

GAUNTLET



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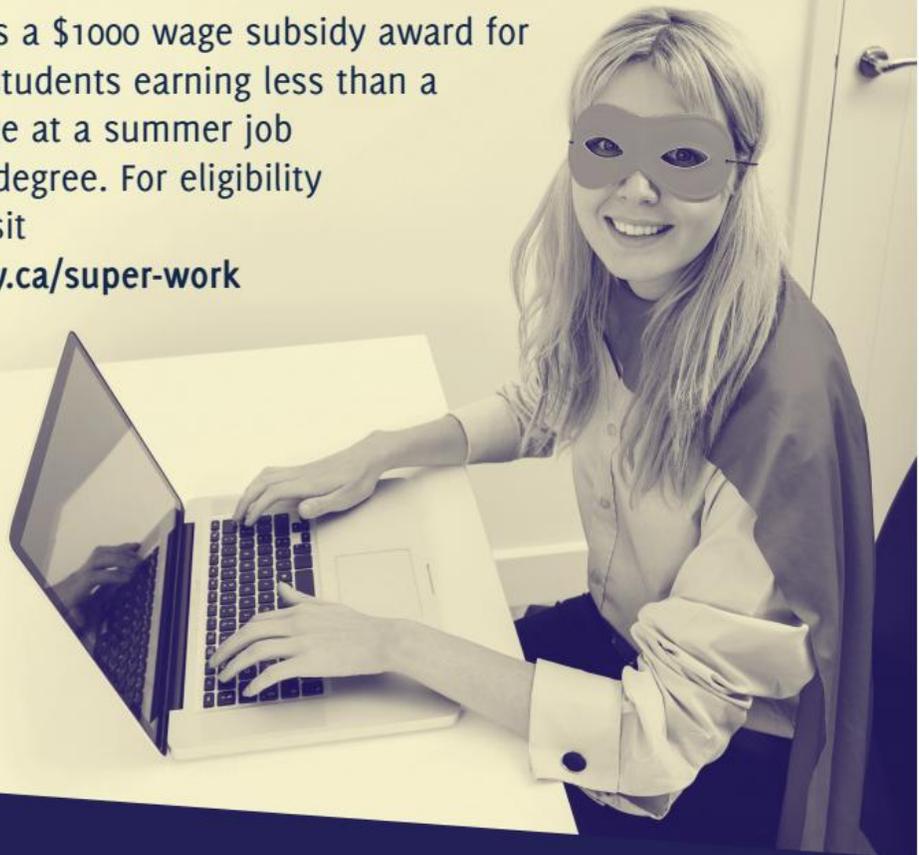
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Twitter: @GauntletUofC
www.thegauntlet.ca

Editor-in-Chief:
Melanie Woods
Jason Herring
eic@thegauntlet.ca

News:
Scott Strasser
Saima Asad
news@thegauntlet.ca

Opinions:
Tina Shaygan
Jesse Stilwell
opinions@thegauntlet.ca

Arts & Culture:
Rachel Woodward
Gurman Sahota
arts@thegauntlet.ca

Sports:
Emilie Medland-Marchen
Christie Melhorn
sports@thegauntlet

Humour:
Derek Baker
humour@thegauntlet.ca

Photo:
Justin Quaintance
Mariah Wilson
photo@thegauntlet.ca

Graphic Artist / Layout:
Samantha Lucy
graphics@thegauntlet.ca

Digital:
Jason Herring
Nikayla Goddard
online@thegauntlet.ca

Volunteer Coordinator:
Christie Melhorn
Trevor Malterer
volunteer@thegauntlet.ca

Business Manager:
Riley Hill
business@thegauntlet.ca

Contributors:
Zarif Alibhai, Jarrett Edmund,
Frank Finley,
Jill Girgulis
Dawn Muenchrath
Kiana Negahdari
Tommy Osborne, Clara Sadler,
Louie Villanueva

Golden Spatula:
The future



"Where we're going, we won't need roads."

The future might hold nuclear war, flying cars or sex robots a la *Her*, but here at the Gauntlet we know it holds a whole new world.



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Crossword: *Gauntlet* history

Spot this! Campus photo hunt

Furor Arma Ministrat

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

The Gauntlet is the official student publication of the University of Calgary, published by the Gauntlet Publications Society, an autonomous, incorporated body. Membership in the society is open to undergraduate students at the U of C, but all members of the university community are encouraged to contribute. Opinions contained herein are those of the individual writers, and do not necessarily represent the views of the entire Gauntlet staff. Editorials are chosen by the majority of the editorial board. The Gauntlet is a forum open to all U of C stu-

dents 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 process that requires written decisions from the Editor and the GPS Board of Directors. The complete Grievance Policy is online at thegauntlet.ca. The Gauntlet offices are located on Treaty 7 land.

The Gauntlet is printed on recycled paper and uses an ink made of liberty and justice for all. We urge you to recycle/throw stones in a glass house using the Gauntlet.

Letter Policy

Letters must be typed, double-spaced and must include the author's name, email address and title. 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 eic@thegauntlet.ca.

The Cover

Design by Samantha Lucy

Advertising

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

A new beginning ...

I've lost count of the number of people who have told me that print media is dying since I started writing for the *Gauntlet* in 2014, including friends, online detractors and Postmedia executives. It's often said that entering the journalism industry is like latching yourself to a sinking ship.

And it's hard to argue with the constant stream of headlines. The *Globe and Mail*, Canada's paper of record, let go of 40 staff in September 2016. Calgary's last alt-weekly, *FFWD*, shut down in 2015, citing declining ad revenue. That's just the tip of the iceberg.

But at the same time, web traffic for media outlets, ourselves included, is way up. Watching the industry shift over the last decade has told us that we need to shift as well.

The *Gauntlet* has been the

For the first time, allow me to welcome you to the *Gauntlet* magazine.

The *Gauntlet* has been called many things over the paper's 57-year existence. Campus news source. Commie rabble-rouser. Holder to account. Garbage rag.

Each one has served a different purpose. This newest name — magazine and website — serves a purpose too. The *Gauntlet* at its core is a service-based organization, and this switch allows it to better serve our readers and ourselves.

We serve our readers and the University of Calgary by providing them accurate, timely, important and fun content. This magazine will allow us to make sure the publication they pick up from our stands and the articles they click on our website are the best they can be, and that the *Gauntlet* adds something to their lives.

Similarly, the *Gauntlet* serves its staff and volunteers. The reality is that not a

U of C's student publication for 57 years, and that's not going to change. It hasn't always been a weekly newspaper. It hasn't always been online. And I'm sure the next time editors decide to change its format, they'll assure everyone that the *Gauntlet* hasn't always been a magazine.

We think that this magazine — the first of many, intended to give both our readers and our staff a taste of what the *Gauntlet's* future looks like — is filled to the brim with cool stories. We've got the restoration of campus
i c o n "Leon



lot of jobs exist in weekly print newspapers anymore.

But digital media is a growing industry and somehow magazines are weathering the storm too.

This shift to a magazine is the *Gauntlet* adapting, just the same as it adapted when we launched *thegauntlet.ca* back in the '90s, just the same as it adapted when we ran a referendum for independence in 1979 and just the same as when a new campus newspaper published its first volume on Sept. 23, 1960.

This latest evolution is the result of

the Frog", an interview with mayor Naheed Nenshi and a great feature on concussions in youth hockey. And, for our many cross-word faithfuls, we've got you covered too.

A lot of people were involved in creating this magazine and making this transition as smooth as possible. As the incoming editor-in-chief, I'm inheriting a lot of the hard work put in by staff soon leaving. I'm thankful that Mel gave me such stable ground to stand on and I'm beyond excited to begin this new era of the *Gauntlet*.

We'll be coming out with magazines monthly during the fall and winter semesters, with up-to-date content on *thegauntlet.ca* all year. Stay tuned.

Jason Herring
Gauntlet Editor-in-Chief 2017-18

years of work from many different people. When I came in as Editor-in-Chief, I knew this is what we were working towards, and discussions were already happening with my predecessor Kate Jacobson and her predecessor Riley Hill.

Over the past year, many meetings have been held, many emails sent and many questions asked. The outgoing and incoming editorial boards worked their asses off during exam week to put this first one together for you, the reader. And I'm more than confident Jason and his team will take this change and run with it. They are the best of people to help write the next chapter of the *Gauntlet's* history.

I'm excited to see what the *Gauntlet* looks like next year. If this magazine is any litmus test, y'all better watch out for something great.

Melanie Woods
Gauntlet Editor-in-Chief 2016-17



CUFF LINEUP
HIGHLIGHTS

"LEON THE
FROG" POEM
ACCIDENTALLY
PAINTED OVER
Pg. 3



BLACK WHITE READ OVER... PG. 6

THE GAUNTLET'S NEXT CHAPTER



April 2017

U of C faculty association ponders strike fund as province tables labour legislation



Sandra Hoenle is the president of TUCFA.

By Scott Strasser

Photos by Justin Quaintance and Scott Strasser

On April 6, the Alberta government tabled Bill 7: An Act to Enhance Post-Secondary Academic Bargaining in the legislature. If it passes this spring, the bill will give post-secondary faculty associations, graduate student associations and postdoctoral fellows in Alberta the right to strike.

The bill aims to comply with a January 2015 Supreme Court of Canada decision that recognizes a charter-protected right to strike when collective agreement negotiations break down. Bill 7 also aims to align the provincial post-secondary labour relations model with existing models in the public sector. It would amend the Labour Relations Code and the Post-Secondary Learning Act (PSLA) in Alberta.

“This brings us in line with how labour relations are dealt with all across the country,” Minister of Advanced Education Marlin Schmidt said.

The tabling of Bill 7 follows nearly two years of stakeholder consultation. Last fall, the University of Calgary Faculty Association (TUCFA) expressed several concerns with the government’s proposal. At the time, TUCFA president Sandra Hoenle worried that putting their bargaining unit under the Labour Act would have “several unintended consequences” on U of C faculty members. She was concerned the changes would classify TUCFA as a typical trade union and that some members would be exempt from the association due to their status in careers such as medicine, architecture and engineering, which are not allowed to unionize.

“Moving us out of the PSLA and under the Labour Act would not take into account the

30-plus years that we have been a bargaining unit for our members. And all the things we currently have in our collective agreement would perhaps be in question,” Hoenle said in October 2016.

Schmidt said TUCFA’s concerns were taken into account when the government drafted Bill 7.

“The concerns about losing members was directly addressed in this bill,” Schmidt said. “Professional members who are normally exempt from labour code provisions — like engineers, architects, doctors — were specifically exempted. They will continue to be members of the faculty association.”

Hoenle declined an interview. However, she published a TUCFA newsletter about the new legislation in March, outlining how the association should proceed if Bill 7 is approved. The newsletter mentioned the need to discuss “essential services” — the services that would continue to operate in the event of a strike or lockout — with the U of C Board of Governors, as well as the need to decide whether to establish a strike fund.

Regarding a strike fund, Hoenle noted in her letter that TUCFA could join the Canadian Association of University Teachers’ defence fund, establish their own strike fund, do both or do neither.

“No matter how the government decides to proceed, there will be a profound impact on Faculty Associations and the nature of bargaining,” Hoenle wrote. “It is no exaggeration to state that this is the most significant change to the Faculty Association since we were established as a bargaining unit in the early 1980s.”

While TUCFA has never tried to strike before, faculty associations at other universities have gone on strike. University of New Brunswick faculty members went on strike for three weeks in January 2014 in demand of higher pay and better working conditions. Academic staff at the University of Northern British Columbia went on strike for two weeks in March 2015, resulting in a

cancelled reading week to make up for lost class time. Most recently, the University of Manitoba Faculty Association went on strike in November 2016.

Schmidt said Bill 7 includes provisions to protect students in the case of a prolonged faculty strike. He said the government would intervene in such cases.

"In the case that a strike or lockout drags on too long and third parties are being negatively affected, the government will have the power to set up [an] emergency tribunal to look at the dispute," he said. "A strike is a pretty extreme situation and there has to be a pretty serious breakdown with no other hope of resolving the labour dispute before it's chosen."

If ratified, Bill 7 would also remove compulsory binding arbitration as the de-facto method of resolving bargaining disputes when talks break down. Currently, the PSLA decrees that if collective agreement negotiations reach a stalemate, a third-party arbitrator comes in to craft a resolution that both parties have to honour. Under these rules, neither side is allowed to appeal the arbitra-



Minister of Advanced Education Marlin Schmidt.

tor's decision to a court of law.

Schmidt said arbitration could still be used to settle disputes under Bill 7 — if the two bargaining parties agree to it.

"It's up to the employer and the employees that arbitration is the way they want to resolve labour disagreements," he said.

In her newsletter, Hoenle expressed concerns about the lack of a transition period provided by the new bill.

"While Bill 7 recognizes that faculty associations need to adjust to the new regulations by providing a five-year transition pe-

riod to preserve the associations as they are currently constituted, the bill does not provide a similar transition period for adjusting how institutions and employees resolve labour disputes," she wrote. "Neither has there been time to develop mechanisms for essential services. The provincial government has put us in an untenable position given that we are currently at the bargaining table."

TUCFA's current collective agreement expires on June 30, 2017. The association is currently bargaining a new collective agreement with U of C administration.

Taylor Family Digital Library receives \$1-million grant from Andrew W. Mellon foundation

Story and photo by Zarif Alibhai

On March 31, the University of Calgary received about \$1 million from the Andrew W. Mellon Foundation to help evolve its library resources.

The Andrew W. Mellon Foundation is a private foundation based in New York. The foundation distributes grants to universities to promote research in the humanities and the arts.

U of C vice-provost libraries and cultural resources Tom Hickerson said receiving the grant is an honour, considering the foundation typically focuses on American schools. He said it will allow the university to increase digital documentation of its resources, as well as introduce collaboration spaces and new designs in research services.

Hickerson believes the grant will help libraries adapt to the changing needs of scholars and researchers.

"The significance [of the grant] relates to



reshaping the libraries' role in supporting research — particularly multi-disciplinary research," he said. "We are talking about a different kind of evolution," he said.

In 2015, Hickerson led a planning study with the support of the Andrew W. Mellon Foundation to gauge faculty members' research needs. The study showed that analytics and visualization, data curation and sharing, digitization, metadata services, expertise, training and collaborative spaces were the main components necessary to perform multidisciplinary research.

"We included 50 faculty members, which we had here on campus, from more than 15 different disciplines. Also, we had outside facilitators because we didn't want to interfere on shaping the discussion," Hickerson said.

Hickerson hopes the \$1-million grant will help advance research at the U of C.

"We think the library of tomorrow is not just going to be access to content in the traditional sense of journals, academic journals or printed books. It will include a diversity of media," he said.

CASA partners with Quebec students' organization to increase advocacy

By Kiana Negahdari

Photos by Zarif Alibhai and Justin Quaintance

For the first time, the Canadian Alliance of Students' Associations (CASA) and the Quebec Students Union (QSU) have agreed to work together. The recently announced two-year partnership will open doors to advocate to Quebec Members of Parliament that CASA did not previously have access to.

CASA approved pursuing a partnership with the QSU in March 2017 at their annual general meeting at Acadia University in Nova Scotia. The QSU approved of the partnership at their annual general assembly this April in Montreal.

"We agreed on a partnership for a unified university student voice coast-to-coast and we look forward to the increased opportunities it will provide," QSU President Nicolas La Vallée said in a statement.

CASA advocates on behalf of 21 student associations across Canada to the federal government. The QSU has a similar mandate and represents over 172,000 post-secondary students from 15 student associations in Quebec.

Under the partnership, delegates from each organization will attend each other's conferences. CASA and the QSU will also help each other engage in federal advocacy.

The University of Calgary Students' Union is a CASA member. The U of C's current CASA delegate is outgoing SU vice-president external Tristan Bray, who was also CASA's national advocacy director this year.

"It really increases our voice in Ottawa," Bray said. "With this partnership, we can really say that CASA represents all of Canada, now that we have Quebec taking part."

However, Bray said there are many differences between the two organizations, especially regarding the federal government and its jurisdiction in each province over student issues such as federal student financial aid, student employment and research funding.

"There's going to be a ton of different policy work as we look at different ways the fed-



Current Students' Union vice-president external Tristan Bray (top) and incoming vice-president external Shubir Shaikh (bottom).

eral government deals with post-secondary in Quebec when compared to the rest of the country," he said.

Incoming SU vice-president external Shubir Shaikh said he looks forward to overseeing the partnership next year, when he takes over Bray's portfolio.

"I'm excited to see how this partnership strengthens CASA and our federal advocacy in the coming year," Shaikh said.

While the terms of the partnership have been agreed upon by both parties, there are still minor details to be reviewed before finalizing the agreement.

"It's an incredibly exciting time," Bray said. "All the delegates from QSU that I had the honour of meeting were incredibly professional and intelligent people. It makes our federal advocacy that much stronger which will help us get more wins for the students."



Hilary Jahelka is the incoming Students' Union vice-president student life.

General Faculties Council approves new U of C Sexual Violence Policy

By Saima Asad
Photo by Justin Quaintance

General Faculties Council unanimously voted to approve the University of Calgary's new Sexual Violence Policy at a meeting on April 13. The policy has been in the works for over two years.

Given GFC's approval, the policy will go through the Human Resources and Governance Committee and the U of C Board of Governors in May before it is ratified.

A draft of the policy was available for online consultation between Jan. 9 and Feb. 8 this year. Senior Director of Student Services Jennifer Quin chaired the Subcommittee for the Prevention of Sexual Harassment and Sexual Violence. She said at the GFC meeting that she was "very happy" with the campus community's involvement in the consultation.

According to Quin, the consultation website received over 17,000 unique page views. The policy received 314 written responses, 44 per cent of which came from U of C students.

Changes made following the consultation period were largely for clarification

and changes in wording. These included clarifying the balance of rights between respondents and complainants, the role of the ombudsperson, unsubstantiated complaints and the role of the sexual violence support advocate (SVSA). The SVSA will provide support for members of the campus community who have experienced or been impacted by sexual violence. The U of C is currently hiring someone for the role.

Consent Awareness and Sexual Education (CASE) club vice-president external Hilary Jahelka sat on the implementation committee for the policy this year. She said most of the changes that came through the consultation process were to ensure the policy was as inclusive as possible.

"Most of the changes are just tweaking, making sure that it's survivor-centred," Jahelka said.

The U of C specifically sought more feedback on the scope of the policy, which applies to incidents of sexual violence both on and off campus.

"Eighty per cent [of respondents] thought the scope was accurate. Those

who said 'no' thought it should be expanded and include online interactions," Quin said at the meeting.

Several GFC members expressed their support for the policy and asked questions at the April 13 meeting. Questions included whether contractors hired by the U of C would be included in the policy and a complainant's choice to report confidentially.

"This policy is a result of extensive consultation, feedback and research and helps to create a safer environment for the entire campus community," U of C provost and vice-president academic Dru Marshall said in a statement. "We look forward to the next stages of the approval process as we work to implement this important initiative."

As the incoming Students' Union vice-president student life, Jahelka will continue working on the policy next year.

"This is something that I'm extremely passionate about," she said. "CASE has worked hard to get this ball rolling and to see it actually be implemented is really exciting."



“We’ve made a couple of first downs, but we’re far from a touchdown.”

Calgary mayor Naheed Nenshi talks secondary suites, his time at the U of C and running for a third term

Interview by Scott Strasser. Photo by Justin Quaintance

He may not be on campus much anymore, but Calgary mayor Naheed Nenshi is still a well-known figure at the University of Calgary. The U of C commerce graduate and 1993–94 Students’ Union president has made quite the name for himself since leaving his teaching post at Mount Royal University to enter politics in 2010.

This October, Nenshi will run for a third term as mayor in the 2017 Calgary municipal election. The *Gauntlet* sat down with him to talk about property taxation of university residence buildings, secondary suite legalization, public transit access and his time as a U of C student.

The *Gauntlet*: Apart from being the Students’ Union president in 1993–94, what characterized your time at the University of Calgary?

Naheed Nenshi: I had a great five years on campus — four years doing my degree and then one year as president of the SU in a very tumultuous time — a little bit like now, actually. It was a wonderful time to be on campus. There was a lot of creativity going on and it was the birth of new movements in politics.

One of the very first things I did was sign up as a volunteer with the Students’ Union. I got the opportunity through that to really get involved across campus. I was one of the first student ambassadors in that program. I think it’s worth saying I lived life to the fullest as a U of C student. To this day, I still say I’m the number one U of C Dinos football fan there is.

***Gauntlet*: When you were SU president, the U of C Board of Governors approved a \$10,000 per semester cost-recovery Masters in Accounting program. The SU was**

strongly opposed to the program, claiming it was a tuition regulation loophole. Do you remember that?

Nenshi: [Yes], very, very well. That was the first program in Calgary with deregulated tuition. It was very important for students at the U of C to ensure that tuition regulation stayed in place. A lot of really bad stuff was about to come down the pipe, in terms of funding cuts and tuition hikes and it did end up happening.

That particular program really was [just] a foot in the door. Nowadays, we have deregulated tuition in a wide variety of programs. I still think in most programs it’s not a great thing. When we look at what happened when tuition was deregulated in medical schools, the percentage of students entering medical school from first-generation Canadian families and from lower income families really went down.

In my other job, which I’m on leave from, I’m a professor at Mount Royal University. When the U of C massively increased its tuition in the Haskayne School [in 2010], we saw massive increases in our applications [at MRU]. And in one year, the entry GPA flipped. There’s all kinds of impacts from deregulated tuition on access that need to be thought about carefully, especially at the undergraduate level.

***Gauntlet*: U of C Residence Services, the Residence Students’ Association and the SU are all pushing for post-secondary residence buildings to be exempted from paying property taxes. Is this a realistic advocacy goal?**

Nenshi: The city doesn’t have the ability to do that. That’s something that would have

to be advocated to the province. To be honest, [they’d] really have to make a strong case for it. There are many students who live in — sometimes substandard — accommodations off campus and they still have to pay property taxes, usually embedded in their rent.

We’d really have to understand why it would make sense to exempt on-campus student accommodation when the vast majority of students who live off campus don’t benefit from the same exemption.

It’s also muddied to the city’s operating budget, which is very, very tight, as always. So we’d have to find a way to replace that funding. I’m very happy to hear the conversation, but it’s one where as advocates, the SU and the RSA are really going to have to make their case clear and address the question of why student housing on campus and student housing off campus are different.

***Gauntlet*: These groups’ arguments are that residence students in other provinces like British Columbia do not have to pay property taxes. As well, they argue that residence buildings cannot be given a market value the way other properties do. What do you think of these arguments?**

Nenshi: That’s an interesting argument because in Alberta, uniquely, we have to conduct a market value assessment every year. So every year, the assessment on any given building in the city will change.

The argument that the U of C is being improperly assessed because the market values are not comparable — that’s an interesting argument worth pursuing. Obviously the U of C never sells those buildings, so it’s difficult to determine their market values.

If it's felt that the methodology we're using is unfair, that's a more interesting discussion to have rather than the policy change of on-campus versus off-campus housing.

Gauntlet: Where is the city at on the issue of secondary suite legalization?

Nenshi: We've made a couple of first downs, but we're far from making a touch-down. It is very disappointing to me that we haven't been able to get [at least] eight members of council to agree on something I think is correct from both a policy and a moral perspective [and is] something that every other major city in Canada did years ago. That is to ensure there is a supply of legalized secondary suites in every district across the city.

The problem we have right now is there are tens of thousands of illegal secondary suites in the city. Students live in many of them. When they're illegal, I have no ability to ensure they're up to code, that their smoke detectors work and that there are adequate [ways to get out of the building] for the people who live there.

There's no way we can close them all down. First of all, it's an impossible task. Second of all, where would the people who live in them go? We created a system where we almost deliberately turned a blind eye to the fact that some of our citizens are living outside the benefit of the protection of the law.

We've got to come up with a way to fix it. It's actually very easy. If we legalize them in every district in the city, responsible landlords will apply for a building permit to build these things and we'll get a chance to inspect them. As you get more and more responsible landlords into the system, it crowds out the bad landlords who are operating illegally.

I would really encourage people voting in the election to make this a major election issue, to push their candidates and say, 'It's not about compromise, it's about doing the right thing for everyone. Bite the bullet and do what other cities have done.'

Gauntlet: Regarding public transit access, all U of C students have to pay for a UPass, but many students cannot use it because they live in underserved neighbourhoods. What is the city doing to help these students?

Nenshi: It would be extremely unlikely that someone was not able to use [the UPass]. I suppose if you lived in Cochrane, it would be difficult. The university is very well-served by transit. Sometimes people get confused between what's convenient for them versus what they can and cannot do. There are very few spots in the city that are not within walking distance of a bus stop.

However, we are in the midst of the largest investment in transit service in the history of Calgary, and that includes the building of the Green Line, which will essentially double our Light Rail Transit network. What's perhaps more interesting than that from the U of C's perspective is the building of the Bus Rapid Transit system. In particular, one of them serves the U of C directly, which is the north-crosstown BRT. I think it's a really great thing because it allows people from eastern Calgary to get to the U of C without having to come downtown first, or take a real milk run like the number 72 or 73 — which takes forever — to cut across east to west or west to east.

[The north-crosstown BRT] will also provide better linkages between the main U of C campus, the Foothills campus and the Alberta Children's Hospital.

In the future, one of the next big transit investments after the Green Line is something called the Northwest Hub (NW-HUB). That really is about better connections between the communities around the U of C, the communities around the hospital and potentially the west LRT.

We continue to invest in this. The U of C is a major traffic generator for transit and we would like even more people to be able to take transit there.

Gauntlet: This will be your third mayoral campaign. What do you plan on doing differently from the first two?

Nenshi: When I first ran for office, we had 12 major policy planks. We've achieved 10 out of 12 of them. The 11th was campaign finance reform, which requires the province to make some real action that they have not yet been willing to do so — though I think they will for [this year's] election. The 12th is, of course, secondary suites.

In this last term, dealing with the slowing

economy in Calgary, we've had to really pivot to make sure we're catching people falling through the cracks and make sure everyone has a decent life here.

As much as I hate going into the campaign saying 'more of the same,' I also don't want to make it look like, 'I have all these great ideas but you have to re-elect me to get them in.' I really believe when you're in public office, you're given a gift. I've been given seven years. I get to go to work every day and work as hard as I can to implement as much as I can. That's what I'll continue to do right up to the election and hopefully after the election.

Gauntlet: Lastly, why should U of C students vote for you?

Nenshi: It's very early to be campaigning — I'm still 'mayoring.' But that said, I've been very pleased over the last seven years with the support I've had from students at all of our campuses, particularly at the U of C. It's still hard for me to walk through MacHall without it turning into an open house on transit and secondary suites.

I believe that on student issues, my record clearly shows that I've been focused in a way that previous governments have not been on making life better for students. I think that students have really felt that they're being heard on their issues in a way that previous municipal governments didn't do. I think there was a town and gown divide where on the edge of campus it was like the municipal government didn't matter. But the stuff the municipal government does impact students every day, whether it's transit, roads, clean water or housing.

Students, [number] one, have to vote. Get informed, find candidates that represent what you believe in and vote. Our youth voting rates in every order of government are abysmal and I want to see more people out voting.

Number two, volunteer for a candidate. Find someone who matches your views and get out there. There's nothing more fun than working on a political campaign. The municipal election is a great way to get involved in politics.

.....
Edited for clarity and brevity



cash reward for undergrads



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

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University of Calgary professor earns Pakistani medal of honour

Dr. Naweed Syed developed the “brain on a chip,” a bionic hybrid that could have the potential to facilitate seizure recovery and let you drive cars with your mind.

Story and photo by Saima Asad

A University of Calgary professor was recently honoured with Pakistan's highest national award — the Tamgha-e-Imtiaz — for inventing the “brain on a chip.”

Naweed Syed is a professor in the department of cell biology and anatomy at the U of C. Born in Pakistan, he received his PhD from the University of Leeds in the United Kingdom before finishing his postdoctoral training in Calgary. He has published over 100 papers and received multiple research grants from the Canadian Institute of Health Research and the Natural Science and Engineering Research Council of Canada. He received the Tamgha-e-Imtiaz during a ceremony on March 23 — Pakistan Day — in Islamabad, the country's capital city.

“It's a really proud moment when you stand in front of the president and they announce all your contributions. What gave me goosebumps was when they mentioned my affiliation with the U of C and Canada. I think that was really the proudest moment and it feels really good,” Syed said.

Syed learned that he was chosen for the award on Aug. 14, 2016, Pakistan's Independence Day.

“Actually, that was my daughter's wedding day, so it was a double treat when the president announced the actual awardees,” he said.

Some businesses in Pakistan were quick to exploit Syed's newfound fame. Syed learned that his image was being used to promote everything from insurance policies to milk when his friends recognized him on billboards.

“Many of my friends called me and said, ‘We see your pictures everywhere on the billboards and ads. You look hotter than the hottest models these days,’” he said.

Lacking the resources to take legal action against these companies, Syed sought out a solution that he hopes will benefit the nation and the companies. He is in the process of creating a trust fund for children in Pakistan who have been impacted by terrorism.

“I reached an agreement with them that each and every company will eventually support 100 children who have been impacted by terrorism. So, pay their education, their tuition fees, their uniforms and their living expenses,” he said.

Syed said he has faced some resistance from the companies he approached, but has received unexpected support from other

“We know exactly the thinking process and the actual physical doing process where the regions of the brain are. So if you can use these electrodes subcortically, you can actually fly a drone or drive a car.”

— U of C professor Dr. Naweed Syed

sources.

“So many Canadians actually called and said, ‘whatever these companies in Pakistan raise, we will match those funds,’” he said.

Syed received the Tamgha-e-Imtiaz for inventing a silicone chip that records brain cells. The idea came to him when he was watching a Saskatchewan Roughriders game and got a call on his cellphone.

“Engineers have figured how to target millions and millions of cellphones, individual units, on a one-on-one basis. Why can't we do this with brains?” he said. “The idea was that if natural replacement [of damaged brain cells] does not take place and if we are to understand how the brain functions, we have to acquire the ability to record from a large network of neurons.”

Syed created the chip with a research team in Germany. According to Syed, they were the first in the world to realize that brain damage is irreversible, as damaged brain tissue is not naturally replaced. He sought to create electronic devices that are biologically compatible.

“We created the first chip where we made a bionic hybrid whereby a computer chip or electronic device could talk to brain cells and then brain cells could talk back to it,” he said. “That was really the critical breaking point because people thought this is not doable.”

The chip has the potential for future applications in medicine and technology. Syed hopes it will lead to the creation of brain-controlled prosthetic limbs.

“Our dream is to be able to have these brain controlled prosthetic devices that we could implant in people.” he said. “We could also

detect pain using chip technology and block chronic pain.”

The chip could also be used to block seizures in children who are undergoing epilepsy treatment. According to Syed, children who do not respond to epilepsy medication have to have brain tissue surgically removed and in many cases still continue to suffer seizures after surgery. Syed says his chip can be inserted during this surgical process to block future seizures.

“When the surgeon takes out a big chunk of tissue, we can put it on our chip and record spontaneously occurring seizures. Now we can do drug screening very quickly to find which particular drug, at what dose blocks the seizure in this child's tissue,” he said. “When the seizures come back, we actually have a medication to block this child's seizures.”

Another potential future use for this chip is the ability to drive cars solely by thinking about it.

“[When] you reach out to grab a glass and then bring it to your face to drink it, if I am recording your brain activity and if you just imagine the same thing without even moving your hand, the same areas of the brain light up. So we know exactly the thinking process and the actual physical doing process where the regions of the brain are. So if you can use these electrodes subcortically, you can actually fly a drone or drive a car,” he said.

.....
Check out our full interview on the May edition of *The Gauntlet* Radio airing May 8 on CJSW 90.9 FM and available on Soundcloud at soundcloud.com/cjsw-90-9-fm.

Leon the Frog lives to hop up, up again

The iconic poem ascending 13 floors of the Social Sciences building was restored by a team of volunteers on April 13, 2017

Story by Scott Strasser

Graphics by Samantha Lucy. Photos by Mariah Wilson

After being accidentally painted over last month, the University of Calgary's favourite amphibian is once again free to hop up the stairs in the Social Sciences tower.

On April 13, more than 30 U of C students, alumni, staff and faculty participated in the "Leon the Frog" restoration project.

"Leon the Frog" is a poem written on the steps leading up the 13 floors of the main stairwell in the Social Sciences tower. First written in 1974, the pun-filled poem recounts a frog named Leon's journey towards the "light at the top of the stairs." Along the way, he encounters each department and discipline in the social sciences.

In a blitz to remove graffiti, the poem was inadvertently painted over on March 31 by contractors hired by the U of C.

The poem's erasure caused outcry from many members of the campus community. U of C alumnus Ian Kinney and the Faculty of Arts planned the restoration project to bring Leon back to life. Kinney had previously restored the then-fading poem in 2007

alongside then-U of C student Teale Phelps Bondaroff.

According to the Faculty of Arts, so many people signed up for the restoration project that the faculty had to stop accepting volunteers.

Kinney, who led the restoration project, said he was pleased with the turnout.

"Not everyone showed up first thing in the morning, but throughout the day people were able to show up when they were able to," he said.

In order to restore the poem, volunteers transcribed archived versions of "Leon the Frog" published in the *Gauntlet* in 1979, 1999 and 2009. Because of some outdated references, volunteers were allowed to rewrite and reinterpret the stanzas as they wished.

"My understanding was that this was not only a restorative and archival project but also a creative and translative process," Kinney said.

The revamped work also includes a plaque recognizing the poem and a six-by-eight foot mural located on the wall between the basement and the first floor. Master of Fine Arts student Avril Lopes and U of C alumnus Derek Beaulieu co-created the mural.

"['Leon the Frog'] was created by students, who took time in the 1970s to create this guerilla poem that has turned into a 13-storey installation piece — a 13-storey piece of artwork," Beaulieu said. "It's gotta be one of the tallest poems in Canada. To have that be something that was just created by students in a guerilla moment — I think it's important to restore and keep it an active part of how we understand the U of C and allow for student intervention. This is how art happens."

Kinney said the mural and plaque will give the poem more legitimacy and ensure it's not mistaken as graffiti again.

"Before it just looked like graffiti or guerilla art, which is why the contractors [painted over it]," Kinney said. "Now that the mural is up and we have a plaque in recognition of it, it's far more legitimized and part of the building now."

U of C exchange student Shantini Karshnen participated in the restoration effort. She said she was disappointed when she learned the poem had been erased.

"When I learned it was something from the 1970s, that sparked my interest," Karshnen said. "I thought coming here to restore Leon the Frog would be something that future generations of U of C students could look at and realize was something important and makes the U of C what it is."

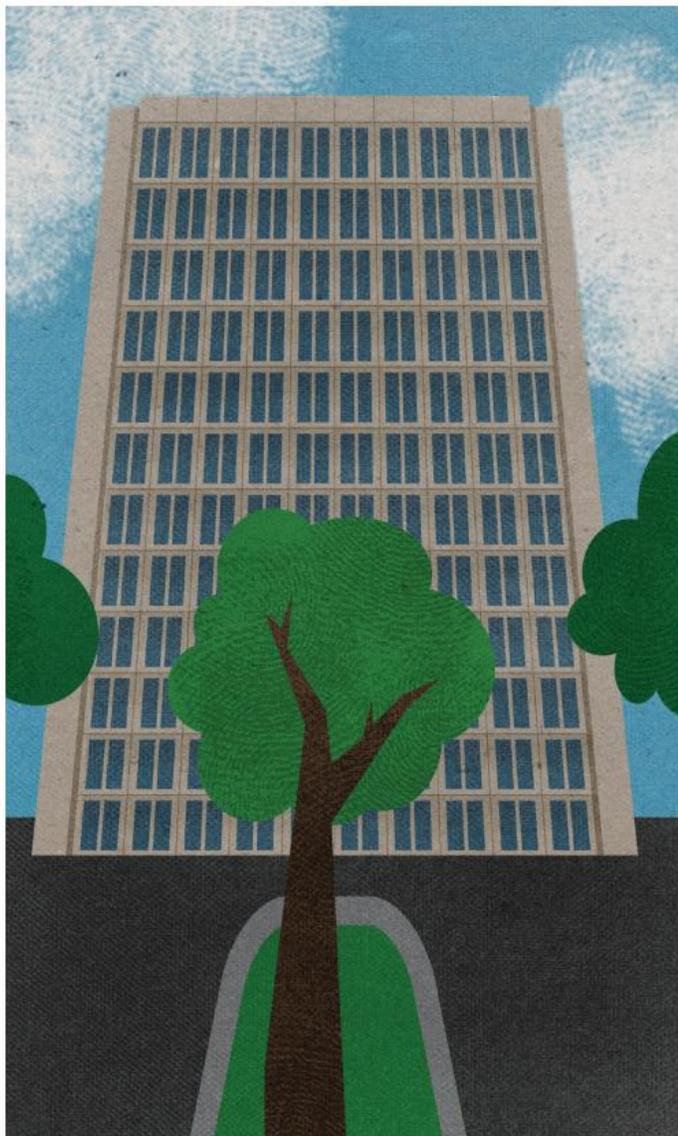


The story of Leon the Frog

Transcribed by Melanie Woods

Written and rewritten by anonymous authors, the story first found itself on the stairwell in the 1970s and onto the pages of the Gauntlet in 1978. The poem was restored several times and republished by the Gauntlet in 1998 and 2007. Following the recent restoration, new lines have been added and sections revised. Therefore, we present to you the most recently updated version of Leon's iconic journey to the light at the top of the stairs.

This transcription is exactly as the poem appears on the stairs as of the April 2017 restoration in terms of line breaks, spelling, punctuation and capitalization.



Basement:

UP
HOP
uP
hop
Up
Up
Hop
Hop
UP
UP
hop
HOP



First floor:

The Light at the Top of the Stairs
was not yet visible to Leon
as he plopped into the coffee cup
of Dr. Mildew Dreary, dip.
Unknown to Leon and the Sheridan Catering Co,
Leon's mother was a coffee machine.
He realized he was a Frog
when he opened his mouth and croaked...
"RiBBit! Yo!"
The blear Dr. Dreyay
took a gulp of her coffee.
But not until she reached the stairwell
did she coughed and realized
she had a FroG in her throat!
She coughed and sputtered and it was the reburp of Leon!
He stared around — "Where am I?" said Leon.
Before he could move a Frog finger,
the head of Food Service, charged down the stairs —
"A new sandwich" he said, pickung up Leon and reaching back.
"Pumpernickel, Cream Cheese and Frog legs."
"Unhand him!" yelled public relations.
"That's a Frog and you Know what the Prime Minister thinks of Frogs.
No Canada Council Grant if you damage him!"
"Green?" said Employee Relations —
"I don't like the colour of his skin."
Leon hopped to safety. "Oh help!" he said.
"Move on!" said the man. "You can't park here ya bitch!"
And Leon moved sadly up the stairs. Up, HOP, UP.

Features

Second floor:

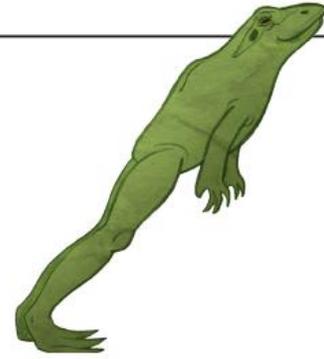
"HEY" said AN Arts and Science major, "a FROG!"
"Let's dissect it." "No no NO!" said a Religious Studies Major.
"does he beLieve in Christ?" "what's christ?" said Leon.
SAVE HIM!
Convert Hum!
Exploit him!
DIGEST him!"
they sHRIEKED RighteousLY.
"LET HE WHO HAS No guilt
cast the First STONE" SAID THE HEAD theoLogian,
and an uPtigHt viginal co-ED SUFFERING Periodic
PAIN, bounced a ROCK off his head
and SUFFERING,
LEON was Hauled down a Hallway and
and NAILED CRUELY to a CROSS "i must
be an offering in some PAgAN ceremony," he thought
AS THE BLOOD RAN DOWN HIS ARMS
and dripped off his toes.
"i sure Hope these bastards get what they deserve."
A converted HELL'S ANGEL took pity on Leon
and flagellated everyone with a chain
until they LET HIM DOWN.
"i must aRisE"
said Leon "i MUST get to the tOP of the stairs."
.....

Third floor

Bleeding profusely from the holes in
his feet, Leon narrowly made it to the
Sixth floor. But there it was , the
Light at the TOP of the Stairs?
Was this the everlasting hope?
Was this the symbol for eternal happiness! \$
Bling dolla dolla financial security and Shit!"
Hey boy, you got any insurance?
The blake suit and tie hovered over him and
led him through the poor door. Leon felt at home.
Everything was green (except for the golden door)
"Sign on the dotted line boy"
If you think that's best for y'all
"BUT I CAN'T WRITE!" Leon cried
"WHAT'S INSURANCE?" he croaked
"INSURANCE!"
WHY THATS THE MOST STABLE PART OF LIFE
WITHOUT INSURANCE YOUR LIFE COULD
BE RUINED! ..." THE TIE YELLED
LOUDER AND LOUDER AS LEON
(AFTER GRABBING A LARGE AMOUNT OF GREEN
WALLPAPER) SLIPPED OUT THE DOOR
DONE! DONE!
DONE!
.....

Fourth floor:

LEON, FRUSTRATED WITH THE
REAL WORLD OF THE MONEY, AND HUNGRY,
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SLUNG HIS STRIP OF GREEN WALLPAPER
OVER HIS SHOULDER AND TRUDGED AHEAD;
Up AND UP, UNTIL HE WAS QUITE HIGH –
It seemed to be the smell of old jocks permeating his membrane.
Suddenly, Leon was floating, loud noises assailed him.
MEMBERS REACHED OUT CLUTCHING HIM.
"OHH! A SPECIMEN, QUICK A JAR OF FORMALDEHYDE" was the last he heard
BEFORE HE REACTE WITH WHAT HE DID BEST. HOP! HE WAS IN THE
pocket of A VISITING OBSTETRICIAN WAH! WAH! FILTERED THROUGH
THE StETHOSCOPE AND DILAtORS IN the pocket of Dr Deliverwell
LEON DECIDED TO PLAY IT COOL
SUDDENLY HE FELT A JAB, Dr DELIVERWELL HAD A HARD ON
ONE OF THE NURSES HAD CARESSED
Dr DELIVERWELL'S HYPODERMIC MEMBER
AND WAS KNOCKED UP COLD
THE NURSE TRIPPED OVER A BLOOD PRESSURE CYLINDER
– AT THE SAME TIME LEON GOT IT
FROM A HALF-DISSECTED
FEMALE FROG LURKING NEARBY
IN A MADE IN QUEBEC INCUBATOR FOR TADPOLES
SUDDENLY LEON, LIKE Dr DELIVERWELL
FELT REAL COOL
.....

Fiffth floor:

Shaken by his experience,
but not yet ready to give up
Leon undauntedly decided to
continue his journey.
Step by grueling step he went
until suddenly ...
He was halted by a towering
figure that loomed before him.
It was a tall stranged looking creature
wEaring a Long grEy bEard,
high Leather boots,
a leopard skin loin cloth,
a red flannel shirt, and an orange gingham derby
"I'm HISTORY!" it said
"It is time to look back and analyse all past experiences"
"This guy is NUTS!"
Leon croaked at the idea of
brining back all of the memories
of his Lily-ridden past
He quickly side-stepped HISTORY
and continued on his quest for
The Light at the Top of the Stairs

Sixth floor:

"Remember the light at the top."
 Leon left the History Dept. behind + continued his journey
 up, up, up, higher and higher,
 he sprang to the 7th Floor.
 The door opened.
 A linguist appeared.
 Spying Leon, he said, "say something, young amphibian!"
 "Croak!" said Leon.
 "KRIK?" said the linguist.
 "Is your glottis open or closed?" "Ribit" replied Leon.
 "Hmm," said the linguist.
 "Is your tongue toughing your apicolveolar ridge?"
 A Political Scientist Entered
 "Aha!" he Said,
 POINTING AT LEON
 "Are you the anonymous observer
 who must remain Anonymous for Job Security Reasons
 Who is assessing the U of C Poli-Sci Dept"
 "Urp" Said Leon
 I find this Particular Floor in a State of Turmoil
 Confusion and Acrimony!"
 Leon Continued
 Onwards and Upwards
 hoP...

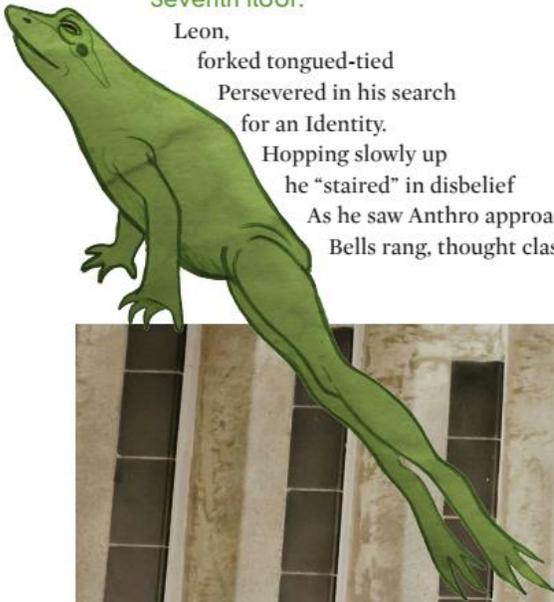
Seventh floor:

Leon,
 forked tongued-tied
 Persevered in his search
 for an Identity.
 Hopping slowly up
 he "staired" in disbelief
 As he saw Anthro approaching
 Bells rang, thought clashed

A toad to some ~~Indian~~ indigenous tribe??
 Could he-be a toadtem???
 COULD He!?
 He began to laugh hysterically
 Meanwhile,
 Anthro through the gloom
 — joyously, hop,
 Recognized Leon as being sent from below
 No longer would Anthro have to fast 4 days
 in the mountains
 to meet this toadtem — here he is but —
 BUT HE IS GREEN!!!
 Green! Green!
 NO then rejection with an intuition
 Strengthened by his many failers
 He hung his head & schwepped!

Eighth floor:

WARNING X-rated. not suited for tadpoles
 Leon flopped down onto cold cement floor. He was
 exhausted. He looked up and there was another Great Yellow
 Door. BEfore Leon had time to ponder, the door burst open.
 There she was Tall, curvy and beautiful!
 "Oh!" a poor opporessed frog," she exclaimed as she caressed him.
 Look at you, so tired and hungry. Oh! How
 our society inflicts such ignorance upon you. How it burns me
 up. Come let me take you to my off. I'll take good care of you
 "What an office," Leon thought as he hopped in.
 "even a bed."
 She sat down close beside him
 "I bet they never give you a fair shake,
 always take advantage of you."
 She whispered & kissed him.
 She began to unbutton her blouse.
 I'm not like that you know!



Features

His voice quivered with excitement. She slipped off her jeans, exposing her soft thighs
Leon was amazed. Leon was astonished.
She threw herself upon him, breathing heavily. Leon felt chip & dirty.
He couldn't do it. He had to get out of this place.
He whispered in her ear "You're going to get covered with warts".
She screamed "you filthy green thing"
Leon took advantage of the moment & hopped quickly away.
.....

Ninth floor:

OH! The climbing monologue of LEON LE FROGUE.
"Why am I so dissatisfied?" (HE CRIED.)
"OH, I feel so decrepit!" (HE WEPT.)
"Is there no high higher than a fruit fly/flier?" (SIGH...ER.)
In such angst-iety, Leon stumbled into a transactional analysis group!
OH. Hop. I'm OK. HOP. But they were all stuck at "I'm O.K." Hop.
They could have told tadpole-ish jokes ... or even Newfoundfrog jokes,
But there was no connection.
Leon felt blue.
OH Stairlight, Stairbright, is there no school of Social Frogfare tonight?
(No lily pad in the O.K. Corral?)
No? O.K. HoP!
UP UP
Hop Hop
Up!
Hop!
UP?
O.K.
SAY
I'M O.K.
"I'm O.K.!"
HOP
OH KAY
O.K.?
.....

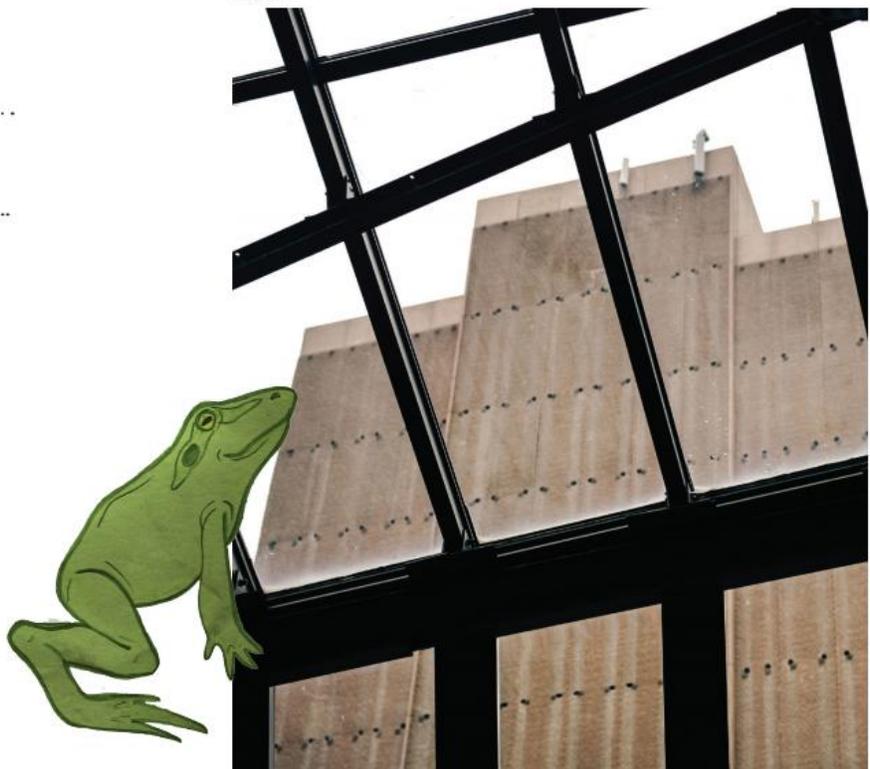
Tenth floor:

NOPE!
MAybe if I can cultivate SO many problems...
I can HELP SOMEBODY reap theirs?
"Be a social worker,"
suggested a LOSER phlegmish professor.
Leon said "YEAH!"
and hung out his sign:
"Problems — Bought & Sold"
Nobody Came! :(
Is it because I'm ...
SHORT?
SPECKLED?
GREEN?
HONEST?
Or is it just that I'm a ... FROG?
YES!!!
LEON COULD ONLY
"STAIR" AND DESPAIR
ARGHH!!! ARGHH!!
ARGHH!
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ARGHH
arghh arhhh arhhh
a r g h h
RIBBIT!
.....

Eleventh floor to 12th floor:

As he climbed
to the 12th floor,
Leon realized with a sigh
that he had experienced
all of what life
had to offer.
Now, tje question was
how to express and communicate
his experienced to society.
Leon had heard
in his travels
that art was a
Uniquely human stamp
put by man on life.
He was about to
change that by
introducing FROG ART.
Choosing a medium was difficult
Webbed canvas?
Stretched lily pads?
These were not
the real problems
but what is life??
HOP!!





Twelfth floor:

What is art?
 Where is?? ... am I here?
 Where is my will power?
 These are barrbaric conditions
 Is this the hallmark of my life?
 What's aclyde art?
 Should I fly United?
 Is this some Kond of joeke?
 What Esler is there?
 I Kant even remove my stockings!
 Do I have to Cramwell to pass?
 ABrosz is aBrosz is a —
 is this the lloyd I must bear?
 I Kant go on much longer.
 Have I hit a plato?
 I have to be thoreau
 I have to blow mignosa
 I can paint
 Kiyooka?
 If you can't, erase it, Bloggett
 Time to throw out the anchor

DoEs IT SARTE?
 OR END HERE

Thirteenth floor:

LEON ASKED CHAROX WHOSE BOAT
 ANCHORED IN THE MUD
 REAKED OF PENNIES
 AUTHORIZED PERSONNEL ONLY SHOUTS CHARON
 BUT I CROAKED, ISN'T THIS THE NEXT STEP.
 ISN'T IT?
 ribbt?

*The final seven stairs
 leading to the
 door on the roof
 were left blank.*



THEFT

Break-ins, petty theft and bike theft on the rise at the U of C

Story by Scott Strasser

Photos by Justin Quaintance, Scott Strasser and Mariah Wilson

There is no doubt that theft has been on the rise at the University of Calgary recently. Whether it's from desperation due to Alberta's economic downturn or a false sense of security among U of C students, thieves are taking things that do not belong to them more and more often on campus.

In mid-March 2017, campus security noticed a spike in the amount of break-and-enters reported. In less than a month, campus security received eight reports of breaking-and-entering and six reports of attempted breaking-and-entering on campus. In almost every incident, the perpetrators were using a pry-bar to enter someone's office in pursuit of cash.

"Most of these are related to people who are looking to cash or something that can be sold," chief of campus security Brian Sembo said. "Some personal items are gone, [as well as] some university items."

The increase in break-and-enters is just one of many headlines related to theft at the U of C. In campus security's most recent annual report, released on Jan. 14, reported incidents of theft under \$5,000 were up 50 per cent from the previous year — 307 reported incidents in 2016 compared to 205 in 2015.

In comparison, 2012 saw just 147 reported incidents of theft under \$5,000 at the U of C.

Bicycle theft and vehicle theft on campus also increased in 2016. Ten vehicles were reported stolen in 2016, compared to the eight reported stolen in 2015 and the six in 2014. Fifty-four bicycles were reported stolen in 2016, compared to 46 in 2015.

In March of 2016, campus security reported a noticeable spike in theft in two particular areas — the Taylor Family Digital Library and the changing rooms in the kinesiology complex. Items reported stolen included laptops, wallets, credit cards, handbags, cell phones and backpacks.

The kinesiology changing rooms were hit particularly hard in March of last year. Sembo said there were 19 reported thefts from changing room lockers in the first three months of 2016, with 12 falling in the first three weeks of March.

"These are crimes of opportunity," Sembo said at the time. "People are coming by, noticing the door's open and taking whatever they can get their hands on."

As a result, campus security officials sent out a community advisory email to inform students of the recent uptake in theft and urge them to protect their belongings.

Campus security officers also increased their patrols and reviewed closed circuit television (CCTV) footage in high-risk areas to try and detect crime patterns. They also placed posters around campus — particularly in the TFDL — to remind students to keep their belongings secured.

The U of C also suffered a barrage of bicycle thefts around the same time. In the first four months of 2016, the U of C experienced a 100 per cent increase in bicycle theft compared to the same time period in 2015.

Campus security manager of community operations Rick Gysen said bicycle theft is a problem that campus security deals with every spring.

"It's definitely an endemic problem," he said. "It's high exposure, so we're going to see that theft, unfortunately."

Campus security officer Kris Ward has tracked bicycle theft at the U of C since 2011. His statistics show that nearly 200 bicycles have been reported stolen on campus in the last six years. Ward noted that 2013 and 2015 were particularly theft-heavy years, with 39 and 46 bikes reported stolen, respectively. He said the value of bikes stolen in 2015 was likely around \$41,000.





By summer 2016, with theft in multiple categories on the rise, it was clear that campus security needed to do more to address this growing problem. Community advisory emails, increased patrols and posters to remind students to protect their belongings obviously weren't enough of a deterrent. Campus security's solution was a massive increase in the amount of CCTV cameras.

According to campus security, there are currently around 800 CCTV cameras at the U of C. That may sound like a lot, but it's a far cry from the just 82 cameras that were on campus in early 2015. The major increase came with the recent introduction of a new security operations centre.

Most of the new cameras were set up in new buildings at the U of C — like the Taylor Institute for Teaching and Learning — and old buildings that did not have a lot of surveillance previously, like the kinesiology building.

Despite the drastic increase in CCTV, Sembo said the U of C is still lagging behind other institutions. He said similarly-sized universities can have anywhere from 3,500 to 9,000 cameras.

"We're just now playing some catch up," Sembo said in July 2016.

Campus security believes that CCTV can be an effective crime deterrent.

"Places like the bookstore, we're certainly getting anecdotally good reports about the deterrence factor of having those additional cameras in those areas," Sembo said. "Additionally, CCTV is already helping campus security and Calgary Police Services solve a number of complaints and crimes across main campus."

As Sembo said, deterrence isn't the only way CCTV can prove useful. The increased number of cameras were beneficial in late May 2016, when campus security identified two suspects of a large string of credit card thefts by reviewing CCTV footage. The two suspects were Alexander Louis Harsanyi and Monica Rebalski, both 22-year old Calgarians.

For three months, Harsanyi and Rebalski had stolen debit and credit cards from Calgary's three major post-secondary institutions — the U of C, Mount Royal University and the Southern Alberta Institute of Technology. Calgary Police Services got involved with the investigation with their help, U of C campus security identified the two suspects.

Harsanyi and Rebalski had used one of the stolen credit cards at a vendor at the U of C. The owner of the stolen card saw on their credit card statement where and when the card had been used. By reviewing CCTV footage of that area at the right time, campus security was able to pinpoint the suspects.

"The capture of those folks for those thefts was directly attributed to that new CCTV system we installed," Sembo said.

Harsanyi and Rebalski were eventually caught by a patrolling campus security officer at the U of C. The two were both charged with multiple counts of theft under \$5,000 and fraud under \$5,000.

Sembo said CCTV has helped in other cases as well.

"Not only have the trends [in crime] been upward but so have our captures," he said. "I can't tell you how many

frauds and thefts we've solved, or at least identified the culprit as a result of CCTV. As that's grown, so has our success in limiting theft."

But CCTV can't catch everything. Sembo said the recent break and enters that were reported occurred in buildings that do not have a high CCTV presence, including the Education Tower, Social Sciences, Math Sciences, Craigie Hall, Administration, Earth Sciences, Science A, ICT and TFDL. As a result, campus security has not yet been able to pinpoint any suspects.

"They're going to places where there's no CCTV coverage, there's nobody around after hours and they found their way into a building that's been left insecure. That's how they're picking these buildings," Sembo said. "To some extent, whoever is doing this has definitely made a point of checking out areas without CCTV."

It's hard to say how effective surveillance has really been. The 50 per cent increase in reported thefts in 2016 occurred despite the recent influx of CCTV on campus. It will be interesting to see if theft continues to trend upwards at the U of C in the future. Campus security will release their first report of 2017 in May, outlining crime statistics for the winter 2017 semester.

If you're a U of C student, staff or faculty member, remember that theft on campus is often preventable. Use common sense and keep an eye on your belongings. And if you don't, hopefully your stuff was, at the very least, stolen somewhere with a couple of CCTV cameras nearby.



	<p>The UAC</p> <p>FROSH WEEK SPECIAL</p> <h1>Gauntlet</h1> <p>"FUROR ARMA MINISTRAT"</p>
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Volume One, Number 1

Friday, Sept. 23, 1960



"Furor Arma Ministrat"

A history of the *Gauntlet*,
the University of Calgary's
independent student
publication

By Melanie Woods
Photos from the *Gauntlet* archives

On Friday Sept. 23, 1960, 1,300 newspapers appeared on the stands of the newly minted University of Alberta, Calgary (UAC) campus. While the campus only consisted of two buildings back then — now known as Science A and Administration — the population was blossoming. The university looked forward to welcoming over 1,000 new students for the 1960–61 academic year.

Fifty-seven years later, the University of Calgary's population totals well over 30,000 and dozens more buildings have appeared on campus. But some things never change. University presidents still remind us to “lift up our eyes,” the Dinos still do the sports and the Students' Union and university still bicker over MacHall.

As the newspaper of record, the *Gauntlet* has documented all of the university's changes since that first issue on Sept. 23, 1960. And through that time, the *Gauntlet* has changed too. In the past 57 years, the *Gauntlet* has switched publication dates, times and sizes. It has added new features and discarded others. In the 1990s it launched a website — www.thegauntlet.ca — and has also expanded through social media, radio and video.

This year, the *Gauntlet* stopped printing weekly for the first time in its history and will move to a monthly magazine with a daily updated website. On the eve of this new chapter, we decided to look back on some of the key turning points in the history of the *Gauntlet* and the U of C.

Sept. 23, 1960: Birth of a campus and a newspaper:

“FROSH, WE ALL— In a sense, we're all freshmen this year, as the Calgary university of Alberta packed up kit and caboodle to move to its new grounds. But it's not physical buildings which necessarily sets apart the university from, say, the high school. It's the people that inhabit and the ideas that are born in those physical edifices that spell the crucial difference. Still, this year should be a unique one for us all. The buildings are totally alien to all, strange and unexplored. Every day will bring new mysteries to be solved, new adventures to be enjoyed, new tribulations to be suffered and survived.” Maurice Yacowar, Sept. 23, 1960.

The *Gauntlet* wasn't the first student newspaper at the UAC. That distinction belongs to the *Cal-Var*— short for Calgary Varsity — established when the UAC was still located at the campus that is now the Southern Alberta Institute of Technology. In 1948, then-president of the UAC SU Frederick Cartwright established the *Cal-Var Commentary*, which published until 1960, when the UAC moved to a newly minted northwest campus.

To usher in a brand new era at the new campus, the SU decided to publish a new newspaper, thus releasing volume one, issue one of the *Gauntlet*. In its early years, the paper's small office was located at Room 027 in the basement of what is now the Administration building. The paper was funded by the SU, had a circulation of 1,300 copies published weekly on Fridays and presented the same slogan it does today — “furor arma ministrat,” Latin for “rage provides arms.”

Its first editor-in-chief was Maurice Yacowar, then a second-year English student described in his introduction as “the man who has dedicated himself to the conquest of vice, corruption and complacency.” Yacowar would also go on to have the distinction not only of being the first *Gauntlet* editor, but also the first to be fired from the job.

Yacowar faced heat for a short story published in the *Gauntlet*'s first literary supplement, *Callidus*, on Feb. 14, 1961. The story featured depictions of the loss of virginity and sexual intercourse and caused widespread outrage across the campus and the city. The supplement was deemed illegal due to controversy over its publishing and was seized, with Yacowar fired by the SU shortly after.

The SU claimed the firing was due to a multitude of reasons concerning editorial control of the *Gauntlet*, but in a Feb. 22 editorial, new Editor-in-Chief Alan Arthur questioned the move.

“If, as Students' Council asserts, this had nothing to do with their action, why did they hold a special meeting two days after the seizure, instead of waiting until their next regular meeting to consider Mr. Yacowar's fate?” Arthur wrote.

So would begin a long and complex relationship between the *Gauntlet* and the SU.

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The 1960s–70s: Growing into an independent press

“Control of the major communication media should not rest with the governing body, whether that body be the students' council of a university or the government of a country. We're talking freedom of press. The staff of this newspaper will not be forced by [Students' Legislative Council] or its executive to publish anything. We will publish what we deem to be the proper content and lineage.” The Gauntlet Editorial Board, Nov. 22, 1978

The *Gauntlet* underwent many changes in its early decades. It changed its slogan to “the people's newspaper” in the mid-1960s. The paper also moved from Friday to Wednesday in terms of publishing dates, then experimented briefly with publishing twice a week in 1972. That only lasted eight issues, but they



went back to a twice-a-week model the following year, publishing on Tuesdays and Fridays for the next few decades.

But during all these small changes and editorial board turnover, tensions grew between the *Gauntlet* and its readership, as well as the *Gauntlet* and the SU. The paper faced a defunding referendum vote in the fall of 1969 that proposed stopping SU fees from going to the *Gauntlet*.

“When the *Gauntlet* was a bland, conservative rag nobody complained about shelling out two bucks a year for it. But now that we are disturbing a few minds, there is suddenly a move to smash us,” editor-in-chief Jimmy Rudy wrote in an Oct. 22, 1969 editorial about the referendum.

The *Gauntlet* returned in September 1970 a little haggard, but quickly recovered. However, the tense relationship with the SU still hung on, simmering beneath the surface. In 1978, it reached a boiling point.

On Nov. 22 of that year, the *Gauntlet* published a front-page editorial titled “*Gauntlet* editorial – newspaper principles.” In the piece, the *Gauntlet* editorial board detailed what they deemed to be undue influence from the SU on the paper’s content, particularly regarding advertising. The SU executive had struck a policy to dictate and control the ad presence in the *Gauntlet*. The *Gauntlet* claimed this went directly against the SU’s constitution, which stated “the editor shall control the content of the *Gauntlet*.”

On Nov. 29, the SU executive published a response on the *Gauntlet*’s cover. “It is our interpretation that the SU is the ‘business manager’ of The *Gauntlet*, and the

paper’s editors and staff are not empowered to decide all business matters,” John Lefebvre wrote on behalf of the SU executive. The *Gauntlet* brought its response to the Review Board, which ruled on Jan. 10, 1979 that the union had delegated ad lineage responsibility to the *Gauntlet* editors, thus ending the conflict.

However, a month later in the 1979 SU election, the *Gauntlet* ran a referendum campaign to gain autonomy. The question asked students if they would be willing to contribute \$1 a year for full-time students or \$0.50 a year for part-time students to support an independent *Gauntlet* Publications Society. “Both the operation of the SU and the operation of the newspaper are becoming more and more sophisticated,” co-editors Scott Ranson and Mark Tatchell wrote in a Feb. 2 1979 editorial. “Both are now worthy of their own autonomous, individual existence.”

On Feb. 16, students voted over two to one to fund the autonomous campus newspaper. The society held its first Annual General Meeting on April 11, 1979. In the final editorial of the year, Ranson called the referendum a “total victory.”

In the first editorial of the following year on Sept. 6, 1979, new co-editors Michele Bestianich and Rory Cooney welcomed students in an editorial titled “Autonomy at Last.”

“Now more than ever the *Gauntlet* is a student newspaper. Whether the *Gauntlet* continues to strive for responsible journalism, or succumbs to financial and especially staff instability is up to the student body,” they wrote. “The hard work of past *Gauntlet* staffers has formed a base to

work on, and we hope students will participate as the *Gauntlet* continues to grow.”

1980 to now: An evolving *Gauntlet*

“A year from now, the issues reported in the Gauntlet will have been forgotten by most of us ... but they will, nonetheless, affect us in some way. That is education.”
Roman Cooney, April 11, 1980

The ‘80s and ‘90s marked continuing change for the *Gauntlet*. Publication dates, frequency and numbers shifted. The *Gauntlet* started to print in colour in the ‘80s and moved to full-colour newsprint in 2015. The *Gauntlet*’s website, was introduced in 1998 and its focus on social media spread across various social media platforms over the following two decades.

In 2001, the *Gauntlet* moved from its offices in MacHall 310 — now occupied by CJSW — to its current location at MacHall 319, just above the Den and Black Lounge. This year, the *Gauntlet* received \$492,694 in Quality Money funding to renovate and update the space.

On Jan. 14, 1993, the *Gauntlet* published its thousandth issue. At the time, the newspaper had a circulation of over 13,000 print issues a week. At the end of 2016, that number had flatlined at 6,000 a week.

However, the web presence that started in 1998 has skyrocketed. Currently, the *Gauntlet* receives around 40–50,000 hits a month to its website. More people than ever are talking about articles online, retweeting tweets and engaging with Snapchats.

The *Gauntlet*’s slogan is still “*furor arma ministrat*,” which originates from Virgil’s *Aenid* and translates to “rage provides arms.” In the *Gauntlet*’s case, the rage is a desire to inform, and the arms is student press — even as that form evolves and shifts.

This edition marks the first time the *Gauntlet* will publish monthly. It’s the next chapter in a very long, very complicated story. Like many changes before this — from an editor fired over a short story about sex to a fight for independence — the *Gauntlet* will continue on, as it has for over 57 years on the U of C campus.

Rise Up! Why a student political party in Alberta is a great advocacy idea

By Tina Shaygan

Photo by Louie Villanueva

At a recent *Gauntlet*-hosted panel “Organize: How students can get involved, know the issues and give a shit about the 2017 Calgary Municipal election,” panelist Helen Pike, a *Metro News* reporter, suggested that one way for students to get involved with the election is to actually run as candidates themselves.

Pike’s comment led to a discussion of the barriers for students who want to run in elections, the biggest being financing their campaigns.

Levi Nilson, a former University of Calgary Students’ Union president and one of the panelists, said he had come up with an idea during his term as SU vice-president external to create a student-led political party that would provide campaign support for candidates in municipal, provincial and federal elections. The goal was to get student voices into government. He said this idea was quickly shut down by other student leaders.

But this is honestly the best idea any student leader has ever had.

Sure, student lobbying through umbrella groups like Canadian Alliance of Student Associations and Council of Alberta University Students can be effective. But bringing actual student voices to government through running student candidates opens a whole new world of possibilities.

Issues important to students — like secondary suites — have plagued Calgary City Council for years. With four city councillors not running for re-election in 2017, this year is the perfect opportunity to fill those seats with candidates that care about student issues.

As it was pointed out during the panel, running in an election requires campaign teams, as well as time and money that most students don’t have. Providing support resources to candidates with similar goals and platforms is one of the main reasons political parties exist. But existing political parties at the federal and provincial level are often



Former SU president Levi Nilson suggested creating a students’ party.

hesitant to run younger, less experienced candidates. And the lack of political parties at the city level makes it even more difficult for these candidates to organize campaign teams and manage finances. But it doesn’t mean political parties at municipal levels can’t exist, as some already do, for example in Vancouver. A multi-level organization intended to support student candidates and bring student issues to elections would be beneficial at all levels of government.

Getting students elected ensures student voices are present behind closed doors. It would take lobbying from the outside to the inside of political offices. However, serving as a viable choice on the ballot as an independent candidate — and actually winning — is virtually impossible in Canada at the provincial and federal level. And many students are not in a place to support independent candidates at the municipal level. Students need an organization to support them as candidates in bringing student issues to every level of government. At the very least, student party-supported candidates could pressure other parties and candidates to bring more publicity to issues impacting students.

Student issues aren’t exclusive to those

aged 18–24 attending post-secondary. Families with high school students pursuing post-secondary should care. Adults looking to return back to school should care. Ultimately, high quality, accessible and affordable education benefits society. If the government is unwilling to listen to student lobbyists regarding their issues, it’s time to play the game differently.

Issues at the provincial level such as government funding and market modifiers, as well as secondary suites at the municipal level, show that student lobbying is effective only to a certain extent. Despite students’ best efforts, market modifiers passed with ease in 2015 with the then-Progressive Conservative government. Secondary suites legalization is still an ongoing — and embarrassing — issue in Calgary City Council. Just a few more voices on council could make a difference. An organized party could help get students there.

I’m not saying student candidates would definitely get elected. But at least they’d have a bigger voice as candidates supported by a party system. And that can’t be a bad thing. It’s time for students to re-imagine the possibilities and try something different.

On-call shifts exploit student workers



By Jesse Stilwell
Photo by Justin Quaintance

Most post-secondary students have to balance a part-time job with school to manage their finances. These jobs give students valuable experiences and skills, but in Alberta, protection from unfair workplace practices for part-time workers in the customer service industry is lacking — specifically in retail and food service sectors, where many students are employed.

The state of California proposed a policy in 2015 called the Fair Schedule and Pay Equity Act. If passed, it will make the practice of using “on-call shifts” less exploitative under California’s employment standards. On-call shifts involve an employer scheduling an employee for a shift, but the employee is required to call in to work a few hours prior to find out if they will actually get to work and be compensated at all. San Francisco has already 28 | The Gauntlet

banned the practice under their municipal jurisdiction. It’s likely California will follow suit at the state level.

Offering hours to employees and then not providing them or giving any compensation to the worker makes budgeting and time management virtually impossible. These on-call shifts are still legal across Canada and many students are being exploited by this practice.

According to the Alberta Employment Standards code, an employee is entitled to three hours of wages if they report to work but do not stay longer than this threshold. San Francisco law says that if an employer does not bring an employee in for a shift, they are entitled to two hours of pay just for calling in, because that is equivalent to reporting for work. Alberta should either amend the existing policy regarding reporting for work to provide employees a three-hour wage guarantee or follow San Francisco’s example.

If a company cannot provide employ-

ees the compensation they deserve for serving their workplace, the company should not be in business. They were prepared to provide the wages associated with the on-call shift if it were to be confirmed, so providing a portion of those wages regardless of whether the employee is required to physically report to work or not should not financially harm the business significantly. This could alleviate many of the anxieties and frustrations employees who are subjected to this practice experience.

I work a retail job and have been scheduled for more on-call shifts than ever during the economic downturn. One Friday night I couldn’t make other plans because I had an on-call shift. But I didn’t end up working, so I sat at home alone worrying about how I was going to pay for gas and other expenses in the next few weeks because I didn’t get the hours at work that I needed. This was simply because my manager decided the store was too quiet for the shift I had set time aside for and reported to by calling in. Alberta should follow in the footsteps of California and work to outlaw this ridiculous practice.

Customer service can be a great field for students. Most businesses have regular hours that work well with typical class schedules and serving customers isn’t too demanding. But customer service jobs don’t pay very well, so every hour an employee works matters. These on-call shifts increase stress because there is no guarantee they will get the hours they need to make ends meet, despite being scheduled for them and reporting to work by calling in to see if they’re needed.

If you’re a student who works at a business that uses on-call shifts, write to your Member of the Legislative Assembly to tell them a policy like San Francisco’s should be added to the Employment Standards code. Hopefully Alberta will emerge as a leader who protects the vulnerable people working at businesses that engage in exploitative practices. Students who work these jobs deserve to be protected.

Communication is key when you and your partner have different sex drives

By Lady Marmalade

Something that often isn't spoken about in relationships is what happens when your partner has a different sex drive than you. If your partner wants to have sex more often than you do — or the other way around — what can you do?

For starters, both partners need to acknowledge this situation. If you think your partner doesn't know you are feeling frustrated with how little — or how much — sex you are having, it is important to address it. Nothing is going to change without conversation. If you are the partner with the lower sex drive, talk to your partner and acknowledge their frustrations. It's much easier to talk it out than deal with the anxiety of knowing you are letting your partner down. By addressing your different libidos, you will be able to move forward and find a solution.

If you're the one wanting more sex, know that there are others like you. Even though the assumption in a vagina/penis sexual relationship is that the one with a penis wants sex more, this actually isn't the case. According to the fertility app Kindara, 52.3 per cent of people with vaginas in a heterosexual relationship are the ones who want to have sex the most. So if you are one of those who make up that majority, you're not alone. It is often expected that because you have a vagina, you wouldn't want sex as much as someone with a penis does, but statistics show this is not the case. Anyone can have a high sex drive, and asking your partner for more sex isn't something to be ashamed of. They can't read your mind. At the same time, remember that respecting your partner's consent is essential.

If you feel that you desire sex less than your partner, then the most important thing you can do is acknowledge

the difference in needs being met. It's okay to not want to have sex, and different people have different libidos. Don't feel pressured to have sex with your partner if you aren't in the mood. And your partner shouldn't feel ashamed for wanting sex, so don't make them feel like they should be.

Being in a relationship where your partner has a higher or lower sex drive than you can be frustrating. The most important thing in this situation is communication. Acknowledge when desires aren't being met and try to come to a solution. Finding other ways to give pleasure to your partner or show them affection can alleviate tension, but communicating each other's needs should be your first priority.

Don't feel pressured to have sex if they aren't feeling it and never feel ashamed to bring up anything about your frequency of sex that is bugging you.

Campus quips

What issue matters most to you in the upcoming election?



"Getting people out to the polls — increasing voter turnout."

– Natalie Giglio,
first-year accounting



"We need to focus on the arts — they are more important now than ever."

– Katarina Daignault,
second-year international relations



"CalgaryNEXT for me. It's an important issue for Calgarians."

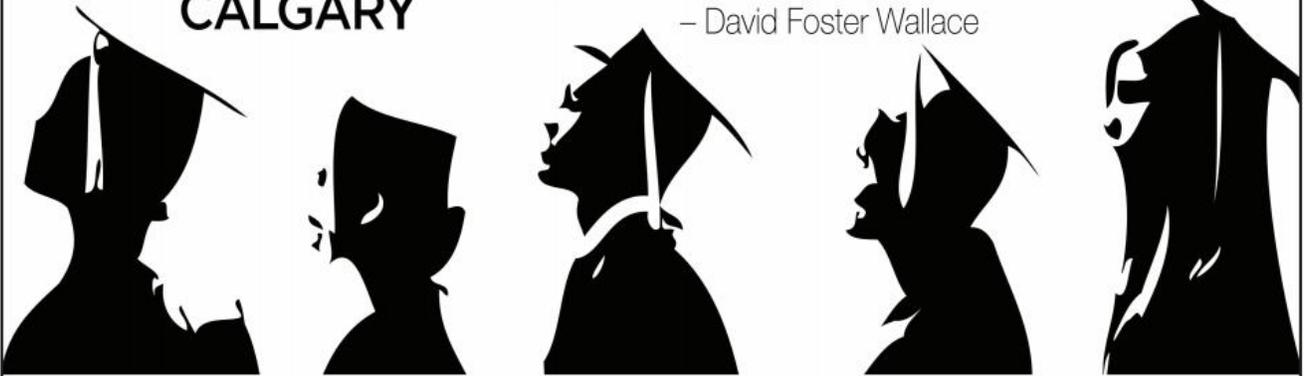
– Rushil Krishna,
third-year international relations



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It is about the real value of a real education,
which has almost nothing to do with knowledge,
and everything to do with simple awareness;
awareness of what is so real and essential.

– David Foster Wallace



Faculty of Arts

On behalf of the staff and faculty in the Faculty of Arts, I offer my most heartfelt congratulations on your graduation! Through your hard work and perseverance, you have laid a foundation for deep understanding of the human condition and you are poised to make valuable contributions to your community. We are so proud of all you have accomplished during your time on campus and look forward to welcoming you to our alumni family.

-Richard Sigurdson, Dean

Environmental Design

To our graduates – our heartfelt congratulations as you begin the journey of imagining and realizing our collective well-being in the designed and natural worlds. We wish you the very best in the future and know that your skills, knowledge and values will influence, improve and bring balance to the environment around us. It's your turn to shape the future.

-Dr. Nancy Pollock-Ellwand, Dean

Graduate Studies

Congratulations to all students who earned graduate degrees this year. Your research has made a lasting contribution to knowledge in your field of study, and the advanced training you received has prepared you to become a leader, whether in research, your profession or your community.

-Lisa Young, Dean

Haskayne School of Business

The faculty and staff of the Haskayne School of Business are very proud of you and your many accomplishments. As you begin your careers or continue your studies through graduate or doctoral programs, we know that you'll be well prepared to lead in your perspective fields and continue to find innovative solutions to the grand challenges facing today's society.

You join the more than 24,000 Haskayne alumni who are making a positive impact through leadership positions in over 80 countries. We encourage you to stay connected with Haskayne, be active in our Alumni Association and always remember Mr. Haskayne's words of wisdom: "At the end of the day, the most important thing is your reputation." Use your education to make a difference on our world, and to build a great reputation for yourself.

-Jim Dewald, Dean

Kinesiology

A sincere and heartfelt congratulations to all of our kinesiology graduates. As dean of the faculty, I am very proud of what you have accomplished. Your energy, enthusiasm, and dedication to learning make the Faculty of Kinesiology and the University of Calgary a better place to live and learn. My hope for you, as you leave here, is that you will continue to lead the way to an active and healthy life for both yourself and others, and that you will continue to share your love of learning. Enjoy this moment, you've earned it. I wish you all the best in the future.

-Penny Werthner, Dean

Nursing

To our nursing graduates and newest alumni: congratulations and best wishes on your convocation from the Faculty of Nursing at the University of Calgary! We share your excitement and pride in this achievement and look forward to your leadership in health care.

-Dianne Tapp, Dean

Schulich School of Engineering

Well done! You have shaped our school with your passion, innovation and dedication. As you move forward to take your place as a future engineering leader, we urge you to use your skills to make this world a better place. Please keep us posted on your achievements, both professional and personal. Congratulations!

-Bill Rosehart, Dean

Science

On behalf of all members of the Faculty of Science, congratulations on completing your science degree! As you embrace this new life chapter, you will discover that a career in science presents many exciting opportunities and stimulating challenges. I trust that you will be guided by your curiosity, creativity and critical-thinking skills to make a meaningful impact in your profession and community. We look forward to keeping in touch and hearing about your successes as you join a dynamic and rapidly growing network of alumni.

-Lesley Rigg, Dean

Social Work

On behalf of the Faculty of Social Work I'd like to offer all of our graduating students my personal congratulations and gratitude. You've thrown your heart and soul into your degree, and I thank you for your energy and commitment. We hope you now have the tools and inspiration you need to create and shape your future as social work professionals and to make a difference. We invite you to take what you've learned to become leaders and agents of positive change in your community, reflecting the values and commitment that we share as a profession. All the best.

-Jackie Sieppert, Dean

Werklund School of Education

Congratulations to our graduates. Your presence at the Werklund School of Education ensured a dynamic learning environment that benefitted your fellow students and our academics alike. We are confident that as you take on leadership responsibilities in the community, your capacity for innovation and creativity will have a positive impact for years to come. Whatever enterprise you choose to undertake, we know that you will strive for the best in yourself and for those around you.

-Dennis Sumara, Dean



Questionable design hurts new CTrains

By Jason Herring
Photo by Mariah Wilson

Have you ridden one of Calgary Transit's new "Mask" CTrain cars yet?

An increasing number of these train cars — Calgary's latest model, which have been operating since July 2016 — are making their way onto the city's tracks. The \$3.2-million cars come with a lot of bells and whistles, including sloped doorways for easy wheelchair access, monitors displaying the train's route and spiffy LED

more space than necessary as they slide around on the plastic benches. And the seats are shorter and more sharply angled than those on old CTrain models, making them very uncomfortable. These design oversights make for a surprisingly unpleasant public transit experience.

The absence of seats is probably so that Calgary Transit can fit as many people as possible into the CTrain during peak service times like rush hour and the Calgary Stampede. That makes sense, but I think that four-car trains and more frequent service are better ways of dealing with train

Although the problems with the new cars could be rationalized as design missteps, it's strange to see the city spend so much money on cars with such obvious flaws, especially since they'll likely be a part of the city's transit infrastructure for decades to come. If we want more people to make use of public transit, it should be made as accommodating as possible. That can mean anything from lengthening transit hours to expanding the Bus Rapid Transit system or designing trains that people will actually want to ride.

In everything but their visual appeal, the Mask cars are entirely unwelcoming. Sitting on those curved plastic seats for a lengthy ride gets uncomfortable fast — and that's if you even manage to get a seat. This might sound like bickering, but these details make a difference to people who spend a significant chunk of their day on transit. I know that I'll wait five minutes for the next train if I'm at the end of the line and a Mask car arrives.

Given the state of some older CTrain cars, it's clear that Calgary Transit needed to invest in new cars. But the Mask CTrains miss the mark in improving the existing system and making public transit more worthwhile.

"In everything but their visual appeal, the Mask cars are entirely unwelcoming."

lighting.

But the new train cars also exhibit some questionable design choices. The seats in the middle segments of the car have been replaced by a "leaning pad" for standing. The seats that do exist are under-utilized because of the removal of indents from the seats, causing passengers to take up 32 | The Gauntlet

capacity problems. And adequate seating on public transit is important so that those who may need seats — expectant mothers, disabled people, seniors — have somewhere to sit. Improving rider experience during the two weeks a year of Stampede isn't worth sacrificing comfort during the rest of the year for daily commuters.

Financial literacy important for students

By Frank Finley

While it may be tempting to spend your student loans at Club Monaco or on bulldogs from Julio's Barrio, it's not always the wisest investment. Financial literacy is important at all stages of life, but many young Canadians are unfamiliar with basic financial and economic concepts.

Students graduating from high school are tasked with making critical life decisions regarding their financial futures. The average cost of a post-secondary education in Canada is more than \$16,600 a year, or over \$66,000 for a four-year program. While university is usually a sound investment, it is important for students to understand how to manage such a large financial burden before they take it on.

According to the Canada Student Loans Program, students graduating in 2013–14 finished their undergraduate degree with an average of \$12,500 in federal loan debt and this figure does not include provincial or private loans. In 2015, the Canadian University Survey

Consortium surveyed over 18,000 graduating university students from across Canada and found the average student owed a staggering \$26,800. While this raises debates about the price of post-secondary, for now it looks like costly education is here to stay.

Large amounts of debt can have a negative impact on a student's mental health. While little data exists in Canada on the subject, it is fair to assume there is a correlation between debt and poor mental health. A recent journal article analyzed data from a United States Bureau of Labor Statistics survey of more than 8,000 students in the U.S. to determine if debt levels and psychological well-being were connected. The results showed an increased amount of stress and anxiety for those carrying large amounts of student loan debt.

"Students who took out more student loans were more likely to report poor mental health in early adulthood," said one of the paper's authors, University of South Carolina associate professor Katrina Walsemann.

In order to counter these issues, finan-

cial education must be more prominent in public schools, preferably when students are still young. Alberta Education recently released survey results involving 32,000 parents, teachers and students, where a majority agreed on the importance of teaching students how to manage their finances at an early age. This is a healthy start to the issue, although it is up to individuals to continue financial education as they age. High school students in Alberta already take courses intended to teach them how to make resumes or plan for their future careers. A financial literacy component would be easy to implement in these courses. Public schools providing financial literacy classes as options for students to take is another potential solution.

While financial literacy does not solve the burdening cost of education in Canada, it does help young people understand how to manage their debt and ensure a stable future. Although it is important to continue fighting for reasonably priced post-secondary education, understanding personal finances is essential.

Keep an open mind with studying strategies

By Jill Girgulis

I've always had a hard time talking to people about how I study. It's my homework and it's not very exciting. I also don't think I'm particularly good at it.

I've always tended to procrastinate schoolwork, which is nothing new for a lot of people. I've made poor decisions when it comes to allocating my study time and I might be the most inefficient person I know. My friends are undoubtedly familiar with my go-to phrase whenever they ask me about how prepared I feel before exams — "Ask me once the exam is over." It seems like regardless of what study strategy I use, what really matters is my actual experience during the test.

It's the same for any kind of activity that requires you to step up and perform. Like in sports, you can practice and practice, but in the end, you have to show up when it counts.

And you better believe that there are many different ways to deal with this pressure.

Looking back at the last school year, I've lost count of the number of times I had to adjust my strategy because my study system simply wasn't working. There was a course where it took me close to two months of labs to realize I needed to take notes during the instructional sessions. In another, I wasted hours labelling images of anatomical structures in a wide array of fancy colours before I realized I wasn't actually learning anything. Despite my efforts, at times it felt like none of the study strategies I used resulted in any sort of measurable improvements.

It's easy to get discouraged when all you hear is how much material everyone's already gotten through and how prepared they feel. But the truth is, people are much more willing to share their successes than their failures. We all do it. Students only share their best

work, doing things like sharing pictures of colour-coded diagrams depicting the steps of the metabolic pathway, but not half-finished summary notes abandoned mid-semester.

There isn't a universal strategy for being a student. What works for one person might not work for you. What works for me in one class might not work in another. I've learned that sometimes you just have to be flexible.

If you start the school year with a plan in mind and you actually manage to stick to it for the entire year, then good for you! I admire you for being so in-tune to your learning styles. But if you're more of a person who has to take some time and experiment a little to find your footing, then that's okay too. Take it from someone who's been there.

When it comes to university, keep an open mind and be willing to make changes. It's better than banging your head against the wall.



Performing arts at the University of Calgary

The School of Creative and Performing Arts' history of collaboration

Story by Rachel Woodward

Photos provided by the School of Creative and Performing Arts

The University of Calgary's fine arts department has long played a vibrant role in the city's performance culture. The three facets of performing arts at the U of C — dance, drama and music — work in unison to foster arts on campus and in the broader Calgary community.

In an effort to encourage collaboration between the three formats of performance, the university created the School of Creative and Performing Arts in 2013. Since its formation, the SCPA has functioned to connect the three creative fields to allow for collaborative work among students and interdisciplinary training for performance arts students. Throughout its four years on campus, the SCPA has provided students with opportunities to interact in the arts. Now, the school looks to a future role as a contributor to the local and national arts scene.

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SCPA associate professor April Viczko, who has been at the U of C for seven years, says the school has sparked a new level of collaboration within the arts on campus.

"Since the creation of the school, there's been a lot more interaction between faculty members in the different divisions and students in the different divisions," she says. "For students who are enrolled in our programs, the fact that the different divisions are a part of a school allows for them to more easily register in different courses because we're all part of the same unit."

Dance, music and drama all play a role in the SCPA, but the rich history of each department still stands alone. Drama associate professor Valerie Campbell says that theatre is a celebrated aspect of the arts on campus for students — for a good reason.

"It has to do with cracking open creativity and really in-depth personal work that is

then reflected in the performance work. This really is about collaboration," she says. "Theatre is a collaborative art form, and so when students study drama they really understand deeply about collaboration, creativity and communication. Those things are invaluable."

Viczko says that even though the SCPA is still young, the transition has been positive for the individual departments. She says there will be more curriculum integration in the future.

"I think with the way that we manage our resources in terms of facilities and space, we're going to see continued integration and multi-use of spaces," Viczko says. "We've been able to timetable courses so that some students can take courses in other divisions. We're working towards a more integrated timetable with SCPA courses, whereas SCPA courses were not available before."



Performance spaces on campus like the Reeve Theatre and Rosza Centre are important because they allow for a collective space for various aspects of performance within the school to come together on a creative platform.

Campbell says the integration of different art forms allows students to work with their schedule to take classes that broaden their horizon and to try things that they wouldn't normally be offered in a program more specific to their degree.

"The one thing about our degree in drama is, in a way, it's already interdisciplinary because students can craft their degree. So you come in, you think you want to be an actor, then you start taking some design classes and the next thing you know you're coming back as a design graduate student," she says. "You come in, you think you want to be a technician and then you end up taking directing classes or playwriting classes and the next thing you know you're doing your own work."

In the long-term, the SCPA will continue to

move forward as a performance-oriented outlet for multi-disciplinary art. Through projects like the annual Taking Flight Festival of Student Work and various performances throughout the year, both Campbell and Viczko feel the school will have a lasting impact on the broader arts community.

"I think the long-term impact has the potential to see international artists being brought to campus, national artists being brought to campus and for our students to really go out there and make a mark on interdisciplinary work both nationally and internationally," Viczko says. "There's over 200 shows right now at the SCPA, and you can't find that kind of variety and integration in one place anywhere else in the city."

Campbell says that the opportunities the SCPA presents to students are unique to the U of C. She says that as a professor, she has been able to create and collaborate in an entirely new way through the program.

"I think it's really wonderful what we're offering students — the opportunity to

consider interdisciplinary or interarts work in a new way," she says. "The way I'm collaborating now with some of my colleagues in the other divisions is very different. There's more opportunities to blend our research work and our teaching work for sure. I think that there's more buzz. I think our profile has increased with the school and I think that that can only help our students."

Natasha Strickey received her minor in drama through the SCPA in 2016. She says that her time at the U of C helped her build the tools to continue working in local theatre with companies like Theatre Calgary and the Shakespeare Company.

"SCPA has definitely blossomed my knowledge of theatre and acting," she says. "There are so many facets that were unknown to me prior to getting involved with the program. As someone privileged to work on multiple main stages I'd say it's prepared me for the atmosphere of professional theatre, for sure."

For more information, visit scpaucalgary.ca.



Why festivals matter

Calgary Underground Film Festival directors talk about the importance of storytelling

Story by Gurman Sahota

Photos provided by Calgary Underground Film Festival

During an economic downturn, the arts are often among the first cuts when governments and households tighten their belts. This may make fiscal sense to those who consider the arts strictly a leisure activity. But the arts are more vital now than ever.

Festivals like the Calgary Underground Film Festival provide a platform for peo-
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ple to immerse themselves in new and unfamiliar art. Stories would go untold without local festivals, especially those that go beyond our personal narratives.

Film is a visual medium, so it's no surprise that movie-goers flock to widely-released blockbusters. These releases often have everything big behind them — big budgets, big names, big influences

and most importantly, big revenue for production companies.

But with festivals like CUFF, money often isn't a deciding factor. There aren't usually big budgets and there isn't the threat of being pulled from a project for not making enough revenue. If anything, festivals like CUFF encourage filmmakers to experiment. And though patrons aren't

required to experience films in groups, film festivals encourage people to gather together and experience the intimacy of a visual story.

Director Xander Robin presented the film *Are We Not Cats* at CUFF. He says festivals provide places for burgeoning filmmakers to build connections and facilitate new, thrilling narratives.

“People still make movies in a visceral way,” Robin says. “I think it’s amazing to watch a movie by yourself versus watching with a group of people, but the visceral aspect of watching a movie in a theatre — the loud sound and the full picture and being able to interact with the director afterwards — I don’t want that to go away even if it doesn’t make monetary sense.”

Writer, producer and actor Andrew Jenkins considers art to be a conduit for conversation. Jenkins says cinema is one way to hear the voices that aren’t heard in mainstream narratives.

“Support from organizations like [CUFF] is hugely important, because without them, we would only see what gets wide release, and sometimes those are sanitized and sometimes those big projects aren’t as meaningful for more niche audiences,” Jenkins says.

Actor Michael Ironside — from films like *Total Recall* and *Top Gun*, who was a guest at CUFF 2017 — says that with the invention of modern technology, it’s now



easier to convey innovative ideas and feelings. But that isn’t to say that traditional storytelling is extinct — if anything, films and film festivals allows for a contemporary tradition to form.

“When the lights go down and the image comes up on the screen, we’re engaged in a learning ritual that harkens all the way back to our gathering together in the dark around a flickering fire and being spun a tale of legend and life by an elder

storyteller,” Ironside says.

Underground film is an important medium for narratives to question social constructs. During unstable political climates and shaky social environments, instead of ridding ourselves of our stories, now is the time we should turn to them. Independent festivals like CUFF foster an environment of experimentation in the arts that is more vital than ever.



Calgary's summer of festivals

Story by Gurman Sahota and Rachel Woodward
Photos by Jarrett Edmund, Chris Malloy and Melanie Woods

Calgary's vibrant arts community has a lot to offer throughout the year in terms of music, dance and theatre. But over the summer, the stages roll out for a series of outdoor music, art and culture festivals. This is the time to gather up the family and soak up some of the much-needed Vitamin D and tunes that you were lacking during the school year. Shake off your old tarps and get ready for a summer of festivals in the city.

Lilac Festival June 4

Kicking off the month of June is the Lilac Festival. Each year, thousands of people walk down 4th Street from 13th Avenue to Elbow Drive to enjoy food, music, arts, crafts and a parade. Admission to the festival is free and offers over 30 performances throughout the day and over 500 vendors lining the streets to sell their wares.

The weather usually holds up and if you need a break from the bustle of the festival, there are always little shops you can hop into and browse with equally lovely deals. Support local artisans and score some sweet finds in music, art, clothes or even jewelry. Visit lilacfestival.net for more information.



Sled Island June 21-25

If you're looking for a festival that fuses music and the arts together across the city, then get your passes for June's Sled Island Music & Arts Festival. Celebrating 11 years of eclectic festivities, Sled highlights something for everyone in your friend group. The festival even boasts a youth-friendly reputation with more than 50 all-ages events. The 2017 festival is curated

by electronic artist Flying Lotus. This year's headliners were announced on Valentine's Day, highlighted by hardcore-punk pioneers Converge and Japanese post-punk band MONO. Passes are available online now for the festival. Individual tickets are also available with a select quantity available at the door. Visit sledisland.com for more information.

Calgary Folk Music Festival July 27-30

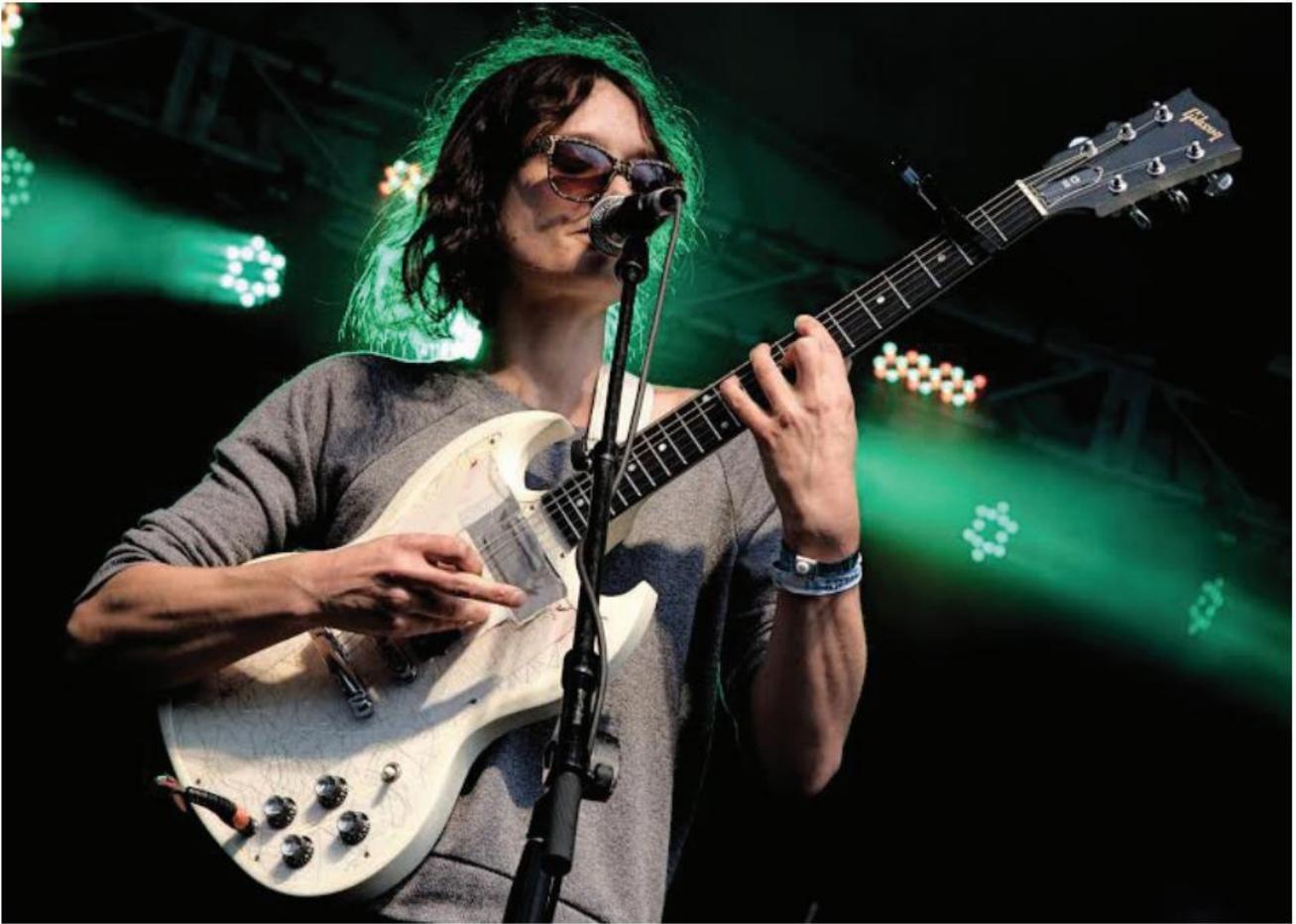
Held at Prince's Island Park, Folk Fest is a Calgary staple. Now in its 38th year, the festival is only growing in popularity and visiting artist scope. Artists will travel to Calgary from all over the world for four days of outdoor music and folksy vibes. Mainstage concerts and collaborative workshops give attendees the chance to get up close and personal with some old and new favourites. This year's lineup will continue to drop closer to the date,

but well-known acts like Blue Rodeo and Coeur de Pirate have already been announced and will be treats for diehard Folk Fest fanatics. Bring a lawn chair, a tarp and feel close to the music in the sun this summer. The festival also hosted "Folkémon Go," an interactive scavenger hunt to reveal the festival's line-up with prizes and an exclusive invite to the launch party. Visit calgaryfolkfest.com for more information.

ReggaeFest August 17-19

Whether you're looking for a music festival where you can discover new artists and explore a new genre or you're just a fan of reggae music, ReggaeFest is a great choice for an August festival before heading back to school. Hosted at Shaw Millennium Park, the festival features international artists and activities including documentary screenings. The festival will

give audiences a glimpse into what the reggae community has to offer, including food vendors, live music and beer gardens for those over 18. Artists announced for the festival thus far include Jamaican-born singer Etana and Mexican band Antidoping. More artists will be announced as the festival approaches. Visit reggaefest.ca for more information.



Campus Style: Summer Edition

By Emilie Medland-Marchen. Photos by Mariah Wilson



"I got everything from Value Village."

We're pretty sure fourth-year sociology major Matt Verbecky came to campus after sipping on a morning cappuccino at Luke's Drug Mart — or he works there. At any rate, this is the kind of grungy mod style that we desperately wish we could pull off. Matt eschews menswear traditions in an oversized Club Monaco jumper and an off-white scallop tee. The layering of the top-heavy outfit is straight from the '90s, and we love it. Black jeans are rolled up to show off well-worn blue and red Reeboks. The outfit is topped off with a Canadian classic — a black toque, pulled tight and rolled up. Matt was smoking outside TFDL when we found him — and his style looked like something straight out of *Thrasher* magazine.



"I just had an exam. It went well, I think!"

Fakehah Faridi is a first-year kinesiology major who just finished her first exam when we snapped this pic — and we hope it went well! This granite oversized cardigan adds an element of chic to this chill exam look. Black lululemon leggings and a matching undershirt reflect a carefree morning rush, but it's the cardigan that pushes this outfit into the realm of effortless style. The combination of a neutral palette and blunt haircut reflects current trends in professional workwear and beauty. We're also envious of her heavy brows, which are so perfect that we wonder how she got around to doing them before writing her exam. A delicate feather necklace adds a touch of colour to this greyscale outfit, playing nicely off of the combination of skin-tight and oversized threads.



**“I love this coat so much!
Today I was just going for comfort.”**

Third-year economics major Emily Fenyvesi is rocking this textured posh jacket and plaid scarf combination. Although her jacket is three years old, its timeless cut shows how a good fit is the gift that keeps on giving. The beige and tan notes of the jacket work nicely with the playful green and red notes in an oversized plaid scarf. Black frames and straight hair offer a neat touch to this outfit’s comfy vibes. Adidas Originals add brand polish to a laid-back outfit perfect for exam season.

Emily says this beige Zara coat is one of her favourite pieces — and for the rest of her put-together look, she was just aiming for comfort.



**“I got the jersey
at SportChek.”**

To be honest, we’ve spotted multiple students on campus wearing Flames jerseys, which is way too many for a single day. We’re pretty sure that at least four of these were bandwagon fans. At any rate, first-year kinesiology major Alizain Hemani brings the Red Mile to campus with this Sam Bennett and Mason Raymond-signed jersey. This is pretty slick. We tried to make out the other autographs, but we couldn’t read them. Maybe you could help us?

Sam Bennett is younger than most of us and demonstrably more successful, so anything signed by him is pretty cool in our books. Alizain added student sophistication to this sportswear look with a white-gray Herschel bag.

Style tips ...

The 2017 spring and summer trends are on two ends of the spectrum. If you tend to go towards brighter palettes and clashing patterns, experimentation with textures, colours and prints will be huge as the weather heats up. Go for a bright fuchsia, as seen on the runways of Balenciaga and Valentino. Bright yellow is also a must-have colour for a flouncy spring dress.

Pairing long pants or a pleated skirt with oversized layering has carried over from fall trends and is here to stay this spring. ‘80s power shoulders and oversized trench coats in khaki or white can be nicely paired with a more romantically cut dress for the working girl.

As expected, Kendall Jenner brings that underwear as outerwear

trend to the summer months — this spring, she sported a lace bralette on the runways of Alexander Wang. To pair down this bold statement, try combining a fitted bralette with a long, light jacket or a sheer blouse.

Strappy sandals and ‘90s inspired mules and clogs are trendy in footwear, as well as the laid-back kitten heel. To accessorize, look for small purses, bags and big earrings — hoops are having a comeback moment right now, just make sure you’re respectful of the cultural history associated with them. Long, neat hair with a blunt cut and bold brows are still dominating the makeup scene. Keep your face clean and let your clothes speak for themselves this summer.

Summer date nights for you and your lover

By Nikayla Goddard

Summer is right around the corner, and if you're in the dating scene, you know that this is prime time to get out there with potential lovers while you aren't stuck inside writing papers and completing labs. This is your time to shine, so make your summer dating count.

Challenge your date to some friendly competition by taking them on one of the fun obstacle course runs near Calgary this summer. Whether you are both intense athletes looking to up your game or you just want to get dirty and have fun, there are runs with a variety of lengths, prices and themes around Calgary for you to choose from over the warmer months. A few that are guaranteed to get you dirty include X Warrior Challenge on May 13 at Stampede Park, Colour Me Rad on June 24 at the Southern Alberta Institute of Technology, Mud Hero from August 12–13 in

Red Deer and Zombie Survivor on August 26 at the Cochrane Agricultural Society. Be sure to research online, as prices can vary and some request charitable fundraising in order to join.

If you're not in the mood for a restaurant meal, check out Calgary's many food trucks. Donuts, ice cream, perogies, chicken and waffles, curry — you name it, and there's a food truck out there for you and your date. Not sure where to find them, or just want to know if the taco truck is open at 1:00 a.m.? Check out yycfoodtrucks.com to track your favourite trucks.

Go on a double — or triple — date and hit up an escape room for an afternoon or evening. For about \$25 — although group bookings are often cheaper — you and your friends can solve puzzles under the pressure of time. Find clues, decode mysteries and put your brain to the test in order to escape. Every room has a different theme — whether you are trying to escape from

the Illuminati, got locked in your grandparent's attic or are secret spies, it's a unique and fun date.

Get some exercise and learn more about the city you live in and love. Jane's Walk allows participants to partake in exploratory tours walking around neighborhoods in Calgary. With over 200 walks in 88 neighborhoods across the city, the locally organized tours allow discussion, storytelling and sharing among walkers as they analyze a neighborhood through its history or in the present day. The festival started in 2008 in Toronto and began to spread to other cities who wanted to adopt their touring model to allow citizens a chance to connect through their local neighborhoods. Now in its 10th year, Jane's Walk aims to create community connections in the citizen-led walking tours — check out their website, janewalk.org, to find out about walks for you and your lover to embark on.

A L B U M R E V I E W S



Goldfrapp
Silver Eye
March 31, 2017
(Classic Waxxx)

After a four-year break, Goldfrapp returns with *Silver Eye*. Don't get too excited though, since the album feels like a reproduction of previous works by the English electro-pop duo.

The album begins and ends in the same way — bland and homogenous, with each track nearly indecipherable from one another. It is an album suited to a prolonged study session akin to the ebb and flow of soft classical music. But beyond being a helpful study aid, Goldfrapp misses the electronic mark with lacklustre vocals and instrumentals that blend into the background.

Prior to this release, the band has released some innovative hits. But one of the only decent songs on this album is "Faux Suede Drifter." It feels like the moment where you jump into a cold body of water on a hot summer day, right after that crisp silence when all stimuli stop for a second. But as your body rises to the surface, the muffled sounds of those on land come into consciousness. "Faux Suede Drifter" has potential, but much like a hot summer's

day, the only reprieve is going back and repeating the jump into the track's intro.

The album ends with "Ocean," a song that melts into the rest of the tracks. If listeners pay attention to the lyrics, Goldfrapp sings an ode that speaks of losing your will and making sacrifices for others. Lyrics like "I've lost the will / I've lost my way" play well to the theme of the album and its mediocrity.

Although the album's 10 tracks complement each other, they add up to nothing more than background music when doing tasks such as cleaning or studying. Each song on the album begins with huge potential, but the execution is always disappointing. If the style of "Faux Suede Drifter" was continued, perhaps the work wouldn't be as dull. It's a shame that Goldfrapp has become comfortable so in their niche. This spells out dire consequences for the band if any subsequent releases mimic *Silver Eye* and its sleepy 44 minutes of music.

Gurman Sahota



Mount Eerie
A Crow Looked at Me
 March 24, 2017
 (P.W. Elverum & Sun)

Phil Elverum's wife, Geneviève, passed away in July 2016 from pancreatic cancer. "She died at home with me and her parents holding her, hopefully having reached some last minute peace. It's all very sad and surreal," Elverum wrote online on the day of her death. *A Crow Looked at Me* is Elverum's attempt to document his grief.

Elverum released the album under the name Mount Eerie, but he's also known as the prolific experimental folk artist behind The Microphones. On previous albums, Elverum focused on themes of nature and solitude with his music exhibiting the same chaotic randomness that makes the world both so frightening and beautiful.

A Crow Looked at Me is a different type of album. Each track is stripped bare — Elverum's lyrics are streams of consciousness that detail moments of grief in dealing with his loss. His voice is conversational and frank as he sings about his wife — things she enjoyed, where her memory persists and what being in her old room feels like. His songs are even more structureless and direct than usual. Suffice to say, it's not an easy listen.

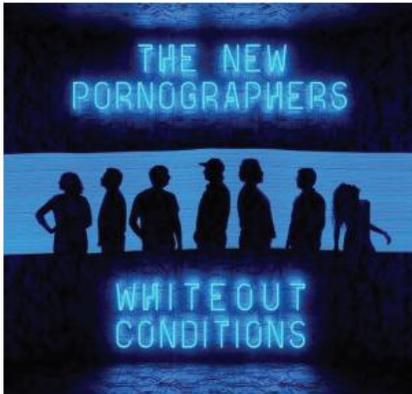
But, it's an important one. Elverum's re-

lease differs from a lot of art made about death and loss because it addresses less-acknowledged parts of grieving. He sings about giving Geneviève's clothes away, talking about death with his young daughter and the guilt of continuing to live himself.

From its first track, "Real Death," *A Crow Looked at Me* devastates. The centerpiece of the song is an anecdote about receiving a package — a gift for their daughter — in the mail a week after his wife's passing. Elverum is catatonic in his delivery up until he reaches the climax of the story with his voice breaking: "collapsed there on the front porch I wailed." It captures the profound sadness of loss in a way that few pieces of art manage to.

But the album's most powerful moments come when Elverum sings about finding meaning in life. In "Crow," the final track, he talks about hiking with his daughter asleep in his backpack as a crow follows behind them. His daughter sleepily murmurs that she's dreaming about a crow. Elverum leaves listeners with a question — does that mean anything? Maybe not, but it's beautiful nonetheless.

Jason Herring



The New Pornographers
Whiteout Conditions
 April 7, 2017
 (Concord)

The New Pornographers haven't changed much in their nearly two decades on the music scene. *Whiteout Conditions* is an album that's almost frozen in time, much like the band themselves. The album is a powerful nostalgic trip with the usual stringy vocals backed up by discordant instrumentals. The eight-piece collection brings a mix of vocals and instrumentals, with harmony that's sometimes angelic and sometimes annoyingly out of sync. But if you're looking for something new and innovative from Canada's indie darlings, you'll need to look elsewhere.

Whiteout Conditions begins with "Play Money," a synth-pop infused intro that hooks and catches attention. Neko Case's familiar voice is as melodic as ever as she waxes lyrical with lines like "I only play for money, honey, look at what this fun has done to me." The angsty roots of The New Pornographers are still evident, but they've become so tailored and familiar that, at times, the album resembles a teen drama soundtrack.

Nevertheless, the album carries on, blending neatly into its title track. Here, frontman A.C. Newman's chops are on full display — and his voice hasn't aged a bit. Case and Newman weave into an uneasy duet on the song, but it

isn't original enough to warrant interest. It's much the same formula seen in past singles like "Letter from an Occupant" or "The Electric Version" creating an unimpressive climax in a top-heavy collection.

The best track comes mid-album in "This is the World of the Theatre." Here, Case leads boring instrumentals in a catchy yet repetitive tune — but the rhyming is strong enough to carry attention. "All the phantom, by the nose they pass. You're on your way to dine, they call you from their hiding places on the shoulders of your chance," Case sings. The song sounds like the perfect backtrack to a day at the beach — but beyond that, it doesn't offer much.

From here, the album goes downhill fast. The aptly titled "We've Been Here Before" is emblematic of the album and the band's direction. The attempt to recreate a formula that's worked many times before isn't convincing enough to keep listening. With contemporaries like Tegan and Sara and Arcade Fire adapting to new styles and heading in a poppier direction, perhaps it's time that The New Pornographers follow suit.

Emilie Medland-Marchen
 April 2017 | 43

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Alone in the dark

The effects of concussions on Canada's greatest game

Story by Emilie Medland-Marchen

Photos by Justin Quaintance

I was 12 years old when my brother Daniel was drafted to the Western Hockey League. After playing minor league hockey in Kelowna, British Columbia for years, he became a member of the Kamloops Blazers when he was still a teenager.

It was a major moment for my family. My parents and I were ecstatic. We were all proud of my brother and what he had accomplished. Like many Canadian families, we were convinced he was one step closer towards “making it” as a professional hockey player. We had invested thousands of dollars into the top development programs for junior hockey players in western Canada. We had moved from small-town Kitimat, B.C. to Vancouver Island and then mainland Kelowna in pur-

suit of top coaches. The image and smell of my brother's hockey gear littered across the floor of our basement was a permanent fixture of my childhood.

The excitement started to fade when I realized that my brother, at 16, would be moving away to live with a billet family while he played in the WHL. I was too young to really understand what that meant for our relationship — as a teen, he was removed from my life for the next four years. I only saw him occasionally, when my parents and I would make road trips to visit him on the days he was allowed off from training. Most of the time, holidays were spent apart.

My memories of this time are fuzzy and scarce. They're mostly shaped by images of my parents rather than my brother. Them weeping when he was expected to train and we weren't allowed to spend Thanksgiving together. The drive home from Prince

George after my brother was traded to the Prince George Cougars. The feeling of my mom's nails digging into the palm of my hand, tense and frantic when we saw him drop the gloves.

But there is one persistent memory that I can't seem to shake — the one where my parents and I knock on the door and enter a pitch-black, unfamiliar hotel room. My brother's broken voice calling to us from the bed. Drawn curtains and a TV turned off. My mom, sitting on the edge of the duvet, tears in her eyes as she places a loving hand on my brother's head. He complains of headaches and dizziness as we stand there, unable to help him.

The treatment at the time for minor league hockey players who had suffered a concussion was to sit alone, in a dark room. There is nothing to do but fall in and out of wakefulness, stare into the darkness and wait for it to pass.

A lawsuit by 10 former National Hockey League players was launched in 2013 after players claimed the NHL hadn't done enough to protect players from concussions. Lawsuits extended into major junior hockey in 2014 when Barrie Colts goalie John Chartrand sued his former team for \$12 million. He claimed the team's medical staff and officials cleared him to play days after a violent car accident in which he suffered a concussion and lost consciousness. Meanwhile, the Canadian Hockey League — which includes the WHL — has also faced multiple concussion lawsuits for damages and neglect from players who previously played for the league.

While leagues face lawsuits from all sides, Hockey Canada is attempting to address concussions by promoting light-hearted educational programs. The organization developed an app to help parents, coaches and volunteers recognize concussion symptoms featuring a cartoon bear named Puckster. On their website, Hockey Canada claims that they have “worked hard to eliminate head contact from the game” and that “injuries to the brain are characterized by an altered state of consciousness.”

However, current research shows that an altered state of consciousness is not the only symptom present when a concussion has occurred. Research also shows that concussions are often unreported within hockey's lower leagues.



“I was pushed beyond my limits in terms of concussions. I was pushed to come back sooner and I felt that I needed to be on the ice.”

— Daniel Medland-Marchen

The NHL has responded in a similar way. While NHL commissioner Gary Bettman claims that “the league has taken tremendous strides and put a great deal of effort and time and money into dealing with the issue of player safety, in general, and concussions, specifically,” the lawsuit against the league alleges that the NHL continues to contribute to head injuries by refusing to ban fighting and body-checking and by teams continuing to employ “enforcers” whose main job is to fight or check opponents.

Fans contribute to the culture surrounding fighting and concussions as well. The prevalence of websites like hockeyfights.com, where fans post videos of hockey fights promotes a culture of violence and features players as young as 15. On the popular Reddit hockey forums, fans complain about referees' hesitation to allow players to fight in recent years. While it's true that fighting has declined in the big leagues, fans constantly

debate whether or not this is the right direction for the game. Traditionalists argue that the physical aspects of hockey are vital to its culture, while others support the move to limit fighting in an attempt to prevent head-related injuries. Despite these conversations, the NHL has yet to ban fighting outright.

Steve Montador, a former NHL defenseman and Calgary Flames player, died from concussion-related symptoms in February 2015. His brain was later studied in an autopsy by researchers who discovered he had Chronic Traumatic Encephalopathy (CTE), a degenerative brain disease linked to repeated blows to the head.

But we only hear the accounts of players who make headlines. There are many former players who suffer alone, either neglected by their teams at the onset of concussion or from years of repeated head injuries whose symptoms only show up decades later.



My brother suffered four major concussions while playing in the WHL. It's been seven years since he quit the sport, but that number has since climbed to eight. For players like him, that's just the reality of the game.

"With regards to taking that step up, getting that pay and making it all the way to the professional leagues — you're kind of going to do whatever it takes," he said. "From a young age, Canadian hockey players are fed what I think is a lie — that they're going to make it to the NHL. And I think that statistically, this is just not true. If you take that into consideration and the competition level of the WHL and the Ontario Hockey League, you get the understanding that these guys who are willing to make it through and put it all on the line will do anything. I was pushed beyond my limits in terms of concussions. I was pushed to come back sooner and I felt that I needed to be on the ice. And taking time away from training and away from the ice was dollars out of the pockets of those teams."

Research has shown that people who have suffered from concussions are more likely to get them again. My brother was skiing in northern B.C. in late 2016 when he fell and hit his head. He knew the symptoms as soon as they started — dizziness, impaired memory and an inability to concentrate.

He was familiar with the recovery process for this kind of injury. He'd been through it many times before. What he wasn't prepared for was his difficulty going back to school, where persistent memory lapses and impaired concentration led him to struggle with classes.

But luckily, his return to Calgary put him in one of the best places in the country to undergo concussion treatment. At the University of Calgary, the Sport Injury and Prevention Research Centre is one of nine research centres worldwide supported by the International Olympic Committee. Within the Sport Medicine Centre, the Acute Sport Concussion Clinic is conducting ongoing research on the prevalence of concussions in sport.

Kathryn Schneider is an assistant professor and clinician scientist at the centre.



She is currently conducting research on the role of the neck and the vestibular balance system in youth athletes as part of a longitudinal study on the effect of concussions in athletes.

"One of our cohort studies is being led by Dr. Carolyn Emery and it's called Safe to Play," Schneider said. "It's a five-year prospective cohort study, which is basically a study where we follow people forward in time. [We follow] ice hockey players that are 11 to 17 years of age and we're looking at different factors that increase risk of injury. We are also looking at the best tests and measures to help when a concussion has occurred, who is at greatest risk and how we can measure recovery from concussion."

Emery and Schneider's research has identified that when a league allows body-checking, there is a nearly four times greater risk of concussion among athletes. It has also shown that male youth hockey players aged 11–14 are at a greater risk of concussions if they report that they have dizziness, neck pain or headache at the start of the season.

"At the time of a concussion, there is force transmitted to the head," Schneider said. "It can be a direct blow or transmission of force through the body. A variety of different symptoms occur, the most common of which are headache, typically followed by dizziness. But there are other symptoms that can occur as well, which include difficulty concentrating, difficulty with memory, sleep, irritability and some individuals also have neck pain. Sometimes the symptoms don't arrive right away, but they can come after time."

Schneider says that one of the current problems with underreporting concussions is the lack of an accurate baseline test to determine symptoms. Through

Hockey Canada and similar programs, most coaches are trained to conduct concussion testing themselves, through methods like holding up fingers to test for blurred vision and asking athletes their name and address to test memory.

But cultural aspects of sport can skew the results of diagnostic tests. Players often face pressure from coaches and parents to return to the ice following a blow to the head. After a concussion has occurred, returning to sport immediately without rest can cause further brain injury, worsen symptoms and increase recovery time.

It's difficult to produce overarching data that can apply to individual concussion cases, and even harder to prove that underreporting and pressure to play are problems. But the lawsuits from former players aimed towards minor leagues suggest that hockey players face cultural pressures to play before they are ready. They suggest that hockey players face pressure to maintain a level of perceived cultural masculinity — or to just "suck it up."

"The last concussion I had in hockey was a fight," my brother said. "I honestly don't remember a whole lot — I think a lot of those things have sort of been lost. What I do remember is feeling that it wasn't okay that I had a concussion, or it wasn't okay that I was hurt. I remember asking myself, 'Should I go back out there? Should I keep playing?' There was no specific person or coach or trainer that said that to me, but it very much felt that way. It did not feel like it was okay that I had a problem. I took all my gear off and I sat on the bus alone, no monitor, nobody there to check up on me or see what was going on, nobody watching to see if my situation declined. It was a very lonely time."

The approach to concussion management and reporting in hockey extends beyond the medical realm. To address the socio-cultural elements of concussion underreporting in sport, Schneider is working with U of C kinesiology professor William Bridel, whose research specializes in gender and sport.

While only in the beginning phase of their research, Bridel has noticed there are social pressures placed upon hockey players to maintain perceptions of masculinity and performativity.

"It's a new line of research that is stemming from my long-standing interest in sport-related pain and injury," Bridel said. "Since I came to the U of C two and a half years ago, I recognized that in our faculty there is a significant focus on concussion. The conversation started fairly quickly about adding a qualitative research component to research that is already happening, but also analyzing the socio-cultural aspect of concussion — stigma, masculinity and the culture of sport more generally."

Bridel's interest in head injury and perceptions of masculinity in hockey started when star Pittsburgh Penguins centre Sidney Crosby suffered his first concussion in January 2011. His recovery process was widely publicized and he eventually returned to the ice after nearly eight months in and out of training.

"Talking openly about mental health and being encouraged to talk openly about mental health is a really new idea."

— U of C kinesiology professor William Bridel

"It really struck me as a very interesting conversation that was unfolding around Sidney Crosby," Bridel said. "And that was even before I came here. There was this sort of dual narrative around Crosby at the time — the first was that it was interesting in the sport of hockey that he was given the time that he needed to recover before returning to the ice. His team was obviously very supportive and understanding. Now you can unpack that a lot — he's a star player. So if it was someone who doesn't have that star quality, would they have been treated in the same way?"

In the case of Crosby, Bridel said he noticed a difference between fans who were supportive of his time off and fans who wanted him to return to the ice as soon as possible.

"There was almost an even split in perceptions of Crosby. Half were, 'this is

really amazing that he's being given the time to heal and it's really important'. And the other narrative was polar opposite. It was like, 'he's such a pussy. Get back on the ice. Suck it up'. It's a masculine sport, so you know the narrative."

Bridel has noticed this masculine culture extends beyond just hockey and other contact sports. Fan culture promotes an idea of heroism in the tradition of clapping after athletes pick themselves up off the ice. There is a tendency to promote physical toughness in athletics that leads coaches, parents and fans to misdiagnose pain and not take it seriously.

"I went through a period where I definitely felt that I was being put in a role that was kind of different from what I had grown up as," my brother said. "Before, I was sort of a puck-moving power play defenseman. Making the jump up, I suddenly found myself thrust into grinder-type situations, or more physical types of situations. I think I responded to those pressures and started to fight quite a bit. I can remember being strongly encouraged by other members of the team to fight a particular guy. It's hard, you know, everyone's kind of jeering at you, yelling at you to do something."

The tradition of lionizing athletes in the media creates a stigma amongst athletes about reporting their pain. This can extend beyond physical ailments like concussion and injury and into the realm of mental health. The list of former NHL enforcers who have ended their lives grows longer every year.

CTE, one of the most serious complications of concussions can occur as a result



Courtesy, Michael Miller



of multiple head traumas. Repeated trauma triggers progressive degeneration of the brain tissue and the build-up of abnormal proteins.

The symptoms list is horrifying — memory loss, confusion, impaired judgment, impulse control problems, aggression, depression and eventually, progressive dementia.

There is currently no way to diagnose CTE in patients without analyzing the brain post-death in an autopsy.

Post-concussive symptoms like depression and anxiety are limited areas of research. Not many studies have examined the long-term cognitive effects of brain trauma on athletes.

Bridel thinks there has been a reluctance to engage in this branch of research because of a broader stigmatization of mental health in our society.

“Talking openly about mental health and being encouraged to talk openly about mental health is a really new idea,” Bridel said. “It’s part of a larger conversation about mental health and the stigmas that we unfortunately and tragically connect to it that just needs to be broken down further still.”

Bridel mentioned that hockey is part of the “cultural fabric” of Canada, and he’s right. On weekends we crowd around the TV to watch our favourite teams play in the NHL. Most of us have the *Hockey Night in Canada* theme song memorized by heart. Parents want their kids to be NHL stars.

There have been major drops in youth participation in other contact sports. Between 2010 and 2015 there was a 27.7 per cent drop in football participation rates from youth aged 6–14 in America. Parents are reluctant to sign their kids up for a sport where the average lifespan of a pro player is less than 60 years.

Hockey Canada has felt a similar pressure from waning participation. When Hockey Canada and Bauer Hockey Inc. led an independent survey of 875 non-hockey playing families in Ontario and Nova Scotia in 2012, they found that the top three concerns were fun, time commitment and safety.

The organization’s newest concussion information and safety apps and their recent approval of reduced ice surfaces for younger skaters might be an attempt to address these concerns.

The fact remains that most players who

strap on skates will never play in the NHL. The road to get there is paved with obstacles — removal from family, friends and hometown at a critical age of development, a ‘play or be traded’ mentality prevalent in the lower leagues and a desire to maintain a fragile perception of masculinity. Even without all this cultural baggage, there are still the muddy and relatively unknown long-term consequences of repeat head injuries.

But is it worth it, for a shot to one day play in the big leagues?

“I took a lot out of hockey. I learned a lot of leadership skills, I learned a lot of how to work with a team and a lot about myself. But no, I wouldn’t do it over again. I was quite talented in a multitude of sports as a child and I would have chosen the sports that had less contact,” my brother said. “Parents need to understand that it’s not just the Canadian dream — it’s their kids’ life and their kids’ brain and they need to have a life beyond the ice.”

In some ways, my recollection of that time in my brother’s life reflects the symptoms of concussion — faded memories, confusion and complicated emotional trauma, all from the memory of my brother sitting there, alone, in a dark room.

Five stand-out players from the Dinos season

Story by Emilie Medland-Marchen and Tommy Osborne

Photo by Justin Quaintance

Fifth-year guard

Thomas Cooper

Men's basketball:

Thomas Cooper was an absolute beast for the Dinos this season. He dominated the competition all season, leading the team with a Canada West second-ranked 22.7 points per game. With an average of 7.7 rebounds per game, Cooper also led the Dinos in scoring. Cooper's well-balanced game was a huge part of the Dinos' dominance this season, as he completely took over playoff games and brought his team to victory. His efforts and contributions to the Dinos were recognized when he was named the Dr. Dennis Kadatz male Athlete of the Year and a first team All-Canadian.



Fourth-year prop

DaLeaka Menin

Women's rugby:

At the end of this season, fourth-year prop DaLeaka Menin was the first women's rugby player in Dinos athletics history to be named female Athlete of the Year. She was co-captain of the 2016-17 Canada West champion women's rugby team that went on to compete in the USports championships, where the team earned a national bronze medal. Menin has been a major force on the rugby team during her time at the U of C. She's weaved in and out of the national team roster and this year secured both Canada West and USports Player of the Year awards as well as first team All-Canadian and Conference All-Stardoms. Menin's presence on the Dinos has helped the team build immense success over the past few years.



Fourth-year guard

Brianna Ghali

Women's basketball:

Brianna Ghali had an amazing year with the Dinos. She was both the Dinos' leading scorer with 12 points per game and the Dinos' leading rebounder with 8.6 rebounds per game. Her ability as both an offensive and defensive force was key to the Dinos' success this year, as her individual dominance opened up the court for her teammates. When Ghali was playing, the rest of the team benefitted from her ability to create her own shots and facilitate her teammates. Ghali was awarded a spot on the Canada West women's basketball third team All-Stars for her dominance this season with the Dinos.



Fifth-year quarterback

Jimmy Underdahl

Football:

On a team filled with many stellar athletes, singling out only one player proved to be quite the challenge. However, Jimmy Underdahl is more than deserving of this spot. He threw 303.7 yards per game this season, the fourth most in the Canada West. His ability to make seemingly impossible throws and spread the ball evenly to every man on the field kept the opposing defence scrambling. Unfortunately, Underdahl suffered an injury late in the season, but made a heroic return



in the Mitchell Bowl, where he led the Dinos to 32 points in the second half en route to topping the St. Francis Xavier University X-Men. The Mitchell Bowl showcased Underdahl's ability to completely transform a game, as his talents offered a whole new level for the Dinos offence.

Fourth-year athletics

Niki Oudenaarden

Track and field:

Niki Oudenaarden made a surprise comeback this season after taking time off from athletics in 2016 to undergo extensive ankle surgery. She returned to the sport in a big way, winning five medals at the 2017 Canada West Championships in February and a Field Athlete of the Year nomination. Oudenaarden has seen success on the national and international athletics stage, competing at the World Youth and World Junior championships, as well as the the North American, Central American and Caribbean and Summer University Games. Her excellence in previous years shows her stellar athleticism, but it was her impressive comeback this season that stood out most.





2016–17 Dinos moments to remember

Story by Tommy Osborne. Photo by Justin Quaintance

Dinos athletics celebrated a great 2016–17 season. The year was filled with highlights, including the women’s rugby team earning its first ever bronze medal and the football team taking home the Hardy Cup. While there were many exciting moments to choose from, the *Gauntlet* compiled our most memorable moments of the season.

Oct. 1, football: Brennan van Nistelrooy’s #UCALGARY50 dominance

The entire University of Calgary 50th anniversary celebratory game was a dominant outing for the Dinos, as they won 50–15 against the University of Alberta Golden Bears. Defensive back Brennan van Nistelrooy was a human highlight reel for the whole game. His night started with a great fake punt, which he converted for a first down. On top of that, van Nistelrooy also defended a sure-fire pass, where he seemed to defy gravity by jumping through the air to swat the ball away. He also came away with the highlight of the game with a pick-six. With the Golden Bears backed up on their own two-yard line, van Nistelrooy tipped a U of A pass to himself and spun around to catch the ball in the endzone. Watching van Nistelrooy’s performance was certainly a highlight of the season.

Nov. 13, football: Hardy Cup victory over the University of British Columbia Thunderbirds

The Hardy Cup was the most exciting game of the season for the Dinos football team. There was a lot at stake, as the opponent Thunderbirds knocked the Dinos out of the playoffs in the previous Hardy Cup. The Dinos delivered big, winning the game 46–43 with a last-minute touchdown to put themselves ahead. Being crowned the best team in the Canada West in a hard-fought game against the same squad that ended their previous season was a shining moment for the Dinos football team.

Jan. 12, women’s basketball: Pack the Jack third quarter

The entire Pack the Jack game was solid for the Dinos women’s basketball team as they took down the University of Fraser Valley Cascades 69–59 in a nail-biter. The third quarter specifically was one of the most striking moments of the entire season for the Dinos. They scored 33 points in the quarter alone, which was more points than the 26 they had in the entire first half. Brianna Ghali posted seven points, six rebounds and two steals in the third quarter, while Bobbi-Jo Colburn added eleven points and three steals. One of Colburn’s streaks led to a fast-break lay-up as soon as the quarter began. With over 1,000 fans in attendance, the Dinos chose the perfect time to put on a show.

Feb. 2, men’s hockey: Crowchild Classic victory over the Mount Royal Cougars

A Crowchild Classic victory is always

something to be celebrated, but this game will be remembered as a Crowchild Classic for the ages. The entire game was back and forth, and by the end of regulation the game was tied at 4–4. During the first overtime period, no team scored, leading the game to continue into a three-on-three overtime. Danny Gayle scored the game-winning goal and immediately dove towards centre ice, where he was swarmed by his teammates. With a roaring Dinos crowd and a huge celebration in the middle of the rink, few will forget this game anytime soon.

Feb. 23, men’s basketball: Thomas Cooper and David Kapinga light it up against the Thompson Rivers University WolfPack

Thomas Cooper and David Kapinga had exceptional seasons for the Dinos, so it was tough to choose a specific game to highlight their dominance. But the first playoff game against the WolfPack stood out because it showcased how the duo could completely take over a game. Cooper scored 12 points in the first quarter alone and his prowess gave the Dinos a quick 23–12 lead. With the game headed to the fourth quarter 52–48 in favour of the Dinos, Kapinga’s performance gave the Dinos the victory. Like Cooper in the first, Kapinga scored 12 points in the fourth to win it for the Dinos. On top of his stellar offense, Kapinga also provided a much needed tenacity on defence that prevented the WolfPack from mounting a comeback.



Taking some time off from studying could help mediate burnout

Story by Christie Melhorn

Photo by Justin Quaintance

At some point during the semester, you probably want to collapse onto your bed and never move again. The flurry of exams, work, responding to the backlog of texts on your phone and trying to find time to eat and sleep is exhausting. If your exam-induced adrenaline rush starts to unravel into a demotivated slump, you are most likely — and very understandably — burnt out.

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While there isn't a specific or medically supported definition of burnout, it is generally considered a state of emotional, physical and mental exhaustion caused by prolonged stress and overexertion. It's when you just want to lay on the floor and stare at the speckles on your ceiling. Not even a free Tim Hortons coffee and chocolate sprinkle donut could ignite you.

Hitting this level of exhaustion is scary and all too common for busy students. Even if you're not quite that emotionally removed, you may find that everyday things

like seeing a "closed for cleaning" sign on a bathroom make you painfully angry.

Whatever your level of exhaustion, instead of denying or ignoring it, honour it. We tend to hit these levels of exhaustion by denying ourselves the self-care that we may not even realize we need. Whether your student philosophy is "work hard and be successful" or "C's get degrees," our cultural and educational framework still possesses a system of values that neglects our emotional wisdom and well-being. The "drunk cry" isn't just a supernatural result of drinking

too many beers. It's something that has been pent-up and waiting for the walls to drop just enough to catapult over full force.

That moment and other on-campus meltdowns I've witnessed — almost always involving a 3:00 a.m. Domino's binge — reveal how weeks of repressed emotions, unfulfilling social interactions and subconscious school-induced stress catch up to us. Even those who don't consider themselves committed students have probably had nightmares about showing up to class empty-handed when a big assignment is due.

Thankfully, there are many ways to mediate burnout. Sometimes, in order to reinvigorate yourself, you just need to feel what you feel. And if that is nothing, then just sit with it — literally. Even for just half a day, honour your exhaustion and let yourself sprawl out in bed in your sweats doing nothing. Listen to your body. If you want to get up and move around or spontaneously decide to clean your room, go for it. Give yourself complete liberty to act on your natural impulses.

The health care blog *Psychology Today* explains that we tend to habitually wear "masks" without even realizing it. Different social settings extract different personas. Rotating these masks between work, school and our lives contributes to burnout.

Letting ourselves behave organically in social settings is a difficult thing to achieve and may not always be a constructive approach — not everyone needs to know about the disturbing sex dreams that you've had about your ex who you're still in love with. However, giving yourself time to be as unrestricted in your own space can be cathartic and centring.

Between juggling three jobs, two classes and a struggling active lifestyle, I often forget how good I am at coming up with bad corny jingles and puns about anything going on around me. This inner goofy poet was buried by a steaming heap of assignments, workout gear and Tupperware containers from the hundreds of lunches I've prepared this semester. This part of me may not directly be a persona that will benefit me academically or professionally. However, it is a part of my personality that feels great to express. That in itself makes it valuable to explore.

Usually, quality self-time naturally inspires us to pursue some kind of creative work. In an article about the benefits of downtime, *Chatelaine* quotes neuroscientist Andrew Smart, who says that zoning out engages our deeper

creative abilities. Doing so can lead to those satisfying "Aha!" moments. And even if they don't, being in that space is really enjoyable and dismantles our sense of time.

As students, our lives are regulated by time and numbers. Routine and discipline may help us survive school, but when it becomes excessive, it can prevent us from truly living. How many times have you been told about the importance of budgeting time and money as a student? You need to cram 30 minutes of cardio a day between four-hours of lectures. Somehow you have to find time to eat in between without spending a fortune. Then you have to study at least five hours a day on top of working your six-hour shift. And there's a 90-question multiple choice exam looming. Regulation is necessary in order to get things done and keep ourselves organized. However, breaking away from it can at least temporarily let you explore a part of yourself that may be malnourished.

Spending quality time with yourself not

"As students, our lives are regulated by time and numbers. Routine and discipline may help us survive school, but when it becomes excessive it can prevent us from truly living."

only reintroduces you to a forgotten part of yourself but can also make your social interactions more meaningful. When you're burnt out, the last thing you want to do is entertain small talk about snow in April and how busy you are with exams. However, in the thick of that busyness, nurturing your relationships with those close to you is uplifting and refreshing. As *Psychology Today* frames it, "social interaction is nature's antidote to stress." The health care blog asserts that your friends and family don't have to "fix" your problems or burnout. Being listened to without fear of judgment in itself can alleviate stress.

I tend to shelve my emotions and stress during heavy school and work periods. This usually means that I avoid making plans

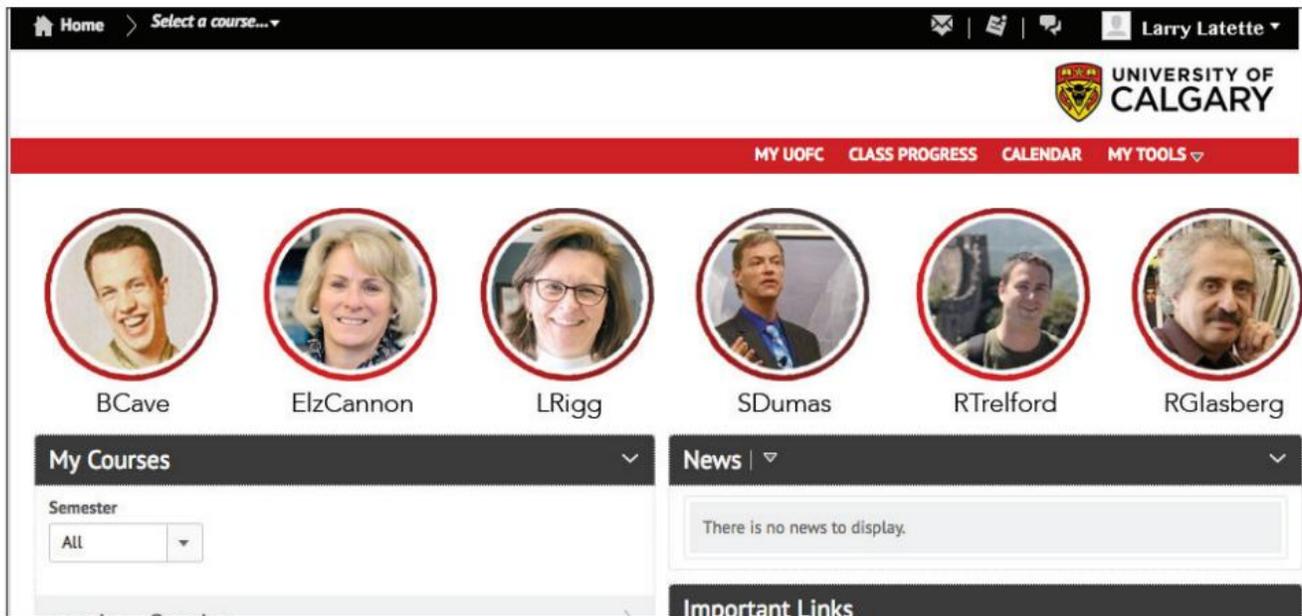
with friends and family who will be able to see through my illusory sense of control. Impending deadlines and exam dates tend to haunt me at outings with friends or at family dinners. However, I've learned that denying myself even just an hour of social time with those I care about is alienating. It's an opportunity to be raw and real about your stress or — as cheesy as it sounds — to just simply create new memories.

Coupling socialization with sensory experiences is a cathartic experience. Engaging the mind and body can not only distract from prickles of stress but can polish old interests or help discover new ones. Whatever the activity, it doesn't have to be expensive or time-consuming. Simply looping Prince's Island Park and enjoying the rush of the freshly melted river can be soothing. Or maybe try making those cool sushi donuts dominating your Instagram feed. Do whatever you feel like and let the ghosts of school responsibilities fade — at least temporarily.

Whether or not you feel like opening up to

others, being around people who bring sincere value to you is anchoring. Feeling seen and heard can remind us of our interests and engages us with our surroundings. This can ultimately remedy a sense of disconnection with our inner selves.

In a culture that tends to assign your worth based on your productivity, taking a day off might make you feel lazy and guilty. However, going weeks without tending to your spirit can lead to total burnout. Detoxing from school in the thick of exams might feel like a waste of time. However, when you can embrace your vulnerability and let yourself simply be, time loses significance and an authentic relationship with yourself gains greater value.



D2L to introduce photo stories

Story by Derek Baker. Photo by Justin Quaintance

Sharing everyday moments just got a little bit easier. Inspired by the recent additions to Facebook Messenger and Instagram, Desire2Learn will now include a photo sharing feature called D2LStoriez.

“We thought it was about time students and professors were able to share 10-second selfies or videos showing just how fun school is,” IT serviceperson Imogen Ingrid said.

D2L’s new photo sharing component will come with a host of features, including fun new filters that morph your face into Elizabeth Cannon’s, email notifications for whenever a classmate posts a new story and the ability to share photos with only certain individuals.

“Having the ability to share photos with only a few people in your class might make it easier to communicate with your group during a project,” Ingrid said. “But please, do not send dick pics over D2LStoriez. That would certainly result in non-academic misconduct.”

Ingrid said that the main goal of D2LStoriez is to foster student engagement in an accessible way.

“We at the university are totally #hip 54 | The Gauntlet

and get that #millennial students demand yet another photo sharing platform,” Ingrid said. “Students will be now be able to share the special academic moments, like ‘just finishing my 20-page paper at 3:00 a.m. the night it’s due’ or ‘what the heck was that test 😩’.”

Additionally, D2LStoriez will be triggered by the “red dot of doom” that tells students a grade has been posted. Upon viewing the grade, the website will automatically open the webcam or front-facing camera on a phone to capture your reaction in the moment and instantly share it among your peers.

“What better way to capture the pure, raw emotion of students than to see them react to getting back their cellular biology final,” Ingrid said.

Ingrid also said that D2LStoriez will have an academic use as well. She says that professors can use the photo sharing feature to assign students personal responses to readings.

“Professors can be sure that students are staying on top of and getting something out of their readings,” Ingrid said. “Sharing a pouty-face selfie captioned

‘#sad’ in response to reading something like *Bridge to Terabithia* or whatever they read in English classes is a great way to foster student academic interest.”

A prototype of D2LStoriez has previously been tested by a select group of students. Second-year psychology student Larry Latette made use of the feature over the past few weeks.

“After a particularly rough group project, I face swapped with trashcan and captioned it ‘my group members,’” Latette said. “Yeah, that didn’t go over too well.”

Still, Latette is excited to have another medium to post selfies to let others know how fun his life is.

“I also posted a few selfies of me partying throughout the day during Bermuda Shorts Day to show everyone how cool I am,” he said.

When told that his professors could also see his story of him not attending their class, Latette excused himself, saying he had a few apology emails to send.

D2LStoriez will roll out for everyone at the beginning of the Spring 2017 semester.

PC party proposes policy to ensure parents receive alerts any time their child “like-likes” someone

Story by Melanie Woods
Photo by Mariah Wilson

Last month, Alberta Progressive Conservative Party leader Jason Kenney came under fire for saying that parents should be informed if their child joins a gay-straight alliance at school, with many critics arguing that such a policy could put young LGBTQ lives at risk.

This week, the PCs doubled down on Kenney’s statement, claiming that parents should be informed of their children engaging in the practices of “like-liking, canoodling with, giving eyes to or having lustful feelings about” someone, no matter their gender.

“The media has it all wrong — it’s not just about kids being gay,” PC executive director of policy Ron Hulman said. “Parents deserve to know if their kids are engaging in any sort of remotely sensual activity. And as a provincial political party chocked full of 50-year-old straight white men, we feel we are the best authority to definite what that means.”

Hulman said the PCs are currently drafting a policy that would make it mandatory for schools to report any incident of perceived desire for intimacy to parents.

“We’re talking hand-holding, face-nearing, butt-glancing, SnapChat flirting — anything,” Hulman said. “If a student so much as draws a heart around their name and someone else’s, I think it’s fully within the rights of parents to know.”

Hulman proposed a text message alert system similar to those used by the government for natural disasters or amber alerts.

“This is a life-or-death situation,” Hulman said. “If little Timmy wants to hold hands with little Suzie on the bus, I think both of their parents should be immediately alerted through whatever means possible.”



Hulman said schools should also install surveillance cameras at prime “hook-up spots” at middle and high schools.

“That way if some punk kids want to go make-out in a corner, we can send the footage straight to their parents,” Hulman said. “Parents have every right to see their children getting hot and heavy.”

Lisa Sampson’s son Chad Sampson is currently enrolled in Grade 10 at Sir Winston Churchill High School. She said she wants nothing to do with Chad’s sexual exploits.

“I don’t really want to see my son shoving his tongue down the throat of anyone, to be honest,” Sampson said. “I have more important things to worry about. We had the talk, he knows how a condom works — I’ve done my duty.”

Hulman reiterated that liking someone is a deeply personal experience for kids and parents should be involved.

“Frankly, I wish my parents knew when I had crushes in high school,” he said. “Maybe then Sandy Miller wouldn’t have turned me down when I asked her to prom.”

Four ways to give your old school supplies new life

Story by Jill Girgulis
Photo by Mariah Wilson

Now that the winter semester is finally over, there's no better time to start that spring cleaning you've been putting off. The first step in this annual purge is dealing with the massive pile of school stuff you've accumulated over the year. We've created a list of options to help you get started.

Sell it all:

Tap into your inner business-person and arrange your school supplies to appear on Kijiji three minutes after your last final. Negotiate prices so you can break even on the number of coffees you had to buy in order to actually read through those book chapters — but maybe hold off telling potential buyers up front that your economics book is gonna cost them the equivalent of 487 Americanos.

Stage a marriage proposal:

Depending on how much time you spend on the sappy side of YouTube, you may have seen those elaborate marriage proposals where one partner spends hours painstakingly writing out Shakespearean sonnets on Post-it notes and arranging them to spell out the words, "will you marry me?" Even if you're not at this point in your relationship, suck it up because this is a perfect way to make use of all your leftover Post-its from the year. If you're still feeling a little burnt out from finals, just write out your thesis on the notes instead. Someone, somewhere will appreciate it.

Build a rabbit fort:

In the summer when most of the University of Calgary's inhabitants vanish into thin air, there are still a few creatures who have no choice but to stick around campus all year long. No, not undergrad researchers — I'm talking about U of C's resident rabbits. These rabbits don't get to escape to a far-off destination like

you do — Red Deer counts, right? — so from May to August, the least you can do is use your old textbooks to provide the rabbits with a little protection from the elements. I'm told they prefer new textbooks with the plastic wrapping still intact to create a watertight seal.

Keep it all:

Hoarding is perfectly normal, if you ask me. There is absolutely nothing wrong with never discarding a single note, practice test, lab report or syllabus that you've accumulated over the course of eight semesters. Sure, your apartment is getting a little crowded and you recently had to sell your kitchen table to make room for yet another filing cabinet to store your Winter 2017 notes, but you've totally mastered the art of balancing a bowl of ramen on your knee by this point, so it's all good. Everything's fine.



Your future is a sweltering hot summer's day

By Derek Baker



Taurus
(April 20 – May 20)

Your class will nickname you “Slurpee Guy” after stopping at Stör to grab a large grape slushie before every lecture. Even your professor will refuse to mark your paper because he didn’t recognize your real name on the title page.



Gemini
(May 21 – June 20)

You will manage to convince your professor to have lecture outside on the Prairie Chicken hill. Some jerk will ruin it for everyone by getting struck by lightning during a sudden thunderstorm, making the class go back inside for the rest of summer.



Cancer
(June 21 – July 22)

Looking to pick up some easy credit in your final year, you’ll enrol in a 200-level summer class. This will be your toughest class ever as you listen to the deeply philosophic musings of newly minted second-year students.



Leo
(July 23 – Aug. 22)

You will go on vacation during your summer course, missing the majority of the lectures. This will somehow be your best class in your entire degree.



Virgo
(Aug. 23 – Sept. 22)

After dropping PHYS 211, you will use the textbook as kindling to start a backyard bonfire. It’s a much more practical use, if I do say so myself.



Libra
(Sept. 23 – Oct. 22)

While cramming for a midterm one evening on the sixth floor of the TFDL, you will look over to the Summer Den patio night. You will give in and join the party, consequently failing calculus for the third term in a row.



Scorpio
(Oct. 23 – Nov. 21)

You will bring in your hedgehog as a class pet to your spring class. A cult will form, worshipping this hedgehog, who apparently told the rest of the class to sacrifice you for good grades.



Sagittarius
(Nov. 22 – Dec. 21)

You will come up with a brilliant scheme to get a UPass over the spring and summer semesters by enrolling in two classes, then dropping one before the deadline. You will sleep through the drop deadline and be forced to take MATH 211 again.



Capricorn
(Dec. 22 – Jan. 19)

Since every day is summer during your summer class, the whole class will break out in song, singing *High School Musical 2*’s “What Time Is It” at the end of each lecture. It’s a vacation!



Aquarius
(Jan. 20 – Feb. 18)

A game of ultimate frisbee will spontaneously start during class. Though everyone thought your professor would be really angry about it, he was actually the most into it. Who knew Dr. Smith could throw rad elbows and sling some wicked airbenders?



Pisces
(Feb. 19 – March 20)

It will be so hot in the lecture theatre one day that everything – yourself included – will begin to melt. You will now learn fluid mechanics as a literal fluid. This is the truest form of experiential learning.



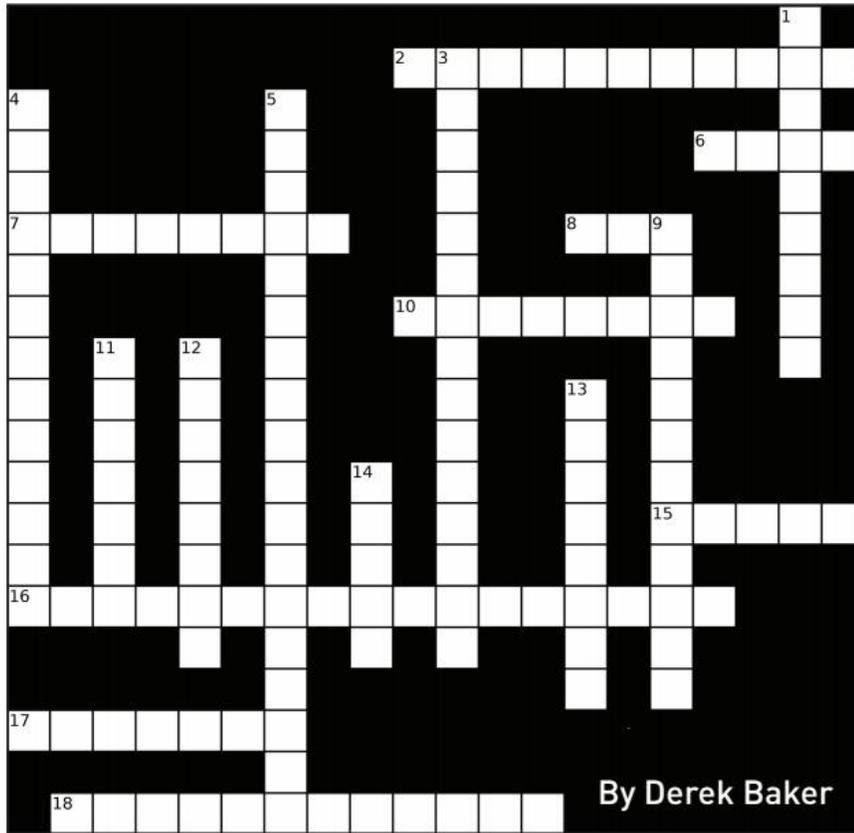
Aries
(March 21 – April 19)

While trying to balance a job and classes during the summer, you will burn out before Fall 2017 even begins. This isn’t even a joke – life just really sucks.

It goes without saying – Dawn Muenchrath



Crossword: *Gauntlet* history



April 6 Solution:



Congratulations to Anya, Chevy, Jaime and Meaghan for being the first to complete last issue's fruity crossword. Send in a photo of a completed crossword to eic@thegauntlet.ca to be congratulated in our next issue.

ACROSS:

- 2. Now restored after mistakenly being painted over, this poem going up the stairs of the Social Sciences building has been documented by the *Gauntlet* and is the most read story on our website.
- 7. Learn how to develop film photography in our _____.
- 8. Soak up some communist drivel with our paper, which has been termed this piece of fabric by many of our detractors.
- 10. Named after a *Seinfeld* celebration, the *Gauntlet* celebrates this ironic non-denominational gift-giving holiday every year in December, complete with feats of strength, the airing of grievances, a pole and the occasional miracle.
- 15. The *Gauntlet's* office is currently located on this floor of the MacEwan

Students' Centre.

16. Before the Humour section was labelled as such, occasional satire stories were published under this section.

17. The *Gauntlet* gives out four scholarships a semester to volunteers, named after our first Editor-in-Chief, Maurice _____.

18. The *Gauntlet* offices will be renovated this summer, after we successfully applied for a _____ grant.

DOWN:

1. Our printers are currently located in this British Columbia town.

3. The *Gauntlet* spurred controversy after publically calling for the resignation of this University of Calgary figure in 2015.

4. Our highly illustrious award given to a *Gauntlet* volunteer each issue, recog-

nizing their contribution to the publication.

5. This is the *Gauntlet's* Latin motto, translated roughly to "rage provides arms."

9. This is our Twitter handle. You should follow us.

11. The *Gauntlet* is actually older than the U of C, as it began printing when the school was a satellite campus of the University of _____.

12. Read through over 50 years of U of C history by flipping through these bound copies of old issues.

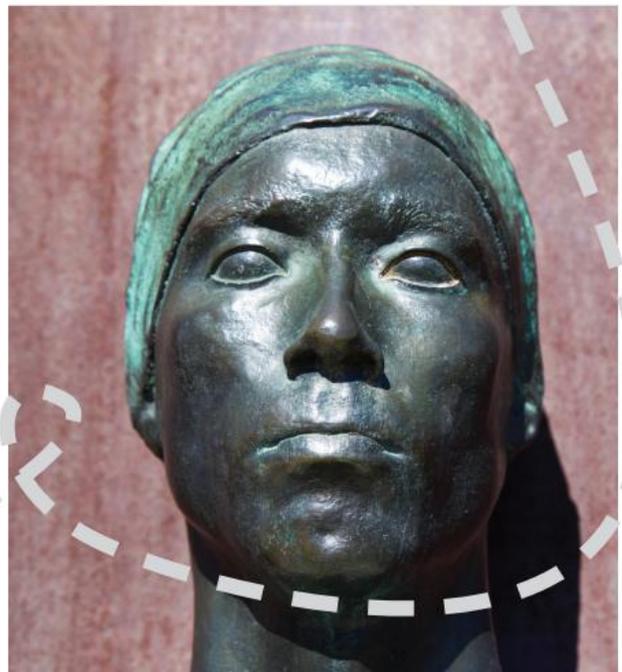
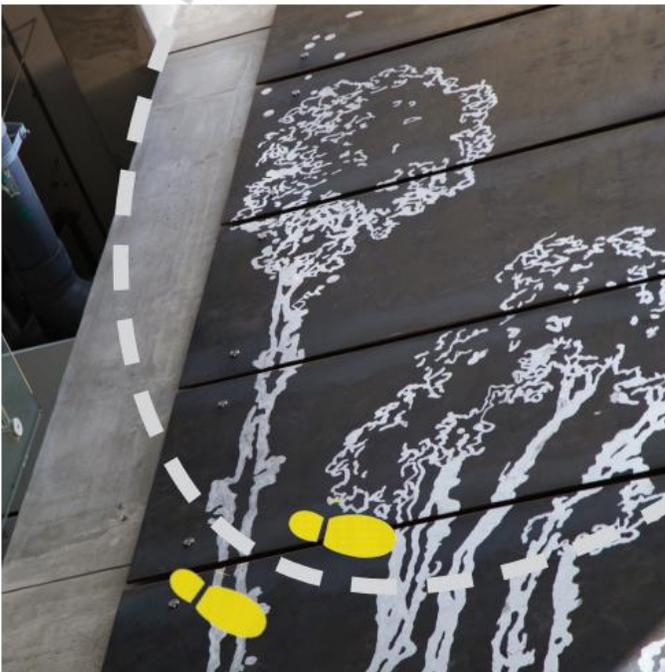
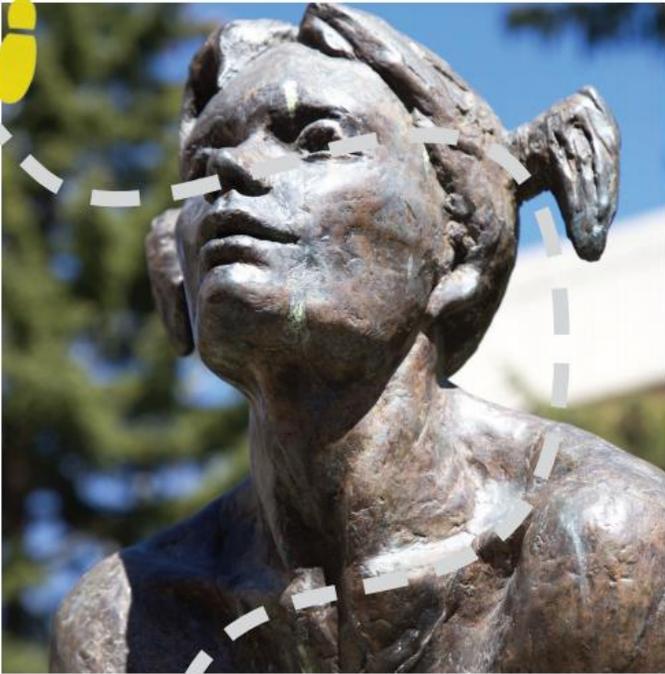
13. A *Gauntlet* staffer threw this object out a window one dark Bermuda Shorts Day years ago, and may be the reason why MacHall is now closed during the celebration. Sorry.

14. Recently called "Short Form," the *Gauntlet* goes around campus asking students questions about current topics in this part of the Opinions section.

The *Gauntlet's* University of Calgary photo hunt

By Derek Baker

The *Gauntlet* went around snapping photos of a few notable objects. These statues and pieces of art are scattered about the main campus. See if you can find them all! Send photos with you and all four objects to eic@thegauntlet.ca to be congratulated in our next print issue.





**READ
IT
ONLINE**

Follow @GauntletUofC



