



# SEX WEEK

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**Dinos face off against Canada's World Junior team**

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**Furor Arma Ministrat**

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**The Cover**

Photo by Mariah Wilson

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# Ontario's new post-secondary regulations will devastate student life — and Alberta could be next

Ontario's post-secondary landscape was turned on its head on Jan. 17 when Premier Doug Ford's government announced sweeping changes to the Ontario Student Assistance Program (OSAP), as well as to tuition and fees. As Alberta prepares for a provincial election this year, students should demand to know how politicians jockeying for the student vote will change our province's post-secondary policies.

Previously, students in Ontario with their family's income below \$125,000 were eligible to receive grants through OSAP to fund the entirety of their degrees. Now, grants will go almost exclusively to those with a family income of less than \$50,000, with funding for other students coming in the form of loans. Students will also have a less forgiving grace period for repayment of their student loans, with interest accruing immediately upon graduation rather than after six months.

Additionally, tuition fees must drop 10 per cent across the board for Ontario's upcoming academic year. And perhaps most alarmingly, students will have the ability to opt-out of paying "non-essential" fees that fall outside of tuition — namely, for students' unions and student services.

There is a lot to unpack among all these changes. At first glance, the OSAP changes and tuition drop appear to make post-secondary more accessible for students. But this isn't the case. According to *Maclean's*, many Ontario students will no longer receive loans or grants to cover the entirety of their degrees, meaning that students will have to work more jobs and delay their graduations in order to afford their education. And there will be no reprieve from this added stress after graduation, as interest will accumulate on the day of their graduation.

Post-secondary education in Canada is already financially inaccessible. According to Statistics Canada, in 2010, half of all students graduating from a four-year bachelor program were in debt, with the average student owing \$26,300. These changes will



make matters worse for students in Ontario, not better.

Despite this, the most damaging part of the Ford government's policy changes is that many non-tuition fees, like those funding students' unions, campus athletics programs, transit passes, campus media and health and dental plans will no longer be mandatory. These are all programs that are possible because of an economy of scale. For example, at the University of Calgary, since everyone must pay dues to receive their UPass, the pass is much cheaper for each individual student than it would otherwise be.

Not everyone uses every one of the services offered by their university. But nearly everyone makes use of something, whether it's consigning their old textbooks, going to the gym, getting free breakfast at the Q Centre or reading the magazine you're holding right now.

In Ontario, these types of services will no longer have stable, year-to-year funding. Spaces that work to promote students' mental health, operate food banks for impoverished students or provide resources for victims of sexual violence will have to operate in a reduced capacity. Taking away these fees will make student life worse for all students in Ontario while not meaningfully reducing the financial burden of post-

secondary education.

Introducing the ability to opt-out of these fees also amounts to union-busting on the part of the Ford government. Students' unions are collective voices that derive their power from their ability to represent all students on a campus. Student representatives in these unions are elected democratically and exist in large part to advocate on behalf of students to governments. Many students' unions in Ontario have been vocally critical of the Ford government, and for good reason. This is a transparent attempt by Ontario's Progressive Conservatives to silence those criticisms.

Jason Kenney's United Conservative Party currently has a policy, passed at their May 2018 founding convention, that states that students' union membership fees in Alberta should be made voluntary. In essence, that's equivalent to the Ford government's recent legislation to make most non-tuition fees optional.

The Ontario PC's post-secondary policy will devastate student life and services. Alberta students should keep a close eye on what's happening in Ontario, because the same could easily happen here.

Jason Herring  
Gauntlet editorial board



# Inconsistent classroom cell phone guidelines cause student confusion

Story by **Matty Hume**

The beginning of the winter semester at the University of Calgary brought anecdotal confusion among undergraduates regarding a potential new policy banning the use of cell phones in lectures. According to the U of C, this is not the case. But students may still want to think twice before they use their phones in class this semester.

In some course outlines, a policy states that students could face serious repercussions if students use electronic devices without permission from their instructor.

"You can assume that in all classes that you attend, your cell phone should be turned off unless instructed otherwise," reads the syllabus for CMMB 413. "Also, communication with other individuals, via laptop computers,

Blackberries or other devices connectable to the internet is not allowed in class time unless specifically permitted by the instructor. If you violate this policy you may be asked to leave the classroom. Repeated abuse may result in a charge of misconduct."

However, such a statement isn't present in all course outlines. For example, in the POLI 397 course syllabus, there is no mention of technology apart from regulations on recording lectures. In contrast, the POLI 381 syllabus states, "Please be considerate of others and switch off all cell phones when you enter the classroom."

Some upper-level course syllabuses include more concise language. The ENGL 509 syllabus states clearly, "Please turn off all cell phones during class," while the AFST 501 syllabus includes, "The use of cell phones is not

allowed during lectures."

In a statement attributed to the U of C's vice-president student experience Susan Barker, the university acknowledges that classroom expectations are stipulated by professors. If students are concerned regarding the use of cell phones in their own classes, discuss the classroom-specific policy with the instructor directly, according to Barker.

"Instructors are the managers of behaviours in classes as they are the ones responsible for creating a positive learning experience for all," Barker said. "To do this they will set expectations and parameters, typically the parameters for the class are listed on the course outline but could be verbally articulated. This may include cell phones, late arrivals etc. If students are unsure they should check with their instructor."

## Revised U of C *Alcohol Policy* now in effect

Story by **Ashar Memon and Matty Hume**

A newly revised *Alcohol Policy* placing a greater emphasis on alcohol harm reduction, education and awareness came into effect at the University of Calgary on Jan. 15 after months of consultation with campus stakeholders.

The *Alcohol Policy* outlines rules on serving and consuming alcohol in U of C facilities and at events to ensure that the university complies with Alberta Gaming and Liquor Commission regulations.

Under the policy, alcohol can only be consumed on campus at designated locations and at events with licensed servers.

"Consumption is permitted in private student residences on campus, but not in public spaces," read a statement from the U of C, attributed to director of ancillary services Shane Royal. "All other areas of the campus are considered public areas where the use of alcohol is prohibited."

The new policy incorporates "a more modern approach to regulating alcohol on campus," according to documents submitted to the General Faculties Council (GFC)

in December. The U of C says that the policy prioritizes education, awareness and harm-reduction strategies.

"The policy has been drafted with harm reduction in mind, recognizing there is a risk that an overly strict policy may result in non-compliance which would not be helpful in terms of harm reduction," read the GFC documents.

Notable policy points include pledges to encourage the development of alcohol-free spaces, events and programs, along with education and awareness programs to identify risks and harms associated with alcohol consumption.

The documents state that breaches to the policy may result in discipline under the *Student Non-Academic Misconduct Policy*.

The *Alcohol Policy* was first approved and put into effect in 1993. The only revision to the document was 20 years ago, in February 1999.

"As the university's approach to management of alcohol shifted to ensure best practices the 1999 policy lost relevancy and was removed from the university's policies page," read the GFC documents.

The *Gauntlet* was unable to retrieve a copy of the old *Alcohol Policy* from the U of C's website. The GFC documents state that the old policy is dramatically different than the new policy.

The new *Alcohol Policy* now accompanies the university's *Cannabis Policy*, which was implemented in September 2018 shortly before the national legalization of recreational cannabis.

The GFC documents state that the policy went forward after a "review of the university's approach to managing legal, potentially harmful substances on campus prompted by the legalization of cannabis."

The documents also state that between February and September 2018, the drafting team behind the new policy consulted dozens of stakeholders on campus, from the Students' Union to the Campus Mental Health Strategy to the Alcohol Harm Reduction Group.

The consultation period capped off in October with a discussion of the policy at the GFC meeting. The policy was presented to the U of C Board of Governors in mid-December.



# Dinos charging for Crowchild Classic 2019 tickets for the first time in event history

Story by Kristy Koehler  
Photo by Mariah Wilson

This year, for the first time, tickets to the Dinos marquee event, the Crowchild Classic, carry a cost. The annual game between the University of Calgary Dinos and the Mount Royal Cougars men's and women's hockey teams takes place at the Scotiabank Saddledome and usually draws a boisterous crowd, but costs students \$5 to attend this year's event.

"It's our seventh iteration of the game now and I think it's something that we've been contemplating over the last couple of years but really last year it came to a head," said Dinos athletic director Jason Kerswill.

According to Kerswill, in 2018, 14,000

tickets were given away yet only 10,000 students showed up. Those 4,000 empty seats could have been filled by students who missed out on getting a ticket and walked away disappointed.

"We started talking with Mount Royal about ways to ensure that if we were going to go out there and talk about a sell-out that we're actually sold out," Kerswill said. "We were turning away people the week before the game last year and we don't want to be in that situation again."

Tickets to all Dinos games are included with student fees and seats can be accessed by showing your student card at the door. The one exception are playoff games, which also cost \$5, so there is an existing precedent for charging for the marquee

game.

"The way we look at it, it's less than the price of one beer at the Saddledome, so we're hoping that if students purchase the ticket for \$5 there's a little bit of skin in the game and they'll actually come out," Kerswill said.

Where will that money go? Back to the students, said Kerswill.

"It's going to go back to student health initiatives on both campuses," he said. "We haven't decided exactly where it's going to go yet but we know it will be reinvested into the students."

MRU was also on board with the decision, agreeing with U of C that the money should go back to the students.





# Student satisfaction at the U of C among the lowest in the country, according to survey



Story by **Matty Hume**  
Photo by **Mariah Wilson**

**O**n Jan. 9, *Maclean's* magazine released an article titled, "If students could start over, would they go to the same university?" According to the American-based National Survey of Student Engagement (NSSE) used as the article's primary source, the answer for many University of Calgary students is 'no.'

The survey asked students, "If you could start over, would you go to the institution you are now attending?" The results are divided into two categories: "Definitely Yes" and "Probably Yes."

The NSSE places student satisfaction at the U of C in the bottom 10 for both first-year students and senior students. For first-year students, 53 per cent of respondents answered "Probably Yes," while 30 per cent answered "Definitely Yes."

The satisfaction of senior students at the U of C is lower than first-year respondents. Forty-eight per cent of senior students answered "Probably Yes," while 23 per cent answered "Definitely Yes." Only senior students at the University of Ottawa are less satisfied than those at the U of C, with 22 per cent answering "Definitely Yes."

According to the U of C's vice-provost student experience Susan Barker, the university acknowledges the NSSE survey as a valuable snapshot of student experiences but says it misrepresents other aspects of student experience at the U of C.

"The University of Calgary values the

input from our undergraduate students through participation in the 2017 NSSE survey. It is one of several ways the U of C gathers input from our students on the quality of their educational experience, an area that we are committed to continually advancing," Barker said. "The question about whether students would choose the school again is interesting because the response is not consistent with how students have rated experiences in the rest of the survey which are actually very good. It's the equivalent of students rating a professor very well on all aspects of a [Universal Student Rating of Instruction] USRI but giving final overall rating for the course a lower score."

In interviews with the *Gauntlet*, many senior students at the U of C stated they would return to the U of C and value the experiences they've had over their degree.

"If I were to start my degree again, I would not mind returning to the U of C. Aside from the convenience and affordability of going to university in my hometown, I have had a rather positive experience receiving my education here," said fourth-year communications student Rachel Mezer. "I have found meaningful ways to expand both my education, through participation in two group-study programs, as well as my extra-curricular involvement, as a member of the Students in Communications Club and a volunteer at CJSW."

Other students share Mezer's enthusiasm, with a significant focus on the campus community itself rather than their academic experience.

"I would attend U of C again if given the chance because I think the campus has a really positive vibe that encourages students to get involved on campus and participate in the student community," said fifth-year biological sciences student Erin Laan. "There's always something going on at school, which is a great way to meet new people and make friends, especially when you're a first year student."

According to *Maclean's*, the NSSE included 130,291 students from 72 Canadian post-secondaries, resulting in an average response rate of 37 per cent. Among senior students, Quebec's Université de Sherbrooke ranked first in student satisfaction, with 64 per cent of respondents answering "Definitely Yes."

According to Barker, the university has been in correspondence with the NSSE and hopes to provide a more comprehensive analysis of the student experience at the U of C.

"We have spoken with NSSE directly about this inconsistency and how we might work to understand the reasons why," she said. "We have started asking graduating students the same question at the time of graduation. While we still need more responses and analysis, early trends suggest that one reason is that some students wish they had gone further afield and not stayed at home for their university experience."

The student satisfaction results from the NSSE and a comprehensive report on the other aspects of the NSSE survey, including experiential learning and collaborative learning, is available on the *Maclean's* website.



# U of C bookstore returns to shelving by department following student backlash

Story by **Matty Hume**  
 Photo by **Mariah Wilson**

**S**tudents at the University of Calgary let out a sigh of relief this year upon entering the campus bookstore. For the first time since 2015, textbooks are now organized within the bookstore by department and course number.

In 2015, returning U of C students were met with a surprising new layout at the campus bookstore. The 2015 change resulted in textbooks being organized alphabetically by author. The change sparked outrage from students who argued it only added confusion to the already stressful process of acquiring necessary textbooks.

"I was one of the students that was angry about the complete alphabetical thing. Like, I hated it," said fifth-year communications student Alisha Ostberg. "I don't think that an author of a textbook is that relevant to a student. I don't think we're really paying attention to that so it made the process way more painful."

According to John Campbell, the associate director of the U of C Bookstore, this year's return to department-centred organization was the result of such student backlash.

"We decided to return to shelving by course in response to our customers," Campbell said. "We had originally changed to shelving by author to eliminate confusion with books used in multiple courses. Shelving by author allowed the book to be shelved in only one location in the store."

While the author-centred organization was helpful in expediting the shelving process for the bookstore itself, students did not feel the benefits.

"I was just kind of flabbergasted by that decision," Ostberg said. "I think the way they had it originally and what they've returned to is pretty good. I think they tried it and that's totally fine, but they went back to a better way."

The bookstore also recently completed space renovations over the past summer. According to Campbell, the renovations provided the bookstore with an opportunity to return to shelving by department and course.

"Our customer feedback showed that they had preferred to have books shelved by course, making it easier to browse by subject," he said. "It made sense to us to return to shelving by course and the renovation this past summer provided us the perfect opportunity to do so and the response has been very positive."

"If you think about the flow of the bookstore in the first two weeks, the fact that no one can find anything anyway doesn't really help," Ostberg said. "I enjoy it being organized by class again."



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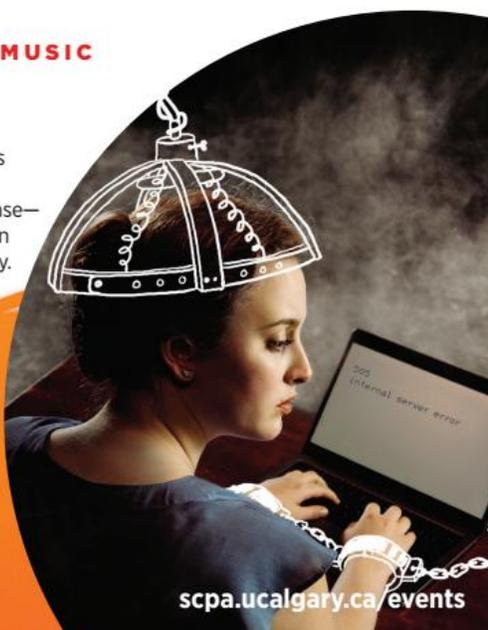
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# Black History Month: A Canadian recollection

Story by Mariah Wilson

Photos courtesy Nova Scotia Archives

**A**lthough it's more widely recognized in the United States, Black History Month is observed within both the U.S. and Canada each February. Black History Month was established to celebrate the achievements of people of African and Caribbean descent within our communities, to learn more about African cultures and to reflect on significant and historical events that African Americans have contributed to. In 2017, Alberta became the fourth province in Canada to officially celebrate Black History Month.

Deborah Dobbins, whose family was a part of the first wave of African Americans to arrive in Alberta, mentioned the importance of this holiday to *CBC* in 2017.

"The declaration, as proclaimed by the Alberta government, makes our people finally visible, acknowledged and considered worthy of annual celebration," Dobbins said.

When the Alberta government announced that the province would officially observe this annual celebration in early 2017, Albertans came together to reflect on how the black community has contributed to the establishment of our province as well as our culture.

As reported by the *Calgary Herald*, David Shepherd, a member of the legislative assembly representing Edmonton-Centre, said, "Men and woman of African descent have been part of Alberta's story for over 100 years. They homesteaded alongside settlers from around the world, helping to found our cattle industry and fighting through harsh winters and racial prejudice to build thriving communities."

This is especially true in the case of John Ware.

In 1842, Ware was born at a plantation near Georgetown, South Carolina as a slave and was granted freedom following the American Civil War. He then moved to Texas to learn more about ranching and being a cowboy. His dedication to learning this craft allowed him to be apart of a cattle drive from Texas to Montana, which brought him northwards leading to his



permanent settlement in Alberta in 1882.

Ware helped bring the first cattle to Alberta, thus becoming an integral part of the humble beginnings of the province's ranching industry. When he moved to Alberta, he was well-known for his ability to ride and train difficult horses and was a successful cowboy at both the Bar U and Quorn ranches in Calgary. To this day, Ware is known for confronting prejudice within the Albertan ranching community and gaining respect from fellow cowboys for his hard work and good nature.

On the opposite side of the country, Nova Scotia experienced some significant cultural and historical events that shook the black community and lead the way to modern civil rights movements that fought against racial discrimination. The first incident was in 1946, when Viola Desmond, now featured on the first vertical \$10 Canadian bill, didn't abide by the racial segregation present at the Roseland Theatre in

New Glasgow, Nova Scotia, by sitting in the 'whites-only' section. She was convicted of tax evasion and was thrown in jail overnight. She later fought the offence in court and was posthumously pardoned in 2010 – the first pardon of its kind in Canada.

The second notable incident in Nova Scotia was when the Halifax Regional Municipality demolished Africville, an African-Canadian seaside village located north of Halifax, in the 1960s. Many have argued that this was an act of racial discrimination since the predominantly white council saw this community as a "slum" instead of the thriving cultural hub that Africville residents called home. This discrimination began by collecting taxes from Africville residents without providing municipal services and culminated in the eventual "relocation" of Africville in the name of urban renewal.

This consisted of demolishing people's homes with giving them either no prior



## News

notice or as little a few hours. Many residents cited Africville as one of the “most beautiful places” that they’d ever been to and organize an annual gathering at the

historic site of this community to pay homage to their heritage.

Unfortunately, racial discrimination is still a part of our society and is a part

of some people’s everyday lived experiences. Dobbins, who is also president of the Shiloh Centre for Multicultural Roots, commissioned filmmaker Jenna Bailey to create a documentary entitled *We Are the Roots* to shine light on these experiences and to tell the stories of the black community’s elders. Surprisingly, many of the interviewees said that they didn’t face as much discrimination as they thought and were instead welcomed with open arms from their neighbours as they settled in the West. *We Are the Roots* was released in 2018 and is available to watch for free at [baileyandsoda.com](http://baileyandsoda.com).

Black History Month is a reminder for Canadians to educate themselves on other cultures within our communities, as well as the learn about the people who contributed their talents and hard work to make our country what it is today. Take time to get to know the people in your community and to open up your mind to different lived experiences and viewpoints. We can create a stronger and more accepting society if we get to know one another.



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## Stay smart and sexy with Sex Week

Story by Jason Herring

Let's talk about Sex Week, baby. Let's talk about... the U of C?

The Sexual and Gender Wellness Week will return to the University of Calgary from Feb. 11-15. The event, hosted as a collaborative effort by the Students' Union, Q Centre, Wellness Centre, Sexual Violence Support Advocate's Office, Women's Resource Centre and the Consent and Sexual Awareness Education (CASE), aims to educate students on topics ranging from consent to birth control and identity to bondage.

SU vice-president student life Nabila Farid was involved with the organization of this year's Sex Week. She says the week presents an opportunity for students to learn about topics that may be stigmatized in a safe environment.

A main event during Sex Week is the Sex and Gender Panel, taking place in That Empty Space from 3-5 p.m. on Jan. 11. Farid is moderating the panel.

"It's a panel comprised of experts from the SU Wellness Centre, someone from Alberta Health Services, as well as other units on campus," Farid said. "They'll be discussing the questions that U of C students and community members can submit."

Similar to some grade school sex education classes, students will be able to anonymously submit questions for the panel to address at a number of question boxes located around campus, including at the Q Centre and the Wellness Centre. Farid says this helps ensure that the panel will cover things that are relevant to students.

Other events include the Healthy Relationships and Chill workshop, which is an extension of the SU's Stress Buster workshop series, a sex trivia night hosted by CASE at the Last Defence Lounge and introductory sessions on BDSM, rope bondage and sex toys.

"There's a variety of workshops," Farid said. "It's very encompassing."

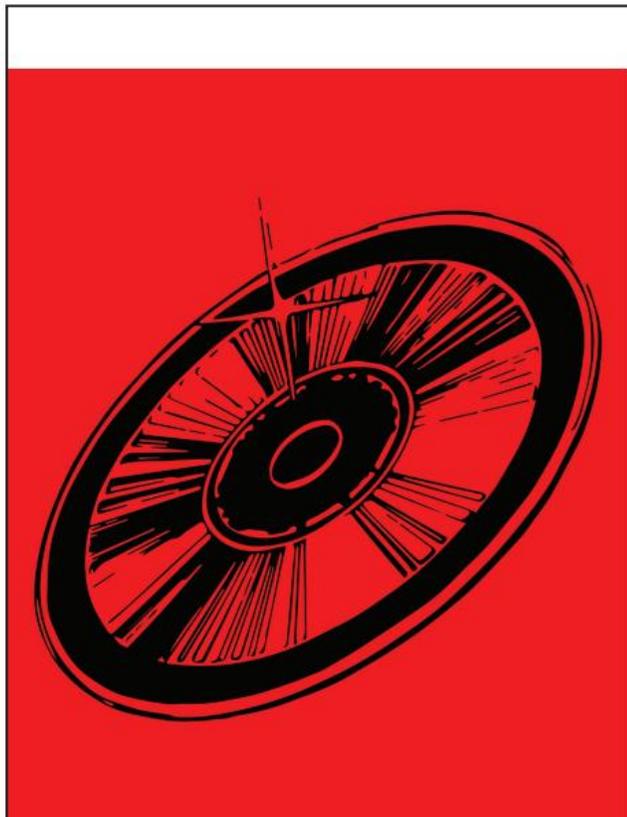
For a complete Sex Week schedule, visit the Students' Union website.

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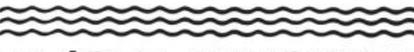
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# A year after Neurauter, conversations continue on university approaches to sexual violence

Story by Jason Herring

Photo by Mariah Wilson

In January 2018, just over a year ago, the University of Calgary campus community found itself embroiled in a controversy surrounding Connor Neurauter, a U of C student who had his 90-day jail sentence for sexual interference delayed in order to accommodate his university studies.

The story sparked a significant public outcry, including a petition calling for Neurauter's expulsion that garnered nearly 80,000 signatures. Neurauter ended up serving his sentence intermittently on weekends beginning the weekend of Feb. 9, 2018, which allowed him to continue his "employment and home study while [observing] the punishment imposed by law," according to Stephen Harrison, the judge presiding over the case.

**"People come here ill-informed and ill-equipped."**

Discussions about Neurauter also brought about conversation about how post-secondary institutions should approach the issue of sexual violence on campuses across the country. One way the U of C has attempted to make the campus a safer space for survivors of sexual violence was by hiring Carla Bertsch as the school's first sexual violence support advocate in June 2017, a position mandated by the U of C's sexual violence policy.

Bertsch's role entails supporting and advocating for campus community members who have experienced sexual violence or who want to talk about reporting options or external resources. She also conducts sexual violence education on campus. Bertsch believes that the most effective way to prevent sexual violence is by starting education initiatives focused on concepts like consent from a young age.

"I feel really strongly that sexual violence prevention work needs to happen a lot sooner than university," she said. "I

don't think the university setting breeds violence. I think people come here misinformed and ill-equipped. I would love to see more things happen in elementary schools and high schools so that we're equipping people with proper abilities to correlate to one another well before we get to more problematic ages."

However, when a story like that of Neurauter's ignites campus, universities are forced to take a reactive response in order to help students best access the resources they need. Knowing how to react to these situations is part of why the sexu-

**"[The situation] is actually very simple, and this is clearly lost on an administration that does not actually care about the well-being of it's [sic] students, especially given you and your staff's surprise by the widespread outrage at such an insidious decision."**

**— U of C student in email to provost Dru Marshall**

al violence policy exists in the first place, according to Bertsch.

"We also have a duty to be reactive, which is why we have a sexual violence policy, which is in place because we recognize that things are still going to hap-

pen and we need to address that promptly and fairly," Bertsch said. "People come to see me because they've been impacted by sexual violence, and not often before. We know that victims' or survivors' first response to sexual violence greatly impacts their healing from that point forward."

According to a 2018 Maclean's investigation, 31 per cent of students at the U of C say that no one has educated them on how to report a sexual assault on campus, while 26 per cent say that no one educated them on how to access university services for those who have been sexually assaulted.

**"It made a lot of people very angry."**

It's quickly becoming the norm for Canadian universities to implement sexual violence policies. Four provinces — Ontario, British Columbia, Manitoba and Quebec — mandate that all post-secondary institutions must have stand-alone sexual violence policies in place. While Alberta schools aren't legally required to have such a policy, the province's Minister of Advanced Education Marlin Schmidt encouraged universities to develop policies in 2016. These policies focus on processes for handling disclosures and reports of sexual violence on campus.

However, these policies are limited to events that occur on campuses and while the involved parties are students. This was especially pertinent when the school decided how to handle outrage over Neurauter.

"Our policies do not apply to activity that occurred before the person was a member of our campus community," read a Jan. 11 statement from U of C provost and vice-president academic Dru Marshall. "We have no grounds to expel [Neurauter]."

Dawn Moore is an associate professor at Carleton University's Department of Law and Legal Studies who has done research on campus sexual violence and consulted with governments and universities on



that research. She says that in the case of Neurauter, the school didn't have jurisdiction to act in response to his charges, as they occurred outside of his involvement at the U of C.

"I'm struggling to understand why the [U of C] should be considering in any shape or form at all what his criminal history may or may not be," Moore said. "There are all kinds of people on a university campus with a criminal history. We have no right to make judgements about those people vis-a-vis their access to education.

"He's already been adjudicated in a court of law. He doesn't need to be adjudicated by the university. In [the Neurauter] case in particular, I struggle to see why the U of C is involved at all because I will bet my first-born that there are many other people on that campus and any other campus who have been convicted of sexual assault that did not occur on campus and they're going about their lives as any student would," Moore continued. "As reprehensible as we may find those actions to be — and I certainly find a sexual offence

against a child to be deeply reprehensible — I do not think it is grounds upon which to deny somebody access to education."

However, the statement by Marshall in response to the Neurauter situation upset many students, including Shannon Hawthorne, the president of the Consent Awareness and Sexual Education (CASE) club at the U of C. She says that while she understands the limitations the U of C faced in dealing with the situation, she thinks the university could have released a statement that showed more empathy for those struggling to process the story.

"I think it made a lot of people very angry, with what was said and what was addressed," Hawthorne said. "To an extent I can understand that with the year in which Connor Neurauter perpetrated the act [2015], Connor Neurauter wasn't a student at the university, plus there wasn't a sexual violence policy in place and I understand the spot that they were in. It was still very disappointing to see that there wasn't an emphasis on resources for people who have experienced sexual violence and might be traumatized by this news

coming to light."

The U of C received a flurry of emails after Marshall's Jan. 11 statement, which was sent via email to all staff and students, many of which expressed displeasure with the school's handling of the situation. The *Gauntlet* obtained copies of these emails through the provincial *Freedom of Information Act*.

"[The situation] is actually very simple, and this is clearly lost on an administration that does not actually care about the well-being of it's [sic] students, especially given you and your staff's surprise by the widespread outrage at such an insidious decision," read one student's email to Marshall.

"While the policies do not apply to activity that have [sic] occurred prior to being a member of our community, don't you think that the policies should be changed?" asked a student in a separate email. "I believe that these policies that are in place are potentially harmful and do not foster a safe and healthy learning environment."

Many community members also sent





## News

emails to Marshall praising the handling of the situation. These included a message from then-U of C Board of Governors chair Gordon Ritchie, who praised the response by invoking a Martin Luther King Jr. quote about how people are measured best by how they respond to adversity.

### No revisions until 2020

The U of C's sexual violence policy is scheduled for review every three years, meaning its next review will come in 2020. At a June 2018 U of C Board of Governors meeting, BOG student-at-large Frank Finley asked Marshall if there were any plans to review the policy sooner. Marshall said no such plans exist.

Hawthorne says that she thinks revisions should happen more frequently and that campus groups like CASE should be given input into what those changes look like.

"I do think there needs to be revisions

**"[Survivors] weren't interested in having their victims punished. That was not a priority for them. For them, having accommodations on campus, having adequate support on campus in the aftermath of assault [...] were all very important to folks we interviewed who were survivors."**

**— Dawn Moore, Carleton University Department of Law and Legal Studies**

to the sexual violence policy. I think it needs to continue to be updated at least once a year and have different stakeholders on campus take a look at that," she said. "I think one of the big changes they can make is having more education surrounding sexual violence, surrounding consent. I think that education about masculinity, about gender, sexuality, consent, can be really good and can go a long way."

Moore says that, according to her research and experiences talking with survivors of sexual violence on campuses, most stand-alone sexual violence policies at Canadian universities are "out of touch" with survivors' needs.

"[Survivors] weren't interested in having their victims punished. That was not a priority for them. For them, having accommodations on campus, having adequate support on campus in the aftermath of assault [...] were all very important to folks we interviewed who were survivors," she said. "Not a single one of them put reporting or prosecution anywhere close to the top of their list of things they would like."

Moore adds that active prevention of sexual violence within pre-existing relationships is one of the other things that survivors flag as a need they would like to see their school address.

How can universities make policies that better serve survivors of sexual assault? According to Moore, one big piece of the puzzle is having an independent oversight body to oversee policies throughout their development and implementation. Another aspect is making sure that survivors' needs are not only emphasized during consultation processes but are also reflected in finalized policies.

"I see a great chasm between what I know to have been reported by students in consultation processes and how this manifests in terms of sexual violence policies at many universities," Moore said.

Students must also have the right to speak out about their experiences with sexual violence and with navigating university resources. According to a 2017 study by the national student-led advocacy group OurTurn, at least nine Canadian universities have policies or prac-

**"I would love to see more things happen in elementary schools and high schools so that we're equipping people with proper abilities to correlate to one another well before we get to more problematic ages."**

**— Carla Bertsch, sexual violence support advocate**

tices in place that equate to a "gag order," restricting survivors of sexual violence on campus from speaking publicly about their experiences.

"People have the right to speak to their own experience," Moore said. "For universities to step in on the grounds of liability or make gestures to students suggesting that they may find themselves in a defamation suit, for example, just by merely going on social media and saying something like, 'I survived a rape on campus,' is also deeply problematic."

Hawthorne says that she wants students to be aware of Bertsch's role on campus and the supports she can provide for students. For Bertsch, prevention of sexual violence is about changing what we find accessible as a society.

"Everyone, at some point, can play a role in sexual violence prevention, whether you're being an ally, being a bystander, checking your language, checking the jokes that you use," Bertsch said. "A lot of work is done unpacking or trying to address those underlying attitudes and beliefs and violence that perpetuate and uphold ideas around what is acceptable."

Students can contact Bertsch confidentially through email at [svsa@ucalgary.ca](mailto:svsa@ucalgary.ca).





# Join the Gauntlet's team in 2019-20!

## Editor-in-chief:

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

This year's election will be held on **March 5**, with voting open from 9 a.m. to 6 p.m. Results will be announced at 6 p.m. that same day.

Those interested in the position of editor-in-chief must place a poster with their name and the position on the south-facing windows of the Gauntlet office by **Feb. 26** at 4 p.m.

Interested candidates for the position of editor-in-chief are encouraged to contact current editor-in-chief Jason Herring at [eic@thegauntlet.ca](mailto:eic@thegauntlet.ca) to express their interest.

## Section editors:

The Gauntlet is hiring the following positions for the 2019-20 year: **news editor, opinions editor, arts and culture editor, sports editor, humour editor, photographer, digital editor, video editor** and **volunteer coordinator**. All positions are paid. Full job descriptions are available online at [thegauntlet.ca/hiring](http://thegauntlet.ca/hiring).

Applications for all positions are due **March 1 at 5 p.m.** Resumés and cover letters can be dropped off in person to editor-in-chief Jason Herring or submitted via email to [eic@thegauntlet.ca](mailto:eic@thegauntlet.ca). All candidates must be available for an interview on **March 9** and must complete an editing test with the editor currently holding the position of interest for prior to their interview.

Position hirings will be announced **March 12 at 5:30 p.m.** Gauntlet members are welcome to join the staff downstairs at The Den afterwards.

Please email any questions  
to [eic@thegauntlet.ca](mailto:eic@thegauntlet.ca)



The background features a stylized profile of a face on the left side, composed of various colored shapes: a dark grey/black area for the top of the head, a light pink area for the face, and teal shapes for the eyes and mouth. The rest of the background is filled with large, overlapping geometric shapes in shades of orange, yellow, blue, pink, and green.

# Not everything's tea: Acknowledge the history and context of LGBTQ+ slang

By Ray Michaels  
Illustration by Tricia Lim



**C**an a group claim ownership of a language? If so, which group? Is using the slang of another group stealing their culture?

This is an ongoing debate located at the intersection of sexuality and race. Now, the commercialization of LGBTQ+ culture — specifically, drag culture — and its entrance into mainstream entertainment has brought larger, straighter audiences. And the speed that drag has captivated pop culture has caused much of the language to lose its context and have its history be ignored.

To start off, let's get one thing clear — not everything that is said in a sassy or backhanded manner is tea. If you're going to jump onto the bandwagon and "yas" with the rest of us, learn how to use the lingo correctly and acknowledge where it comes from.

The appearance of expressions like "spill the tea," "throw shade" and "fierce" in everyday casual discussions, not just with LGBTQ+ groups and spaces, can squarely be attributed to the rising popularity of the show *RuPaul's Drag Race*. Though drag queens, kings and gender-bending acts have been a staple of LGBTQ+ nightlife, drag has historically been stuck on the fringes of entertainment scenes. The odd time drag was featured in a mainstream performance, the entertainment value of the characters was reduced to the novelty of there being a man dressed up as a woman — think Edna Turnblad in *Hairspray* or Robin Williams's titular character in *Mrs. Doubtfire*.

Now, with *RuPaul's Drag Race* winning a handful of Emmy's since 2016 and being picked up by the television network VH1 in 2017, it's safe to say that drag has entered the mainstream. The show's viewership has grown exponentially in recent years, with season 10 racking in a total of 1.2 million viewers. The show's increased popularity has captured a wider audience outside of its traditional LGBTQ+ circles, and for many, it's their first exposure to drag and its vocabulary.

However, it's important to acknowledge where many of the roots that form the foundation of contemporary drag come from. Though cities' scenes will vary in terms of the types of local drag, a lot of what we see in contemporary drag — the voguing, the reading, and the tea spilling — comes from the ball culture of 20th-century Harlem. The counterculture scene that emerged in New York comprised mostly black and Latino LGBTQ+ members ostracized by their families, heterosexual society and even other (whiter) gay communities. Think *Paris Is Burn-*

*ing* (1990), a documentary that showcased ball culture to mainstream audiences and provided a basic introduction to the scene.

Ball culture grew its own vernacular, which is where several of the phrases that are casually thrown around today originate. Phrases like "read to filth," "throwing shade," "serving realness/face/body(ody-ody)/fresh ti-lapia" or whatever else is on the menu can be traced back to the ballroom scene, and more generally the black GBT community. The creation of this vernacular, Antwaun Sargent describes in the *Huffington Post*, "allowed black gay men to aptly describe their feelings, and themselves, when the language didn't exist because gay, black and mainstream culture was keen on not accepting them." Not recognizing this origin or remaining wilfully ignorant of it is akin to cultural appropriation.

**“Learn how to use the lingo correctly and acknowledge where it comes from.”**

As a white gay man, the type of oppression that I've faced is nothing like what an LGBTQ+ person of colour will face. I recognize the privilege being white and male brings. There's something deeply uncomfortable about watching a white gay person masquerading around like he's the very reincarnation of Beyoncé in the flesh, trying to express his "inner black woman."

Still, within different social circles, I notice that I change how I talk, both in terms of the words that I use and intonation, based on who is around me. In more casual settings with close friend groups or settings that include more LGBTQ+ members, I'll 'sound more gay.' This is the language a lot of younger gay



## Opinions

men have been socialized with, be it from (illegally) streaming early seasons of *RuPaul* alone in high school underneath the covers of their bed at the lowest volume setting or their first experiences entering the LGBTQ+ community after coming out.

This contrasts with more traditional or professional settings, where I'll make a conscious effort to conform. Code-switching describes how marginalized groups adjust how they speak based on which people they are with, either to protect themselves or just fit in.

LGBTQ+ groups having their own slang terms is nothing new. One of the most well-studied slang languages is Polari, which was primarily used within a subculture of gay men in London, England during the late-19th to mid-20th centuries. Though the use of Polari has long since declined, some relics still used today within gay communities exist. "Trade" — a masculine sexual partner who doesn't portray to be outwardly gay

— is probably one of the most recognizable terms still exclusive among LGBTQ+ circles, and even words like "butch" (masculine), "camp" (effeminate), "fruit" (gay man) and "bevvy" (drink) can trace their roots to Polari.

Language develops with a group's identity. Words can take on different meanings and language forms the foundation of communities. With the Polari-speaking gay men of London, it was a way to identify and communicate with one another during a time where homosexual activity was illegal. Though homosexuality in New York was decriminalized in 1980, members of the ballroom community that had nowhere else to turn to faced with a system of oppression, the vernacular underpins that culture.

No shade to my straight friends, but every one of their limp-wristed finger-waving proclamations of "that's the tea" brings with it a twinge of resentment. The feeling stems from years of

self-censorship and internal repression before I started coming out. Constantly monitoring every one of my actions to avoid outwardly projecting, "That kid is gay! A real-life homosexual!" — from the inflection of my voice to how I held my hands at my sides — is mentally exhausting. And to hide that for so many years, only for straight individuals to "yas," "slay" and "work bitch" around me since it's the Hot New Trend™, is frustrating.

Still, with the exception of derogatory slurs, gatekeeping who can say what is boring. Let people feel their oats and try out some new phrases. For me, it may just come across a mild annoyance, but I understand why some communities may feel deeper pangs of stolen culture. Be cognizant of where the language originates.

Stop sounding like a pull-string doll that can only parrot the three phrases you heard on last night's episode of *RuPaul*.

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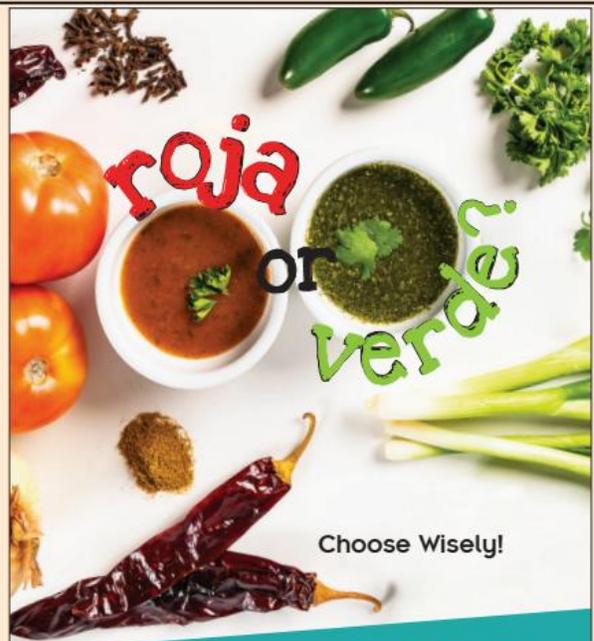


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# Threeways: From fantasy to reality

By Lady Marmalade and Ms. Robinson  
Illustration by Tricia Lim

**T**hreesomes can come in many different forms — two men and a woman, two women and a man, three women, three men — any combination of gender expressions and identities are possible.

There are plenty of misconceptions surrounding engaging in sex with multiple partners at a time. As a person who's never had a threesome, I interviewed Ms. Robinson, someone who has participated in several of the above iterations of the activity, to talk about her experiences.

**Lady Marmalade: How does one initiate a threesome?**

**Ms. Robinson:** Threesomes are best when they happen organically. Initiating one depends on the relationship of the involved parties. They can happen just the way regular hook-ups happen. Three folks are out at a party or a bar decide to go home together. If you're a couple looking for a third party, dating websites are popular places to enlist an interested singles looking to join you for the night. The couple can be out in public and just have great chemistry with a third person.

**LM: Speaking of couples engaging in threesome sex, does it work if a pre-existing relationship is involved?**

**MR:** It absolutely can. Plenty of established couples bring in a third party for the evening, or even for a long-term, friends-with-benefits type of situation.

**LM: How do you deal with jealousy in those situations?**

**MR:** Setting boundaries is super important. If you're the really jealous type, a threesome while you're in a relationship probably isn't for you. If you're a couple looking to add a third, you really need to think about whether or not the image of your significant other going down on someone else is something you can live with.

**LM: What types of boundaries need to be set and how do you go about setting them?**

**MR:** If you aren't a couple, the same rules apply during threesomes as during one-on-one sexual interactions. Consent is vital and you'll need to be as vocal about your boundaries as you would be in those one-on-one situations.

If you're in a relationship, the two of you should definitely discuss boundaries prior to engaging in a threesome. Are you comfortable with penetrative sex? Is oral off the table? Do partners of the same sex want to spend any time getting intimate with each other or simply focus their attention on the partner of the opposite sex? Also, do you want the person you bring into your bedroom to be someone you know? What are the rules for either of you contacting this person again post-threesome? There's a lot to discuss.

**LM: How do you stay safe during threesome sex?**

**MR:** Health is ultra important during a threesome. Remember that the threesomes you see in pornography are performed by people who have regular STI checks as part of their job. Unless you absolutely know the sexual history of both partners, threesome sex can be risky. Make sure you're wearing a different condom for each partner — you'll need a lot of condoms if you plan to swap quite a bit during the interaction.

**LM: What's your favourite type of threesome and the hottest thing that's ever happened to you during one?**

**MR:** I enjoy all types of threesomes — that's the benefit of being bisexual. Two men paying attention to me is amazing, but so is myself and another woman focusing our attentions on another man — or woman. I find that people naturally choose a focal point of the threesome. While it's generally the odd gender out that gets all of the attention, the best threesomes happen when all partners happily engage with each other.

As for the hottest thing that's ever happened to me during one — everything! There's so much to see and touch and so much variety. If all the partners are comfortable with each other, it's hard not to enjoy it. For me, the best threesomes happen when I'm in a friends-with-benefits situation with someone and we engage a third for some fun.

I do have one fantasy that's never been played out during a threesome, but that's a story for another day...



# Perspectives:

● The carelessness of Canada's new impaired driving legislation, Bill C-46

Illustration by Tricia Lim

## Bill C-46 an affront to constitutional rights

By Kayle Van't Klooster

Canada's new impaired driving laws are a sloppy piece of legislation. Make no mistake — impaired driving is a terrible crime. Driving while impaired puts innocent lives at risk and tears apart countless families each year. It's also easily avoidable by planning ahead and taking a cab, Uber or having a designated driver. However, Bill C-46, the federal government's recent attempt to address the issue, is irresponsible and likely unconstitutional.

Bill C-46 was passed with good intentions.

It was supposed to update Canada's impaired driving laws to address the legalization of recreational cannabis. Unfortunately, the bill does far more to empower police officers than to deal with stoned drivers.

Under the new laws, police can subject drivers to breathalyzer tests at any time, even without reason. This means that a police officer can pull over a driver and administer a breathalyzer test to someone travelling at the speed limit, driving between the lines and doing everything thing else right.

Furthermore, if you blow over the limit and cannot prove that you haven't been be-

hind the wheel in the past two hours, you are guilty of impaired driving.

Theoretically, you could drive to a friend's house for a party with the intention of staying the night and start drinking, only to be interrupted by a knock at the door. A police officer who received a tip from a neighbour or maybe saw you leave the liquor store earlier could be there, ready to administer the test. If you blow over the limit, the onus is on you to prove that you weren't driving two hours ago — or rather, it would be your lawyer's, since you would almost certainly be detained then and there.



One man from Mississauga has already come forward with what happened to him after he returned his recycling to his local liquor store. After dropping off the empty bottles, a cop pulled him over and administered a breathalyzer test. The officer apparently said that he observed him returning “an excessive amount” of bottles, which in this case was three dozen beer bottles and 10 wine bottles — an unremarkable amount, especially so soon after the holidays. The man initially refused the breathalyzer test, but eventually agreed to it, avoiding the harsh punishments that have been put into place for refusing to take the test.

The allowances set out in Bill C-46 have a noble purpose but go too far. How much do we value our civil liberties and are we really comfortable with trading them for purportedly safer roads? Safer roads, by the way, are not guaranteed, as harsher punishments do not always result in fewer offenders. In fact, the amount of people sentenced for impaired driving may very well go up — not due to more people driving impaired but because these laws are so flawed.

Under these laws, Canadians are being treated as guilty until proven innocent, which is a fundamental flaw that cannot stand. It should be up to the Crown to prove

any wrongdoing has occurred, not up to us to prove that we did nothing wrong. It’s how our justice system has always worked and this piece of legislation clearly goes against precedent.

But why was such careless legislation proposed and passed? This was a law that was obviously meant to shield the Liberal government from attacks from the right concerning the potential for more impaired drivers following the legalization of cannabis — despite the fact that no spike in impaired driving has occurred. Prioritizing politics over practical law-making is irresponsible.

## Bill C-46 will empower police at expense of marginalized groups

By Jesse Stilwell

Most people rarely interact with police. When they do, it is usually unremarkable — a deserved speeding ticket, officers at large public events and even checkpoints are usually pleasant and unmemorable experiences.

This is arguably what led to the relatively quiet response to Bill C-46, the new legislation that allows police to demand breath samples from people in their homes and in bars. Some people contend that it’s fine to give up some of their freedoms in order for police to prevent crime, like drinking and driving, making it worthwhile legislation. They would rather have to complete a breathalyzer test for no good reason than risk being on the road with impaired drivers. After all, none of their interactions with police have given them any reason to fear.

Unfortunately, that’s not the case for all Canadians. Our country has a history of police violence, corruption and abuses of power. Police have treated citizens unfairly, and in some cases, horrifically, in every province. Two Calgary police officers were recently found guilty of corruption related offences after they used their powers to help a man stalk his ex-partner in order to gain custody of their child. The Royal Canadian Mounted Police are currently trying to address thousands of in-house sexu-

al harassment claims. In Toronto, analyses of carding practices repeatedly show that black people are more likely to be randomly stopped and checked by police officers than white people.

This police violence is often racialized. A *CBC* analysis of fatal police interactions from 2000–2017 found that black and Indigenous people make up a disproportionately greater number of fatal interactions with police in Canada. Being okay with increased police power comes from a place of privilege in never having to fear the abuse of that power.

The increased powers granted to police officers by Bill C-46 will be used to victimize and profile minorities and marginalized groups. It isn’t a question of if, but when a police officer decides to breathalyze someone who’s had a few drinks, with no intention of driving, and charge them with a crime for a reason other than keeping the roads safe. Impaired driving charges have a mandatory minimum fine of \$1,000. Revenue generation is the motivation for police to install cameras and sit in tricky speed traps to hand out as many fines as possible. Handing out unwarranted impaired driving charges will bring in money as well. Why wouldn’t they want to charge as many people as possible if it’ll result in a big pay out?

Canadians should be fearful and enraged that our leaders don’t recognize this. Justin

Trudeau has repeatedly stated that reconciliation is a national priority, yet his government handed the law enforcement agencies that killed 69 Indigenous men and women since 2000 a new tool to abuse. Being blissfully unaware of the horrors that Canadian police have inflicted on people comes from a place of privilege that needs to be addressed.

I have no reason to fear police, but other people around me do. That is why I refuse to turn a blind eye to this new legislation. It’s not because I think impaired driving should be tolerated. It’s because I’m afraid that innocent people will have their lives ruined because of a couple bad cops across the country.

Canadian citizens have won the global lottery by living in a country that respects human rights and has entrenched the rule of law in our institutions. There are billions of people who would trade anything for the chance to be treated fairly by authorities in their home countries. These conditions are fragile and need to be protected fiercely.

Bill C-46 is inconsistent with our values and puts the people who need Canada’s protection most at risk. It could take years for this law to be overturned by the courts. It should never have been written at all. Every Canadian that has accepted it and believes it is a justified limitation of our freedoms is gravely mistaken.



# Jagmeet Singh, the federal New Democratic Party and a wary Alberta

By Aymen Sherwani

Photo courtesy BGM Riding Association

Party leaders in Canadian federal politics can have more influence over the general public than the actual reputation of the party itself, as is the case for the current New Democratic Party leader, Jagmeet Singh. Since the party's emergence in 1961, the NDP have held the position of the Official Opposition only once, under the charisma of the late Jack Layton in 2011. Does Singh have the potential to change the party's trajectory?

In Alberta, the line between provincial and federal parties and politics blurs. After four years of a provincial NDP government, many Albertans are wary of the party's federal equivalent. Still, one can be optimistic about the difference Singh has the capacity to make.

As the first non-white leader of any federal party in Canada, Singh went viral in September 2017 for his response to a racist heckler who confronted him with accusations of being "in bed with Sharia and the Muslim Brotherhood" due to the fact that he is a brown-skinned man who wears a turban. Singh, a follower of Sikhism, later commented on his response.

"Many people have commented that I could have just said I'm not Muslim. In fact, many have clarified that I'm actually Sikh," he said. "While I'm proud of who I am, I purposely didn't go down that road because it suggests their hate would be okay if I was Muslim."

While Singh is not a Muslim, the xenophobic tirade projected at him by a white woman represents a Canada that is still unable to differentiate between Muslims, Sikhs and terrorists. It represents a Canada that is still uncomfortable with seeing anyone other than a white man leading the nation. Many South Asian immigrants — myself included — have had this rhetoric aimed at them in a post-9/11 world, regardless of their professions. Thus, many of us are more inclined to vote for NDP repre-



sentatives in hopes of seeing Singh in office, regardless of individual candidates' policies.

These sentiments are shared among students on campus. Shaina Roshan, a biological sciences student at the University of Calgary, expresses that the reason she supports the NDP is because "Jagmeet is the 'Canadian Obama.'"

"No one believed in [Obama] at first either because he wasn't white and [they] thought his platform was too idealistic. But because enough people believed that he was their man, he won," she said. "Jagmeet represents the hidden side of Canada which isn't represented in our predominantly white government and that side is the one filled with hard-working immigrants and people of colour that have made Canada what it is today."

While there may be surface-level similarities between the two leaders, Singh's policy platform brings with it skepticism, especially from dissatisfied Albertans who feel NDP changes have done more harm than benefit to them. To many Albertans, reviewing Singh's economic platform seems like a repeat of the policy reforms they have had to live with for four years under a provincial NDP government.

When looking at the actual platform Singh brings forward, the leader of the NDP has been a strong advocate of raising mini-

mum wage to \$15 an hour at a federal level, which has already been in effect in Alberta since late 2018. Singh says he wants his efforts to aid the "millions of Canadians that are living in poverty" through such a minimum wage increase, but fails to acknowledge that the low-income people living in Alberta, many of whom are students, are the ones who are most affected by inflation that can result from wages increases.

When Alberta's corporate tax was increased from 10–12 per cent in 2016 under the NDP, businesses were less inclined to invest in Alberta over British Columbia and Ontario as unemployment rates skyrocketed. However, Jagmeet Singh plans to follow suit at a federal level. For many Albertans, the NDP has not acted in their economic interests. Though the provincial and federal NDP parties do see certain issues differently, such as pipelines, many Albertans don't want to make the same mistake when voting for the party they think can bring the most positive change at the federal level.

So while support for Singh may be growing in provinces like Ontario and B.C., where NDP policies are relatively feasible, the problem is that Alberta simply does not trust the NDP anymore. Whether Singh's individual influence as a non-white candidate with a focus on of altruism can sway voters remains to be seen.



# Humans of UCalgary

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



*“I’m struggling with living in the moment.*

A lot of the time, I think, “When I graduate and get a job, then my life will be better.” Why can’t life be good right now?”

*“I used to be scared of telling people that I’m hearing impaired.*

I didn’t want to wear my hearing aids because it made me feel like I was different. And I didn’t want to be different. It was scary to think that I will someday go deaf because I love music and talking so much. But as I got older, I didn’t have a choice but to wear them.

My mentality changed in Grade 11 when I spoke to my vice-principal about my hearing aids. He told me that his friend, who was closer to my age, is going through the same thing but still lives life happily and comfortably regardless. From then on, I decided not to let it control me anymore. Being in Calgary has really helped, thanks to the community of hearing impaired people. I’ve also been given the opportunity to learn ASL and qualify for an interpreter. I guess looking back, my advice to my past self is that it doesn’t matter that you’re different, you have to live life to your fullest. Every step is just a new adventure.”





# U of C graduate to release second book, blow your friggin' mind

Story by Thomas Johnson  
Photo courtesy Lori Andrews

**F**olk-singer Joan Baez once said, "Action is the antidote to despair."

In 1990, someone had that quote printed in the now defunct Three Lines Free section of the *Gauntlet*. James Fell, then a self-described unfit and underachieving history undergrad, reeling from a recent academic probation notice from the University of Calgary, read it while eating lunch in MacHall.

"I got the message in the mail that said, 'You're being kicked out because of your grades,'" Fell says. "My credit card companies were calling, I was drinking too much, I was overweight. I was in a state of despair. Twenty-two years old and I felt like my life was circling the drain."

Today, after stints with the *Gauntlet*, *Los Angeles Times*, *TIME* and a handful of other notable publications, Fell holds the ideal position of many aspirational writers — that is, a successful author. In 2014, he released *Lose It Right: A Brutally Honest 3-Stage Program to Help You Get Fit and Lose Weight Without Losing Your Mind*, an inspirational weight-loss book that adopted a sardonic authorial voice. Fell says that voice set him apart from the, as he put it, "Group-hug, Oprah, 'You-can-do-it-girl' voice or the chest-bumping, alpha-male crap" style that dominated the market at the time.

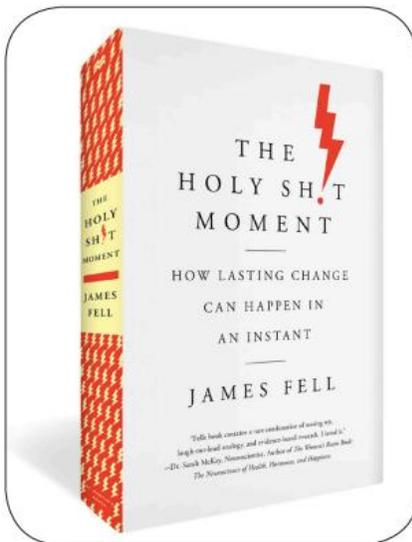
"When I have something to say, I'm just gonna barf out and say it. In the world of health and fitness, other people weren't doing that," Fell says. "I got into it to be the writer I wanted to read."

His second book, *The Holy Sh!t Moment*, released this January, occupies the same field as *Lose It Right* — science-based motivational writing — but focuses more intently on the readers split-second desire to catalyze the change in their life.



"The science of the life-changing epiphany. When someone has a sudden insight into their life, that takes them on a new path in their life in a furious and seriously motivated way. I had been preaching the slow and steady path to weight loss, including the way people become motivated — slowly drag yourself over a motivational tipping point," Fell says.

"I talked to a lot of people where that wasn't the way it happens for them. They had a 'holy shit moment,'" he continues.



"They jump in with both feet, incredibly motivated. They didn't have to struggle — they had to work, to lose the weight, but there was no looking back. It was going to happen."

On his personal "holy shit moment," Fell is as forthcoming as his book.

"I was sitting in the food court, reading the *Gauntlet*. I read [the] quote by Joan Baez," he says. "It was kind of a two-stage process. The first stage was the insight that the whole situation was my fault. All of these problems I'm facing could be solved with concerted effort. I can fix this if I'm willing to work. The second stage was the really big, life-changing epiphany that I had been lazy my entire life to that point."

What followed was a physical transformation, two master's degrees and one of the most successful health-and-fitness writing careers in Canada. Holy shit.

"That's the way these life-changing epiphanies work. They're big picture, very fuzzy. They're not concrete action plans," says Fell. "Those come later."

*The Holy Sh!t Moment* will be on sale Jan. 22 via St. Martin's Press. Copies of it and *Lose It Right* are available in stores or via Fell's (hilariously named) website, [bodyforwife.com](http://bodyforwife.com).





## High Performance Rodeo continues to push boundaries in third decade

Story by Gurman Sahota  
Photo courtesy High Performance Rodeo

High Performance Rodeo (HPR), a Calgary festival staple, returned in January for its 33rd year with another round of tremendous music, dance and performance. Featuring work from Calgary artists, some of the best touring companies from across the country and creatives around the world, HPR ran 25 shows in 16 venues across downtown Calgary.

Producer Laurel Green says the rodeo has a reputation as a cutting-edge leader, allowing host venues and participating theatre companies to experiment during the festival as well.

“The rodeo has a reputation now, at 33-years old, of being a little bit wild, being a little bit risky, having an audience that’s really curious and really passionate. It means that our partner companies can

cut loose a little too and include something in their season that’s a little bit different,” she says.

What keeps the festival fresh is its ever-evolving nature and the continued inclusion of marginalized voices.

“[HPR has] always been very progressive in terms of being inclusive of new voices for fostering works of emerging artists, for bringing in seminal work by great masters in their craft,” Green says. “Also being on the forefront of Indigenous work, of queer work, of work by LGBTQ+, trans artists, really always offering a really wide representation of self-expression.”

This comes with the building of the artistic community with inclusivity at its helm. Building on community, HPR continues to work alongside artists and companies to bring audiences face-to-face with exceptional experiences that are unique to Calgarians.

“[These performances] continue to evolve as artists today are pushing new

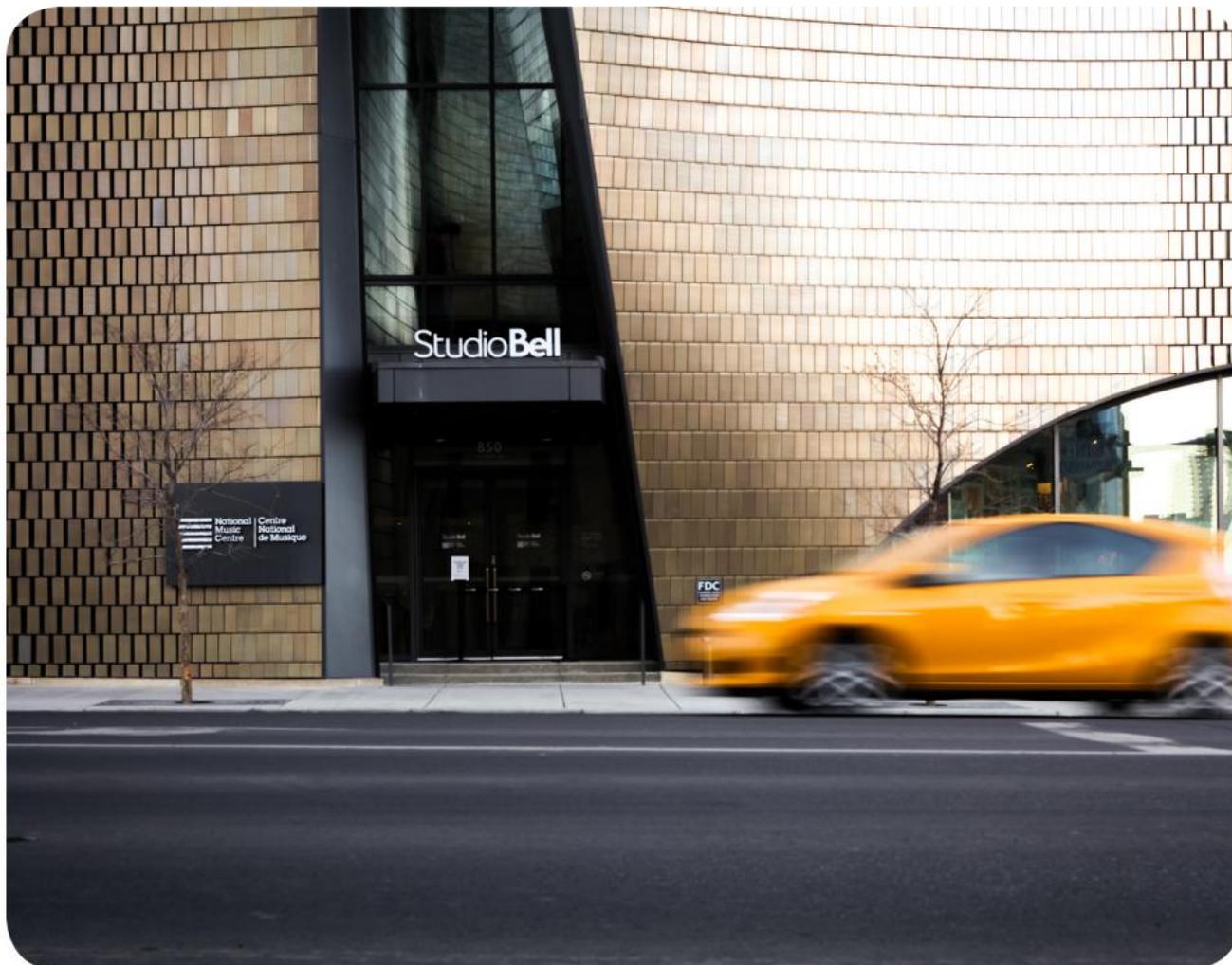
boundaries and offering new definitions of themselves,” says Green.

A point of pride for HPR is its continued dialogue with Indigenous communities in Treaty 7 territory, including three Indigenous works this year — *Bug*, *God’s Lake* and *Café Daughter*. Green says that deepening the connections with Indigenous communities has allowed HPR to work with community elders in encouraging elders and members of the community to support the works.

Alongside these performances, another notable show was *Broken Tailbone* by Carmen Aguirre. A CBC Goodreads winner with her book *Something Fierce*, Aguirre spoke of her unique upbringing as a child of Chilean revolutionaries all within a salsa lesson. Green says that you wouldn’t had to be a dancer to enjoy the show. “It’s kind of undeniable the energy that will be in that room,” she says.

High Performance Rodeo ran from Jan. 9–27.





## National Music Centre offering Alberta spotlight, more for 2019

Story by Troy Hasselman  
Photos by Mariah Wilson, courtesy  
BEARinCO

The National Music Centre (NMC) is gearing up for a busy 2019 season. Numerous events, performances and workshops are scheduled that highlight the creativity and diversity present in the music scene both locally and across Canada.

NMC program director Adam Fox outlined several of the events taking place at the centre in the coming weeks and months, including Block Heater, the site's collaboration with the Calgary Folk Music

Festival. The event takes place on Feb. 22–23 and “packs the facility with programming curated by the Calgary Folk Music Festival,” according to Fox. This will be the second year the event takes place at the NMC and continues to grow in popularity.

Before Block Heater, Family Day events will take place at the NMC on Feb. 18 with folk musician Fred Penner.

“I think it would be a great opportunity for folks to bring their kids out and celebrate the day at Studio Bell,” Fox says.

The NMC is particularly excited for the Alberta Spotlight concert series which covers a wide variety of artists from across

the province.

“For anybody that maybe thinks narrowly of what music in Alberta is, we are excited to challenge those conclusions with an increasingly diverse array of artists,” Fox says.

The genres and artists highlighted run the gamut from soul singer Lynn Olagundoye on Feb. 9, Project WILD winners the Prairie States on March 16, Calgary punks The Shiverettes on April 18, classical pianist Karl Hirzer and soprano Allyson Hop on May 16 and Calgary grindcore band WAKE on June 28.

“Celebrating the diversity of music



created in this province is an exciting thing we get to do," says Fox. "There is so much happening in this province that it is not difficult for us to reach out and find amazing things in every corner."

Beyond the current season Fox says that exciting developments are in the works at the NMC including additions to their artists-in-residence program.

"We are just confirming all of our artists in residence for the coming year. Nothing I can reveal at this point but you are going to see some artists that you recognize," Fox says. "You are also going to be excited by the range and volume of local talent as well. We're committed to making sure that artists in our back yard have accessibility to the programs that we offer."

Past creative residencies include Juno-award winning electronic duo A Tribe Called Red, Québécois singer-songwriter Émile Bilodeau, Halifax hip-hop artist and 2018 CBC Searchlight competition winner aquakultre as well as Calgary indie-folk group Reuben and The Dark.

Fox noted an Indigenous stream of programming is set to be announced as

part of their spring and summer season.

"There is a lot coming up that we're going to be excited to make some announcements about," said Fox

Fox also commented on the NMC's education programs, noting that the NMC served 14,000 kids in 2018 and is set to serve 15,000 kids in 2019. He highlighted a program called Backbeat, which he described as "a realm of activities on Saturdays and Sundays that are geared towards families."

Concerts from more well-known artists are also in the works, with a show from Barenaked Ladies founder Steven Page on May 25. Fox says more shows from other artists to be announced.

Fox concluded by adding that anyone interested in finding out more information on events at the NMC should visit the "What's On" page on nmc.ca

"It's how I keep up with things there's so much going on" he laughs.

For tickets and more details, visit the NMC's website. The site also offers discounts on day passes to students, which includes access to exhibitions and workshops.





## INSPIRED BY: A CAREER WITH VARIETY

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## Woezo Africa Music & Dance Theatre Inc. celebrates Black History Month with Unganisha



Story by Thomas Johnson  
Photos courtesy Ron Fillier Photography

The greatest trick the Devil ever played was convincing a naive world that a video game or some backpack-wearing punk on Vine originated their favourite viral dance craze. In reality, those dances probably came to be well-known before the advent of our favourite prematurely deceased social media platform or *Fortnite*. It's not a meme or fad. It's history and heritage. It's a lesson in ownership and the cost of generational appropriation. In February, the Woezo Africa Music & Dance Theatre Inc. plans on educating us.

As part of Calgary's Black History Month, Woezo will produce *Unganisha*, a celebration and exploration of nine dance genres with African roots. The production features locally sourced professional choreographers and dancers from within Calgary communities, performing tap, jazz, hip-hop, samba, capoeira, step, Afro-Cuban, Afro-Caribbean and salsa dancing routines true to their origins.

"Unganisha means 'connection' in

An advertisement for Athabasca University. It features two students, a woman and a man, both smiling and looking at their smartphones. They are wearing light blue t-shirts with the university's logo. The background is dark grey. Text overlays include "fill a gap" in a blue and orange box, "in your program" in a blue and orange box, and a paragraph of text: "Athabasca University has over 850 courses to choose from to meet your needs and courses start every month. AU has over 6,600 transfer agreements around the world (including with this institution)." The Athabasca University logo and name are in the bottom right corner, along with the tagline "open flexible everywhere." and the website "au.athabasca.ca/fill-a-gap".

fill a gap

in your program

Athabasca University has over 850 courses to choose from to meet your needs and courses start every month. AU has over 6,600 transfer agreements around the world (including with this institution).

Athabasca University  
open flexible everywhere.  
au.athabasca.ca/fill-a-gap





Swahili,” says Wunmi Idowu, the founder and director of the Woezo Africa Music & Dance Theatre Inc. “And what we’re trying to do is connect our community.”

A piece of Calgary’s Black History Month celebrations, the extravaganza will tell an intergenerational romance via dance. With a different choreographer for each dance section and a cast of 75 trained dancers, *Unganisha’s* core conceit speaks to the universal languages of love, music and the oldest, purest form of expression.

“There is a huge disconnect in the African diaspora in Calgary,” Idowu says. “This gives us an opportunity to engage the community and show who we are.”

After the show there will be a cultural fair, which is free to all visitors. However, Idowu recommends bringing at least \$30, as the reception will be replete with vendors of African or Caribbean heritage, selling traditional goods to match the spirit of the production. This time can be used to further explore the genres and cultures that took the stage moments before.

Idowu hopes the lessons in *Unganisha* will be able to translate to the lives

of their audience. For instance, Idowu, along with her assistant Nelson Arsenault, is choreographing the step dancing portion of the night, a cyclical performance with South African roots in which the dance creates the music and

vice-versa. Memories of Stomp might come flooding back — people smacking the sides of dumpsters and drumming the lids of garbage was shaping the rhythm their body reacts to.

It’s no well-kept secret that great swathes of modern Western culture have been appropriated from African traditions, oftentimes tweaked and, frankly, whitewashed to the point of unrecognizability — at their best, they’re often taken for granted.

“I’ve been a performer for over 22 years, doing different [dance] classes. The instructors rarely teach how and why these dances have been informed by African culture. You have to Google it. That’s a piece that’s missing,” says Idowu. “We understand there’s a chance to inform and educate the community. It’s a great way to come experience black history and learn and apply it.

“It’s part of history. It’s a part of our black history, so we would like to showcase it.”

The performance of *Unganisha* will take place on Feb. 2 at the Martha Cohen Theatre in the Arts Commons. Tickets are \$50 for adults and \$35 for seniors and students. For more information, visit [unganishadance.com](http://unganishadance.com).







Story by Thomas Johnson  
Photo courtesy Stefan Strangman

**R**obbie Voltaire, frontman of Calgary power-metal quintet Ravenous, exhales a long sigh.

“Yeah... I’m permanently in my bedroom.”

If any theme unifies Calgary’s eclectic collection of musicians, then it has to be their proud do-it-yourself spirit. The metal scene in particular relishes the opportunity to get their hands dirty and wear grit like a badge of honour.

A full-time student with a part-time job, Robbie Voltaire — known artistically as Rav — is a manifestation of that DIY spirit. Voltaire’s bedroom, his sometimes home part-time prison, doubles as a handmade studio, where he, Ravenous guitarists Jake Wright

and Skyler Mills, bassist Chris Valax and drummer Dave Crnkovic have been recording their upcoming album, *Eat The Fallen*, for the better part of a year.

“When it comes to dropping 10-grand on school each year, you don’t really have much of a choice on spending money going to big studios. I’ve spent most of the last year teaching myself about audio engineering, so that I could hopefully do a bunch of the work and cut down on the costs of producing the album,” says Voltaire. “As a result, the time commitment has been stupid. I’ll spend eight hours in front of my computer, four recording and four writing an essay. It’s been really interesting, but awesome.”

The members of Ravenous occupy a common, imperative role for any hub — the working class musician. In this case, you can add “student” to the list of qualifiers. A se-

mester away from his U of C anthropology degree, he and members of Ravenous are balancing passion and prerequisites, blistering solos and the bills that precede them.

The economics of recording an album doesn’t slot neatly into many financial plans, least of all ones that require thousands a year on books, student and registration fees, rent and a bunch of other dumb stuff like food and heat and roofs and shit. The struggle is real and, by Rav’s estimate, has made for a better album.

“If we were a famous band, and our only job was to live in a cabin and record an album, it wouldn’t even be the same album. The sense of the DIY, and the struggle of working the nine-to-five, then you go to your friend’s room to record your guitar part, then you go home because you still haven’t eaten and the girlfriend’s kinda



pissed because she hasn't seen you all day," Voltaire says. "All those real life things play into an album, and it moves what that brings to the table."

"All those things" also usually lead to some MacGyvering. Resourcefulness and inventiveness come hand-in-hand, and they're about as useful as an amp to any blue collar band. Out of necessity, Voltaire practiced the ancient art of bedroom recording. Trying to capture lightning in a bottle in the approximation of a bedroom, the room was stripped of everything, save the desk, computer, drums and a vocal chamber the band made from PVC piping and blankets. He effectively became a live-in producer on top of lead vocalist.

"If it was professional, we would pay money to go in the studio. Now my job is all this shit that I never had to be concerned about," Voltaire says. "The amount of time invested has been fucking insane. But I have more time than money available. It made more sense to do it this way."

Despite time being the biggest demand of recording so (literally) close to home,

it's in the shortest supply. While Rav is still a working student, the other four members work full-time. The routine of work/record/study leaves a non-existent space in between. Magic must be made with whatever is at your disposal. The video to their single, "Conquering the Sun," was edited from footage "shot on [Robbie's] shitty cellphone" and the credits in the description read:

**Recorded by: Ravenous @ Ravioli Records**  
**[There's no website, it's Rav's basement]**

"That music video came out and everyone said it sounded amazing, because we captured the audio quality really well, then we sent it off to get mixed and mastered, and that's where the magic happened," Rav says. "In the end, you can catch any recording of anything and it sounds like shit until it's treated. You need to make the sounds come to life."

And it sounds alive — roaringly so. Rav says that the editing called for 26 layers

of his own vocals on top of each other, mimicking the battle cry of a Viking war party or the cheering of 3,000 heavy metal cruise-goers.

"We got really lucky with the combination we have with my knowledge base and the guy we have doing the mixing and mastering. There's a lot of bands that try to do the DIY stuff and it comes out sounding terrible," Rav says. "There's nothing you can do about that, so we're in a good position where we kinda got lucky."

After nine months of gestation, *Eat The Fallen* is slated for a late-April release. You can pre-order it on Ravenous' Indigogo page. The payoff, Voltaire knows, will be well worth the grind.

"This is basically our child. There's a ton of money and emotion and greying going into this. But then you hold that CD-child in your hands and it's fucking awesome. You can't wait to show it to everybody," he says, before he starts laughing.

"Imagine if every time someone had a baby, they went around the country and showed it off in bars. It's an awesome feeling!"



# TOP 30

The top 30 albums played on CJSW 90.9 FM in January

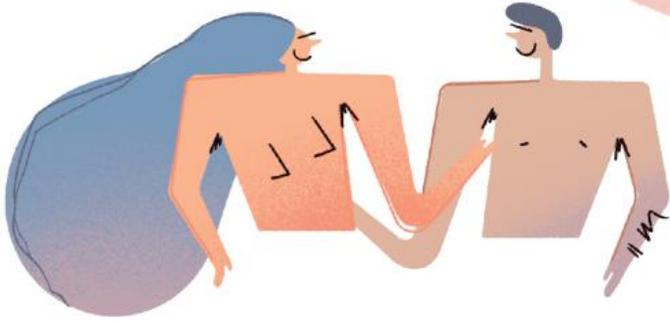
Tune in to CJSW 90.9 FM and online at [cjsw.com](http://cjsw.com)

1. Marie Davidson - *Working Class Woman* (Make It Rain / Ninja Tune)
2. Jessica Moss - *Entanglement* (Constellation)
3. David Virelles - *gIgbó Alákorin (The Singer's Grove) Vol. I and II* (Pi Recordings)
4. Various - *Noise From the Black Lagoon* (Sudden Moment Recordings)
5. Masta Ace, Marco Polo - *A Breukelen Story* (Fat Beats Records)
6. Yves Tumor - *Safe In the Hands of Love* (Warp)
7. Corinthian & Limacher - *Disappearance Exhibition* (Deep Sea Mining Syndicate)
8. High Parade - *The Ocean* (Self-Released)
9. Glen Hall, Bernie Koenig, M.J. Idzerda - *Three Way Conversations* (SLAM Productions)
10. Boy Harsher - *Careful* (Nude Club)
11. Amp Sessions - *End Less* (Self-Released)
12. Ian William Craig - *Thresholder* (130701)
13. Tim Hecker - *Konoyo* (kranky)
14. IDLES - *Joy as an Act of Resistance* (Partisan)
15. Chrome Sparks - *Be On Fire* (Counter Records)
16. Sarah Louise - *Nighttime Birds and Morning Starst* (Thrill Jockey)
17. Way North - *Fearless and Kind* (Self-Released)
18. The Reluctant Cosmonaut - *The Reluctant Cosmonaut* (Self-Released)
19. Scott Marshall and the Jazztice League - *Dream Logic Project* (Self-Released)
20. Fractal Cypher - *Prelude to an Impending Outcome* (Self-Released)
21. Cecile McLorin Salvant - *The Window* (Mark Avenue Records)
22. Girl Arm - *Cell Death* (Self-Released)
23. Single Mothers - *Through a Wall* (Self-Released)
24. Rosanne Cash - *She Remembers Everything* (Blue Note)
25. Shad - *A Short Story About A War* (Secret City)
26. Expanda Fuzz - *Cotton Candy Jet Engine* (Self-Released)
27. Jeff LaRochelle - *Lenses Extend* (Self-Released)
28. Various - *CJSW 90.9 FM - Invisible Channel* (CJSW 90.9 FM)
29. Mary Puce - *The Drought* (PAN)
30. Orkestar Kriminal - *Ryobra* (Coax Records)



# Gauntlet's Annual Sex Survey

Design & illustrations by Tricia Lim



## Gender Identity & Affiliation

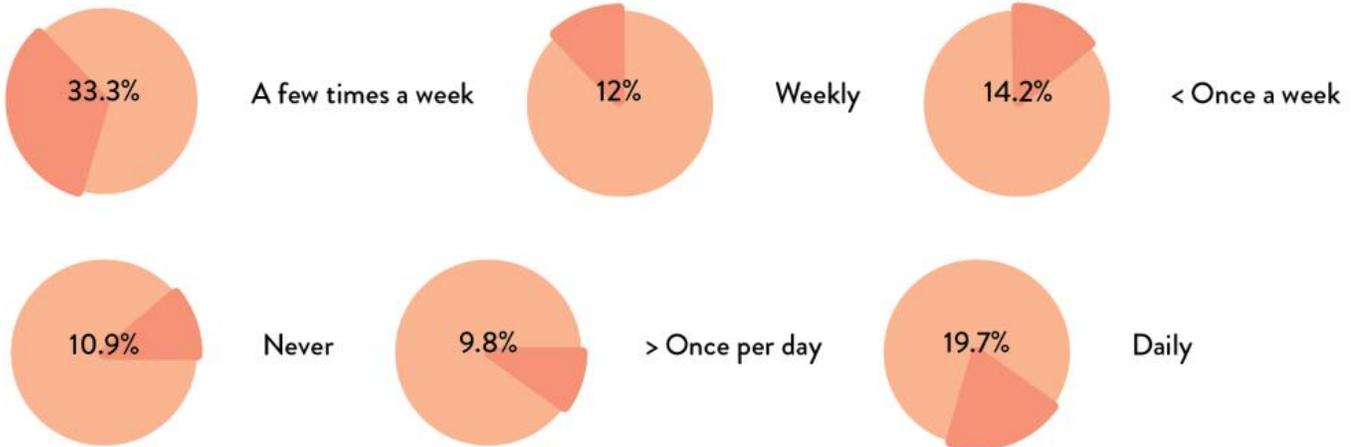
53.8% Male 40.9% Female 5.3% Other



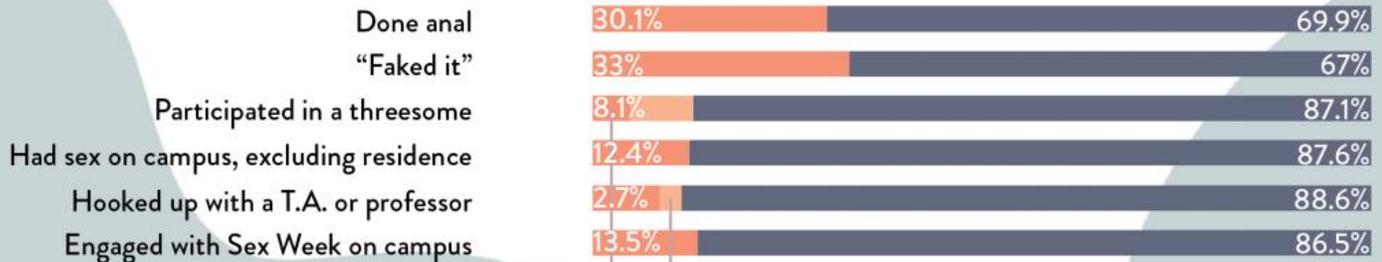
## Age



## How often do you masturbate?



## Have you ever...

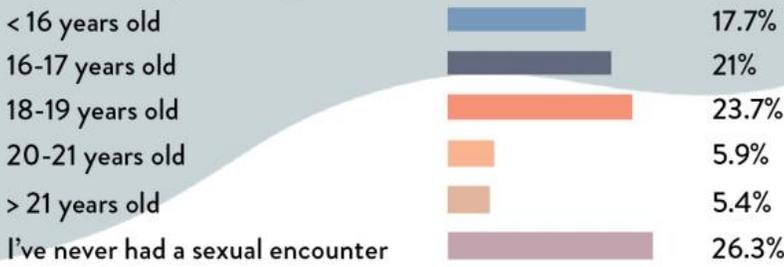


More than three

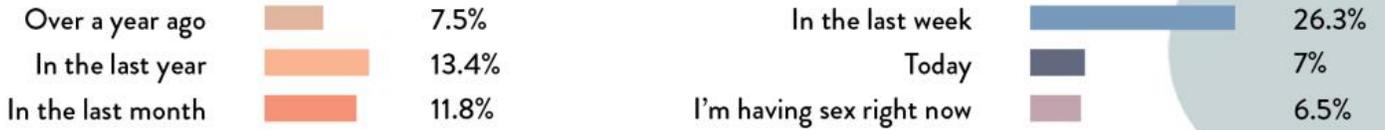
More than once



### How old were you during your first sexual encounter?



### When was the last time you had sex?



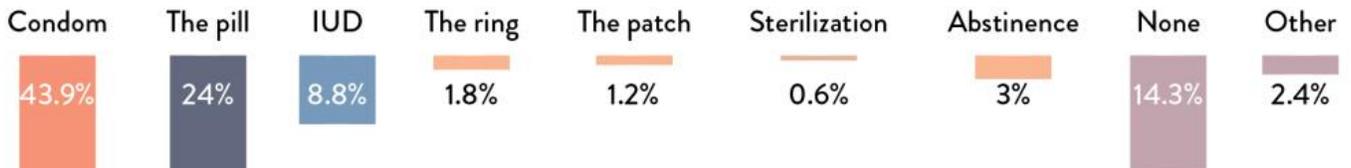
### How many sexual partners have you had?



### Would you be open to having multiple partners at the same time?



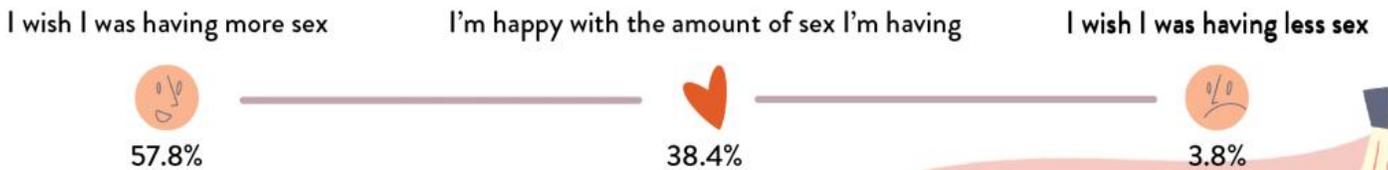
### What is your preferred type of contraception?



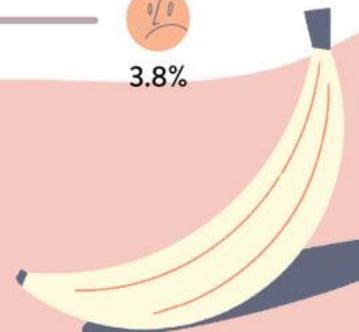
### How many types of contraception do you use at once?



### How satisfied are you with the amount of sex you're having?



### Do you feel like you have a healthy relationship with your sexuality?





# Alberta cross-country skier Beckie Scott appointed Officer of the Order of Canada

Story by Kristy Koehler  
Photos courtesy Mark Brett

Last December, Canmore resident and cross-country skier Beckie Scott was one of 15 Canadians appointed Officer of the Order of Canada. An anti-doping advocate and champion of athlete's rights, Scott has had an incredible career — and she's not even close to finished.

At the 2001 Salt Lake City Olympics, Scott became the first North American woman ever to win an Olympic medal in cross-country skiing when she captured bronze. Her involvement with the clean sport movement began shortly after, when her bronze medal was subsequently upgraded to gold because of positive drug tests for the two Russian skiers who finished ahead of her.

"I was pretty mobilized by that and

inspired by the notion of the importance of fair play and a level playing field," she said.

In 2005, Scott became chair of the World Anti Doping Agency (WADA)'s Athlete Committee. Established to represent the views and rights of athletes, the committee was designed, according to WADA, to provide "insight and oversight into athletes' roles and responsibilities as it relates to anti-doping."

Scott was also a member of WADA's Compliance Review Committee but resigned in 2018 after the decision was made to reinstate the Russian Anti-Doping Agency (RUSADA). Their original suspension followed Canadian lawyer Richard McLaren's 2015 report of Russian doping coverups. The report prompted Scott to take action. A vocal champion of the rights of clean athletes, she created the Anti-Doping Charter of Athlete Rights,

a document that will be embedded into WADA's Code in 2021.

Scott said the Charter was created to let athletes know that they were being heard.

"It was really borne out of the Russian doping scandal because [...] when the McLaren Report was published and the scope of the doping fraud and the corruption that had taken place was revealed and exposed there were a lot of athletes that reached out to us as an Athlete Committee to ask for our help and to speak on their behalf in terms of their rights," she said.

"We as an athlete committee really take our responsibility to clean athletes seriously and we wanted to come up with a real solution to this problem, firstly to let athletes know that they had been heard because we also recognize the challenges that face athletes when it comes to speaking





out — it's really daunting," Scott continued. "To say to these athletes, we hear you, we support you, but we also wanted to have a concrete solution."

After her retirement from skiing, Scott worked for Right to Play, getting involved in sport for development, defined by the organization as the use of sport as a tool to improve people's lives and enlarge people's choices. In 2009, she became an ambassador for Spirit North, an organization that brings cross country skiing to Indigenous communities. Scott says she saw the potential for sport for development, especially in Indigenous communities. She acknowledged that, like many Canadians, she had never been to an Indigenous community before. When she did, she found the experience eye-opening, even shocking, in terms of the socio-economic disparity she witnessed.

Scott says she started to put the pieces together and see what sport for development could do for Indigenous children and youth in Canada. After being on board for a number of years as an ambassador, Scott decided to take over the program and restructure the organization. She saw the potential to expand and Spirit North officially became a charity in the summer of 2018. The organization now works in multiple areas of Western Canada and engages well over 6,000 children and youth annually.

"The program delivery model begins with outreach," Scott said. "We have a dedicated team of coaches and volunteers who go and visit communities and bring the equipment and they spend the day with a skills-based, play-based program that essentially just gets kids outside and exercising."

Spirit North works with communities and community partners to develop the program into regular sport programming so that the coaches are seeing the kids regularly. The next phase of the program involves what Scott calls "building community capacity" — identifying community members that want to lead and facilitate the program. Spirit North provides coaching certifications, mentorship and opportunities. The program eventually becomes community-owned and -led.

Scott says Indigenous athletes are underrepresented in the Canadian high-performance sport landscape, but Spirit North has potential to change this, simply by virtue of providing opportunities.

"Competition is not one of our aspirations but it's certainly become one of our outcomes to the most positive and welcome effect," Scott said.

Eventually, participants get to the level where they wonder what's next. To answer that, Spirit North has begun to introduce them to competitions, even operating their own competitive circuit — two races each year in Alberta — for Indigenous athletes.

Scott says that university campuses can do more to ensure Indigenous students receive opportunities to participate in sport.

"There's a lot that can be done and it starts with awareness. It starts with recognizing our place of privilege as non-Indigenous Canadians and also our responsibility and accountability to every member of our society in terms of opportunity and creating welcoming environments," she said.

"Sport is one of those great and amazingly easy tools that is so capable of breaking down barriers. Sport is a really natural way for reconciliation to start. Maybe it starts with an invitation or recruitment but it goes beyond that. It goes to cultural awareness and sensitivity and engaging in respectful dialogue

and just opening those doors."

For her achievements and outreach, Scott has been inducted into the Canadian Sports Hall of Fame, the Alberta Sports Hall of Fame, the Canadian Ski Hall of Fame and the Canadian Olympic Hall of Fame.

"I have one foot in the bright side of sport which is sport for development and seeing all the positive and powerful impact that sport for development has and the difference it can make," Scott said. "And, I also have a foot in the dark side which is doping and corruption. I'm fighting for justice on both sides."

No one would blame Scott if she were jaded by her first-hand experiences with doping in sport. But she is friendly, compassionate and has channelled her experiences into something positive that will benefit athletes in Canada and around the world for years to come.

"I feel really lucky actually because I've found a new passion outside of my own professional career — that's not easy for athletes," she said. "I think a lot of athletes, particularly Olympians, who have reached what we define as success in their careers, sometimes have trouble transitioning and finding that next path for their passion and their energy. But I feel really lucky because I have work that's very challenging but also incredibly inspiring."





# Haley Daniels fundraises for historic Olympic journey after shattering glass ceiling

Story by Kristy Koehler  
Photo provided by Haley Daniels

Calgary native Haley Daniels is a highly decorated canoer, but there's one notable medal missing from her trophy case — an Olympic medal. Women's canoeing will appear at the Olympics for the first time in Tokyo 2020, due largely in part to Daniels's lobbying efforts.

"We basically had the same situation as the womens ski jumpers. The men were in

the Olympics and the women were not," Daniels said. "We put pressure on our national federation and our international federation [...] to make a decision to put pressure on the International Olympic Committee."

Why wasn't women's canoeing included prior to Tokyo 2020? Daniels argues that most of the reasons given weren't legitimate, including that some people even thought paddling just wasn't an activity women should be participating in.

"It started off that there wasn't enough

women in the sport to be gender equitable but the reason that there wasn't women in it was because if you're not an Olympic sport, you don't get any funding," she said.

It's a vicious cycle that plagues female athletes — there aren't enough women competing to fund them, but they can't compete without that funding.

Daniels has been fighting since 2012 to have women's canoeing included in the Olympic roster.

"Through a lot of lobbying and media exposure and athletes being true to





their stories, continuing to put pressure wherever they could, we were successful," she said. "The International Olympic Committee and the International Canoe Federation announced in 2017 that we would be an Olympic sport."

Daniels doesn't know whether or not she will be the athlete chosen to represent Canada, but she's fighting for that opportunity.

"There's only one person per country per category for our sport but I'm working really hard to try and get there," she said. "It's been my dream and it's now so much bigger. It's about leaving that legacy for future women to be able to break those barriers."

Now, the real work begins for Daniels, and that involves funding her dream. This year marks the beginning of the Olympic qualification competitions.

"The first hoop we have to jump through is getting a continental spot. Not every country gets to go to the Olympics — only 22 countries get to go. So I'm fundraising

for the season," she said. "We have the Pan-Am games in Lima this summer and the Olympic qualifiers in Spain and then the training to get there."

Daniels's job as a high-performance athlete is full-time. She's on the water almost every day — even in the snow and cold. In addition, she also maintains a job at a civil engineering firm. Her fundraising initiatives will help her raise the \$50,000–\$70,000 that she'll need to continue training and attending the qualifiers.

On Jan. 21, Cold Garden Beverage Company partnered with Daniels to host the 'It Takes a Village' fundraiser. Hand-painted paddles made by a local artist were auctioned off in support of Daniels's campaign. Her mission fit right in with the local brewery.

"When we were asked to host this fundraiser it was a no-brainer because Cold Garden and Haley have two important things in common," said Dan Allard, co-owner of the brewery. "First,

sport has always been important for Blake [Belding] and I, co-owners of Cold Garden. In fact, we met at U of C when Blake was playing football for the Dinos. Second, we love people that aren't afraid to change the rules. Haley embodies sport."

Cold Garden supports sport in the little ways a start-up brewery can. They offer snacks by donation in their taproom with the proceeds going to KidSport Calgary. They're hoping to help Daniels make history.

"Her tenacity has helped elevate the Olympics by pushing to have her sport included officially at Tokyo 2020 for the first time. She has created her own possibilities and we're honoured to be part of her journey to the Olympics," Allard said.

"I do it because I love paddling but the fact that we can break that glass ceiling along with it is pretty awesome," Daniels said.

Fans and supporters can help Daniels by buying T-shirts or making a donation. More information is available at [haleydaniels.ca](http://haleydaniels.ca).



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# Whitehorse resident competes in his second Yukon Quest sled dog race

Story by Kristy Koehler  
Photo via Creative Commons

The Yukon Quest, a 1,600-kilometre sled dog race, is steeped in history. The trail from Whitehorse, Yukon to Fairbanks, Alaska, traces the route prospectors followed to reach the Klondike during the gold rush. The race lasts between nine to 14 days, as mushers and their teams battle the elements and isolation.

Ask anyone to name a sled dog race and they'll likely come up with the Iditarod. The famous race was launched in 1973 to preserve the sled dog culture in the North and commemorate the role sled dogs played in settling Alaska. The Yukon Quest, launched in 1984, is lesser known. The purse is smaller and there are far fewer participants. But it is arguably a more gruelling race than the Iditarod.

Canadian racer Nathaniel Hamlyn is one of the youngest mushers in the Yukon Quest, looking to finish his second race. Hamlyn notes the differences between the Iditarod and the Yukon Quest largely owe to the distances between checkpoints.

"There's about half the number of checkpoints," Hamlyn said. And while there are hospitality stops, there are vast distances between them. "They're not checkpoints — they're basically cabins. You pull up and there's normally half a bale of straw for your team, but there's no supplies."

Racers have to pack all the supplies they'll need between each checkpoint. There's no access to additional items. Hamlyn says it can be scary to be alone that long.

"I grew up in the North and I thought I was good alone, but there were points you definitely just wanted to see something human — a light or anything. You're totally alone in the middle of nowhere. If you actually think where you are — you can get into trouble so quickly," he said.

There are trackers on the sleds, but once you activate one, you're out of the race. And, he says, it wouldn't be a quick rescue if you needed it, owing to the isolation. His biggest

worry, though, comes down to the dogs.

"The scariest thing would be to lose your team," he said. "That would be the worst nightmare."

Hamlyn always brings it back to his team of Alaskan huskies. He's quick to point out that the dogs are the real athletes in the race.

"I just kind of stand there and keep them moving," he humbly states.

The preparation for both animal and human athletes is intense. How does one prepare to be completely isolated, in the bitter cold and totally self-reliant? Hamlyn goes to a remote location near his home to get used to the isolation and having limited supplies.

"Especially for the long races, you have to be mentally tough. You're alone for a lot of time. The dogs — you have to look after them, and look after yourself as well," he said.

A Whitehorse resident, Hamlyn is used to the cold. He says it's actually preferable to racing when the temperatures rise.

"When it's warm, it's wet," he says. He again brings it back to the dogs, thinking of them more than himself.

"They perform better in the cold. They eat better — when it gets really warm their appetite goes down and they get sick easier," he said.

Despite his extensive training, nothing could have prepared Hamlyn for the actual rigours of the race. He had a plan and a race schedule, but threw them out shortly after beginning.

"Last year it felt like survival. I just kept

going and the race wasn't even part of my mind. I wasn't racing — I just wanted to get to the finish line."

Hamlyn grew up with sled dogs, not only racing, but as pets. He operates Step Up Kennels in Whitehorse and has a deep love for his canine companions.

"They're awesome to be around. To see the improvement as you train, it's really rewarding.

To be alone with them — no noise, just the dogs and all their personalities — it's pretty great," he said. "I rely on them. It's a really cool bond."

Hamlyn applauds the incredible veterinary care at the checkpoints and says the Yukon Quest keeps the health of the dogs top of mind. You can't leave a checkpoint unless the team looks healthy and you can't force the dogs to leave. More rest is mandated if the dogs don't appear to want to head back out on the trail.

There are always detractors whenever animals are featured in sports. Hamlyn says he understands, but also wants people to know that the dogs love to run.

"I can see how people could look at sled dogs and think you're pushing them too much but they're really well looked after. I'm freezing to keep them warm. Just go for a ride and see how happy they are," Hamlyn said.

Hamlyn feels better prepared for the race this time around.

"Maybe I'll actually think about racing this year," he said.

The Yukon Quest begins at noon on Feb. 2.





# Dinos represented on U Sports All-Star team that faced off against Canada's World Juniors

Story by Kristy Koehler

**M**ost hockey fans know that this year's World Junior Championships didn't go the way Canada wanted — a 2-1 overtime loss to Finland ended our quest for gold in the quarterfinals. What people may not know, however, is that the Dinos played a big part in helping Team Canada evaluate their roster prospects.

Every year, U Sports puts together an all-star team to face off against potential Team Canada players at their selection camp ahead of the World Junior Championships. The tournament has been played in the All-Star format since 2015. But varsity teams have been helping Team Canada train since 1988 when the Dinos faced off against the national team. This year, the three-

game series took place in Victoria, British Columbia, from Dec. 12-14.

Dinos head coach Mark Howell was named head coach of the U Sports All-Star Team, his third consecutive year being involved in the tournament in a coaching capacity. Dinos hockey players Dylan Busenius, Cain Franson, Riley Sheen and Jordan Papirny were also named to the team. Busenius was named captain and he and Franson made up two of the seven returning roster members.

Howell says the tournament came about when Hockey Canada went in search of some stiff competition to evaluate the World Junior prospects.

"They felt that this was the best competition they could get to push their guys and evaluate the team — and to find out where they were at as far as their

preparation," he said.

The tournament presents not only a development opportunity for the junior players, but a chance for varsity athletes to show the country what they're made of — and maybe attract some new fans in the process.

"I think it's a great opportunity for the players across Canada that play U Sports hockey to represent U Sports and showcase their level of skill to everybody," Howell said. "U Sports men's hockey is extremely high-level hockey."

The U Sports team won the series 2-1, their second consecutive win against Team Canada.

The Dinos men's hockey team is poised to earn a playoff spot. Canada West quarterfinals begin Feb. 15.



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# The butt and nothing but: Advice for awesome anal sex

Story by Ms. Robinson  
Photo by Mariah Wilson

**A**nal sex is one of my favourite activities in the bedroom. The tush is tight and taboo, a killer combo for both mental and physical stimulation. The popularity of anal sex has been on the rise for quite some time — adult website Pornhub tracks user data and found that searches for anal sex rose 120 per cent in the United States and 78 per cent worldwide between 2009 and 2015. Still, it is often fantasized about in secret, while being viewed publicly as dirty and something the receiving party simply tolerates rather than enjoys.

As a female anal aficionado, the most common questions I'm asked by friends and partners alike are related to the back door. "Why on earth would you want to do that? Does it hurt? Does it get messy?" Misinformation about the act abounds. But there are ways to incorporate anal into your sex life in a healthy and fun way! These tips are applicable to folks of all sexual orientations and gender expressions.

## **Consent and communication are crucial:**

Obviously, consent should be top of mind in all sexual interactions. This is especially true for anal sex. Just because someone has agreed to engage in sexual activity with you doesn't mean anal is on the table. It's something that should be discussed in advance — if brought up in the heat of the moment, one partner may feel obligated to participate when they don't want to, or aren't ready to. This can lead to an unenjoyable and painful experience. The goal is to be able to incorporate anal sex into your repertoire on a regular basis — if it isn't fun, what's the point?

Communication is essential to ensuring a pleasurable, mind-blowing anal adventure. Make sure you're letting your partner know what feels good, what doesn't and how fast or slow they should be going.

## **Prepare for pleasure:**

Spontaneity is not the friend of anal sex. It sounds crass, but there is potential for

something to go wrong. Don't go out for a huge, spicy meal and then attempt anal. Know your body. Understand how long it takes to digest certain foods and how your body responds to them. Eat minimally the day of an anal adventure. You wouldn't want to run a marathon after a big steak dinner and you won't want something shoved up your backside after one either! If you know you're prepared, you'll be more comfortable. And when you're comfortable, sex is much more enjoyable.

Ensure you have condoms, lube and baby wipes near your bed — or wherever you plan to do the deed.

You can also prepare yourself beforehand. Buy a sex toy and get used to the feeling of having something up there. Toys come in graduated sizes, so you can start small and work your way up to something bigger. Just make sure your toys are made for butts! You'll want to get something with a flared base. Otherwise, you run the risk of getting your toy lost up there and no one wants to explain that to the emergency room staff.



**Cleanliness is critical:**

Part of being prepared is making sure you're as clean as possible. There's no need to do anything drastic — your backside is much cleaner than the rumour mill would have you believe. Have a thorough shower and insert a soapy finger to assuage any fears of not being clean back there. The worry of an "accident" is pretty unfounded — unless you have digestion issues or haven't prepared properly.

**Foreplay is your friend:**

No matter whether you're the giver or receiver in your anal interaction, it's important to be ultra turned on! Pornography would have you believe that you can just drop your drawers and get to it. While porn is rarely a good teacher in any circumstance, this is the most egregious erotic error adult films commit.

Have your partner use their fingers to relax the area. The anus has a high concentration of nerve endings so any stimulation back there feels amazing,

especially while your partner is going down on you. The more you've warmed up to the idea of being touched and the more turned on you are, the more relaxed you'll be when it comes time for sex.

**Comfort is key:**

Preparation and communication are key to your comfort during anal sex. But what's the best position? In my opinion, for beginners, it's with the receiving partner laying on their side and the penetrating partner spooning them. Most people think of doggy-style sex, but it can lead to penetration that's too deep for the first time or two. Having the receiving partner on top is good too, so they can control the depth and speed of penetration.

After you've added anal to your regular repertoire, experimenting with other positions is tons of fun. My personal favourite is to have the receiving partner lay on their stomach — it provides an incredible visual for the penetrative partner and gives access to reach around and pleasure

yourself for maximum enjoyment.

**Lube up for maximum enjoyment:**

It goes without saying that the butt does not self-lubricate. To ensure a pleasurable anal experience, lube is necessary. There are women who have enough experience and whose vaginal lubrication provides enough slip and slide to carry them through a vaginal and then an anal sex session, but this is not the norm. Spit does not count as lubrication. Apply lubricant directly to the condom-clad penis, fingers or sex-toy. Apply liberally. When you think you've applied too much, apply more! Take breaks throughout your sex session to re-apply.

Simply using a lubricated condom is not enough. You'll need more. Speaking of condoms, do not use oil-based lubes as it breaks them down. Water-based lubes tend to dry out rather quickly. Silicone-based lubricants are the best bet.

**Safety first:**

While pregnancy is not generally a concern when engaging in anal sex — though it can happen as a result of spilled semen — the bigger concern is contracting an STI. Wear a condom. The backdoor is prone to microscopic tears as a result of vigorous sex and any contact with blood as a result of these tears ups your risk of STIs.

If you're having anal sex with someone with a vagina, don't ever insert the same fingers or penis into a vagina that have engaged in anal play.

**Getting on with it:**

You're prepared, turned-on, lubed up and ready to go. Now what? Well, start slow. As you feel pressure back there, push out. It feels awkward and counter-intuitive, but it's the best way to open up and let your partner in. Once the first inch is in, stop. Relax. Become accustomed to having something up there. When you're ready, give your partner the go-ahead to get to it. Keep communicating about whether it's too fast, too hard, too deep, or feels just right.

If it hurts, you aren't relaxed enough or you haven't used enough lubrication. Anal sex should never hurt — it should feel fantastic!

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# Administration to punish horniness outside of Sex Week

Story by Frankie Hart  
Photo by Mariah Wilson

In a controversial move, the University of Calgary administration has declared horniness outside of Sex Week non-academic misconduct. All offenders will face immediate suspension from their classes.

"This was important to implement as my first big move as president," said U of C president Ed McCauley. "It's time to finally punish being horny for the reprehensible action it is. And I mean that in the least sexy way possible."

Seventy-two students have already been found guilty of non-academic misconduct following the policy change. These students must attend 10 workshops to preventing horniness before they can return to their classes. One such student, who wished to remain anonymous, believes that he should not have received a misconduct.

"We were watching a video in class, what was I supposed to do? You see a strong lion hunting and notice its power and broad frame with such an elegant grace, what's a man to do? Not get a little horny? It's not like I was hurting anyone," he explained.

Overall, professors seem pleased with the policy, citing horniness as a common cause of distraction prior to the change. Zoology professor Leon Hardon was one of the first faculty to make use of the policy.

"Some of these kids think I don't notice, but I do. They're very clearly making bedroom eyes at some other student, rather than at the class content. At least that's somewhat understandable," said Hardon. "It's the students that get horny due to the class content itself I worry about. Because of the change I was finally able to do something about this kid that would get really weird during nature videos."

Despite student discontent with the

policy, its strongest advocate seems to be the Students' Union. They have implemented a task force to monitor for horniness in student common areas, whereas professors are responsible for their own classes.

"The policy helps to really promote Sex Week, which is, of course, run by the Students' Union. By repressing student horniness on all other days, students are free to really let loose during Sex Week, which will surely equate to great student involvement," said SU president Sagar Grewal.

Grewal stated his only concern is potential decline in morale following Sex Week, and is working with vice-president academic Jessica Revington to organize events to lift student spirits during this period of post-nut depression.

Sex Week runs from Feb. 11-15. Throughout the week, students are encouraged to be horny to their heart's content.





# The five stages of grief when your ex messages you

Story by Beejal Parekh  
Photo by Mariah Wilson

## Denial:

Your phone buzzes. It's probably Mom. Or maybe it's a useless group project member with a thinly veiled excuse for why they haven't completed their portion of the assignment. Oh shit, it's your ex. You changed their name to something like "REGRET IN THE SHAPE OF A PERSON" to deter you from answering or contacting them on a lonely Valentine's Day in the near drunk future.

Surely this is a mistake. Butt-dialing still happens these days, yeah? Why would they message you? You gave all their stuff back. Well, except the soft blue hoodie that you only occasionally wear. They have a million hoodies anyway — why would they need that one back? Plus, your ex seems perfectly happy, as indicated by the 100 photos of their new partner they posted on Instagram. Maybe if you don't open the message, it'll just disappear?

## Anger:

They have no reason to text you, you

think to yourself, still staring at the notification on your phone. Fury bubbles in the pit of your stomach. Or is that the Mexican food you ate for lunch? Either way, you're angry, confused and maybe a little gassy. They have literally no reason to contact you, so why today of all days? They knew this would make you angry. They knew your day was going fantastic. They knew it, based on the Instagram stories you posted, hoping they would see how put together the post-breakup you is.

## Bargaining:

Still staring at the notification, you decide that maybe you will open it and leave them on read. Or just open it and delete it right away? You have options here. Maybe you get your friend to open it and pre-read it for you? If it's something spicy, then your reply can match the same spiciness of those habanero peppers in your lunch. Unlikely — knowing your ex, the message is probably no spicier than a green bell pepper. Bottom of the Scoville scale. If only you had just blocked their number post break-up, you wouldn't be spending so much time thinking about peppers. But there is

one pepper lesson to retain: Make like a ghost pepper and ghost them.

## Depression:

After bargaining, the sadness and confusion will set in. Maybe you can slip into those soft fuzzy pants of shame while hanging out with your reliable pals, Ben and Jerry. Who cares anyway? Throw on those re-runs of *Friends* that you've already seen too many times and sulk in your own misery with frozen dairy. Their text message was probably just informing you how much better their life is without you.

## Acceptance:

After consuming about 1,000 calories of ice cream, you start to accept the reality of your situation. Maybe their life is better without you, but yours is too. You joined that boutique fitness studio down the street instead of drinking your problems away at The Den and only wear sweatpants once a week. Regina George would be proud. You wish your ex well and go to your spin class. With each rotation of your wheels, you leave them further and further behind.





# Ten more spots to have sex on campus

Story by Lady Marmalade  
Photo by Mariah Wilson

In 2017, Lady Marmalade scoped out the top best 10 spots on campus for getting your mid-semester bang on. Since then, she's been on the prowl to find more sneaky sexy spots to get partially naked (or fully, if you like the thrill) on campus. So grab some lube and protection and get your freak on.

## 1. That slow-ass elevator in MacHall by Jugo Juice:

If you're making a trip up to the *Gauntlet* office from the first floor of MacHall, invite your lover in too and get it on in there. Don't worry about timing. This elevator is literally the slowest I've ever been in, so you have plenty of time. If you're going from the top floor to the bottom floor, you can grab a Jugo Juice after to quench your thirst. Good work in there, buddy. You earned it.

## 2. In your car in the Arts Parkade:

Do it like your parents used to and climb in the back of your 2007 Nissan Sentra to steam up your ride while some sweet Peter Gabriel plays in the background. Make sure you pay for the parking spot beforehand, or the romantic bright red light of shame above your car will rat you out to the parking police and you may end up with a ticket. That'd be a boner-killer for sure.

## 3. That new thing they're building:

Wow, that's a big new building popping

up on campus. Is it a library? More offices? Who knows. All I know is that you should throw on a hard hat with your FWB and march in there like you own the place. Find a random room and declare loudly that you are doing an "infrastructure check" and need privacy. Then go to town.

## 4. Any room in the Education building during practicum:

At the end of February, all the education students will be up to their eyeballs in lesson plans and influenza, so take a gander at some classrooms in the Education building with someone you like. Spoiler alert, every room is empty and cold, so grab a blanket and a condom and put that theory into practice.

## 5. Pretend to be a part of the bridge statue by Kines:

Immerse yourself in campus art and join in on that weird statue by the Kinesiology building. Pretend to be one of the naked people holding up the bridge and have a menage-a-trois with the other statues. This one is best for a warm day. Sex.

## 6. Behind the painted rock:

This thing has so many layers that a little love-making mist won't hurt. Hide behind this dirty bad boy and be a little dirty bad boy yourself.

## 7. EEEL building:

Whip out your eel in EEEL. Climb all those big stairs and get lost in one of

many laboratories this building boasts. If you can find a bathroom that locks, even better. Before your coitus, take a romantic shower and hose down in the chem-labs. Be sneaky and make that lab table creaky.

## 8. The Hunter Hub:

Do you know how much money is in the porn industry? It's time to pivot and innovate, baby!

## 9. In Rex's suit:

If you and your lover are particularly petite, climb on in to Rex's Dino suit and roar with pleasure as you nut in that filthy thing. Nobody will notice that Rex is looking a little lumpier than usual, but they might notice the new pep in his step. This one is a really good one because you can have sex anywhere now and get some high-fives as you go to town, Tyrannosaurus Sex style.

## 10. In your dorm or parent's house, you animals. This is a joke.

If you have sex on campus, one of two things will happen. Either you'll get caught and get expelled, or you'll have the hottest sex of your life and nothing else will compare. We don't want to be responsible for either of those things. C'mon, dude. Just go to your dorm like everybody else. This is funny and all, but don't have sex on campus. It's gross, cold and smelly just about everywhere. Have some goddamn respect for yourself.





# Top five porn searches at the U of C

Story by Frankie Hart  
Illustration by Tricia Lim

Over winter break, the University of Calgary conducted a survey on the student population's porn viewing habits. University administration stated that learning what piques the interests of students may help for student engagement and advertising purposes. Huh. Well, here are the top five types of pornography watched by U of C students:

## 5. Real-estate roleplay:

Owning a house? Talk about fantasy! What's more alluring than having the resources to hang your hat? Most of us students can barely find a small apart-

ment to rent, and the concept of owning a house is so abstract and so... hot.

## 4. Understanding professor:

A twist on the classic "hot for teacher" tale — the student visits the professor's office hours about the trouble they're having with the assignments and asks if they're able to get an extension on an assignment or do something for extra credit. The professor accepts and also offers helpful advice. You know, your basic wish fulfilment stuff.

## 3. Textbook audiobooks:

It seems the porn industry has capitalized on the stubborn student tendency to not purchase textbooks. These videos are nude people reading various textbooks out

loud, which is actually quite an efficient use of time on the part of the student viewer. Now the information is stored deep in their brain, right next to their other carnal desires. This might cause an awkward situation when attempting to recall answers during a test, though.

## 2. Fortnite:

Wait, that one's real.

## 1. BSD-M:

Last Bermuda Shorts Day got a lot wilder than usual, apparently. If the SU wants to start making a profit off of BSD, maybe they should consider rebranding the beer gardens to the lube gardens. Can you think of a sexier concept than being flogged by Jimmy Buffett? I don't think so.



# Injuries related to auto-erotic lava lamp usage increases across campus

Story by Evan Lewis

Photo by Mariah Wilson

In recent weeks, a new trend has swept across the University of Calgary campus as students experiment with auto-erotic lava lamp usage. This unique form of self-pleasure originated in Great Britain in the '60s and '70s when the lava lamp — originally called the “astro lamp” — was first invented. At the time, the act was referred to as “a cheeky trip to space.” Personal lava lamp stimulation has recently been reborn on university campuses across North America.

However, the injuries that eventually caused the method to fall out of popularity in the late '70s have seen a resur-

gence as well.

“People don’t understand the risks involved,” said Maia Amani, a sexual health expert at the U of C. “They don’t consider that some things are just not made to interact with the human body in that way. For those wishing to explore this side of their sexuality, I would strongly encourage them to keep their engagement with their lamp on a visual level.”

Amani noted that those who find themselves drawn to lava lamps in this way are not abnormal.

“No one is a deviant here. Studies have shown that lava lamp attraction is surprisingly common — roughly one in every 1,000 people surveyed report feeling sensations associated with sex-

ual attraction when viewing lava lamp movement. If heated paraffin wax lit from below gets you going, there’s nothing wrong with that. The problem arises when users don’t take into account their own health and safety.”

The *Gauntlet* spoke to a pair of U of C students involved in managing an Instagram page called “Lava Lamp Lust,” where followers are encouraged to contribute pictures, memes, advice and questions related to the sexual use of lava lamps.

“There is, of course, the method you might expect when looking upon the shapely form of a lava lamp,” one of the page managers, who wished to remain anonymous, said. “That takes a kind of bravery in and of itself. But those who have dived deep into experimentation have found many different ways to receive pleasure from this incredible ornament.”

The other page manager chimed in, blushing a deep crimson.

“Not everyone engages with their lamp in this way,” they said. “The simple act of turning on my lamp is incredibly sensual. Sometimes I love just staring into it’s deep, pahoehoe-like core. That wild, energetic bubbling... It’s a slow, undulating pleasure, one that builds and builds until... well, you know.”

Similar “Lava Lamp Lust” pages have been set up on Facebook, a subreddit — [/r/rayleigh-taylor](#) — has also appeared, with both pages having dedicated discussion of self-gratification with the use of lava lamps. Similarly, a number of YouTube channels have been created for videos in which a narrator softly whispers sweet nothings over lava lamp footage.

Those interested in learning more about precautions to take when engaging with lava lamps can find information at the Students’ Union Wellness Centre or the Calgary Sexual Health Centre.





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# Will you fall for someone this month?

By Amal Asiff and Kristine Quong

 **Aquarius**  
(Jan. 20 – Feb. 18)  
Feeling inspired by Ariana Grande, you will flip through dates from Tinder this month by swiping right on every profile you see. Thank u, next!

 **Gemini**  
(May 21 – June 20)  
While you stroll through MacHall one afternoon, you'll be asked out by a mysterious stranger. Do not say yes. It'll make it weird when they're your TA next semester.

 **Libra**  
(Sept. 23 – Oct. 22)  
You will finally find the courage to ask your crush for their number. They'll actually give it to you! Wow! Sucks to be any other sign, I guess.

 **Pisces**  
(Feb. 19 – March 20)  
After being invited to a family reunion, you'll realize that you're the only member who's still single. Just remember, familial love is important too. Remember that as the family beef roars on.

 **Cancer**  
(June 21 – July 22)  
During class, you'll get called on to answer a question by the professor in the middle of a particularly... *steamy* daydream and accidentally call him "daddy." Well, time to withdraw.

 **Scorpio**  
(Oct. 23 – Nov. 21)  
You'll find yourself staring at your own reflection in your date's eyes out of boredom for five minutes. This will put you in a state of hypnosis, and somehow, helps your grades.

 **Aries**  
(March 21 – April 19)  
You'll only get love on Feb. 15, when that sweet Ferrero Rocher goes on sale. No love can compare to how discounted chocolate tastes.

 **Leo**  
(July 23 – Aug. 22)  
During reading week, you'll meet a hottie on The Den dancefloor. Don't even try to think about finishing those readings.

 **Sagittarius**  
(Nov. 22 – Dec. 21)  
Forget love. Netflix will always be there for you. At least, it will be until your credit card gets declined. Then you'll know true loneliness.

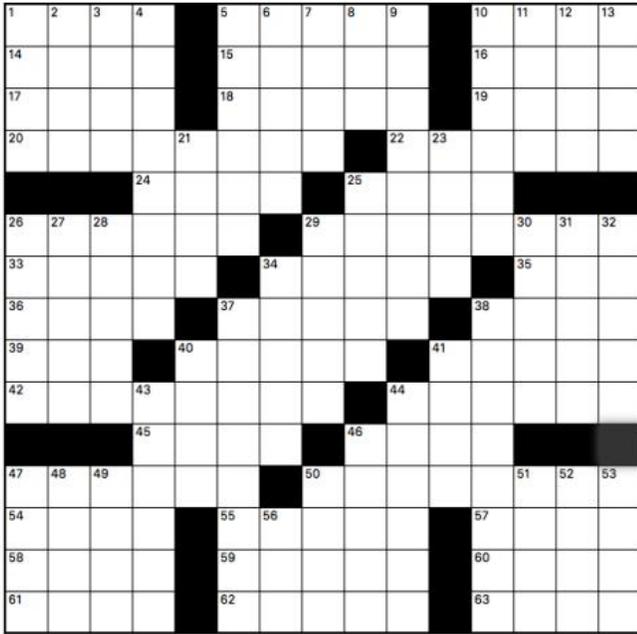
 **Taurus**  
(April 20 – May 20)  
Cupid has got his eyes on you and he's about to strike. But then, at the last second, he'll miss and you'll find yourself running away from your little brother's best friend. Fourteen-year-olds are terrifying.

 **Virgo**  
(Aug. 23 – Sept. 22)  
This month you'll find yourself crying over your ex. Put away those tissues and grab a sponge to soak up your tears. Your mother was right when she said you're going to be alone forever.

 **Capricorn**  
(Dec. 22 – Jan. 19)  
You will finally gain the courage to ask out that cutie in your lecture. After a brief conversation, they'll realize that they're supposed to be in an astronomy class – not this astrophysics class.







By Jason Herring

**ACROSS:**

- 1. According to Ezra Koenig, car that you torch like a pile of leaves
- 5. Kisses in Liverpool
- 10. Swerve
- 14. Scottish philosopher... or *Gauntlet* newsboy
- 15. Repetitive phrase in the Mountain Goats song "No Children"
- 16. Like fancy lingerie
- 17. "A" small point
- 18. Rub it in
- 19. U of C undergraduate arts and science program that includes study abroad
- 20. According to an old meme, "Just long horses"
- 22. Stateside home of Celtics
- 24. Where 6-Downs go when January Crossword Solution:



- 25. Indian dress
- 26. Mr. Balboa's breakfast, in part
- 29. Daytona participants
- 33. A deep chasm
- 34. Brings along
- 35. Italian eatery owner in NE Calgary
- 36. Québécois-written urban peak: \_\_\_\_\_ Royal
- 37. Gas containers
- 38. Like Leon of Social Sciences
- 39. Suffix, particularly with cardinals: \_\_\_\_\_
- 40. Spiritual teachers
- 41. Responsible for a December 2018 Gatwick airport shutdown
- 42. Coming home after a long day: "I \_\_\_\_\_!"
- 44. East-Asian island; fre-



- quent student travel spot
- 45. What Federer does when he serves without opponent contact
- 46. U of C natural science department abbreviation
- 47. Dog that can dunk
- 50. Comment ça va? On a good day
- 54. Picket-line crosser
- 55. The only people who have good reason to "play Wonderwall"
- 57. Actor Stone of *The Favourite*
- 58. Arbiter of scientific convention
- 59. The fabled fifth taste
- 60. U.S. TSN
- 61. Once-acronyms for both Armenia and Azerbaijan
- 62. Banks, Sanchez
- 63. Middling

**DOWN:**

- 1. Sex in Sheffield
- 2. Like 1-Across, but four-ringed
- 3. When the moon hits your eye, but in Barcelona, not Paris
- 4. Pre-release software trial
- 5. In science, requisite accuracy
- 6. Gaudreau, for example
- 7. Possible tic-tac-toe winning rows
- 8. High enough for law school?
- 9. Minor hitches
- 10. Stork-bearing pickles
- 11. Regina, relative to Calgary
- 12. Natural callback
- 13. First name of talking Pikachu actor

- 21. Obscures
- 23. Silver, gold and diamond, in *Minecraft*
- 25. Terminates employment
- 26. Stereotypical broke student meal
- 27. "\*Yawn\*, this class is \_ \_\_\_\_\_"
- 28. Premier pre-Ford
- 29. Buying the most expensive dish: "\_\_\_\_\_ the bill"
- 30. QE2 bus line: Red \_\_\_\_\_
- 31. First name of one-hit-wonder behind "Bleeding Love"
- 32. Say, in German
- 34. Generation-one mushroom Pokémon
- 37. What you are when you're no longer listening in class
- 38. Cliché campus game items
- 40. Gallium and copper, if they could react
- 41. There's fewer in February than March
- 43. One who dabs
- 44. Semester-long nightmare
- 46. Operatic leading lady: \_\_\_\_\_ donna
- 47. It covers 30 per cent of the Earth's land area
- 48. Freezes, or partakes in a Smirnoff marketing stunt
- 49. Calgary songwriter Spoon, Wu-Tang rapper -kwon
- 50. Old-school Russian leader
- 51. Iggy Azalia, in her hit: "\_\_\_\_ fancy"
- 52. Conspiracy theory-centric pulses of energy
- 53. 10<sup>-9</sup> prefix
- 56. *Brooklyn Nine-Nine's* Santiago

**Congratulations to Israa Farouk, Kevin Zheng and Benjamin Creelman for being the first to submit last month's puzzles!**

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



# WHAT SEX POSITION ARE YOU?

Written by Richard Hancock and designed by Tricia Lim

Are you sexually inactive?

Yes, but not by choice.



Are you an engineering major?



... yeah.



The "Zipper."

You got your dick caught in your zipper. Fuck!

I could be a donkey farmer with all the ass I get.



When's the last time you had sex?



Yesterday.



How do you meet people?



By making anonymous posts about them on Chatter. Wow, this is pathetic.



The "Pita on the Run."

You try to approach that cutie in your lecture section and tell them that you want to take a trip with them to pound town. But, similarly to the MacHall eatery, you'll be shut down.



I email every girl in the university named Nicole



The "Swann Mall."

You talk yourself up to be life-changing and incredible in a few years, but you'll remain an inconvenience in the meantime. Nobody likes when you take forever, if you know what I mean.



Too long ago.



Sub or dom?



Subway.



"The Cowgirl."

You have a wild and free nature, reflected by this position. In fact, you're so wild and free you'll go viral like that one Stampede girl from a few years back.



Domino's.



"The Reverse Cowgirl."

You're a by-the-books, paint-by-numbers person who would rather have vanilla, non-dangerous, boring, indoor sex. "Cowgirl" could teach you a thing or two about life on the wild side.



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