
THE GAUNTLET

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Letter from the editor

In mid-August, the *Gauntlet* released a poll to determine what our readers would like to see in our election coverage, asking respondents to select the issues of importance to them, from climate change to immigration, from national defence to freedom of speech. There was also a place to fill in comments. It was in reading these comments that I was both saddened and angered — and not for the reasons you might think.

The vast majority of responses implored us to cover all sides, present the issues from a variety of different viewpoints, offer factual information and to let readers come to their own conclusions. The fact that our readers felt the need to ask — nay, virtually beg — for this is what disheartened me. This should be a given. Objective, factual reporting is the minimum acceptable standard from the media and the cornerstone of democracy.

My promise to you, as Editor-in-Chief, is to provide you with factual, balanced coverage. Yes, we will publish opinion pieces — and plenty of them. However, those opinion pieces will be solicited from the widest cross-section

of contributors possible and will present a multitude of perspectives. In return, I would beg the following of you — please, register as one of our volunteers and have your voice heard — contribute your ideas, write articles, engage in the discourse. Seek out alternate opinions, ones that differ from your own. Engage in respectful debate with each other — don't engage in the toxic culture of "cancelling" your friends and family because they hold different viewpoints.

The echo chamber of social media grows more troubling by the day — algorithms that filter content to affirm your existing beliefs without ever seeking to challenge them, censorship, de-platforming, name-calling, rhetoric, doxing. These things run rampant and when we engage in them, we only contribute to anger and division, not the debate that fosters cooperation and change. Reasoned political discourse and the ability to engage in it freely is the bedrock of a free society.

Call me idealistic, but I believe that civil discourse is still possible, that rationale can prevail over rhetoric and that we can have fact-based discussions about



TRICIA LIM

controversial issues without resorting to name-calling and other childish behaviour.

Your survey answers have proven to me that the world is full of reasonable people, hungry for their media to present them with facts and allow them to make up their own minds.

Think for yourself. Read the facts. You have a responsibility to seek

the truth and to question the media when they don't provide it. You will not like everything you read. You'll be uncomfortable with some of it. And that is a good thing. As consumers of news, you must demand that your media present multiple opinions. Democracy depends on it.

Kristy Koehler
Gauntlet Editor-in-Chief

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

The Gauntlet is printed on recycled paper and uses an ink made from freshly squeezed mango vape juice. We urge you to recycle/bookmark your place in your ever-growing Facebook with the Gauntlet.

The Cover
 Photo by Mariah Wilson

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NEWS »

PRIDE »

University raises new Pride flag outside Rosza Centre

Frankie Hart
Humour Editor

The University of Calgary raised a Pride flag in front of the Rosza Centre on Aug. 23, marking the beginning of Calgary Pride Week. A few dozen students and staff gathered for the ceremony, opened by remarks from provost and vice-president academic Dru Marshall.

"Ceremonies like this are an acknowledgment of the harassment and violence that members of our gender- and sexually-diverse communities still face, unfortunately, even in 2019," Marshall said.

The flag is a recent redesign by artist Daniel Quasar. It combines the coloured stripes of the six-striped rainbow Pride flag and the transgender flag as well as brown and black stripes. These stripes represent LGBTQ+ people of colour, those living with AIDS and those who have passed. Q Centre volunteer coordinator Greyson Mannela elaborated on the flag design.

"The stripes are grounded on the

left side of the flag, indicating that there is always an ongoing need for progress," he said. "But together, they create an arrow pointing right, to symbolize forward movement."

Additionally, a temporary installation of the flag was implemented on the TFDL-facing steps of the MacEwan Student Centre, where it will remain for the duration of Calgary Pride Week.

"I'm going to advocate to make it, if not there, somewhere else on our campus, a permanent art installation," Marshall said.

Not all attendance at the ceremony was celebratory. Members of the student club Queers on Campus upheld a sign stating "Your allyship is performative." Marshall acknowledged the group in her remarks.

"We'd be mistaken, though, if we thought that Pride began as a celebration," Marshall said. "In fact, it began as a protest, and I'm so pleased to see that we have a gentle protest here today. It would not be Pride without it."



The Pride flag outside the Rosza Centre is a redesign by Daniel Quasar.

COLE MCCracken

FREE EXPRESSION »

Free expression committee struck, working on policy

Kristy Koehler
Editor-in-Chief

A committee on free expression has been struck at the University of Calgary in response to the United Conservative Party's announcement that they would require universities to adopt policies based on the Chicago Principles — a set of guidelines developed by the University of Chicago to demonstrate a commitment to free expression on American university campuses. In Ontario, Premier Doug Ford put similar policies in place for universities in his province.

"We have the option to either adopt the Chicago Principles or create a stand-alone policy that addresses free expression," said Students' Union president Jessica Revington, who sits on the committee.

"The university has chosen to go the route of creating our own policy and

our own principles," she continued. "I believe it's really important that we ensure that any policy that's created includes measures to support the safety of students on campus and to support their right to free expression."

Revington said that she doesn't believe there is currently an issue with students expressing themselves on campus.

"We are in support of students being able to share their opinions and their views freely in a safe and respectful manner, however, we don't believe that it's an issue currently on campus," she said.

Keyano College in Fort McMurray recently received praise from the Alberta Government for being the first post-secondary institution to officially roll out their policy.

"It is important that our post-secondary institutions remain bastions of free thinking and dialogue, where

all members are able to engage in true discovery and learning," said Demetrios Nicolaidis, Minister of Advanced Education, in a press release.

The committee was struck in the spring with Dru Marshall, provost and vice-president academic, serving as chair of the committee. She says that the policy is being developed in consultation with representatives from both the Students' Union and the Graduate Students' Association to ensure input from students. The policy, once complete, will be brought to both General Faculties Council and the Board of Governors for discussion before being rolled out.

Marshall says whatever policy the University of Calgary adopts will be guided by Canadian laws regarding freedom of expression.

Critics of policies like the Chicago

Principles say that they simply allow a platform for extreme viewpoints and controversial speakers with hateful messages, while some proponents say that universities have become too liberal and that students no longer feel free to ex-

press controversial ideas.

"We want to ensure that students from a wide variety of perspectives — and there is a large spectrum — all feel supported on campus when it comes to expressing their views," said Revington.



Courtesy IQ REMIX/FLICKR

LIBRARY »

Library rolls out new student- and digital-friendly features

Kristy Koehler
Editor-in-Chief

If you've been in the Taylor Family Digital Library lately, you might have noticed something new — big blue kiosks. These are the library's new self-serve kiosks for reserve materials and are part of a few new initiatives to make the library more student- and digital-friendly.

Sixteen self-serve kiosks have been set up in the TFDL and branch libraries — exceptions are the Health Sciences Library and the Doucette Library. Items in these easy-to-use kiosks are available to borrow for a two-hour loan period.

Material will be arranged in alphabetic order inside the kiosk by course name and then course number. Students can insert their UNICARD into the machine to unlock the door, then grab the item and walk away. When finished, the book is returned the same way — scan the card, open the door, put the book back. Automation comes

with a downside though — the kiosk knows when you're late. A \$3 per item per hour fine applies.

Having self-serve kiosks represents increased convenience for students, said Claudette Cloutier, Associate University Librarian.

"In the past, when our desk shut down, you lost access to the reserve materials overnight," she said. "So, now, when we're in our 24-hour open period you will still be able to access reserve readings."

Reserve materials are placed on hold at the request of a professor for a particular class, saving students money should they not wish to purchase the textbook. The new self-serve system is intended to make it easier for students to access these materials.

Books will also be easier to find on the shelves this year. The library catalogue now has a 'Locate' button. If you search for material online and it's physically available in the TFDL, just click the button to find out what floor it's on and what stack it's in. As an add-

ed bonus, there is even a map of the physical location available to view.

"The last couple of years people have commented on their inability to locate material," said Cloutier.

A map that's accessible on a digital device should help, as, she adds, "a lot of students now live in the digital environment."

In response to that digital environment, the library also has a new app — the UCalgary Self Check app. While the self-checkouts were easy, the app is even easier.

"You can actually sign your book out with your phone," said Cloutier.

Students can download the app on Apple or Android, sign in, find a book on the shelf and then use the app to scan the book's barcode. The app is only up and operating in the TFDL but Cloutier says she's hopeful it will be rolled out to other branches soon.

The TFDL collaborative workrooms are also now equipped with

an app called AIRTAME that allows screen mirroring — you can connect your device to the large workroom displays, all wirelessly.

The library's website offers a chat feature for students who need help accessing information or have questions. Questions are answered by the library's Information Specialists who have many years of experience and love to help students, according to Cloutier. The chat feature had been prominent several years ago, but was removed and then added back.

"We added it back about a year ago and we've seen probably a 500-fold increase in the use of the chat feature," said Cloutier. "In the early days of chat, it was 'How do I do this?' or 'Where do I go for that?' Now, we're seeing people asking much more in-depth questions, like a student getting started on an English paper that doesn't know where to start and wants some really in-depth assistance online."

The library is exploring new

ways to help students via the chat feature.

These changes come in addition to the recent auto-renewal system put in place. While due dates are still assigned for materials, if no one else requests them — and the borrower is still a student — books will auto-renew.

"The only time something is due is if someone else requests it," said Cloutier. "It's not, 'Bring it back because we want to put it back on our shelf, it's 'Somebody else needs this.'"

Reminder emails — and notices that something is due back — are sent to UCalgary email address, but Cloutier warns that these emails often end up in spam folders.

"That's something students need to be aware of — they really need to check, if they do have materials signed out from the library, their spam folder for reminders from the library. We do want our materials back and we would prefer not to have to charge fines," she said. "Ultimately, we don't want to do that."

All of the library information is available at library.ucalgary.ca.

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MSc'72, PhD'79

Distinguished Alumni Award for Lifetime Achievement

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Dr. Scott Meikle

BSc'84, PhD

International Career Achievement

Internationally renowned expert in the memory devices segment of the semiconductor industry who bridges worlds in international business.



Grace Auger

LLB'95

Career Achievement

Champion of Alberta's Indigenous peoples, who works to bridge cultural gaps between Indigenous and non-Indigenous groups.



Dr. Mary Anne Moser

BSc'88, MA'92, PhD'05

Community Commitment

Co-founder of Beakerhead and president and CEO of TELUS Spark, who has devoted her career to celebrating arts and science.



Rob Allen

BComm'82

Alumni Service

Accomplished businessman and devoted UCalgary volunteer who is passionate about the importance of mentorship.



Emily Hicks

BHSc'13

Early Career Achievement

Innovative problem-solver who is revolutionizing water-quality testing in the field.

FEATURE »

INTERVIEW »

"It's about excellence": a conversation with Ed McCauley

Kristy Koehler
Editor-in-Chief

Ed McCauley began his term as the ninth president and vice-chancellor of the University of Calgary on Jan. 1, 2019. While he may be a new president, he certainly isn't new to the campus community, having been both a professor in the Department of Biological Sciences in the 80s and 90s, and more recently, the vice-president research.

McCauley took the time to walk around campus with the *Gauntlet*, and the most striking thing about our sojourn through the buildings and green spaces was that he knew almost everyone. We were met with waves and choruses of "Hi Ed" as we walked — administrators and professors were certainly comfortable calling him by his first name, a good sign that he's accessible and down-to-earth. McCauley is clearly well-liked, probably owing to his passion for the student experience and for the university in general.

It's no secret that U of C has been described as a commuter campus — somewhere people come to attend

classes and promptly leave again, never really taking in the culture or atmosphere of the institution. McCauley doesn't necessarily think this is the case, likening commuting to campus to commuting to be with members of a family.

"It's about creating that environment where students want to come here, because when they're here, there are exciting things happening, either in their own education — interacting with their faculty — but also other events that we're hosting," he says.

"The best way to do that is to ensure that when a student walks on our campuses, they are thinking about discovery, creativity and innovation, that they feel the electricity that's created in part by their participation in our campus."

McCauley is careful to make campuses plural, acknowledging that the University of Calgary encompasses five different campuses, all part of one family and one institution.

His past experience both as a scientist and vice-president research is evident as the topic of research comes up multiple times throughout

our conversation. But, he made sure to note, he's equally committed to all faculties. Those who think that a president whose background is so heavily science-influenced will neglect the arts couldn't be more wrong.

"I am a scientist, but really what I've tried to advocate for throughout my career is excellence," says McCauley. "I want to have the best Faculty of Arts in the country. I'm a champion for all of our faculties. It really is about excellence and excellence on the national and the world stage."

"We're a research university, but we do not believe in this trade-off between teaching and research," he adds. "The best learning institutions are also the top research institutions."

What does the president of a university do? McCauley says it varies depending on the time of year and even changes day to day. Whether it's meeting with government representatives, hearing from students, maintaining a close relationship with both the Students' Union and the Graduate Students' Association, attending events and setting the overall direction for the institution, McCauley has no shortage of projects to occupy his

time. That being said, he tries to attend as many Dinos games as he can, immersing himself in the culture he speaks so much about, although admitting that the transition schedule into his new role was "a little bit brutal" and prevented him from cheering them on as much as he would have liked.

He's also been holding informal 'conversations with the president' sessions to get a sense of what students, faculty and staff are wanting out of his tenure.

"What are your aspirations for a new president? What are your aspirations for your university?" he's been asking, stressing that it's in the hands of the faculties to determine what excellence looks like for them.

McCauley has plenty of great things to say about the university. He's proud of the fact that faculty members — and undergraduate students — get invited to speak at international conferences, and that, for our relatively young age as an institution, we've managed to do amazing things.

"If you look at the leadership that's in the Dinos, look at the great things that the individuals in the Faculty of

Kinesiology are doing every day, look at the Haskayne School of Business — they have a whole program about ethical leadership," he says. "We lead."

Still, there has to be something that needs fixing on campus — something other than buildings and green spaces. McCauley says if he could change just one thing on campus, perception is what needs to shift.

"It would be to change the perception of our students and our community into the reality that is the University of Calgary," he says. "The reality is, we have an impact around the world. The perception is, we're the University of Calgary and we're 'local.'"

What does success look like for McCauley when his tenure is done?

"I want the University of Calgary to be viewed as a destination of choice for students and scholars and staff from around the world," he says.

Family, leadership, culture, electricity, innovation — these might seem like buzz words, but spend more than five minutes with McCauley and you'll realize that he truly believes in not only the institution, but the people within it.

UNIVERSITY OF CALGARY



FESTIVALS »

Calgary Pride Parade and Pride in the Park continue to grow

Troy Hasselman
Arts & Culture Editor

From its humble origins as a small protest attended by a few hundred people in Central Memorial Park in 1990, Calgary Pride has quickly grown into one of the city's biggest festivals, rivalling festival-season heavyweights like Calgary Folk Festival or Lilac Fest in terms of attendance.

"Over the last five years we have expanded dramatically. We are now Canada's fastest growing Pride Event and we are the fourth largest," says Calgary Pride Executive Director Parker Chapple. "We're expecting to see 80,000 people at the parade and probably about 50,000 in the park and over the course of Pride week we're probably seeing about 270,000 people."

Pride is meant as both a celebration of the social progress that has occurred in Canada regarding the rights of LGBTQ+ people but it is also a means of asserting that their rights will not be rolled back and to acknowledge the ongoing struggle for rights.

"Homosexuality was made legal some time ago," Chapple says. "Gender identity and gender expression were protected under the human rights act only two years ago. As an organization that rep-

resents that community, we recognize that just because legislation is in place to protect our community, the social compass doesn't automatically move — that takes time. We work to advocate for changes within the social compass of our city."

The Pride Parade will include representatives from across the community to highlight this year's Pride festivities.

"It starts at 11 a.m. We have 180 entries and we'll see approximately 7,000 people within those entries," Chapple says. "It goes down 6th Avenue and turns on 6th Street. We'll have about 75,000 spectators and the parade ends at Pride in the Park at Prince's Island Park, which has a whole whack of stuff going on."

Pride in the Park will happen concurrently with the parade, with events taking over Prince's Island Park that include two stages and a beer garden with performances happening throughout the day.

"There's the main stage which is high energy performances," Chapple says. "Our headliners are Le Cirque De La Nuit and Too Attached. We have The Covenant coming from Vancouver as well as Milk & Bone. Both of our stages run from 11:00 a.m. until 6:00 p.m. and then we also have the Palm Bay Lounge which is a liquor service area — it's 18-plus

and has its own stage. It's a little more of a speakeasy environment. We have some burlesque and drag and acoustic musicians and some variety acts. We have our Village beer garden which is located directly in front of the main stage, it is fenced but you will definitely be able to enjoy the performances from there."

Family events are also part of the festival with children's games and activities happening across the park.

"We have our Shell Family Zone which includes our Reading with Royalty Program," Chapple says. "We'll have five different story times being lead by local drag performers and the Calgary Public Library. We have a vogueing workshop, we have Robots Are Fun — a little business that was put together by some teens where kids get to learn how to put together their own little robots — and we have Puppet Mastery where kids put together puppets."

The environmental footprint of the festival will also be kept to a minimum thanks to the green initiatives adopted by Pride that include a partnership with Green Events Services.

"We work with Green Events Services to ensure our event is as green as possible," Chapple says. "They do a wonderful job of managing that process for us.



Last year's Pride Parade

MARIAN WILSON

Everything from making sure our marketplace vendors are using compostable plates and dishes to ensuring our recyclables are sorted and sent to the right place."

New accessibility measures have also been adapted for the parade and Pride in the Park to ensure that anyone can partake in the festival regardless of physical ability.

"Something new this year is our accessibility measures for both the parade and Pride in the Park," Chapple says. "We do have an accessibility viewing area at the parade and trans-

portation from that area to Pride in the Park. We have accessibility liaisons at Pride in the Park to assist individuals, we have access pathways, two viewing areas — one for the mainstage and one for the Palm Bay Lounge — and have transportation within Pride in the Park and American Sign Language interpreters."

The Calgary Pride parade and Pride in the Park will take place on Sept. 1. For more information about these events and other Pride week celebrations visit calgarypride.ca or check them out on social media

CONCERTS »

Godspeed You! Black Emperor haven't slowed down

Troy Hasselman
Arts & Culture Editor

Most bands begin to soften with age, the perspective offered by growing older begins to thaw at their convictions and their music becomes safer and more willing to compromise. Twenty-five years into their career, Montreal's Godspeed You! Black Emperor have not softened or grown one bit less stubborn.

The band descended upon the Palace Theatre on Aug. 26 and performed a hypnotic set that showed the band adamantly refusing to rest on their laurels, devoting

large portions of the show to new, unreleased material that moves the band's music into even more sinister, dark territory than their already apocalyptic music. The live show pushed their music into new levels of heaviness with audience members alternately head banging or closing their eyes and letting the music wash over them as their songs plateaued through countless crescendos.

The set began with an extended drone that transitioned into a fiery rendition of 'Mladic' from their 2012 Polaris Prize winning album *Allelujah! Don't Bend! Ascend!* with the rendition even surpassing the magnitude and scorched-earth power of the

album version. The show was compounded by 8mm film projections that played over the music and were manipulated in real time by changing films and burning the tape, interacting with the music on the same level as anyone on stage.

The night closed with an aggressive rendition of the 1997 classic 'East Hastings' that squeezed every drop of desolation, paranoia and fervour possible out of the track, stretching it far beyond its original running time. The track closed with a distorted drone that captivated the audience for over ten minutes before the equipment was unplugged and the dazed crowd made its way to the exits.



Godspeed You! Black Emperor played Calgary Aug. 26

Courtesy
LIV INGRAM

NEW MUSIC »



Courtesy YOUTUBE

New Music: Purple Mountains

Troy Hasselman
Arts & Culture Editor

On August 7, David Berman of Purple Mountains and formerly of Silver Jews was found dead of an apparent suicide. His death came just over three weeks past the release of Purple Mountains' self-titled debut album and three days before the beginning of what would have been Berman's first tour in over a decade.

The first time I heard David Berman's voice I was 16 years old. Like many music-obsessed teenagers before me, I was enamoured with 90s Indie Rock icons Pavement. After having worked my way through their catalogue, I was hungry for new music from them, an unlikely prospect from the long broken-up group. I began searching for albums with playing credits from its members and stumbled upon Silver Jews' 1998 work *American Water*. I had heard the album referenced before and my only knowledge of it was that Pavement frontman Stephen Malkmus played guitar and sang background vocals on it and it was acclaimed in its own right. I downloaded the album and pressed play on my iPod and heard Berman's deadpan baritone mutter the immortal opening line "In 1984, I was hospitalized for approaching perfection." These lyrics kick off "Random Rules," an achingly perfect song that embodies Berman's tossed-off brilliance and bumper-sticker poeticism.

American Water quickly became a favourite album of mine and Berman a lyrical genius that I

heralded alongside Nick Cave, Bradford Cox or Dan Bejar as one of rock's great outsiders. His lyrics were at once laugh-out-loud funny, heartbreakingly devastating and bruisingly poignant. Berman ended the Silver Jews in 2009 with a statement in which he revealed that he was the son of corporate lobbyist Richard Berman, who has devoted his career to pro-gun, pro-cigarette, anti-worker organizations, a man so morally bankrupt that he once formed a lobbying group opposed to Mothers Against Drunk Driving. In the statement, Berman called his father "a sort of human molester. An exploiter. A scoundrel."

"I decided the Silver Jews were too small of a force to ever come close to undoing a millionth of the harm he has caused to you and everyone you know," he continued.

His reasoning for retiring the band gives a strong insight into his reasons for creating in the first place. Music wasn't just a form of expression for him, it was an atonement project.

Ten years later, Berman resurfaced with his new group — Purple Mountains — and released what was hailed as a comeback from the reclusive musician and has since tragically taken the form of a swan-song. This puts Purple Mountains in the same club as other releases from recent years such as David Bowie's *Blackstar*, Leonard Cohen's *You Want it Darker* and Mac Miller's *Swimming* where the music becomes inseparable from its creator's death shortly after release. There are many lines in this album that are hard to look at with the same dark humor you can see

throughout his earlier work.

Berman's struggles with his mental health spanned his entire life and still plagued him, as he noted on the opening track "That's Just the Way That I Feel" when he sang "I'm the same old wreck I've always been." There was always a hope that he would find peace as he aged and come out a survivor, but in a revealing profile published in *The Ringer*, Berman described still struggling with suicidal thoughts and staying sober from drugs. This feeling of helplessness towards his struggles is echoed in tributes from his friends and collaborators Stephen Malkmus and Bob Nastanovich of Pavement, with Malkmus saying "I hope death equals peace cuz (sic) he could sure use it," and Nastanovich noting that "David battled mental illness for nearly all of his life. He had professional help and the unyielding support of hundreds of good friends."

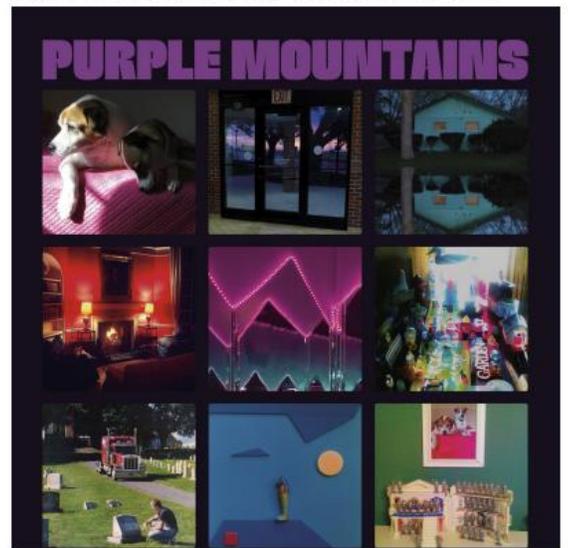
Adding to the devastation of his death is the simple fact that Purple Mountains shows Berman in top-creative form, writing songs that stand up in terms of quality next to any of his work with Silver Jews. It is his most accessible release by far with his lyrics — as witty and shattering as ever — complemented by some of the strongest melodies and songcraft of his career. These songs echo the work of fellow country-tinged, tragic icon Townes Van Zandt and fit in well in the current indie rock landscape populated by Berman disciples like Kurt Vile, Courtney Barnett and Car Seat Headrest's Will Toledo.

The centerpiece of the album is the mournful ballad "Nights That

Won't Happen" which Berman said was written about the death of an old friend of his but is nearly impossible now to see as about anyone but himself. The song includes heart wrenching lines such as "The dead know what they're doing when they leave this world behind," and ends with the gutting couplet "And when the dying's finally done and the suffering subsides, all the suffering gets done by the ones we leave behind." The onset of tributes and grief that came in the wake of Berman's death has definitely proved these lines to be true — there is indeed a lot of suffering for those that he has left behind.

This is ultimately more of a eulogy than a review, and it is near impossible to look at this album

objectively in light of the emotional baggage that comes attached to it. Berman was one of the best amongst us, an often underappreciated and overlooked artist that we were all lucky to have shared the planet with while we did. His ability to craft such maddening, crushing, hilarious words out of a life filled with more than its fair share of traumas and breakdowns is awe-inspiring. His work always showed an enduring respect and joy for living, with him being able to find the beauty in nearly any situation he writes about, no matter how dark. The body of work that he has left behind is one of the most consistent, one-of-a-kind careers of any writer of any medium and is a better parting gift than any of us could have asked for.



This self-titled album was Purple Mountains first and only release.

MOVIES »

Teenage comedy with local touch in the works

Troy Hasselman
Arts & Culture Editor

Movies about teenagers usually tell a story about characters going on a journey of self-discovery. The main character has a skill that they pursue and learn about themselves along the way, whether that passion be music writing (*Almost Famous*), skateboarding (*Mid-90s*) or hunting other humans to appease their dystopian rulers (*The Hunger Games*). What these movies all have in common are teenagers discovering themselves through what they're good at. *Events Transpiring Before, During and After a High School Basketball Game*, an upcoming film from Calgary-based Director Ted Stenson, takes an alternate route by centering around a basketball team made up of kids that are all really, really bad at basketball.

As the title suggests, *Events Transpiring Before, During and After a High School Basketball Game* tells the story of a day-in-the-life of students at a high school, as their basketball team endures what is sure to be another losing game. In the midst of the game, other dramas pop up involving an overeager assistant coach — inspired by the coaching tactics of basketball-Hall-of-Famer Phil Jackson — a referee in charge of his soon-to-be ex-wife's Shih Tzu, an existentialist bench player and a drama club leading a protest in defense of their rejected post-colonial interpretation of Shakespeare's *King Lear*.

The film is financed through

different grants given by various film funding organizations.

"We got our funding through the 'Talent to Watch' program, a program that has TeleFilm Canada, the national film-funder, set aside a certain amount of money to fund first-time feature films," producer Kevin Dong says. "How that model works is that we get nominated by a local film Co-Op. In our case that's Calgary Society of Independent Filmmakers, but every urban centre across the country has one. They all select 30 or 40 projects, and fund them. It's \$125,000 for a micro-budget film, which is how much we're getting for this project. The rest of the funding is going to come from Alberta's Screen Production Grant."

The movie is a local production through-and-through, made up of a cast and crew of nearly entirely locals, with help from rising talents like Andrew Phung, improv veteran of Calgary's Loose Moose Theatre and star of CBC's *Kim's Convenience*.

"Pretty much everybody is local. Andrew Phung would be our biggest name that is not local, even though he's from Calgary," says Dong. "He came up here and made his name here — he's moved to Toronto now but is still considered a local definitely."

Phung was approached about the project last year by Stenson and jumped at the opportunity to be involved in the film.

"Ted approached me a year ago with this script and he told me about this character and I said 'Cool! That sounds awesome.' I read a ton of scripts but this one jumped out to



Actor and Comedian Andrew Phung

MARIAH WILSON

me because it was a comedy set in the 90s about awkward teenagers," Phung says. "I find that Hollywood has made the teen-comedy into this raunchy, over-the-top affair, which isn't bad — there's a world for that. But, what's forgotten is this simple thing of being awkward teenagers, dealing with pimples, dealing with friendship, dealing with your sexuality, dealing with the world, dealing with puberty. I just love that because everyone's been through it. For my character, there was a subculture of characters that are adults and they are dealing with adulthood, divorce, their job and so I like that there's a bit for everyone there and it's set in a place that everyone can kind of relate to."

Phung found working on this

film to be a unique opportunity and is encouraged by the independent filmmaking that he sees happening in cities across Canada. He sees this project as evidence that Calgary is growing into a city where many different types of movies are made.

"It's an interesting thing because I told a bunch of my co-stars about this movie and they were excited. I don't want to use the word jealous, but they were envious," Phung says, "because they also want to make these movies that have stories and are grounded in people. I think this idea of indie-filmmaking is cool. There are these cool filmmakers coming out, especially in Canada, because this is really the only way we make movies now. I want to encourage these diverse voices to tell these stories. I love seeing the growth in this province. We used to only be westerns — now we're doing other stuff but hopefully we get to do more and more of it. The only way it happens is for us to do it, for people to see it and for them to be inspired by it."

Stenson says the movie was inspired by his own experiences growing up in Calgary and playing basketball in his high school years and meant for the film to be an inverted version of a typical high-school sports story.

"I played sports in high school and I was interested in showing a different side of the sports experience," Stenson says. "One that wasn't so cliché in terms of the underdog coming back at the last second to win the game or the star player being corrupted by outside influences. I wanted to tell a story about a team that isn't very good and there's no

sort of redemption for them. Maybe they're not necessarily that interested in or good at sports — just a more mundane take on high school sports and sports in general."

This is Stenson's first feature film and he has noticed a stark difference between filmmaking and his previous work in theatre.

"It's been great. It's weird in a lot of ways because it takes such a long time," Stenson says. "I have a background in theatre as well and there you can write something and you can stage it fairly quickly and it doesn't have all of these logistical issues. In some ways that's frustrating, but I think it's been good for us that we've had this much time because all of the prep work we've done has made it a lot easier now that we're actually shooting. This probably won't even come out for another year. It's such a long time and you devote a lot of time and energy to it. It's a huge commitment."

Once the film is finally released, Stenson hopes to screen the film in festivals and is looking at different options for how to distribute the film in a wider release.

"When we're done, I think the first step will be applying to film festivals. I hope we can get into some good festivals and have some success with that," Stenson says. "There's so many places you can go with a film now — there's streaming services, there's theatrical distribution, there's television. That stuff is still new to me but we'll pursue those options as well."

Keep your eyes peeled for *Events Transpiring Before, During and After a High School Basketball Game* when it's released.



Director Ted Stenson

MARIAH WILSON

COUNTRY MUSIC AWARDS »

CCMA Canadian Country Music Awards coming to Calgary

Kristy Koehler
Editor-in-Chief

The Canadian Country Music Association (CCMA) is bringing country music excellence to Calgary.

Every year, the association honours members who have excelled over the last year by presenting them with awards during Country Music Week. Award categories include Entertainer of the Year, Rising Star, Single of the Year, Top Selling Album of the Year, Video of the Year and many more.

There are also awards for musicians including Bass Player of the Year, Drummer of the Year and Fiddle Player of the Year, as well as awards for booking agents, management companies and radio stations and their on-air personalities. Virtually every element of Canadian country music is represented at the awards.

Country Music Week began in 1977 and Calgary has hosted multiple

times. There are three main components to Country Music Week — a music festival, an industry conference and, of course, the awards.

Fan events take place throughout the city during Country Music Week. On Friday, Sept. 6, the Jack Singer Concert Hall hosts the Legends Show, a display of the best the genre has to offer. This year, the show includes performances by Carolyn Dawn Johnson, Jade Eagleson, Tim Hicks, Andrew Hyatt, Aaron Pritchett and Michelle Wright, among others.

A four-part Songwriters' Series runs from Sept. 5–8. It's an acoustic performance series that celebrates the storytelling that features so prominently in country music.

The Cowboys Tent at 321 11 Ave. SE. will be the site of Fan Village from Sept. 6–8. There's a live band karaoke competition, goat yoga, meet and greets with artists and a kickoff party. The full schedule for Fan Village as well as the rest of Country Music Week is available online at ccma.org.



Sons of Daughters is nominated for a Rising Star Award.

Courtesy MITCH NEVINS

WHAT'S HAPPENING

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OPINIONS »

TRAVEL »

Travelling during university:
a world of experiencesDivya Shah
Contributor

Over the past two summers, I have had the opportunity to travel. Last summer, I interned with the National Organization for Rare Disorders in Washington, DC, and this summer I went to Tanzania for a medical elective, mainly at a publicly-funded hospital in Dar-es-Salaam. While both of these experiences were school-related and had extremely different learning objectives, my biggest takeaways from them go far beyond gaining the specific skills required to work with the rare disease community or in hospitals.

The most incredible aspects of travelling are the people and the relationships you form with them. In the States, I met and worked with outstanding leaders who were advocating for their loved ones living with rare conditions. Their stories of perseverance and their humility still impacts how I interact with patients, friends and even complete strangers. In Tanzania, I met physicians, nurses, patients and medical students who

all had unique stories and lifestyles. I aim to keep in touch with these friends and colleagues.

Of course, depending on your purpose and destination, you will meet different, unique individuals, but that is what makes travelling amazing. You can travel, form short-term and long-term relationships around the world and integrate these subtle learning experiences into your daily life. I am able to integrate my intercultural and hands-on experiences in interactions with patients now, and more importantly, I can share my experiences with those around me.

With travel comes new exposures, and of course, not all these exposures are cultural. I had to make sure to drink only bottled water, eat adequately-cooked food and remember to take those anti-malarial pills. Despite that, there were several slip-ups, upset stomachs and unforeseen circumstances.

Another challenge is living away from the comfort of home and your support systems. In DC, I had travelled alone, so I had to push myself into solo sightseeing tours throughout the city. However, I did manage to find a university roommate and

see some local attractions with him. In Tanzania, I was with some classmates, but the language barrier affected us every day. Overcoming the discomfort of travelling alone or using a variety of gestures to communicate that you want ketchup with the delicious local cuisine are invaluable life experiences.

During the week, if you're abroad, you will often be working on your main project or purpose for travelling. In DC, I learned the intricacies of rare disease advocacy and lobbying for funding and contributed to the logistics of non-profit organizations. In Tanzania, I was able to participate in medical procedures, learn about tropical diseases and gain a better understanding of healthcare there. In both cases, I learned leadership, administrative and medical skills that I will use in the future.

On the weekends, you will probably have a chance to explore. I visited many cities along the east coast in the States last summer. And despite the language barrier and bouts of sickness in Tanzania, I saw tortoises and snorkelled with dolphins in Zanzibar. I went on a safari to see the majestic baobab

trees, lions, elephants and zebras.

All in all, those ads about life-changing epiphanies and self-discovery on a random trip during university are true. These experiences build independence, help us unlearn misconceptions and gain cross-cultural understanding. Fortunately, there is a variety of study-abroad or work-abroad programs and funding available to

make travel more affordable.

One of my friends phrased it beautifully that perhaps the biggest lesson of travelling is "becoming comfortable with the idea of being uncomfortable" — the perfect condition for personal growth. Keep an eye out for these opportunities. There is quite literally a world of experiences out there waiting for you.



TRICIA LIM

FEDERAL POLITICS »

It's never too early to start thinking about elections

Cristina Paolozzi
Opinions Editor

Election season is just around the corner and as fully-functioning adults it is our responsibility to get informed about the politicians who could potentially be running our country. Society is built on the voice and concern of the public, and upholding democracy in the face of apathy seems to be the biggest struggle within our communities. Complaints ringing out about how elections don't matter anymore, or about how politics are inherently corrupt seem like petty excuses not to participate in a system that relies on community presence.

But damn, y'all. Politics are inherently corrupt and it's almost as if nothing matters! Climate change will get us all eventually, right? It's so easy to get discouraged or bitter about the current state of our po-

litical climate. Facts don't seem real anymore and it's almost as if anyone can say anything without consequence. Either you're too offended, or not offended enough. You're not informed enough, there's a side to the story you don't know, there's always something else you could be reading, there's always a bias you must be concerned about. The comments seem endless. It's exhausting to keep up with. And I guess it's understandable that people feel discouraged and frustrated by this. If you've ever heard people around you say "It never used to be like this" while referencing the politics of yesteryear, then it's even easier to spiral into an existential crisis about the future of the country or even the planet.

In order to make a difference, and to hold individuals accountable, it is imperative that research is done and opinions are weighed fairly. Sure, everyone's entitled

to an opinion, but where did it come from? How did it become informed? Do certain people want you to think a certain way? Are the lizard people really here to take over the world? Do we even stand a chance?

This election season, it is crucial not only to actually pledge to vote in October, but to make sure you're informed — and that the lizard people don't try and sway you. As easy as it is to be cynical these days, your vote does matter and your voice should be heard. It isn't enough to rely on your friends' or family's advice regarding politics. Politics become almost personal, especially when you start life as an emerging adult. I know it sounds corny — and these sentiments are probably a big reason individuals don't participate in politics — but participating in elections and the democratic process is one of the only ways to ensure a better future

for ourselves. It's not easy to look at the world and cling to a juvenile hope of peace and prosperity. But, it is quite genuinely the only way to look at corruption with honesty. To picture a world in which you would like to live, and make all the noise in the world to try to make that image a reality.

Politics are boring, scary and un-

comfortable to engage in. But now more than ever, it is vital that we become educated and well-versed in the platforms of all of the candidates eligible to receive a vote. Think, research and be smart about the decisions you make this election season. It has the potential to impact more people than you realize.



MARIAH WILSON

CAMPUS LIFE »

Textbooks: to buy or not to buy

Serena Sajan
Contributor

As the new term begins and courses move from the “Shopping Cart” to the “Enrolled Courses” list in myUofC, it’s expected that you may be buying textbooks. But, students often wonder if those textbooks will actually be used throughout the term, or if it’s just another way for professors and publishers to make a few extra bucks.

Well, we’ve got the inside scoop on textbooks. In most rigorous and upper-level courses, there will be textbooks required unless the professor **explicitly** states that they will not use them. Then, and only then, is there a sigh of relief, knowing your wallet won’t take a hit. Often, you’ll hear professors say that you can buy old versions of the textbook, but the page numbers might be off from the newer version. This might awaken the laziness in you and you may decide to just buy the new textbook version, or you might be a little more cost-conscious and end up buying the older version. Either way, your bank account balance decreases.

There are ways you can get around not buying a textbook, such as borrowing from the library or praying that even though the professor said they’ll use the textbook, they actually won’t. There are also cheaper alternatives to buying a brand-new copy, such as getting textbooks from the U of



MARIAH WILSON

C Textbook Exchange Facebook group or from Bound and Copied—the su-run used bookstore—buying older versions or renting a textbook from the U of C Bookstore or online through third-party websites.

So, what’s the best way to know if a textbook will be worth it or not for the semester? Here are a few instances when you should make the decision to buy that book:

The professor explicitly states that the textbook has practice questions:

In most cases, this means that the practice questions will help for an exam or that the questions may be assigned to be submitted for grading. Sometimes, it’s a cheaper alternative to sign out a textbook from TFDL, but if there are questions assigned or used for an exam, then the library only has enough

copies to go around and it will be more convenient to just buy it.

Readings are assigned from a textbook:

If the course outline indicates that there are chapters to be read from the textbook and there are no other course materials used, then it is safe to assume that the professor will take concepts from the textbook and may use it for exams.

You need extra help:

If you think that a course might end up being too difficult and it will be hard to keep up with lectures, then it might be helpful to buy the textbook to study and have available at your convenience.

When an access code is required in the course:

If you need an access code for a course, and it doesn’t come with the textbook, then you’re stuck buying. Access codes are mainly used for assignments and sometimes provide an eBook. The advantage of this is that sometimes, professors may end up using the textbook content for exams.

It is possible that you can wing it through the semester without opening one page of the textbook, but that’s either because you are unnaturally intelligent, or the professor is just using other materials to teach the course and chose not to follow the textbook. Personally, I buy a textbook if I need to complete practice questions or study for courses that just regurgitate the textbook because that means exams follow the textbook too. In order to save money, the best way is to rent textbooks online or just buy the access code if needed — no need to carry heavy textbooks and no stress of renewing books at the library. And, if you do decide to buy a hard copy of the textbook, you can always sell it again!

CITY POLITICS »

The impact of supervised consumption sites

Benjamin Sasges
Contributor

In 2018, my hometown of less than fifty-thousand people saw twenty die from drug overdoses, making it one of the major sources of opioid-related deaths in the B.C. interior. In Alberta, the number was 746, with Calgary providing a significant number of those deaths. The death toll, as well as the immediacy of the problem, has prompted many Albertans to think seriously about the role of our public health apparatus in confronting this crisis.

Historically, public health has been a messy, complicated endeavour for all involved. In this province, sexual sterilization of those deemed mentally unfit occurred until 1972, framed as a policy to better protect the public. In that

type of conceptualization however, the subjects of health interventions are themselves not part of the public, but isolated and tagged as a threat, outside of the general public. Whether we see the subjects of health interventions as our neighbours and friends, or as dehumanized external threats, informs the way that those interventions are developed and deployed.

I was therefore concerned by the recent announcement by the Provincial Government that there would be a review panel for Supervised Consumption Sites (SCS) that would view “the merits of supervised consumption sites a harm reduction tool” as out of scope. Instead, the panel will focus on complaints of social disorder, crime rates and business impacts. Obviously, all of these factors are elements that anyone who is con-

cerned with our urban project will take seriously. However, the lynchpin of this discussion is that the panel’s mandate ties those factors causatively with Supervised Consumption Sites, instead of as a product of an accelerating addiction problem, thereby seeing the SCS as the cause of the problem, rather than a significant piece of the infrastructure of the solution.

Consider the question of crime rates around Calgary’s SCS at the Sheldon Chumir centre. While headlines in some news outlets claim high rates of crime, the primary evidence cited is an increase in phone calls made to police, not actual crimes. As the Calgary Herald notes, the most recent period for which we have data — April to June — saw break-and-enter incidents decline from the three year average. While vehicle-related

crime was indeed up, this is true of the city in general, with that particular category up 85 per cent in the same time period compared to the three year average.

At the same time, the literature on SCS suggests that they may actually reduce other types of crime. A paper from 2018 found that some women struggling with addiction were the targets of men who offered “fentanyl-adulterated opioids,” with the aim of knocking them unconscious and sexually assaulting them. Facilities like the SCS at the Sheldon Chumir can provide these women with a safe location in which to consume drugs, without the threat of sexual assault, theft or other predatory behaviour. While there is little doubt that the government’s review panel will consider property damage, how will the effect of

SCS on mitigating sexual violence amongst marginalized populations be measured? Is the panel even equipped to do so?

I remain hopeful that the review panel may yield useful information, particularly around solutions to address impacts of the sites. However, it is also evident that within this province there are those who are violently opposed to Supervised Consumption Sites, a fact punctuated by a recent drive-by paintball shooting in Leithbridge which injured both staff and clients. Expanding the study of the impact of these sites must not give ammunition to those who would target the most vulnerable in our society, and should instead focus on how to best integrate life-saving facilities into communities in a way that engages all members of the community.



FEDERAL POLITICS »

MARIAH WILSON

Maxime Bernier's exclusion from Leader's Debate undermines mandate of new Debates Commission

Kristy Koehler
Editor-in-Chief

Maxime Bernier, leader of the People's Party of Canada, has been left off the initial list of federal debate participants. His exclusion by the new Leaders' Debates Commission is an abhorrent misstep that undermines the mandate of the Commission.

Two of three criteria must be met for inclusion in the debates. First, the party must be represented in the House of Commons by a Member of Parliament who was elected as a member of that party. Second is that the party intends to run candidates in at least 90 per cent of electoral districts in the election in question and the third is that "the party's candidates for the most recent general election received at that election at least four per cent of the number of valid votes cast" or "based on the recent political context, public opinion polls and previous general election results," the Commissioner considers that candidates endorsed by the party have a legitimate chance to be elected in the upcoming general election.

The first criterion seems as though it was designed solely to exclude Bernier. As the Member of Parliament for the riding of Beauce, Bernier previously represented his constituents under the Conservative banner. After narrowly losing the party's leadership race to Andrew Scheer, Bernier formed his own party — the PPC. While Bernier is a member of the House of Commons, he was not elected as a member of the PPC because the party formed post-election, meaning that he fails to satisfy the first requirement.

The five parties invited to the

debate include the Liberal Party, the Conservative Party, the New Democratic Party, the Green Party and the Bloc Québécois.

Currently, the Green Party is running 241 candidates, the New Democratic Party has 149 confirmed, the Liberal Party has registered 242 and the Bloc Québécois are fielding 37. In the lead is the Conservative Party of Canada with 331 confirmed candidates, followed closely by the People's Party with 312.

The infographic on the Government of Canada website to describe the creation of the Commission claims that "leaders' debates make an essential contribution to the health of Canadian democracy." How healthy is Canadian democracy really, when we're leaving out a party with 312 candidates so far?

With less than 70 days until the election and the writ set to drop in the first two weeks of September, the NDP have more ridings yet to nominate than they have named and the Liberals have triggered their "national electoral emergency" clause, which allows them to bypass their own nomination rules to ensure there are candidates in key ridings. It's not as though Jagmeet Singh and Justin Trudeau should have been shocked that there was an election coming up. Bernier has stated his intention to run a candidate in every riding, a feat that, considering what he has managed to do since the party's inception, seems very manageable.

The third criterion is worded woefully vaguely, giving the Debates Commissioner altogether too much authority to decide who is and is not likely to be elected. If the American election proved anything, it's that polling means very little. In Bernier's rebuttal letter to the Commissioner, posted on

the People's Party of Canada website, he cites electoral volatility as just one of the reasons that current polling shouldn't factor into this decision, using the example of the Brexit Party's jump from 10 per cent to 35 per cent within the span of two months.

Bernier also cited the byelections in Burnaby South, where, in competition against a Party Leader, the PPC fielded a candidate only one month after being recognized as an officially registered party and achieved just shy of 10 per cent of the vote — a feat that took the Green Party 23 years to achieve.

The decision to exclude the PPC may have been more acceptable had it not been for the inclusion of the Bloc. To include a party with no appeal outside of a single province and with candidates in just under 11 per cent of Canadian ridings in an English-language debate makes about as much sense as square wheels.

The Leaders' Debates Commission website says that it "will make the debates a more predictable, reliable and stable element of federal election campaigns." Well, by excluding Bernier it will certainly be predictable — the same old parties debating the same old issues, featuring milquetoast commentary and mind-numbing recitations of numbers and percentages relating to taxes and jobs — but is that what you want in a debate?

The website also says that debates "give you a chance to see the character, temperament, and unscripted approaches of leaders seeking to be Canada's Prime Minister." Bernier is certainly unscripted — some might even say unhinged by looking at his Twitter feed. But, combine his say-anything personality with the somber mood of the other candidates dur-

ing most debates and you might just get a chance to see those characters and temperaments you were promised.

The best way to make a Canadian Leader's debate entertaining is to take a drink every time somebody says "the middle class." Or, you could just include Bernier. At least then you'll get more diversity of opinion than arguing over whether 450,000 jobs were created or 500,000 or whether the planet is going to explode in three years or four.

Canadians should be able to hear from all of the leaders who are fielding candidates. If Tim Moen of the Libertarian Party ever decides to field more than a handful of candidates, I want to hear from him too. Elizabeth May has been left out of many a debate and, to be clear, I didn't agree with that either — she's been the MP for Saanich-Gulf Islands since 2011.

While there is precedent for allowing a leader without a seat to debate — in 1993 Preston Manning was included in the Leaders' Debate, without holding a seat at all, let alone a seat under his Reform Party banner — we do need some rules around the debate. I don't want to hear from the Christian Heritage Party — not because I think they shouldn't be included, but because they don't have enough candidates to be relevant.

I'm no Debates Commissioner, but I'd set the following conditions: the party leader has or is running for a seat in the House of Commons — with no caveat about what banner they were elected under — and the party is fielding candidates in 50 per cent of ridings. Done. No wishy-washy polling, no gut feelings about the political climate, no party with single-province appeal.

May tweeted her way into the

debates in 2015, following along with the questions, offering her policies and refusing to be excluded. Bernier should — and likely will — do the same if he fails to change the Commissioner's mind. He will not accept this decision quietly without finding a way to become part of the conversation.

You don't have to agree with Maxime Bernier. You can think what he says is disgusting, populist rhetoric. You can turn your television set off or mute it when he's speaking. But, it's a travesty to exclude a federal leader who has a seat in the House of Commons and an almost-full slate of candidates. Denying him the ability to speak is an exercise in hypocrisy on the part of a Debates Commission that purports to facilitate the democratic process.

One can only hope that groups other than the Leaders' Debates Commission host their own events and that the leaders participate. Leaders should not boycott these unofficial debates as they have done in the past. A good leader should want to debate, should want to take the stage on every podium offered in order get their message to the widest number of Canadians possible, and should be more than willing have his or her mettle — and ideas — tested against the competition. The best-case scenario is a multitude of debates on various topics — economy, climate change, national defence, immigration, taxation, foreign policy. I want to hear it all, to get a well-rounded, robust view of the person I'm electing to lead.

If the federal party leaders would like to give me a call, I'm happy to host — and Mr. Bernier, you're certainly invited. I can promise it won't require a drinking game to be as entertaining as it is informative.

VOLUNTEER

Want to learn about volunteering for the Gauntlet?

You're in luck!

The Gauntlet is holding a **Volunteer Orientation** night and social on **Thursday, September 19 at 5p.m.** at Room 319 on the 3rd floor of MacHall.

See you there!



SPORTS »

CYCLING »

Cyclists light up NW Calgary in the Tour de Bowness

Tori Taylor
Lifestyle Editor

The Tour de Bowness is a race held annually in the heart of Calgary. It's a weekend of cycling that draws elite athletes into the city to compete in three different races, inspiring community spirit and giving attention to the older Bowness area. Many small businesses benefit from the tourist attraction and population pulse. The Tour de Bowness is a top-notch athletic event that lines the community's streets with passionate cyclists, local vendors and food trucks.

It's not only the athletes that look forward to the annual races, but stores and restaurants in the area benefit as well. It's even a chance for many smaller, unique pop-up businesses to set up their tents and sell handmade items.

Many cyclists train months in advance to prepare for this race. David Reinhardt, a U of C alumnus, was available for an interview after the final race.

"Every year is a progression," he said. "I've been riding a road bike for two years now and getting faster all the time. But this year I put in around 2,000 kilometres since the beginning of the season in training. Evidently, I needed more."

This was Reinhardt's first entry into the Tour de Bowness.

The race is an excellent opportunity for students who are avid cyclists and looking to compete. You don't need to be intimidated or nervous about your skill level. Although the competition is fierce, if you work hard to train during the year, come next summer you can join in where you fit best.



The streets are closed to athletes and local vendors.

MARIAH WILSON

"The races can be intimidating because of the competition level," Reinhardt said. "But, we are placed in appropriate categories based on our cycling level — so you don't have to worry about being stuck embarrassingly behind."

Cycling doesn't need to be your current forte to decide to race in the Tour de Bowness. If you have enjoyed other styles of racing then this might be a competitive avenue to venture into.

"There were lots of people who had decided to try it out for their first time who had been training in other sports — triathlons, rowing, speed skating and other cycling disciplines — and they did quite well," said Reinhardt.

The first day of races are held in Cochrane at Horse Creek Road — is a

beautiful country road with gorgeous scenery and rolling hills.

It is a 22-kilometre road race and the athletes will do a designated amount of course loops depending on their category placements. The second day is the hill climb. This is a short but incredibly steep up-hill climb in the community of Montgomery. It is a one-kilometre, 141-foot brute battle to the top of Mackay road. Although quite short, it requires intense strength and mental power to push up to the top. As an added athletic bonus, the top five finishers race a second time on the same course to determine their final status.

The third and final day is the criterium — a speed race on a short circuit that requires cyclists to rapidly

cycle around and around for their category's designated lap amount. This takes place on Bowness Road and the surrounding streets are closed to traffic. It can be terrifying for some athletes as the corners are sharp and the cyclists are packed closely together within their heats. Racers can reach speeds of up to 70 kilometres per hour.

It is exciting to spectate and participate in local athletic events. Calgary is home to so many passionately driven athletes. Whether or not cycling is your top interest, it is well worth it to be part of this race. This city is constantly supporting active lifestyles. If a cycling road race has ever been on your radar then perhaps next summer will be your Tour de Bowness debut.



MARIAH WILSON

DINOS »

Dino Dash in danger of going extinct in 2020

Tori Taylor
Sports and Wellness Editor

Dino Dash — a five- to 10-kilometre road race — was started by two university students back in 2004. It's been a staple part of University of Calgary culture ever since. It has dramatically grown over the last 15 years and is currently at risk of no longer being an annual event. The race offers fundraising for the Dinosaurs, and is a source of funding for competition opportunities, uniforms and scholarships. Since its inception, there have been over 10,000 race finishers and \$121,292.46 raised for Dinosaurs teams.

In 2010, the university put a policy in place to more stringently control the amount of external events that use campus roads. The number of participants and the time and day of the year are now regulated by the university — as well, they have the right to refuse any race or event at any time. Thankfully, Dino Dash has bypassed this policy with grandfathered privileges. But the U



Dino Dash raises thousands of dollars for athletics.

MARIAH WILSON

of C is now declaring that Dino Dash 2019 is to be the last year with granted access to campus roads.

"Dino Dash isn't an external event — it's a University of Calgary one — it was founded by then-current students and Dinosaurs (who are now proud alumni), and exists solely to support University of Calgary athletes and community," stated Kirsten Flemming, the executive director of the Run Calgary & ScotiaBank Calgary Marathon, in a public call-to-action email. "That notwithstanding, we have been told we are not welcome on campus after

this year's race. Before folding the event, we want the larger University of Calgary community to understand that the university revoking Dino Dash's permit on campus puts the existence of the event and its fundraising at risk, as the Foothills Track as a start/finish venue isn't an option without campus access," Flemming further explains.

Dino Dash needs secured access to campus roads if it is to continue past this year. If this race is not able to utilise Foothills Stadium like it has for a decade and a half, the Dinosaurs teams will lose a significant amount

of annual funding. There was \$20,000 raised in support of U of C track and field and cross country programs, last year alone.

Dino Dash is a celebratory event for university athletes because it offers a stage for potential students to compete in a five- to 10-kilometre race. It is open to runners who are not students and supports active living within the community. As well, this race gives the University of Calgary Campus Recreation and Outdoor Centre Programs a chance to complete their mandated clause to "promote healthy living and to provide expertise, programming and facilities to the campus and to the city of Calgary."

"We'd like to continue organizing the Dino Dash on campus for the foreseeable future and ask that you help us make that a reality," says Flemming. "We invite you to meet with us to discuss our concerns about the policy and whether the university may consider continuing to grandfather the Dino Dash going forward. It may be worthwhile to note that the policy itself provides that the university will

revise its policy 'when necessary.' We think that time has come."

Thankfully, with Flemming's passionate efforts to keep Dino Dash running annually and the support behind her petition, the U of C has agreed to meet and discuss continuing Dino Dash.

"We are pleased to hear that the University of Calgary is reconsidering its position on The Dino Dash," Flemming stated in email correspondence with the Gauntlet. "We heard from the president's office a couple of weeks ago and other members of the administration that we would be sitting down in September after this year's event to find a way forward. It's an important community event that creates campus culture and healthy active living while supporting student athletes and we look forward to working with UCalgary to see it continue for many years."

Dino Dash will be held on Sept. 9. If you haven't registered yet, this may be your year to support the race and help to keep the fundraising event in play for many more years to come.

E-BIKES »

Benefits and drawbacks of the new e-bike craze

Yasmine Elsayed
Contributor

The daily commute is a part of our daily routine. Whether it be from home to school or to work or events, we are always looking for the fastest route or the most affordable ride. Now that climate change is one of the most discussed topics — and for good reason — people are actively looking to make their everyday lives more environmentally friendly. Bikes are a lot cheaper than cars so investing in an e-bike might be a good idea. What is the difference between an e-bike and a regular bike? Well, e-bikes are motorized.

As with every product, there are pros and cons. Hopefully, by the end of this article, you'll have decided whether or not you should try one out.

According to recent studies, bike riding drastically increased after the introduction of e-bikes. Even those who aren't fans of bikes started to engage in cycling daily or weekly.

Pros:

They're good for urban cities — if you want to get from point A to point B quickly, hop on your e-bike and skip the traffic. The electronic element doubles your pedaling speed and gets you to your destination without breaking a sweat — you're still exercising, you're just getting ex-



Some e-bikes are available for rent.

MARIAH WILSON

tra help to do it. They are better and healthier than a regular motorbike — less fumes, less pollution, clean air and clean lungs. They don't require a license and they're always available to take you anywhere. Plus, the ability to charge them means no more gas money.

Cons:

E-bikes are not versatile — de-

pending on the area you live in and the climate, cycling, motorcycling and e-bikes might not be an option. They can be quite pricey because of the electronic aspect — double the price of a standard bicycle but still a lot cheaper than a motorcycle or car.

They are heavy, so if you live in an apartment building that doesn't have an elevator, it won't be easy to carry. This con could double as a pro, be-

cause if you park it anywhere, it won't be easy to steal — it depends on how you see things.

They have a low battery life depending on the brand. Some brands have made their e-bikes with longer lives than others. However, it is inconsistent. And, because of the low battery life, they are made for short distances which means you can't really e-bike to Banff, for example.

Hopefully, this article has given you enough information to help you decide whether or not you want to try e-bikes. They're fun and healthy and worth the try. If you do decide to give it a go, there's an app called Lime that helps you rent e-bikes and e-scooters. I would definitely recommend you try it, especially before committing to purchasing one of your own.

DINOS »

Dinos marquee events stoke school spirit

Kristy Koehler
Editor-in-Chief

Action-packed and with a storied history of athletic prowess, the Dinos Athletics program offers a chance to get your school spirit on. The University of Calgary teams offer a lot to be proud of, winning 47 national championships in 10 sports throughout the school's history.

This year, you can keep up with the Dinos on the official Dinos app. It includes interactive social media, scores, stats and notifications that let fans in on important news. It's available on Android and Apple platforms in your app store.

Last year offered plenty to be excited about and the 2019–20 season looks to build on last year's success. Football and soccer offer action in the first week of September.

When it comes to football, the Dinos are a force to be reckoned with. The team had an undefeated regular season last year, making



Kickoff takes place Sept. 6 this year.

MARIAH WILSON

it all the way to the Hardy Cup and setting records in the process. Quarterback and male Athlete of the Year award winner Adam Sinagra became the record holder for single-season passing in U Sports football, also winning the Hec Crighton trophy for top U Sports football athlete while receiver Tyson Philpot earned U Sports

Rookie of the Year. Sinagra and Philpot are back on the roster this year, looking for the Vanier Cup.

Kickoff, the first Dinos marquee event of the year and the introduction to Dinos athletics for new students, goes down at McMahon Stadium on Sept. 6. Tailgating and the Students' Union Fun Zone offer pre-game good times starting

at 3:00 p.m. and the Dinos face the University of Manitoba Bisons at 5:30 p.m.

In addition to Kickoff, this year the Dinos are starting off the soccer season by hosting four games at Dinosaur Field in the first week of September. The Men's Home Opener game pits the Dinos against the University

of Lethbridge Pronghorns on Aug. 31 at 6:00 p.m. The Residence Move-In Match takes place the following evening — Sept. 1 at 6:00 p.m. — as the men take on the University of Saskatchewan Huskies. The first 200 fans will score themselves a free pair of Dinos sunglasses. The women's home opener, dubbed Faceoff II, goes down on Thursday, Sept. 5. Free sunnies for the first 200 fans are also up for grabs as the Dinos take on the University of British Columbia Okanagan Heat. The final match of the four-game feature happens Saturday, Sept. 7 at noon. Hopefully, the Fall Orientation Soccer Series will draw a huge crowd and take its place among the other marquee events.

Superfans can stream away games and other conference action live at CanadaWest.tv for a fee but nothing beats a home game. Student tickets are free and the atmosphere is unbeatable. When the Dinos clinch a playoff spot, it's only \$5 to get in on the action. Cheer on your fellow students every chance you get!

LIFESTYLE »

AROMATHERAPY »

Essential oils that may help you manage stress

Tori Taylor
Lifestyle Editor

Aromatherapy is an age-old practice and one that should not be overlooked. If you own a diffuser then you have likely tried out a few of the below-mentioned oils. If you're interested in experimenting with how essential oils can lower your stress or calm you down after a long day, I suggest browsing Amazon for affordable diffusers. They have several at lower prices than you will find in brand name stores. You can also place drops of oil on clothing or pillow cases to achieve the same relaxation without using a diffuser at all. Aromatherapy is a wonderful, noninvasive method of naturally reducing stress and anxiety. If you struggle with feeling tense and overwhelmed, it may be in your best interest to try out a few different types of oils.

Valerian:

This herb is widely used as a sleep aid. It's often a main ingredient in sleep sprays, capsules and aromatherapy blends. Valerian tea is a common sleepy-time beverage. You can find a variety of valerian products for relaxation and stress relief.



Many essential oils can help relieve stress.

MARIAH WILSON

Lavender:

By far the most popular essential oil, lavender can be dropped into an aromatherapy diffuser before bed or while studying. You can place a couple of drops on your sleeve, hair scrunchie or collar to keep the scent throughout the day as an extra defense against stress. It is said that lavender oil calms anxiety by working on the brain's limbic system — the brain's emotional centre. Try adding lavender oil, bath bombs or bubble bath to your next bath and see if it works for

you.

Jasmine:

This oil has a very floral scent. It can be found in green tea blends and many bath products. There have been studies suggesting that jasmine oil may increase feelings of relaxation, as well as acting as a romantic mood-setter. Jasmine is an aromatherapy oil that is linked to stress relief, but unlike many other essential oils it does not cause sleepiness. Jasmine oil may be the

perfect scent to drop onto your clothing when writing an exam or if you're nervous about heading out on a date.

Chamomile:

Chamomile is a popular tea used for its calming effect. This flower can be used in baths, beverages and aromatherapy diffusers. Some recent research has pointed towards chamomile being used as a natural anxiety-reliever for people suffering from generalized anxiety disorders.

Ylang Ylang:

This flowery-scented oil may relieve stress and improve poor moods. It is a floral herb native to India. Studies have suggested that ylang ylang may be an effective natural aid when it comes to high blood pressure, heart-rates, unstable moods and as an aphrodisiac. Try blending ylang ylang with lavender or jasmine for an extra-relaxing bath or study break.

Clary Sage:

Clary sage has an earthy, woody scent that can be quite strong. It is best used diluted with slightly lighter scents like jasmine or lavender. It has been known to help lower cortisol levels in the body. This is another oil that can be used as to inspire romance because of its ability to calm the mind and relax the body.

Essential oils have risen in popularity over the years and there is definitely something to be said for the way they impact our bodies. At the end of the day, only you will know what your favourite stress-relieving aromas are. You can explore a few of these options and decide for yourself which ones help calm you down after a rough day.

DIET »

Foods to avoid eating for a clearer complexion

Tori Taylor
Lifestyle Editor

We are all too familiar with horribly-timed breakouts. I remember being told that bad skin was a problem for our puberty-ridden teenage phase. Low and behold, as most of us have discovered, that was a bold-faced lie. I am nearing my 30s and have had worse skin this year than I ever did as a teenager. It's been super awesome. If you can relate to me then you may be happy to hear there are a few dietary steps you can take to clear up your skin that won't break the bank.

Refined sugars and grains:

It is good to remember that processed foods have several negative effects on the body. Refined sugars and carbohydrates raise insulin levels and that can have some negative results. Pastries, cakes, breads, packaged snacks and pastas all raise blood sugar levels. When your blood sugar rises so do your insulin levels, and high levels of insulin often manifest through the skin as acne. It is best to moderate or negate the processed foods and refined sugars that



Avoid certain foods to help relieve acne.

MARIAH WILSON

you eat if you're looking to clean up your diet and skin.

Dairy:

People who consume higher amounts of dairy products were reportedly up to four times more likely to struggle with acne. There are a few reasons as to why dairy consumers deal with worse acne than those who avoid dairy. It seems likely that because dairy raises insulin levels in the blood, this is how acne results. As with refined sugars and carbohydrates, when dairy increases the

body's insulin, poor skin conditions can take place with higher frequency.

Fast Food:

North American fast-food has always been lumped into a bad category in terms of healthy eating — and for good reason. Fast food is high in saturated fats, processed sugars, refined carbohydrates and calories. The skin is the biggest organ in the body and when you eat food that is not good for you, it has a negative effect on your organs. It only makes sense that poor nutrition manifests

in your skin. Eating a diet high in saturated fat and processed foods is linked to higher risks of bad skin and acne breakouts.

Chocolate:

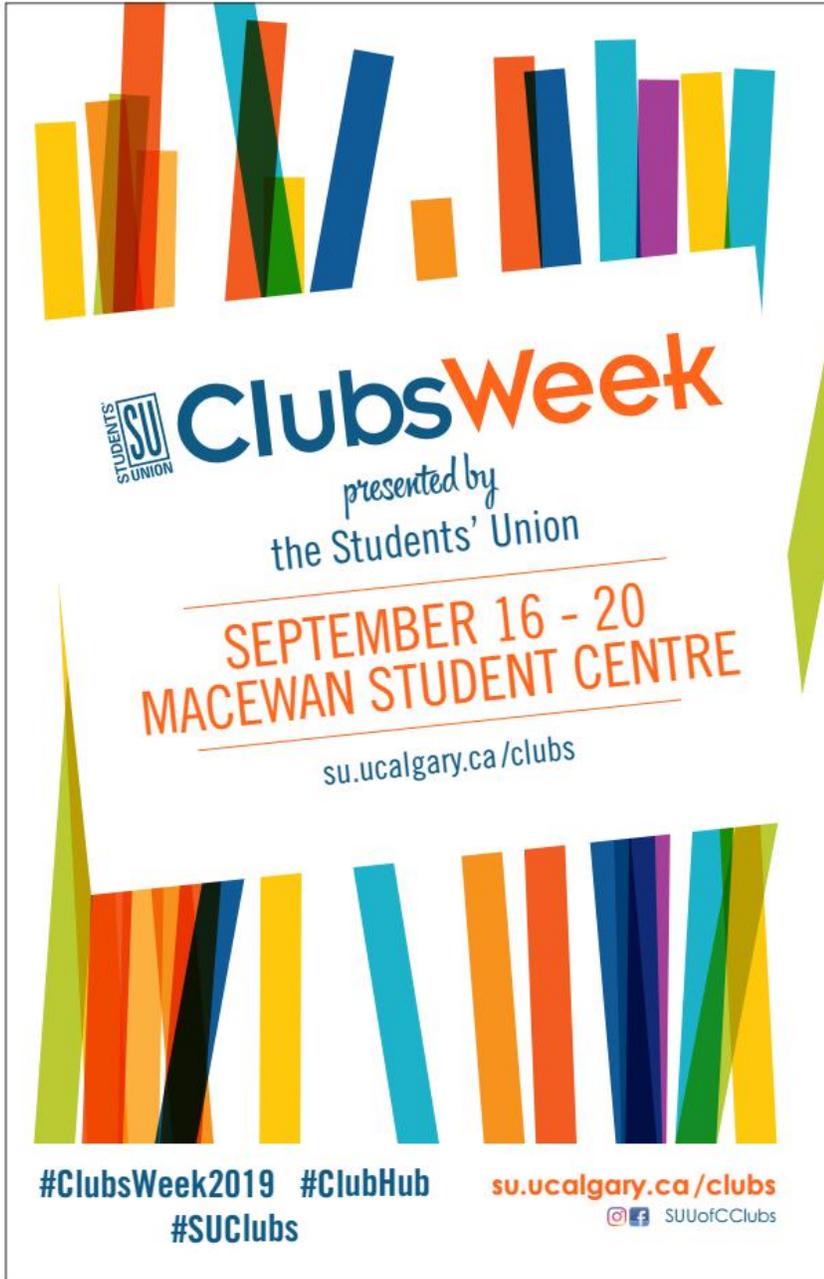
We have all been told at least once in our lives that eating chocolate will give you poor skin — and more often than not this has rung true. For such a long-standing, widely-passed-on belief, there is surprisingly little research to back the claim. However, it still maintains that a lot of people break out when they eat more

chocolate than they usually do. It is thought that chocolate may increase your immune system's reactivity to the bacteria that causes acne.

Whey Protein:

Whey protein is a widely-used supplement by athletes and people looking to eat healthier. It is in most nutritional shakes and used frequently as a post-workout fuel. It would seem that certain amino acids found in whey protein are likely to cause higher insulin production. As discussed before, if the body is producing more insulin than needed, acne is an associate result. Perhaps look toward vegan avenues for protein supplements. There are many vegan protein products that taste great and are not linked to bad skin or constipation.

It's a nightmare to deal with acne at any stage in your life. It can be a very real struggle and does nothing for a student's confidence or mood. If you are hoping to clear your skin up, then avoiding the above mentioned foods may help you out. It is worth experimenting with your diet via the elimination process to find out what could help your skin out the most.

ClubsWeek
presented by
the Students' Union

SEPTEMBER 16 - 20
MACEWAN STUDENT CENTRE

su.ucalgary.ca/clubs

#ClubsWeek2019 #ClubHub
#SUClubs

su.ucalgary.ca/clubs
@SUofC

FITNESS IN THE SPACE
12:30 PM to 1:30 PM

BEND and BURN

T YOGA
W PILOXING
TH YOGA

FREE instructed classes
Three time a week

RETURNING SEPT. 10TH



PET THERAPY

that empty space

FALL 2019

FRIDAY SEPT 27 12-1:30PM
FRIDAY OCT 25 12-1:30PM
FRIDAY NOV 22 12-1:30PM

STRESSLESS WEEK

MONDAY DEC 2 1:30-3PM
WEDNESDAY DEC 4 2:30-4PM
FRIDAY DEC 6 12-1:30PM

PALS
Pet Assisted Learning Support




HUMOUR »

IF YOU DON'T JUUL, WE AIN'T COOL »

Campus teen finally quits Juuling, takes up smoking

Anton Charpentier
Nic'd out and neglected

In a series of late-night tweets last Thursday, my friend and foreign exchange student Eli Luginbald vowed to the world that he would quit Juuling and instead take up smoking cigarettes. You read that right folks, smoking cigarettes with a lower-case c. It's a bold choice for my Gen Z friend who, up until now, only ingested safe and natural mango Juul pods. These delicious Juul pods, made from the finest vapour juices, were the forefront of healing technology. By heating up the magic juices, scientifically-engineered vapour would emerge from the eighth dimension and fill the Juuler's body with positive spirit energy. This is a far cry away from the ancient method of rolled cigarettes — a method my friend Eli has put his faith into. So, let's get into some facts about smoking.

Scientifically speaking, lung cancer kills about one hundred out of one hundred-point five people a year — one hundred per cent of the time. Meanwhile, all Juul deaths are due to sick dabbing accidents while kitesurfing in Costa Rica. Truly shocking. Clearly Eli is surely going to miss our couple's trips to Costa Rica. This indisputable fact doesn't even cover the awful smell — cigarettes emit a smell that reminds one of death, pain, suffering, the plague and their parent's brutal

and complex divorce. Vaping smells like the unicorn candy cane aromas that are found in nature and in the dumpster of a 7-11. This candy smell is so pungent, sometimes you can smell it with your eyes. Plus, all of your friends who don't vape can enjoy smelling that sweetness leaking out of your gums.

The most appalling issue, however, is the fact that Eli will miss the upcoming *Frozen 2: Lingonberry Blast* vape and movie crossover. It will be the undeniable vape event of the century and not aimed at underage children whatsoever, according to the website frozen2lingonberryboogaloo.vape. This *Frozen*-flavoured vape, which would celebrate Eli's Norwegian ancestry, would finally merge our favourite pastimes: vaping and Norwegian-style best friend foot rubs. Now he's giving that all up to start smoking and move back to Norway. Anyway, I think it's just as important to mention that vaping is so much cooler than smoking. Whenever you walk around blowing vape into people's unsuspecting faces, there's the undeniable fact that you know they're really jealous of the thick cotton you're puffin', making you the coolest kid on the block with your *Frozen*-flavoured vape. This feeling can only be achieved by vaping and the use of hardcore drugs. Wow! It seems like Eli is really going to regret leaving me.

Finally, there's the fact that there's no companion app for cigarettes.



Would you really choose this over the tropical taste of mango?

MARIAH WILSON

Without that nicotine data, how will you make sure your nic levels don't go off the charts? Instead, Eli will likely die because he will smoke too many cigarettes, which we have established as something that will kill you within weeks, if not immediately. Don't get me wrong folks, I want

to die, but only of natural Juul-related causes in the waters of Costa Rica cradled in the arms of my best friend Eli. Now we will die separately, he from lung cancer and I from staring at the vape data on my phone while crossing the street. It's a real shame that we parted ways, Eli. You used to

be so cool when you'd suck on that vape stick and let those vape juices roll down your throat, then, with almost intentional effort, exhale onto some engineering student's face as they walked to MacHall for lunch. Have you forgotten what we had Eli? Have you forgotten?

HOROSCOPES »

How will you embarrass yourself early this semester?

Frankie Hart
Solemn Sagittarius

Libra
(Sept. 23 – Oct. 22)
You will wait through what feels like the longest Tim's line of your life only to discover that you have forgotten your wallet. The line behind you will revel in your misfortune, jeering at you as you pass.

Scorpio
(Oct. 23 – Nov. 21)
While attempting to simply retrieve your dropped phone, your pants will rip open so violently that both the force of the rip and the sheer embarrassment will kill you instantly. I hate when that happens.

Sagittarius
(Nov. 22 – Dec. 21)
You will stumble while trying to ask out your lecture crush. You will later discover that the entire class has withdrawn out of sheer second-hand embarrassment. That seems a little excessive.

Capricorn
(Dec. 22 – Jan. 19)
While contributing to a class discussion, you will crack a joke. No one will laugh. This is perhaps the cruelest fate of all.

Aquarius
(Jan. 20 – Feb. 18)
You'll accidentally blast your music from your phone for a couple of seconds during class. What's worse is that you'll

hear grumbings of people calling your music taste wack.

Pisces
(Feb. 19 – March 20)
You'll get left on read by your mcm. It may not be a public humiliation, but you feel like a clown nonetheless.

Aries
(March 21 – April 19)
You'll rip a fat one during class. Your peers will lightly chuckle and then quickly forget it even happened. Are we not all human, after all?

Taurus
(April 20 – May 20)
You'll find out that something about your

bathroom routine is very... unusual. Some may describe it as "disgusting," but I suppose that's subjective. I won't elaborate here for your own sake.

Gemini
(May 21 – June 20)
Your professor will ridicule your assignment as an example to the rest of the class on what not to do. This is a statistics class, how did you manage to turn it into a flat Earth theory?

Cancer
(June 21 – July 22)
Your class nap will take a turn for the worse after you start talking in your sleep about your lust for the green M&M. You'll be ridiculed online for this for years to come.

Leo
(July 23 – Aug. 22)
You'll accidentally spill some water right on your crotch! Oh no! Someone must have seen that, how it landed directly onto your crotch. But anyone should be able to tell that it was a spill, and definitely not pee.

Virgo
(Aug. 23 – Sept. 22)
Remembering the books you gave to Bound and Copied, you'll check on your consignment status only to discover that you missed the stale date. Not only does this mean that you don't make any money off the sale, but an employee is contractually obligated to pants you in front of the other customers. Typical Monday.

SUMMER VIBES, SUMMER LIES »

Lies to tell when someone asks about your summer

Frankie Hart
Pinocchio in Paris

Everyone is settling into their fall schedules, which means one thing — swapping summer stories. But here's the thing: you didn't do a single thing that makes for good conversation. Whether you took unremarkable summer classes, chipped away at your summer job, took an ultimately disappointing trip or just stared at the wall these past few months, here's some lies you can tell the next time someone feigns interest about your whereabouts:

You had a very personal and spiritual epiphany about the meaning of life:

The trick with this lie is to be incredibly vague. The important thing is not what you did on any physical level, but simply that you had a significant emotional journey that has caused you to completely reconsider everything you once thought about being human, or whatever. Hopefully they've just tuned out at this point. But I'm sure

they're happy to hear that you're feeling fulfilled, or however you are feeling about your 'revelations.'

You went on a very lovely vacation and have very legitimate photos as proof:

For this lie, you will require Photoshop skills or be willing to pay someone who does on Fiverr. It's pretty straightforward — just slap some photos of yourself onto some backgrounds from the destination of your choice. Wow, it's like you're really there! To make it extra believable, post some of the pictures on Instagram (with the correct location tag!) before you even expect to be questioned on your summer activities. With such elaborate planning, surely no one will see through your ruse.

You had an incredibly intense, yet brief summer fling:

If you're going to tell a tall tale, might as well get them emotionally invested. Describe in detail this amazing girl you met on Tinder only to find out she was just here on vacation. Though your time with her



What did I do this summer? Well, I found myself. MARIAH WILSON

was short, it was passionate and made you feel alive. However, you ultimately decided not to trade any contact information, as it would ruin the mystery and intrigue of your encounter. And thus, like two ships in the night, you parted ways. You're choosing not to cry because it's over, but to smile because it happened. It's just too bad that she lives in a different country and you'll never see her again and no, you don't have any photos because you deleted Tinder shortly after your time together out of respect.

You visited family from an obscure location:

This one's pretty easy to pull off since you can make things up without having the fear of being corrected. Just say you went to some place no one knows about, like rural Sweden. Anything you say can be brushed off as 'how they do things there.' It's a small, isolated community? Okay. You weren't allowed to take photos? That sucks. Ritual death? That seems like a bit much, but I'll try to keep an open mind.

Art Crossword

Anton Charpentier
Puzzle Composer

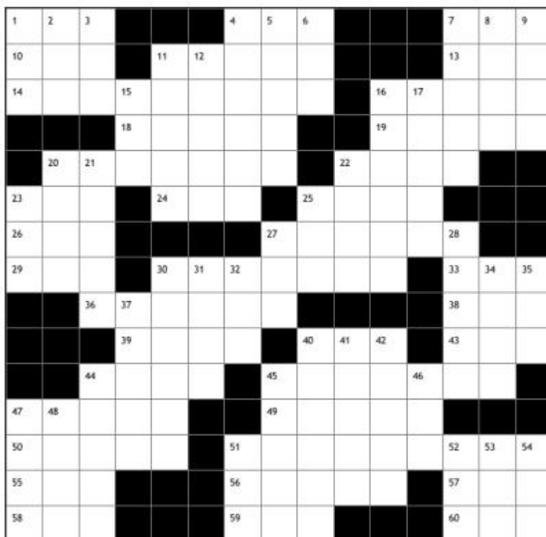
ACROSS:

1. Art auction action.
4. Canadian Montreal Bank acronym.
7. British basis for international time zones.
10. Atom with charge.
11. Purity of gold measurement.
13. Not the truth.
14. Goes with tortilla chips.
16. Goes around art.
18. Graham Bell invention.
19. Valentine's gift.
20. Abstract artist Jackson.
22. Greek god of lighting.
23. Helps with the moving process.
24. Japanese singer/activist.
25. At what _____.
26. Sphere.
27. The human soul, mind or spirit.
29. Indicates the ear, medically.
30. Spanish painter Pablo.
33. Million shorthand.
36. American artist Andy.
38. Glorifying poem.
39. Tree product.
40. Worker pregnancy benefit acronym.
43. Faster airplane type.
44. Seizure of power from a government.
45. American artist O'Keefe.
47. Star Wars critters.
49. Belly button type.

50. French painter Claude.
51. Marvel Hero of Hell's Kitchen.
55. A pithy or witty saying.
56. In high spirits.
57. Highest or lowest card.
58. Type of beer.
59. University of Calgary time zone.
60. Greek word for young or Matrix protagonist.

DOWN:

1. 1988 Tom Hanks film.
2. Favor acronym.
3. Genes.
4. OJ pursuit car.
5. Best actor of 2018.
6. Employment bonus condition acronym.
7. Common see-through material.
8. Professional copycat.
9. Cheap and casual clothing.
11. Mexican artist with a large brow, last name.
12. Radiohead album — _____ shaped pool (2 words).
15. Calgary-operated library acronym.
16. Mural painting.
17. Superman actor Brandon.
20. Portuguese wine.
21. U-shaped metal pole that connects an ox to a plow.
22. Lawn grass scientific name.
23. Opposite of a cheer.
25. Online computer programming language.
27. Friend shorthand.



28. SMS art.
30. French novelist Marcel.
31. US breakfast chain.
32. Atlantic fish or popular video game.
34. Thought or suggestion as to a possible course of action.
35. To permit or allow.
37. I _____ to such a clatter.
40. Pointillist French artist Georges.
41. A short piece of sacred choral music.
42. LGBTQ+ celebration.
44. Drawing medium.
45. Targets synonym.

46. A mild expression, typically of surprise, enthusiasm or sympathy.
47. Actress Thompson.
48. Great sweater material.
51. USA political left party.
52. Vincent _____ Gogh.
53. Winter sidewalk danger.
54. Short version of Leonardo.

Send a photo of a completed crossword to humour@thegauntlet.ca. Be among the first three submitters to be congratulated in our next issue and win a Gauntlet toque!

TRAVEL »

Returning study abroad student acquires opposite of short-term memory loss

Frankie Hart
It's pronounced Barthelona

Third-year student Victor Vervelend was surprised when he realized upon returning home from studying abroad that he had developed a memory problem.

"It took a few days after coming back from Barcelona that I realized it," Vervelend explained. "On the first day back from Barcelona, I thought maybe it was just problems with jet lag. It was definitely on the fourth day back from Barcelona that I realized it was something more."

Vervelend's family and friends have reported that they've noticed his inability to recall any memories outside of his trip.

"My mom made me breakfast the way I liked it as a kid to try to help," Vervelend said. "It kind of reminded me of this exquisite Spanish omelette I had in Barcelona, but it wasn't as good."

Vervelend's family decided to seek professional help, and were referred to Dr. Herinnering, a neurologist. He suggested a very simple prescription: just waiting it out.

"I see this problem all the time. It usually goes away naturally with the passage of time," Dr. Herinnering said.

However, for rapid results it is recommended that those close to one affected by this problem ignore any mention of their trip.

"It's just simple negative reinforcement," Dr. Herinnering explained. "They'll be quick to catch on that no one's as invested in their trip as they are, and keep it to themselves until their memory goes back to normal."

When asked about this possible recovery method, Vervelend said "I hope no one has to resort to that. It kind of reminds me of my study group in Barcelona, it felt like they kept shutting me out for some reason."



TRICIA LIM

