy shop and let you lick the lollipop.
18. This Maynards candy includes a Scandinavian country in its name.

DOWN:

1. Give me a break!
2. Dark chocolate surrounding a minty centre creates this Yorkshire treat.
3. This Cadbury chocolate bar has creamy caramel in each square.
5. Citric acid gives certain types of candy this flavour.
6. Touch the rainbow, taste the rainbow.
8. This sugar-coated candy aims to replicate a furry fruit.
9. Originating from Mesoamerica,

- _____ is made from the seeds of the cacao tree.
10. This gelatinous invertebrate comes in a variety of flavours.
12. This is Canada's — much better — version of M&M's.
15. Wonka candy makes these tiny sugary pellets, which come in a cardboard box.
17. Right ____ is unmistakably cookie, caramel and chocolate, while left ____ is distinctively caramel, chocolate and cookie.

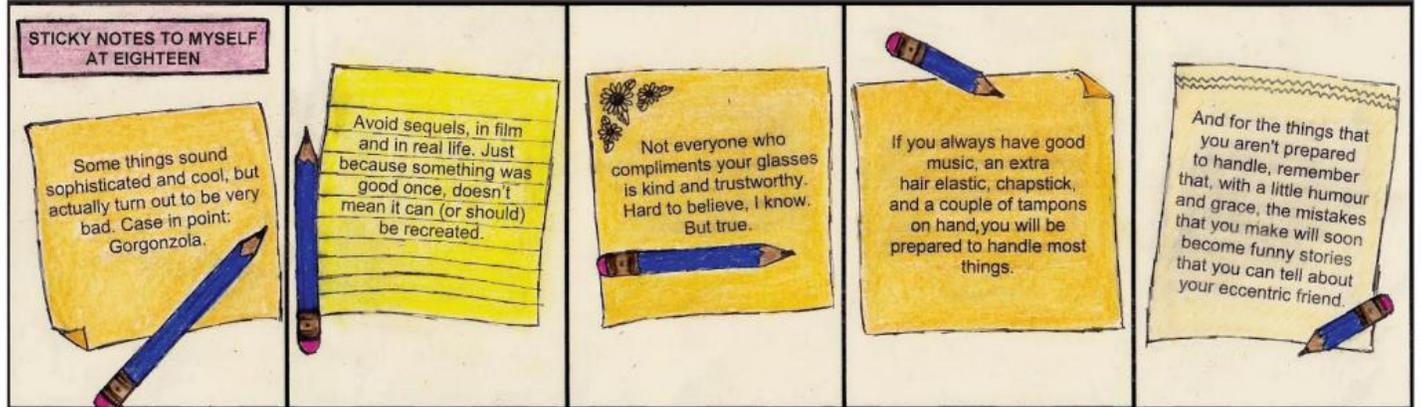
LAST WEEK'S CROSSWORD »



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

Send in a photo of a completed crossword to humour@thegauntlet.ca to be congratulated in our next issue.

It goes without saying - Dawn Muenchrath



Filbert Cartoons - L. A. Bonte



