

THE GAUNTLET

NOVEMBER 22, 2019

The University of Calgary's independent student newspaper

Vol. 60, Issue No. 10



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The Cover
 Bradley Dezell

Take a stand and fill the stands

The University of Calgary Dinos are an athletic force to be reckoned with. They've just won the U Sports National Championship in cross country and brought home a Canada West title in women's soccer. The men's soccer team played in their first-ever national championship tournament and the football team is headed to the Vanier Cup. Our athletics program has produced Olympians and celebrities like Hayley Wickenheiser and Mark Tewksbury and our football program has turned out plenty of Canadian Football League stars.

There's one problem with the athletics program at this university — fans in the stands. There's not nearly enough butts in seats for the caliber of athletics we offer. With the notable exception of the Crowchild Classic, it's very difficult to fill the bleachers.

We've heard all the excuses — "U of C is a commuter campus," and "the Dinos marketing team doesn't do enough to promote the games."

Yes, both of those things are true. That being said, you'd have to be living under a rock not to know the Dinos exist and are doing well. U of C is perennially decried for its lack



There's not nearly enough butts in seats for the caliber of athletics we offer.

MARIAH WILSON

of school spirit, but its lack of student support for athletic teams is part of a larger conversation about Canadian apathy for varsity sport in general.

Ever tuned in to an American varsity football game? The stands are filled. People tailgate. Community members rock swag from their alma mater or local college. Families bring their kids out. Residents rally around the athletes. Why doesn't that happen here?

No one can say that Calgary isn't a sports town. From the Stampeders to the Hitmen, the Flames to the Cavalry, Calgaryans support their local teams. Well, the Dinos are a local team too and it's high time they got some support. Mayor Nenshi is a massive fan of Dinos football, so it isn't like the community at large doesn't know our teams exist.

We, as a campus community, need to do a better job of getting behind our sports teams. We need to make

a point of finding out when the Dinos play, talking to friends about the games and actually attending. If the stands are packed with students, perhaps the community will take notice and give the Dinos their due. Our athletes deserve our support — not only from the campus community but from the community at large.

—Kristy Koehler
 Gauntlet Editorial Board

WHAT'S HAPPENING

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BUDGET CUTS »

A “significant amount of pain”: Grad student tuition to rise between 5 and 15 per cent at U of C

Nikayla Goddard
News Editor

The University of Calgary's Graduate Students' Association held a town hall to discuss budget and tuition on Nov. 19, where provost and vice-president academic Dru Marshall introduced proposed tuition and fee increases for graduate students as a result of the United Conservative Party's budget cuts to advanced education.

The total amount of budget cuts that the U of C received amounts to \$68.8 million, which accounts for cuts to the Campus Alberta Grant (\$32.9m), Infrastructure Maintenance Program (\$22.5m) and Tuition Freeze Funding (\$3.9m). It also accounts for the lack of the previously anticipated two per cent increase to the Campus Alberta Grant. Marshall presented an adjusted model of \$45.9m in cuts as a result of revising the budget early to account for potential UCP cuts. The U of C's reduction in funding accounts for 6.9 per cent proportionally of the province's overall five per cent educational budget cuts.

GSA president Mohammad Mansouri and vice-president external Marcela Coelho Lopes welcomed Marshall to the theatre to review possible raises and changes to grad student budgets and tuition.

“We are all concerned that these changes will have an immediate impact on students whether it be increased financial strain or an increase in mental health stress,” Lopes said in her introduction.

Marshall summarized the budget cuts and the changes that the University of Calgary will have to make as a “significant amount of pain.”

Part of this pain comes in the form of a proposal to increase tuition rates for graduate students. For all continuing students, both domestic and international students will experience a five per cent increase. For new students, domestic students will experience a seven per cent increase and international students a 10 per cent increase. There are specific programs labeled as “exceptions,” including the Master of Engineering, Master of Business Administration and Master of Public Policy programs. Domestic students can expect a 10 per cent increase to these programs and international students a 15 per cent increase.

The new rates will come into effect for the spring session, beginning in May 2020 if everything is passed as it



For all continuing students, both domestic and international students will experience a five per cent increase.

TRICIA LIM

currently stands.

“We do not want any cuts,” Marshall added, saying that no academic programs will be impacted in-year — however, some strategic initiatives and projects have been slowed, deferred, stopped or canceled. A total of 250 jobs will be cut to account for the new budget, as well as cutting non-essential travel, limiting catering and holding fewer events.

There are specifically no cuts to the Mental Health Strategy, Sexual Violence Programming or the Indigenous Strategy. There is also a planned increase to scholarships, bursaries and student aid — 14 per cent of the domestic tuition increase and 20 per cent of the international tuition increase will go directly to support students, Marshall said.

One attendee asked if the “top” executives will receive salary cuts.

“I’ll say the same thing I’ve said in every town hall,” Marshall replied. “Everything is under consideration. I’ll also say something that I’ve not said at any other town hall. Every-

thing is under consideration. But I want you to know the reports of salaries in Alberta compared to other jurisdictions are not apples to apples comparisons. [...] Regardless of that, I know that I could never justify to anybody sitting in the room executive compensation right now. All I can tell you is everything is under consideration.”

Other answers to questions included that for students transferring between programs the old tuition will be grandparented in, but previous students starting new programs will pay the new tuition rates. Another question was asked as to why tuition is being raised when scholarships are receiving more money — why not just not raise tuition? Marshall responded that “not all students require financial aid.”

When asked if Marshall had any recommendations for students to go on strike, she responded that she believes “there’s real power in numbers and student voice.”

The next steps include U of C pre-

sending their tuition increase plan to Minister of Advanced Education Demetrios Nicolaides in December. On Jan. 13, the Board of Governors will review the final tuition increase plan and vote on it.

Following the Town Hall, a GSA meeting took place where representatives discussed what GSA president Mohammad Mansouri’s vote should be when the Board of Governors takes their vote. Mansouri sits on the board. He called for a vote from the GRC representatives to inform whether he should vote in favour or against the tuition increase plan at the meeting on Jan. 13.

Concerns were levied from representatives who said the immediate calling of a vote was not fair, as it’s in the interest of representatives to speak to the students they represent first. Executives called to attention that there isn’t another GSA meeting until after the BoG meeting, and another representative questioned whether the reps would actually consider a vote for the increased tuition.

A motion was made for Mansouri to vote against the tuition fees being raised, and the results of the vote were unanimously in favour of the motion with the exception of a handful of abstentions.

A second motion was brought forth that the GSA Board of Directors write a position statement letter to raise objections to the tuition increase plan and send it to the BoG chair, its members and relevant press. Representatives voiced that while it’s a great first step, there should be a back-up plan if the board decides to ignore the letter. The motion was unanimously passed with the exception of a few abstentions.

Another proposal was made that the letter include demands that the administration responds, and if no response is given that the grad students will strike as teaching and research assistants and students. The meeting ended without time for voting on that proposal. A special meeting in the coming weeks will be scheduled to draft this letter.

BUDGET CUTS »



MARIAH WILSON

Dean Sigurdson on budget cuts to campus services: “Everything is on the table”

Gayathri Peringod
News Editor

Cuts to the university’s budget will force the administration to make difficult decisions regarding the funding of many services on campus, said Richard Sigurdson, dean of the Faculty of Arts at an informational event about the newly-released Alberta budget on Thursday.

The event, “Understanding the Provincial Budget: Student Edition,” was held at the Arts Lounge and featured presentations from Sigurdson as well as Students’ Union Arts Representative Marley Gillies.

“This event was really, really important to me,” said Gillies. “When I learned this information, my first impulse was to get it out to students [...] it’s really important that you know what’s happening and what is affecting you.

“As you probably all know, the UCP promised a balanced budget.

This does a lot of great things for our province, but we have maintained that the budget will not be balanced on the backs of students.”

Gillies summarized the key impacts of the budget cuts, namely the potential for student tuition to increase by seven per cent each year, the immediate cancellation of the province’s Summer Temporary Employment Program (STEP) and the immediate suspension of the university’s Infrastructure Maintenance Program (IMP) which was allocated for repairing classrooms, lab and study spaces on campus.

Sigurdson took questions from the audience after his presentation. “I’d also like to [...] encourage discussion about what’s most important to you, as the university and my team in the Faculty of Arts have to make some hard decisions about how to deal with the cuts that have already occurred for this year and are expected to continue in subsequent budget years,” he

said.

The dean also clarified the extent to which the budget cuts will be affecting U of C’s budget in this academic year.

“President McCauley, at the General Faculties Council, said that the total number is 65.7 million,” said Sigurdson. “This is a budget cut for a budget year that’s already more than seven months in. People have been paid, equipment has been purchased, renovations have been going on.”

However, the budget cuts were expected and prepared for in advance by the university administration, Sigurdson explained.

“We knew that the cuts were coming. The UCP campaigned on a platform to reduce the budget of the government of Alberta [...] so one thing to be assured of, is that the University of Calgary administration has been working hard already for a number of months to prepare for the eventuality of the Oct. 24 budget.”

Going forward, Sigurdson outlined some ways in which the university will attempt to make up for shortfalls experienced by the budget cuts.

“We will encourage greater philanthropic donations — we will see ways to try to leverage our research activity and find more partners that might make up some of the shortfalls we’re experiencing,” he said.

When asked about the likelihood of tuition increasing by seven per cent to help alleviate the financial costs of the budget cuts, Sigurdson did not rule it out.

“That’s not my decision, [...] but the university’s facing fairly significant cuts,” he said. “It’s going to be hard to imagine any university that is going to be able to go through it without making at least some adjustments.”

However, any increase in tuition set by the university’s Board of Governors will only be enforced in the 2020–21 academic year, Sig-

urdson explained.

“The tuition decision is really for next year’s tuition [...] the decision will have to be made, I’m sure, within the next two or three more meetings about what will come later.”

A student in the audience asked Sigurdson whether the SU Wellness Centre of the university may be impacted by the budget cuts.

“Well, all areas of the university will be reconsidering their budgets,” said Sigurdson. “I can’t speak for a unit that’s outside of mine, but I do know that the university has placed a very high priority on the Wellness Centre. The University of Calgary has I think one of the most laudable mental health strategies of Canadian universities, and I’m sure that everything will be done to try to maintain that.

“But again, everything’s on the table. All units, academic as well as non-academic are asked to reconsider their budgets.”

GREEN NEW DEAL »

Permeate hosts Green New Deal town hall

Nikayla Goddard
News Editor

Around 40 supporters of climate change action gathered at the Kerby Centre on Nov. 11 to discuss a Green New Deal policy package being built specifically for Calgary. Attendees were shown an information presentation, able to ask questions and participate in a session afterwards to workshop the proposal to make it even better.

The town hall was hosted by Permeate, a group that consists of community members, university students and volunteers concerned about and taking action towards climate change. The proposal they put together, after more refinement, will be put out to Calgarian stakeholders involved in climate activism, sustainable development and municipal government. They also have a list of immediate implementable policy suggestions for City Council, which can be found on their website, www.calgarygreennewdeal.ca.

The presentation consisted of six main topics for action, including social ecology, food security and land conservation, housing, social services, transit and the energy sector. The topics each included immediate municipal tasks directly for Calgary and longer-term provincial and federal goals.

Social ecology outlined a large-scale revolution to eliminate capitalist-consumerist thought and strive to build sustainable cooperative communities.

Food security and land conservation focuses on empowering communities through local organic food production, utilizing unused public land for community gardens, lifting restrictions on poultry, goats, sheep and bees in Calgary and promoting hydroponics and greenhouses.

Housing is mainly about retrofitting and construction with recyclable building materials and installing renewable energy systems, as well as general reforms

such as abolishing housing debt and creating affordable housing to fix the housing crisis.

The social services topic considered things from a community and an educational perspective. For communities, public health care and expansion of public services were key points. For education, free tuition, updating the curriculum to include climate change and environmental stewardship and instigating LGBTQ+ protections and GSAs were a major focus.

For transit, free transit was the biggest point, along with diversifying city-supplied transportation modes and expanding accessibility.

The last topic was on the energy sector and the need to move to renewable energies through a "just transition" — meaning not obliterating non-renewable energy economies entirely, but transitioning in a manner that involves little job loss and little effect on the general economic production. This is done through green apprentice-

ships, employment, mental health counseling and most importantly consulting with fossil-fuel-relying communities to ensure that smooth transition.

Following this presentation, the six topics were broken up into groups where attendees were welcome to discuss with panel members. The breakout groups allowed Permeate to receive feedback and ideas for revisions or additions to their Green New Deal that strengthens their policy proposals.

Permeate member Joy Shokeir remarked on the importance of creating a Green New Deal that was catered specifically to the city.

"Calgary is the second-highest emitting city in Canada due to urban sprawl and inadequate transit infrastructure," Shokeir said. "Moreover, Calgary is the heart of the oil oligarchy that has harmed Calgarian families through subsidy theft and boom-bust economics. Making a Green New Deal for Calgary will protect

our shared environment, employ tens of thousands of Calgarians in well-paid careers and improve the quality of life. The time has come for Calgary to embrace climate action."

Another Permeate member, Valerie Kim, said, "We will not settle for anything less than directly matching the demands of Calgarians. A Green New Deal for Calgary's specific issues solves two problems. Firstly, federal politics are too broad to deal with how we live life in Calgary. Federal politics can only serve as a backdrop for our local politics. Secondly, the climate proposals of the federal political parties are inadequate responses to climate change, so we need local policies to help spur national change. The research and conversation surrounding this movement patches up these gaps."

Permeate aims to hold regular town hall events every six weeks to two months. Future Green New Deal town hall dates will be published on their website.

AWARDS »

MacKimmie and Vet Med win 2019 Mayor's Urban Design Awards

Nikayla Goddard
News Editor

The City of Calgary's 2019 Mayor's Urban Design Awards were kind to the University of Calgary, with the MacKimmie Complex and Professional Facilities Building Redevelopment Project winning the Green City award and the Veterinary Medicine Clinical Skills Building Expansion receiving an honourable mention for City Edge Development.

The nominations are not put forth by individual proprietors like the U of C, but are selected by the third party Urban Design Committee that sorts through their building permit inventory to select eligible work. A total of 98 submissions across 12 categories were judged to weed out the best architecture and public spaces that have been constructed in the past year within the city limits.

Associate Vice-President Facilities Development Boris Dragicevic remarked that he is extremely "honoured and proud" of both of the awards granted to the U of C, especially given that they are selected for nominations by the Urban Design Committee and therefore are "acknowledgments of our effort."

He added, "MacKimmie is characteristic of the buildings that are leading the way of future Green City developments."

The funds for the Vet Med building expansion came from the federal government's Post-Secondary Institutions Strategic Investment Fund (SIF). According to the Government of Canada Website, SIF provides up to \$2 billion for infrastructure projects at post-secondary institutions to enhance and modernize research and commercialization facilities, as well as industry-relevant training facilities at colleges and poly-

technic institutions in Canada.

The MacKimmie Expansion Project began in April of 2016 with the Alberta government announcing initial design and planning, followed by the province announcing in March 2017 that they would give about \$270 million over four years to the project.

A UCalgary news article from May of 2016 says that the "original MacKimmie Block was completed in 1963 and housed the Registrar's office, communications and media services, and seminar rooms used by continuing education. [...] The MacKimmie Tower, along with the link to the block, was completed in 1972. The complex housed the university's main library collection until 2009 when the Taylor Family Digital Library opened."

Stantec Consulting Ltd. was the architect for the Vet Med building and DIALOG for the MacKimmie Complex.

I needed to connect with my community

Valerie Fox
Cree Metis from Imperial Mills, Alberta
International Indigenous Studies student

UNIVERSITY OF CALGARY

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NOVEMBER 2019



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PREVIEW »

CUFF.Docs showcases overlooked documentaries



CUFF.Docs will run from Nov. 27–Dec. 1 at the Globe Cinema.

courtesy CALGARY UNDERGROUND FILM FESTIVAL

Troy Hasselman
Arts & Culture Editor

Since its beginnings in 2003, Calgary Underground Film Festival (CUFF) has been an annual mainstay, attracting both ardent cinephiles and curiosity seekers every year to its festival in April that showcases innovative, unique and often overlooked films that you wouldn't find at other festivals.

"I think with the changing distribution landscape we changed a bit over our history too in terms of what we do," CUFF lead programmer Brennan Tilley says. "There aren't that many things that are entirely underground films anymore. What used to be films that were found nowhere are found through various services. We still focus very much on things that push boundaries, things that defy convention and form content and style. As well, we are still considered Western Canada's largest genre film festival."

The festival keeps a broad definition of what constitutes a documentary and has included docudramas and mockumentaries in the past. This year will focus specifically on documentaries, not be-

cause of any policy change but just because of the quality of documentaries that were released this year.

"This year is focusing solely on the documentary," Tilley says. "We have played around with mockumentaries and docu-dramas, but we're finding so many great documentaries that don't fit into our April festival, whether it be through number of slots available or through release timing. We launched this separate festival while still keeping documentaries in our main festival and still following that model of defying convention, form, model or style, pushing boundaries, playing with the form, having interesting topics and that kind of stuff."

The festival will open with a screening of Ben Berman's *The Amazing Johnathan*, a documentary made about the final tour of a dying magician. Tilley says this film will set the tone for the festival.

"I think it is the perfect example of what we look for at CUFF.Docs," Tilley says. "The opening film sets the tone so it's something we take seriously. I saw this film at Sundance this year and was blown away by what it did. It's a first-time feature filmmaker, first time docu-

mentarian. Ben Berman who has done a bunch of comedic shorts and worked with Tim & Eric and Eric Andre and other alternative comedians. I'd known him from some of his work there and had heard this was going to be a documentary full of twists and surprises and I'd say this is certainly the case."

Alberta filmmakers will as well be showcased in the festival, with highlights including a documentary following a day-in-the-life of a rural Alberta theatre community and an Albertan-made documentary about a marathon in Afghanistan.

"We really try and have a role in supporting the local industry," Tilley says. "We have table reads at our main festival, we have various production roles on helping feature films. We do everything we can to help support local film. In this festival we want to highlight *Rosebud, Alberta*, a short documentary about life in Rosebud, Alberta, best known for their theatre productions. It's a day of life in the town. We also have a film about sports competitions for seniors and the dedication they have to performing these various competitions. The feature, *The Secret Marathon* is from an Alberta film-

maker and marathon runner."

Along with the films there are some aspects of the festival that will highlight the film-watching experience including podcasts and videos of live feeds from around the world that will screen at the festival.

"Programming-wise we always look for different things," Tilley says. "Some of the initiatives we play with at CUFF.Docs comes into our pre-show and lobby. We've been doing podcasts for a few years and we're working on that again this year, pretty tailored to different films as well as some of the onscreen content as well. This year we're working on some other live feeds but I'm not sure if they'll come to fruition. Last year there were people that watched the live feed of the giraffe being born, you can access CCTV in certain urban centres, there will be live streaming Twitch stuff. What I'd call a new initiative is our real life watching pre-show style programming that will enhance the feeling of going to the festival."

Other highlights of the festival include a documentary shorts package, which will include a documentary about noted skiing filmmaker Warren Miller. The package will also

include the documentary *Markie in Milwaukee* which tells the story of a 46-year-old fundamentalist preacher who comes out as transgender, goes through a transition and detransitions 10 years later.

"We have a documentary short package at CUFF.Docs this year so that's something I'm really excited for," Tilley says. "I think having *Ski Bums* is going to be one that's really exciting to see in Calgary. I saw that one at the Slamdance Festival in Utah. There are so many people here that remember the Warren Miller Ski film tours—that's going to be really exciting to watch that with a Calgary audience. *Markie in Milwaukee* is about a fundamentalist preacher in Milwaukee who comes out as transgender at 46 and ends up detransitioning 10 years later and following through her that whole process and it raises a lot of questions about what identity means and questions that and being true to one's self. That's one that stands out to me in handling a topic in a way I haven't seen before."

CUFF.Docs will take place from Nov. 27–Dec. 1 at the Globe Cinema. For information about tickets and to see a full schedule for the festival visit calgaryundergroundfilm.org.

THEATRE »

The Vagina Monologues celebrates womanhood



The Vagina Monologues were performed on Nov. 7 at the University Theatre.

courtesy NANAKO FURUYAMA

Nikayla Goddard
News Editor

The University of Calgary's seventh annual production of *The Vagina Monologues* celebrates the sexuality and strength of all women. Presented by the Women's Resource Centre and Werklund School of Education on Nov. 7 at the University Theatre, this year's production — in a similar fashion to all previous iterations — was met with great success and rave reviews from the audience.

The Vagina Monologues is a play written in 1996 by Eve Ensler, founder of the anti-violence against women activist movement and non-profit V-Day, based off of over 200 interviews she had with women. Conversations and questions surrounding their love life, sexuality, their relationship to and knowledge of their body, as well as experiences they had with discovering their sexual orientation, sexism, abuse, rape and many other hard-to-speak-about topics. The primary aim of *The Vagina Monologues* is to dispel myths and stereotypes and lighten insecurities women have around their bodies and place in the world.

Director Shannon Jones has

been involved as a cast member since the start of U of C's productions seven years ago, transitioning last year to the assistant director position, and this year to the director position.

Jones says one of the main ways they make this play inviting for everyday women to participate in is by making it a reader's theatre, that is the actresses have cards with their lines and they aren't required to memorize their parts.

"I think because of the way that the stories are told, you kind of forget it's a reader's theatre," Jones explains. "You see the women who were just so amazing at embodying the characters at the monologues that it's not distracting for them to have their lines there."

Overall, Jones is pleased about this year's performance and the impact it had on both the cast members and the audience.

"I was so happy. I was really emotional, actually, about how amazing the cast was and how well received it was by the audience. I was thrilled," she says.

She continues to recollect how there was one woman this year who had said the word vagina maybe only two times before in all of her life. De-stigmatizing the

word is one of the major breakthroughs the actresses have while participating in the play, and it's an important one, she says.

Shirley Steinberg, a research professor in the Werklund School of Education, directed *The Vagina Monologues* for the previous six years before moving this year to being the consultant. Steinberg's scope for the U of C's production reveals that the monologues have both changed and stayed the same.

"The problem is that everything that was said 25 years ago has still not been addressed," she said. "It's just not changed... the reality is the gender difference in our world is still pretty much the same as it always has been. There's this tragic notion of a powerful group of women saying 'we have got to make a change'."

"It changes every year," she continued. "There's been different [...] incarnations. We take it upon ourselves to use the original script and certain monologues that will never change, but we do add in a few of our own as part of our work."

Over the years, different stories have been added, including monologues about domestic abuse, refugee women, specifically Ro-

hingyan women, and trans women. This year a monologue on women's scent was also added to address the pharmaceutical industry's obsession with making women smell different. A clothesline of red dresses were also added above the stage to acknowledge Canada's missing and murdered Indigenous women. The play opened with land acknowledgements and closed with the Strong Women's song led by Indigenous and Métis women.

"The show is not sad, it's not happy, it's very funny and very potent in the tragic sequences," Steinberg adds.

She also explained how the diversity of the women involved was phenomenal - diversity is their biggest strength, and "they just create an organism that is so vibrant and genius." This year was also the smallest cast they have had, just over 20 members, "but they were dynamic and mighty," she praises.

Program assistant at the Women's Resource Centre Di Honorio was the stage manager for this year. She first participated in *The Vagina Monologues* five years ago, and it was how she discovered the Women's Resource Centre and everything they had to offer.

Honorio remarked that the women this year were amazing to

work with.

"Our cast did well and I'm really proud of everyone," she says.

Honorio also agrees with Steinberg's sentiment that the monologues are still relevant. "Five years ago, today, and five years from now..." Honorio continues. "I think these topics that we talk about, their relevance is just... you wonder why things haven't changed, but then you're also thankful for the progress that has been made. With plays like *The Vagina Monologues*, I think if we can start that conversation, continue it and then make a change, that's what we hope by putting that on. There's going to be so many stories, but there's one that will relate to you... we're putting this show on for a reason, and it's to raise awareness and make a change."

The Women's Resource Centre has many other initiatives and programs beyond putting on *The Vagina Monologues* each year, including volunteer opportunities, peer support, a Women Guiding Women Mentorship and Leadership Training Program, a library with over 1,700 books, journal articles and magazines and an open, welcoming space on the fourth floor of MacEwan Student Centre, in room 482.

THORCHESTRA »

Thorgy Thor teams up with Calgary Philharmonic Orchestra

Britney Le
Contributor

Thorgy Thor and the Thorchestra was no doubt a memorable, side-splitting and unique performance with the Calgary Philharmonic Orchestra. In addition to being a professional drag queen, Thorgy Thor gave a spectacular performance that combined classical pieces with modern music, showcasing her musical talent on violin and cello. I personally found her vibrato amazing. Beginning with some classic Beethoven with an energetic and peppy twist, the concert instantly captivated the audience. Thorgy, bursting with attitude and drama, swept us away with her violin skills. She truly lives up to the title of the "queen of classical music."

Conducting the orchestra was Daniel Bartholomew-Poyser who led the performers with passion and genuine love for the art. Together,

Daniel and Thorgy brought forth a performance like no other. From Tchaikovsky to "Uptown Funk," each piece drew thunderous applause and cheers from the audience, myself included. We laughed, clapped, and even sang "O Canada" together with the orchestra. Throughout the entire concert, Thorgy brought the heat with energy and sass which translated to the audience. By putting a modern twist on classical pieces, Thorgy and the Thorchestra brought two different worlds together.

With support and partnership from Calgary Pride, the show highlighted critical moments in the history of the LGBTQ+ community. Inclusivity was a huge topic throughout the concert. People from all walks of life were in attendance and it was interesting and heartwarming to see so much diversity in the concert hall. Thorgy Thor and the Thorchestra has long since been Thorgy's dream to pull off, and from the turnout

and reaction from the audience that night, I'd say it was a huge success. Having studied violin, cello, and viola in university, Thorgy stunned us all with her beautiful musical ability all while bringing personality and energy to the performance.

Thorgy spiced up the evening with personal stories about herself, laugh-out-loud jokes, spicy drag queen secrets and plenty of hilarious commentary. I was there clapping, laughing, and cheering with the audience around me. It was a totally different experience compared to other orchestral concerts that I've attended but I am so glad that I went to see Thorgy and the Thorchestra. My hands hurt from clapping, my throat is sore from cheering and I wouldn't have it any other way.

To close, the concert was beautifully played by Thorgy and the Calgary Philharmonic Orchestra and brought people together through music and comedy.



Thorgy Thor played with the CPO on Nov. 16.

courtesy GREG MACKAY

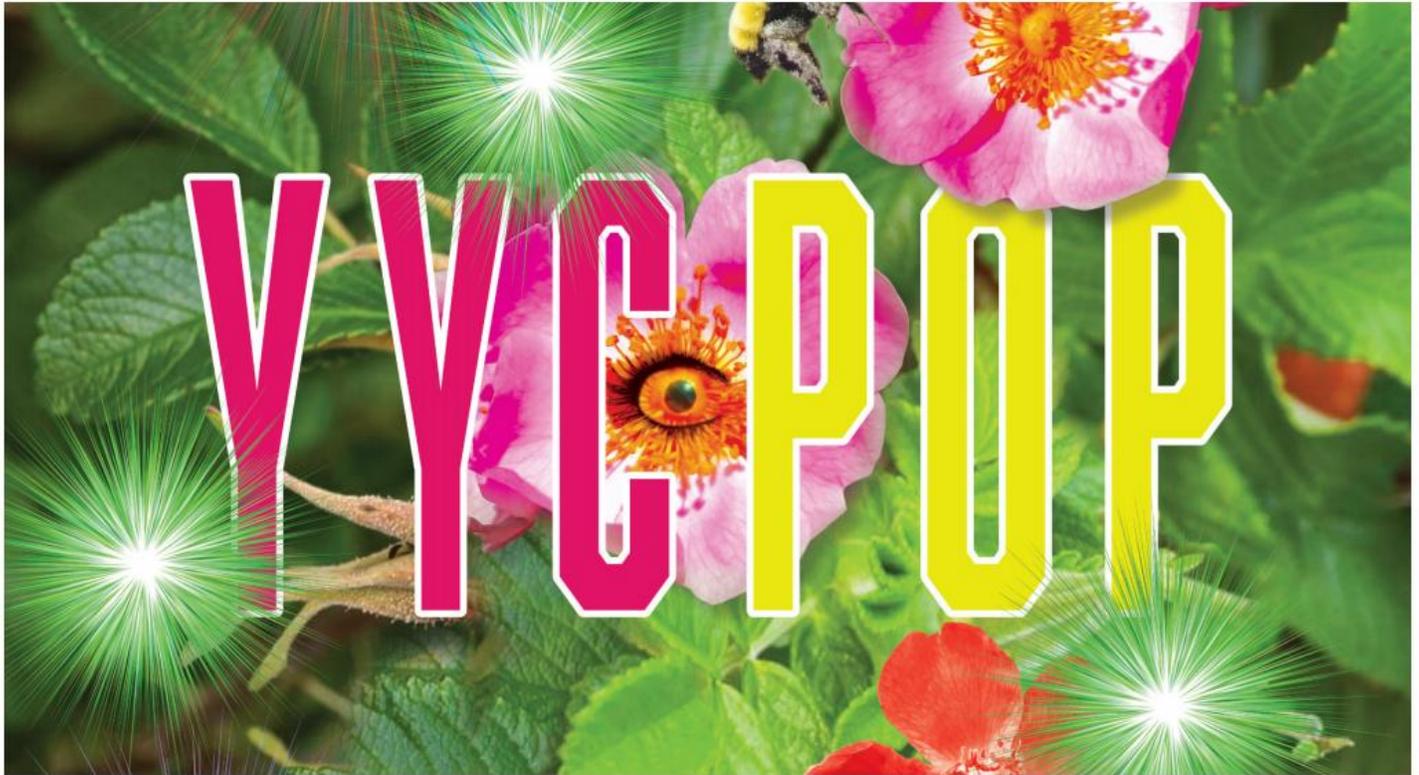
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CONTESTS »

YYC POP: Portraits of People gives Calgary writers a stage



YYCPOP: Portraits of People is a writing contest open to experienced and non-experienced writers who live in, around or have lived in Calgary.

courtesy YYCPOP

Troy Hasselman
Arts & Culture Editor

Writers, both experienced and aspiring, will have a chance to share their take on the city of Calgary with YYCPOP: Portraits of People, a writing contest created by Calgary's poet laureate Sheri-D Wilson. The competition is open to residents of Calgary, the surrounding area and expats and will allow writers to submit a poem, prose piece, snapshot or slash fiction, no more than 50 lines long, about an individual from Calgary or a historical figure that has had an impact on the city, with the catch being that the figure in the story can't be named. The contest is meant to explore the changing identity and shifting nature of our city.

"When I applied to be the poet laureate I submitted this project to them," Wilson says. "The idea came from something I've always wanted to do and I thought it would be a great thing to offer the community. Not only as an opportunity to write but when the pieces get done we get to share them and we have the opportunity to communicate and share ideas and stories which has always been my imperative."

Selected stories will be included in a hardcover anthology from Frontenac House that will be published next year. Those included in the anthology have a chance to partake in readings of their work next April, during National Poetry Month, and some submissions will even have excerpts shown in ads on city buses.

"Someone sends something and I have three people who sit on a jury and choose those poems and there are people editing," Wilson says. "Some of those people, about 80 of them, end up published by Frontenac House and they're in this anthology. Everyone who sends something will be seen on the website. Everyone gets an opportunity to be seen and heard. At the end of April, during National Poetry Month, there will be four readings and everyone will have an opportunity to come and share their work. At the same time there will be quite a number of people who will be chosen to have excerpts of their poems shown on buses."

While Calgary is often stereotyped as a business-oriented city that doesn't value the arts in the same way that cities like Toronto or Montréal do, the contest is meant to show the many different

perspectives that Calgarians have on the city and the diversity of voices within it.

"I can say that the perception of how Calgary is seen and heard nationally has always been one thing," Wilson says. "This book is to address that and to say there's lots of voices here with a lot of interesting stories. It's an opportunity for us to see through the stories, who we are and what are our stories. So far there's a wide, wide range of diverse voices in this book already. The submission are really interesting."

Wilson has seen the arts scene grow dramatically in Calgary during her lifetime, and she is happy about the many young, creative people that live in the city, though she does have concerns about the current state of funding for the arts in our province and the impact that could have on the future of arts in Calgary.

"I was an artist here 50 years ago and I left because there was nothing here, and I came back because I thought there was some really interesting work being done here and I felt that I could contribute to the overall voice here," Wilson says. "I think that so many people have stayed here

which says a lot about the city and that said, I will comment that the present government has made the biggest slash to arts funding that has ever been made. It's slashed almost in half over four years. I'm really alarmed at that because arts bring a whole lot into the economy. It's so sad because the artists will leave and the young

people will leave because there's no opportunity for them to have a voice."

Submissions will be officially allowed for YYCPOP: Portraits of People until midnight on Nov. 30, though submissions will still be accepted into the next week. For more information about the contest visit sheridwilson.com.



Calgary poet laureate Sheri-D Wilson.

courtesy YYCPOP

BUDGET »

The UCP budget: Our wake-up call

Manahil Hassan
Contributor

There is no doubt that the sweeping news of the UCP budget announced on Oct. 24 is affecting people all over Alberta. The five-year freeze on tuition introduced by the former NDP government is coming to an end as the new UCP budget cuts begin to take their place for the ensuing years. Not only are teachers being affected but post secondary students are bearing the brunt of the new budget cuts. Students like us.

Education is a privilege that many people don't get the advantage to invest in. For many individuals, a good education is a way to chase their dreams and turn their aspirations into reality. For others, it is a way to set themselves up for their future so they can work hard to indulge in the finer things in life. Education is a medium through which many people can get what they want and it is often expensive.

The UCP budget, despite some of its benefits, should be assessed.



The UCP's new budget brings serious cuts to post-secondary education.

courtesy FLICKR

As students, we already have our plates spilling over with the constant influx of assignments due by the end of the week, the midterms that seem to be never-ending and extra-curricular activities we signed up for during clubs week. While trying to get an education, we endeavour to be proactive and think about what graduate school

or jobs we want to pursue. This is simply a never-ending cycle and adding the UCP budget cuts to our worries is quite frankly, sadistic. By the first month of 2020 we have the pure joy of witnessing a rise in our tuition by seven per cent each year and by 10 per cent in individual programs. This means that between first year and fourth year, tu-

ition can rise from 28–40 per cent. Not everyone has the money to pay for this increase and most importantly, no one wants to spend their lives worrying about being buried deep in debt.

Another aspect of the UCP budget we have the pleasure of looking forward to is the increase in interest rates on student loans. Not only

do we have a rise in tuition to anticipate, but low interest loans seem to be a story of the past. Loans will now increase from prime to prime plus one per cent and students paying off \$30,000 in loans over a ten-year period can expect to pay an extra \$15 per month on average as interest. Many people take out loans each year and would have depended on low interest government loans and grants to help pay their way through university. But now, they are burdened by this policy while large corporations get a tax cut.

We can also expect to see up to 300 teachers from the Calgary Board of Education losing their jobs. Teachers, who invest their time in future generations to teach them the basics of what is right and wrong are being disregarded and will lose their jobs.

The UCP budget cuts prove to be a gross disadvantage to the average resident and citizen and we cannot sit by and let this happen. Is it worth affecting all these people just to avoid raising taxes?

LANGUAGE »

Language education should be promoted early

Cristina Paolozzi
Opinions Editor

Trying to learn another language can be extremely difficult. Not only is there a whole new set of grammar rules to follow and attempt to adhere to, but there is also the ability to speak and carry a conversation outside of your textbook's simple examples. It can be intimidating and challenging to keep up with a new language and it often takes hours of continual daily practice — time that not everyone has to spare. I've been trying to learn French for the past few years, and I feel as though I take one step forward and two steps back. While trying to immerse myself in the language through travel abroad opportunities or through tutoring, I inevitably end up back again in an environment that does not need me to practice or speak my target language. I'll try to do things like switch my phone's language into

French, or set goals for myself on Duolingo, but I will never be using colloquial French in my everyday life, and I will never be exposed to it outside of Franco-Albertan communities or Québec, on a national scale, let alone an international scale.

I definitely feel that we should be exposed to a second language sooner in life. It is shown that learning languages as a child is easier — children absorb more information at that young age including words and their meanings, instead of focusing on grammatical stuff. I know that there are specific schools that offer early immersion and that multilingual education is not that inaccessible to the average person through tutoring services or community programs. However, this education should be expanded to all schools. Adding a second — or even a third or fourth language to someone's repertoire — will not only provide a healthy learning challenge in the

classroom, but also allow for individuals to connect with a unique culture and experience new perspectives. Trying to learn a new language as an adult is tedious and requires patience and time. By ensuring that language is taught more broadly in schools across our communities, we are proactively broadening an individual's horizons, as well as giving children access to new languages outside of the ones they may already know.

It is also beneficial to start learning languages as soon as possible, as it helps with the inevitable job search we'll all fall victim to one way or another. Being able to put on your résumé that you have fluency in a completely different language allows you to connect with new and different groups of people and also gives you a competitive edge when sitting for an interview. I don't mean to let my inner business student peek out, but it's worth noting how something like a second language can help in such a

competitive environment.

While I understand that there are plenty of languages spoken in Canada by many different people, it is important to build bridges between the cultural communities that already exist in Canada by making language education more accessible and commonplace. Learning languages holds many benefits, and starting early allows individuals to build their language skills without the commitment it

can sometimes take as an adult. As much of a pain as it is to learn a new language as an adult, I understand its importance to me in my studies and as an individual attempting to understand their place in the world a little better. It only seems fitting to make sure that we bolster the initiative to implement stronger language programs in our schools so that we can create a sustainable and strong culture of language learning.



It is easier to learn a language earlier in life.

MARIAH WILSON

ENVIRONMENT »



Oil and gas is a leading industry in Canada that generates high revenue.

courtesy CRAIG MCCA/BLM ALASKA

Why Canadians should think twice about rejecting the Trans Mountain Pipeline

Serena Sajan
Contributor

The results of the recent elections have stirred up great skepticism over the future of the country. The Liberal Party of Canada has achieved a minority government. Thus, it may decide to form a coalition with another party which will have a significant impact on the decision-making process. The decisions to be made are regarding taxation, salary, healthcare, education and most importantly, climate change. Climate change has been one of the most heated topics during the election – the greatest concern regarding climate change being the future of the Trans Mountain expansion project. During the election, the Green Party and the NDP strongly expressed that they are against the Trans Mountain pipeline, but the Liberals did not explicitly reject the expansion. That is not surprising, as they purchased the entities controlling the existing Trans Mountain Pipeline, the expansion project and related assets for \$4.4 billion on Aug. 31, 2018.

Environmentalists may disagree, but the expansion project is not all bad. The environmental impacts are controversial, but it is important to know both sides of the story to take a stand. Currently, the oil and gas industry transports oil and bitumen through a network of systems, including pipelines, rail, marine and trucks. The risk of spillage due to the tra-

ditional networks is much higher than the transport of oil through the new pipelines. According to Enbridge, pipelines create 61–77 per cent less greenhouse gas emissions than rail. However, it is also true that pursuing the expansion project will not allow Canada to meet its target of lowering its total greenhouse gas emissions. Regardless of the decision on the Trans Mountain pipeline, Canada will suffer. Oil and gas is a leading industry in Canada which generates high revenues. The prairie provinces and British Columbia are the primary leaders in oil and gas production and as a result, they require the least amount of monetary aid from the federal government. Newfoundland and Labrador, Ontario, Saskatchewan, Alberta and British Columbia did not receive equalization payments for 2019–20. In other words, the resource-rich provinces are the breadwinners of Canada. But what is amusing is that the receivers of equalization payments are against oil and gas. For example, Quebec who collects billions of dollars from Alberta and around 44 per cent of its oil, is anti-oil and gas. If oil and gas no longer existed, how would they get equalization payments.

Another concern is that Canada has been struggling for some time to get its natural resources to global markets, which is a driving factor of building a pipeline through British Columbia. The construction of pipelines through the U.S. – TransCanada Corp’s

Keystone XL and Enbridge Inc.’s Line 3 expansion – are also facing obstacles. Furthermore, the controversy around the expansion project may prevent Canada from adding pipeline capacity on its own land, which would send a pessimistic signal to investors expressing that it has become more difficult to develop resources in Canada. Consequently, there will be decreased investments into the country. Without the pipelines, Canada may lose its competitiveness internationally and its economy would be negatively affected.

In the Leaders’ Debate, Justin Trudeau expressed that the revenue generated from the expansion project will contribute to investments in renewable energy and aid in the fight against the climate crisis. This is not an ambitious claim as it is possible to keep an industry that drives our cars and warms our homes while striving to move towards a greener society. However, there is a cost to everything. Currently, the Government of Canada is billions of dollars in debt, therefore it seems highly unlikely that the oil and gas industry will be abandoned overnight. New zero-emission technology also requires millions of dollars to implement and that funding is currently nonexistent. Undoubtedly, the future of Alberta and climate change are conflicting interests. Although neither should be compromised, it is hard to ignore that ultimately, Canada needs oil and gas – it needs the Trans Mountain Pipeline.

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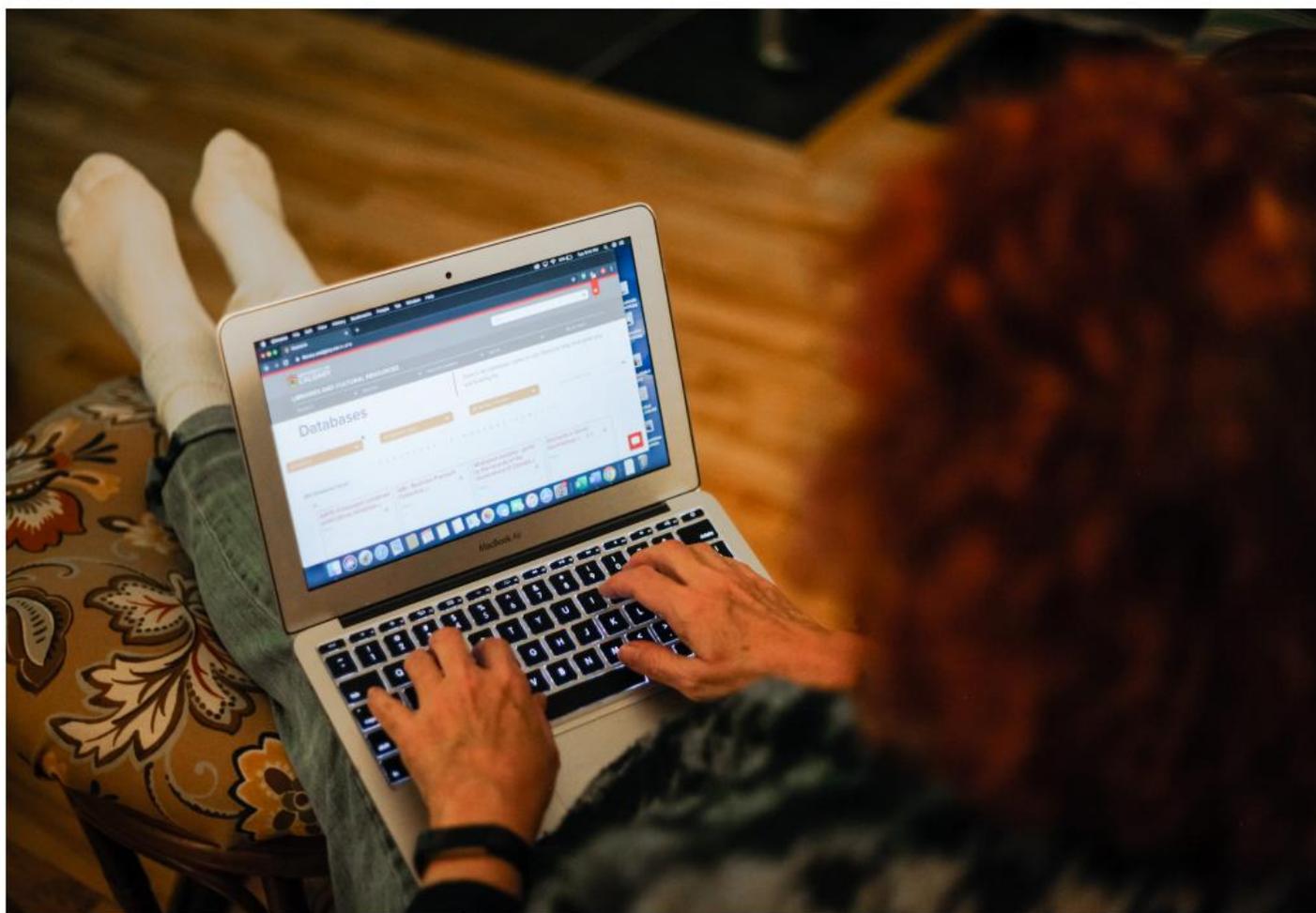
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EDUCATION »



Science publications are often used to measure productivity.

MARIAH WILSON

Publish or perish: A scientific crisis of faith

Ishita Moghe
Contributor

Most scientists begin their careers with an earnest curiosity and desire to find answers to their questions. They quickly find, however, that the way to prove their ability is through publications, seen almost as a form of currency or prestige points. A larger number of publications in high impact journals will help you win more funding, gain admission to more selective programs and in later years help you secure a faculty position. In many science programs, it seems as though students are working to publish as many review articles, research papers, and editorials as possible to fill up precious space on their cvs. At this point we must ask ourselves: Are we conducting our science from a place of genuine curiosity, the way we started out? Or are we trying to churn out results for career points?

In addition to the pressure placed on scientists to continually generate manuscripts, there is also a pressure to produce positive results. Publica-

tion bias is a well-established phenomenon that discourages submission of studies with null hypotheses — like “failed” experiments — while studies with novel, statistically significant results are much more likely to be accepted for publication. Interestingly, non-statistically significant studies tend to have more revisions made prior to publication, usually involving a principal result being modified.

In the face of publication bias from scientific journals, it should be no surprise that researchers biased interpretation often plays a role in irreproducible studies and exaggerated claims. A practice termed HARKING, or hypothesizing after the results are known, can turn failed experiments into successful ones. HARKING can involve cherry-picking data and scientific questions to assemble the ideal data-set-and-hypothesis pair for a positive, significant study. Similarly, P-hacking involves trying out multiple analysis methods after collecting data but only reporting the significant ones even for false hypotheses. This can essentially allow a researcher to

construct any result they want. A satirical 2011 paper published findings that listening to a song about being older, “When I’m Sixty-Four” by The Beatles, actually made people 18 months younger. These results used completely legitimate experimental, statistical and reporting methods, illustrating how easy it is to produce false positive results and how dangerous these methods can be when applied to impactful research.

A large scale survey by Nature found that 52 per cent out of 1,500 multi-disciplinary scientists agreed that there was a reproducibility crisis. Other findings from the survey included 72 per cent of scientists failing to reproduce another scientist’s experiment, and over 50 per cent failing to reproduce results from their own study. Of course, poor reproducibility doesn’t immediately invalidate years of work — independent confounding variables, methodological differences and the specific bounds of positively-reproduced data can all affect if a study is truly reproducible or not. The bigger question is how ac-

curately the publications in major journals represent the current scientific landscape.

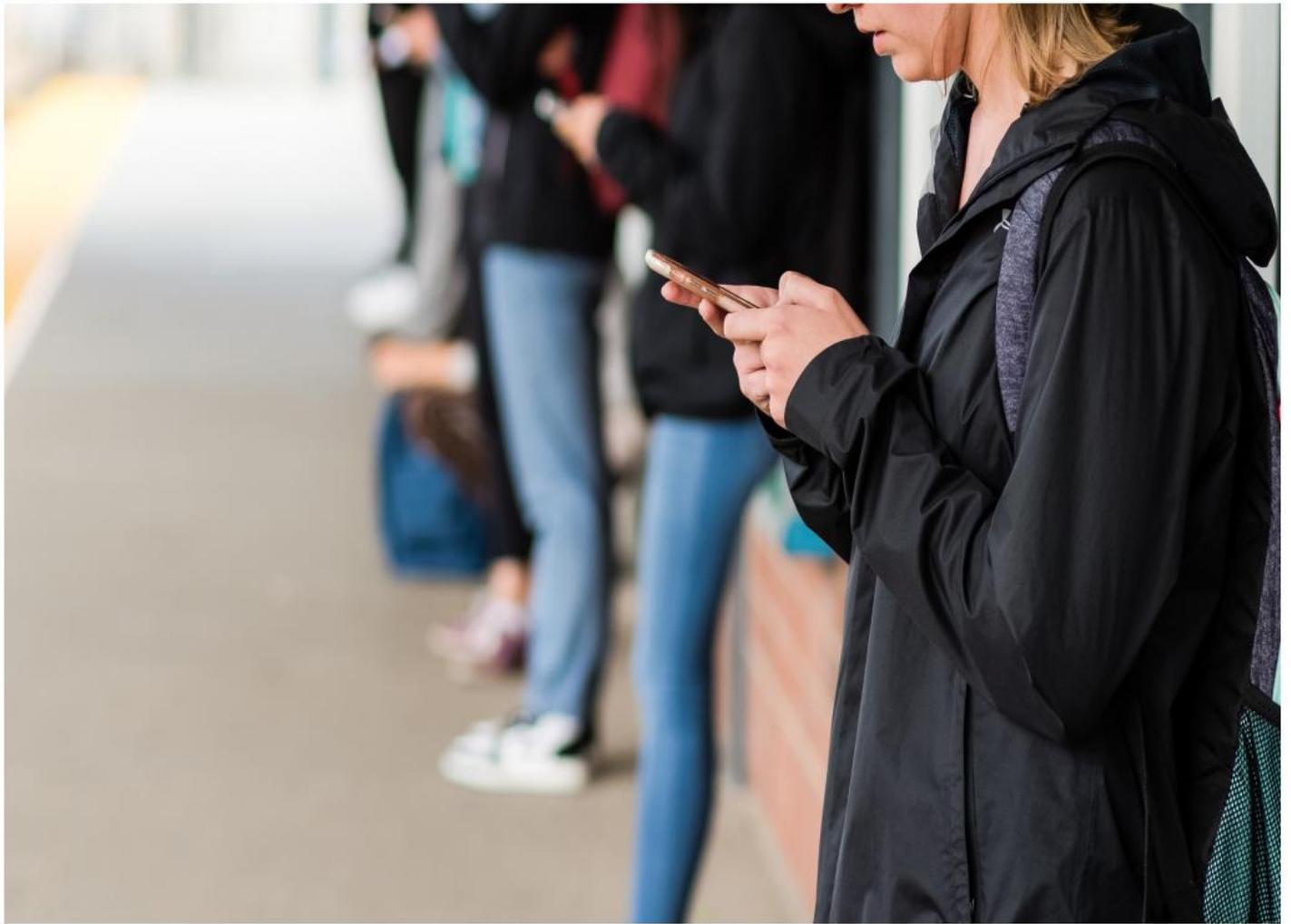
It has been verified several times that it is harder to publish negative results and replications. Adding to the low incentive to publish replication studies, journals may even push to downplay differences with the original study in failed replications. This system promotes the temptation to simply not submit unsuccessful experiments or change original hypothesis to better fit your results. Within the past decade, findings have been retracted from high-impact journals due to fabricated results. Most cases of academic fraud developed from a desire to be competitive for funding and promotion.

The competitiveness and available funding in a field affects trustworthiness in scientific publication, which goes to show that false claims, from sensationalized titles to fully fabricated experiments, are being submitted to further academic careers. While the intention behind this may not be malicious, lower quality scientific publications

lead to decreased public trust in science. But with publications being used as a measure for productivity and competence, scientists are incentivized to continue producing manuscripts at an unsustainable rate.

Not only is time and money being wasted on flawed research and publication, falsified findings are hugely detrimental to drug discovery, application and clinical trials. The current global standard of using publications as a proxy of scientific ability is an undoubtedly flawed system, but the solution for it is still unclear. Some suggestions include the use of standardized reproducible methods, encouraging journals to publish null and replicated findings, and rewarding researchers for credible studies. The most critical aspect is changing the mentality of publications as a correlate for ability. A greater emphasis on quality over quantity will help increase public trust in scientific findings, and benefit science overall as researchers are able to shift their focus to pursuing curiosities rather than sustaining careers.

COMMUNICATION »



Hesam Rezaei

Many Canadians have been experiencing an increase in scam callers.

Hung up: Canada's surge in scam calls leaves Canadians frustrated

Carlie Vassos
Contributor

If you have gotten a number of calls claiming to be from the Canadian Federal Government recently, you're not the only one. In recent months there has been a surge of telephone scammers under the guise of legitimate phone numbers and caller ID names claiming to be the CRA or Immigration, Refugees and Citizenship Canada. Although many Canadians are aware of the signs of a scammer — such as those automated messages asking for your social insurance number — there are still many who are tricked by these scam artists. Since 2014, the Canadian Anti-Fraud Centre has gotten around 78,472 reports from across Canada of scammers pretending to represent legitimate government departments, law courts and agencies. Between last year and this year alone, over \$7,420,620 has

been scammed out of Canadians in the CRA spoofing scam.

Why are Canadians falling for these scams? Other than a lack of precautionary awareness in most cases, the primary reason is the development of technology used by scammers and the lack of implemented technology by our telecom companies. Although you may say that you would never fall for a phone scam, the numbers show that quite a large number of people have. You may think you would never give your information to a stranger over the phone, but the calls are getting more convincing and sounding more "legitimate" with technology. Aside from scam artists now using legitimate phone numbers to reel you in, some scammers now use using old landline phone technology to scam bank customers out of their money. For instance, a recent example in Toronto saw a couple lose around \$33,000 of their savings.

In this particular case, the victim received a landline call from their bank, with the "employee" reporting that there had been fraudulent activity on the individual's bank card. The individual was then told to call the number on the back of the card to sort out the situation, however, the scammer did not hang up and stayed on the line. The victim, thinking they were calling the bank, heard fake ringing and that's when the scam started. Although calls are terminated on cell phones if one hangs up, that's not the case with landlines.

Although scammers are getting more clever, most of the time people notice the red flags and hang up immediately. However, with people receiving a high increase of calls with seemingly recognizable caller ID, people have become more paranoid and concerned. So why aren't our telecom companies doing more to block these calls?

The Canadian Radio-television

and Telecommunications Commission (CRTC) has given the telecom industry until Dec. 19 to have systems that block or filter out the majority of illegal phone calls, but it has also told service providers that they'll have to take more action. The CRTC wants carriers to put in place a system that can trace the origin of spam calls. As well, many service providers such as Rogers state that most smartphones have features for blocking unwanted calls, many are just unaware of it. For example, the recent iOS 13 iPhone update for Apple users has the "Silence Unknown Callers" feature. However, this feature is turned off by default as not every number outside your contact list is spam.

Although one should question why telecom industries are becoming more interested in implementing anti-scam caller technology, it cannot be overlooked that spoofing is an especially difficult type

of unwanted call. This is because there can be legitimate reasons for altering a caller's ID such as a doctor calling to discuss a patient's results. A medical professional may want the hospital's general call back number to be displayed in the caller ID for future inquiries.

While it may cause people great annoyance and frustration to personally block call after call, an influx of scam callers is to be expected in an age where smartphones have taken over landlines. Unlike landlines, cell phones use voice-over IP (VoIP), in which phone calls are made using the internet instead of a traditional telephone line. So until the scam surge calms down, the best solution to mitigate unwanted callers is to do research on the federal departments, agencies and courts whose numbers are being spoofed, and to be aware of the red flags of unwanted callers. The next time an uncertain caller pops up on your phone, just hang up.

SUPPORTING MENTAL HEALTH»

How to show support for struggling loved ones

Lauren Olson
Contributor

I trust that the universe puts me exactly where I need to be, as always. I find myself snickering — on the inside — at the appropriateness of me writing this article. I've always been the friend who does all the counselling: the shoulder to cry on, the wise old owl, the sharer of wisdom and emotional support beam for all my friends.

Then, the first day of reading week — a week I had legit plans to crush all my papers and school work and truly be productive — my relationship ended and I found myself reeling. My whole life flipped on its head. Eating was off the table, and getting out of bed and drinking water suddenly was a victory of substantial proportion. I found myself being overcome with anxiety that made it hard to breathe, and experienced physical grief I'd never faced before. Sitting on the floor taking off an engagement ring I'd been wearing for over two years, wondering what was going to happen now became the unfortunate focus of the whole week, unfortunately.

Suddenly, I was the friend who was struggling emotionally. Big time. But this isn't a story about me. The reason I share my current state of affairs is because I've been struggling worse than I have in a very long time and I've been the recipient of some incredible support from friends and family. Getting to share some of the things the amazing people in my life have been doing for me to help me through the last week is a pretty stellar opportunity. Take notes, everyone.

Don't freak out:

When your friend or family member comes to you with something they're struggling with, please stay calm. When a person is in turmoil, the last thing they need is somebody else encouraging those negative feelings. Be there, hear them out and resist the urge to amplify the situation.

Listen:

I find that people tend to want to take other people's distress as opportunities to boost their own self worth by making the situation about them. Don't do that. It can be hard because we all want to help and we think that helping



Life can be hard and we all fall down — showing support in the ways that are helpful can make all the difference to your loved ones.

DEBBIE WILSON

is finding a solution or agreeing with all the things that are wrong. But honestly, what's truly helpful is often just letting the person know you're there for them. Listen to understand, not to respond.

Talk to the person without colluding and without judgement:

During conversations with someone who is struggling, I think it's crucial that it remains a judgement-free zone. It's also important to not collude with a person's misery. Collusion, for anyone who doesn't know, is when you agree with a person's victim story. It's when someone is saying they are helpless to a situation and you sit there and agree with them. How is that helpful? It sounds good, because we all like to be right and sometimes a person isn't ready for the "look for the bright side" speech, but resist the temptation to agree with someone about how bad things are.

Don't expect anything from the person who is struggling:

This point ties into the previous one. No matter how great a person you are, there's still a part of you who wants some validation for how helpful you were. Again, when someone is on the struggle bus, they have a limited capacity. If a person is having a hard time taking care of their basic needs, having a friend who is looking for validation — even if it's just energetically — is exhausting, stressful and the exact opposite of helpful. If you've made plans with them and they have to cancel, do not get mad. If the person doesn't respond to your text, understand that sometimes sending a text really is just too hard. Once again, this isn't about you.

Ask the person what you can do:

Rather than assuming anything, just ask! Ask if the person wants to be around other people or if they'd rather be alone. There will be phases of a person's struggle and you never know where the person is at unless you ask them. Also, on that note, don't force

anyone to talk about their struggles. People will say what they're comfortable saying when they're ready. In cases of extreme mental health struggles, use discretion. Sometimes leaving someone alone isn't safe.

Offer help in non-pressure ways:

This item on the list is inspired by some of my amazing friends. Send a text in the morning just to remind your friend that they are amazing and loved. Bring over some pre-made food so they don't have to cook but maybe then they'll actually eat. Text your friend or family member little reminders in the day to drink some water or to go for a walk. Offer to spend time with them if they want and do something chill and distracting. Disney night, anyone? I can't say how much it meant to have friends check in on me in these ways this last week. A simple text asking me if I'd eaten anything that day was more than just the content, but a reminder that people are there for me if I

needed them. Sometimes that's all the nudge a person needs to take those small steps towards healing.

I think the biggest thing to keep in mind when you have a friend or family member who is struggling is to be aware of them, keep an eye on them, but give them the space they need to work through whatever it is. You can only offer or do so much and the rest is up to the person. Of course there are varying degrees of struggle and it always depends on the person how much intervention is necessary. Somebody's safety is obviously paramount and some common sense is required to gauge situations appropriately. For the average situation, be there and understand that emotional struggle is often invisible, private and isolating so those gestures of thought and support go a really long way to encouraging someone to open up and be honest. Love each other through it, guys. We go through rough times. We all fall down. Supporting those in need benefits us all.

HOLIDAY GIFT IDEAS»

10 gift ideas for all kinds on your Christmas list

Mariah Wilson
Photo Editor

With Christmas around the corner, it's easy to leave shopping until the last minute as you deal with each impending final assignment and exam for the semester. To make life easier for you, we've compiled some gift ideas for each person on your list so that shopping can be as hassle-free as possible this season.

For the outdoorsy person:

A good sturdy backpack is essential for any adventurer, and our go-to is the Kånken backpack by Fjällräven. With their new store on 17th Avenue, you can pick out the size and colour in-person and save yourself the shipping costs of ordering online.

For the book lover:

The holiday season is the perfect time to cozy up with a good book, a nice cup of cocoa and watch the picturesque snow fall. The bibliophile on your list will thank you when you add to their pile of books by gifting them with a copy of *The Hate U Give* (Young Adult, fiction), *The Subtle Art*

of *Not Giving a F*ck* (Advice, non-fiction), *Where the Crawdads Sing* (fiction) or *Me, Elton John* (Autobiography, non-fiction).

For the crafty knitting hobbyist:

The weird and wonderful world of knitting is an overwhelming tangle of textures, colours and creations — and Stash has got you covered. Any knitters on your list can head down to Stash's Inglewood location to create a wish list of all of the yarn and supplies that their heart desires. Then, you can select items to buy off that wish list like a registry — how easy is that?

For the coffee fiend:

Calgary is home to a ton of local coffee shops that sell roasted blends of their in-house coffees for you to take home. Whether it's the Tall Timber blend from the Calgary Heritage Roasting Company or the Godfather Espresso from Analog's signature coffee line — you'll find something for the die-hard coffee drinker on your list.

For the wellness aficionado:

At Saje, you can pick-up the 12



MARIAH WILSON

YYC offers a plethora of gifts for all walks of life.

Nights of Wellness Advent Calendar for the wellness seeker on your list who really just wants a good night's sleep — and can you blame them? If this isn't quite their style, you can grab other sleep-related essential oil sets that include diffusers, sleep masks and bath salts that are tailored to more specific preferences.

For the music lover:

Now that vinyls are back in, there's a ton of record shops around the city where you can find new and used vinyl, like Blackbyrd Myozik (17th Avenue), Hot Wax Records (Kensing-

ton) and Recordland (Inglewood), to name a few. You can go for a newer album like *When We All Fall Asleep, Where Do We Go?* (Billie Eilish) or classics like *Rumors* (Fleetwood Mac) or *Abbey Road* (The Beatles).

For the sports fan (a.k.a. armchair athletes):

While this may not be directly sport-related, it's the perfect gift for the armchair athletes that want to sit back and enjoy their sports game from the comfort of their homes — a popcorn maker. The sound of popping kernels and the

smell of popcorn seasoning will become just as much of a tradition as hearing the "Hockey Night in Canada" theme song.

For the foodie

Food lovers that don't shy away from advancing their palette with new spices and ingredients will find their haven at The Silk Road in Inglewood. From essential spice sets and a botanical gin kit to Vietnamese cinnamon and Aleppo peppers, you'll have all of the ingredients you need to make the perfect gift basket for your food connoisseur.

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SPORTS »

WOMEN'S SOCCER »

Dinos women's soccer wraps up roller-coaster season

Kristy Koehler
Editor-in-Chief

The Dinos women's soccer team had an incredible year that included a Canada West gold medal and a trip to the U Sports National Championships. Despite coming up short in a 0–1 loss to the University of British Columbia Thunderbirds in the championship game, the Dinos have plenty to be proud of.

On Nov. 2, in exactly the reverse of the national championship's fortunes, the Dinos captured their second-ever Canada West title in program history, besting the Thunderbirds 1–0.

The emotional roller-coaster of a big win and then a big loss in such a short period of time took a toll on the women, but they remain confident and proud of the program's achievements.

"It's still pretty fresh," said Amy Mikuska. "I personally at the moment still feel like we lost the championship — not like we won the silver. Looking at next season, we've been to a national final. We know how hard it is to get there and what it takes to get there. But this year was a huge accomplishment."

Montana Leonard, whose hat-trick in the semi-finals sent the Dinos into the championship game, is keeping positive.

"We finished second in the country and that's amazing," she said. "At first, it's hard to think about those things when a hard loss has just come. We still have to remember that we did a great thing this year."

"Canada West felt amazing. It was the first time in my career here that we'd won something big. I'm so excited to see the banner in the gym and know that it was our team responsible for that."

Mikuska echoed that sentiment. "It's always great to be a part of that legacy," she said. "Last year and this year were two big seasons for us and it will always be good to have your name as part of those record seasons."

What's most disappointing for the women, according to Leonard, is the fact that the win was so attainable. The Thunderbirds lone, game-winning goal wasn't a spectacular one, according to Leonard, but one that she said the team should have seen coming.

"We were a bit tired and we kind of expected that we could win it," she said. "We wanted it so bad that maybe we over thought it."

Fatigue impacted the team last season too, partly due to the tight turnaround time between Canada

West and the U Sports National Championships. Leonard says that, though they were better equipped this year to deal with it as a result of prior experience, it still played a role.

"Last year, we beat UBC in the semi-final to qualify for nationals and to go to the CanWest Final and we were down a man because we had gotten a red card. Emotionally, physically and mentally I know I was drained," said Leonard. "We played the next day in the final and I honestly was so exhausted in the game that it was so difficult. Then we got to nationals and still it's such a quick transition — we only had a day at home in between the two tournaments. This year, I think we felt more confident going into the final. I wasn't as mentally fatigued so I think that was a big difference — we hadn't spent so much emotion on the game before. Going into nationals we were more confident — we had actually won something before getting to the finals."

Head coach Troye Flannery says there's not much to be done about the scheduling.

"I'm still exhausted and I didn't play any of the games," he laughed. "The turnaround from Canada West to nationals is huge. You get home, you go again. Especially if you have that emotional high of winning Canada West."

"There's very little we can do differently with respect to that turnaround time. You just have to convince yourself that you feel great, refreshed and energized."

Flannery lauded strength and conditioning coach Olivia Mohtadi for keeping the women in the best shape possible in the transition. She'll also be crucial next year. If the Dinos are in the same situation — which Flannery expects to be — the finals will be hosted in Cape Breton, a far more jet-lag inducing trip than this year's jaunt to Victoria.

Is there anything the team is planning to change next year to secure the win? Leonard says it's all about focus.

"Soccer is really important between the ears — it's not always physical — you have to mentally prepare," said Leonard. "I need to keep focusing on that and find the right mental state — that's our best performance state. Troye always talks about that too. When you can find the right mental state, you can find the best performance state and that's when you play your best game — I don't think we did that the best in the UBC final."

That it was UBC who bested them made the loss sting even more, said Leonard, not only because of the Dinos-Thunderbirds rivalry, but also because she originally hails from Richmond, BC.

"It's harder to play against people you know, because they also know you and it makes you want it more. Losing to them was probably harder than losing to say, an eastern team. My best friend is actually on the UBC team so we didn't talk after the game. But, I think we both understand that it's just soccer and when I go home for Christmas, it'll be fine," she laughed.

Leonard, one of the top scorers in Canada West, was honoured this year as a Second Team All-Canadian, along with Mikuska.

"The best players in Canada get chosen by U Sports. It's a very big honour," said Leonard. "But, I don't think I'd be able to do what I do without my team. Surrounding myself with all the other players is great and Troye is a great coach. I think it's more a team award honestly. I wish we did win the whole thing because it would have felt better."

Having an entire team to lean on, as well as a coach who knew just what to say, lessened the crushing blow of the loss.

"It was hard because we had an undefeated season but I think we just have to hold each other up," said Leonard. "It's hard and there's nothing you can really say to make it better, especially at nationals, but just being there for each other and knowing each player and what they need is the best thing."

Rookie team member Rachel Bar-

low said Leonard is an incredible teammate and a true leader.

"Montana got us all to come together to have a group hug, but we didn't say much," she said.

Mikuska took comfort in Flannery's post-game speech.

"He knows what to say and when to say it, especially after a loss," she said. "He doesn't focus on the loss — he focuses on us and the positives of us as a group and us as individuals. He doesn't dwell on it with us — he gives us something encouraging to think about."

Flannery's team thinks the world of him and that feeling is reciprocated tenfold.

"We didn't get the job done on the final day but these young women are going to do special things in life," he said.

"I couldn't be more proud of them. If anybody has ever spent any time with any of them, they're incredible. It's by far the best group we've had and I'm talking about who they are as people. If you're going to be a student-athlete at the University of Calgary you have to possess good character, you have to be a great student and you've got to be pretty good at your sport. We tick all three of those. Heads held high. I get the fact that this going to hurt a little, but what an incredible season."

Not only are the Dinos an incredible soccer team, but there is tangible proof that they also exemplify what it means to be student-athletes. Eighteen of the team members are

Academic All-Canadians.

"It's really important for me to keep up with my academics," said Mikuska. "Personally, I want to always be an Academic All-Canadian. That's a goal of mine every year."

"I'll boldly suggest we are the number one academic soccer program in the country," said Flannery.

Part of this year's success was due to the team having experience with the pressures faced at the highest levels of varsity sport. The rookie players on the team had all won a national championship in youth soccer before joining the Dinos. They were well aware of what it meant to be under significant stress.

"We had a certain sense of calm through the chaos that is playoffs," said Flannery.

As for next year, there will be very little turnover in the program. Only two players are graduating, as opposed to last year's loss of five.

"You don't replace players at this level — there's so many intangibles. But you retool and we've got some people waiting in the wings to take those opportunities," said Flannery.

Barlow is excited for her opportunity and is looking forward to her next four years with the Dinos.

"As Troye always says, we're climbing a mountain and we just need to keep going and get to the peak and for me, I have four more years to try and win nationals."



courtesy DAVID MOLL

MEN'S SOCCER »



The soccer team had an incredible season, ending in their first national championship tournament.

courtesy DAVID MOLL

Change in mindset responsible for Dinos men's soccer success

Kristy Koehler
Editor-in-Chief

The word historic gets thrown around a lot in sports. But in the case of Dinos men's soccer this season, it's probably the most fitting choice.

The team played in their first national championship in program history. Though they ultimately lost to the York University Lions 3-2 in the consolation semifinal, the result took a back seat to the clear progress of the program.

Defender Dondre Bailey said the success of the season had everything to do with a change in mindset.

"We were tired of losing and not having fun while we were playing," said Bailey. "At the end of the day, we all play the game because we love to play the game. I feel like when we were playing the game to try to impress the coaches a lot of our players didn't have that feeling so we just started to play the game the way we all knew how to play it and just had fun instead of being so stressed out all the time."

Team captain Cristiano De Carvalho echoed that sentiment.

"Halfway through the season was the lowest of the low for us," said De Carvalho. "We lost 5-0 to the University of Alberta, we had back-to-back losses. The morale of the team was really low — people weren't happy."

De Carvalho said the team had a wake-up call and came together to get on the same page with what they wanted to achieve. He said that, while the senior players were the ones to spearhead the meeting, the rookies and sophomore players were on board.

"It was cool to see how the young guys were the ones to say 'We know we can play better than this and we can compete with these teams,'" he said.

Playing for each other and depending on each other quite literally changed the game.

"We brought a mindset of doing it for ourselves," said De Carvalho. "We said in our huddle before games about halfway through the season 'Boys, let's do it for us.' We need to turn this around. And we did. Training sessions were more intense and more passionate and people were more motivated and supported each other. We started believing."

Beating Mount Royal University on Oct. 19, a team they fell 0-5 to in the season opener, cemented their resolve. The win had symbolic meaning beyond simply redemption for an ugly loss. MRU had beaten Trinity Western University — coincidentally by a score of 5-0 — earlier in the season. Trinity Western has always been the team the Dinos struggled with and beating a team who had beaten Trinity gave the Dinos confidence to do the same.

"We did everything differently. We went into the changeroom differently — no loud music playing. When the coaches were talking, we sat down and listened. It was very quiet. I even brought my saint that I never take out of my home — I brought it with me for good luck. Everything was done differently," said De Carvalho.

The Dinos not only beat Trinity Western on Oct. 26, they did so on Trinity's home turf, making the win even sweeter.

"That was for me personally the happiest in a game I've ever been. For me and a lot of the seniors, that game meant the most to us because we'd lost so many times to them," said De Carvalho.

The Dinos qualified for the U

Sports National Championships, ultimately losing both the quarter-final and the consolation semi-final. Still, Bailey is happy with how the team played.

"We all wanted to win, but we actually played some of the best soccer, in my personal opinion, that we've played the whole program," he said. "We got matched up with some very tough opposition playing the first and second best-ranked teams in all of Canada. We gave both of them a game that they probably were not expecting out of us and I personally think, looking at it on a positive side because we did lose, it was a great experience for us younger boys who have a couple of years left in the program."

Second-year player Derek Brust, who scored both of the Dinos' goals in their final game of the tournament, said that having another year playing with the same group of men contributed to his success on the field.

"In soccer, I think it's so important to have chemistry between players and to know what to expect from each other," he said.

Brust hopes to be a leader both on and off the field next year and

take an active role in mentoring the rookies, especially since De Carvalho is graduating this year.

Bailey also intends to step up and lead.

"I hope other people see that characteristic in me," he said. "I'm a very competitive individual and I always want to win so I always try to help my teammates and get the best out of them."

Of his final year, De Carvalho says he's immensely proud of how far the program has come and reiterated that the team's mindset had everything to do with their success.

"It was belief — and character. Our character got us where we are. We came together," he said. "It was very special and something I'll remember forever."

As for next year, he thinks the team is well-positioned for success. So does Bailey.

"I think we have a pretty good opportunity to make a run for winning U Sports and in my personal opinion as a low point, medalling at nationals," said Bailey. "I really think we have the capability to come first though."

WOMEN'S HOCKEY »

Dinos women's hockey shows up to play

David Song
Contributor

In 2018–2019, the Dinos women's hockey team experienced an abysmal season, with an overall record of 5–26–3. Back-to-back wins against the archrival Mount Royal Cougar Cougars in January were a lone bright spot in a season that saw the team drop 20 games to conference opponents. The road was especially tough on the Dinos, who were only able to win a single away game over the course of the year.

Fast forward to the present, and the ship has been righted. The Dinos' record sits at 10–6–0, including four wins away from home ice. They are currently riding a four-game win streak following a sweep of the Cougars last weekend and another sweep of the University of Alberta Pandas at the beginning of November. This recent success has propelled the Dinos into second place in the conference, a mere two points behind the Canada West-leading University of British Columbia Thunderbirds.

Fourth-year forward Sara Craven was candid about the team's improvement between seasons. "We got really sick of losing, so I think that was the main driving factor. We've made little adjustments, we've changed our forecheck, we're way more aggressive now and my line's been finding a lot of suc-

cess. If you're scoring goals, it's pretty hard to lose."

An overhauled offence has paid dividends for the resurgent Dinos, who lost 13 games by a single goal last year. This year, they are scoring at over a goal-per-game pace and the top line of Craven, Delaney Frey and Elizabeth Lang has emerged as a key unit. Lang, a sophomore forward, leads the team in scoring with eight points, while the fourth-year Craven is close behind with six points. The Dinos have depth as well — Frey has notched four points of her own, and six other players have at least three points each.

"Our lines have started to build more chemistry," noted fifth-year captain Paige Michalenko, who has scored four points from her defence position so far. "Being able to get that first goal in the game really lets us start to roll. When some girls step up, it allows everyone to depend on each other."

Last week's home-and-away series with MRU showcased the Dinos' capabilities on both sides of the ice. Michalenko opened the scoring at home on Thursday night, sneaking in from the point to wrist one past Kaitlyn Ross in the first period. Holly Reuther responded to an Anna Purschke goal in the second period with a high-glove snipe of her own, and Frey capped a 2–0–1 rush in the third with a beautiful backhand deke to seal a 3–1 victory

at Father David Bauer Arena.

The following Friday, on Cougar ice, it was defence and goaltending that won the day. Michalenko again opened the scoring, but she and the Dinos blueliners had to withstand a heavy forecheck throughout the game. Despite outshooting Calgary 28–15, the Cougars were unable to solve Kelsey Roberts, who posted her second shut-out of the year to lead the Dinos to a 1–0 win. Roberts, who owns a sparkling L37 GAA and .947 save percentage, has been just as integral to Calgary's success as the revamped offensive system.

"At the end of the day, we have Kelsey back there as our brick wall," Craven spoke of the fourth-year netminder. "This is a goaltender's league through and through, and because Kelsey can stand on her head night in, night out for us, that's huge."

In spite of the Dinos' vastly improved record, there is still room to get better. Head coach Danielle Goyette identified her team's occasional tendency to relax during a game, rather than matching their opponents' competition level on a consistent basis. She had some honest words about the Dinos' performance in the MRU series.

"We can't complain when we win a game, but I think we have to learn to play sixty minutes. [Right now], we go up and down, we have some



The Dinos are playing a much stronger game.

MARIAH WILSON

loss of energy at some point in the game. [The players] are working hard, but now they have to have the confidence to do the right thing at the right time," Goyette says.

The Dinos will finish 2019 with consecutive two-game sets against the Lethbridge Pronghorns and Regina Cougars before opening the new year against the Thunderbirds. Finding a greater level of consistency will be vital as Calgary aims to return to the playoffs for the first time since 2016, back when Russian national team standout Iya

Gavrilova was on the roster. Goyette believes that her players have put in the work and expects more positive results to come.

"A lot of players told me, 'You know what, we're too tired to lose,' she said. 'We [as coaches] change the system, we change the forecheck, but the players can make the biggest difference and they proved it by training harder this summer. And with that confidence, now we can push them to be better. Even if we win games, they know that we can play better.'"

MEN'S CROSS COUNTRY »

Cross country team defends national championship title

Pierre Lechat
Contributor

On Nov. 9, the cross country U Sports National Championships took place in Kingston, Ontario. The Dinos men's team arrived as the defending champions. The team seemed even stronger than last year, as its best members hadn't graduated yet and was reinforced with Matthew Travaglini's recruitment. Additionally, they had just finished crushing their opponents at the Canada West Championships on Oct. 26 in Calgary with a massive collective win. Everything was set to see the national crown come back to Calgary. It was an obsession for the athletes. They trained for it for months, and even the Canada West Championships at home were seen mostly as a dress rehearsal for U Sports. On a windy and muddy 10-kilometre race at the Fort Henry Hill in Kingston, they did what they set out to do. Led by a brilliant Russell Pennock, third in the race, they claimed a back-to-back championship by a huge margin.

The Dinos had no serious threats because of the impressive talent on their team. Paralympic triathlete Ste-

fan Daniel came 12th overall after acing the Canada West Championships.

"Unfortunately it just wasn't my day," explained Daniel. A less than perfect showing from Daniel didn't penalize the team, which could afford a bad day from its conference champion — proof the Dinos were almost unbeatable.

What makes this sport so beautiful is that nothing is predetermined.

"That's just the reality of running. It's so unpredictable and you don't know how people are going to feel on the day, what their fitness level is, and what their race plan is," explained Daniel. Kieran Lumb from the University of British Columbia Thunderbirds was beaten by both Pennock and Daniel at the Canada West Championships but won the U Sports championships easily.

However, the Dinos showed that there was no uncertainty in their expected victory through an exciting race. Pennock dreamed about it for a long time and quickly set the track on fire.

"With a pace that quick, I was expecting the lead group to shrink down to maybe five or 10 men early on in the race, but because of the caliber of athlete who was running, there was

still a very big group even with two kilometres to go," said Travaglini. At the two-kilometre point a runner from the Windsor Lancers made a move and broke apart from the pack but UBC's Lumb was untouchable.

"When Kieran Lumb made his move for the win I tried to go with him, but he was just too strong and I continued to hold my position and fight for a medal," said Pennock. It was a successful fight for him, as he finished third for the second consecutive year; a medal he is proud of because he was defeated by runners stronger than him.

"I am really happy to come away with the bronze again. As for Kieran, I am not too frustrated losing to him. Obviously everyone wants to win, but losing to someone of his caliber is definitely something I can live with," Pennock said.

Three seconds behind Pennock came Travaglini in fourth position. Even seeing the results of the Canada West Championships, where he also finished fourth, it was hard to predict such a strong performance. But Travaglini is a big-time player and U Sports was his priority.

"I tried to do everything I could

to best prepare myself for U Sports, which played out by not over-reaching at CanWest," Travaglini said.

It was a successful strategy, even if he missed the individual podium.

"I would be lying if I said an individual medal was not a goal, but as far as having to settle for the second-best option, a team title is not that bad of an alternative," he said.

Pennock underlined the importance of every runner in the team title.

"I knew I wasn't going to finish where I wanted to, so I just tried to fight through it and beat as many people as possible for the team score," Daniel said. "I had no idea where I had finished when I crossed the line and was completely dazed and out of it." For the team classification, each rank is important. Daniel didn't feel good but he never gave up on his team.

"Stefan is the kind of athlete who leaves nothing in the tank every time he races especially at a big one like U Sports so we're all proud of his grit and determination," said Pennock.

Eric Lutz, in twentieth place, and Maximus Thiessen, in twenty-sixth place, completed the Dinos team effort. With five of its runners among the thirty best, the Dinos won the title

easily. Guelph and McMaster were 20 points behind — yet again there was a deep gap at this level. Coach Doug Lamont, named once again coach of the year, could be proud of his runners, who trained hard to win. This generation has already entered the Dinos history books. At Kingston, they probably reached their top — winning a third time in a row next year looks like a huge challenge. Pennock and Travaglini are in their last year and will be hard to replace.

"Next year we'll have a young team, so I'll need to try and be better if we want to have more success as a team," said Daniel, the future leader. Pennock dubbed the 19 year old Maximus Thiessen as his successor.

"Maximus, in only his second year, raced with composure and didn't let the pressure of a national title get to him. He was a real difference maker for our team at U Sports and I am expecting some big races out of him later in his varsity career," he says.

But this is not the time to dwell on the future. The Dinos are national champions and it is an exceptional accomplishment.

FOOTBALL »

Dinos football: Road to the Vanier Cup

Last year, the University of Calgary Dinos went undefeated in the regular season. That season unfortunately culminated in a heartbreak-

ing loss to the University of Saskatchewan Huskies for the Hardy Cup. This year, redemption was the name of the game and the Dinos emerged victorious, holding the Huskies to only four

points in the Nov. 9 rematch. Bringing home the Hardy Cup gave the Dinos their 18th Canada West championship in program history.

The Dinos went on to defeat the

McMaster Marauders at the U Sports Mitchell Bowl on Nov. 16 on home turf at McMahon Stadium. Mitchell Bowl success means the Dinos advance to the Vanier Cup – the Canadian var-

sity version of the SuperBowl.

The Dinos leave behind their home-field advantage and take on the Montreal Carabins on Nov. 23 in Quebec City.



BRADLEY DEZALL



MARIAH WILSON



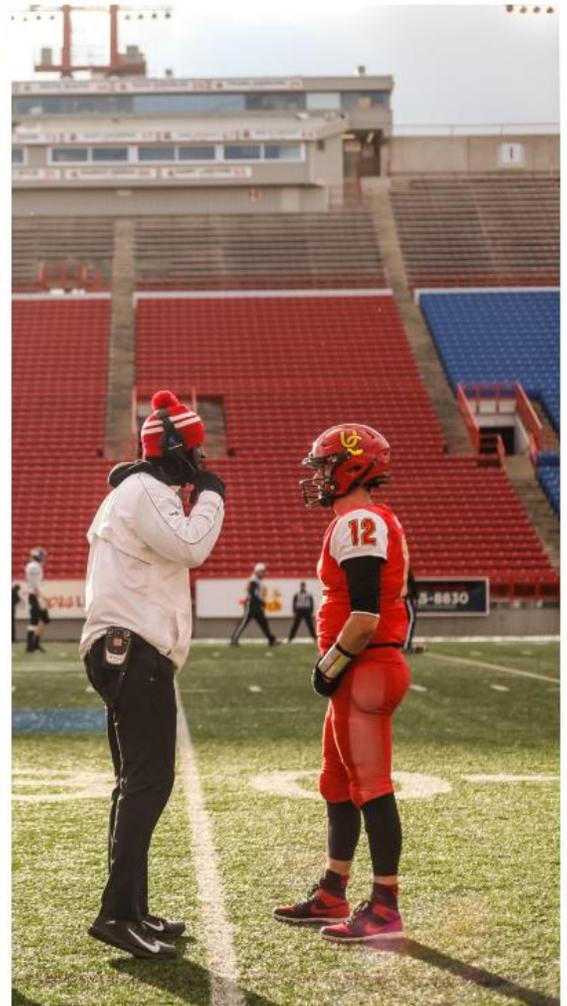
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HUMOUR »

SERIOUS STUDY ZONE »

Paper-writing tips for honest students

Gillian Darichuk

Over the whole organization thing

The time of due dates is upon us and we are all sick and tired of the inspirational step-by-step guides written by hopeful people who have been deceived into thinking that university students are well-adjusted and functional.

Double-check the due date:

You feel a nervous feeling creeping upon you that you're forgetting something. Goosebumps pop up as the professor references a possible paper topic. A heavy-breathing sprint to find the class outline and a scroll through lets you know that you have a couple of weeks. You could start on that. You should start on that. Theoretically, you could be really good and do a couple of drafts and get someone else to read it. Theoretically.

Start actually flipping through the textbook for information:

What have you been doing in class? Not listening, that's for sure. What is this? When was that talked about? You are going to bomb this. None of this is familiar enough to bullshit? Might as well try though, right? Is it even worth it? There's still time to drop out. Do you really want this? Yes, you



The paper? I've... started it.

TRICIA LIM & BRANDON CHEUNG

do. You are going to be fine. You still have some time, you can pull this together in a few days.

Google for the skimmable basics:

Turn to the most faithful and loyal relationship you've had in your life so far — Google. They can give you so much information, and from people who have passed if you use it right. There are five tabs with Google definitions open, another two with Wikipedia articles. They are just for links to other sources, you swear. How much do you think strippers make? Well, that's enough work for a while — it's the

weekend soon, anyway.

Procrastination:

How did you end up watching a harmonica tutorial on YouTube on your laptop and another YouTube apology on your phone? You flip through your backed up Facebook notifications from your grandparents, aunts and uncles. Instagram is flipping between @uofcconfessions and @uofcdating looking for anything related to you. Netflix is frozen mid-browse. You haven't looked at a clock in a stretch and honestly, you're scared to at this point because you can simply sense that it's 2 a.m. It's okay, you have tomorrow

to finish up.

Library research:

Wander the stacks and feel the knowledge whisper to you, this is the perfect place to pad out your bibliography. There are comfy seats and so many outlets, as long as you can find one that is actually connected to electricity. Your semi-filled word document laughs at you whenever you delete anything. You really want to stop deleting anything. You'll edit later, now is only for expanding your word count.

Consider asking for an extension:

You just can't do this anymore. Your hands are numb and shaking and your throat has been so dry for so long. All you need is another measly 24 hours. The email is drafted on Office 365, just sitting there. The professors are supposed to be there to help, aren't they? You can ask for more time. Actually, do you even deserve more time? You are the one that forgot, the one that put it off. But you had other classes, and you're so stressed.

Panic quietly:

You've been catatonic, staring at your blinking cursor on a fresh word document for five minutes now. If you move, even an inch, your mouth will open and you will scream. You want it to be able to let out the shriek that is echoing

in your brain right now. However, others around you may not be at the same point in the writing process, and you have to respect that not everyone is at the screeching in terror stage yet.

Caffeinate:

Coffee shops are closing. You should get a couple of cups to reheat when needed. You get three large coffees, as light a roast as you can. You've been around enough to know that the lighter the roast, the more the caffeine. And every milligram counts. This is the last time, you tell yourself. It's not an all-nighter, just a late-night. That's a lie. You slurp down coffee at an unexpected rate, inevitably turning into endless bathroom breaks. If only energy drinks didn't taste like a transit seat cushion in a wet summer storm.

Finish and hand in:

It's done — you are amazing. This is proficient enough that you might even do better than just passing. The bags under your eyes are heavy enough to click submit on the dropbox for you. Closing the screen is almost euphoric. You are done, completely done with that pain dragging down your to-do list. You'll have to do it all over again next week, but at least you can sleep well tonight.

HOROSCOPES »

What famous Scorpio will shape your Scorpio season?

Frankie Hart
Solemn Sagittarius

Scorpio
(Oct. 23 – Nov. 21)
It's recently been made apparent to you that you have haters. Try not to get stuck in your feelings about it. Focus on the positives — you should find someone who's in love with who you are.

Sagittarius
(Nov. 22 – Dec. 21)
Although you will spend this Scorpio season tapping into the powers of Danny DeVito, I absolutely do not recommend posting feet pics online. No, not even as a bit.

Capricorn
(Dec. 22 – Jan. 19)
You will live the fantasy of overthrowing the royals. You can start with Aries.

Aquarius
(Jan. 20 – Feb. 18)
Consider spending this Scorpio season — and all future seasons — simply taking it easy, ignoring anyone telling you to run for president. Maxin', relaxin', just chillin' in Cedar Rapids.

Pisces
(Feb. 19 – March 20)
Your star-designated Scorpio is Leonardo DiCaprio, which means you will be attacked by a bear and then die of hypothermia in the middle of the ocean. Just kidding, that'll just be a bad dream. Or will it?

Aries
(March 21 – April 19)
It seems that your overly-lavish ways just might catch up to you soon. I wouldn't lose my head about it, though.

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)
In true Gemini fashion, you can harness the energies of both famous Scorpio Ryans — Gosling and Reynolds. This means you will be, like, super good at driving.

Cancer
(June 21 – July 22)
This Scorpio season is pretty flexible to whatever you want it to be, due to your own versatility. If you really wanted to, you could spend the rest of the season as a tree.



courtesy YOUTUBE

Leo
(July 23 – Aug. 22)
Despite all the ups and downs of your love life, there is one thing that is sure to pull you through — BDE.

Virgo
(Aug. 23 – Sept. 22)
You will contemplate the immense estate

of the world's richest person and famous Scorpio Bill Gates. There is nothing the stars can do about wealth inequality, unfortunately.

Libra
(Sept. 23 – Oct. 22)
The stars have assigned you PewDiePie this Scorpio season. Hey, we can't all be winners.

UNDERVALUED FACULTY »

Local automatic shoe cleaning machine resents seasonal neglect

Rachael Grothe
Cleanest shoes on campus

Following a few typical early-autumn flurries dotting Calgary in recent weeks, seasonal automatic shoe cleaning machines have begun to crop up in buildings across the University of Calgary campus. The intention is that such machines will be used to prevent the footwear of the student body from mucking up facility floors with the sludge and slush from winter weather. One such convenient contraption, nicknamed "Boot-Boy" by manufacturers, lamented their annual neglect.

"I don't take breaks. I'm here day-in, day-out, waiting for the students to simply acknowledge my existence," reported a Boot-Boy stationed at the Science Theaters building's south entrance. "It's a thankless job."

Automatic shoe cleaning machines can be found at many of

the campus' main building entrances during the snowfall season. The most commonly found model on campus is the #125 Regular Steel Frame with Pull-out Tray produced by Boot-Boy Industries Inc. and can run up to \$2195 per machine. Despite this large investment by facilities management, the service is widely overlooked.

"There's mud all over the floors every winter around here," sighed the Boot-Boy. "You think people like cleaning that up? That's why I'm here. And yet, I am completely ignored every morning by all these students tracking trash with their Timbs without giving a single thought to the people who stick around after hours to keep this place presentable. Have a little respect."

When enlightened on the hard work and frustration of the Boot-Boy, sources were sympathetic.

"Wow, I had no idea," said a third-year arts student. "I think



The grind never stops.

a lot of people don't even know what those machines are there for. Before I just thought it was some sort of boomer technology."

The Boot-Boy shared a plea for action.

"All I want is for students to care," said the Boot-Boy. "Student apathy is the number one problem on this campus, and it is the most evident in this problem. If students really cared and banded

together — to clean their shoes — they could accomplish so much."

Update: since this interview, all Boot-Boy machines have been removed in a cost-saving measure due to recent budget cuts.

MARIAH WILSON



"I tend to see myself in TV and movie characters. I watched Legally Blonde and it made me want to be a lawyer. I watched Brooklyn Nine-Nine and I wanted to be a cop. I watched House M.D. and that made want to become a doctor. I'm in neuroscience, but as you can tell, I'm easily influenced by what I watch. I really related to Elle Woods' struggle in Legally Blonde — I took issue with people not taking me seriously. Proving people wrong is something that drives me, like when I graduated with a full International Baccalaureate diploma even though my junior high school teachers wouldn't recommend me for IB. A lot of people think I'm dumber than I actually am. I'm not dumb. I'm just moderately dumb."



HUMANS OF UCALGARY

The Gauntlet has teamed up with Humans of UCalgary, a campus club inspired by Humans of New York, to share university students' often unheard stories.

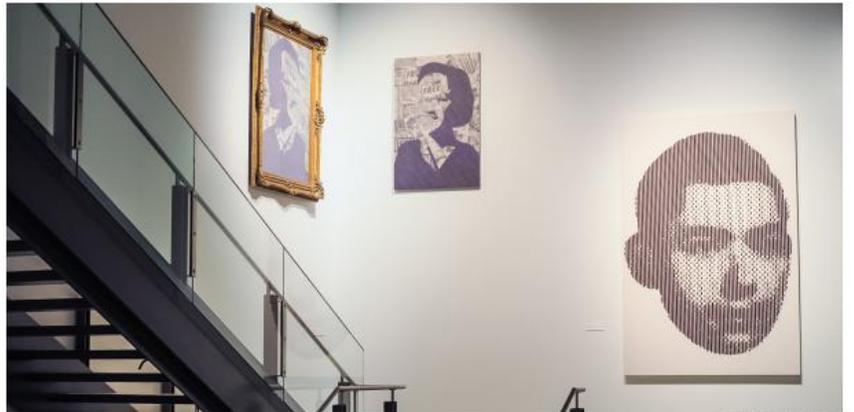
"Omọ ti wọn bi ti wọn kọ tọtun tun arare kọ. This is a saying from where I am from. It means that the child they gave birth to and trained must continue to train himself. For me, growing up means continuously improving and continuously learning. Do not be afraid to speak up about what you believe in. People may not have as much freedom of speech as we portray. We might think that we are not free to express our ideas or beliefs because we are afraid. We fear judgement. We make a simple comment and people get offended. We express our opinions and everyone gets mad. In the end we should ask ourselves: whose judgement do we value the most?"



@HUMANSOFUCALGARY

NICKLE GALLERIES »

Photo recap: Chris Cran's *It's Still My Vault*



PHOTOS BY PHOENIX NING

CROSSWORD »

Movember Crossword

Frankie Hart
Miserably moustache-less

ters to be congratulated in our next issue and win a *Gauntlet* toque!

ACROSS:

- 3. Thin-moustached director.
- 7. Nickname of Movember participants.
- 9. Bowel cancer awareness month.
- 11. Country of Movember origin.

DOWN:

- 1. Moustached cartoon cowboy.
- 2. Ron Swanson's stache.
- 4. Physicist known for his hair more than his moustache.
- 5. Charlie Chaplin's type of moustache.
- 6. Found on faces and bikes.
- 7. A Movember-themed video parody of "Call Me Maybe" won this award in 2012.
- 8. Some might describe this character's moustache as "very nice."
- 10. Moustached Surrealist.

Golden Spatula:
Hesam Rezaei



"Click."

Gauntlet's newest shutterbug already has a B.A. and an M.A. and is working on his MFA. We get it, dude. You're, like, smart.

LAST ISSUE'S CROSSWORD »



Congratulations to Nulan Katrenev and Ali Parsaei for being the first students to submit last issue's crossword! Send a photo of a completed crossword to humour@thegauntlet.ca. Be among the first three submit-

