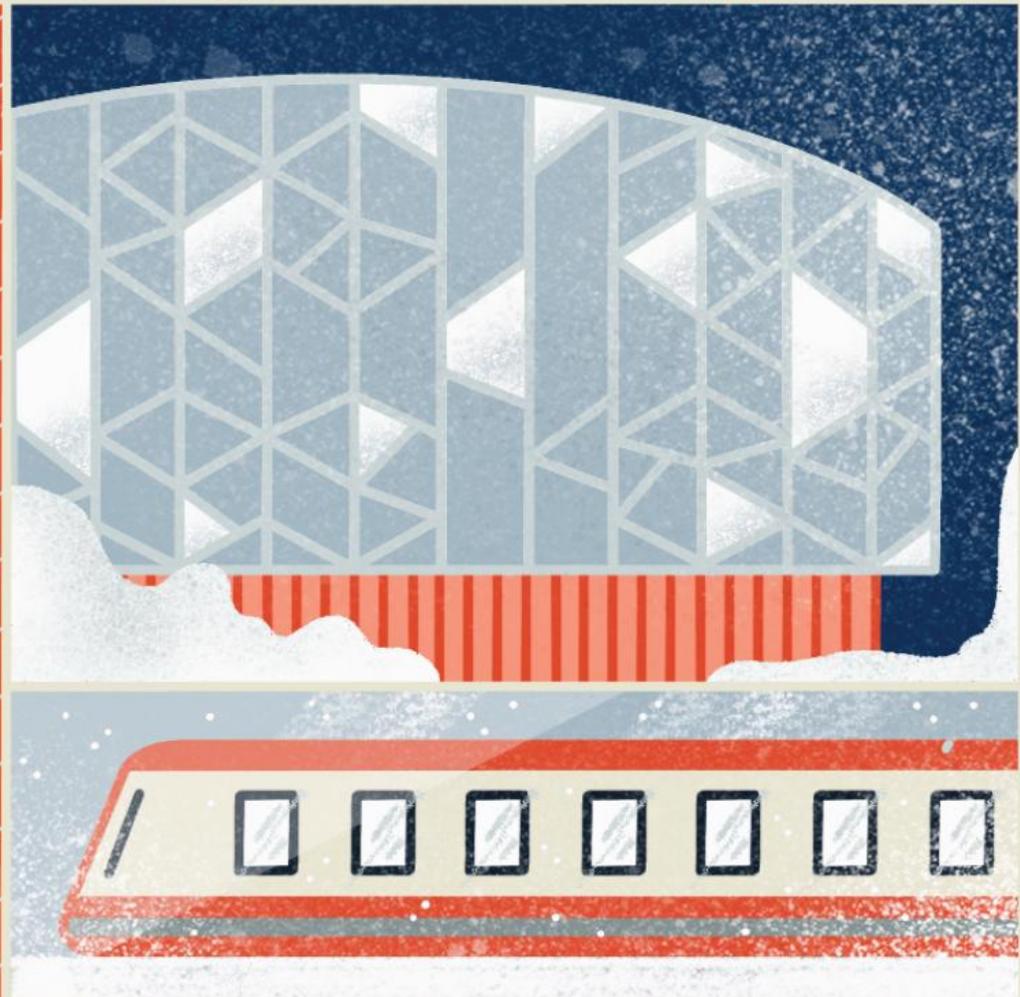
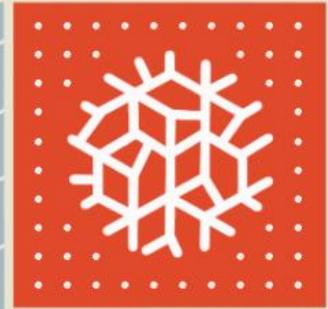


GAUNTLET



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THE STUDENTS' UNION

DECEMBER 2018

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Monday, Dec 3: 11:30AM - 1:30PM

Planting Positivity

@ Mac Hall North Courtyard

Wednesday, Dec 5: 11:00PM - 1:00PM



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Deck the Halls with Cookies and Cards

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Thursday, Dec 6: 11:00PM - 1:00PM



Are You Game?

@ Mac Hall North Courtyard

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Yoga

@ That Empty Space

Tuesday, Dec 4: 12:30PM - 1:30PM
Thursday, Dec 6: 12:30PM - 1:30PM



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@ That Empty Space

Wednesday, Dec 5: 12:00PM - 1:00PM

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Evan Lewis



"I can be your hero, baby."

He had the nerve to say what we were all thinking: that Jason Momoa belongs in the MoMA... the Jason MoMA, if you will. He dared to dream. He dared to murder a professor. He's our knight in shining armor.



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The Cover

Design by Tricia Lim

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New Public Library showcases value of public spaces in cities

Calgary's New Central Library held its grand opening on Nov. 1. The space is the culmination of over a decade of planning and construction and is now a vibrant public space for our city.

Over the past century, cities across the world have become more auto-centric and sprawling, leading to a decline in the vitality of public spaces. In urban literature, Jane Jacobs has become the beacon of healthy and vibrant communities through her advocacy work and writing during the '60s in New York City. This period saw a rise in urban renewal, bringing the destruction of communities, particularly low-income and marginalized groups. Jacobs sent shockwaves through the system when she advocated against this process, instead opting for a community-minded approach to urban planning.

Jacobs had neither a degree in urban planning nor a job within New York City's government, but based on her keen observations, she encouraged people to defend the spaces they care about and their "right to the city." Her efforts encouraged a community to come together as one. In the end, they were able to preserve Washington Square Park, the historic centre of Greenwich Village and an essential community space.

Jacobs demonstrates the power communities have to collectively shape their own space to suit their current and future needs, as well as the value of space that can represent who they are and who they wish to become. Though Calgary is not New York, we can still learn a lot from these lessons.

The New Central Library that opened in Calgary's East Village is a fantastic investment in our community. Previously, many viewed this district as rundown and undesirable, so much so that the Calgary Municipal Building was constructed to be a visual blockade of East Village from Downtown. However, the New Central Library, along with the redevelopment of East Village, encourages Calgarians to view this area through a new lens. The New Central Library is a hub for public gatherings, com-



Illustration by Tricia Lim

munity engagement and the exchange of knowledge and culture.

The library is a place where, regardless of a person's economic standing or sociocultural background, they can access the resources needed to learn about almost anything. The space enables Calgarians to discover and explore new ideas, even if they don't have the money or time to access formal education. It also enables them to participate in free exhibitions, whether readings, art shows or variety acts, that otherwise may have been financially inaccessible.

Public spaces benefit city residents on an economic, environmental and social level. Economically, public spaces can benefit communities through increased land values as well as the opportunity to have small-scale entrepreneurship ventures, such as local mom and pop stores where consumers support local business owners.

Environmentally, public spaces encourage the revitalization of pedestrian infrastructure, encouraging a decreased dependence on cars. Public spaces like parks

break up the urban landscape with the natural environment and increase people's stewardship for local animals and tree species.

On a social level, public spaces can offer free cultural activities that allow individuals to engage with one another and learn about viewpoints and perspectives that are different from their own, creating a more engaged and knowledgeable populace.

The New Central Library is a reminder of the benefits that free and accessible public spaces have for Calgarians. It demonstrates how these cultural institutions are essential in order to have healthy and vibrant communities where people can benefit from a lack of accessibility barriers and feelings of inclusion. At a time when the city is investing in huge public works projects, such as the new CTrain Green Line, the library is a testament to how crucial these services are for a city to move forward to represent who we are and who we wish to become.

Mariah Wilson
Gauntlet editorial board

November has come and it's gone away: The *Gauntlet* monthly news recap

By Ashar Memon and Russell Glenn
Photo by Scott Strasser

An advanced voting station in MacHall for the **2026 Calgary Olympic bid** plebiscite was open to community members on Nov. 7. About 54,000 Calgarians cast votes in advance polls around the city and over 304,000 voted in total.

Shortly before the vote on Nov. 13, Calgary 2026 told the *Gauntlet* that they were optimistic about the funding agreement for the bid. However, on polling day, a majority of the city voted against moving ahead with the bid, with 56 per cent saying 'no' to hosting the 2026 Winter Olympic Games.

The Alberta New Democratic Party introduced *Bill 19*, a piece of legislation that will **cap tuition at Alberta post-secondaries to the Consumer Price Index (CPI)**. The bill requires institutions to increase tuition transparency for international students. If passed, *Bill 19* will go into effect for the 2020–21 academic year.

Minister of Advanced Education Marlin Schmidt (right) also announced the provincial tuition freeze will be extended to include the 2019–20 academic year.

The University of Calgary's Copyright committee began formulating a **new copyright communication strategy** targeted at students, as copyright collective Access Copyright takes legal action against York University. Students' Union vice-president Academic Jessica Revington, who sits on the committee, said it is important for students to understand the university's copyright policy and to know in what situations those policies apply.

Legal battles between copyright collectives and opt-out universities could have far-reaching implications for the use of third-party materials, like books and articles, on university campuses across the country, as courts decide to what extent fair use exemptions apply to those materials.

The U of C's Department of History will offer a course in the winter semester that explores immigration, colonialism and self identity in Canada. **HTST 340: "Ethnicity, Race and Immigration in Canada,"** will be taught by Paul Stortz, the department's head of Canadian Studies and an expert on multi-

culturalism, cultural theory and theories of history. It will cover immigration from the 18th century up until the 21st century and explore concepts of colonialism and racism.

"It really deals with who Canada is, what Canada is and who you are as a Canadian," Stortz said.



Ed McCauley announced as next University of Calgary president

Story by Jason Herring and Matty Hume
Photo by Mariah Wilson

University of Calgary Board of Governors chair Jill Wyatt announced the next U of C president and vice-chancellor on the morning of Nov. 7.

Ed McCauley will begin the presidential role on Jan. 1, 2019 after a unanimous recommendation by the Presidential Steering Committee. McCauley has served as the university's vice-president research since 2011. According to Wyatt, McCauley was a clear choice based on both expertise and a passion for the university itself.

"[McCauley] told me yesterday, when he gets cut, he bleeds U of C," Wyatt said.

The Presidential Steering Committee selected McCauley from a pool of over 400 candidates from across the globe. A shortlist was chosen for interviews, from which McCauley emerged as the ninth U of C president.

"The task of a university president in the modern day is a challenge because of all the issues we have to face," McCauley said. "I think we're well-prepared."

McCauley said the university will continue with its revamped Eyes High Strategy through 2022, but will operate strategically to reflect the institution's values.

"You don't want to chase rankings for the sake of chasing rankings," he said. "What we've done is looked at how the different ranking systems reflect our values."

McCauley will take over the post held by current U of C president Elizabeth Cannon since July 2010. He joked that he'll have some big shoes to fill in the job.

"I am intimidated by the big shoes. The shoes actually have heels and sometimes stilettos," he laughed.

McCauley said that, given his current position, he already discussed institu-

tional issues with Cannon and prioritized access to information and accountability.

"We talk all the time about issues, and everything that we do we try to make sure the other members of the executive leadership team — whether it be the provost or vice-president academic — all our team are actually up to speed and we're accountable to the community," he said.

Cannon's last day as the U of C's president will be Dec. 31. After that, she will return to the Schulich School of Engineering in a faculty role.

An interim appointment for the vp research role will be announced in the coming weeks. Before taking on that job in 2011, McCauley was a professor in ecology and evolutionary biology. He has also held directorial roles and visiting international professorships in places including California, Sweden and France.



University researchers identify kidney injury risk in medical procedures

Story by Ava Zardynezhad
Photo by Mariah Wilson

A team of University of Calgary researchers recently discovered a series of pathways in the kidney through which contrast dyes are absorbed, which sometimes leads to kidney damage in individuals. Contrast dyes are often used in medical procedures such as angiography.

Contrast agents are used to help identify areas of significance from the tissues that surround it. In the case of Sam Hannon, it was used to distinguish his blood vessels for an angiogram after he had a heart attack. Hannon is “a human example of the disease we were modeling in mice,” explained Daniel Muruve, a kidney specialist and a member of the Snyder Institute for Chronic Diseases at the Cumming School of Medicine.

“When people are dehydrated, the dye accumulates in the kidney and that plays a role in promoting kidney damage,” Muruve said.

However, the dye also induces an inflammatory response when absorbed in dehydrated tissues in the kidney through various pathways, which contributes to kidney injury. The team was able to visualize the progression of the dye through mouse kidney tissue in real time using specialized microscopes. The team detected some of the same markers in a study that tested human urine samples in patients exposed to contrast dyes.

“What’s interesting about this paper was that we were able to visualize things in the kidney that for many years were simply assumed to be true,” Muruve said. “I think what was great about this research is that we finally confirmed what a lot of us believed by seeing it happen.”

Approximately 10 per cent of the patients who undergo procedures involving contrast dyes are at risk of acute kidney injury, according to Muruve.

“People who are at risk are people who have diabetes, or chronic kidney disease,” he added.

Fortunately, this form of acute kidney injury is almost completely preventable with proper hydration. But for patients with heart or kidney failure, as well as in emer-

gency cases, immediate hydration is not a viable option.

The good news? This research has shown that drug intervention is a possible treatment for patients who cannot undergo immediate hydration, according to Muruve.

Other members of the Cumming School of Medicine, as well as the Snyder Institute for Chronic Disease also played a part in this project. Matthew James is one such researcher, whose work is centred in medicine and community health sciences. Bryan Ma, a third-year bioscience student at the U of C and a long-time student contributor in James’ laboratory, shared his experience working in the laboratory as a summer student and his opinions on the importance of this research and precision medicine.

According to Ma, his interest lies in “the idea of precision medicine for individual groups, so tailoring health care as much as we

can to each individual person.” He is a strong believer in this project as he believes that social, economic and individual impacts of this preventable health issue are burdensome.

“The cost associated [with this health issue] is really high for the Albertan health care system,” Ma said. “[The cost] is also really high on people who go through this because while a large number will have mild kidney damage, some will progress to dialysis,” which he describes as both a time- and money-consuming process.

Ma believes this research can be implemented in other regions of the health care system. He sees a future in taking similar ideas of precision medicine with electronic tools and implementing them into other areas of clinical medicine. He also hopes this research can be used to relay important information to physicians more effectively.



Calgary Transit MAX hits the streets



Story by Samuel Cheffins
Photos by Samuel Cheffins and Mariah Wilson

For 21 hours a day — 18 hours on Sundays — busses looped around the 60 kilometre, three-hour 72/73 Circle Route that serviced over 150 stops around the entire city, connecting the Alberta Children's Hospital to Mount Royal University to Chinook Centre to Sunridge Mall and back again.

But on Nov. 19, these routes were permanently discontinued.

In its place, three bus routes picked up legs of the old service loop. You can still ride the bus around the entire way — you just need to make a couple of transfers to do so.

This is just one result of the massive changes Calgary Transit made across its entire bus network on Nov. 19. According to the city, some transit trips may now include a transfer or two more than before, but in exchange, each individual route is faster and more streamlined, theoretically shortening the average commute length.

At the centre of this initiative are three new MAX bus routes, with a fourth scheduled to open next year. A more streamlined version of the Bus Rapid Transit (BRT) net-

work, the MAX routes are the result of a \$340-million transit infrastructure upgrade, including at-grade bus stops, bus-jumping lanes at intersections and a bus-only transitway along 17 Avenue SE.

Excluding schedule changes, 35 bus routes have been added, altered or discontinued to fully integrate these new MAX routes — including eight with direct connections to the University of Calgary.

Four routes — 53, 65, 82 and 408 — are staying exactly the same.

Another four routes that previously serviced the U of C no longer stop on campus. These routes are the aforementioned 72 and 73, as well as route 19, which will no longer travel further west than Lion's Park Station, and route 91, which will be a shuttle between Lion's Park Station and Foothills Hospital.

Two new routes now service the U of C. Route 38 replaces the north part of the circle route, providing service to Rundle Station and northeast communities like Whitehorn and Temple. The MAX Orange Line also serves as a north crosstown route for Calgary, travelling from Brentwood to

Saddletowne stations, with stops including the Alberta Children's Hospital, Foothills Medical Centre, North Hill Centre and the Southern Alberta Institute of Technology.

Additionally, two pre-existing routes were changed to include stops at the U of C. Route 90, a downtown and Beltline route, added a northwest leg that terminates at the Craigie Hall bus loop. Route 104 was extended slightly, now terminating at Craigie Hall after stopping at Foothills Hospital and Sunnyside Station.

Some routes that still serve campus as per usual have service changes elsewhere. Route 8 remains similar, but now stops at both the Foothills and Alberta Children's hospitals. Route 9 now covers the west leg of the former circle route and terminates at Chinook Station. Route 20 is the same as before, but no longer connects to Foothills or Brentwood Station, while route 31 now extends east to connect to Lions Park Station.

All transit changes came into effect on Nov. 19. More information on Calgary Transit service and schedule changes can be found at calgarytransit.com/changes.



USRI overhaul moves forward

Story by Matty Hume
Photo by Justin Quaintance

At the Oct. 17 meeting of the Students' Legislative Council, University of Calgary vice-provost of teaching and learning Leslie Reid presented feedback from a survey on improving the effectiveness of the Universal Student Ratings of Instruction (USRI) system alongside project co-ordinator Travis Klemp.

The survey process was launched in January of 2018 and is the first critical look at the USRI system since 2003, according to Reid.

"Since 2003, no one's really taken a really good look at this and said, 'Are we asking questions that we really know are important around student experience and teaching and learning? Are they meeting the campus community needs of students and academic staff?'" Reid said. "I thought this is a campus conversation we really need to have."

Reid said the working group consulted with various campus community organizations, including the Students' Union, the Graduate Students' Association and the Faculty Association of the University of Calgary (TUCFA). According to Reid, feedback revolved primarily around changing to online response forms, changes to the questions presented on the form and the availability of the feedback to students.

The previous working group also recom-

mended the use of online forms.

"There was a recommendation [in 2003] to move it online," Reid said. "It was probably a bit early to move it online, because that didn't last."

The U of C first implemented the USRI system in 1998. According to Reid, many universities were doing the same to build teaching measurement tools.

"It was around the time when many post-secondaries were recognizing the need for student feedback to be really integrated into every course experience," she said. "It was to give academic staff feedback from their students on what's working, where there's some areas for growth. The other purpose was to give department heads and tenure and promotion committees information about people's teaching, because that's a really important piece that is used to make decisions about high-stakes things for academics like tenure and promotion."

"The third reason for developing this instrument here on campus was to give students access to the USRI ratings from prior courses, so it could help some students make decisions about what courses they select," Reid added.

With updated feedback, Reid hopes to deliver noticeable changes to the USRI system within the next year and continue consultation moving forward.

"The idea would be to have a working group that reported to a General Faculties Coun-

cil committee and the Teaching and Learning Committee makes a lot of sense so the working group would report to them," Reid said. "We would want student, academic and TUCFA representation on that. And the role of that group would also be to consult because we don't want to have this group just work in isolation, but really use the research literature on student evaluations and use what the campus community wants and needs."

Reid said a draft of a new USRI system may be circulated as soon as the spring 2019 semester.

"We want to find a balance between making sure we don't move so fast that we haven't done good consultation and not moving so slow that it feels like we're going nowhere," she said. "I could foresee if we got a working group starting to come together at the end of this year and starting to work in earnest in 2019, we could start having a draft questionnaire out to the campus community for feedback by the spring of 2019."

According to Reid, the significance of having effective instructor feedback for students and faculty should not be understated.

"Student feedback in understanding how their experiences are in classes is just so important for our academic staff to grow in their teaching," she said. "To get this right is so important and to get everybody on board and excited about this is something I'm really looking forward to."





U of C acquires research park from province

Story by Jason Herring. Photo by Mariah Wilson

The Government of Alberta has transferred ownership of the University Research Park to the University of Calgary, the province announced on Nov. 15.

The transfer comprises 76 acres of land and three buildings at the University Research Park, located next to the Brentwood CTrain Station, north of the U of C main campus. The land, which the U of C did not pay to acquire, contains current leases and is valued at \$97 million. A number of Calgary tech and energy companies currently call the park home, including SMART Technologies and Computer Modelling Group Ltd.

The U of C expects the park to cre-

ate over 6,000 new jobs in the next 20 years, the majority of those within the private sector. The school itself plans to create "a new innovation and research cluster" and "establish a space equipped to drive innovation and entrepreneurial thinking in the Calgary region," according to their press release.

According to the university, the acquisition reflects their goal to become a top-five research university in the country by 2022. The U of C currently sits sixth in those rankings, behind the fifth-place University of Alberta. Rankings are determined annually by schools' income for sponsored research.

Alberta Premier Rachel Notley said the transfer will benefit students by

creating more research spaces.

"Students at the University of Calgary as well as the private sector will be the direct beneficiaries of this fantastic initiative," Notley said in a press release. "This research park will help them be innovative and creative as Alberta's economy continues to diversify while also creating the jobs needed in a rapidly changing marketplace."

In their news release, the U of C touted "transformative changes" to the University Research Park. However, the university says they have nothing to announce at the time as to what those changes will look like, instead citing the acquisition's importance for driving innovation and creating jobs.

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Effort to install printer for Science Collaborative Space still ongoing

Story by Ashar Memon
Photo by Mariah Wilson

Faculty of Science students at the University of Calgary might soon see a printer installed in the Science Collaborative Space — though after nearly a year of planning and work, it remains unclear when exactly that will happen.

Former Students' Union science representative Kayla Huggard began looking into the project in February 2018, according to her faculty reports for the Students' Legislative Council.

During her term, Huggard examined the costs of installing the printer and what rewiring needed to be done in the student space. She didn't expect the project to be completed in her term, her reports suggested, so the information she collected was added to transition documents for her successors.

Huggard declined to answer questions from the *Gauntlet*, instead redirecting queries to current science representative Sadiya Nazir. According to Nazir, Huggard contacted U of C IT to set up electrical work for the printer before her term ended and she expected the printer to be ordered soon after.

That's when things went awry, according to Nazir.

"There was a bit of a miscommunication when the transitioning of the representatives happened," she said. "We had to look through all the emails and figure out who was involved in this, go to them, talk to them, see what they had done."

IT responded to the science representatives near the end of summer, confirming that electrical work on the project was completed. The science representatives then worked out the logistics of maintaining supplies for the printer once it was installed.

"We've been figuring out how exactly to get the paper," Nazir said. "We were under the impression that once we had

figured out all the logistics of paper and ink [...] the faculty would have installed the printer for us."

But Nazir said that didn't happen as planned either.

"Everytime we would go to the faculty, and be like, 'Hey, we're ready to receive the printer,' it was kind of like, 'Oh, hey talk to this person, talk to that person, they were the ones who oversaw it last year,'" she said.

After summer ended, the science representatives continued tracking down people involved in the project, many of whom were no longer present on campus, according to Nazir. She added that the project also lacked co-ordination.

"With a lot of these projects, there's a lot of people involved, and so they do their piece, of course, and they're very

efficient, but then there always has to be that one person who knows where everyone's at and I think that was missing here," Nazir said. "It's a 'too-many-cooks-in-the-kitchen' situation, because everyone was under the impression that everyone was doing everything else."

Nazir said that within the last few weeks, the SU representatives were able to get in touch with people still on campus and working on the project. From IT, the science representatives learned that the network port, which is necessary for operating a wireless printer, hadn't been activated yet.

Since students can't submit a network request by themselves, the science representatives are now working with faculty and staff to submit a request to get the port activated. Once that's done, IT will

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order the printer from Ricoh, the U of C's printer supplier.

Once the printer is installed, Nazir says that it will be up to the science representatives to routinely check on the printer and make sure it's supplied with ink and paper. The representatives will also be responsible for ordering paper from the U of C.

Nazir admitted that maintaining the printer will require a lot of work, but will ultimately make the space more useful for students.

"It's something that students really wanted, so at the end of the day, it's a small price to pay for students to have access to the resources that they need," she said.

Nazir added that she didn't have a clear timeline on when the printer would be fully set up and functioning, but that the science representatives know what they need to do next for the project.

"We're really pleased that we now have a path forward with all of this and so we're excited to see the completion of this project hopefully soon," she said.



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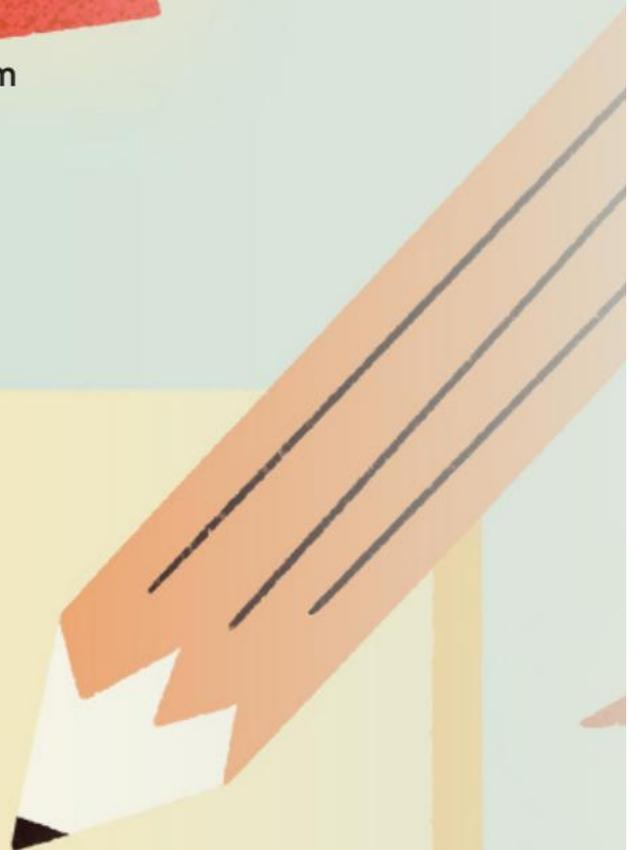
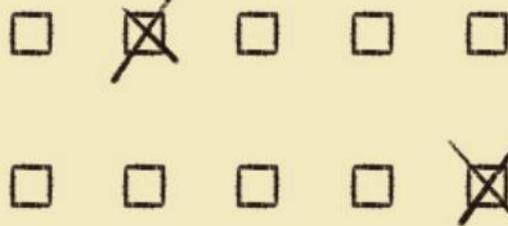
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STUDENTS SU UNION

Thoughtful USRI overhaul could encourage effective student feedback

By Jason Herring
Illustration by Tricia Lim



If you've spent a year or two in university, you probably know that an instructor can make or break a class. Are you lucky enough to have a slate of professors with captivating lectures and reasonable assessment measures? It'll likely be a fulfilling semester. Do you have one or two instructors that make you dread dragging yourself out of bed to get to class? You may be in for a tough couple of months.

Despite the substantial impact having good professors has on the quality of the post-secondary experience, it's difficult for students to assess the quality of instruction when selecting their courses. But potential changes to the Universal Student Ratings of Instruction (USRI) could soon make it easier for students to decide who to spend their semesters with.

University of Calgary vice-provost teaching and learning Leslie Reid presented possible USRI changes at the Oct. 16 meeting of Students' Legislative Council. The revisions include altering the wording on questions, creating more faculty- and department-specific questions, shifting to online responses and making feedback more accessible to students — all positive steps. But what would USRIs look like in a perfect world?

For students, the biggest problem with utilizing previous USRIs is their accessibility. Viewing USRI results from previous terms requires navigating through the U of C's terrible course-search interface to another archaic database — "The current USRI software does not support Chrome," notes the U of C's website. Once there, data for some course sections is inexplicably missing. Much like the rest of myUofC, USRIs would benefit greatly from a technical overhaul.

Having more accessible USRI results would make them a more appealing source for information compared to RateMyProfessor (RMP), the third-party site many students use to look into professors before choosing courses.

However, the USRIs and RMP face contrasting problems. Due to their in-class format, USRIs can face low response rates, creating a positive selection bias. Those still attending class by the end of the term who respond to the USRI are more likely to have a positive view of their instruction, compared to those who have decided to stop attending lectures. On the other hand, RMP exhibits a negative selection bias — students who had poor experiences are more inclined to voice their disapproval on the unmoderated and anonymous public platform.

The reality of the quality of instruction likely lies somewhere in between what the USRI and RMP indicate. One way to foster more accurate USRI results is to make it easier for all students to complete evaluations. Shift-

"For students to provide candid evaluations, they must know that they will receive no consequence nor benefit for their comments."

ing data collection from in-class to online would help capture a wider sample. Still, having dedicated class time to inform students about the importance of their feedback is also crucial.

One thing that USRIs and RMP both currently get right is respondents' anonymity. For students to provide candid evaluations, they must know that they will receive no consequence nor benefit for their comments.

We're paying hundreds of dollars for our courses. If a class sucks, we should feel able to voice our concern. Though it can, unfortunately, elicit inappropriate and unconstructive comments, anonymity is the only way to absolutely ensure students feel confident to provide honest feedback.

Worryingly, Reid said during her presentation to SLC that the U of C may consider removing anonymity from USRIs so students would be accountable to their comments. But doing this would immediately strip the USRIs of any credibility, as only opinions expressed without fear of reprisal hold any value. Removing anonymity would be a major misstep for the U of C.

Another major problem with USRIs is their timeline. Instructors can't read student comments until after they've submitted final course marks due to the risk of compromising the anonymity of a student who is still being evaluated by the instructor. However, this also means that professors can't integrate student feedback into the remainder of the session, perpetuating subpar instruction.

Allowing for an official but informal mid-semester feedback session, as Reid suggested, would be a great step to remedy this disconnect for current students to have their comments addressed before the class ends.

While they provide valuable information, it's clear that the USRIs need some alterations to better serve students. Hopefully, the U of C will place emphasis on making USRIs more accessible and meaningful for students during its revision.



Don't shy away from talking about sensitive topics

By Calum Robertson
Photo by Mariah Wilson

My grandfather often told me that I should avoid discussing religion and politics in conversation, so as to remain respectful and polite. This sentiment still seems to persist today, as the art of discussion and debate on controversial issues and beliefs outside of the classroom seems to be on its deathbed.

The killer? A fear of being disrespectful, offensive or impolite by simply bringing up such topics. But there is still a way to have much-needed polite, meaningful discourse in today's world.

Evening news broadcasts and social media feeds are full of controversial stories that divide the public. Our society strives to promote acceptance and tolerance, but also free speech. That conversation has recently evolved into a tangled mess that boils down to 'political correctness' versus 'individual expression.' The rhetoric that incites hate-fueled acts is defended under the guise of free speech. This tempestuous reality has heightened discomfort with discussing hot topics.

Political rhetoric has also changed

its tune, shifting to less-than-civil discourse, ruthless attacks on character and tactics more akin to barroom brawls than policy debate. In this turbulent atmosphere, what's the best approach?

You may choose to shy away from controversial discussions, leaving that for scholars. This is usually done in the hopes of avoiding potentially hostile disagreements.

While the intent is wholesome, avoiding conversation on tough topics altogether is unhealthy and spreads ignorance. Opinions based on misconceptions can become dominant as this fear of discussion prevents understanding and clarity.

We should discuss tough issues and dissenting views to better understand not only each others' views, but also our own positions. We should seek to see why someone might not agree with us and weigh the evidence for ourselves.

Honest conversation encourages individuals to reflect on their views seriously. This can be done in a polite manner. Every person is different, as is every conversation, so there is no set rulebook for polite discourse. That said, a few rough guidelines can help avoid conversations becoming uncomfortable arguments.

If you disagree with someone's point, be respectful. Don't attack their character or their background. Address the argument itself, but instead of immediately tearing it apart, ask for clarity on why the person holds that view. Then, share your opposing view and why you hold it.

Yelling opposing views won't change anyone's mind. But a reasonable explanation might. At the very least, it will open your mind to other possibilities. As creatures of free will, we're all entitled to our own beliefs. Because of this, we should encourage individuals to discuss and analyze those beliefs.

Our perspectives on issues develop as we discuss them. This development is crucial for an intellectual society. So do not shy away from discussions. Rather, look forward to it to expanding the lenses through which you may see the world. Establishing a norm of polite discourse will help stem the tide of irrational hate.

Still, show respect for others. Don't sink to the level of a petty politician or kids bickering on the playground. Display common courtesy, but don't be afraid to share your outlook and to listen and learn from others.

Head-to-Head: Would you rather write final exams or final papers?

Illustrations by Tricia Lim

Final exams are 'one-and-done'

Exam season is coming up. This December marks the 12th exam period of my degree, including spring and summer terms. I've learned a lot throughout that stretch — though perhaps still less than my professors would have liked. I've also developed a strong preference for final exams over final papers or projects.

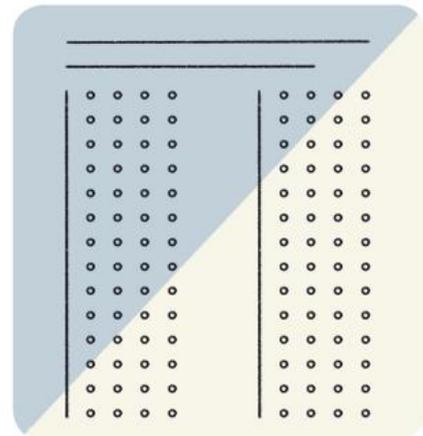
When you walk out of a final exam, you'll have fulfilled your course obligations. Whether you excelled or floundered, you no longer have to dedicate mental energy to the class. Final exams offer a sense of immediate closure. It can be liberating to walk out of an exam room knowing that the next time you think about the course will be when you check your grades a few weeks later.

On the other hand, final papers are a spectre that can hang over your head long after you've put your finishing touches on them. I often place an expectation of perfection on myself with final papers — if

I've got a few weeks to work on it, there's no reason it shouldn't be flawless. But creating something perfect is a near-impossible task. The pressure to do so can drive you crazy.

If an exam isn't perfect when time's up, that's a pill you have to swallow, as opposed to final papers, where you can obsess over minutiae. Combining this with the freedom to procrastinate — switching on Netflix when you've got writer's block isn't an option sitting in an exam room — makes final papers a more mentally taxing exercise than exams.

That isn't to say that there's no pressure to prepare during the stretch leading up to final exams. One of the worst feelings in university is sitting down at your desk and opening your exam booklet to realize that you don't know nearly as much as you should about the topic you'll be tested on for the next two hours. But studying is a different beast altogether from writing, researching or creating, one that I find less intimidating. Plus, I've had some final



papers with due dates that nearly stretch into the following semester. Being done early lets you enjoy the brief break between terms much more fully.

No matter which way you present them, finals are never going to be a walk in the park. But sitting down in an exam room to write a test is a far better experience than sitting down at home to pore over a paper.

Jason Herring

Final papers allow better demonstration of knowledge

Depending on your major or the type of learner you are, you might have a strong opinion as to whether final papers or exams are preferable. As a communications major, which has a heavy emphasis on writing, I'd much rather write papers. Here are some reasons why I think writing final papers is better than final exams.



Written assignments let you explore course topics in different ways, allowing a certain amount of creative freedom to showcase your understanding of the course material. Exams are very structured and don't allow you to think outside of the box. When answering short- and long-answer questions on exams, you're never going to make a better argument in a 90-minute writing session than you would when writing over the span of days or weeks.

Under a time crunch, you are more likely to make sentence structure or grammatical mistakes that hinder the overall quality of your answer, detracting from showing what you actually know. Papers give you the benefit of time to catch these mistakes, increasing the quality of your work.

Papers are also an overall better learning tool compared to writing an exam. We've all heard professors tell us this at the start of every new semester: "Studies show that

you remember more if you handwrite your notes instead of typing them."

While this statement is likely partially motivated by profs not wanting students to get distracted, the principle also applies to writing a paper. You're more likely to remember arguments that you made in a paper versus spewing out an answer on an exam, making for a more meaningful connection to the class content.

Ultimately, which evaluation method is better comes down to personal preference. Still, final papers are better for overall student enjoyment compared to a traditional multiple choice or short- and long-answer exams. They allow for better opportunities to engage with the material and explore different ways to approach it. Writing papers helps prepare you for the real world a lot better than written exams, since writing is an applicable skill no matter what job you eventually land.

Evan Giles

It's almost 2019. Let boys cry

By Aymen Sherwani

Are you currently on your fifth cup of black coffee, pretending that it doesn't taste like diesel, just so you can finish that research paper before midnight? Are you thinking, "Hey, maybe I should ask that upper-year student for some study drugs" while obsessively going over your grades to calculate the lowest mark you need to score in order to pass?

Welcome to the dreaded finals season. It's that time of the year where you pretend to be happy and festive because the holidays are here, but at the same time, you're dying inside because you regret binge-watching *The Haunting of Hill House*. I would be lying if I said I didn't cry over a statistics class for an entire minute in the library before pulling myself together and finishing up some practice problems.

As the kids say, it really do be like that sometimes.

Jokes aside, it's a sad reality across universities that students prioritize success in their classes to the point that they neglect taking care of their mental health.

On a campus this large, your problems can seem minuscule in the grand scheme of things, I cannot emphasize enough how important having a support system in place is. Being able to vent your emotions so they don't boil over in your brain can make or break a semester. It's vital to have a space where your GPA does not define you and where you can talk about your stresses and insecurities.

As a woman, I've been conditioned to be vocal about my emotions. I've been told that it's fine for me to cry and tell my friends about my insecurities and current problems in my life. Unfortunately, I can't say the same for my male counterparts.

Let me start off by clarifying that in no way do I have the capacity to accurately comment on the adversities of men. However, through my limited perspective while growing up, the boys around me



were told not to cry because it was "girly," to "man up" and to just "walk it off."

From the moment they can walk, boys are discouraged from displaying emotional vulnerability. For many of them, it is difficult to manage stressful situations in a healthy way.

A 2009 study by Statistics Canada revealed that of the 3,890 suicides that year, 2,989 were committed by men. That means men were three times more likely to commit suicide than women. Often, suicide is a consequence of unchecked deteriorating mental health. The notion that men are seen as weak if they show any emotion outside of anger and aloofness contributes to this unfortunate reality. Phrases that circle around when a suicide occurs include, "No one saw it coming" and, "But he seemed perfectly fine the other day." These phrases shine a light on the fact

that it's often difficult for men to ask for help in an environment that expects them to be stoic.

"I don't tell anyone I have therapy and counselling from the University of Calgary Wellness Centre anymore because the last time I did, my friends called me gay for months until reality hit and a close friend of mine committed suicide," a U of C student told me. They asked to remain anonymous, for obvious reasons.

According to society, being a man entails being responsible and exhibiting strength and independence when times get tough. On a superficial level, phrases like "man up" or "don't be a pussy" can be misconstrued as words of encouragement to overcome adversity and rise above your pain. But in reality, a lot of men associate it with lacking masculinity when they

do things like cry over a breakup. At the end of the day, phrases like that essentially say that men should not be doing anything perceived as feminine. Artificial notions of how we should behave are never worth losing lives over.

Men deserve to express themselves through whatever outlet they please. Let them feel joy in having skin-care routines or FaceTiming their friends at 1 a.m. to talk about their problems. Let them wear pink if it's their favourite colour and let them cry if they get hurt.

As of last year, the U of C has implemented a 24-hour phone line for students experiencing mental distress. Campus counsellors are available during the day. After hours, students are connected, with their permission, to local counselling and distress services. The university has a formal agreement with community services so their professionals are trained in the common issues students face. Male students should feel comfortable using these resources and know that their struggles don't reflect their masculinity.

Let's get it together, people.

School of Creative
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by Eugène Ionesco

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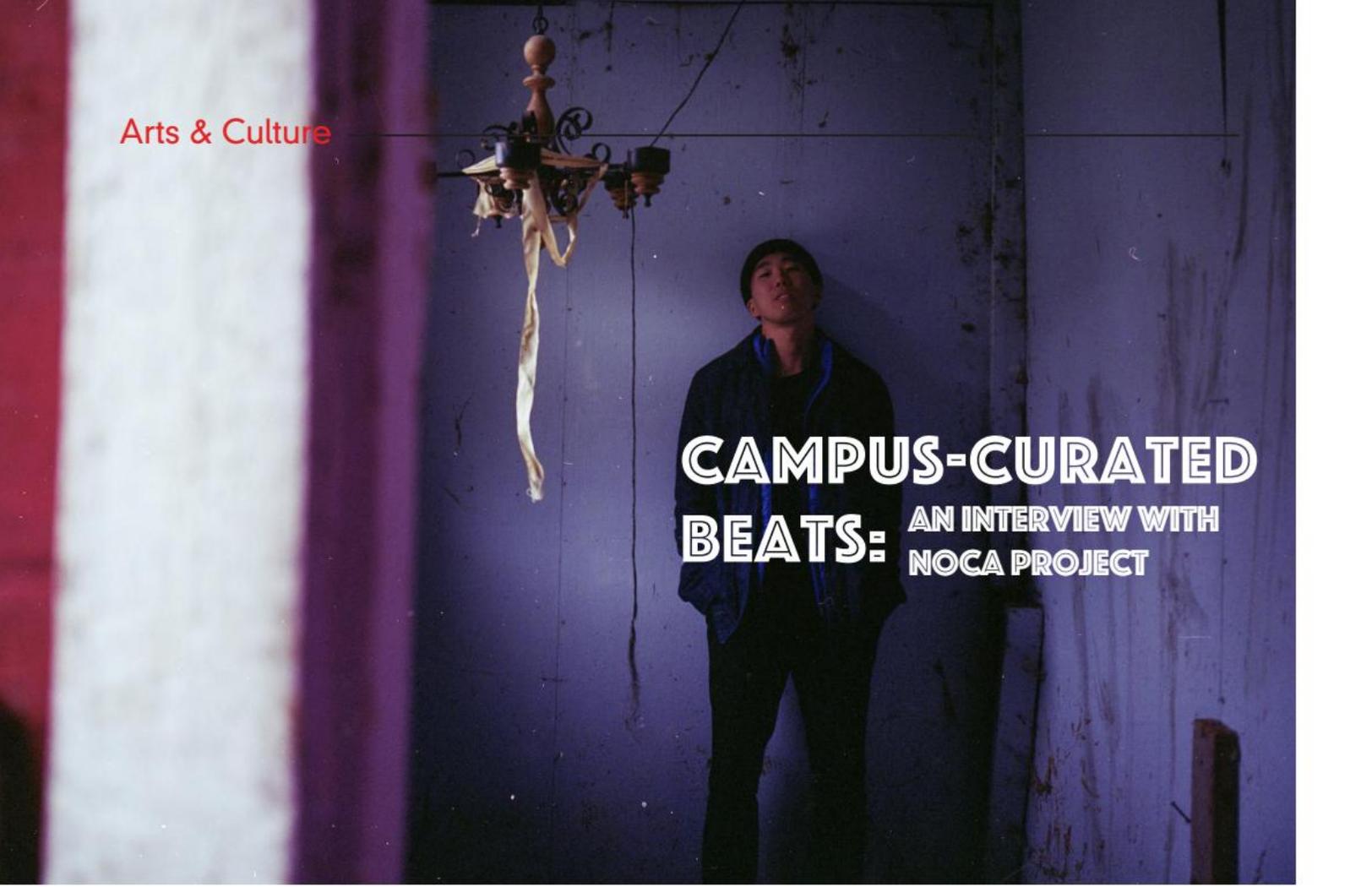


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CAMPUS-CURATED BEATS: AN INTERVIEW WITH NOCA PROJECT

Story by Zacc Schlegel
Photo courtesy Danny Luong

Folk, indie and electro are all cherished genres within Calgary's music scene. They are also what characterize Noca Project's debut album, *Spectator*. Norika Yue, a University of Calgary masters student, sole composer and instrumentalist behind Noca Project, released the album on Oct. 17.

Featuring over a dozen instruments and coming in at just over 30 minutes with eight songs, *Spectator* outwardly deals with heartbreak, sadness and self-examination.

"I was trying to be a bit more vulnerable and open," Yue says.

The album serves as a reflection and reinterpretation of the past on another level — all eight songs were originally written to be sung with a guitar. Yue then recorded embellished reinterpretations of those songs by adding in as many instruments as possible, ranging from double bass to melodica. *Spectator* utilizes

effects that are oddly enjoyable, such as sampled political speeches from World War II.

Reflecting on the process, Yue states the songs were more stripped back from his standard fare.

"That's the reason why it's called *Spectator*, because it's me reflecting back," he says. "It's basically me looking at my old work, trying to re-imagine them and explore some new sounds with it."

Part of what inspires Yue to write,

compose and record are his everyday experiences. He believes that you cannot be defined solely by your passion.

His time at U of C, for example, has encouraged him to grow.

"I don't want to be some poor man's version of another band," he says. "When you're swimming in school and you're like, 'Man, everybody's kinda the same.' It makes you want to be different."

Word, Mr. Yue.

Luckily for music fans, Yue is intent on composing more and releasing other projects. *Spectator* is partially a teaser to his next album, which he says will be more sonically experimental. This sound reveals itself a few times on *Spectator*, like on "Over Now," which transcends the album's narrow folk categorization.

Whatever this new project may be and sound like, it's certain to push boundaries, engage and reward active listeners.

Spectator is currently available for streaming on Spotify and Apple Music. It's also available for purchase on Amazon.



Triple U of C graduate releases second book of poetry

Story by Kristy Koehler

Thomas Gannon Hamilton is a poet, artist and musician. A triple graduate of the University of Calgary, Hamilton studied anthropology and archaeology in his undergraduate degree, going on to earn an MA and PhD while incorporating the study of poetry into all of his degrees.

Hamilton was awarded first prize in the 2018 Big Pond Rumours Chapbook contest for his work of poetry, *El Marillo*, detailing his humanitarian efforts in El Salvador. His latest work, a collection of poetry titled *Panoptic*, was published this past summer. Hamilton is currently on tour, bringing his poetry readings to cities across the country.

Though no stranger to other forms of writing, Hamilton has an affinity for poetry that runs deep.

"Poetry is the mortar that holds all the bricks together," he says. "There's political engagement, there's deep interpersonal love and romance. In poetry, you really are in a position to incorporate anything for which you have a passion or an interest — some basic inquiry or curiosity is there. What is more curious than surprising yourself with how you feel?"

Panoptic's format is interesting, as it forgoes photos and illustrations in favour of what Hamilton refers to as "embellishments."

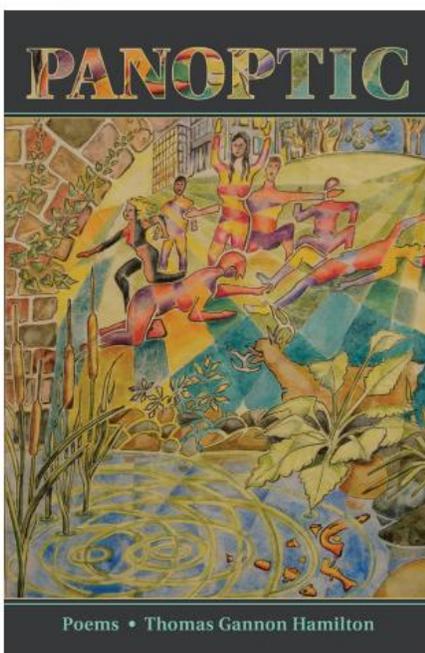
"I wanted to add these motifs, these visual elements that harken back to the sensual experience of reading in the 19th century," he says. "It didn't need to be illustration, it could just be something that I call a visual palate cleanser."

Why not illustrations? With each poem designed to stand on its own, imagery from one poem shouldn't carry over to the next, he says.

Panoptic follows a sort of chronology, from birth to childhood, from life to death. But the poems weren't necessarily written that way. Hamilton sees himself more as an arranger, a collector of experiences that are later arranged into an anthology.

"I'm in the compositional mode — one is gathering, or sampling or collecting and one is arranging, structuring, performing," he says. "The compositional state is a way of being. The senses are operating in a way all of the time. Everything that's experienced is grist for the mill."

He is fond of letting the poems speak for themselves, choosing not to impose a certain form, but rather letting them take whichever form is best suited to their natural rhythms.



"There's a breathing, a regular pulse, a respiration of the poem. I don't superimpose a form," Hamilton says. "The longer line tends to be more suited to what I have to say. It's stanzaic. The poems themselves have micro rhythms in them. I discover the rhythms in them far advanced in the writing, when it suggests what it is going to be stanzaically."

Hamilton says his time at U of C influenced his poetry as much as his poetry was influenced by his studies. He cites professor William McCormack, now professor emeritus of archaeology and anthropology, as a huge influence on his time here.

"He was an extraordinarily patient and

enlightening professor," Hamilton says. "I was given the encouragement to travel and do more cross-cultural work. It was tremendously exhilarating."

Hamilton's eventual PhD in education was driven by his own disillusionment with the school system. Growing up in an artistic home, where art was a daily part of life — his mother was an artist and a student of the Group of Seven's Arthur Lismer — Hamilton found school regimented and restrictive.

Despite now residing in Toronto, Hamilton still sees Calgary as home. His connection to the Calgary arts scene runs deep — he was the first person to ever play on the new Jack Singer stage when his band opened for Katrina and the Waves.

"Calgary is a wonderful city," he says. "There is such a possibility for the interface between the traditional and technical arts. Canadians have to know that and the rest of the world has to be shown that too."

Hamilton firmly believes that young people today will be the catalyst for change in our society and cites his time in Detroit during the Motown era as helping to mould his views on what happens when people are driven to build a thriving art scene.

"I saw how a community initiative could make an arts-based culture and how an arts-based culture could completely redefine the social economy and the economy," he says. "We're on the cusp of that here."

Hamilton is passionate about making the world a better place through the healing power of creativity, art and human connection. Urban sprawl, he says, is the enemy of art.

"Ugly places hurt people," he says. "When you live in a place that's Joey Tomatoes and Rona and parking lots and stucco pastel nightmares going on, that fucks with your head. This is why we have to talk."

"I'm hungry to make a human connection which is orientated towards bringing something into being that did not previously exist. That's my reason for being alive."

Photo essay: A visual tour through the Central Public Library

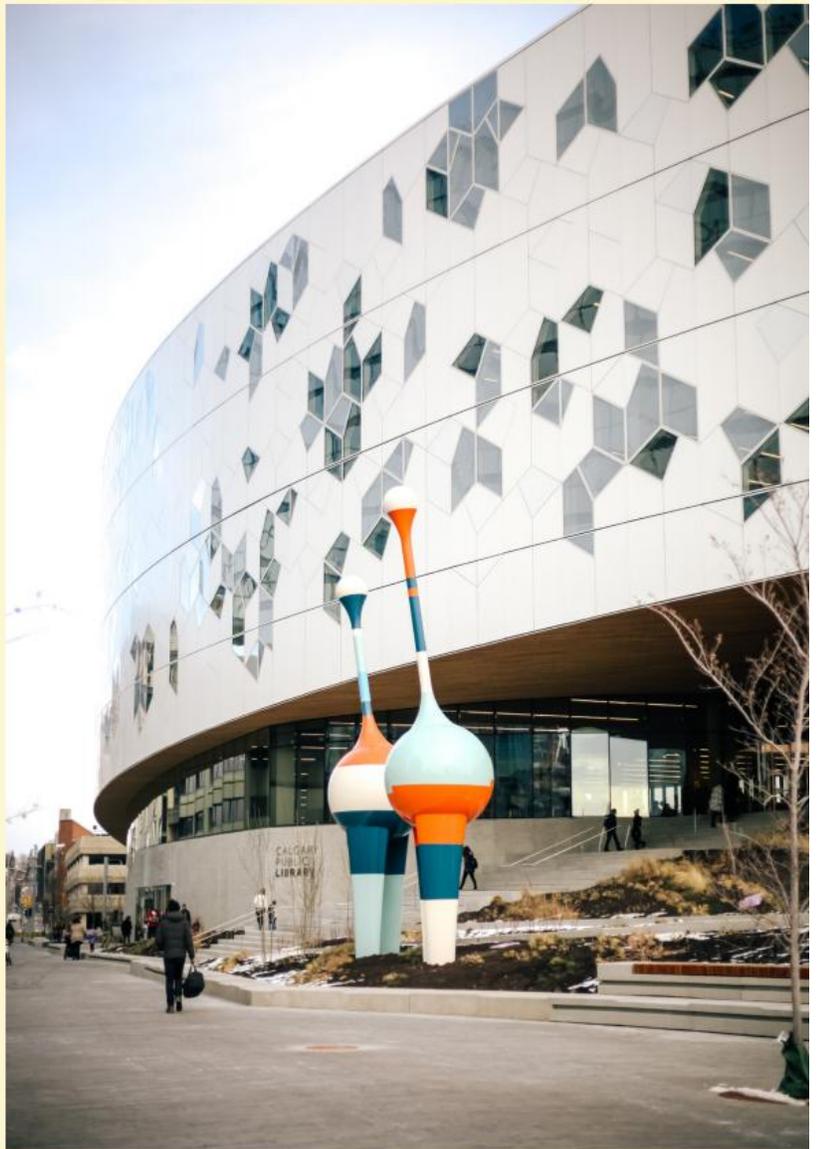
Text and photos by Mariah Wilson

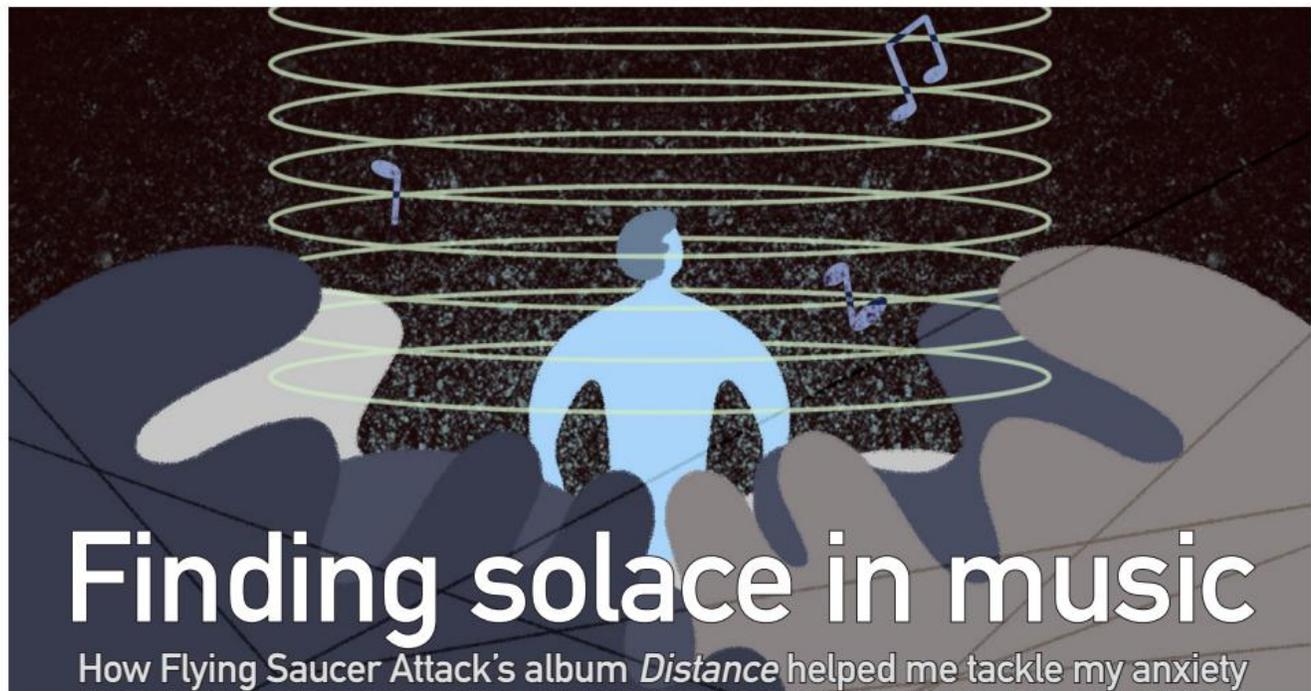
The New Central Library is Calgary's most recent addition to its growing number of public spaces and significant architectural ventures. Since its Nov. 1 opening, the library has been visited by countless Calgarians and worldwide visitors who have anticipated its opening for the past three years.

Snøhetta, an international architecture firm based in Norway, was chosen to design the library. They incorporated the CTrain line to travel underneath the building and the unique exterior design was influenced by the Chinook weather Calgary experiences. The Library cost a total of \$245 million to create.

The New Central Library provides 240,000 square feet of space and houses 450,000 books. It contains more than 30 community meeting areas — which are free for anyone to rent — as well as a performance hall, a café, outdoor plazas, dedicated spaces for youth and recording studios.







Finding solace in music

How Flying Saucer Attack's album *Distance* helped me tackle my anxiety

Story by Calum Robertson
Graphic by Tricia Lim

Anxiety is unfortunately common among students. There are as many different ways to deal with it as there are those who wrestle with it. My recurring battle began in high school, but tendrils of anxiety still seep into my current days at university.

When it comes to mental health, each person's story is unique. While anxiety cast shadows in my life, I know that others face total eclipses. Whether it's minor or severe, anxiety negatively impacts overall well-being.

When anxiety first reared its head, it deprived my life of its richness and vibrancy. Clear thinking became difficult as my mind filled with an ever-present chaos, making mush of anything I tried to consume. Stress lurked around every corner, which led to panic attacks, in turn leading to doctor's visits.

These appointments, along with the support of my parents and teachers, were helpful, to a degree. Anxiety was a part of my life, at least for this period. It seemed the strategies suggested to me were less about defeating anxiety and more about making life livable. They had never worked as well as I wished. Perhaps part of that was my own individual disposition, but it meant I would need to find other strategies that would better help me.

A few years ago, I found a unique weapon

to add to my arsenal in my fight with anxiety: music. In my school basement, I found a box of CDs from bands I had never heard of. One that stuck out to me was *Distance* by Flying Saucer Attack. The name was strange and the album appeared to be a lost artifact from another dimension. Each song had a captivating title. I did what any rational teenager would do in that situation — I took it home.

Listening to *Distance*, I was transported. The album is a prime example of the space rock and shoegaze genres spiralling out of the United Kingdom in the late '80s, but I didn't know that at the time. All I knew was that the myriad of swirling sounds I was hearing, the feedback and rhythmic static, the haunting, whispery vocals and the disorienting guitar, were entirely new to my ears. The captured chaos — melancholic, sweet, primal and otherworldly — seemed to mirror my inner feelings. Sounds would, almost randomly, flit across the airwaves like stray thoughts.

The madness I was hearing was raw, moody and reflective. I heard a chaos orchestrated, an insanity made beautiful. Tiny details jumped out to me as lush and stunning. I felt calmness begin to enter my being, to a degree I had not felt in ages, stemming from the distorted melodies blasting from my speakers.

My anxiety, when manifested, often tasted of tumult and disorder, leading to a fuzzi-

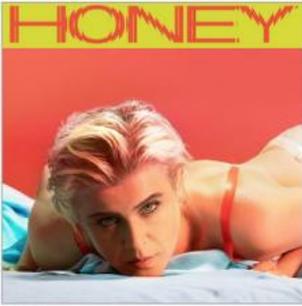
ness in my mind, doing away with clarity of thought. This left me feeling confused and out of control. On *Distance*, it sounded as if the band had lost control, yet somehow still guided the songs, standing calmly in the centre of maelstrom. I wanted that control, that ability to take cacophony and shape it into something stable.

My conception of my relationship with anxiety went from that of a hapless victim along for the ride to one of a rider harnessing a wild horse, directing it slowly towards tameness. The album became a touchstone for me throughout high school, a place where I could escape, re-align and find a firmer place to stand. From there, I could return to the 'real world,' push back anxiety and find the calmness.

I again struggled with anxiety upon entering university. However, I had many tools at the ready, including *Distance*, and each day I can feel anxiety's grip lessen. There is a prevailing sense of calm in my life, part of which can be attributed to the disorienting beauty found in the music of Flying Saucer Attack that sparked something within my mind.

Each person is different, as is each battle, so what will work depends on you. Music, not just *Distance*, remains a stable aid in my life. To those out there searching for help, reach out. Seek something unexpected. Who knows what good may come of the strange.

ALBUM REVIEWS



Robyn
Honey
October 26, 2018
(Konnichiwa/Interscope)

Though *Honey* is reminiscent of her past work, Robyn brings new ideas. She returns with an almost-orchestral feel that still utilizes her dance floor background in combination with smooth lounge-music. She sheds her confrontational ballads in lieu of more subtly danceable songs.

Honey experiments with new and old techniques, which explain gap between albums. The album uses a cohesive theme, emphasizing echoing vocals in many songs and fluttering synths to welcome the listener. It's a

memento, light and twinkling as you follow Robyn along with her reminiscences. She transports the listener gently through the songs, building off the emotions from *Body Talk*, her last album, but with a revived sense of quiet confidence.

But with Robyn sticking with simple dance music, some of the album passes by unnoticed. The work is gentle to a fault, as Robyn moves from dance floor to lounge seamlessly. There is an inexplicable slowness to *Honey* that Robyn uses to transition from dancehall to cocktail hour. The synth and slow vocals almost become monotonous. *Honey* evolves into more of an intimate session, with the second half of the album seems to find that elusive intersection of new and old.

There are winners in the album, though after eight years, I expected I would be greeted by what Robyn best represents — dancehall royalty.

Gurman Sahota



Julia Holter
Aviary
October 26, 2018
(Domino)

Julia Holter is this decade's greatest artist. Her new album, *Aviary*, cements her as a visionary artist hell-bent on shattering musical convention in the most beautiful manner conceivable.

Aviary is tough to classify. At over an hour and a half, it's a lot of things, including jazz, ambient and baroque pop. But it's never conventional — even the album's poppier moments serve as experiments of sound and structure.

The album begins with "Turn the Light On," a musical crash

of waves and screech of birds set free. Here, and periodically throughout *Aviary*, Holter creates a cacophony that's almost overwhelming. Her voice emerges above the chaos, as if gasping for air. Violins flutter with an avian trajectory. It's at once horrifying and endlessly captivating. I can't turn the volume on my speakers loud enough to make it encompass me fully.

And yet, through an album filled with noise and uncertainty, its shining moment comes in "I Shall Love 2," the undeniable heart of *Aviary*. Holter builds the track on a sparse hi-hat beat with only a twittered whistle interspersed as melodic backing.

It's tough to itemize the beauty of an album as sprawling and nuanced as *Aviary*. Each listen has revealed to me new moments of jaw-dropping brilliance, and I don't expect that to stop anytime soon. This is Holter's magnum opus and, for me, a source of boundless joy.

Jason Herring

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TOP 30

The top 30
albums
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1. Wish Lash - *Altar of Doubt* (Self-Released)
2. Michael Feuerstack - *Natural Weather* (Forward Music)
3. Divine Shapes - *Wondered* (Self-Released)
4. Harrison - *Apricity* (Last Gang Records)
5. Tim Hecker - *Konoyo* (kranky)
6. Sarah Davachi - *Gave In Rest* (Ba Da Bing)
7. Dan Mangan - *More or Less* (Arts & Crafts)
8. Jonathan Something - *Outlandish Poetica* (Solitaire Recordings)
9. Sergio SP - *Insulate EP* (Slivers)
10. Rosanne Cash - *She Remembers Everything* (Blue Note)
11. Shad - *A Short Story*
12. Christian Sands - *Facing Dragons* (Mack Avenue)
13. Awards - *Warm Computers* (Animal Street)
14. Tomasz Bednarczyk - *Illustrations For Those Who* (Room40)
15. Proxima Psychoacoustics - *Bodø* (Self-Released)
16. Masta Ace, Marco Polo - *A Breukelen Story* (Fat Beats Records)
17. Kirsten Ludwig - *We Get It Now* (Oscar St. Records)
18. Blastfinger - *RealLife* (Self-Released)
19. Hippo Campus - *Bambi* (Grand Jury)
20. Ty Segall - *Fudge Sandwich* (In the Red)
21. Inara George - *Dearest Everybody* (Release Me Records)
22. Elle PF - *She Wrote It* (Self-Released)
23. The Seams - *Another Side Of* (Hand Drawn Dracula)
24. Nervous Operator - *Incoherent Reflections* (Self-Released)
25. System - *Plus* (Morr Music)
26. Beacon - *Gravity Pairs* (Ghostly International)
27. L.A. Witch - *Octubre* (Suicide Squeeze)
28. Photonz - *Etheric Body Music* (Dark Entries)
29. Kittin - *Cosmos* (Dark Entries, Nobody's Bizzness)
30. Rhucle - *More Beautiful Than Silence* (Constellation Tatsu)

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Humans of UCalgary

The *Gauntlet* has teamed up with Humans of UCalgary, a campus club inspired by Humans of New York, to share University of Calgary students' often-unheard stories. For more, visit facebook.com/HumansofUCalgary.



“When you’re at the bottom of a really competitive faculty,

it can make you feel like you have to drop out. Last year, I overcame that feeling. I told myself, ‘I’m going to ignore all the things saying I should give up.’

Having friends here also helped. If I had been anywhere other than U of C, where I know people, it would have been a lot harder.”

“My mom was diagnosed with rheumatoid arthritis —

the same sickness that my grandmother passed away with. I freaked out. My mom is my best friend. We have a very open relationship, and I tell her everything. If I have something on my mind or I need to rant, she’s the one I go to. Her sickness made me realize that I needed to be more responsible — I couldn’t be a care-free kid anymore. My mom has always been there for all of us. Now I need to be there for her and my family. I have two younger brothers. I don’t hold their hands and walk them through life, but I’m always there for them. If they do anything stupid, they tell me about it. I do what I can to help.”



#CheerOnCanada with World Cup events

Story by Kristy Koehler

Calgary's bid to host the 2026 Olympics was quashed by city residents in a Nov. 13 plebiscite. Proponents of the games cited the potential net positive economic gain, putting Calgary on the world stage and perhaps most importantly, the boost to amateur sport in the city.

Canada's prowess as a winter sports nation can still be celebrated without the Olympics, as Calgary plays host to a series of World Cup events this winter. For many sports, World Cup events are qualifiers for the Olympics, in addition to providing an economic benefit to the host cities, with the events bringing business to their host city.

WinSport is promoting the events using the hashtag #CheerOnCanada. Here are some highlights where you can support our amateur athletes on the world.

Luge:

Added to the roster of Olympic sports at the 1964 Winter Olympic Games in Innsbruck, Austria, luge has historically been dominated by European countries. The Games in Sochi in 2014 marked a turning point in Canadian luge as competitors wearing the maple leaf locked down a series of fourth-place finishes. Four years later, Alex Gough, a current U of C student, gave Canada its first luge medal, taking home the bronze in Pyeongchang. Gough followed up with a silver medal in the team relay.

Calgary is the third stop on the luge World Cup circuit as WinSport hosts the 2018 Viessmann Luge World Cup and Team Relay World Cup from Dec. 7–8. In addition to watching athletes from more than 20 countries hurtle down the luge track, the two-day event will feature activities for all ages. Lugeapalooza starts at 10 a.m. both Friday and Saturday. Friday's events include an opportunity to try the sport, free hot chocolate and popcorn for the first 150 spectators, a cash bar and a concession. Saturday offers a balloon artist, cookie decorating, airbrush tattoos, Santa Visits, another opportunity to

try luge and an outdoor beer garden with live music.

On Friday, the doubles races begin at 10 a.m. and men's races starting at 12:40 p.m., while on Saturday the women take the track at 9:40 a.m. A team relay follows at 1 p.m. Tickets are \$10 for each day. They're available on Eventbrite or at the gate.



Freestyle skiing:

Freestyle skiing encompasses a variety of different ski styles — aerials, moguls, ski cross, ski halfpipe and ski slopestyle. Aerials involve skiers taking off from a jump and then twisting and flipping in the air as a panel of judges evaluates their takeoff, height, form, landing and distance. Moguls involve much smaller aerial tricks as athletes ski down a piste covered with mounds of snow. Judges evaluate their time, technical difficulty of tricks and the quality of the athlete's turns.

Halfpipe and slopestyle are both trick-based contests. Slopestyle features rails and jumps and halfpipe features a sloped channel with a ramp on the sides and a U-shaped cross section. Ski cross is the lone freestyle event without judges — the event is solely a race in heats of four down a winding course.

Four Fédération Internationale de Ski (FIS) freestyle World Cups are taking place in Canada this winter and two of those are in Calgary — a moguls event and a halfpipe. The 2019 FIS Freestyle Moguls World Cup takes place at WinSport on Jan. 12, 2019. The 2019 FIS Freeski & Snowboard World Cup Halfpipe takes place the following month

from Feb. 15–16. Details and tickets will be released closer to the event.

Biathlon:

Combining cross-country skiing and rifle shooting, the International Biathlon Union brings the World Cup to Canmore. The event takes place at the Canmore Nordic Centre from Feb. 7–10. Men will compete in the 20-kilometre individual race, the 4x7.5-kilometre team relay and the 15-kilometre mass start. Women's races are the 15-kilometre individual, the 4x6-kilometre team relay and the 12.5-kilometre mass start.

Tickets are available in the grandstand and range from \$20–\$50 but hanging out along the tracks and cheering on Canada from the sidelines is free.

Bobsleigh and skeleton:

Skeleton — like luge, but head-first — and bobsleigh — the two- or four-person sled race — are fast-paced and fun to watch. The 2019 International Bobsleigh & Skeleton Federation World Cup takes place at WinSport from Feb. 22–24, 2019. Details and ticket info will be released closer to the event.

Speedskating:

Calgary already hosted the International Skating Union World Cup Short Track Speed Skating event from Nov. 2–4. From March 2–3 speedskating will be back at the Olympic Oval for the ISU World Allround Speed Skating Championships. The oldest and most prestigious speed skating competition in the world sees 48 long track athletes compete for the title of World Allround Champion.

Male skaters compete in the 500 metre and 5,000 metre distances on Saturday and the ladies compete in the 500 metre and 3,000 metre. Sunday's event sees the men take to the ice for the 1,500 metre and 5,000 metre and the men compete in the 1,500 metre and 10,000 metre. Each skater competes in all four races. Tickets range from \$5 to \$30 and are available online. Doors open at 11 a.m., opening ceremonies take place at 11:45 a.m. and the main event kicks off at noon.

Is chess a sport?

Yes, according to some experts

Story by Kristy Koehler
Photo by Mariah Wilson

If you ask the people around you whether or not chess is a sport, chances are that most will say no. However, the *Oxford English Dictionary* defines a sport as “an activity involving physical exertion and skill in which an individual or team competes against another or others for entertainment.” By that definition, chess may well be a sport.

The argument has gone on almost as long as people have been playing the game. Chess is well-established — according to the Fédération Internationale des Échecs (FIDE), the organization that represents chess internationally, the first modern chess tournament was held in 1851. Though precursors to the game existed in the 1200s, the game has looked about the same as it does today since 1475. Chess is played in almost every city in Canada, at every level — elementary schools and high schools have clubs, as do universities and municipalities.

FIDE is a sport federation recognized by the International Olympic Committee.

As a result of IOC recognition, FIDE is a signatory to the World Anti-Doping Agency’s conventions and abides by their anti-doping policies for events and tournaments. The national Olympic committees of more than 100 countries recognize chess as either a full or affiliate sporting member. Chess appeared as an exhibition sport at the 2000 Summer Olympics in Sydney and the International University Sports Federation recognizes chess as a sport and includes the game as part of the World University Championships alongside sports like pentathlon, rugby and weightlifting.

Those who don’t believe chess is a sport generally cite the lack of physical exertion required to play the game. While at a first glance that may seem true, Vladimir Drkulec, president of the Chess Federation of Canada, knows first-hand that physical fitness is required to play at a high level.

“A typical game will go four to six hours with three hours being the low end and considered a quick game,” Drkulec said. “At higher levels, you get between 90 minutes and two-and-a-half hours on the

clock with an increment of 30 seconds per move. A 60-move game would thus go six hours if both players are near the limit of their time. When I organized the Canadian youth chess championship, we had a game that went 179 moves, if my memory serves me correctly.”

There are sports in the current repertoire of the Olympic Games that, similarly to chess, require less physical exertion than others. Take archery for example — like chess, it requires mental stamina and concentration but does not fit the bill of a typical sport where the physical exhaustion is evident to spectators. But much like chess, few would deny the skill and preparation needed to succeed.

“Many of the factors that allow someone to excel in physical sports are also at play in chess,” Drkulec said. “As a chess coach, I often find myself studying the writings of coaches and athletes in other sports for insights, which can help my students improve and get better.”

The University of Calgary has its own chess club. They meet on Fridays from 3–7 p.m. You can find them on Facebook at UofCChessClub.



Winterize your running routine

Story by Tori Taylor
Photo courtesy Ulf Bodin

As beautiful as the snow may be, it signifies the start of something truly awful for some of us. Runners will understand this dreary shift as we move from fresh air and mountain scenery to the smell of sweaty gym gear and a row of TVs somehow always displaying golf, poker or baseball. After a beautiful season with the wind on our faces and beautiful paths, it's hard to adjust to the idea of a stationary indoor hamster wheel.

In the spirit of holiday merriment, here are a few tips to winterize your outdoor running routine. Hold back the "ba-humbugs" and with scarf-muffled voices, join me in a rousing cry of "cardio-ho-ho!"

Incentive:

When it comes to finding the motivation to run in the cold, Tom Haverford and Donna Meagle said it best — "Treat Yo' Self." Tap into your inner Parks and Rec diva with an end-result reward. Layer up, hit the cold concrete and finish your run at your favourite café. Park your car outside Higher Ground in Kensington, secure your headband and ear buds, focus on the sun smiling through the frosty air and go create your own heat from inside out. If you're on campus, map out a residential route around the university and end your run at ICT for a well-deserved frothy latté from Good Earth. Trust me — the reward mentality works.

Dress appropriately:

When it comes to outdoor exercising, most athletes live by the mantra, "Be bold, start cold." You should be dressing for about 20 degrees warmer than the actual temperature. The idea is to reduce the amount of sweat accumulating underneath your layers in order to stay as dry as possible in cold temperatures. The more you practise running outside, the better you'll be at deciding what to

wear for your body. I recommend always having a toque or headband, warm socks, thick leggings and a pair of gloves.

Visibility:

The sun sets much earlier during Calgary's colder months. This makes it super important to remain visible to cars and bicycles. If you are running after 4 p.m., light yourself up like your neighbour's holiday bushes. Wear reflective gear — inexpensive stickers for coats and hats are available at activewear stores but most jackets and vests made for outdoor activities already have reflectors. Headlamps are available online and are a great, inexpensive way to maintain visibility for yourself and for those around you. There's nothing wrong with looking like a coal miner if it means living to ace another midterm.

Warm up:

The most daunting part of a cold outside run is the first five minutes. It takes a few minutes to get the blood pumping and find your rhythm. Most importantly, it takes a few minutes and a kilometre or two to override the secret urge to call it quits, head back indoors and cash in on that after-run reward

without putting in the effort. There are a few excellent ways to shorten this inner rebellion. Get the blood rushing before you start running. Just like you would start your car 10 minutes before driving in the frosty weather, start your body up before forcing it to immediately rev up and go. You can do jumping jacks, push-ups or jog up and down the stairs. My personal favourite warm-up consists of a quick sun salutation and 30 burpees. With your body heated, it's much easier to step outside and start running.

Safety:

One of the most important parts of winter running is body awareness. Remember, it is cold. We live in Calgary and it is important to listen to your bodily cues — and I don't mean the nagging voice that wants to eat donuts on the couch. Listen to the cues that tell you to slow down and catch your breath. Running outside in the winter is more about maintenance than speed. Save the fast, long runs for indoor tracks, warmer days or the treadmill. When it hits below zero, be kind to yourself and be flexible with your routine. If you feel wet and cold, it is important to re-evaluate your goal distance. Modify your runs so that you can stay healthy and strong without compromising your immune system and lungs.



NFL pledges funds for U of C's concussion research program

Story by Kristy Koehler
Photo by Mariah Wilson

Football has long been under fire for its high rates of player concussions. Professional leagues have responded, instituting new policies and rules to minimize traumatic head injuries. The Canadian Football League recently eliminated contact in practices and instituted an extra bye week to help reduce risk of player injury. The National Football League added a 'use of helmet' rule to prevent a player from lowering his head and making contact with his helmet against an opponent, in addition to a controversial 'roughing the passer' rule, designed to reduce excessive force towards the quarterback.

The NFL made an off-field move to advance progress in sports-related injury research with their "Play Smart, Play Safe" initiative, pledging \$35 million in funding to institutions focused on this research, as well as prevention and treatment.

The University of Calgary was one of only five institutions in North America — and the only Canadian one — to receive this funding. The NFL awarded \$12 million to the U of C in order to continue its work in concussion research. The money will be used for the Surveillance in High Schools to Reduce Concussions and Consequences of Concussions in Youth (SHRed) program, led by Faculty of Kinesiology researcher Carolyn Emery.

The program aims to better understand concussions so they can be mitigated, the NFL said.

"SHRed Concussions seeks to reduce the burden of sport-related concussions and their consequences across all youth sport populations in alignment with the NFL goal to facilitate the translation of original research into clear clinical end points that help patients and advance understanding of short and long-term effects of concussion," the NFL said in a statement.

Keith Yeates is the ward chair in Pediatric

Brain Injury and the leader of the University of Calgary Integrated Concussion Research Program. He has been studying traumatic brain injury for more than 25 years. How did U of C qualify for the NFL's funding? According to Yeates, Emery and her colleagues submitted a proposal.

"There was a very competitive process," said Yeates. "The NFL narrowed them to, I believe, eight, who were invited to San Diego to present the proposals and they then selected five to fund."

Yeates cites the collaborative nature of



the university as one of the reasons why the U of C was selected.

"The thing that has really set us apart in many cases has been the breadth of the science we do which has spanned the gamut from translational preclinical animal models all the way out to public policy and public health," he said. "And not only do we span that gamut but we have an unusually high degree of collaboration and co-operation amongst the investigators. Our animal modellers speak to the folks who are doing clinical research or speak to the folks who are doing clinical trials or speak to the folks who are interested in health policy."

The clinical nature of the U of C helps, as Yeates describes the school's science as

"patient-focused." Part of that comes from the U of C's close relationship with Alberta Health Services.

Of SHRed, Yeates said that it's a "big project with lots of moving parts."

"It's an ambitious, pan-Canadian program recruiting upwards of 6,000 high school students who are participants in high risk sports — things like hockey, rugby, football, soccer, basketball, ringette — sports that put kids at elevated risk of concussion," he said. "The platform of SHRed provides an opportunity to look at primary prevention through a variety of different mechanisms whether it be rule changes, equipment and the like, but also to try to understand the factors and use technology, as a better way to try and differentiate concussion from other injuries and to predict outcomes."

The Faculty of Kinesiology recently climbed the ladder of ShanghaiRanking's Global Ranking of Sport Science Schools and Departments, taking seventh place out of 372 universities — and the top spot in North America. While Yeates technically is employed by the Faculty of Arts, he praised the Faculty of Kinesiology, agreeing with the ranking wholeheartedly.

"As an outside observer I'd say it has to do with having some outstanding scientists, a dedicated dean who has done a lot to raise the visibility of the program, a lot of collaboration between different groups in the school and also the fact that the school's faculty are good collaborators across campus," he said. "I see the NFL grant as putting the stamp of approval on what we've done to date and now we'll just keep doing bigger and better things."

Yeates sees the NFL's contribution to concussion research as a positive and hopes that other leagues will follow suit.

"We certainly see it as a positive thing that the NFL is putting their money where their mouth is in terms of investing in research for concussions," he said. "We hope they'll continue to do that."

Calgary ski jumps slated for closure call future of the sport into question

Story by Kristy Koehler
Photo by Mariah Wilson

The future of ski jumping and Nordic combined in Canada has been called into question as the ski jumps at Canada Olympic Park were set to be decommissioned on Oct. 30.

WinSport gave Ski Jumping Canada an ultimatum — come up with \$345,000 by the end of October or the jumps will be closed. Mounting operational and repair costs, depleted private funding and WinSport's inability to assist with financing have created a dire situation.

Seemingly accepting the closure, Calgary 2026 bid commission's draft hosting plan listed Whistler Olympic Park for the ski jumping and Nordic combined

events — the only other location for ski jumping in Canada.

The Calgary facility is the only location with a K63 ski jump — the mid-range jump between the smaller, training jump and the larger, Olympic-size jump. The K63 is necessary for training and athlete development.

Wesley Savill, a current University of Calgary student and former member of Canada's national Nordic combined team, says that the loss of this jump would be devastating. Savill started competing internationally in 2005, skied at two world championships and was the official alternate for Team Canada at the 2010 Winter Olympics in Vancouver. He now coaches young ski jumpers, devoting his life to the advancement of the sport. Savill

wonders what will happen to the young athletes coming up in the sport.

"When you have a bunch of kids emotionally invested in the sport and its future is being brought into question, it's hard," said Savill.

Todd Stretch, chair of Ski Jumping Canada, agrees that losing the K63 jump would be a massive blow to the sport.

"It's a very important hill," Stretch said. "It's the only one like it in the country."

Stretch adds that this isn't the first time the jumps have faced closures. The sport has received money in the past, both from the Canadian Olympic Foundation and private sponsors.

"We have been in this position a bunch of different times," Stretch said. "We're at the end of the term from that funding that



came in from the sponsor. We're working with multiple levels of government right now – they've been very supportive. We hope to have some good news."

At Sport Calgary's Celebration of Sport on Oct. 11, which took place at WinSport, member of the legislative assembly Deborah Drever was on hand to present a cheque for \$500,000 to WinSport for various renewal and maintenance projects.

In a press release by the Alberta government, Barry Heck, president and CEO of WinSport was quoted saying:

"Thank you to the Government of Alberta for the Community Facility Enhancement Program funding. This funding helps WinSport continue to renew its end-of-life legacy assets and maintain our new ones to world-class standards so we continue to serve Calgarians and Albertans for generations to come."

When asked whether this funding would assist with the maintenance of the ski jumps, Marion Nader, press secretary of culture and tourism for the province, had communications team member Ryan

O'Byrne respond.

"In 2017-18, \$500,000 in funding was provided through the Community Facility Enhancement (Large) Program and was put towards the renewal of Canada Olympic Park," O'Byrne wrote. "The facility renewal involved 33 individual projects which began in the fall of 2017 and were completed in fall of 2018."

O'Byrne's email cited projects including snowmaking automation, LED lighting, road and outdoor stairway repairs, repairs to the Frank King Day Lodge, and maintenance and upgrading of décor and music but made no mention of the fate of the ski jump.

Ski jumping may not be a money-making sport, but for a nation that considers itself a winter-sports powerhouse, does that matter? The loss of the ski jumps would be the nail in the coffin for a sport we already struggle to excel in.

At the Winter Olympics, there are seven medals available across both sports: three in ski jumping and four in Nordic combined. Canada has never won an Olympic medal in either sport. The best

finish for Nordic combined was in 1932 at Lake Placid, when Jostein Nordmoe placed 10th. Calgary was the site of Team Canada's best ski jumping finish in 1988 when Horst Bulau placed seventh in the men's individual large hill event.

Nearly every Winter Olympics, national pride reaches a fever pitch as Canadians celebrate our sporting success. The cult of winter is strong here, a long-held cultural phenomenon. Visit any sports bar during the Games and you'll hear spectators lamenting our Olympic losses, wondering why we don't fund our athletes the way other countries do.

The potential destruction of the ski jumps raises serious questions about the accessibility of winter sports training facilities for Canadian athletes and all but guarantees that we won't be advancing in the sport any time soon.

Savill says he trusts in the leadership of Ski Jumping Canada, hoping for the best.

"We're cautiously optimistic," Stretch added.

WinSport did not respond to request for comment by press time.

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Dinos women's hockey team face uphill battle

Story by David Song

Despite a dominant first period, the University of Calgary Dinos women's hockey team fell to the University of Regina Cougars 2-1 on Nov. 17. With their comeback win, the Cougars improve to 9-7 on the year while the Dinos fall to 1-17.

"We've missed so many opportunities," said head coach Danielle Goyette regarding the game and the Dinos season in general. "We've had a lot of scoring chances. At the end of the day, we need to be more opportunistic and put the puck in the net."

The Dinos got off to a fast start, controlling the flow of play and outshooting the Cougars 10-4 in the first period. Rookie forward Brooke Dennett missed the net on a backhand in the opening three minutes and veteran defender Kira Makuk made a key shot block roughly six minutes later to deny the Cougars a scoring chance.

With momentum on their side, the Dinos eventually drew consecutive penalties from Kaitlyn Crowe and Sidney Shyiak to earn a 5-on-3 power play. Third-year forward Rachel Paul took full advantage, banging in a rebound off a Dana Wood point shot to open the scoring.

"Our defence did a good job playing with [the puck] at the top," Paul commented regarding her goal. "Dana had a great shot from the point, put it right where it needed to be and I was there for the rebound."

The Cougars responded early in the second period as defender Nikki Watters-Matthes buried a high shot off a 2-on-1 pass from forward Jenna Merk. Despite a few good chances, the Dinos could not capitalize on the five-minute power play and the Cougars gathered back the momentum. Dinos goaltender Kelsey Roberts stood tall throughout the period, making several big saves to keep the score 1-1. By the end of the second stanza, the Dinos' advantage in shots on net had dwindled to 15-14.

Both Roberts and Cougars goalie Jane Kish continued to make key saves in the third period, but the visitors would ultimately take the lead at 14:10. Forward Chelsea Hallson threw the puck at the net, where it deflected off a Dino and across the goal line to give Regina a 2-1 lead.

The Cougars' defence shut the door from there, as the Dinos could not tie the game despite pulling Roberts in their search for a late equalizer.

Goyette emphasized the need for improvement on special teams, with the Dinos power play finishing one for six on the night.

"We had a lot of opportunities [on the power play]. We capitalized on one, but we had more chances, and we need to be able to pay the price, go in front of the net and take more shots on net," she said. "Sometimes, we try to be too fancy."

Paul assessed the Dinos' performance similarly.

"We have a problem with working too hard and not smart," she said. "I think our team struggles with trying to make the big play, the big stretch pass or whatever, but we've just got to focus on doing the little things and the big things will come from that."

"We have to take a deep breath [and] put this game behind us," Makuk said, looking ahead. "We can play with any team in the league, and all the teams are pretty tight this year, so we just have to be willing to show up and keep going forward."

The Dinos have a lot of work to do before their marquee rematch with the Cougars at the Crowchild Classic. The hockey event of the season takes place at the Saddledome on Jan. 29. Puck drops at 4 p.m. Plenty of Dinos home-ice action also takes place in December and January. For a full schedule, visit godinos.com.

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Labour dispute jeopardizes Roughnecks season

Story by Kristy Koehler

The first two weekends of the National Lacrosse League (NLL) season have been cancelled due to an ongoing labour dispute between the NLL and the Professional Lacrosse Players' Association (PLPA) — the bargaining agency for the league's players. The Calgary Roughnecks, a member of the NLL, have cancelled their first two games of the season and it appears that the rest of the season is in jeopardy.

Kelsey McCay, a representative from the Roughnecks, said that "all NLL teams have been instructed to direct all media inquiries regarding the [Collective Bargaining Agreement] negotiations to the league office."

The NLL says that rosters have not yet been formed, as the PLPA has instructed its players not to submit to physicals or report to training camps. Statements released from both sides

reflect a concern with the growth of the league. The NLL recently awarded franchises to Halifax, San Diego and Philadelphia, with rumours swirling of further expansion to come.

"A critical element to the PLPA proposal provides for compensation increases commensurate with league-wide revenue growth year over year," said the PLPA's statement.

The NLL counters that they have put forward a fair offer which includes a 25-per-cent increase in salary and benefits for the players.

"It is a significant improvement from where the players were at the beginning of their last employment agreement and a testament to our ownership's commitment to continue to invest heavily in our sport and grow the league," the NLL said in their statement.

The PLPA says they have exchanged multiple proposals with the NLL since March.

"We just completed our sixth face-to-face negotiating session with the league's negotiating committee," the PLPA said in an Oct. 18 statement. "The players remain united and committed to continue to negotiate for a fair contract. They are prepared to do what it takes to see that through. At this time, until a [Collective Bargaining Agreement] is reached, players intend to remain out of physicals and camps."

The National Football League Players' Association, as well as the Major League Soccer Players' Association, have expressed their solidarity with the PLPA. Lacrosse players have taken to Twitter to remind fans that most of them hold full-time jobs in addition to their league play. The average salary of an NLL player in 2013 was just over \$19,000 for the season. More recent official numbers are not readily accessible.

The PLPA did not respond to multiple requests for comment at press time.

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The rippling pectoral muscles of Jason Momoa's Aquaman embody the true meaning of Christmas

Story by Evan Lewis
Illustration by Tricia Lim

For some, the holiday season still carries the same meaning it did centuries ago: celebrating the birth of Jesus Christ. The gifts under the Christmas tree are symbolic of the gift of a Messiah given unto humanity. Spending time with our families gives us an appreciation for the important people in our lives.

But this meaning is no longer the same for everyone. For many, there are different celebrations that are given precedence over the Yuletide. For others, the spiritual meaning has been lost altogether. Christmas doesn't hold quite the same Christian importance it once did.

Not only this, but the capitalist machine has churned out advertising and products that work endlessly to convince us that the holiday season is about receiving things. Some might say that we have never been farther from the true meaning of Christmas.

But now, Jason Momoa's depiction of the DC superhero Aquaman seeks to return that powerful meaning to the holiday season, as no Christmas movie yet has captured the feeling of Christmas like the gleaming, oiled chest muscles of Jason Momoa's Aquaman.

Nothing shows the spirit of gift-giving better than the shapely chest of Aquaman as rendered by Jason Momoa, which is truly a gift to us all. Choosing a present forces

one to focus on someone else for a moment, to do one's best to think, "What would this person like best?" The answer, for many, is simple: They'd like the fibrous brawn of Jason Momoa as Aquaman spread across their local theatre screens in stunning High Definition.

Jason Momoa's physique as he depicts Aquaman is not just a gift to our eyes, but the way Jason Momoa's version of Aquaman uses his strapping form to help others is also a gift to our hearts. We are pushed to be better than we are by the ripped pecs of Aquaman, given form by talented Hollywood actor Jason Momoa.

Nothing represents the way the holidays bring family together like Jason Momoa's banded chest does when it's exposed in Aquaman (2018). Like a bridge sculpted of stone over a roaring river, the sturdy, water-drenched torso of Aquaman, played by sinewy actor Jason Momoa, is the most poignant metaphor one could find for the way relatives and loved ones alike are brought together through seasonal celebration.

And for some, Christmas is a just chance to have a hot meal, drink some hot cocoa and rest in front of an open fire. The warmth of the holiday is symbolized in the way laying against the pectoral muscles of Jason Momoa, in the royal garb of Aquaman, might make one feel. One can easily imagine the heat radiating from those fleshy, rolling hills, forming a landscape of

might and power that wards off the winter chill, just as a blazing hearthfire might.

What a massive man. What a big, big boy. What a beautiful emblem Aquaman is of Christmas joy.

Perhaps there are Christians who will fear that Jason Momoa's Aquaman will overshadow Christ as the core spiritual figure of Christmas. Fear not — Jason Momoa's Aquaman is merely a glorious retelling of that first Christmas story. Just as Aquaman is the titular character's origin story, so too was the nativity Christ's origin film.

Imagine Aquaman's parents, Tom Curry and Atlanna, as perfect analogues for Joseph and Mary.

Imagine a nativity scene, but instead of baby Jesus there lies a fully grown Jason Momoa, his robust legs hanging over the end of the manger, his broad chest filling its wooden frame. All around him, instead of sheep and cows, there are fish, big and small. Maybe a whale and a dolphin or two.

Christ figures permeate film. Neo. Gandalf. That guy from The Lego Movie. Now Aquaman, played by Jason Momoa, joins their ranks as the perfect embodiment of the saviour figure. He represents the pinnacle of not only Christmas movies, but human creation itself.

And really, every movie is a Christmas movie, because at the end of the day, every movie is about Jason Momoa and his beautiful pectoral muscles.

Local drug dealers call for support in wake of legalization

Story by Thomas Johnson
Photo by Mariah Wilson

Since the legalization of cannabis on Oct. 17, Canadians have been purchasing their leafy greens straight from the government. But a number of small business owners are speaking out, saying business has dried up since legalization.

"Honestly, I'm a little disappointed in the Trudeau administration. They claim to be so liberal but they're kinda just leaving us high and dry," said Iceberg Thicc, a residential trader of assorted goods.

Thicc and his associate Spooky Tunes are among the many local drug dealers who have been negatively affected by the recent legalization of cannabis. They agreed to sit down with the Gauntlet at their office — located in an alley behind the Chinook CTrain station — to speak about the recent struggles that have befallen Calgary's finest.

"We used to mean something to the

community," said Tunes. "Kids used to see us on the street and ask us to hit them up with an eighth. Now? They don't even wanna smoke up... well, they still wanna smoke up, but now they've got Uncle Sam for that."

The duo's business took a particularly strong hit, as their operation revolved around the MacLeod Trail, near Calgary's first two dispensaries. Thicc, who had to trade in his '64 drop-top Impala sittin' heavy on chromes for a Toyota Yaris, has taken umbrage with the municipal government's legislation.

"The hypocrisy is palpable. The government puts so much emphasis on 'supporting local businesses,' as they say. But what does that mean for me?" said Thicc from his cramped Toyota hatchback.

"Kids used to be able to source weed, coke, glass, lemons, beans, tabs — the Vicodin kind, not the LSD kind — LSD, cowboy kush, downtown brown, Yucatan Fire, dog food, smoochy woochy poochy, square dancing tickets, tragic magic,

shmagma, and so on," he continued. "Free trade, you know what I'm saying? Now it's all going to big pharma and the fuzz. Where's the dignity in that?"

"Look at this," added Tunes, displaying the assortment of ice adorning his fingers. "You see this? Trash. I used to be drippin' VVS from Brinkaus. Now I gotta cop from Spence Diamonds. What kind of dealer do you know who shops at Spence Diamonds? It's humiliating."

When asked what the average citizen can do to help out, Thicc provided an easy answer.

"The role of the drug dealer has always been much maligned, but now we're really starting to feel the push. We're just trying to make our way in society. We provide a valuable service before this cabal of late-capitalist fat cats encroached and pushed us out of our home," Thicc said. "It doesn't have to be myself or Spooky either. We speak for all of us. We need your business. Take pride in your community — support your local drug dealer."



Humour

School of Engineering needs more money

Story by David Stewart
Illustration by Tricia Lim

In an announcement that shocked no one, the Schulich School of Engineering has demanded more money. These demands were made by high chief of engineering Paula Pinklodgings.

"I really think some extra funding will benefit our overlooked faculty," said Pinklodgings through a sinister grin and clasped hands. "We have a lot of renovating to do. After all, why should fine arts students get all the glory?"

According to Pinklodgings, the current state of the engineering building is appalling.

"I mean, look at this place," Pinklodgings said. "You can hardly tell that it gets most of the school budget as it is. Where's the panache?"

Some of Pinklodgings's plans include adding artwork to spruce up the landscape, as well as a complete overhaul of much of the building.

"We have a marble statue of Zeus being carved by a group of ACAD students. We told them we couldn't afford to pay them but told them the exposure they'd accrue from working on such a prestigious project would be invaluable," explained Pinklodgings, noting that she designed the nearly nine-and-a-half-foot tall effigy herself.

"And of course, the golden staircases will be finished by March," Pinklodgings cackled.

Pinklodgings already made a name for herself when she led the invasion and annexation of parts of Craigie Hall last year, deploying third-year petroleum engineers in a phalanx formation and storming the building after dark. The building has since been renovated and renamed Bootlick School of Oily Money.

"My only comment on that moment is, 'History is written by the victors,'" said Pinklodgings, standing at attention.

Pinklodgings's seemingly insatiable appetite for engineering glory paints a grim picture of the future of the engineering program. May God have mercy on our souls.



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How to convince yourself you're just about to study for finals

Story by Frankie Hart
Photo by Mariah Wilson

Stuck in a rut? Procrastinating the day away? Watching a show that you're barely paying attention to because you're simultaneously scrolling through social media on your phone, which you are also barely paying attention to? Feeling that impending final date creep near but still not panicked enough to actually do something? Reading this? Here are some tips that won't necessarily help you start studying, but they'll help you at least feel like you're about to.

Buy more pens you don't need:

It's a small price to pay for productivity, unless you buy the expensive ones, which are so much better. Don't all those different colours get you excited to make some nice, colour-coordinated notes? No? You already bought a pack of pens last time you had this problem? Well, you can get a different pack and unlock a whole new realm of colour schemes. If you buy them at a Walmart, you can also treat yourself

to the in-store McDonald's and cry into a Double Quarter Pounder with Cheese™. You need brain food, after all!

Craft the perfect study playlist:

How's anyone supposed to think without the perfect ambience? You have a lot of important decisions to make here. Will you include songs with vocals or will lyrics be too distracting? How many songs from The Social Network soundtrack is too many? Every decision is crucial, so treat them as if they alone will determine whether you will get an A or an F on your final. This is the most important thing you could be working on right now. Make sure your playlist is at least eight hours long before you proceed. It's annoying you when start to hear it loop.

Down some coffee:

Listen kid, playtime is over. It's time to get crackin'. You're going to want the liquid equivalent of a kick to the heart, so choose wisely. You can get a cold brew — a coffee that drank a coffee — or maybe a couple because you really gotta get going. Now your hands are trembling so much

that you can barely write a sentence. Perfect!

Set up your study space:

It's important to set up the ideal space for you to comfortably study. Find a suitable surface and spread out all the materials that you'll need. Maybe light a nice candle. Make yourself a hot cup of tea to keep you going through the session. It's a little chilly in here, isn't it? Grab a blanket and swaddle yourself in it. Find yourself a comfortable position, because you're going to be staring at nothing for the next hour or so.

Actually start studying:

You didn't think all this advice would actually lead nowhere, did you? It's time to go through the semester's material and rewrite the most important points into a notebook. First, write the class title on the top right corner of the page. Then write the subject at the top. You did it! You officially started studying! Surely, everything will take off without a hitch from here. You can offer me thanks for this wisdom with a cold brew.

Your future be like that sometimes

By Derek Baker

 **Sagittarius**
(Nov. 22 – Dec. 21)
You'll accidentally screenshot a Snapchat story of your junior high ex's wild night out. You have not talked to them in at least seven years. It be like that sometimes.

 **Aries**
(March 21 – April 19)
There will be no ketchup left in the ketchup dispenser at the Carl's Jr. in MacHall. You'll have to eat your onion rings plain. It be like that sometimes.

 **Leo**
(July 23 – Aug. 22)
You'll stand on the curb on a blustery -20 C day waiting for the bus. The bus will be full and drive right past you. The next one will be delayed. It be like that sometimes.

 **Capricorn**
(Dec. 22 – Jan. 19)
You said you'd figure out what you wanted to do during your degree. Well, you have one semester left of your undergrad and nothing lined up after. It be like that sometimes.

 **Taurus**
(April 20 – May 20)
Life will come at you fast. So will that exam. And the expiration date on your milk. And your premature death. It be like that sometimes.

 **Virgo**
(Aug. 23 – Sept. 22)
Your car won't start on the morning of your zoology final. While trying to jumpstart it, you'll electrocute yourself. It be like that sometimes.

 **Aquarius**
(Jan. 20 – Feb. 18)
You'll find out that the hot person you met at the bar and went home with is actually your estranged second cousin. You'll find this out at the family reunion. It be like that sometimes.

 **Gemini**
(May 21 – June 20)
After opening up your exam booklet, you'll realize you won't be able to answer the first question. Or the second one. Or the third one. The exam is worth 50 per cent of your grade. It be like that sometimes.

 **Libra**
(Sept. 23 – Oct. 22)
You're really excited for the winter break so that you can play a new video game that just came out. You'll spend the entire break alone in your pyjamas. It be like that sometimes.

 **Pisces**
(Feb. 19 – March 20)
You'll mix up the days of your exams, thinking that you're about to write your Greek and Roman studies final when really today is your calculus final. Those olive tree facts won't help you here. It be like that sometimes.

 **Cancer**
(June 21 – July 22)
The book from TFDL that you need as a source for your term paper will be loaned out until January 2019. You'll haphazardly put together a citation from the two-page preview on Google Books. It be like that sometimes.

 **Scorpio**
(Oct. 23 – Nov. 21)
Over this winter break, you'll manage to make it an entire five minutes into your family dinner before your family starts roasting you and your life choices. Congratulations, that's a new record! It be like that sometimes.



Where do bugs go in the winter?

Story by **Matty Hume**

When the days grow shorter and winds grow chillier, Canadians find winter solace in a single seasonal advantage: no more bugs. But where do all the creepy-crawlies go during the frosty months? Tibby Sardaing, head of the department of zoology at the University of Calgary, has all the answers.

"There's literally no way to tell," she said.

According to Sardaing, the zoology department currently has three separate teams of researchers working day and night to shed light on this burning question. One of the teams, led by associate professor Cindy Pede, has been researching actively for nearly 16 years.

"For a while, we assumed they all burrow underground for the winter," Pede said. "But after a few tests, we realized

an annually populated subterranean Bug City would be an infrastructural nightmare."

"Building the mock Bug City cost the university millions," added Sardaing. "We nearly lost funding, but thankfully our other teams are making good progress."

One such research group includes masters of science student Oshid Itzawasp, who said he's confident results are on the horizon.

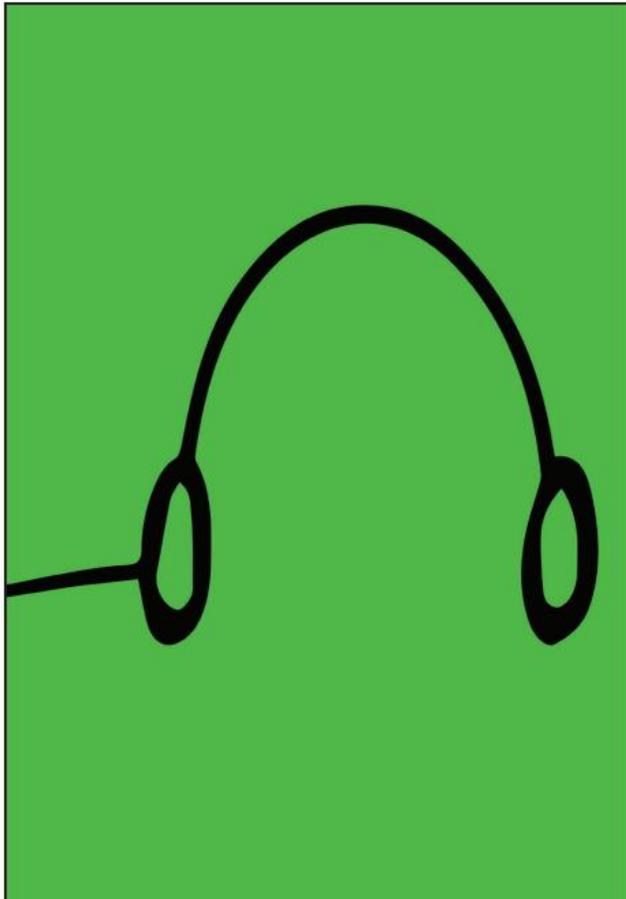
"We're making a lot of headway with the 'Last Starfighter' theory," Itzawasp said. "Basically, the hypothesis is that each insect and arachnid north of the 49th Parallel gets called into space each winter to fight teeny bug-sized starship battles and save an alien race. It's the most probable answer.

"It's the only thing that makes sense if you really think about it," he added.

Despite the department's essential

work, the Gauntlet hit the streets to get answers straight from the source.

"We have a timeshare in Phoenix," said an actual mosquito. "Do you know my grandson? Tell him to call more often."



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What will your family fight about this holiday?

'Tis the season where after four long months of being away, now you can be together as a family. Families dine together, spend time together and best of all, fight together – especially during your annual holiday meal. This flow chart will predict what you'll fight about over gravy and potatoes this holiday season.

Written by Gurman Sahota
Designed by Tricia Lim

Do you get along with your family?

→ Yes, of course! Everyone!

Most of them, I guess.

Do you get along with the person you're picking a fight with?

Stop lying, no you don't.

Can you actually take them in a fight, though?

No, I wanna square up!

Usually.

Only when we talk about specific topics, like canned versus fresh cranberry sauce.

Hell yeah!

God, no.

Hope you're ready to fight with your words!

One to three.

How many glasses of wine/nog have they had?

It doesn't matter – they don't have to drink to be shitty.

That 'share' button runs hot with incorrect facts and polarizing, pseudo-political memes.

How much liquid courage had you had, champ?

...a couple.

Are they political-political or "Facebook said so" political?

I just crushed a beer and I'm ready to fight anyone who makes prolonged eye contact.

Do they know what you're studying?

Like, actually political.

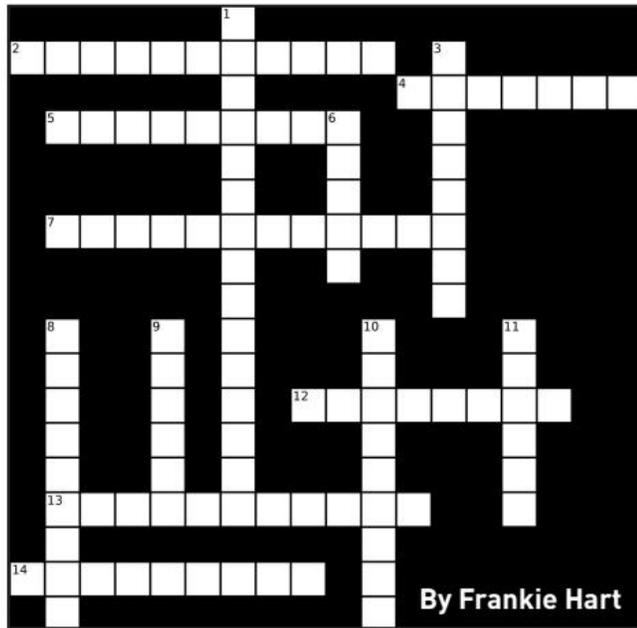
Provincial Politics: Shoot your shot and talk about Alberta politics. Sprinkle in some carbon levy talk – because it's a levy, not a tax. And if they start talking about the economy, get up and mimic an oil horse, because you know how everything comes back to oil. Everything.

The Olympics: Talk about the plebiscite. Start with the '88 Olympics and work your way to the sweet, sweet baby angel debt! Kids these days and their can't-do attitude.

It's literally written on my University of Calgary sweater.

If they didn't ask me every time we met, we wouldn't have anything to talk about.

Your Education: Talk passionately about your education and leave enough pregnant pauses to remind them and yourself about your crushing student loans.



By Frankie Hart

Congratulations to Aishwarya Harish, Anton Charpentier, Hemish Minhas and Gloria Tse for being the first students to submit last month's puzzles!

Send a photo of a completed crossword or criss-cross puzzle to humour@thegauntlet.ca to be congratulated in our next issue. Be among the first three submitters to win a Gauntlet mug!

Commercialist Christmas crossword

ACROSS:

2. These Christmas flowers will make you go, "Yeah, those are red I guess."
4. People still think it's funny to call this a Christmas movie.
5. Despite good desserts existing, someone will bring this to your holiday party.
7. Mariah Carey's "All I Want For Christmas Is You" goes from extra festive to super festive with the addition of _____.
12. This store is where you get the real fancy Christmas cards.
13. I'm building a residential skyscraper instead of a house out of _____ this year.
14. Did you know this 2006 Christmas TV movie was filmed in Calgary? It doesn't look good.

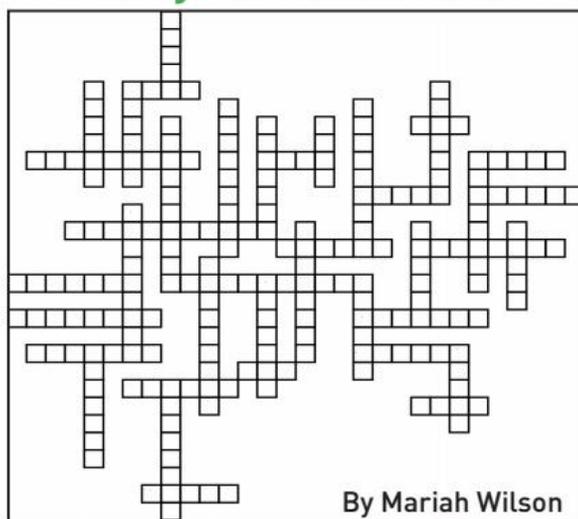
DOWN:

1. This alliterative type of gift is just a nice way to refer to random junk you wouldn't buy otherwise.
3. After buying your gift you pay a sad 15-year-old dressed as an elf to _____ it.
6. Depress the children in your family by telling them that their shiny new toys are the product of the exploited labour of _____.
8. Once Christmas is over it's time to go back to stores and claw someone's poor mother over a discounted Keurig. That's right, it's _____.
9. Lucerne is absolutely the best brand of this liquid gold.
10. You might take a break from gift shopping at the ____ to take a photo with _____.
11. Why is it that we eat this on Christmas when we already had it on Thanksgiving?

November Solution:



Holiday season criss-cross puzzle



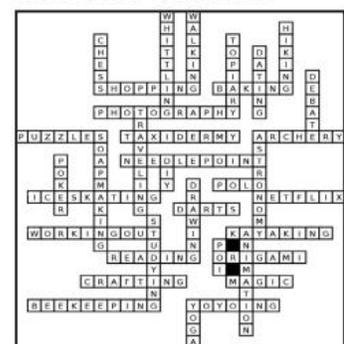
By Mariah Wilson

Instructions: Each line of the puzzle contains a certain number of boxes. Count each to see which words they correspond to. Place words into the grid so that they fit together, like pieces in a jigsaw puzzle.

- 3 letters:** Ham, Pie
- 4 letters:** Cold, Noel, Toys, Tree
- 5 letters:** Bells, Cards, Elves, Jolly, Party, Sales
- 6 letters:** Crowds, Eggnog, Frosty, Lights, St. Nick, Tinsel, Turkey, Wreath
- 7 letters:** Blitzen, Candles, Holiday, Icicles, New Year, Rudolph, Traffic
- 8 letters:** Goodwill, Presents, Reindeer, Vacation, Yuletide

- 9 letters:** Candy Cane, Celebrate, Mistletoe, North Pole, Tradition
- 10 letters:** Snowflakes
- 11 letters:** Decorations, Sleigh Bells

November Solution:





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