

GAUNTLET



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HOW WILL THE
U OF C DEAL WITH
LEGAL WEED?

p.6



THE IMPORTANCE
OF SEX WEEK

p.16

A rectangular metal door sign with a brushed metal finish is mounted on a red door. The sign features the words 'SEX WEEK' in a bold, black, serif font. The sign is positioned in the lower middle of the page.

SEX WEEK



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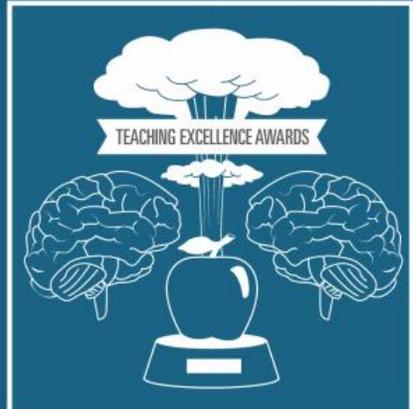
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Golden Spatula:
Anzo Nguyen



"Have you guys ever heard of pangolins?"

This month's coveted golden spatula goes to Anzo Nguyen. With a pen in his hand, Anzo valiantly cast aside the decadent Dominos pizza, claiming that the only thing that would satisfy his hunger would be copyediting every flat until it was perfect. Bless you, Anzo.



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students but may refuse any submission judged to be racist, sexist, homophobic, libelous, or containing attacks of a strictly personal nature. We reserve the right to edit for brevity. Grievances regarding the Gauntlet follow a process that requires written decisions from the Editor and the GPS Board of Directors. The complete Grievance Policy is online at thegauntlet.ca. The Gauntlet offices are located on Treaty 7 land.

The Gauntlet is printed on recycled paper and uses an ink made of half-baked plans. We urge you to recycle/mutter curses under your breath using the Gauntlet.

Letter Policy

Letters must be typed, double-spaced and must include the author's name, email address and title. Letters will not be printed if they include attacks of a strictly personal nature, statements that discriminate on



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the basis of race, sex, or sexual orientation, or libelous or defamatory material. All letters should be addressed to "Editor, the Gauntlet." The Gauntlet retains the right to edit submissions. Letters can be delivered or mailed to the Gauntlet office, Room 319 MacEwan Students' Centre, or sent by email to eic@thegauntlet.ca.

The Cover

Photo by Mariah Wilson
Design by Samantha Lucy

Advertising

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

Sex Week demonstrates the power of student movements

Sex Week has returned for its sixth year at the University of Calgary. Guests from around the city will host events that educate students about sexuality and gender while answering their questions from Feb. 5–9. Although it's audacious and fun to be greeted by jolly volunteers inside cartoony genital costumes, it's important to consider the history behind this expression.

Though we are surrounded by sex imagery every day, our knowledge about sexuality is often lacking. According to a study by Eve Appeal, a United Kingdom organization that raises awareness for gynecologic cancers, only 50 per cent of men and 44 per cent of women could properly identify the vulva on a diagram. Though this study isn't Canadian, it raises some alarming questions about our knowledge of our bodies and highlights the importance of initiatives like Sex Week.

Sex Week is a demonstration of sexual openness, a movement that has historically liberated people in LGBTQ+ communities — including for under-discussed identities, like two-spirited, intersex and asexual. It's founded on the idea that we should be aware of our own bodies, proudly take ownership of what makes us feel good, experiment with ourselves and our partners and have fun — free of stigmas or socially ascribed barriers.

One of the most important components of Sex Week is learning how to safely perform sex acts. There are workshops on topics from BDSM to fantasies and desires. These workshops can assist with sexual self-discovery and provide opportunities to learn something new about LGBTQ+ identities. With the variety of workshops offered, anyone can learn something new and add to their understanding of sexuality and gender expressions. We should revel in this amazing community, while also recognizing that the same community fought hard to be visible.



Illustration by Samantha Lucy

When you're at Sex Week events, watch for the students and student-led societies who support this event. It's important to understand that this work is primarily being done by U of C students. Institutions like the Women's Resource Centre (WRC) and the Q Centre play a critical role in this event, but their efforts only succeed because of student volunteers.

Historically, this has also been the case. The U of C's LGBTQ+ advocacy started as a group of radical students called the Gay Liberation Front in 1972 and has evolved to the rainbow-curtained haven that is now the Q Centre. The WRC, a dedicated collective of student volunteers that began in the 1970s, has since transformed to the organized safe space that exists today. The popular Consent Awareness and Sexual Education club is dedicated to ensure consent education among U of C students and staff. The club was created by students who saw a need and filled it themselves.

Progress towards acceptance and liberation for LGBTQ+ people at the U of C, as well as towards greater openness and education about sex, was always achieved through the efforts of students, not

administrative bodies. Maintaining that drive is vital for continued progress.

Students have always been at the forefront of sexual advocacy and openness at the U of C and have overcome immense difficulties to create and preserve these services. Historically, it was the men, women and those who identify somewhere else who could not be open about themselves or their identity. Those students forged communities of openness and acceptance that saved the lives of countless marginalized people who didn't have a community to turn to.

Today's campus community must continue the legacy of these student activists in whatever way they can. Check out the educational booths, play silly sex games and get informed on gender and sexuality identities you may not know much about. But also remember the hard-won victories of former students to have such openness on our campus. Let them inspire you to take risks and make meaningful change in your own communities.

Trevor Landsburg
Gauntlet editorial board



Around campus this January

From a petition to expel a convicted sex offender to increased parking rates, here are the events that happened at the University of Calgary last month.

Recaps by Ashar Memon. Photo by Mariah Wilson.

Convicted sex offender Connor Neurauter had his 90-day jail sentence delayed to allow him to complete his semester at the University of Calgary, drawing international attention and condemnation. Neurauter — who pleaded guilty to **sexual interference** in a Kamloops Court — physically choked a 13-year old girl and asked her for nude photographs, before threatening to expose the photographs in order to keep their relationship a secret, according to a victim statement. Neurauter will complete his sentence intermittently beginning in May 2018.

In just over a week, an online **petition** to have Neurauter expelled reached nearly 75,000 signatures. The Students' Union declined requests for interviews and instead said in a written statement that they had been “in touch” with university administration. In a statement from the U of C, vice-provost Dru Marshall said the university had no grounds to expel Neurauter but he had been advised not to return to campus for the semester, adding that the situa-

tion was “complicated and difficult.” Marshall later clarified that if seen on campus, Neurauter would be escorted off campus by Campus Security.

The U of C and the SU began examining the latest batch of results from the National Survey of **Student Engagement** (NSSE), conducted in the winter semester of 2017. The survey, which is administered every three years to first- and final-year students across the United States and Canada, analyzes students' satisfaction with their university experience. This year, the U of C received mixed results — in line with its performance in previous years.

Changes to the **residence meal plan** will be implemented in May 2018 after they were approved by the U of C Board of Governors in their last meeting. The new changes include the introduction of an ‘All You Care to Eat’ buffet-style service in the Dining Centre, decreased flex funds and removing Yamnuska Hall from the mandatory

meal plan.

Other changes to residence approved by the BOG in December include changes in the fee structure of some residence buildings starting May 2018. **Yamnuska Hall** will see a decrease in fees, while the upper-floor rate in Crowsnest Hall and Aurora Hall will be removed. The U of C said that the fee changes were made in accordance with students' expectations and to keep residence fees competitive with the Calgary rental market.

Parking rates for some lots on campus will also increase in May 2018 after the BOG voted in favour of a hike. Both student representatives on the board — representative Sam Sirianni and SU president Branden Cave — voted in favour of the increases. Day fares will increase to \$8 from \$7 in lots 10, 11 and 12 and will include free re-entry. Semester permits for McMahon Stadium, the Arts Parkade and the Spy Hill Campus will also see increases. Parking and transportation associate director Susan Austen said the new prices reflect the costs of increased labour.



On-campus regulation hot topic ahead of marijuana legalization

Story by Justin Schellenberg
Photo by Louie Villaneuva

The University of Calgary, in conjunction with the Students' Union and other campus organizations, has created a cannabis working group tasked with figuring out how the future legalization of cannabis in Canada will affect the university community, as well as what policies and procedures should be implemented to control its use on campus.

"All the [organizations] are on it. It's actually quite a big working group," SU vice-president operations and finance Ryan Wallace said.

Deborah Book, a legal counsel for the U of C, is chair of the working group that also consists of members from the Graduate Students' Association and representatives from residence and the university's Ancillary Services.

The U of C released a statement on its involvement in the working group, saying that it is "actively reviewing its approach to managing legal substances on campus."

"That effort is guided by provincial rules and regulations, including proposed rules regarding the possession and use of legal cannabis," the statement read.

Wallace said the SU is referring to data provided by the American College Health Association's National College Health Assessment (NCHA) for statistics on cannabis use on college campuses.

The NCHA Spring 2017 Executive Summary found that a nearly 40 per cent of students surveyed have used marijuana, with 20 per cent having used marijuana in the last 30 days.

"We have an idea of numbers, but we also acknowledge the fact that there are students that don't want to be around it," Wallace said. "It's trying to find that balance. That's what we're trying to work on."

When asked about how cannabis use should be regulated on campus, most students were in favour of allowing it in some form, with many comparing the use of mari-

juana to that of alcohol consumption.

"I think there is enough scientific evidence to prove that it's safer than alcohol, so I don't think that it should be regulated any stricter than alcohol," said Shetin Adams, a first-year international relations student. "If

"We have an idea of numbers, but we also acknowledge the fact that there are students that don't want to be around it,"

—SU VP operations and finance Ryan Wallace

anything, they should be the same."

Graduate studies education student Alexander Hoover also said that it should be allowed on campus and regulated in a similar fashion to the way alcohol is.

"If you could make a specific area for it where it is controlled, I could see that being fine," Hoover said.

Adams and Hoover both said they would not be opposed to cannabis being sold on campus.

"If it's at the Den or at a sports event, then I don't see a problem with it, just the same as getting a beer," Adams said.

According to Wallace, the SU is not looking into selling marijuana products on campus.

"We don't sell tobacco products, we don't sell those kinds of things, so we don't have any plans of starting to sell cannabis," Wallace said.

Cannabis in Alberta: What you need to know

The Canadian federal government has committed to the legalization of recreational marijuana use and the House of Commons has passed Bill C-45, outlining how legalization will be implemented.

Most of the implementation is now left in the hands of the provinces, with each required to pass their own legislation. Only Ontario has completed this, though most provinces have provided a framework for how legalization will look.

Alberta is in the process of passing Bill 26,

which is the legislation that will be used to regulate the distribution and selling of cannabis in the province.

The Alberta Gaming and Liquor Commission will be in charge of the distribution of cannabis, but unlike most other provinces,

private businesses will be allowed to sell marijuana in a retail environment.

The legal age to purchase marijuana will be 18 and there will be no limit on how much cannabis can be possessed by an individual.

Albertans will not be allowed to smoke or vape cannabis anywhere that tobacco use is currently prohibited. This includes around sports or playing fields, skate parks, outdoor pools or hospitals or school property.

Marijuana cannot be consumed in vehicles unless they are deemed a temporary place of residence. The transportation of marijuana in vehicles is governed by the same rules as alcohol, in that it must be safely stowed and cannot be within reach of the driver.

Up to four marijuana plants will be permitted to be grown in private residences for personal consumption, though the growth of plants outside will be prohibited. Also, landlords of rental units are free to implement their own rules and stipulations on growing plants in their residences.

Albertans can expect to see Bill 26 passed in time for the federal legalization of recreational marijuana, which will come into effect no later than July 2018.

The U of C is also hosting Clearing the Smoke, "a discussion on cannabis as Canada prepares for legalization," on Feb. 6 at 5:30 p.m. in the Taylor Institute for Teaching and Learning. The event features researchers who will discuss the health impact and implications of the legislation.



University of Calgary English professor talks identity and art

University of Calgary professor Vivek Shraya is an artist, musician and writer. As an openly transgender artist, she has made her mark on Canadian art and beyond. We sat down with Shraya to talk about her art, why she is focusing on Indigenous and writers of colour in her class and why she doesn't credit her successes to her undergraduate experience at the University of Alberta.

Interview by Tina Shaygan

Photos by Maxwell Lander, Nick Wong and Mariah Wilson

The Gauntlet: Tell me a little bit about yourself and your background.

Vivek Shraya: I'm an artist and I'm also an assistant professor here at the University of Calgary, department of English, creative writing. This semester I'm teaching an intro to science fiction class, ENGL 393.

Gauntlet: I was looking through the course outline and I noticed that you're primarily reading books by Indigenous authors, black writers and writers of colour.

Shraya: My education experience in Canada was one where I didn't encounter, to my knowledge, a book by an author of colour until I was in third-year university. All of elementary school, all of junior high, high school, I was mostly taught white texts by white authors. I'm really passionate about visibility and representation, especially in post-secondary contexts. Like a lot of other genres in English, sci-fi and conversations around sci-fi have often been dominated by white authors so it felt really important to centre Indigenous writers, black writers and writers of colour.

Gauntlet: What has been the student reception to this?

Shraya: So far, so good, I think. My sense is some of the information and some of the content is new. Right now, we're doing an anthology called *Love Beyond Space and Time*. It's an Indigenous anthology of science fiction. We just did a response paper and a lot of the students commented how this is some of their first encounters with Indigenous writing. Again, I finished my university undergrad in 2003 and to me, the fact that however many years later, these students are still for the first time encountering Indigenous writing is really upsetting. But what's exciting is how many of them are so receptive and excited about it and are challenging their own ideas about Indigenous culture and science fiction. I see it as an adventure that we're all on together and I'm curious how the class is going to keep on going.

Gauntlet: What do you think students



Above: the cover of Shraya's poetry book, *Even This Page is White*

miss out on when they only read science-fiction texts by white authors?

Shraya: Everything. It's interesting, we started the class with a book by Jomny Sun, who was actually born and raised here in Calgary. It's a graphic novel called *Everyone's a Liebn When Ur a Liebn Too*. What's unique about it is that so often in sci-fi, there's an alien invasion and it's about how humans interact with the alien. The alien is the other and often the other can symbolize people of colour. But what's interesting about Sun's book is that the alien is the protagonist and humans are the other so we get to see humans through the lens of the alien. I think that that switch is tied to his experience as an Asian Canadian.

Gauntlet: You've also worked on films, albums and books. What are some of the themes in your art?

Shraya: I'm really passionate about challenging dominant narratives, whatever they might be. Obviously, queerness is something that comes up a lot in my work. Gender comes up a lot in my work and race comes up a lot in my work. I'm constantly interrogating what the dominant idea of queerness is and how do we challenge it. What is the dominant idea of brownness and how do we challenge it? My first novel, *She of the Mountains*, is a bisexual love story. Within queerness, bisexuality is erased and bisexual stories are not seen as legitimate. That's one example of how I feel passionate in my art about challenging dominant narratives.

Gauntlet: I noticed that you don't want to be tied to the institution you did your undergrad at. Do you mind talking about that?

Shraya: You know, it's hard because when people find out you are a writer and then they find out you majored in English, then they tend to credit the institution. I went to the University of Alberta and my creative writing teacher there actually told me I was one of the worst writers in his class.

But it's interesting because I had two formative experiences — I had an English teacher at the U of A who I felt was really one of the first instructors who saw me. It was because of him that I majored in English. But then, after that, I took this creative writing class, and I had this teacher who had literally lectured me for an hour, telling me what a terrible writer I was. That last experience really changed me. That's one of the reasons why, especially when people find out I'm a writer, I don't like saying I majored in English because it feels like giving the institution credit, but I don't know if they deserve it.

Gauntlet: If a student at the University of Calgary right now going through a similar experience that you did at the University of Alberta, what would you say to them?

Shraya: For me, when I had that experience I was so demoralized. Now that I'm on the other side of the administration, I feel like if a student has that encounter with a professor, I would recommend them talking to the

chair, because I think that students have so much power. I felt very disempowered, but I think if a student were to give that feedback to the chair of the program, I think that it could be very valuable. I am a champion for learning and school, but simultaneously I'm such a champion for DIY approaches. I think that there's a lot of work that I made that I wasn't formally taught. At the end of the day, there are things about being an artist that just require exploration and dedication to your craft. So again I say take what you can from the institution, but also make sure you are developing your craft outside the institution.

Gauntlet: You've also worked with Tegan and Sara?

Shraya: I did. We're super good friends. We met in 2003 and since then we've toured together a couple times. We went to India together. They've been on a couple of my albums. Tegan was in one of my films, *What I LOVE about Being QUEER*. Recently, they put out *The Con* cover project and they had me cover one of their songs. They're a huge inspiration for me.

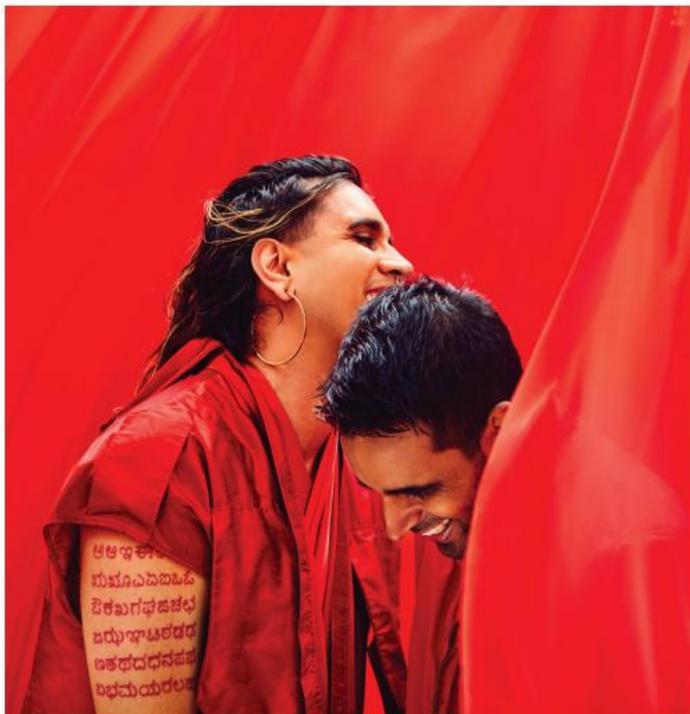
Gauntlet: On a last note, how has Calgary been for you?

Shraya: I'm actually really loving Calgary.

My experience of growing up in Edmonton, outside the institution, was not a good one. I encountered a lot of homophobia and gender phobia and that is one of the reasons I left and was living in Toronto for 15 years. But so far I'm actually really, really loving it. And everyone at the institution has been very enthusiastic. It's still early days [at the U of C], so I'm still trying to find my footing. That might take some time, but I hope that I am able to help and support the career of young budding writers, especially writers of colour and queer writers and their practice. I also don't know how many students have had a trans teacher before. Again, thinking about my own educational experience, having a transgender teacher would have made a tremendous difference in my relationship to my own queerness. I'm excited to be trans in the classroom — even if we're not talking about trans-specific issues, I think that there is a important value to what that means.

Shraya's band with her brother, Too Attached, is releasing their second album called Angry on Feb. 1. As part of the launch, there will be a show at Nite Owl presented by Femme Wave on March 3.

Interview edited for clarity and brevity.



U of C Arabic studies granted Quality Money funding extension

Story by Justin Schellenberg

The Students' Union has approved an extension for Quality Money funding of the Arabic Language and Muslim Culture (ALMC) program at the University of Calgary Faculty of Arts through June 2019.

The Quality Money program was created in 2003 in an effort to equitably share the surplus created by an increase in tuition costs among students and faculty. Composed of SU executives, faculty representatives and students-at-large, the committee allocates close to \$2 million in funding to projects proposed by students, staff or faculty members. Quality Money has funded projects such as the flu clinic, as well as renovations to sites across campus, including the *Gauntlet* offices.

The ALMC's initial Quality Money fund of \$182,000, which has mostly been used towards providing extra programming, was issued in 2013, the same year as the ALMC

program's foundation.

"It's been really wonderful and a real enhancement to the program to be able to use that money to bring all sorts of different guest speakers to campus," said Rachel Friedman, an ALMC instructor.

A popular program funded through Quality Money is the Arabic conversation hour, an event that provides a welcoming atmosphere for anyone on campus who speaks Arabic to meet and discuss a range of topics.

"What's really fun is we get people from the Study Abroad office and from other parts of campus who just happen to hear that there is a place where they can come drink some coffee and speak Arabic with other people," Friedman said.

Curtis Wilson, a second-year international relations student who is taking ALMC 303, a second-level Arabic language class, said ALMC events and programs have been integral to his education.

"I find with learning any language, being surrounded by the culture is necessary," Wilson said.

Friedman said the funding has also been used in an effort to highlight global Muslim culture. Through that effort, the program held a concert last year showcasing raga, a melodic form of classical Indian music. The event drew more than 200 people.

"They played a fantastic concert and interspersed their playing of the music with lecture segments about the history of the genre," Friedman said.

The funding helped start the ALMC program in 2013, after students lobbied the university and the SU to provide more Arabic language-related content.

The ALMC program, which is part of the School of Languages, Linguistics, Literatures and Cultures, is open to all U of C students. More information on ALMC events can be found on their website.

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Editor-in-chief:

The Gauntlet's **editor-in-chief** is elected every year by the society's active membership. To be an active member of the Gauntlet, you must i) be a staff member or director or ii) have contributed three pieces of content during the semester at the time of voting.

This year's election will be held on **March 13**, with voting open from 9 a.m. to 6 p.m. Results will be announced at 6 p.m. that same day.

Those interested in the position of editor-in-chief must place a poster with their name and the position on the south-facing windows of the Gauntlet office by **Feb. 27** at 5 p.m.

Interested candidates for the position of editor-in-chief are encouraged to contact current business manager Kate Jacobson at business@thegauntlet.ca to express their interest.

Section editors:

The Gauntlet is hiring the following positions for the 2018-19 year: **news editor, opinions editor, arts and culture editor, sports editor, humour editor, photographer, digital editor, video editor** and **volunteer coordinator**. All positions are paid. Full job descriptions are available online at thegauntlet.ca/hiring.

Applications for all positions are due **March 9 at 4 p.m.** Resumés and cover letters can be dropped off in person to editor-in-chief Jason Herring or submitted via email to eic@thegauntlet.ca. All candidates must be available for an interview on **March 17** and must complete an editing test with the editor currently holding the position of interest for prior to their interview.

Position hirings will be announced **March 20 at 6 p.m.** Gauntlet members are welcome to join the staff downstairs at the Den afterwards.

Please email any questions
to eic@thegauntlet.ca



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Second Women's March draws thousands to downtown Calgary

By Mariah Wilson

A year removed from worldwide marches aimed at the inauguration of United States President Donald Trump, thousands of Calgarians took to the streets again to show their support for "equality, empowerment and inclusivity," according to organizers.

The Jan. 20 march started at Bankers Hall and continued down Stephen Ave. to the plaza outside the city's municipal building, where speeches and musical performances took place.

Many signs at the rally referenced the #MeToo and Times Up movements, which target sexual misconduct and workplace inequality. Some signs reiterated prominent messages from last year's Women's March, like "women's rights are human rights," while others specifically addressed the rights of transgender and Indigenous women.

In a speech, march organizer Adora Nwofor (below, left) encouraged participants to continue their activism beyond the march by volunteering with community organizations that promote women's rights.



The sex-ed you probably missed out on in high school

Story by Tina Shaygan. Photo by Justin Quaintance.

At the University of Calgary, Sex Week is hard to miss — people dressed as vulvas and penises literally walk around MacHall. With its sixth iteration taking place from Feb. 5–9, Sex Week has become an integral part of the campus community. We set out to find the event's history and what purpose it intends to serve on campus.

Started in 2012, the idea of Sex Week was first brought forward by the Students' Union Wellness Centre. As a partnership between the SU, the Women's Resource Centre and the Q Centre, Sex Week hosted workshops and events to provide education and information on everything related to sex and gender identity. Since then, its scope has grown but its mandate has stayed the same.

"The goal is to create a campus that is sex-positive and inclusive for all students," SU vice-president student life Hilary Jahelka said. "There's a main idea around it just being a really fun week for people to engage with topics that you don't normally get to engage with."

Carla Bertsch, the U of C Sexual Violence Support Advocate, said it's essential for topics of sex and gender identity to be publicly discussed.

"When we keep these topics in the dark or label them as forbidden, we also keep acts of domestic and sexual violence private, allowing abuse to thrive and victims to suffer in silence," Bertsch said.

Critical media studies professor Jessalynn Keller echoes this sentiment. She said that openly talking about sex is important, as many people may have not had these discussions while growing up.

"Young people have often not been given a chance to explore their own gender and sexual identities in safe environments,"

Keller said. "Sex Week provides an opportunity for students to do so and to ask questions and have conversations that they maybe never before have had."

Tonya Callaghan is a Werklund School of Education professor whose research focuses around anti-oppression and anti-homophobia education. To her, Sex Week can offer an alternative sexual education that

removes many people, giving them the message that there is something 'wrong' with them and contributes to a climate of exclusion and violence."

Sex positivity and gender identity have been cornerstones of Sex Week since its inception. Events such as the Trans 101 Workshop, the drag show and Queer Sex-Ed are some of the week's most-attended events.

For Q Centre co-coordinators Tabatha Wallace and Melanie Trudeau, Sex Week provides an education many people missed out on earlier in life.

"We're really excited about that because we're hoping to give people the queer sex-ed that they probably should have gotten in high school," Wallace said.

"Sex Week can be affirmative to students who may have been marginalized within high school sex-ed classes, as it takes an inclusive approach to sexuality and gender identities," Keller added.

Another central theme of Sex Week is its emphasis on consent education. According to Callaghan, consent education faces criticism from those who reject it as permissive of sexuality.

"There have been many movements to include consent as a main tenant of sex-ed. But of course, you get a lot of pushback from the religion right," Callaghan said. "People of religious persuasion, Christian, Jewish, Muslim or others — they have a problem about that if we start talking about it we have young people acting on it."

That idea that talking about sex leads to young people engaging in it, however, has been debunked by several academic studies, according to Callaghan.

"For young people, acting on sex has nothing to do with what adults are saying in schools," she said.



students are missing in the current school curricula across Canada, particularly for LGBTQA+ people.

"Most western parts of the world have been putting sex education in the curriculum in public education since the mid-20th century. But has that been good sex education? Most people would say no," Callaghan said. "Most [current sex-ed curriculum] is focused on trying not to get STIs. It's not talking about pleasure or framing sex in a positive way."

"It is also extremely important to take a comprehensive approach to sexual education, which includes the LGBTQA+ community," Bertsch added. "All people deserve education that enables them to make healthy, informed decisions about their bodies and relationships. In addition, sexual education that does not include LGBTQA+ information assumes all people are heterosexual and cisgender. This

Trudeau and Wallace hope to counteract that narrative, adding that every event and workshop during Sex Week talks about consent. With involvement from Bertsch, as well as Consent Awareness and Sexual Education (CASE) club, consent is a prominent focus of Sex Week.

Callaghan also emphasized the importance of openly talking about consent.

"In order for sex to be a positive experience for all parties involved, people need to have an enthusiastic 'yes.' How hard is that to understand?" Callaghan said.

Callaghan added that an essential aspect missing from current sexual education curriculum is talking about consent in relationships specifically for LGBTQA+ communities.

"When people talk about consent, they're thinking heterosexual situations," Callaghan said. "If [LGBTQA+ communities] are not getting that kind of information in schools — which I can tell you they're not, no one's talking about sexuality or sexual expression and identity in schools, they're still mainly focused on sex negative concepts — those people are very much in need of that information."

With the prominence of movements such

as #MeToo and Times Up, which aim to combat sexual misconduct and inequality through starting conversations about personal experiences, Sex Week seems more important than ever.

"I hope that the conversations that have been generated through media spark an interest in people to go, 'Hey, maybe this is something that I want to get involved in, or learn a little bit more about,'" Trudeau said.

Callaghan thinks a new perspective of Sex Week will be explored by students from discussions surrounding sexual education and awareness in the media.

"Whenever you see things discussed in popular culture or in the media, it's on the forefront of people's brains. The #MeToo movement has legs. People are talking about it, and of course, it's connected to sex-ed and Sex Week we have on campus," she said. "It's all connected. Sexual assault, sexual harassment, healthy sexual relationships, consent, all of that."

"People who identify as male are starting to think, 'What do I need to learn in order to be a healthy sexual partner? Maybe I should go to a session or take part in Sex Week,'" Callaghan added.

Callaghan also teaches a course called EDUC 450: Diversity in Learning. She said she encourages her students, who are going to be a part of the education system in the future, to take part in events like Sex Week.

"If people come from a conservative background where talking about sex is taboo, maybe they should take part in Sex Week and learn about what are some of things they are going to encounter," Callaghan said.

"Recent events like #MeToo have put conversations about sexual violence, consent and sexism in the mainstream media. This is really important as often these issues — which affect many diverse people — do not get the attention they deserve," Keller added. "Sex Week events are participating in this important conversation by opening up space on campus to talk about these things, especially as they affect marginalized communities such as LGBTQA+ folks."

Sex Week takes place Feb. 5–9. Events include a session hosted by Bertsch, a session hosted by feminist activist Karen B. Chan, a BDSM workshop, the Queer Sex-Ed workshop, Trans 101 Workshop and many more. The event and workshops are free for all students and staff to attend.



cash reward for undergrads



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

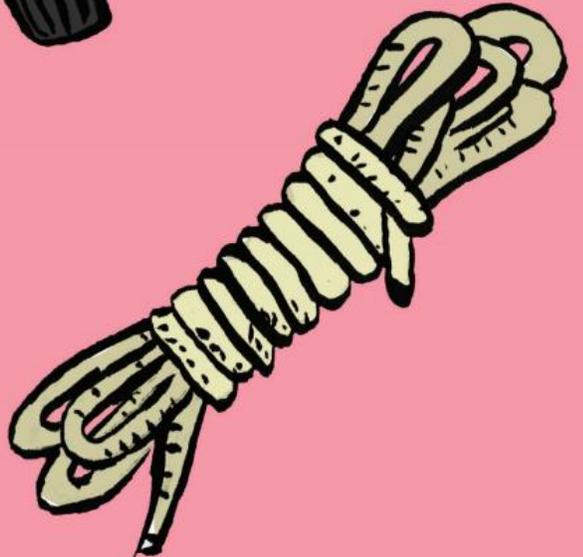
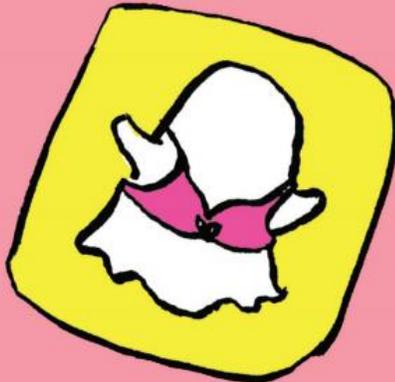
The SEEL Program enhances the hands-on learning experience for individual undergraduates and undergrad student clubs and organizations. Sponsored by Shell Canada, administered by the University of Calgary with applications judged by students.

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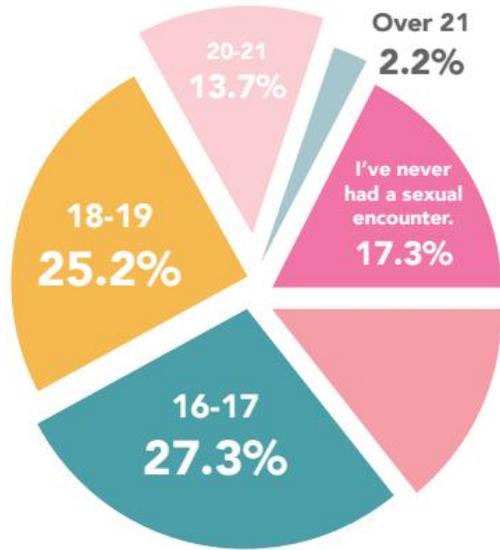
For more info and an application form, visit:

ucalgary.ca/provost/SEEL





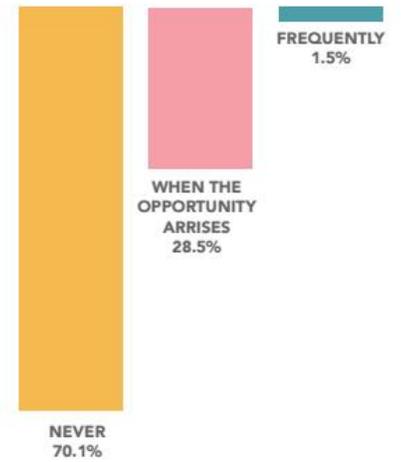
How old were you during your first sexual encounter?



What are your personal grooming habits?



How frequently do you participate in one night stands?



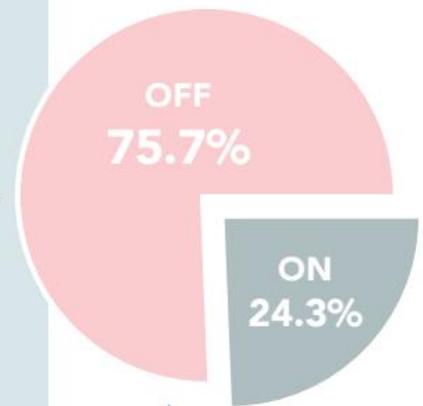
Have you ever had sex on campus, excluding residence?



How many sexual partners have you had?



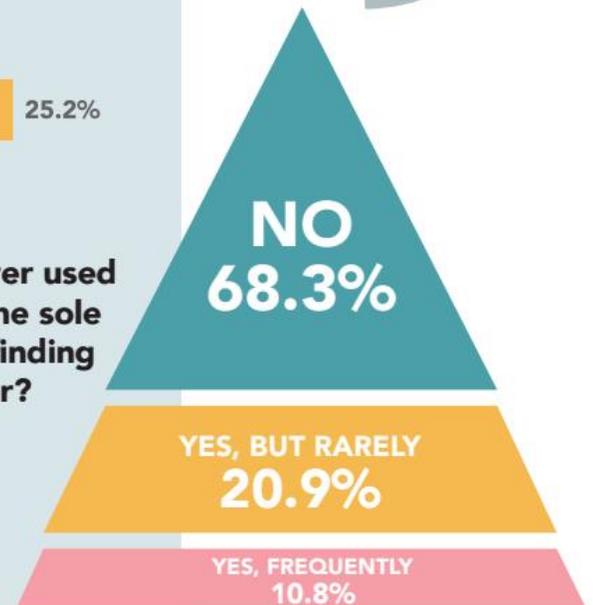
Socks on or socks off?



Have you ever masturbated on campus, excluding residence?



Have you ever used an app for the sole purpose of finding a sex partner?



How students can set long-term financial goals



By Jesse Stilwell

Financial goals aren't on the minds of many university students. But this isn't a tradition students should continue. The financial realities of adulthood creep up on people faster than they expect and life is filled with unexpected expenses that can derail even the strongest financial plans.

Many of your peers' nearest financial goals might just be getting a decent job and paying off student loans upon graduation. These are important steps, but having a healthy financial life means being proactive and often thinking of your life at the "big-picture" level. This begins by asking yourself difficult questions while you are slogging through job searches and applications. The first job offer you accept after school often sets the tone for the rest of your career. Be critical of the jobs you apply for and the reasons you are drawn to them. A job that offers a large salary might not come with the same satisfaction and happiness that a position in an area you are actually

passionate about will. Even in a tough market like Calgary's, try to be selective in the opportunities you apply for.

One of the most important questions to ask yourself is, "What do I really want in life?" Try to avoid tying your answers to material items like a huge house, a fancy car or brand-new technologies. Psychology research has shown these fleeting, material things fail to make people happy in the long run. Instead, think about the experiences in your life that have brought you joy and connected you with the people around you. For example, if you love travelling, a high-pressure 9-5 job that doesn't offer much vacation time probably won't lead to a different job that does. On the other hand, if you love working with people or children, try to find an opportunity that fosters connection. Jobs like that can be found in almost any field.

This process can lead to some unexpected conclusions. Many students begin university enrolled in a particular program because it promises to lead to a lucrative job with a six-figure salary. But the people

who end up becoming rich lawyers or wildly successful entrepreneurs don't end up on those career paths solely because they chased the money. It's often futile to hone your skills and get through the long years of school and early career development when you're not truly passionate about what you are pursuing. It's better to be modestly successful in a niche industry than one of the millions of failed entrepreneurs out there. You can avoid that fate by being honest with yourself about what you want early in your career.

This might not sound like financial advice anymore, but I promise it is. If you aren't hell-bent on amassing huge amounts of wealth and instead look to find paid opportunities that facilitate the more abstract goals in your life, the financial aspects will follow. It's much easier to save for retirement if you aren't trapped in a state of being "house-poor," or always spending paycheques on whatever catches your eye. Setting healthy career and financial goals will enable you to find success as you define it.

Thoughts from around campus

This month, students are talking about exams, the bookstore and mayonnaise.

Cumulative finals are the worst

Some classes must have cumulative final exams, but that's not what this piece is about.

Most students have taken courses in which the material covered by the midterm is vastly different from what is taught in the second half of the semester. Or when the original instructor disappears the moment the midterm is finished, only to be replaced by a prof with different ideas about the material. Or perhaps a course that has such a large amount of content that it's almost impossible to thoroughly review for the midterms, let alone during finals period.

It's classes like these that always seem to have cumulative final exams, which serve no purpose other than infuriating the students forced to write them. They seem to communicate that students need a second chance to demonstrate that they actually learned the material for the midterm – though they're probably right in that regard for some students.

The most irritating thing about these exams is that they can be very ambiguous. "All my exams are cumulative," the professor might say. Sure, but how cumulative? "Cumulative." This could mean they are literally going to reuse the same questions from the midterm. Or "cumulative," like "I need to almost overdose on caffeine the night before if I'm gonna make it through all this extra material."

Finals week is already tough enough. Please stop making it worse with cumulative final exams.

— Jill Girgulis

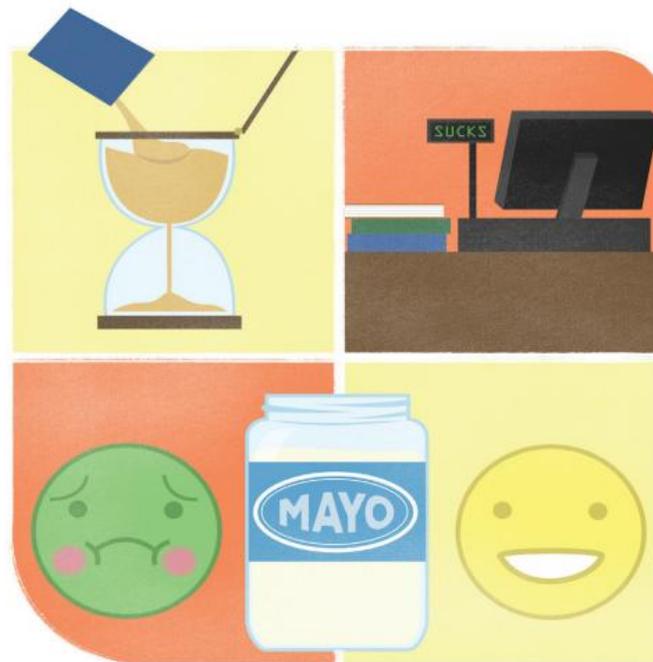
Mayonnaise is disgusting

The easiest way to ruin any dish is by putting mayonnaise in it.

Mayonnaise is an emulsion of oil, vinegar and eggs. None of those ingredients are tasty on their own, so mixing them

together with no other ingredients to improve the flavour just leaves you with a tart, slimy mess that serves only to clog the arteries of whoever's consuming it.

Some mayo-based condiments that do feature flavour-enhancing ingredients are among the most delicious sauces on the market. Case in point: ranch dressing. This condiment is delicious on sandwiches, salads, vegetables and chicken. There is no reason someone should be satisfied with their condiment experience with just mayo when there are such lovely alternatives available.



The next time you are cooking a delightful meal for a crowd, try to substitute mayonnaise for another condiment in your dishes. Your guests will not miss it and probably think your cooking is immensely better because of the more varied flavour profiles.

— Jesse Stilwell

Mayonnaise is a gift to this world

Thick, creamy and absolutely essential – mayonnaise is the king of the condiments. What would sandwiches be without mayo's robust flavours? We would most likely be left with only some lacklustre margarine or butter to lubricate our

sandwiches, like common knaves. Mayo should be celebrated in all its glory – perfect for sauces, creams and so many recipes. Mayo reigns supreme.

And those who don't like mayo are like margarine lovers – savages who have no place in the modern world of culinary delights.

— James Landsburg

The bookstore is ridiculously over-priced

What's the most valuable knowledge that I've accrued three weeks into the Winter 2018 semester? It would be that buying a bundle of two required, flimsy, paperback textbooks for a required, class, brimming with information that's readily available on Google, will probably run you about \$170 new or \$130 used at the U of C bookstore. Pricy, but not outlandish considering the well-documented exorbitance of textbook prices.

But, say you already have one of those texts from a previous class, or have learned that the only discernible difference between the newest edition and the edition you purchased last year for a similar class is the colour. What is one to do? Well, your best bet is to buy the bundle and use

your new extra textbook to bring the gift of fire to warm yourself through the winter months. Because buying the book you actually need separately from the bundle will backhand your bank account to the tune of \$260.

Costly textbooks have never been a subtle cash grab, but the bookstore has truly outdone itself lately. Affordable food, classes and parking have already been robbed from the hapless student body, but this one really hurts. They've ruined the bundle, the package deal, the cornerstone of student economics. Nothing matters anymore.

— Thomas Johnson

Keep bystander effect in mind when witnessing acts of injustice

By Mariah Wilson

When I traveled to Toronto, I was looking forward to seeing Canada's largest urban centre for the first time. Armed with my camera and a strong sense of wanderlust, I was excited to explore the vibrant communities and beautiful architecture that Jane Jacobs worked to preserve throughout her career as a writer and activist. But my mood shifted at Dundas Square — one of the busiest pedestrian areas in Canada — when a man tried to steal my camera from me after barraging me with insults. No other pedestrians stepped in to help.

This is often referred to as the bystander effect. It's the theory that the more people are observing an unpleasant situation, the less likely that someone will help because they assume someone else will step in. The most widely known example this is the 1964 murder of Kitty Genovese. The *New York Times* said that "38 respectable, law-abiding citizens in

Queens watched a killer stalk and stab a woman in three separate attacks in Kew Gardens" in this case.

I was shocked when I first came across this case study, as it justified the concerns regarding the safety of women traveling alone in urban centres. It plays into societal fears of darkness lurking in the shadows and that individuals will apathetically turn away rather than call out injustices. But, I don't let it deter me from exploring the cities that I love, and it inspired me to be a safer traveler and to develop my street-smarts — one of which includes sticking to busy streets during daytime hours.

So, why did I almost get mugged at 3 p.m. on a Saturday afternoon in a bustling area in Toronto?

In a video released by the Berlin police in December 2016, a woman walking towards an underground subway station is kicked down the stairs by a young man who is surrounded by a group of his friends. Fortunately people rushed to help the woman after she had fallen,

but nobody is seen to attempting to stop the perpetrators in the first place. This woman has openly admitted that she's feared re-entering the outside world, and I'm positive that many city dwellers had doubts crack their foundation of personal safety after this incident.

Many people think, largely because of the widespread writings of Jane Jacobs, that cities are inherently safer if there are "more eyes on the street" as this dissuades perpetrators from committing crimes. Yet my personal experience, paired with these two case studies, shows that there isn't always safety in numbers.

Whether you've experienced it or not, the bystander effect is alive and well in our world. It permeates all aspects of our lives. Whether it be on our city's streets, in our workplaces or even at our favourite cafés, physical or verbal assault is unacceptable. As these incidents become more openly discussed in our culture, I hope that it inspires you to look out for others around you. We live in communities. We should act like it.

Three ways to combat relationship anxiety

By Lady Marmalade

Dating can be overwhelming. The pressure to constantly meet new people is exhausting and stressful at the best of times. And if you struggle with anxiety, the world of relationships and dating can be unbearable, especially in university. Feeling nervous before a date is normal, but experiencing extreme feelings of stress or nerves that lead to cancelling dates or avoiding outings isn't. Whether you are meeting people in person, online or even through speed dating, there are some methods to keep your cool while putting yourself out there. Here are a few tips to keep in mind while navigating romance.

Seek professional help:

Counselling can help combat relationship anxiety. For many, this anxiety stems from issues that aren't immediately apparent. Speaking with a professional can help to uncover the more serious reasons that you're feeling

distraught. These services can be expensive, but there are plenty of resources around the city that accommodate student budgets. Ten sessions of counselling at the Wellness Centre in MacHall are paid for by your student fees. If you're looking to escape campus, the downtown Calgary Counselling Centre provides therapy sessions priced on a sliding scale. Getting a professional assessment of your relationship anxiety is a step towards feeling comfortable putting yourself out there. It's important to seek the help you need for your own well-being.

Online dating isn't always best:

Tinder, Grindr, Bumble and other apps that facilitate meeting people are a great resource for some, but these apps can be a nightmare if you have anxiety. They let you chat with people you wouldn't otherwise meet, but dates with strangers from the internet are terrifying. Expectations are high and the potential for embarrassment can make the whole situ-

ation very overwhelming. If these apps aren't appealing, use different avenues to meet people. A great method is joining clubs on campus to connect you with people that have similar interests. If you are being yourself and are a part of things that you are interested in, there's no harm in using it to meet potential love interests.

Utilize other anxiety coping methods:

There isn't a quick fix for feeling anxious about relationships and sex. Butterflies and stress are unavoidable when facing new situations. Take some deep breaths, rely on friends to support you and try some anxiety-combating tricks. Often times, imagining the worst-case scenario can help you realize how far-fetched it is. If something awkward happens on a date, you can leave, and everything will be fine — the worst-case scenario might not seem that bad all of a sudden. It might even make a good story a few years down the road. Don't take it too seriously and enjoy yourself.

Internet should be publicly owned and provided in Alberta

By Garrett Wachoski-Dark
Photo by Mariah Wilson

Everybody knows that Alberta's telecommunication companies suck. Even those managing these companies know that the fees they charge are outrageous, as demonstrated by the recent price wars between Telus and Shaw. The only difference between them and us is that the managers usually make enough money to access better services.

Colorado municipalities have recently been in the news for exploring publicly provided broadband internet. This is nothing new. In fact, it started almost seven years ago in the city of Longmont, which provided one gigabit per second (GBPS) speeds for \$50 a month. For comparison, the United States company Comcast provides 25 megabits per second (MBPS) speeds for the same price, but forty times slower.

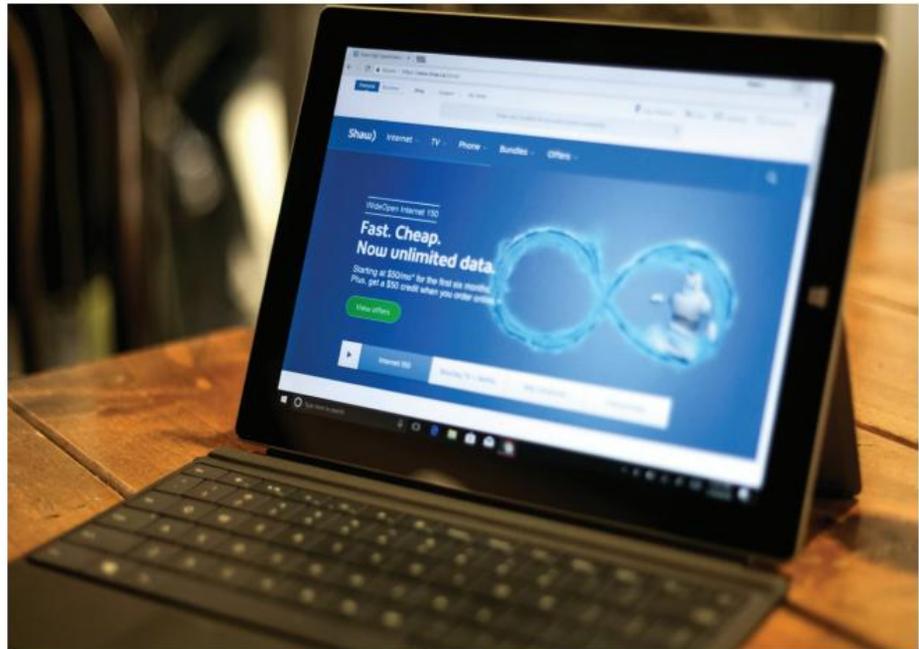
These developments are not only arising in the U.S. In Canada, the real hero is Olds, Alberta. The town, an hour north of Calgary, emblazoned with a giant "S," is our internet saviour.

Canada has made some major internet advances since 2013, when we were told we have "almost third-world internet" by Netflix, but we still have a long way to go. Fortunately, we no longer lag behind Moldova, largely regarded as the poorest country in Europe. We now sit below the U.S., and above the French island of Réunion, 2000 kilometres off the coast of Africa.

But these gains are skewed since the values are averages, meaning that only the roughly 20 per cent of Canadians who can afford download speeds greater than 15 MBPS skew our average up. The very fortunate few are getting even higher than that.

The reality is that the majority of the country has atrocious internet speeds, or in some cases, no connectivity at all.

Residents of Olds were tired of paying the same price as the gluttons of



Calgary and Edmonton for subpar services, so they built their own broadband internet called O-Net. Now Olds residents get 1 GBPS internet speeds for the same price that Calgarians would pay for 150 MBPS speeds.

We should bring this idea of publicly owned and developed high-speed internet not only to Calgary and Edmonton, but also to towns like Sundre, Lac la Biche, Ponoka and even those living near the border of the Northwest Territories.

I can already hear the counter-arguments. "But it will cost too much money for the public!" "My taxes will rise!" "The government will be watching me!"

Telus began through the privatization of Alberta Government Telephones, who provided all the necessary telephone infrastructure in the province through taxpayer dollars. We can thank the Progressive Conservatives for spawning what is as close to a modern-world devil as I can imagine. Moreover, your tax dollars continue to fund this multi-billion-dollar telecom oligopoly through grants sanctioned by the Canadian Radio-television and Telecommunications Commission. Where do those millions of dollars go? Not to running

lines to your grandma's house down in Manyberries.

There is always hesitation about government-provided services because there is certainly merit to competition. But telecommunications competition is already significantly hampered by legislation directed by various lobbying groups. The repeal of U.S. net neutrality by the Federal Communications Commission, the marionette of telecom lobbies, is a great example of this. Why should Albertans trust those same greed machines here in Canada?

Are you okay with the costs of the service continuing to fall to the public sector while the profits stay in the private sector? I know I'm not, especially for this pathetic quality of service.

Citizens have the loudest voice at the municipal level, and thus the most direct influence. What is happening in Colorado is amazing and what happened in Olds shows that Albertans are ready for change. Until then, speaking vocally about the shortcomings of our current providers is vital.

This article was written and researched at an average Internet speed of 30 MBPS, on an \$80 monthly plan.

If YouTube won't monitor offensive content, viewers must

By Aisha Sajid

If you've been on social media recently, you've probably heard about Logan Paul's YouTube video that showed a suicide victim in the Aokigahara forest in Japan. Paul, a Vine star turned YouTube celebrity, posted the video on Dec. 31, 2017. He faced widespread outrage and criticism for failing to recognize how reprehensible making jokes about this topic is.

The creators of Vine have subsequently banned him from re-joining their community. YouTube finally took action 10 days after the incident by removing Paul from their "Google Preferred" program, but they didn't suspend his account or channels. The preferred program allows advertisers to sell ads on the most popular creators' content, including Paul's, whose video itself generated \$90,000 from the 6.3-million views it accumulated in 24 hours.

YouTube's community guidelines dictate that content containing visually

graphic or violent material is not permitted unless it's for educational purposes. Content is removed if it's noticed by YouTube, or if viewers flag it for review. Only after "three strikes," or three instances of inappropriate content, is the channel deleted.

But YouTube is unlikely to level this punishment against channels that have a large following, because popular creators make the website a staggering amount of money from advertising revenue and sponsorships. The site rewards those who amass views, so creators compete for clicks, which drives them to find new ways to catch the eye of viewers. This can include shocking audiences with jarring thumbnails and captions to garner more views to possibly be featured on the coveted trending page.

In Paul's case, not only did he intentionally post inappropriate content — with a blatant disregard for the victim and their family — but he demonstrated that he didn't understand why laughing

at suicide victims is inherently wrong. The video was also featured on YouTube's trending page for 24 hours before Paul deleted it. He gave an apology, but this didn't stop the outrage from viewers and other YouTube creators, mostly because Paul was not reprimanded in the same way that less popular creators would have been.

The young, idolizing teens who watch YouTube have put big creators like Paul on a pedestal, protecting him from criticism and other backlash for his mistakes. Since viewers are stakeholders that YouTube must please, they ultimately have a responsibility to reject content and creators that violate the boundaries that the community has set. This is not to say all content on YouTube is bad — there are some amazing people and channels that deserve to be recognized. Next time you come across a purposely shocking video, send a message to content creators by skipping it, because YouTube won't do it on their own.

Campus quips: What are your reading week plans?



"Relaxing and hanging out with friends."

– Jade Ade-Yusef, second-year business



"I have no plans right now."

– Mischa Longman, third-year political science



"Working on papers."

– Mohammad Zargartalebi, PhD petroleum engineering



Big Winter Classic: Listen local, drink local

Story by Thomas Johnson
Photo by Matt Hume

Despite Big Winter Classic's primary emphasis on a myriad of live music, the festival also serves as a great opportunity for local breweries to promote their craft — pun very intended. For the festival's last three years, the beer has served as a foil to the chilly temperature, allowing for another celebration of unmistakable Canadiana at the festival. The flannel and Blundstones in the crowd are just as likely to belong to a brewmaster as a bass player. Beer, the festival's one true beverage, keeps the crowds warm and provides much of the infrastructure that has allowed for the steady expansion that the festival has undergone in its last three years.

Last year, the collaborative spirit of Calgary's brewing community reached its peak for Big. Small-batch cask brews — roughly 70 pints worth of beer — were made by breweries with specific bands in mind, often taking an established beer in their lineup and twisting the recipe to suit whatever band would be playing at the time that the beer would be served. For

example, during Napoleon Skywalker's set last year, the good people at Grizzly Paw added a significant amount of hops to their Evolution IPA to create about 30 exclusive litres of the Hops of Fury IPA. This year, however, these tiny collaborations took a backseat to the overall sponsorship opportunities several local breweries were able to afford.

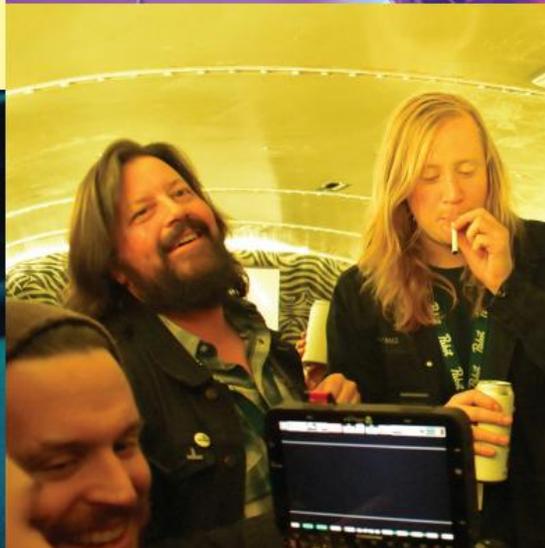
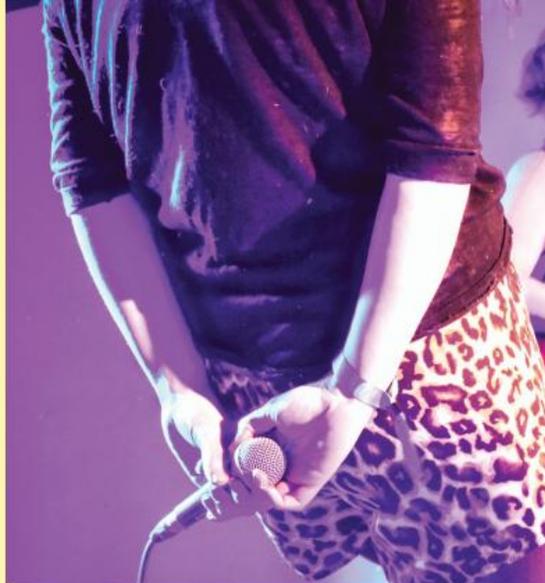
Last Best Brewing & Distilling has acted as a fulcrum for Big since its reboot three years ago, providing two stages and a room that serves as the merchandise store. This year was no different. Since opening in 2014, Last Best has been a leader in Alberta's beer boom and their penchant for heavier, full flavours match the typically nippy January weather handedly. Their Show Pony Ale, Tokyo Drift IPA and Dirty Bird Black Lager — all staples and excellent gateways into Calgary's dense micro-brewing community — were in many hands all weekend. Of particular note was their collaboration with Jasper Brewing Co., a tart sour that lingered with a sharp, citrusy bite.

Wildrose Brewery increased its prominence since last year, occupying almost half the taps at Broken City, pushing out Victoria's Phillips Brewing as the venue's primary sponsor. Inside Big Winter Classic's newest venue, The Gerry Thomas Gallery, was the Wildrose Stage, which had the dubious honour of hosting the festival's final show. Generally, their beer veers towards lighter bodies and fruitier flavours. They dominate the warmer months when patios are clear of snow. Luckily, the recent temperate uptick made for a palatable atmosphere for their Ponderosa Gose, Electric Avenue Lager and Velvet Fog Wheat Ale.

Few things rank as quintessentially Canadian as a pint of beer. Wobbly-pops. That sweet, sweet wheat-juice. It's in our blood, a few nights a week. And, since Albertan breweries have sprouted at an unprecedented degree since 2014, attempting to keep up year-round can be exhausting — mentally, physically and fiscally. Events like Big play a crucial role in spotlighting what has become a pillar of our culture. Some rock required.

Big Winter Classic: Party in a winter wonderland

Story and photos by Matt Hume





There's nothing like a good ol' music festival to distract you from, well, all of your homework. From Jan. 18–21, Big Winter Classic offered over 70 bands at four downtown venues. Crowds came for the music and stayed for one hell of a party.

Thursday had shows at Dickens Pub, Broken City and the Gerry Thomas Gallery, which housed art from a plethora of local creators making for a venue that was equal parts vibing and sophisticated. The Dickens lineup was a stoner-rocker's dream, opening with Siksika Nation legends Iron Tusk and closing with the Pabst-drenched stylings of Portland's Red Fang.

Friday kept up the momentum and sped past it in a frenzy. Local-favourite femme-punks The Shiverettes (centre-top) wasted no time in delivering head-banging jams like a shot of adrenaline for the crowd at the Gallery. Melted Mirror kept energies high and bodies moving with a synth-pop set straight out of 1983. Across the street at Last

Best, Toronto punks METZ shook all of 11th Ave. to the core with a high-octane, brain-melting audio equivalent of a strobe light — my ears are, truthfully, still ringing at press time three days later. It fucking ruled.

Jay Som closed out Friday's Gallery stage with a masterful set of gorgeous, emotive bedroom pop while Guantanamo Baywatch moshed into the night at Broken City with cowabunga surf shreds, turning a Calgary winter into an alternate version of *Jaws* where the shark just wanted to party.

Saturday was a special day for a lucky few. Through word of mouth across Friday's shows, about 40 festival-goers procured 'Golden Tickets' to a secret show and party bus (centre-middle). After doling out free tallboys from Citizen Brewery, wordsmith Odder Otter delivered a one-artist set with a drum kit and mic as the bus made its way to the Citizen Brewery, where Danny Vacon of The Dudes fameplayed a solo set. The secret show was a perfect primer, as head-

liners like B. Rich, Jung People and local heavyweight supergroup Betaboys closed down the night.

Sunday was the cherry on top, if the cherry was a whole new, unbelievably good dessert. Ontario's Partner taught everyone at Last Best the true meaning of friendship and rock 'n' roll with their post-classic-rock nonchalance, riddled with wit and riffs that would make your dad trade in his April Wine records.

Closing out the festival was Montreal's electro-punk deities Duchess Says (far-left/far-right) — Canada's paramount live music experience. Duchess Annie-Claude and co. delivered blistering moog punk straight into your soul in between pouring beer into the crowd's mouths, pulling fans onstage and handing out snow sleds for crowd-surfing. You didn't just watch Duchess Says — you were part of the show. It was the perfect end to a festival that has grown into a local staple. See you there next year.

ICYMI: Hidden gems of 2017, one of the biggest years in gaming to date

Story by Sean Willett

Photo courtesy Annapurna Interactive

Despite all of its many, many problems, 2017 was a great year for video games. *Playerunknown's Battlegrounds* became a cultural phenomenon, big franchises like *Resident Evil* and *Assassin's Creed* received much-needed overhauls and Nintendo reasserted its industry dominance by releasing the Switch. Even indie games did well, with titles like *Cuphead* and *Getting Over It with Bennett Foddy* breaking into mainstream success.

However, there's a downside to so many high-profile games being released in 2017 — there simply wasn't enough time to play them all. Whether you were busy with school, work or other video games, it's likely that some of last year's smaller, more obscure titles passed you by. Fortunately, we are currently in a bit of a video game dry spell, so there is no time like the present to catch up on some of 2017's hidden gems. While there are too many to put in a comprehensive list, here are four unique games released last year that every fan of the medium should play.

***NieR: Automata* (PS4, Windows):**

The most 'traditional' game on this list in terms of gameplay and graphics, *NieR: Automata* first appears to be a typical Japanese action game. But looks can be deceiving —

underneath *NieR: Automata's* flashy exterior is easily one of the most daring and cerebral big-budget games ever made. I'm hesitant to give too many details, but it's safe to say that I have never played a game quite as beautiful and tragic as this. There is a caveat — *NieR Automata* can take up to 40 hours to finish in earnest, so only pick it up if you know you have the time and patience to experience it properly.

***Gorogoa* (iOS, Android, Nintendo Switch, Windows):**

If you are looking for an experience that is significantly shorter than 40 hours, but still uncompromisingly gorgeous, *Gorogoa* is the game for you. The game's hand-drawn style is immediately eye-catching and helps to guide players through a series of elegant, mind-expanding puzzles. No other game plays with space in the way *Gorogoa* does and I was constantly surprised and delighted at the inventive solutions its puzzles demand. At roughly two hours, *Gorogoa* can be experienced in a single sitting — a refreshing break from games that attempt to hold your interest for dozens of hours.

***Everything* (PS4, Linux, MacOS, Windows):**

While there have been video game adaptations of movies, TV shows and even books (remember *Dante's Inferno?*), *Everything* is likely the first video game

adaptation of a philosopher's body of work. Based on the writing and lectures of British philosopher Alan Watts, *Everything* attempts to convey through gameplay the idea that everything in the universe is connected. Does the game do this successfully? That's up for debate. Is the game a joy to experience? Undoubtedly yes. Somehow both deeply profound and incredibly silly, *Everything* is likely the only game that allows you to pilot a flock of giant camels across the galaxy as you listen to a calm British man talk about empathy.

***Universal Paper Clips* (iOS, Android, web browsers):**

While people are more familiar with Bennett Foddy's other 2017 game, *Getting Over It with Bennett Foddy*, the mind behind viral hits like *QWOP* and *GIRP* quietly lent his talents to another game last year. A parody of 'clicker games' like *Cookie Clicker*, *Universal Paper Clips* puts players in the role of an artificial intelligence designed to maximize the production of paper clips — at any cost. While its jabs at other clicker games are obvious, *Universal Paper Clips* also serves as a pointed commentary on capitalism and the idea of infinite growth. *Universal Paper Clips* is also the most accessible game on this list — it can be played on your browser while doing other work and can be accessed for free at decisionproblem.com/paperclips.





Take advantage of Calgary's thriving music scene all month long

Story and photo by Matt Hume

Whether you're still trying to ride the high of Big Winter Classic or you're tired of sitting at home staring at the ceiling, you should go see a show in February. With a music scene like Calgary's, you have no excuse not to prime your future self for hearing aids every weekend, so have at 'er. Here's a few music scenes to check out this month if your schedule isn't too packed.

Portugal. The Man @ MacHall — Feb. 6:

MacHall has always been Calgary's go-to venue for shows that need a little more space than a good pub, making us students a lucky bunch. This year is no different, with Portugal. The Man being the first event on their February calendar. I know you want to sing along to that song from the iPad commercial — go enjoy yourself.

Conan/The Weir @ The Palomino — Feb. 9:

Conan, Britain's filthiest doom metal outfit, is blessing the stage at Calgary's finest BBQ joint. They have an album called

Revengeance, which features songs like "Throne of Fire" and "Wrath Gauntlet." Sick as hell, right? Plus, Calgary sludge phenoms The Weir are releasing a brand new EP at the show. It's worth going just to scoop a copy of that.

Bug Incision @ High Line — Feb. 12:

This is for all you cool weirdos out there. Bug Incision is a concert series and record label showcasing the best in Calgary's avant-experimental scene. The evening features various groupings of six to eight musicians delivering free-form art that's always a unique experience. If you need to scratch a high-concept, improvisational itch, Bug Incision has your back.

Abductees/Pizza Bath @ Nite Owl — Feb. 17:

Get your punk on! Local pop-punk powerhouses Abductees and Pizza Bath are both releasing albums on Feb. 17 with support from All Hands On Jane and The Old Wives. This is the first full-length from Pizza Bath, who've already delivered a great single in "Fire" and rocked Big

Winter Classic. This is sure to be all kinds of rad and a good time in general — pairs nicely with cheap suds and good buds.

Borscht/Crystal Eyes/Symfam @ The Palomino — Feb. 24:

You'll kick yourself if you miss the best of Edmonton power pop, Borscht. They're as sweet as music can be, like a trip to the candy store for your ears. You'll be smiling the whole time, even with a hint of melancholy you might feel through their dreamier songs. It'll be a night of prairie-inspired dream pop, with Crystal Eyes and Symfam rounding out the lineup.

Griffest 2018 @ Broken City — Feb. 25:

Not only will this be a fun afternoon full of all-out jams, but all funds raised will go towards donations for the Autism Aspergers Friendship Society of Calgary. You can feel good while taking in a stacked bill of local favourites, including Napalm-pom, Ghost Factory, HighKicks, No More Moments and Chained by Mind. It's an all-ages blast, so bring all the coolest members of your family and make a Sunday afternoon feel like a Saturday night.



Jeff Rosenstock
POST-
January 1, 2018
(Polyvinyl Record Co.)

My nearly annual New Year's resolution is to stay on top of new album releases throughout the year. Like most resolutions, it quickly and invariably collapses, as unlistened albums begin to populate my Spotify saved list at an overwhelming rate.

But everyone's favourite punk dad Jeff Rosenstock made settling into 2018 easy after he dropped his third solo album, *POST-* shortly after clocks struck midnight on New Year's Day. The timing was fitting, as Rosenstock — a New York ska-punk mainstay known best for his work in Bomb the Music Industry! — takes stock of the state of his country and his psyche while preparing to move forward.

This is most clear in the album's opener, "USA," a song with a seven-and-a-half minute runtime that more than doubles the longest track length on either of Rosenstock's first two solo efforts. And though Rosenstock sounds as fired up as he ever has, it slows into a dreamy, molasses interlude. "USA" reflects political exhaustion, as the energy and passion that fuels protest dissipates. The song's epitaph — "et tu, USA!" on repeat — emphasizes that though individual effort may falter, it's vitally important to sustain anger towards those who perpetuate inequality.

Though not as politically potent, the remainder of *POST-* is no less insightful. "Yr Throat," a lament on political agency, is a return to short-and-sweet punk and stands as the record's catchiest cut. "Beating Your Head Against the Wall" nails the frustration of trying to give the time of day to someone with political views that are fundamentally different than your own. Rosenstock's classic sad-sack ballads aren't entirely absent either, with "9/10," about riding public transit while stoned, fitting the bill.

It all culminates with "Let Them Win," a song planted squarely in opposition to an unspecified "them," though it's not hard to figure out who Rosenstock is talking about. With the same passion as "USA," a flood of voices scream in opposition to "them" — to enemies of progress, to those who strengthen systems that oppress — and those voices continue to scream in spite of exhaustion. They scream with an unflinching belief that this year will be different.

Jason Herring



Efrim Manuel Menuck
Pissing Stars
February 2, 2018
(Constellation)

It's been seven years since Montreal's Efrim Manuel Menuck, founding member of Godspeed You! Black Emperor and Thee Silver Mt. Zion Memorial Orchestra, released his first solo record, *Plays "High Gospel."* Hot off the heels of Godspeed's *Luciferian Towers*, Menuck delivers a stunning return to solo form in *Pissing Stars*. The disappointed tone in the album's title reflects its heavy

mood of deep introspection and struggle — and this one hurts. A lot.

The album is a thorough dive into cosmic post-instrumentation, riddled with constantly swelling crescendos, unconventional drones and chilling vocals. "Black Flags of Thee Holy Sonne" is the perfect introduction to *Pissing Stars*, using every moment of its nine-minute runtime meticulously. Ominous, repeating drones find a response two minutes into the cut by a gentle, fuzzed guitar that gives way to an almost-Gregorian repetition.

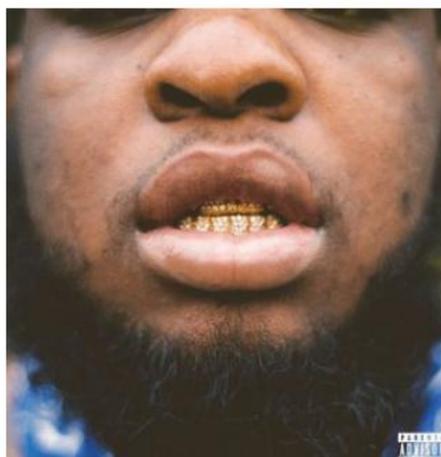
Pissing Stars continues with "The State and Its Love of Genocide." The pace of this track induces a feeling that lasts the rest of the album, where you only notice how many layers of instrumentation have appeared once you're completely immersed in an orchestral hum. As the album progresses, the constant low buzz of various notes maintains a feeling of anxiety and a sense of urgency. Much of the vocals remain distant, yet unmistakably filled with funereal emotion. Vocal melodies are often

delivered more like a chazzan or cantor than typical song, creating an air of cosmic spirituality when mixed with the electric arrangements.

Lyricaly, *Pissing Stars* evokes a deep sadness and dark memories, ranging from dying stars, distant affection, physical abuse and societal woes. "LxOxVx/Shelter in Peace" and "The Beauty of Children And The War Against The Poor" are perfectly haunting, balancing dour subject matter with huge crescendos and a soundscape that's constantly evolving and growing.

Pissing Stars is an album that will make people feel, even if they've avoided feeling for a long time. The final and title track brings Menuck's newest accomplishment to a beautifully peaceful and meaningful end, combining elements of vocal range, instrumentation, drone and choir introduced to the listener throughout the album. It doesn't just evoke sadness — rather, it keeps you grounded and aware of a dark reality. Kid, music will break your heart.

Matt Hume



Maxo Kream

Punken

January 12, 2018

(TSO Music Group / Kream Clice)

Maxo Kream's lengthy birth name, Emekwanem Ibemakanam Ogugua "Sunny" Biosah, are among the first words on his debut, *Punken*. According to the record, 'Emekwanem' means, and I quote, "Don't fuck with me." Not that you would. Before the age most kids are old enough to inherit

a rusting Corolla from their parents, Maxo was a fully-formed Five-Deuce Hoover Gangster Crip. The son of a Nigerian mathematician who booted him from the family household, Kream found himself engulfed in the traps of southwestern Texas at 12-years old with his arm of choice, a stolen AK, slung across his shoulder. His aesthetic is half-fatalist and half-murderous. He became a man by his teenage years, jading himself from the inevitabilities of flocking for a living. *Punken* has no ballads.

Kream isn't the most dynamic MC, employing a linear flow of absolute forward momentum and barrels through his equally tough beats like a locomotive. He can maintain an impressive cadence throughout his songs but his strength lies in his narrative ability. He accounts for every minute, action, reaction and variable.

In 2015, when his #Maxo187 mixtape and his gold plated smile thrust him into greater public consciousness, Kream's music could be lightly described as sociopathic. #187 and follow-up *The Persona Tape* were as cold as

brushed steel, despite the fire and fury contained within. Kream is 27 now, an age he's lucky to have reached. Though his songs are still as subtle as a hand grenade, recent eyeopeners have cultivated in him a newfound thoughtfulness. In September, when Hurricane Harvey rattled his native Alief, TX, it was reported that fans saved his family from the floods. As a result, we have songs like "Work," which is warmer than anything he's done before. Lead single "Grannies," an oddly-endearing look at his domestic life has been his most successful song. "Love Drugs," an open admission to the preference of mind-altering substances to human comfort, is as vulnerable as he may ever be.

Maxo Kream is a spiked bat that raps. He's as cold as ice and survived this long through a sheer force of will. It would be hard to squeeze any of *Punken* into a playlist. It exists in solitude, standoffish and thorny, which is how it should be — Kream doesn't have time to accommodate anyone but himself.

Thomas Johnson



TOP 30

The top 30 albums played on CJSW 90.9 FM this week.

Week of Jan. 16, 2018

Tune in to CJSW 90.9 FM and online at cjsw.com

1. Bob Keelaghan, Muerte Pan Alley - *The Soundtrack to Intersection* (SAP Recordings)
2. Hiromi & Edmar Castaneda - *Live in Montreal* (Telarc)
3. Remediation - *Remediation* (Self-Released)
4. Mark Adam - *Cross the Line* (Techno.Black)
5. Netrvnner - *Netrvnner* (Self-Released)
6. Pankbend - *Danke Freundlicher Zuhörer!* (Self-Released)
7. Blu Shorts - *Blu Wave Music* (Self-Released)
8. Sharon Jones & The Dap-Kings - *Soul of a Woman* (Daptone Records)
9. Rubim De Toledo - *The Gap* (Self-Released)
10. Hugh Man - *How You Find That Goo?* (Self-Released)
11. The Dudes - *East Side Good Times 5* (Serious Lover 4 Real)
12. Raleigh - *Powerhouse Bloom* (Self-Released)
13. At Mission Dolores - *At Mission Dolores* (Self-Released)
14. Mehdi Cayenne - *AUBE* (Self-Released)
15. Sin Fang, Sóley & Örvar Smárason - *Team Dreams* (Morr Music)
16. Ora Cogan - *Crickets* (Hand Drawn Dracula)
17. 1954 - *A Part of Me* (Project: Mooncircle)
18. Alex Pangman - *Alex Pangman's Hot Three!* (Justin Time)
19. Lena Platonos - *Sun Masks Remixes* (Dark Entries)
20. Stegosarabs - *Simple Subtraction* (Self-Released)
21. connect_icut - *Music For Granular Synthesizer* (Aagoo)
22. PJ Perry Quartet - *Alto Gusto: Live at the Yardbird Suite* (Cellar Live)
23. Carn Davidson 9 - *Murphy* (Self-Released)
24. Bill Charlap Trio - *Uptown Downtown* (Impulse!)
25. Gabriel Saloman - *Movement Building Vol. 3* (Shelter Press)
26. Murder Murder - *Wicked Lines & Veins* (Self-Released)
27. Echo Beach - *Everly* (Factotum CO)
28. Kim Gray - *Compulsion* (Bad Diet)
29. Goodfight - *Florida Room* (Baby Blue)
30. Takaaki Itoh - *Disciplinary Synthetics EP* (MORD)

New Dinos athletic director wants to enhance student-athlete experience

Story by Christie Melhorn
Photo by Mariah Wilson

On Jan. 2, Jason Kerswill took over as athletic director of the University of Calgary Dinos. The role remained vacant for six months after his predecessor, Christine Stapleton, departed in June 2017. Kerswill carries an extensive athletic background as a previous student athlete at St. Francis Xavier University in Nova Scotia and athletic manager at the Edge School for Athletes in Calgary, the University of Northern British Columbia and most recently at Seneca College in Toronto.

When I met Kerswill, he warmly greeted me in his Kinesiology A office where an impressively tidy desk and an unopened box draped with Dinos hoodies reflect his recent segway into the role. He says the transition came at an opportune time.

"It was a good time to arrive into the role when a lot of the planning for the 2017-18 season was done. Right now we're looking at the Canada West playoffs and then preparing for next year," he said. "Getting to know the staff and student athletes has been my priority these first couple of weeks."

Coming from Seneca College which has 17 different sports programs, Kerswill wants to familiarize himself with the 14 sports played at U of C.

"Understanding the breadth of programming is really important — that's something I'm learning [at the U of C]. I have a basketball background but I've got to learn the ins and outs of all of the sports played by our amazing student athletes," Kerswill said. "The best way of doing that is going to games, practices and meeting them face-to-face — to be in their environment and ensure they understand I'm there to support them."

Having been a student-athlete, Kerswill understands it can be both challenging and rewarding. He strongly values providing student athletes with a solid and in-depth support network.



"[The Dinos athletic department] know the challenges [student athletes] face. We always ask how we can make sure they're excelling in the classroom and their sport," he said. "It's about having the maturity to know you can't go out on a weekend night and budget around finishing a paper or project. Our coaches are well-versed in when exams and breaks take place to push or pull back in training. They understand that being a student comes first. We've got a wonderful academic support team who assist with class time missed for athletic purposes."

As the new athletic director, he wants to further cultivate the Dinos relationship with the Kinesiology department to maximize student-athlete's athletic and academic performance.

"I'm a big believer in nutritional education and an understanding of rest and recovery. We want [student athletes] to use days off to be ready to learn in class on Monday," Kerswill said. "Athletics being housed within the faculty of Kinesiology is such an advantage because we have those resources right down the hall. It's a matter of working together to provide robust support."

Kerswill is also aware of how social media impacts the student-athlete experience.

"Social media challenges experienced by student athletes is overwhelming. It's tough seeing how pro athletes are portrayed and wanting to be like them. Our end wants to provide relevant websites, social media accounts and other resources that positively supplements their training," Kerswill said.

Taking a holistic approach to his role, Kerswill wants to emphasize mental health awareness in the athletic department.

"I have some family history with [mental health] so I believe in supporting athletes in that area. Our coaches need to be aware of student-athlete challenges and how they manifest in different ways," Kerswill said. "We need to spot them and refer our athletes to the right resources on campus. From what I've seen, our coaches and athletes have strong, open communication. That trust is integral to our success."

Kerswill also wants to further develop the Dinos influence within and beyond campus.

"Several of our teams are ranked in the country's top 10 and I want people to see that. Our athletes want to play in front of full houses. We'd love more students at games supporting their peers," Kerswill said. "It's about engaging with high schools and clubs in the city and inviting them into our community."

Coming up at the
School of Creative and Performing Arts



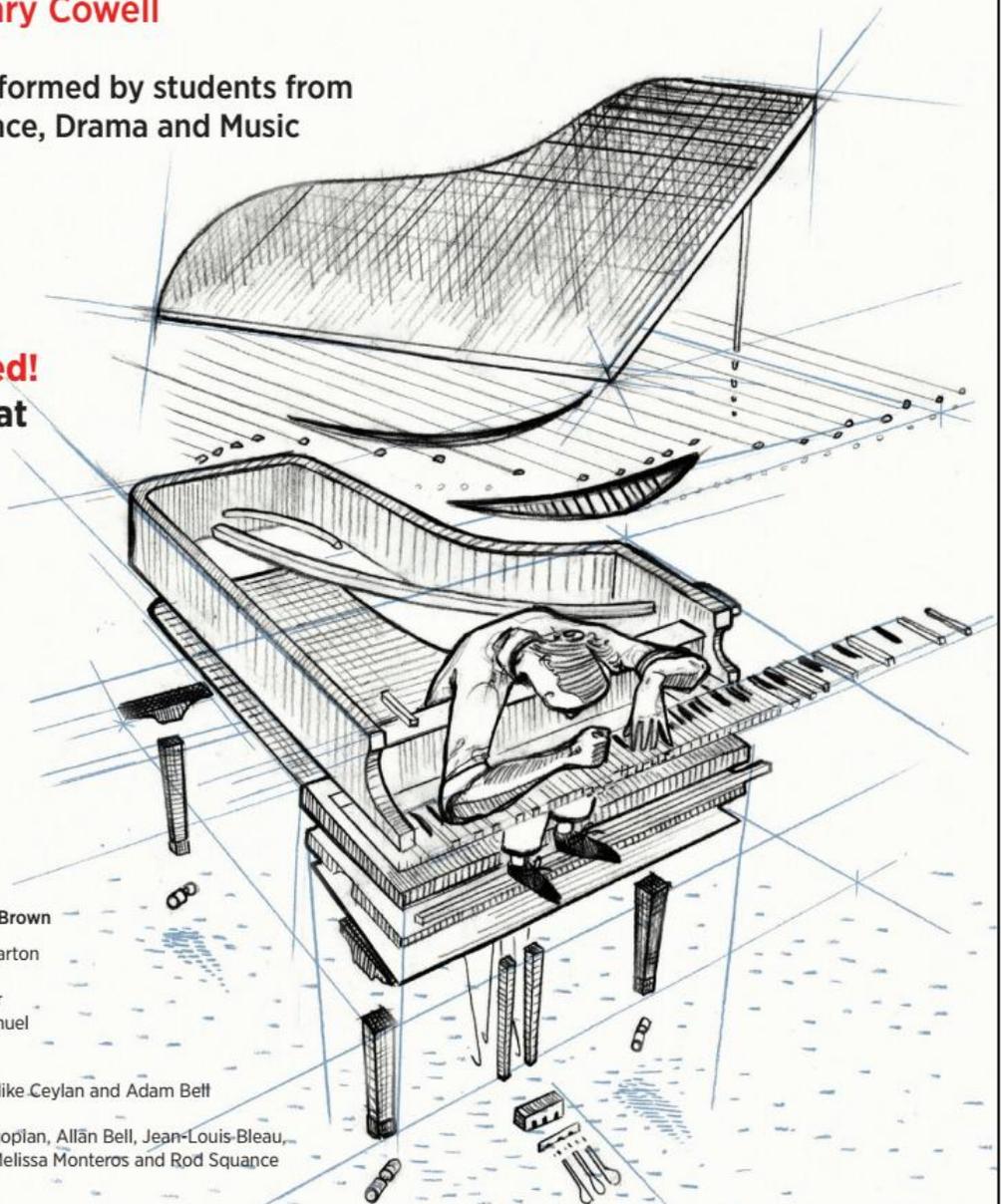
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Ways to manage the feelings attached to sexual assault

Story by Christie Melhorn
Photos by Mariah Wilson

I felt pretty numb when I first heard about 21-year-old sex offender Connor Neurauter being allowed to delay his 90-day sentence — given for physically and emotionally abusing a minor — to finish his semester at the University of Calgary. This was enabled by a British Columbia judge and a U of C policy rendering sex-offending students untouchable if they committed assault before becoming a U of C student. While Neurauter will not be allowed on campus this semester, the University's lengthy silence and rigidity in protecting, justifying and adhering to their problematic policies is troubling and disappointing. This situation generated an understandably explosive response, but my personal reaction took a few days to unravel.

As someone who has experienced sexual assault, I instinctively knew it was wrong but was initially severed from my underlying frustration. On Jan. 12, the university issued a statement claiming it does not tolerate sexual violence and strives to provide a safe space for those who have experienced it. However,

the statement greatly lacks compassion towards those it claims to protect. It neglects to acknowledge how the situation it describes as “complex and challenging” — and its handling of it — has resurfaced emotions and memories that are more greatly complex and challenging for those impacted by sexual assault.

As unfortunate as these circumstances are, the protest and defiance against the university has at least demonstrated an incredible wide-spread intolerance for sexual violence. It's also encouraged me to confront unresolved abuse that I experienced in 2013. It took place late on a freezing winter evening in a Calgary neighbourhood unfamiliar to me. I was assaulted while scraping the windshield of my car as it warmed up, which I ended up getting locked out of with my dead cell phone inside of it. Shortly after that night, I started seeing a counsellor at Calgary Communities Against Sexual Abuse (CCASA) — Calgary's leading sexual abuse education service — who offered me incredibly kind and practical support at no charge. Working with her helped me manage the intense shame and lack of understanding expressed by some of my friends and family.

I stopped attending sessions before working through the extent of my trauma. I wasn't ready to fully face it then and it still spills over into my everyday life. Every winter morning when I warm up my car, I make sure to leave one door open or a window rolled down to prevent getting locked out. If I forget, panic shoots through me and I frantically rip open the nearest door. Every time I scrape my windshield, I wonder for a split second what happened to the scraper I hurled into a snowbank the night of the assault. I now compulsively charge all of my electronics and get anxious when my phone falls below 50 per cent or if I leave it in my car. I've become accustomed to those feelings and to dissociating when cognisant of them, which most of us experience as sexual assault survivors. It's unfair and exhausting.

I recently started seeing another equally insightful and compassionate counsellor at CCASA. Revisiting the experience isn't pleasant but it is cathartic. And as sexual assault intersects with an array of our life experiences, I've found these coping mechanisms very helpful and relevant to a range of my mental health struggles. I hope that you can also find solace in them.

Practise patience:

The phrase “time heals everything” is ignorant of the emotional work involved with healing. However, time certainly is needed during that process. Whether your sexual assault was recent or occurred many years ago, the impact is long-lasting and your feelings are entirely valid regardless. Healing is not immediate or predictable. Unexpected triggers can resurface memories and emotions attached to your trauma. These are often sensory, such as seeing someone who resembles your assaulter or a scent associated with an assault. Other times, they are emotional or cognitive and can arise seemingly out of nowhere. While this can be uncomfortable and painful, you should honour your feelings. As my sexual assault occurred quite some time ago, I struggled with perceiving my emotions as ‘expired.’ However, there is no time limit on how we process and recover from trauma. Be patient with yourself and understand that your subconscious will weld new insights and emotions around your experience. This doesn’t mean that your thoughts and emotions define you. But they will come and go as you continue to grow.

Feel what you need to:

Everyone experiences and recovers from sexual assault differently. However, it involves an overwhelming series of emotions. For me, embarrassment, guilt, anger and disgust congeal together in a ball that shifts from my stomach up into my throat. Shame and accountability are unfortunately common in response to sexual assault. It is not fair or necessary for us to bear blame — but being told that while you’re feeling these things can be frustrating. Many authoritative figures in my life sincerely tried to help by saying, “You shouldn’t feel bad! You did nothing wrong.” While they were right, I started feeling guilty for feeling guilty. Being burdened with extra

emotions on top of what you’re feeling can foster even more stress and self-criticism. Just because we shouldn’t feel guilty doesn’t mean that we won’t or that those feelings are illegitimate. Respecting your emotions rather than stifling or rejecting them will help them pass.

Some emotions may also become particularly explosive. The fear of talking about my experience would constrict my throat and stomach, inducing a debilitating headache. My anger around it once spurred me to storm around my neighbourhood kicking and punching pretty much anything that I wouldn’t be fined for. The sadness has also left me feeling like a dead weight against my bedroom floor. No matter what you’re feeling or when you experience it, it’s completely fair and normal.

Be aware of excessive distractions:

Sometimes, it’s easier to rely on tangible coping mechanisms than to work through such complicated and intangible sources of pain and discomfort. Material items can be helpful coping mechanisms. Carrying worry stones or a fidget device can soothe anxiety and ease tension. Going for a run between classes or having a warm cup of tea with each meal can be comforting and alleviate stress. But sometimes we can become excessively reliant on these means to distract us from trauma. This is completely understandable and normal. You are not immoral or a failure for doing so. However, being aware of this can help spare you potential harm and facilitates self-understanding.

Substance abuse is probably the most widely recognized and addressed form of coping. This is especially true for university students who are culturally stereotyped as partiers and are a large target demographic for bars and liquor companies. However, this dependency can manifest in many other seemingly harmless but potentially

dangerous ways. It can be anything from compulsive cleaning, shopping and even studying. While I was a U of C student, I was obsessive about my grades. I would leave friends’ birthday parties to edit essays or would spend the night wrestling guilt for not doing homework. My self-worth and sense of stability rested on letter grades and percentages. My course load in my last semester was light, leading to a fixation on diet and exercise. I was tortured by a restrictive eating disorder and excessive exercise that caused me to lose my period for six months, putting me at risk of developing osteoporosis and hypothyroidism. Even worse, I missed out on almost a year’s worth of memories with friends and family.

I carry a lot of shame and guilt for enduring that. However, beating myself up for beating myself up only deepens the bruise. Showing myself compassion has been difficult but even practising it is empowering. Seeking control and reprieve is a normal human behavior. While not all coping mechanisms may produce visibly concerning symptoms, the stress and anxiety that can come with performing them is equally straining. If you are experiencing something reminiscent of this, next time you want to run an extra 30 minutes after already being out for an hour or brush your teeth for the fifth time that day, try to slow down. Breathe and ask yourself, “What is truly bothering me?” You don’t need to have an answer but even just taking a moment to step back can be grounding.

Sexual assault is an intensely personal and painful experience. We all have unique stories and ways of managing them. Even if mine don’t resonate with you, I sincerely hope that sharing them at least reinforces you’re not alone. I highly recommend reaching out to CCASA by phoning (403) 237-6090 or emailing info@calgarycasa.com for more support.



The NHL's Olympic ban won't determine Team Canada's success at Pyeongchang

Story by David Song
Photo courtesy s.yume

On Jan. 11, Hockey Canada announced their 25-man roster competing in the Pyeongchang 2018 Winter Olympic Games in February. However, since the National Hockey League controversially barred its players from competing in this year's Games, this unit looks much different from what many fans expected.

I was initially disheartened by the ban. Ever since the Nagano 1998 Winter Olympics, hockey fans have watched professional superstars clash on the world stage. Canada's climactic victories at Vancouver 2010 and Sochi 2014 are permanently etched into our country's collective memory. Like most hockey fans, I expect Olympic hockey to be a best-on-best tournament between elite, established players. Not being able to watch NHLers shred the ice this year is disappointing — or is it?

The NHL-infused era of Olympic hockey from 1998 to 2014 was an exception, not the rule. During that time, men's hockey was the only sport in the Winter Games featuring high-paid professionals. By contrast, the Olympics have traditionally showcased amateur athletes rather than pros.

The word "amateur" is often misused and misconstrued, typically as an insult. In the athletic realm, "amateur" refers to athletes who are not paid a salary to compete. Meanwhile "professional" describes salaried athletes but is often conflated with the word "elite." While some players on Team Canada's men's squad are paid to compete, they don't skate with North America's highly touted professional teams.

There is wide public perception that men's hockey at this year's Olympics will be lower quality than in the past due to the absence of NHL players. However, we don't frame our expectations of other Olympic events with these same standards. This could partly stem

from a lack of high-caliber leagues for sports like curling and speed skating. The NHL is a deeply entrenched aspect of Canadian culture that demands our attention and interest. While other Olympic sports are equally as compelling, we just don't have the same level of exposure to them. However, these sports are highlighted and played passionately by many amateur Canadian athletes, such as ice dancers Tessa Virtue and Scott Moir, who will bear Canada's flag this year.



Women's Olympic hockey also proves that NHL experience doesn't determine quality of competition. Unlike male players, female hockey players have no lucrative professional league to play in. The National Women's Hockey League — only established in 2015 — was the first women's league to pay its players, while the Canadian Women's Hockey League only started paying its athletes modest annual stipends of \$2,000 to \$10,000 last year.

Yet women's hockey is a fast-growing and beloved part of Canadian sport. The team is expected to challenge for gold at every tournament — and currently surpass

their male counterparts with five straight golds. The women's thrilling comeback against the United States at the 2014 Sochi Games arguably overshadowed the accomplishments of the men's team that same year.

This year's Team Canada roster shouldn't be viewed as inferior. If anything, its structure reflects a more traditional format consistent with other Olympic sports. The lack of NHL presence can spare us of endlessly analyzing and theorizing about who will win medals based on NHL statistics and happenings. And powerhouses like the U.S., Canada and Sweden will achieve greater parity with other nations, bringing greater diversity and competitive edge to the Games.

Canada's roster is populated by ex-NHLers such as Ben Scrivens, Derek Roy and Mason Raymond and by journeyman players like Karl Stollery, Chris Lee and Gilbert Brule. But there are no formally recognized superstars here. Even formerly established NHL players like Roy and Raymond are past their prime. At Pyeongchang, we can focus on how these players come together as a team. It will be a great opportunity for obscure athletes to display their skills on an international stage.

Men's Olympic hockey won't have the prestige and glory of a best-on-best tournament this year. And that's okay. The World Cup of Hockey, resurrected in 2016, is a great alternative to showcase the world's elite players.

Ultimately, hockey fans discouraged by the NHL's Olympic ban should ask why they follow the sport. Is it because of the awe and prestige attached to names like Sidney Crosby? Or do they care more about the maple leaf on front of the jersey than the name on the back? With NHLers out of the picture, now Canadian sports fans can prove they love the sport and will cheer on anyone who suits up for our country.

Satisfying workouts for an alternative date

Story by Christie Melhorn

Regardless of how long you've dated someone, you can always add extra flavour to your time spent together. On Valentine's Day, avoid restaurants and movie theatres overflowing with awkward teenagers and jaded couples. Instead, challenge yourself and boost the sexual tension by shifting your date to a fitness class. Take advantage of Calgary's many sleek fitness studios for a great back-to-back workout in class and between the sheets — if you make it home.

Hot yoga:

The dim lighting, sweat rolling over minimally clothed skin and array of poses characteristic of hot yoga is overwhelmingly sensuous. The soothing atmosphere and deep exhales released around the room encourages you to be present and comfortable in your body, which can translate into some incredible and intimate sex. Developing your flexibility could also

inspire some new moves to try or improve the ones you use regularly.

Most studios charge \$20 for drop-ins. However, karma classes are donation-based sessions practiced at facilities across the city, such as Bohdi Tree and Calgary Hot Yoga. The minimum suggested donation amount is usually \$5 but is not enforced at all studios. Call ahead or look at a studio's online schedule to see when these sessions take place.

Boxing:

Striking a bag while rhythmically working your feet teaches you to channel aggression without being clumsy — sparing you some embarrassing bedroom blunders when things get heated, although those can make for great stories.

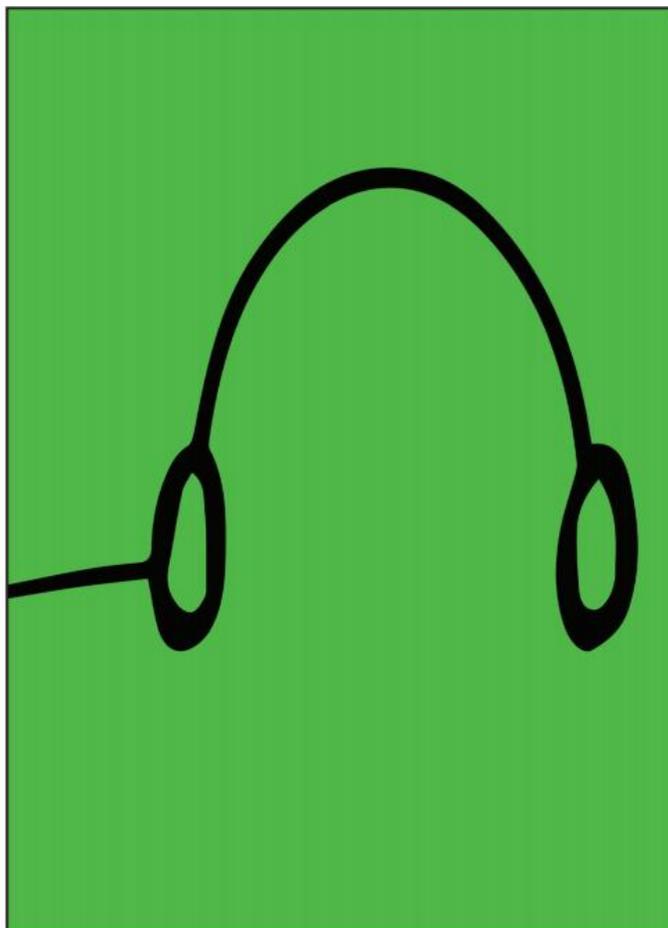
Undrcard, named Calgary's best boxing facility in 2018 by Top Choice Awards, offers student drop-in rates of \$19. Rumble Boxing studio's rates are the same whereas Sweat Science charges \$25 for single sessions. This includes glove rentals but you're required

to either bring or purchase hand-wraps to participate. Most studios sell them for around \$15 — it's not an outlandish fee, but you should bring your own if you can.

Dance:

Learning choreography and coordinating with music roots you in the moment and demands vulnerability. Sharing the experience of it with someone else is an incredible bonding opportunity and builds trust — a valuable part of a healthy sexual relationship. The style you try can heavily determine the tone of your date. Afrocentric and Latin styles of dance beautifully embrace sexuality and the capabilities of the body. Classical styles like ballet might feel a bit rigid — but the restraint and control can make it fun.

Drop-in rates at most studios range from \$15–25. Decidedly Jazz Danceworks, Free Spirit and Free House Dance Plus offer classes for all experience levels in diverse styles. Free Spirit also offers free classes on Saturdays for first-timers.



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Eat chocolate for better sex

Story by Christie Melhorn

Photo by Mariah Wilson

Chocolate's velvety texture, rich hue and indulgent flavour merit its romantic connotation. From the heart shaped boxes it comes in to stereotypical movie scenes of couples feeding it to each other, chocolate is a deeply entrenched symbol of love and lust. Here's why you should savour a square of chocolate with your partner before getting it on.

Boosts sexual arousal:

There's a physiological component to chocolate's sensuous status. In a University of Vita-Salute San Raffaele study, women who consumed chocolate daily demonstrated higher sexual function compared to those who didn't have any. It contains small quantities of the mood-boosting compound phenethylamine which induces a restlessness reminiscent of being in love. This makes chocolate a pretty powerful tool of attraction when you're in the mood.



Loaded with natural stimulants:

In a University of Australia study, nutrition researcher George Crichton found that chocolate can improve cognitive function. Its moderate caffeine content improves alertness and easing anxiety. It also produces the neurotransmitter anandamide that triggers a blissful sensation reminiscent of being high but without the physical and mental disorientation, making it known as the "love drug."

However, the high sugar content in most commercial chocolate can sabotage great sex by making you feel sluggish and unmotivated. Go for minimally processed dark chocolate by fair trade brands like Pascha, Sweetriot and Alter Eco. Higher quality chocolate is pricier but worth

it for the flavour and effect. Although sometimes nothing is as enjoyable as the nostalgic taste of a junky Mars or Snickers bar.

Sharing food is extremely affectionate:

Food intersects with multiple areas of our lives and identities. Experiencing new flavours and sensations with someone else has incredible bonding power — especially if you feed each other. The physical contact and intimacy of feeding your sexual partner decadent foods like chocolate builds a strong sense of trust — and lust. This nurturing act can bring greater emotional meaning to sex with that person and create a more satisfying sexual experience.

Tacos will never break your heart

\$2.75 Tacos
\$5 (personal) / \$10 (shareable) Tater Tots
\$5.50 (bottle) / \$20 (bucket) Sol

TUESDAY AT
THE DEN
4PM - CLOSE

#30Wings 30Reactions
WING WEDNESDAYS

\$5 PER POUND OF WINGS
\$11 DEN LAGER JUGS

THE DEN
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DJ MUSIC
BATTLE
DRAKE VERSUS
KANYE WEST
FEBRUARY 8, 2018

\$3.75 GLASSES OF DEN LAGER - \$11 DEN LAGER JUGS
\$4 GLASSES OF SELECT DOMESTIC DRAFT - \$4 HIGHBALLS
1/2 PRICE PIZZA

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Use the new moon emoji to convey that, as in *Mulan*, you are as mysterious as the dark side of the moon. This should pique their interest and spark further conversation, allowing you to introduce the more risqué emojis on this list.



Why stop at one emoji when you can use them in a storytelling capacity? This emoji combo is for when you want to be funky while paying respect to an all-time classic — Missy Elliott's "Work It." Let your partner know that you are ready to put your thing down, flip it, as well as reverse it.



A step away from the now-cliché tongue emoji, this symbol lets your partner know you know what's up with the cool kinksters — vore. It's a subtle but open invitation for the next freak level in the bedroom and to experience something new, delicious and nutritious. Mmm, just like mama used to make.



The banana emoji's ability to perfectly represent a phallus was — for lack of a better term — shafted in favour of the eggplant. What's so great about eggplants, anyway? They're expensive and are a staple in overrated bourgeois recipes. It's time for the reckoning of the banana emoji — the emoji of choice for proletariat. Vive la révolution!



This emoji is a reminder of who the ultimate daddy is. If the direction of sexting is going a bit too far, use this angel emoji to remind your partner that God is watching. And he's very, very disappointed.



Sexting shouldn't be outlawed by more traditional types, especially as it can still fit within the abstinent lifestyle. Let your partner know that you respect their values and will commit before trying anything. After all, in the words of the great Beyoncé, when you like it, you shall put a ring on it.



As once-taboo kinks become more mainstream, what was previously regarded as freaky is now considered vanilla. Handcuffs? Child's play. Blindfolds? What is this, a piñata party? Show your partner that you're innovative and into all *50 Shades of Grey*. If you have to ask what the gear is for, you don't deserve to be able to use it.

Advanced Sexting Emojis

By Frankie Hart

The world of sexting is difficult to traverse, from the whimsical heights of the wordplay mountains to the terrifying depths of the dick-pic caves. This mysterious land is expanded even further thanks to the greatest gift to phone-kind — emojis. If you already thought sexting was hard, try to find a way to insert these perfect emojis to introduce all sorts of new entendres to your sexting game. Though these emoticons may seem experimental, they'll instantly transform your partner into a wild, rapturous horndog.

Student raises awareness about severity of nut allergies

Story by Matt Hume

University of Calgary student Jeff Kommen has recently come forward with his daily battles with a life-threatening nut allergy. The severe allergy, which results in symptoms ranging from hives to anaphylactic shock, is unconventional, Kommen explained.

“There’s a lot of misconceptions about nut allergies. Firstly, peanuts aren’t even nuts, they’re legumes,” Kommen said. “Secondly, I’m not allergic to nuts. I’m allergic to nutting. I might die if I nut.”

Kommen’s development of a nut allergy may seem like a unique case, but the allergy is becoming more common. Severe nut allergies have become prominent enough that some schools are even taking a pledge to become ‘nut-free’ campuses.

“It’s really cool to see places take the allergy more seriously — lives are at stake,” Kommen said. “The first time I saw a ‘NUT-FREE ZONE’ sign on campus, it really felt like a big win.”

Sympathy for those suffering from nut allergies seems to be taking the internet by storm, with people across multiple social media websites participating in acts of solidarity such as ‘No Nut November.’

But not everyone is coming around on nut-reduction initiatives. Fifty-seven-year-old continuing education student



Despair manifests across Kommen’s face in regards to his no-nut dilemma.

Russ Fertig says such pledges only make the situation worse.

“I think there’s a generation of parents to blame — too clean and too antibacterial,” Fertig said. “When I was a kid, we’d play outside eating dirt and we could still nut no problem. Banning it outright is a bust. If no one nuts, we risk more people losing immunity.”

Kommen states that the most debilitating aspect of his nut allergy is its effect on his intimate relationships. Even when prepared with epinephrine, explaining the allergy to his sexual partners has caused confusion in Kommen’s experience.

“Most people didn’t understand when I asked them to jab an EpiPen in my leg after I nut,” Kommen said. “And to be honest, if they seem really excited to do it, it’s

a pretty big red flag to me.”

Because of the risk related to the allergy and the difficulty it causes in sexual relationships, Kommen hasn’t nudded in almost three years. According to Kommen, his nut-free lifestyle has improved both his physical appearance and intelligence.

“The self-control I’ve developed due to my allergy is quite a marvel. I don’t even want to nut anymore. I’m becoming very powerful,” he said. “The longer I go without a nut, the stronger and smarter I become. People should become nut-free simply for the health benefits.”

The U of C has yet to declare itself a nut-free campus in any formal capacity. Approximately two per cent of Canadians have a nut allergy — keep this in mind when in busy areas and avoid a public nut.

Adulting – Dan Barnfield



Things you probably shouldn't mention on your Tinder profile

Story by Lady Marmalade

As a single person living in the digital age, I've spent a fair share of time perusing Tinder. I don't know if I'm trying to use this app to hook up, make friends or pursue a long-term relationship, but I still spend a unreasonable amount of time swiping and making small talk with strangers within 20 kilometres of me. Through my experiences, I found some trends that should be avoided at all cost when creating or maintaining your Tinder profile. Heed these warnings and swipe right and find the love of your life.

Don't bare your entire soul:

Even if you've been divorced 13 times, have a nasty drug habit and don't speak with your father anymore, keep these things out of your bio. Just talk about meaningless shit, like how much you're a "dog parent"

and how much you love long walks on the beach. Generic is the way to go. You like wine? Sure. You want to be a writer? Okay! You eat Tide Pods for views on Instagram? I guess. But don't mention the fact that you were convicted on a DUI while on a four-day bender hitting every Petland in the province last year. Let them find that out later when it's too late for them to run.

Be honest in your pictures:

Looks aren't everything — until you get on this app, where looks just happen to be everything. Be yourself and be honest. Filters and angles can help you look your best, but catfishing and hatfishing are real things. Give people the chance to be attracted to the real you, which includes a receding hairline and your freshman 15 — or 30. It's easier to use accurate pictures than to deal with the anxiety of knowing your date will walk into Tim Hortons and

face the real you — sans hat, sans teeth, sans everything.

Don't list your phobias:

The world is a scary place, but don't talk about what you're scared of in your Tinder bio. Terrified of eating ass and dying alone? Keep it to yourself. Scared of the young Italian girl who sneaks into your room in the night? Call the police! Believe it or not, most people on Tinder just want to get down and dirty. They don't want to play therapist with a phobia-infested prospect. Take it easy.

Cool it with the random emojis:

People trying to depict their life story through flag emojis, wine and beer symbols or little plants to show that you are "4/20 friendly" is a strange way of conveying your identity. Just use grown-up words like the rest of us. The needle emoji doesn't have anything to do with tattoos. Stop.



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Your future looks to be a very, very sexy time

By Tina Shaygan



Aquarius
(Jan. 20 – Feb. 18)

Your partner, who has already broke up with you 25 times, will break up with you again, making it the least shocking thing to happen this month. You shouldn't need this horoscope – everyone told you this would happen.



Gemini
(May 21 – June 20)

You'll pass out from embarrassment at Thursden after realizing everyone you've ever slept with is in the room. You can't bear the thought of that many people having seen you naked.



Libra
(Sept. 23 – Oct. 22)

After having the wildest sex of your life, the thrill will die down when you realize you now must walk across campus in only your underwear, as all your clothes are now ripped.



Pisces
(Feb. 19 – March 20)

Your Netflix-and-chill buddy will declare they're not in the mood to "chill." You'll respect them like a decent human being and binge-watch *How I Met Your Mother* together instead.



Cancer
(June 21 – July 22)

You'll have the steamiest sex on the beach this summer. Unfortunately, this will lead to you spending the next year removing sand from your genitals.



Scorpio
(Oct. 23 – Nov. 21)

You'll spend the entire week fighting with your significant other because they had a dream you had sex with someone else. Seriously, how could you?!



Aries
(March 21 – April 19)

Your stepmom will walk in on you having sex. Life will become so awkward that you'll pack your bags and move overseas. This isn't how it plays out in pornos, unfortunately.



Leo
(July 23 – Aug. 22)

After much anticipation, you'll have a frustratingly disappointing threesome. You didn't expect an extra person to mean so many more limbs to deal with.



Sagittarius
(Nov. 22 – Dec. 21)

Finding out you got chlamydia won't be the worst part of your month – it's when you have to call up everyone on your floor from first-year residence to let them know.



Taurus
(April 20 – May 20)

You'll have a week of healthy, normal sex. No one walks in. No one makes weird noises. Life is truly good.



Virgo
(Aug. 23 – Sept. 22)

You will adopt your 39th cat this week after yet another man disappoints you in bed.



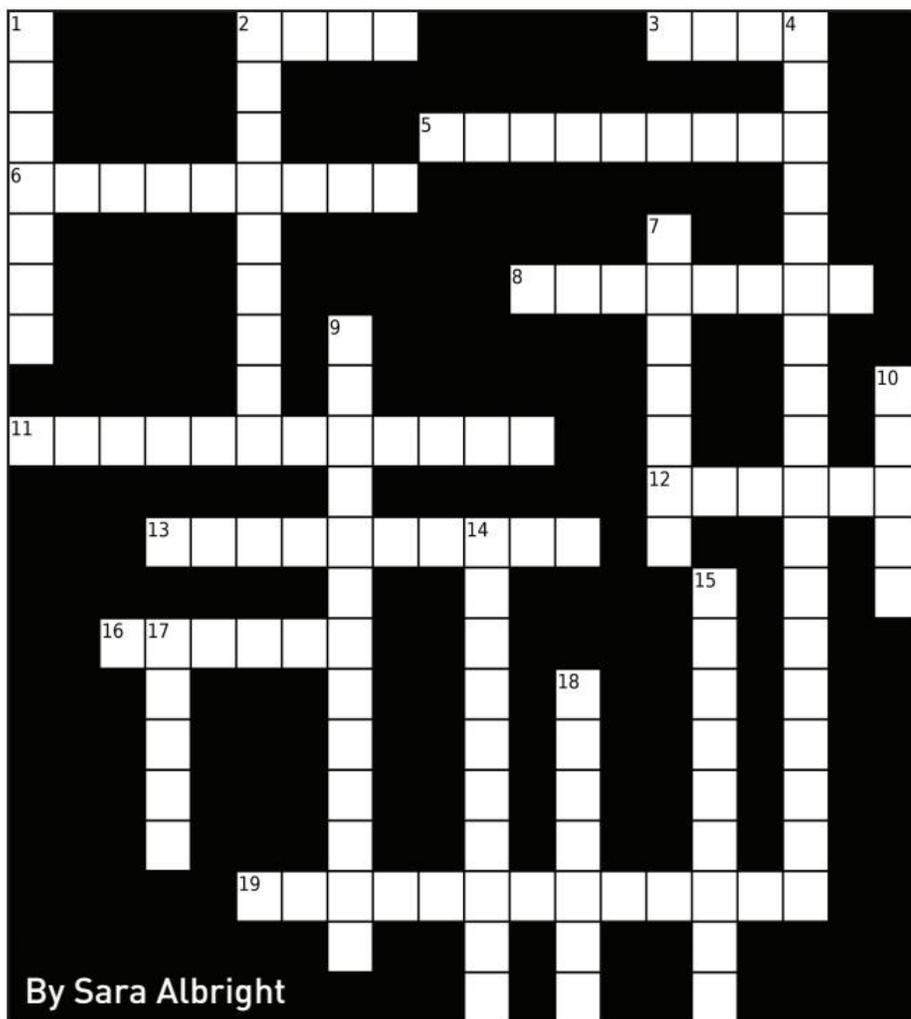
Capricorn
(Dec. 22 – Jan. 19)

The next person you'll bang is so good in bed you'll accidentally propose after. They'll accept.

Filbert Cartoons – L. A. Bonté



Super Sexy Crossword



January Solution:



Congratulations to Erik Skoronski for being the first to complete last month's crossword!

Send in a photo of a completed crossword to humour@thegauntlet.ca to be congratulated in our next issue. Also, be among the first three submitters to win a *Gauntlet* mug!

ACROSS:

2. Though some individuals strongly claim it has no sexual connotation, this acronym describes the tingly sensations resulting from quiet, intimate sounds.
3. This University of Calgary club advocates for consent and sexual education.
5. Heh — the sex number, used to describe a sex position.
6. This form of protection is a thin square of latex or polyurethane placed over a vagina or anus during oral sex.
8. A predetermined word or phrase used to stop a sexual activity that has crossed someone's comfort boundary.
11. *People* magazine mysteriously named this country singer the sexiest man alive in 2017.

12. This sexual act involves bringing a male to the brink of orgasm for a sustained period of time but not allowing him to finish.
13. If you paid attention in high school biology, you know that this is the part of the male reproductive system where sperm is stored.
16. This term is used to describe a partner who can be either dominant or submissive.
19. The technical term for birth control, including condoms, the pill, the patch, the ring and IUDs.

DOWN:

1. The "B" in BDSM.
2. The very technical term for eating

groceries.

4. _____ is a fetish involving an individual getting off with electrical shocks and zaps.
7. This annual event put on by the Students' Union in February promotes sex positivity, education and consent.
9. This colloquialism is used to describe a singular casual sexual encounter.
10. This sex position involves the receiving partner on all fours.
14. This basic sex position involves partners facing one another, one on their back and one on top.
15. The "M" in BDSM.
17. "Wrap your _____ before you get silly!"
18. This is absolutely required from all parties involved before sex.

