

GAUNTLET



VOL. 59 | ISSUE NO. 9 | May 2019

**Orange crushed:
How the balance of
power swung back
to political right**

p. 6

**Time of the season:
Calgary's summer festivals**

p. 20

**Five stress-relieving
yoga poses**

p. 32





GREAT JOB,

VALUABLE EXPERIENCE,

TOO LITTLE PAY?

S.U.P.E.R.WORK TO THE RESCUE!

S.U.P.E.R.WORK is a \$1000 wage subsidy award for undergraduate students earning less than a competitive wage at a summer job related to their degree. For eligibility and to apply, visit www.su.ucalgary.ca/super-work

Applications will be accepted
Mar. 4 -
Sept. 6,
2019



Students' Union Program for Education Related Work

DO SOMETHING ABOUT



RIGHT HERE ON CAMPUS

The SU Campus Food Bank welcomes monetary and healthy, nonperishable food donations

 **SU Campus Food Bank** (403) 220-8599 • foodbank@ucalgary.ca
www.su.ucalgary.ca/foodbank
225 MacEwan Student Centre (near end)

great things in Stör!

So much more than chips and chocolate.
Stör is there when you need fresh, gluten-free and locally made snacks.



stör

MacEwan Student Centre, main level





Twitter: @GauntletUofC
www.thegauntlet.ca

Editor-in-Chief:

Jason Herring
Kristy Koehler
eic@thegauntlet.ca
403-970-9217

News:

Ashar Memon
news@thegauntlet.ca

News Assistant:

James Falls

Opinions:

Derek Baker
Cristina Paolozzi
opinions@thegauntlet.ca

Columnists:

Aymen Sherwani
Kayle Van't Klooster

Arts & Culture:

Troy Hasselman
arts@thegauntlet.ca

Sports & Wellness:

Kristy Koehler
Tori Taylor
sports@thegauntlet.ca

Humour:

Frankie Hart
humour@thegauntlet.ca

Photo:

Mariah Wilson
photo@thegauntlet.ca

Digital:

Nikayla Goddard
Masoud Karimi
online@thegauntlet.ca

Volunteer Coordinator:

Gurman Sahota
volunteer@thegauntlet.ca

Graphic Artist:

Tricia Lim
graphics@thegauntlet.ca

Video:

Mary Gagarin
Cole McCracken
video@thegauntlet.ca

Business Manager:

Kate Jacobson
business@thegauntlet.ca

Contributors:

Anton Charpentier, Sam Cheffins,
Matty Hume, Susie Ngo, Gayathri
Peringod, Mitali Pradhan, David
Song, Rachel Woodward.

Golden Spatula: Kade Marshall



Kade had the misfortune of missing out on all the good journalism internships and was left with us. We're grateful for all his unpaid labour, especially his flamingo artwork.

"I pretend to work; they pretend to pay me."



Editorial

- 4 The *Gauntlet* is going back to a newspaper. Here's why.

News

- 7 *Gauntlet* alumna wins Pulitzer Prize, awarded honorary degree
- 8 A tricky road ahead for the Students' Union
- 12 The U of C to lead pan-Canadian microbiome research core
- 13 High demand sees U of C bump up computer science program transfer average

Opinions

- 15 Destruction of historic sites warrants emotional responses
- 16 Stop asking instructors to round your grade up a letter
- 17 One STEP forward, two steps back
- 18 Commitment is scary — and that's okay

Arts & Culture

- 24 Esker Foundation focuses on the Arctic, gender identity in summer exhibitions
- 26 Girls Rock Camp set for another year
- 28 Classic rock, breakfast and atrophy: An interview with B.A. Johnston

Sports & Wellness

- 30 Dinos women's rugby on track for a successful 2019–20 season
- 34 Float tanks provide relaxation, stress-relief
- 35 Synchronized swimmers perform in pool full of plastic to raise awareness

Humour

- 38 Abandon all hope, ye who work in restaurants
- 40 I went to BSD and all I got was a free water bottle
- 43 Horoscopes: Summer grind

Furor Arma Ministrat

Room 319, MacEwan Students' Centre
University of Calgary
2500 University Drive NW
Calgary, AB T2N 1N4
General inquiries: 403-220-7750
thegauntlet.ca

The *Gauntlet* is the official student publication of the University of Calgary, published by the *Gauntlet* Publications Society, an autonomous, incorporated body. Membership in the society is open to undergraduate students at the U of C, but all members of the university community are encouraged to contribute. Opinions contained herein are those of the individual writers, and do not necessarily represent the views of the entire *Gauntlet* staff. Editorials are chosen by the majority of the editorial board. The *Gauntlet* is a forum open to all U of C

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

The *Gauntlet* is printed on recycled paper and uses an ink made of air breathed by Pulitzer Prize winners. We urge you to recycle/be blinded by the possibilities using the *Gauntlet*.

Letter Policy

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

basis of race, sex, or sexual orientation, or libelous or defamatory material. All letters should be addressed to "Editor, the *Gauntlet*," and be no longer than 400 words. The *Gauntlet* retains the right to edit submissions. Letters can be delivered or mailed to the *Gauntlet* office, Room 319 MacEwan Students' Centre, or sent by email to eic@thegauntlet.ca.

The Cover

Illustration by Tricia Lim

Advertising

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

The *Gauntlet* is going back to a newspaper. Here's why.

When the *Gauntlet* switched its print format two years ago from a weekly newspaper to a monthly magazine, we put a lot of effort into ensuring that we were making the change for the right reasons and that we were putting our readership first in our decision-making process.

We undertook that transition in order to reflect a changing media landscape that prioritized web over print — one in which it's typically easier to sell ads for a popular website than a somewhat niche print product.

By nearly all metrics, our transition to a magazine has been a huge success. We've seen a jump in readership both in print and online, we've had the opportunity to experiment with creative storytelling and we've developed a visual style that far exceeds what we had accomplished on newsprint.

That's why it feels a little strange to announce that the *Gauntlet* is switching back to a newspaper for the 2019–20 school year. Starting in September, we'll be publishing a newspaper every other week and one in-depth magazine each semester, plus our usual Frosh and Students' Union election supplements. And, much like over the past two years, we'll still be publishing content online daily.

A number of factors played a role in our decision to switch back to a newspaper. Chief among these was the fact that we didn't see a drop in advertising revenue to the degree which we had originally expected. That means it's still financially viable to put copies of the *Gauntlet* into students' hands more than once a month. And though we're committed to the online side of our operation, we want the students who pay a levy for this publication to have something new they can read while they scarf down a lunchtime beef satay sub more than once a month.

The decision is also designed to

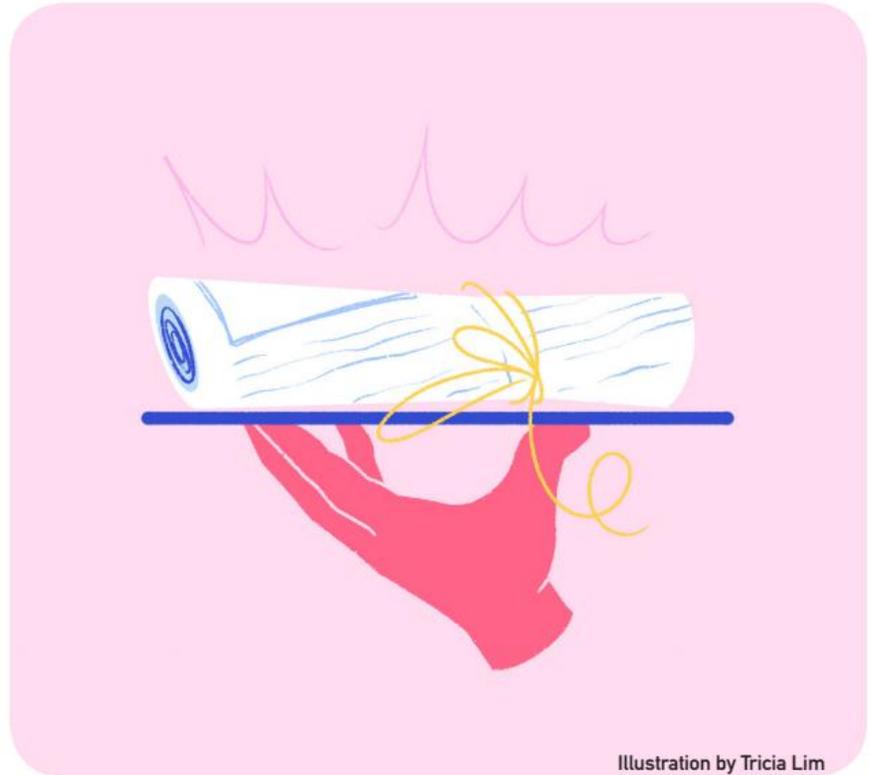


Illustration by Tricia Lim

encourage student participation in the production of the *Gauntlet*. It's easier for student volunteers to get their feet wet in our newsroom when we're in the midst of a full-fledged production process more frequently, and the purpose of the *Gauntlet* is as much about teaching people how to tell stories as it is about telling those stories. If that's something that interests you, check out thegauntlet.ca/volunteer to find out how to get involved.

Whether this is your first or your 50th time picking up a copy of the *Gauntlet*, thanks for reading our work and supporting student journalism. And though we're soon moving away from magazine production, please enjoy this final issue of the *Gauntlet's* brief magazine era. With coverage on the recent Alberta election, the SU's last year and year ahead and all the city's summertime

happenings, we think it's exemplary of the work we're most proud to do.

Pick up the new-look *Gauntlet* on stands in September. If you miss us in the meantime, we're still publishing online throughout the summer at thegauntlet.ca.

The *Gauntlet's* gone through changes like this fairly frequently throughout its almost-60-year history. We weren't always independent from the SU. We weren't always online. We used to print two newspapers a week, somehow, and that's when editors had to use linotype machines instead of computers to lay out pages. The point is, we've switched things up before and we'll probably do it again relatively soon. We hope you'll come along for the ride.

Jason Herring and Kristy Koehler
Gauntlet editors-in-chief

Orange crushed: How the balance of power swung back to the political right in the 2019 Alberta election

Story by Jason Herring

With the dust settled and ballots counted from the 2019 Alberta election, Rachel Notley's New Democratic Party goes down in history with an unenviable distinction — being the only party in Alberta's history to fail to win a second term of government.

The April 16 election ended with a hefty majority for Premier-elect Jason Kenney and the United Conservative Party, who won 63 seats to the NDP's 24, earning nearly 55 per cent of the popular vote. What happened in this election to cause such a drastic shift?

According to University of Calgary political science professor Anthony Sayers, the biggest factor in the UCP's landslide victory was a united right in Alberta. In the 2015 provincial election, the Wildrose and Progressive Conservative parties split the conservative vote, prompting their merge into the UCP in 2017.

"[The NDP's] vote was not that much less than last time and they lost by a good deal and that was because the right was divided into two parties," Sayers said. "[The result was] inevitable within the bounds of what we can normally predict."

The strength of the UCP's win, however, was a little less predictable. Sayers says that when two parties merge, their combined vote typically decreases. This wasn't the case in this election, something Sayers says is due to other factors, including the province's economic climate.

"I think those other things were that the economy is sluggish and taking a long time to recover and jobs are still hard to find for many people," he said. "The narrative that we need change to improve things was at least believable for enough people — more than half the population, which is very unusual."

Much of the election was characterized by scandals, with two UCP candidates — Caylan

Ford and Eva Kiryakos — dropping out of their races after social media posts and messages from the candidates showing white supremacist and anti-immigrant views emerged. Other scandals included the "kamikaze" campaign, in which Kenney allegedly collaborated with a third candidate to damage the UCP leadership chances of his main opponent, Brian Jean.

Despite a multitude of scandals, plus an attack-heavy campaign by the NDP, the UCP out-performed the polls on election day.

David Moscrop, a communications postdoc at the University of Ottawa and author of the book *Too Dumb for Democracy? Why We Make Bad Political Decisions and How We Can Make Better Ones*, says that it shouldn't come as a surprise that the UCP weren't toppled by the myriad bozo eruptions.

"It was a reaffirmation that scandals during the campaign aren't necessarily fatal. While people might find certain elements of your campaign disconcerting or even deplorable, it doesn't mean that they will discount the party or the leader altogether," Moscrop said. "There was just no way [Kenney] was going to lose. The structure of the province is so deeply blue, for all kinds of historical, cultural and economic reasons, that it becomes very hard to uproot that."

Because of this, Moscrop argues that the Notley campaign's focus on attacking Kenney and the UCP was a reasonable tactic, albeit one that came up short.

"Given that the UCP were the heavy favourites and there was very little if anything that the NDP could have done to win, it stands to reason that they had to go on the offensive on day one, because they were behind," he said. "That's fairly hard to do when the structure is against you. You can try to do that by running a positive policy campaign, but it would've had to look basically like the UCP to capture the voters. At which point, people are gonna say, 'I don't need the diet, I'll just

go for the regular.'"

In contrast, Sayers believes that the Notley campaign's almost singular focus on attacking the UCP was a strategic mistake.

"I don't think that attacking Jason Kenney was the problem, myself. What it was was not having a more clearly defined alternative to Jason Kenney besides Rachel Notley. Notley herself was a fair alternative but that really played on one dimension only, which was leadership," Sayers said. "Usually with leadership, you embody a visual of positive things, peoples' dreams and aspirations. There wasn't much of that and I think that's maybe where the NDP may have missed the boat."

The solace for Notley, according to Sayers, is that she will remain in legislature as the leader of the opposition.

"That Rachel Notley is staying is good for Alberta, that a leader of her standing and skill set will be around to keep the government honest," he said. "That's how this is supposed to work. You're supposed to have robust oppositions."

What's next for Alberta? Moscrop says he doubts that Kenney will be able to change many things he pointed to in his campaign as detrimental to Alberta's economy, including equalization, the price of oil and getting a pipeline built. This is because the Kenney government will likely have a prickly relationship with Prime Minister Justin Trudeau's Liberals, foreshadowed by the UCP's anti-Trudeau rhetoric during their campaign.

"I can't for the life of me see Kenney's way to a different equalization formula or to pipelines without building a relationship with the federal government, which Rachel Notley tried to do with a decent balance of carrot and stick," Moscrop said. "For Kenney, the way forward seems to be all stick."

"Kenney's written some pretty big cheques that he'll now have to cash and I'm not sure that he has the balance to see them through."



Gauntlet alumna wins Pulitzer Prize, awarded honorary degree from U of C

Story by Kristy Koehler
Photo by Mariah Wilson

“Money, power, and greed — what more could a reporter want?” asked *New York Times* investigative reporter Susanne Craig in January of her 18-month investigation of Donald Trump’s finances. Craig, a former *Gauntlet* reporter, was speaking to writers at campus papers across the country during her keynote speech at NASH, the annual student journalism conference.

A few months later, on April 15, Craig, along with *New York Times* co-workers David Barstow and Russ Buettner, was awarded the Pulitzer Prize for explanatory journalism for her work on Trump’s tax returns and personal finances. According to the Pulitzer Prize’s website, this investigation “debunked [Trump’s] claims of self-made wealth and revealed a business empire riddled with tax dodges.”

Craig is also a University of Calgary alumna. After graduation, she worked at the *Windsor Star*, *The Globe and Mail* and *The Wall Street Journal* before joining the team at *The New York Times*.

“Getting to the truth can be really hard

[...] especially when you’re writing about a man who has spent his entire life creating a false narrative about himself,” said Craig during her Pulitzer acceptance speech at the *Times*’ offices. “A lie passed down into history does become truth. We found that, Donald Trump banks on it and we can never forget it.”

Craig says receiving the Pulitzer was hard to put into words, and that while it’s nice to be recognized for the story, the work itself was the main achievement.

“It was a pretty big achievement — given what we went through — to get that story to press,” said Craig in an interview with the *Gauntlet*. “This story is certainly singular in its scope and its difficulty and, I think, its impact. It’s not often you get to essentially rewrite 50 or 60 years of somebody’s life who is sitting in the White House. It was pretty incredible in that way to see how it’s changed the narrative on him today. You wake up and feel that you really can make an impact — one person really can, or in our case, three people”

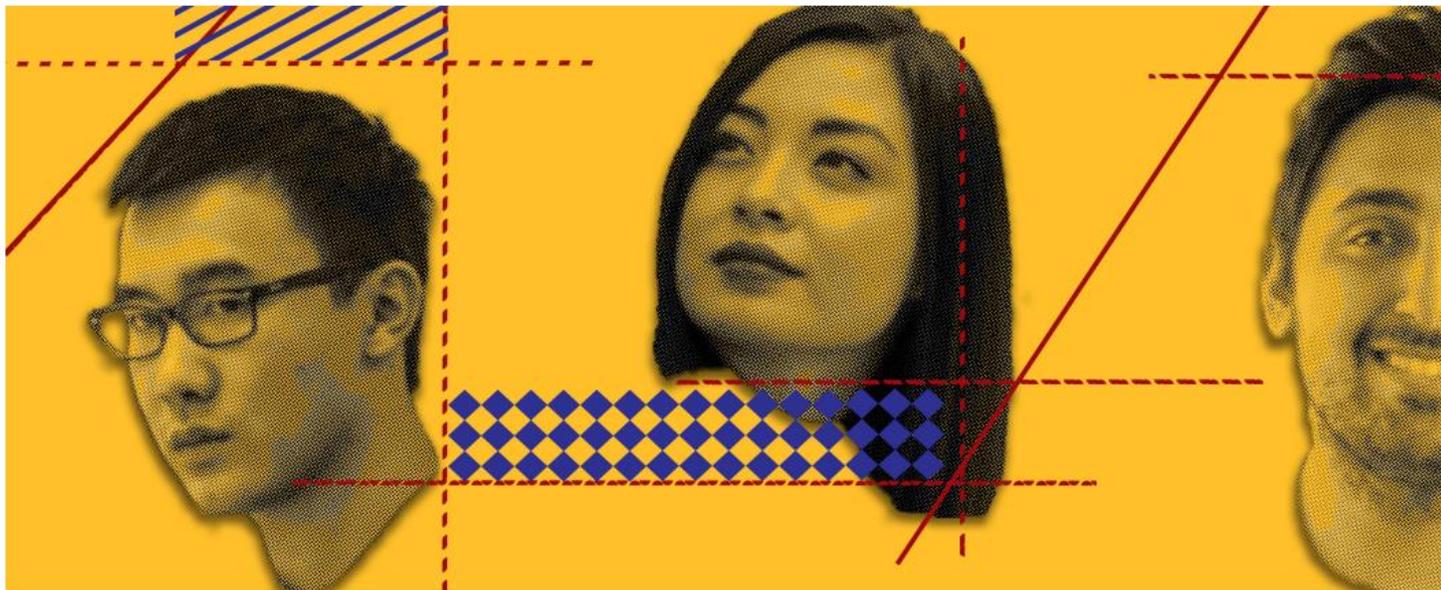
For all the challenges reporting can bring, Craig said she enjoys chasing stories and believes strongly in the need for journalism.

“Reporting is the lifeblood of a strong democracy,” she said. “Whether the government is the president of the United States or the University of Calgary Students’ Union, they still need somebody watching them.”

Craig said she is thrilled to be returning to Calgary to collect her honorary degree. She missed her own graduation the first time around, not wanting to ask for time off from her new job at the *Windsor Star*.

“This honorary degree means so much to me,” said Craig. “The University of Calgary changed my life and I think opened up a lot of doors for me. I didn’t do well in high school but I did really well in university and loved it. I loved my time at the *Gauntlet*. It was a really positive experience for me, so it’s really great to come back and talk about my journey while I was there and why it was so important to me.”

Craig will receive her honorary degree Wednesday, June 5 at 2 p.m. during the convocation ceremony. Craig, Barstow and Buettner feature in a Showtime documentary *The Family Business: Trump and Taxes*, which details the investigation and the lengths the three reporters went to in breaking the story.



A tricky road ahead for the Students' Union

Story by Ashar Memon
Photo by Mariah Wilson

Tuesday night in MacHall. Tucked away behind the Information Desk, the MacHall Executive Council Chambers are the scene of a weekly meeting of the Students' Legislative Council, the governing body of the University of Calgary Students' Union.

Inside, faculty representatives are about to vote on a resolution to approve the first reading of the SU's financial audits. The chamber gallery is scattered with students here and there. Just outside, MacHall is buzzing with activity.

After some discussion and questions from an SU faculty representative, the resolution passes unanimously. That same meeting, SLC passed two other resolutions — both unanimously. The next week it passed several more — all either unanimously or unanimously with one abstention.

Since the 76th SLC began its term in May 2018, it has passed every resolution week after week either unanimously or unanimously but with a single abstention due to a conflict of interest.

"I think we were more fortunate that

it kind of ended up being that way," said outgoing SU president Sagar Grewal.

On the one hand, unlike votes in government bodies, the SU has the benefit of representing a much smaller group of people in roughly the same age demographic. There may be little difference of opinion among students on a particular issue, and hence, dissenting votes may be rare.

For SU executives, the streak of unanimous votes represents the achievement of a wide consensus on the slew of issues it deals with.

"I personally see it as potentially a sign that SLC feels as though they were appropriately consulted on an issue," said Grewal. "One thing we tried to ensure is that anytime we brought forward a decision, it came forward as a discussion prior to any reading."

Grewal and other SU executives said that with having discussions beforehand, resolutions had been refined before they were put to the vote.

"It's not just about the vote," incoming SU president Jessica Revington said. "Part of SLC is to have those discussions and to have those discussions in a public forum where if there are members in the

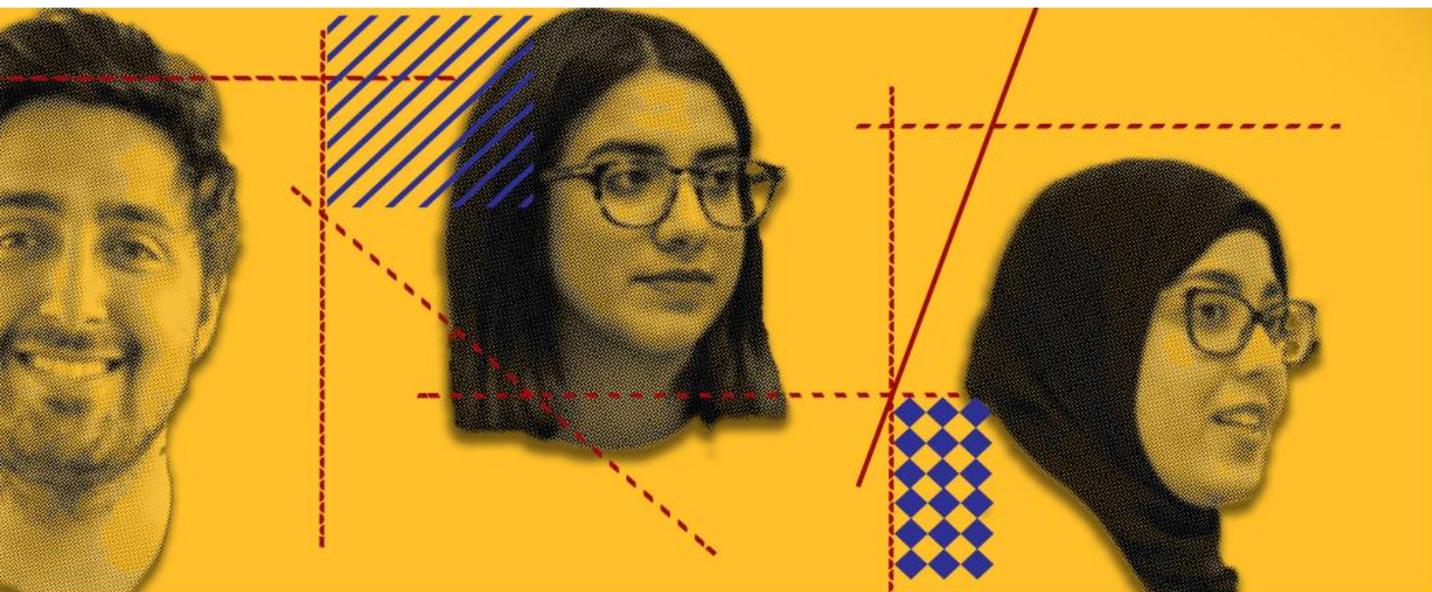
gallery, if there are students that are concerned about things that are happening with the SU, they have that opportunity to come and have their voices heard and speak to SLC."

Despite the opportunity to attend weekly SLC meetings and air their grievances, students rarely do so. Compared to the busy halls of MacHall, the Executive Council Chambers remain relatively sparse.

Next year, that could prove especially difficult for the SU.

In April, Albertans elected a new provincial government. In 2018, the UCP passed a draft policy to make students' association fees optional, which would effectively make students' unions voluntary. While the U of C SU receives most of its income from tenant revenue in MacHall, it still faces a significant hit in revenue if that policy were to be implemented.

"Right now, our priority is to ensure that voluntary students' unions don't happen," said outgoing vice-president external Anayat Sidhu. "In the case that our students' unions are at risk, right in September, when students come back for the fall semester, it is important to



remind them of all the work that we've done and all the things that we've accomplished and all the things that we want to accomplish in the future."

Over the next few months, the SU will have to make the case both to the government and to the students it represents that it deserves to exist. According to Revington, it plans to do exactly that.

"We need to do a better job of actually showing not just students at the University of Calgary, but government, what our value is," Revington said. "Without revealing too much, that will be the focus of a project that we're looking to start as soon as I take office."

Aside from promoting itself to the student body and navigating a complicated relationship with a new provincial government, the SU also has to develop a foundational relationship with the new U of C administration.

"I think the biggest challenge that I will face will be working with a government that is also brand new and working with the university administration that is also brand new. I think the confluence of having three important groups on campus — myself as the new president of the Students' Union, a new government in power provincially, as well as a new administration — those three groups coming together and trying to understand the

relationships we'll have moving forward, that will be a challenge."

Fresh out of a provincial 'get-out-the-vote' campaign, the SU now has to begin preparing for a likely October federal election. Reflecting on the provincial election, Sidhu said she'd like to see the SU try more innovative techniques to get students to vote.

"It really comes down to meeting students where they are," Sidhu said. "I'm just a single person as the vice-president external trying to get all of these students to vote but I can't reach as many people in a day that The Den can reach and that the stickers or buttons can reach by students wearing them."

"It's about creating a 'get-out-the-vote' campaign that's not just solely on the shoulders of the VP external, but that every student and the stores and the other aspects of the Students' Union that operate on a daily basis are also playing a role," she added.

On the one hand, the timing of the federal election could prove beneficial to the SU. Having the campaign infrastructure, such as volunteers or posters, means the next SU vice-president external has the opportunity to hit the ground running.

On the other hand, a federal election just months away also means that the SU

will have to divide its time between advocating to the new UCP government while it's young and impressionable and, at the same time, completing a 'get-out-the-vote' campaign for the federal election.

"Even with the federal election coming up, it's important for us not to lose sight of our provincial government. I think balancing those two is going to be difficult," Sidhu said.

Sidhu added that her successor, incoming vice-president external Sadiya Nazir, will have to be proactive with reaching out to the new provincial government.

"When we're able to have those positive relationships maybe they'll be better able to understand our point of view," Sidhu said. "So instead of meeting our elected officials with anger or the government with anger, I think it's better to be proactive and take the necessary steps."

Governments take students more seriously when they see the strength of their voting power. For Sidhu, the best way to show a government that students matter is through Students' Union elections.

"It's important for us to at least get half of the student population to know about the Students' Union and what the Students' Union does," Sidhu said. "Because at the end of the day, if students want effective representation it comes

from more students actually voting in Students' Union elections.

"If we already have such a low voter turnout, it's not quite effective in showing government even that 'Oh hey, a lot of students are engaged in students' unions and a lot of students care about students' unions,'" she said.

This year, voter turnout in the SU general election dropped nearly four percentage points to 21.1 per cent from 24.8 per cent last year. The University of Alberta Students' Union had a similar turnout of 24 per cent.

This year, the SU said that it was looking to introduce a 'Yes/No' ballot for acclaimed candidates in SU elections. In previous interviews with the *Gauntlet* around the time of his acclamation, president Grewal said changing policy around acclamations could be one way to help boost student engagement.

The SU had originally planned to bring the issue to SLC by April, but Grewal said that staff issues delayed its timeline.

"I am, however, hopeful that it should

come in over the summer, because I think it's very much important that we actually explore this idea and the summer is a great time to implement it prior to a byelection," he said.

Along with its general election in March every year, the other prolific SU event that grabs the attention of U of C students is Bermuda Shorts Day — and BSD this year did just that.

When the SU announced in March that it would be holding BSD indoors to cut costs and reign in the deficit incurred by the event every year, it didn't expect to receive the response it did.

On Facebook and Reddit, posts revealing the new format of BSD received dozens of negative comments. Several days before the event, a Facebook event protesting the change had hundreds of 'interested' users. According to outgoing vice-president student life Nabila Farid, the SU also received some emails against the move.

Reflecting back on the run-up to BSD,

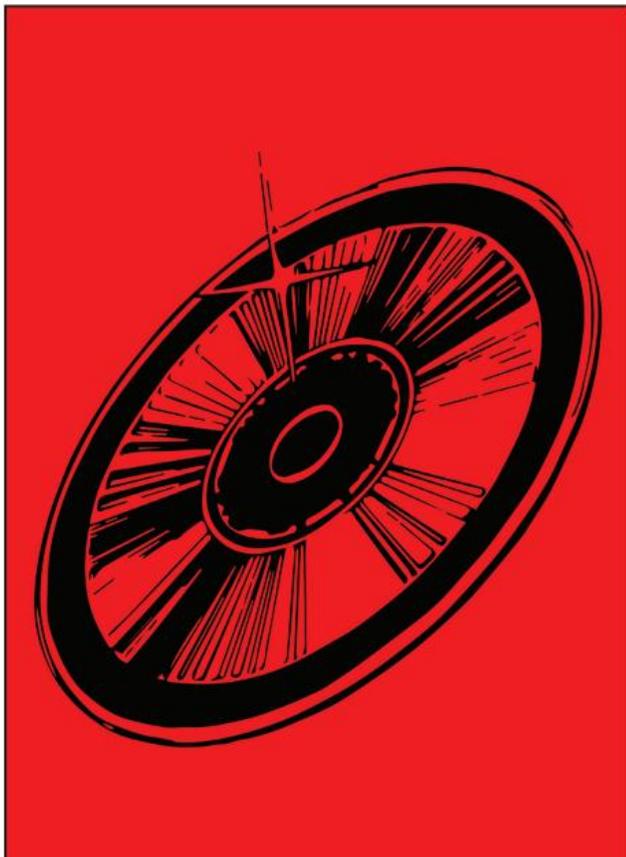
Farid said that she wished the SU had handled the promotion of the event differently.

"I think providing one clear communication plan right off the bat would be really helpful to students," Farid said. "I think our communications team always does a great job, but I think students need maybe a little bit more description when it is such a big event coming in as a new format."

Leading up to the event, the SU had reason to be optimistic. The first day that wristbands were being handed out, the lineups wound around the courtyards of MacHall. By the third day, they had all been handed out.

"The day before [BSD], it did snow, and so I was kind of doing a little bit of a happy dance," Farid said. "So leading up to the event, it was really successful, it kind of surpassed our expectations."

"But the day of the event, I think it was much nicer out — which is fine — but I think we were hoping for a little bit of a better attendance," Farid added.



CJSW 90.9FM

THE STUDENT'S RADIO

HEAD TO 
CJSW.COM/GET-INVOLVED
FOR MORE INFORMATION

LISTEN NOW!

Farid declined to provide specific attendance numbers, saying that they were still being finalized. She said, however, that despite the low attendance, the event itself was successful. She also said that she expects the deficit this year to be cut significantly.

"For the people that did come, I believe that BSD was a great success for them because of what we provided," Farid said. "As well, BSD basically fulfilled its mandate, which is to provide a safe place for students to celebrate the last day of class.

"I'm just happy we were able to host it," Farid said. "More than anything, this year was actually a year where we had the conversation of, 'Are we going to host it indoors or are we not going to host it at all?' I'm glad we went with hosting it indoors."

When asked whether BSD would now permanently be held indoors, Farid said the decision would be up to her successor, incoming vice-president student life Alisha Gordon, and the other incoming SU executives.

From hosting BSD to managing tenants in MacHall, SU executives undoubtedly have a large portfolio. The main job of SLC, on the other hand, is to represent the interests of students and address their concerns.

According to president Grewal, SLC also serves another purpose: To keep executives in-line.

"If an executive commits to a certain action which members of the council don't feel is appropriate or was wrongfully committed to, that's their job to absolutely call out an executive on it and question them on it to better understand why that course of action was taken," Grewal said.

At SLC meetings, discussions and consultations take up a fair chunk of the allotted time. When it comes to votes, however, the decision is always the same.

In the past, the streak of unanimous votes has raised the question of whether SLC is voting on the "right" issues. In an interview in February, for example, the Engineering Students' Society expressed dismay over the SU's decision to not con-

sider collecting membership fees on the society's behalf.

When asked why SLC members didn't vote on contentious issues like a possible plebiscite on ESS membership fees, Grewal said the issue came to the SU abruptly.

"Unfortunately, it often just depends on the nature of issues and how time-sensitive it is with SLC meetings only being, for example, weekly at their peak, bi-weekly in spring/summer," Grewal said. "At times, executives have to deal with the issues."

When asked why the decision to move BSD indoors wasn't put to a vote, outgoing vice-president operations and finance Kevin Dang said that the event fell outside the mandate of SLC.

"For BSD, a lot of the changes are very operational," Dang said. "SLC is supposed to work as a board of a company, in some regard, and changes like pricing for an event or things like that — that's an operational decision that a lot of our staff deal with."

Dang added that he doesn't believe the issue of unanimous votes comes down to what SLC is voting on, but rather the state of the policy once it arrives to SLC.

"It's a much more polished product that we're putting out there and that might be the reason why, just because it's already gone through so many different checks," Dang said. "Obviously, it gets looked at by our staff and the executives and we bring it to committees and consult with committee members."

Of the executives asked about the unanimous votes, all of them said that they don't believe unanimity is an issue as long as resolutions on the agenda are discussed beforehand. Grewal said he believes that voting on topics, even if every vote is unanimous, is still crucial as it still provides a mechanism for representatives to demonstrate their opposition if required.

"Without it, I personally feel like faculty representatives would maybe actually feel further disenfranchised and as if though they don't really have a voice," he added.

For many students, the goings-on of SLC and the responsibilities of the SU remain somewhat distant. At an SU town hall event in April, several students told the *Gauntlet* that they didn't know much about the SU.

"The only thing I particularly know about the Students' Union is that they run some of the food places here and people are still waiting for the pizza place," one student said. "I don't know what they do, though. I mean, I would like to know."

A lack of student engagement with the consultative and governance side of the SU is a recurring issue. Despite high engagement with SU clubs or Volunteer Services, many students still don't realize the impact that the SU has on them.

"I think we can always do more and I think part of that comes from a council and SLC that is willing to actively go out and seek engagement opportunities with students," Revington said.

Grewal said that the SU needs to continuously try to address issues of complacency and find new ways to reach students.

"I think the barrier on the SU's side is figuring out what's the best way to do so," Grewal said. "A plan is needed for sure in the future."

As the 77th SLC takes control of the SU, student engagement will be among its most pressing problems. To justify its fee, the SU has to show students that it can represent them best and that it will listen to them.

It might be difficult advocating to a student body at a university often chided for being a "commuter campus" plagued by student apathy. Though, when the SU announced its changes to BSD, it knew that statement wasn't entirely true.

"I want to say that I'm really glad students reached out to me," Farid said. "It showed me that they actually really cared about BSD still. That was really important for us to see because we weren't sure.

"We were hearing things, we were asking around but we didn't know what students truly thought. But there were a lot of students that actually cared."

University of Calgary to lead the pan-Canadian microbiome research core

Story by Ava Zardynezhad

Earlier this year, the University of Calgary was chosen by the Canadian Institute of Health Research (CIHR) to lead the pan-Canadian research core in microbiome research.

The human microbiome includes bacteria, viruses and other microorganisms living within the body. It is increasingly being considered a vital organ of the human body.

The proposed research core, called the Integrated Microbiome Platforms for Advancing Causation Testing and Translation (IMPACTT), brings together 14 principal researchers from various disciplines to help accelerate research related to the human microbiome.

Many national and international organizations, such as the British-based Sanger Institute, will support the core in achieving their aims. Seven of the 14 principal researchers are from the U of C, while the rest are from

universities across Canada

The U of C is already home to a germ-free microbiome centre, the International Microbiome Center (IMC), the first of its kind in Calgary. This facility is home to mice that have never been exposed to pathogens, which allows for the study of the dynamic interplay between microbiota and the host under controlled conditions.

The IMC helps research in metabolomics, genomics and bioinformatics in addition to housing the germ-free labs. IMC scientific director, Kathy McCoy, says the facility “is a one-stop-shop for performing microbiome research.

“We provide expertise to researchers, we provide the infrastructure, and we provide the facilities to analyze their data,” said McCoy, who is also a member of the Snyder Institute for Chronic Disease at the U of C.

According to McCoy, the call for a pan-Canadian core began with a CIHR-directed workshop with successful microbiome re-

search teams, who asked for a “research core” to work in. That way, not every researcher would have to invest in infrastructure and expertise in order to acquire and analyse data.

So, why is microbiome research significant?

“We have co-evolved with our microbiome,” McCoy explained. “We now realize that the microbiome probably impacts every single organ in our bodies, and what’s been happening over a very short period — probably since World War II — it looks like we are decreasing the biodiversity of our microbiome.”

According to McCoy, three in five Canadians older than 20 have been diagnosed with a chronic disease, many of which have unchangeable genetic components. She says that once we understand the mechanism and how the microbiome influences our immune system, we can rationally design therapeutics that target these diseases.



Rent your locker for spring/summer semesters beginning **April 1**

Rent your locker for fall/winter semesters beginning **August 1**

Go to my.ucalgary.ca



Fall / Winter semester: Clean out your locker by **April 27th, 2019**

Spring / Summer semester: Clean out your locker by **August 19th, 2019**

\$5 / bag to retrieve any contents left in locker

Items are available for pick up after May 13th (F/W) / September 9th (S/S) at Bound & Copied for up to 60 days

If your items are not retrieved within this time they will be donated to local charities

**Bound
AND COPIED**

Haskayne School of Business creates five full-ride scholarships after donation

Story by Mitali Pradhan

Incoming Bachelor of Commerce students at the University of Calgary will have the opportunity to receive full-ride scholarships after a \$500,000 donation to the Haskayne School of Business from long-time donors.

Every year for the next five years, an incoming undergraduate student will be selected to receive \$25,000 per year for four years — a total of \$100,000 per student.

The Richard and Lois Haskayne Legacy Scholarship is named after its donors. A donation of an unspecified sum from Richard Haskayne in 2002 saw the business school adopt his surname.

Haskayne was a former executive for TransAlta and TransCanada Pipelines and has served as chair of the U of C Board of

Governors.

“It’s about attracting students from all over the country as well as really retaining our top students in Alberta,” said Sherry Weaver, associate dean of undergraduate programs at Haskayne.

Weaver said the U of C has several programs, including study abroad opportunities and international competitions. This scholarship aims to ensure that the selected student has the ability to participate fully in these activities.

She stressed that the winner of this scholarship will be an individual invested in pursuing these opportunities at the university.

“Our students benefit with a world-class scholarship, our school benefits by recruiting high-achieving students, and ultimately

our community benefits when we invest in our youth,” said Haskayne dean Jim Dewald in a *UToday* article.

Incoming students can apply for the scholarship with the general scholarship application, which has a December deadline.

The application will include an essay on leadership and a description of high school activities. In these, the committee is looking for contribution to community, leadership and an entrepreneurial spirit — pillars of the business school.

“I am really looking forward to seeing the kinds of applicants that take note of this scholarship and decide that they want to choose the University of Calgary as opposed to the other schools that they have perhaps traditionally migrated to,” Weaver said.

High demand sees U of C bump up computer science program transfer average

Story by Gayathri Peringod

Students looking to transfer into the University of Calgary’s computer science undergraduate program will have their work cut out for them.

The U of C’s computer science department has increased its admissions average for transfer students this year, representing a pattern at a growing number of universities across Canada doing the same.

According to the department, the current admission average for computer science transfer students is 3.60, up 0.2 points from last year.

U of C provost and vice-president academic Dru Marshall attributed the increase in transfer GPA to increasing student demand in a statement to the *Gauntlet*.

“Computer Science is a high demand program at the University of Calgary and that demand continues to increase, due, in part, to the strong labour market for

our computer science graduates,” Marshall said. “In response to the high student demand, the Computer Science program is currently operating at maximum capacity.”

According to the Office of Institutional Analysis, the computer science program at the U of C has doubled in size over the past 10 years and is now one of the largest programs at the university.

The U of C is not alone in this trend — student demand for computer science degrees in Canada and the United States has been steadily rising in the past decade. The Computing Research Association (CRA), a non-profit that tracks administrative data from around 200 American and Canadian universities, reported that enrolment in computer science nearly quadrupled from 2006–15.

Marshall also acknowledged the need to develop a sustainable response to the demand in the statement.

The CRA’s report states that institutions have struggled to keep up with student demand. The report documents that teaching capacity does not match the growth of undergraduate computer science majors.

It goes on to predict that this likely leads to significantly larger class sizes for professors and a greater number of classes taught by graduate students, postdocs, adjuncts and visitors.

The *Varsity* reported in March that the University of Toronto’s computer science department will increase their enrolment by 10 per cent after reported mental-health issues related to pressure in the program and the suicide of a computer science student last month.

The CRA predicts that course demand will remain high in the future, in part due to the role of computing in modern society, and posits that programs will need to work within institutions to develop a sustainable way to meet the demand.



Photo by Mariah Wilson



Photo courtesy Antoninnnn



Photo courtesy Filipe Milanez

Destruction of historic sites warrants emotional response

By Cristina Paolozzi

As I scroll Twitter, watching the video capturing the moment where thick smoke and flames engulf the spire of the Notre Dame cathedral, I feel sick.

The spire falls. The smoke continues to rise. I feel worse.

The bite-sized updates provide good news, but they don't make me feel better: "Both towers of the cathedral are safe," "North rose window appears to have survived," "Main structure safe and preserved." The image of the iconic Parisian skyline is marred by the heavy clouds surrounding one of the oldest and most recognizable churches.

It was equally moving when the blaze in Rio de Janeiro in 2018 destroyed much of the irreplaceable collections in the National Museum of Brazil, a 200-year-old building. These works included research on traditional Indigenous cultures in Brazil, especially concerning Indigenous languages. The updates following this tragedy were less optimistic and the damage done to the site was devastating.

And back in February 2019, the historic Enoch house in downtown Calgary was consumed by flames. With so few historic sites

in Calgary, this loss symbolized a larger disconnect with the story of this city and the physical ties to that story.

All of these examples revolve around the disappearance of important historical sites. It's interesting to note how quickly responses to these disasters turn emotional. I have only ever visited the cathedral once, only caught a handful of glimpses of the Enoch house in passing and have never even been to South America, let alone enjoyed the rich culture that the National Museum of Brazil had to offer. Yet my reaction to all of these incidents remains as if I knew the sites personally or they had been a part of my life for years.

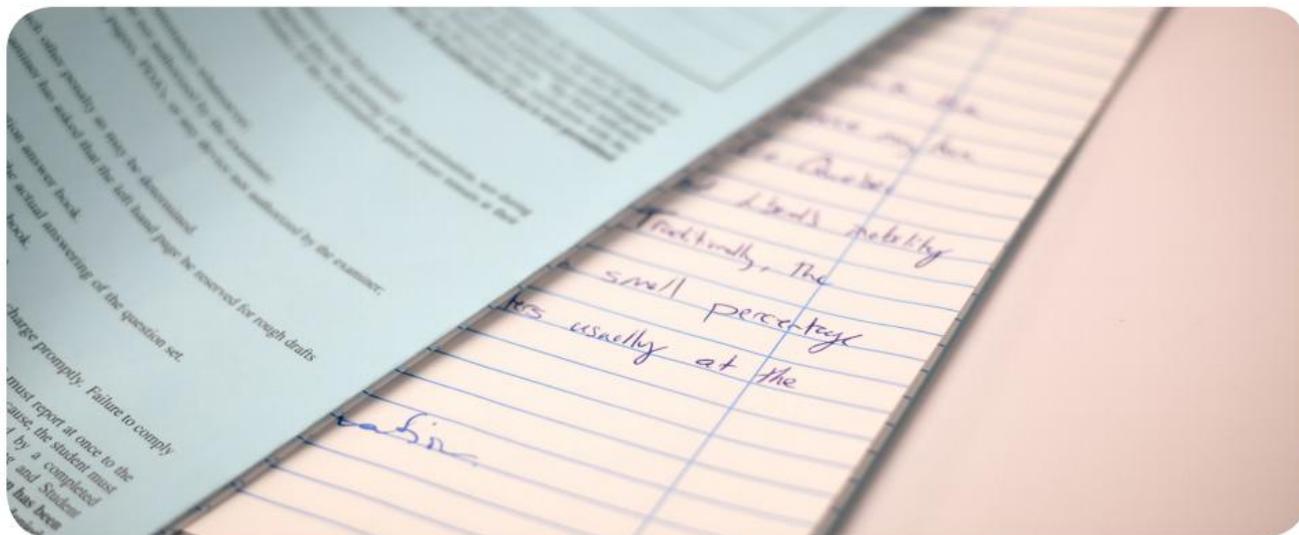
How could I be so sad and upset for stone walls or wooden roofs whose only real claim to fame was the fact that they had survived on this planet for a considerable amount of time? Why not be more concerned for people, communities or families who are going through a tangible struggle, some of whom are equally as distant from me as those landmarks?

Maybe it's because I am an emotional person, maybe it's because I am not good at dealing with change or maybe it's because these sites hold meaning and value to people all over the world.

Human nature permits us to see beauty and elegant design and allows us to internalize stunning works of art as reflections of what we see as truly breathtaking. To see plumes of smoke rising from Notre Dame was to also see the destruction of hundreds of years of human innovation that spoke to what society recognized as sacred.

Notre Dame, the National Museum of Brazil, the Enoch house — these are all structures which hold a mirror up to the past and shows us the image of what we used to be. To ignore the sentiment behind these places is to firmly and securely shut the door to our collective past behind us and to utterly abandon the world that we study. And, realizing that I sound positivist and teleological in my approach, I can't help but feel as though the study of progress — whatever that means — should hold some significant place in the way in which the world is studied.

History should be recognized as being made up of random and circumstantial events, so it is difficult to argue a place for a constructed and progressive human story. But sometimes it helps to explain how connected I feel to these historical buildings while a 13th-century roof caves in.



Stop asking instructors to round your grade up to the next letter

By Derek Baker
Photo by Mariah Wilson

The end of the semester and exams brings the most dreaded thing for students — getting your final marks. You've calculated what you need to score on your finals to get the grade you want and anxiously await the dot-of-doom on D2L signalling that grades have been posted.

After getting your final exam mark back, your average for the class is 84.1 per cent. The cutoff for an 'A' is 85 per cent. Obviously, you deserve to be rounded up to the next letter grade, because you're less than a per cent away. Right?

Nope.

That doesn't stop you, though. Believing that grade scales don't apply to you because you're God's gift to academia, you send off a smarmy email to your prof or march into their office, pleading that they bump up your grade because you were "so close."

After they politely — or bluntly — tell you to bugger off, you get upset with them. How dare they not give you a

grade you didn't earn.

In some classes I've taken, profs clearly state at the beginning of the semester that they'll round up your grade if you're within 0.5 per cent of the cutoff. That's their prerogative. It still means that there is a cutoff, it's just half a per cent lower than what's stated on the course outline. Stemming from this, if a grade cutoff was 90 but you scored 89.4, you wouldn't expect it to be rounded up to 89.5 to be further rounded up to the next letter grade.

On the other side, I've had profs specify that the cutoffs extend to the fourth decimal place and there's absolutely no chance of them entertaining any request to bump up your grade. I can just imagine the previous conversations with students demanding that their mark gets rounded up for a prof to specify an A- is from 85–89.9999.

Unless an instructor has previously specified that they'll bump up your grade if you're close enough, there's no reason to expect that they should. If you're bold enough to ask your instructor to round your grade up but they don't, there's no justification for your anger towards

them. You didn't earn the grade.

However, appealing a grade on the grounds that you believe an assignment or test was marked incorrectly or unfairly is justified. If a successful appeal bumps up your average enough to get you the next letter grade, great. This is the way you should go about trying to get a higher grade.

But appealing your grade simply because you were "close enough" to the next letter reeks of entitlement.

It also puts the instructor in an unfair situation. If they bump you up, should they not extend that favour to everyone else? If they have more of a personal rapport with one student but not another, how would they treat the situation if both came to appeal their grade on the grounds of being close to the next letter?

It's understandable that grades mean a lot to some students. Getting that higher letter grade can make your GPA that much more competitive for other opportunities, such as graduate or professional schools, jobs or scholarships. But these pressures don't justify you getting a grade you didn't actually score.

Grades are earned, not bargained for.

One STEP forward, two steps back

How the provincial summer jobs program harms international students and the job market

By Susie Ngo

Photo by Mariah Wilson

As spring enters full bloom and summer glistens on the horizon, many post-secondary students are turning their attention to a daunting task: Finding a job for the summer. For many, summer jobs are crucial to their academic and professional careers, whether through financial support, work experience or degree-related co-ops and internships.

The Summer Temporary Employment Program (STEP) is designed to help students find summer jobs. STEP is funded by the Alberta government and aims to “provide students with the opportunity to build meaningful work experience, increase their skills, gain workplace insight and help prepare them for the future.” It does this by providing wage subsidies to local employers, who then are able to hire one or more students from May to August. Though noble in its vision, the STEP program excludes a major cohort of students — international ones.

In 2016, international students made up over seven per cent of the student body at the University of Calgary and 14 per cent at the University of Alberta. For graduate students, that number rockets to 35 per cent. International students have long been treated as a cash cow for Canadian post-secondary institutions, often paying double or triple the tuition residents of Canada pay. The latest data from 2016 shows that foreign students brought at least \$1.28 billion in revenue to Canadian schools.

The average cost of education paid by a Canadian or permanent resident undergraduate student ranges from \$6,000 to \$8,000, whereas the average for international students is close to



\$20,000. That number continues to increase. Yet, despite their greater tuition fees, international students are barred from applying for or being hired by STEP-generated jobs.

Supporters of STEP claim that the program is designed only for Canadians because it must protect the student job market from international competition and that it would be unwise to invest in hiring international students who would take their skills and experience back to their home countries. Why should the government subsidize the wages of students who won't even stay to contribute their skills to the provincial or national economy?

But this line of thinking reflects the dangerous protectionism that we see in the United States. Limiting the STEP program to Canadian students for fear of over-competition from international students shows that rather than being based on merit or qualifications,

employers must select applicants based on their nationality. International students who may possess much higher suitability for the position or skills than Canadians who do not are denied the opportunity to contribute to the growth of economic sectors in Canada. I personally would not mind losing a job opportunity if I knew that the person being hired was more skilled, more equipped and a better fit for the job than I was.

No one is proposing to give all of the summer positions to international students. However, the fear that they will out-compete Canadian students for job opportunities simultaneously undermines Canadians' ability to job search and compete and limits the pool of strong applicants for employers. This not only damages the reputation of Alberta — and Canada as a whole — to the international community but also sets up unnecessary blockades to the innovation and growth of our economy.

Commitment is scary — and that's okay

By Lady Marmalade
Illustration by Tricia Lim

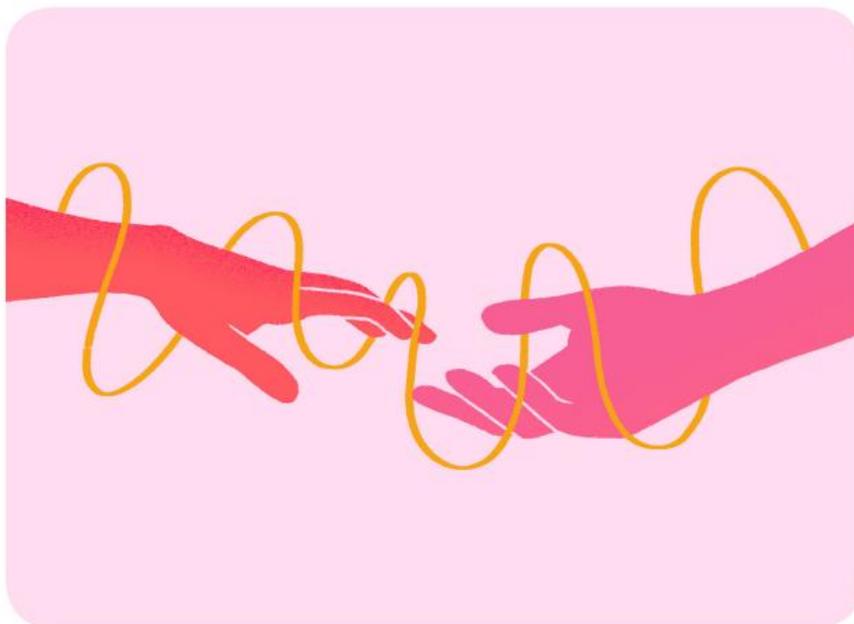
Whether you can admit it or not, commitment in a relationship is a scary thing. Taking a big step in any relationship — whether it's a new label, having sex, moving in together, meeting parents or even getting married — is often a scary time. If you're prone to anxiety like me, then you know this better than anyone.

Being scared of commitment makes sense. It can stem from a fear of failure, a fear of getting hurt down the road or the dread of uncertainty and vulnerability. In my case, my fear of commitment stems from my parents' dramatic and painful divorce. It solidified in my mind just how hard it is to make a relationship work and no matter how hard you try, you can end up alone and devastated.

Being in a long-term relationship, I sometimes struggle with voices in my head telling me to run. At first, I thought this meant that I had chosen the wrong person, especially because there was a period of time where we had broken up. My trust was bruised and my anxiety had ample fuel. After going to couples counselling and working to solidify our already-strong foundation, I felt certain that I was in a secure and loving relationship. I had endless evidence of making the right choice in a partner — our physical compatibility, our mutual respect, the way we challenge each other and work hard towards goals, and our similar sense of humour. I can see this person being my life partner and the father of my hypothetical children.

So why, when the topic of marriage came up, did I fall into a pit of fear and uncertainty?

After even more therapy and soul searching, I began to understand that I have a real fear of commitment. Even after dedicating four years of my life to this person, taking the next step is still nerve-wracking. This is rooted in watching the traumatic demise of my parents'



relationship and in the constant reminder society offers that “marriage is hard” and “over half of all marriages end in divorce.”

‘Engagement sadness’ is a very real thing many people experience after getting engaged, which is supposedly the time in your life when you are meant to celebrate your relationship the most. This sadness comes from many aspects of a new step in your relationship — mourning of the past, the realization that you are now a real adult and are putting yourself at risk for future heartache and the pressure to be a picture-perfect image of marriage. Not surprisingly, this is taboo when the idea of engagement is brought up. I was convinced that feeling uncertain must have meant I was making the wrong decision.

After I mustered up the courage to speak to my partner about how I was feeling, a weight lifted off my chest. Feeling this way doesn't mean you aren't committed, it just means you are human. When taking a big life step and making a commitment, it makes sense to feel unsure and even skeptical. There is good reason to feel this way. Being in university makes it even trickier, as making big commitments at a

young age is often criticized. Giving advice on this topic is difficult, because the only thing that has helped me is communication and time. I have let anxiety and fear hold me back from many things in my life, but each day I feel like I am more confident and comfortable with my commitments. Don't let the pressure of feeling a certain way make you question your feelings, and just take things at your own pace. I know that getting married is something I want, which is not the case for everyone, but it is also something I work on.

When I agreed to marry my partner at midnight on our anniversary, it felt right. We were both in our underwear, half asleep and surrounded by candles, but I knew I wasn't taking a leap of faith by myself. Relationships are about teamwork and reminding yourself that you don't have to take on things on your own. If you feel fear, know you are not alone. Keep talking about the future and checking in and respect the process. Utilize counselling on your own or for your relationship. Never stop making each other laugh. The rest will come.

As my mother's favourite talk show radio host, Dr. Laura, says, “Choose wisely. Treat kindly.”

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.



"My work has taught me to never rest on your laurels. Change and growth are inevitable parts of the job because there is always the need to adapt. It's difficult to relay that with such a large and ephemeral team, so how you respond will steer you through trying times.

Change is going to be a part of anything you do: Building character, learning lessons, and most importantly, gaining resiliency no matter what. It is in our nature to evolve. We can't stay the same, but we have to be open to different possibilities. We have to acknowledge that change and difference will always be there, and framing how to respond to it can make life a bit better."

"I come from a small town located south of Tabasco in Mexico. We used to play outside every night. The town was different compared to other parts of Mexico, it felt really pure and we could all be ourselves. Things began to change and now the town is filled with narcos that wage wars, kidnap, and steal. I have had several friends get kidnapped, and one was killed after a party we were both at. Initially, the narcos only targeted the rich, but eventually they began targeting everyone. I knew I had to leave.

I decided to move to Mexico City at 17 to finish high school. Moving away from my home and family was really hard, especially because I'm so attached to my sisters and mother. What made my move easier was knowing how much they wanted me to succeed. While I had gotten away from the dangers of my hometown, living in Mexico City came with its own challenges. I learned I always had to watch my back or my stuff would get stolen. It wasn't easy for me to hang out with friends because it took a long time to travel back and forth, and by midnight I was scared I'd get killed. I knew this feeling wasn't going to go away on its own, and that I had to get away altogether. I began researching schools outside of Mexico, and that's how I found the University of Calgary."





Time of the season: Calgary's summer festivals

Story by Troy Hasselman

Illustration by Tricia Lim

Photo courtesy International Ave BRZ
and Persuasion Photography

The grass is turning greener, the days are getting longer and the patios are starting to fill — all sure signs that Calgary's best season is approaching. Festival season is set for the coming months with events around the city covering whatever your interests may be.

Animal lovers have Pet-A-Palooza on July 27–28 at Eau Claire with dog-themed games and activities on both days. Craft beer enthusiasts can attend the Calgary International Beer Fest on May 3–4 at the BMO Centre, which will showcase 700 beers from over 40 countries. Music lovers have plenty of options with the Sled Island Music & Arts Festival on June 19–23 and the Calgary Folk Music Festival from July 25–28. The Lilac Festival returns as well to take over Fourth Street in the Beltline on June 2.

These festivals and countless others will take place in the coming months. The *Gauntlet* spoke to organizers from two festivals taking place this summer for information about what their events will look like this year.

Taste of Calgary:

Taste of Calgary takes place from Aug. 8–11 at the Eau Claire Festival Plaza near the Eau Claire Market. Guests will exchange their money for taste dollars — the festival's food-based currency — and sample foods from around the world prepared by Calgary's best restaurants, caterers and food trucks. The festival also includes a licensed area that showcases breweries and distilleries, along with two stages featuring entertainment from local artists.

"The festival's been running for 21 years and has grown and expanded as Calgary's restaurants scene has grown," says Taste of Calgary organizer Jennifer Rempel. "In the last three or four years, restaurants in Cal-

gary have been named as some of the top restaurants in Canada and restaurateurs are having this resurgence of Calgary becoming a foodie city. Our festival has really grown and exploded in the last few years. It's like we have a fresh breath, a new audience and market."

The festival is looking to be even bigger this year compared to years past, with new spaces added for food and the brewery and distillery stations also growing considerably for this year's edition of the festival.

"We've expanded our footprint slightly," Rempel says. "We've added 12 additional restaurant spaces so there's more to choose from. We've also doubled up on the brewery and distillery sampling because there are just so many choices in Calgary now. Five years ago, there weren't very many micro-breweries but now there's just so many so we're trying to give everybody an opportunity to participate."

The entertainment options at the festival will also be wide-reaching, with one stage for music and another that will have dancing



from local artists and demonstrations from restaurants participating in the festival.

"We'll have a stage that's programmed fully for the four days. It's inside our licensed area but the licensed area is family-friendly so anyone can come inside and enjoy. We also have mostly local entertainment and great bands from all sorts of genres. We have funk, big band, rock and some cover bands," says Rempel.

Despite the local flavour of the festival, there will be a wide number of options available for festival-goers to choose from.

"It's all local but it's also food from around the world. It's not just Canadian," says Rempel. "We have food options from Vietnamese to Thai to Mexican to Venezuelan to Caribbean — all sorts of different tastes. You can walk around and try something you haven't had before."

The lineup of vendors and entertainers has yet to be announced for Taste of Calgary. To keep up with the festival, visit their website at tasteofcalgary.com.

East Town Get Down:

The East Town Get Down will take place on May 25 across eight blocks and multiple venues on our city's International Avenue.

The festival will include over 80 different bands, both local and international, playing at restaurants, bars and even bowling alleys in the area.

"We have interesting acts this year, like Canadian metal legends Anvil. We have Juno-winning metal act Striker, we have hip-hop artists as well," says International Avenue BRZ executive director Alison Karim-McSwiney. "We have Rae Spoon, Windigo, The Wet Secrets and all sorts of interesting bands like that."

Aside from the lineup, some interesting and offbeat venues will be included in the East Town Get Down to add to the unique flavour of the festival.

"We have Pacific Hut, which is a really fabulous Filipino restaurant," Karim-McSwiney says. "We have our bowling alley, Paradise Lanes, which has been around for well over 50 years so you can go bowling and also see bands play. We also have Salsa, which is a Mexican restaurant and a number of different venues and restaurants and juice bars."

An added benefit of playing in restaurants and juice bars is that the majority of the venues will be open to people of all ages.

"We have the Border Crossing, which is 18-plus and Portico is 18-plus as well," Karim-McSwiney says. "But most are all-ages."

Organizers also hope that this event will get people into the area and show them the changes that have taken place in recent years with infrastructure improvements and public art embodying this.

"The festival itself is great in getting people to the east part of town. Once they get here, I think people will notice a lot of the work that's been happening over the last 25 years here," she says. "The city has recently put in \$176 million in infrastructure improvements, which creates beautiful walking sidewalks, lot of lighting and a lot of art shown on the avenue. The improvement of the area has taken over 20 years to do."

Tickets for the event are \$40. For more information about the East Town Get Down lineup and to buy tickets, visit east-towngetdown.ca.

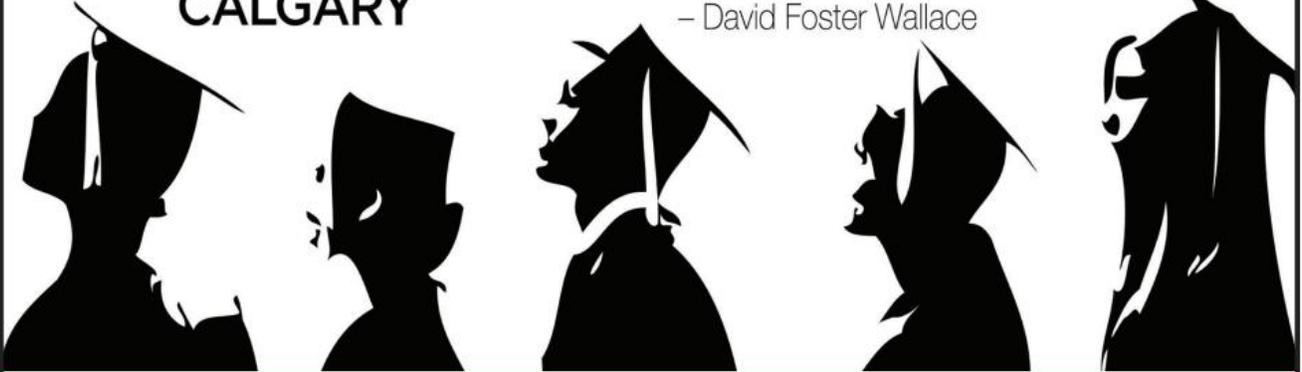
These are just a few among the many festivals taking place across the city over the summer. Keep your eyes peeled for any festivals lining up with your interests.



**UNIVERSITY OF
CALGARY**

It is about the real value of a real education,
which has almost nothing to do with knowledge,
and everything to do with simple awareness;
awareness of what is so real and essential.

– David Foster Wallace



Faculty of Arts

Congratulations! You have worked hard to build knowledge in your discipline and skills in critical inquiry, creative practices and collaborative exploration. You have laid a foundation for deep understanding of the human condition and you are ready to make engaged and meaningful contributions to your community. We are proud of your accomplishments and excited to welcome you to the alumni family.

– Richard Sigurdson, Dean

Cumming School of Medicine

Congratulations Cumming School of Medicine graduates and well wishes to your parents, partners, extended family and friends who share the joy of your hard-earned achievement. We welcome you to our alumni and look forward to continuing as a valued partner in your future.

– Dr. Jon Meddings, MD, Dean

Environmental Design

Congratulations to the graduates of the School of Architecture, Planning and Landscape. As you begin your careers and new pursuits, remember to be comfortable with the unknown and to keep challenging the status quo. Wherever life's path takes you, use your skills to help build a more sustainable, resilient, equitable, and vibrant future.

– Dr. John L. Brown, Dean

Graduate Studies

Congratulations to all students who earned graduate degrees this year. During your time as a Graduate Student you have not only increased your own knowledge, but you have distributed, translated, and created knowledge through your contributions to teaching, the community, and global research efforts. Your research has made a lasting contribution to your field of study, and the advanced training you received has prepared you to become a leader, whether in research, your profession, or your community.

– Robin Yates, Interim Dean

Haskayne School of Business

Congratulations graduates on your accomplishment and welcome to the growing Haskayne alumni family. There's a world out there starving for new ideas and new leadership, and we want you to take the Haskayne vision where "Big Ideas come to life and Bold Leaders thrive" with you. Dare to be bold and participate to your fullest in your new career. We are very proud of our 25,000 plus alumni and encourage you to remain part of the Haskayne family by joining the Haskayne Alumni and students group on LinkedIn. The entire Haskayne staff and faculty are proud of you and look forward to your future accomplishments.

Remember – Wherever Life Takes You... to regions and cities across the globe, on career paths that are traditional or unexpected, through milestone moments, personal and professional, UCalgary Alumni is prepared to serve and support you.

– Jim Dewald, Dean

Kinesiology

On behalf of the Faculty of Kinesiology, I would like to offer the graduating kinesiology students my sincerest congratulations. We are very proud of what you have accomplished. Your energy and enthusiasm for learning has helped to shape the faculty and the University of Calgary. As our newest alumni, my wish for you is that you will continue to lead the way to an active and healthy life for yourself and others, and that you will continue to share your love of learning. I wish you all the best in the future, and hope you will stay in touch so we can share in your achievements.

- Penny Werthner, Interim Dean

Nursing

To our nursing graduates and newest alumni: congratulations and best wishes on your convocation from the Faculty of Nursing at the University of Calgary! This is a huge achievement that was not without a lot of hard work, determination and stress. But you made it. We share your excitement and pride and look forward to your leadership in health care.

- Sandra Davidson, Dean

Schulich School of Engineering

Congratulations on becoming the newest Schulich Engineers! As an engineer you will spark new ideas and find solutions never before imagined. By embracing entrepreneurial thinking and a digital mindset, you are ready to be the innovators and disrupters our society needs. Join thousands of engineering alumni making a difference in the world. We cannot wait to see what you will achieve next.

- Bill Rosehart, Dean

Science

On behalf of all members of the Faculty of Science, congratulations on completing your science degree! As you embrace this new life chapter, you will discover that a career in science presents many exciting opportunities and stimulating challenges. I trust that you will be guided by your curiosity, creativity and critical-thinking skills to make a meaningful impact in your profession and community. We look forward to keeping in touch and hearing about your successes as you join a dynamic and rapidly growing network of alumni.

- Lesley Rigg, Dean

Social Work

On behalf of the Faculty of Social Work I'd like to offer you my personal congratulations and gratitude. You've thrown your heart and soul into your degree, and I thank you for your energy and commitment. We hope your education has given you the tools you need to create a rewarding future as social work professionals. Take what you've learned to become agents of positive change in your community, reflecting the values and commitment we share as a profession. All the best.

- Jackie Sieppert, Dean

Veterinary Medicine

Congratulations to UCVM's Class of 2019 - the next generation of veterinary leaders! No matter what area of the wide-ranging veterinary profession you choose to pursue, your learning will be lifelong and you will contribute to the betterment of animals, people, and our communities. You are now alumni. I hope each of you will continue to keep a place in your heart for UCVM and stay connected!

- Baljit Singh, Dean

Werklund School of Education

On behalf of the Werklund School of Education, congratulations to our graduating students. You are joining the almost 30,000 Werklund graduates who are making significant contributions in their communities. Whether you are an educator, researcher, school counsellor or psychologist, I encourage you to be a lifelong learner, constantly advancing your knowledge as you continue to address the complex issues of today.

- Dennis Sumara, Dean



Esker Foundation focuses on the Arctic, gender identity in summer exhibitions

Story by Troy Hasselman
Photos Courtesy Dalastallat and Laakuluk

The Esker Foundation is set for a busy summer of exhibitions, with works that deal with themes surrounding gender identity, ecology, Indigenous identity, language and the legacy of colonialism through differing artistic forms. The gallery is running three exhibitions through the summer, with two of them focusing on the Arctic and showcasing work from Inuit artists. The third piece will involve a local artist and focus on gender identity.

Among All These Tundras is set to run from June 1 to August 30. It takes its title from the poem “My Home is in My Heart” by Sámi writer Nils-Aslak Valkeapää. The exhibition features works from Indigenous artists from across the Arctic, including artists from Finland, Alaska and Norway. It takes a broad look at the lives

of Indigenous people in the Arctic and their relationship to the land.

“Together, their works politically and poetically express current Arctic concerns towards land, language, sovereignty and resurgence,” a statement on the exhibition reads. “Artists from throughout the circumpolar north share kinship with each other and their ancestors, love for their homelands and respect for the land and its inhabitants. Yet they also share histories of colonialism and experience its ongoing legacies and are united in their desire to protect northern ecologies, languages, peoples and knowledge from the nefarious effects of climate change, encroaching industry and competition.”

Another Arctic-themed piece exhibited is *Channel 51 - IGLLOOLIK - Celebrating 30 years of Inuit Video Art*, which takes a close look at video and visual art created by Inuit people. The piece details work from both the Isuma video collective and

Arnait Women’s Video collective. Isuma is a renowned video collective responsible for acclaimed and influential works such as the 2001 film *Atanarjuat: The Fast Runner*.

“Isuma, a collective of nine filmmakers both Inuit and non-Inuit, and Arnait Women’s Video collective have been producing films and videos for a long time,” says Esker Foundation marketing and communication head Jill Henderson. “It has been announced that Isuma, as a collective, will represent Canada in the next Venice Biennale. This exhibition is in partnership with V-Tape — an artist-run video and resources non-profit in Toronto — which has Isuma’s entire library of films and video. We’re going to have a lounge-type viewing where the audience will be able to come in and watch the films made by these two collectives.”

The collective nature of the work is meant to challenge the idea of the artist



as an individual as opposed to a part of a larger group. The combination of Indigenous and non-Indigenous artists in the work shows what the Esker Foundation calls “a model for how non-Indigenous artists can contribute to decolonial artistic practice” that goes “beyond the immediate social effects of cultural production

and co-operation.”

The two exhibitions focusing on themes of the Arctic and northern Indigenous people is a first for the foundation and, Henderson believes, a first for Calgary.

“One thing that’s exciting about the combination of *Among All These Tun-*

dras and *Channel 51* together is featuring the north explicitly in the project space,” Henderson says. “That’s quite a commitment to Inuit and the polar North and I think that’s something that’s not been seen in Calgary before.”

Along with the thematic similarities between the two pieces, Henderson also noted a crossover in the artists involved in the exhibitions.

“Asinnajaq, one of the artists in *Among All These Tundras*, is also curating the *Isuma* piece,” Henderson says. “So there’s quite a few connections between the exhibitions.”

Along with this crossover, the Inuit artist Kablusiak will have her work featured in the project space, which showcases works from emerging artists starting in the beginning of August.

Another exhibit that will be presented is *May G N: Occlusion Field*, which will run from May 6 to July 21 and is presented in collaboration with Calgary’s Untitled Art Society. The exhibit is a showcase of the work of local transfeminine artist May G N and focuses on themes of gender identity and its inherent complexity. G N has previously presented at Calgary’s TRUCK Contemporary Gallery and Left Contemporary in Windsor.

“This exhibition will be in the project space,” says Henderson. “Occlusion Field will be predominantly an installation of collage, print and 2D-image works. It also will be reflecting on gender and the personal narrative of the artist.”

In a first for the Esker Foundation, performances will as well be a part of the exhibits. Allison Akootchook Warden, an Indigenous artist from Alaska, will perform the piece *siku/siku* during the exhibition opening for *Among All These Tundras* on May 31. Warden’s visual art is also featured in the exhibition.

Works by *Isuma* can be viewed online at Isuma.tv, which contains hundreds of hours of the collective’s work.

More information about the summer exhibitions at Esker Foundation can be found at eskerfoundation.com. The Esker Foundation is located on the fourth floor of 1011 Ninth Ave. SE and is open from 11 a.m. – 6 p.m., Tuesday through Saturday. Admission to the gallery is free.



STUDENT ESSAY CONTEST

CATEGORIES AND PRIZES

	High School	Undergraduate	Graduate
1st Prize:	\$1,500	\$1,500	\$1,500
2nd Prize:	\$1,000	\$1,000	\$1,000
3rd Prize:	\$500	\$500	\$500

2019 Topic
What in the world would
Adam Smith say?

For complete contest details, visit:

StudentEssayContest.org



For more information contact the Education Programs department at student@fraserinstitute.org or by phone at 1-800-665-3558 ext. 538.



Girls Rock Camp Calgary set for another year

Story by Troy Hasselman
Photo courtesy Girls Rock Camp
Calgary

Girls Rock Camp is set for another year in Calgary. Since its inception in 2013, the camp has served as a space for young female-identifying individuals who share a passion for music and are looking to become more involved with it, be it through recording, touring or participating in the city's music scene.

"The whole idea of it is just to have a safe and encouraging space for cis and trans girls and non-binary youth to explore music and be a part of the Calgary music community," says camp co-boss Nicola Lefevre.

While the dates for this year's camp are not yet set in stone, it's looking to be around the same time and to follow a similar format as previous editions.

"It looks like, concerning location, it's going to be August 12-17," she says. "Mon-

day to Thursday we're doing camp business with workshops, playing and writing. Friday we go to OCL Studios and do recording and Saturday we do the afternoon showcase at The Ship & Anchor pub."

This year's edition of the camp promises new things, as the camp is looking at possibly moving from its current location on the University of Calgary campus. The camp is looking to add new elements while staying true to the form that has made it popular.

"We might be in a new location this year, we haven't quite got that figured out yet," Lefevre says. "The university has been kind enough to accommodate us for the last number of years in the trailers by the Math Sciences building so we can make as much noise as we want. As things progress, we have been looking for a new space and that's not for sure yet. We always try and mix things up a bit every year in how we present information and the guests we get to come in and talk

about things. We also get a lot of kids that come back year after year, so we want to make sure we're giving them new information but also doing all of those things that they've always loved in years past."

Despite its name, genres other than rock are explored at the camp, with the material accommodating diverse musical backgrounds.

"It's a funny thing, we have a really awesome and diverse group of mentors that teach at camp, Lefevre says. "They come from different backgrounds musically. While it's called Girls Rock Camp and everyone chooses an instrument out of guitars, bass, drums, vocals and keyboards, we do often end up with different genres being represented. One of our mentors and vocal coaches, a woman by the name of Lisette Xavier, is much more in the pop realm of songwriting and you can also see that influence in the groups she coaches."

Lefevre has noticed a strong change in



Classic rock, breakfast and atrophy: An interview with B.A. Johnston

Story by Jason Herring
Photos by Matty Hume

Canadian comedy music legend B.A. Johnston has once again ventured out of the basement of his mother's Hamilton, Ontario house and into his battered tour van for a cross-Canada tour that included a stop at The Ship & Anchor in Calgary for a free show on April 24.

Johnston is touring in support of his 12th album, *The Skid is Hot Tonight*. The album is named in a loving tribute to Loverboy's classic arena-rock tune "The Kid is Hot Tonight" and features songs like "Our Love Is Like the Cleveland Browns," "Flintstones Vitamins and Jamesons" and "We're All Going to Jail (Except Pete, He's Gonna Die)."

The album is an odyssey, even by Johnston's standards. The 21 songs over 40 minutes hit on everything, from why

Johnston doesn't use self-serve machines at fast-food restaurants to how weed was definitely better in the '90s. Johnston says he hopes his fans listen to the record in a format that allows them to take a breather partway through.

"It's quite long," he says. "I made the record for vinyl, because I was thinking, I get resentful having to get off the couch and change the record over. But when I listened to it on CD, I was like, 'This never ends!' So I guess it depends on the format. If you listen to it on cassette or vinyl, you're okay, but if you listen to it on CD or streaming, you're in for a long night. You have to get up or your muscles will atrophy."

Johnston is a lover of cheap classic rock of all kinds, as evident from the Loverboy album title and the lead single, which recounts taking mushrooms and going to a Van Halen show. But he took that love a

step further earlier in the year, when he ran a contest to bring a fan to sit in the nosebleeds and see KISS live in Toronto with him. The contest's eventual winner? Johnston's cousin.

"He entered the contest and my mom said I should take him because I never get to hang out with him," Johnston says. "They blew up a lot of stuff. There was a lot of explosions."

Johnston seemed excited for the stop in Calgary, calling it his "second favourite city in the country." Among the city's highlights for him is the Blackfoot Truck-stop Diner, which Johnston considers to serve the finest breakfast in all of Canada.

When told about Alberta Premier-elect Jason Kenney's fondness for the restaurant, Johnston argued that good food transcends politics.

"Well, he knows a good meal! I mean, Doug Ford likes a lot of good restaurants.



Maybe it's cause I'm a fat old white person, I go to the same restaurants as other fat old white people, cause I've noticed Doug Ford eats at this sandwich place I wanted to go to and their website was just all pictures of him eating there, which really depressed me," he says. "So I don't care if they eat there but I don't know if I want them to put their photo up. Like, if it's a picture of Kenny Rogers eating a sandwich, that's fine with me. Maybe an actual prime minister, I could see putting up maybe, but a premier?"

Where do we stop?"

Johnston's favourite city in the country is his hometown of Hamilton, which he explores in-depth in his new web series, *Ham Jam*. The show follows Johnston on a tour of some Hamilton hot spots, including arcades and sub shops, trying to show off the city's true character. The series is available on YouTube.

On this tour, Johnston is travelling much further from home than usual, playing a handful of dates in the United

Kingdom. He says it's his third time venturing across the Atlantic to play shows.

"No one came to any of the shows, but third time's the charm, right?" he says.

Johnston's hyper-Canadian show needs some adjustments for a British audience. He says that he can camp up some parts of the Canadian thing — "if you make a joke about a moose, they're very excited about it. They think it's the funniest thing they've heard in their life," he says — but some setlist staples require a bit of tinkering.

For example, "GST Cheque," the song about the pseudo payday of getting government cheques in the mail, is cut from the sets entirely, while he replaces the titular grocery store in "I Don't Want to Go to the No Frills" with a local chain.

"Slide one word in, slide one word out," Johnston says.

Johnston is currently touring Western Canada. If he's in your city and you want to see Johnston take off his shirt and writhe around on the bar floor while singing about how many T-bone steaks he can fit in his pants, you know what to do.



TOP 30

The top 30 albums played on CJSW 90.9 FM in April

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

1. The Shiverettes** - *Real ShriII Bitches* (Self-Released)
2. Corinthian/Carbolizer/Wish Lash** - *DescentIon/Ascension* (Deep Sea Mining Syndicate)
3. Lady Lamb - *Even In The Tremor* (Ba Da Bing)
4. Divorcer* - *Debt Jubilee* (No Sun Recordings)
5. Cam Penner** - *At War With Reason* (Self-Released)
6. Cursing & Swearing* - *Cursing & Swearing* (Self-Released)
7. Olivia Sea - *Purposeful Movements* (Self-Released)
8. Frankie Cosmos - *Haunted Items* (Sub Pop)
9. Future Womb** - *BABYGIRLGALACTIC* (Self-Released)
10. patio - *Essentials* (Fire Talk Records)
11. Red Mass* - *Killrush Drive* (Label Etiquette)
12. Blessed* - *Salt* (Self-Released)
13. Various Artists* - *Got It Covered: Saskatchewan Musicians Cover Each Other's Music* (Self-Released)
14. Emilie Kahn* - *Outro* (Secret City Records)
15. Living Hour* - *Softer Faces* (Kanine Records)
16. Midnite Cowboy** - *Mesmerize* (Self-Released)
17. Broken Social Scene* - *Let's Try The After Vol. 2* (Arts & Crafts)
18. Maggie Rogers - *Heard It In A Past Life* (Capitol)
19. Wintersleep* - *In The Land Of* (Dine Alone)
20. Rock Lake* - *RLV* (Eat em up Records)
21. Personhood* - *Lo-Fi Sunset* (Self-Released)
22. Safe As Houses* - *Lucky Lucky* (Self-Released)
23. Greys* - *Age Hasn't Spoiled You* (Carpark)
24. POW! - *Shift* (Castle Face)
25. Partner* - *Saturday The 14th* (Father Daughter Records)
26. Rich Aucoin* - *Release* (Haven Sounds)
27. Gone Cosmic** - *Sideways In Time* (Kozmik Artifactz)
28. Pecado** - *7Psalms-7Sins* (Self-Released)
29. Jazzlib** - *Behind Bars Too* (Self-Released)
30. Amy Nelson** - *Educated Woman* (Self-Released)

Dinos women's rugby on track for a successful 2019–20 season

Story by David Song
Photo courtesy Dan Kinvig

The Dinos women's rugby team had an excellent season, going 8–3 overall en route to their third-consecutive Canada West title over the University of Victoria Vikes. In the end, however, they fell short with losses to Laval and Queens at the U Sports Championship, a setback that the team hopes to improve on next year.

"This year at nationals, we didn't really put our best foot forward and we didn't perform to the standard that we know we could have," second-year back row Alyson MacDougall said. "Next year, if we do get there again, [we need to] really make sure that we play the best Dinos rugby that we know how to."

Fortunately, the Dinos are well-equipped to go on another deep run in 2019–20. MacDougall is part of a solid core of players that includes fellow second-year Taejah Thompson and fourth-year

veterans Kasselie Menin, Samantha May and Cassidy Jones. Menin, who plays lock, was named Canada West MVP last year after her older sister DaLeaka won the award in 2016 and 2017. The youngest of three sisters to have suited up for the Dinos, Menin carries on the family tradition now that DaLeaka and eldest sister Jade have both graduated.

"I've had a really unique experience coming into the Dinos with my sisters on the team. Hardly anyone has that," said Menin. "Moving on to being the only one left, it's definitely been a big transition for me. I really relied on my sisters a lot in the past. We clicked on the field and played really well off each other, so having to find other people to play well off of was a transition."

According to Thompson, family is a core value upon which the team is built.

"You don't always agree with your family, but you do need to support them at all times," she said. "Not everyone agrees on certain plays or the way that

we should be coached, but once we get in the locker room, everyone kind of forgets about that."

A key figure in keeping the locker room united is Simon Chi, who was named head coach in April 2010. An unpaid volunteer, Chi treats his coaching position like a full-time job and has helped transform the Dinos into a perennial contender. He has been honoured with three straight Canada West Coach of the Year awards, as well as one U Sports Coach of the Year in 2016 — the same year the Dinos won a best-ever U Sports bronze medal.

"Chi puts a lot of effort into making sure that every single girl knows that she's important on this team," MacDougall said of the experienced coach. "He makes sure that we're on top of our rugby skills, but he always holds us accountable to our schoolwork too. It's really amazing how he will work to build up connections with everybody."

Thompson too, had high praise for Chi. "He has a very different coaching style



than I've ever experienced before, but I think that it works for all types of players," she said. "He knows when to step in and say something. He knows when to back off. He really gets to know his players before he goes out and coaches them."

An interesting wrinkle in the Dinos' season is that it is actually split into two halves. After finishing their fifteens campaign, culminating in the U Sports Championship in early November, the Dinos attend three rugby sevens tournaments across Canada over the course of the winter semester. As its name suggests, rugby sevens features only seven players per team as opposed to 15 and is a faster, more mobile style of game. The Dinos finished third in their last sevens tournament this March.

"For fifteens, you obviously have to be fit, but then you get into sevens and it's like this next level of having to be fit," Menin said. "In sevens, you're ready to sprint for seven minutes [at a time], and when you're transitioning back [to

fifteens], you have to be like 'Okay, I have to pace myself and be ready to go for 80 minutes instead of 14.'"

The Dinos' success, and that of other varsity programs, reflects the continued growth of women's rugby in general. According to a recent study, the number of women playing rugby around the world grew by 10.43 per cent between 2015 and 2016, while the number of men playing decreased by 0.72 per cent.

The proliferation of women's sport is music to Thompson's ears.

"Growing up watching men's sports, it was awesome, but it was hard to imagine myself ever at a national tournament or anything," she said. "Now that women's sports are more in the media and stuff, a lot of girls are getting more exposure, and there's a lot more focus on developing players when they're younger."

Ultimately, Menin attributes rugby's growth to the robust communities that it has attracted, communities that welcome and empower newcomers and veterans

alike.

"You see everyone at the Calgary Rugby Union and everyone knows each other. Rugby is advertised as a sport that everyone can play," said Menin. "There's a position and a spot that anyone can fit."

MacDougall has had a similar experience.

"For rugby, I always felt like I never got turned away. I've never seen anybody get told, 'You can't do this because you're a girl'. I think it's such an open sport for development and for trying to make people better instead of turning them away," she said.

The Dinos will begin their 2019-20 season this September. For Menin, it will be her fifth and final year of collegiate competition, while MacDougall and Thompson look to take a step forward as third-years. With Chi at the helm and all 17 of last year's rookies becoming sophomores, the team expects nothing less than a fourth straight Canada West title.

Waiting for GODOT

don't miss **Samuel Beckett's** masterpiece

Student Tickets Only \$30

BLACK RADISH THEATRE

Black Radish Theatre @ The **GRAND**, April 25 - May 12
 Tyrell Crews, Andy Curtis, Christopher Hunt, Duval Lang & Anton Matsigura
 Directed by Denise Clarke
blackradishtheatre.ca

Five stress-relieving yoga poses



Story by Tori Taylor
Photos by Mariah Wilson

Now that exam season is done, you might find yourself in need of some stress relief — try yoga. It does wonders for all areas of the body. There are five easy asanas (poses) that relieve stress and tension in the upper shoulders, neck and head. Here's the morning and evening yoga routine that keeps me mobile and motivated to take on stress.



Pose 1 — Savasana:

This is dead man's pose. The name says it all. Lay with your back on the floor. Place your hands, palms up, by your sides. Tuck your chin in to your chest to lengthen your spine. There should be a bit of compression in the front of your neck. Breathe deeply, slowly and deliberately. Close your eyes. Think of laying each vertebra flat on the floor beneath you. This visualization will help you begin to create space in your spine and release stress stored there. Take a minimum of five deep breaths. If you have the time, spend five full minutes in this pose.



Pose 2 — Camel:

From savasana, move to your knees. This asana is a little more intense. Hang out in camel pose for at least five breaths. Rise up so that you're kneeling and stack your hips above your knees. Bring both hands to your heart and press your palms together. Begin to engage your core and obliques to safely protect your lower back as you move into a backbend. Tuck your tailbone and push your hips forward. Start to look up and as your head falls, trace your eyes along the ceiling in a straight line behind you. This is a chest opener. It may create a feeling of nausea. Continue to breathe through this uncomfortable feeling and the benefits will be well worth the experience. You can use your hands to brace your lower back. With deep inhales, open your chest and shoulders. With long exhales, push your hips forward and continue to tuck your tailbone under.



Pose 3 — Ragdoll:

Now, for a much simpler pose. Rise to standing. Step your feet out wider than your hips. With a straight spine, bend in to your knees and fold forward. It is important to keep a straight and strong back, with the core engaged, so that you don't hurt yourself. Bend the knees as much as you need to. Grab opposite elbows and hang. Let your torso be heavy and gravity do its job. Stay relaxed in your knees. Keep your breathing steady and melt the muscles in your face. Don't clench your jaw. Stay here for as long as you'd like.



Pose 4 — Plow:

This is one of my favorite asanas as it works miracles for migraines and neck tension. Lay down on your back and lift your legs to 90 degrees. Place your hands down by your sides, palms resting on the ground. Take your feet behind your head. Keep your chin tucked and do not move your head side to side. You may use your hands to support your lower back by bending your elbows and placing your palms on either side of your back. Continue to use your arms to balance you. The compression in the thyroid and neck should feel slightly uncomfortable but not painful. As you slowly release yourself from this pose, the flow of fresh blood to your head, neck and shoulders will feel amazing.



Pose 5 — Child's pose:

This is a great way to end your relaxing flow. With your knees tucked underneath your body and your chest flat on the ground in front of you, place your forehead onto your mat and roll your temples from side to side. Stay here until you feel ready to get up.

If you enjoyed this tiny movement meditation, I highly recommend trying out a Yin Flow class at any local yoga studio. It will change your life. Namaste!

Float tanks provide relaxation, stress-relief

Story by Frankie Hart
Photo by Mariah Wilson

I try to slowly move my arms and legs into a more comfortable position, accidentally splashing some water onto my face and into my eye. Oh god. Oh god. It stings so bad. I squeeze my eyes shut and cautiously flip over, crawling on my knees with my arms outstretched for the door. After circling around the wall, I feel the handle and push it open. Light pours into the float room and I grab the face towel and press it to my eye. Suddenly, water from my hair drips into my other eye. I'm an idiot.

FloatLife co-owner Dustin Ryan says floating is beneficial for chronic pain, in addition to aiding relaxation and stress-relief.

"We have a lot of people that have sore backs, hypertension, people with fibromyalgia, arthritis," Ryan said. "So just floating in magnesium, which is in the Epsom salts, can really provide a certain level of pain relief."

He also emphasized that university students can benefit a lot from floating and from mindfulness in general.

"That's why I think a lot of times people will go to the gym or go for a run in between studying for exams," Ryan said. "It's because it provides that certain level of mental clarity. But some people hate

running, so there's other things that people do, like read a fiction novel or something that kind of takes them out of their normal thought patterns. It can really help them to dig deep."

Personally, I was interested in the general experience of sensory deprivation. I'm a nervous person, so I wondered how much floating in the dark would help me relax.

Before my pre-float shower, I rolled up the silicone earplugs and tried to use them to create seals on my ears to block out saltwater without getting them in my ear canals. I took a pre-float shower and then opened the door that was attached to the shower into the float room. Inside was a small room that glowed purple, filled with a couple of inches of water containing over 1,000 pounds of Epsom salts. There were controls on the side for light and music. I held the rail and carefully stepped in. Ryan had previously mentioned the salts made it a bit slippery.

After closing the door and lowering myself into the water, I decided to go for the full deprivation experience and shut off both the lights and music. I laid back into the water slowly, not fully trusting the water's ability to hold me. After a few moments, I was able to release the tension and let it carry me.

The first thing I noticed was that I could hear my pulse in my ears. Hearing

how fast my heart was beating wasn't exactly relaxing, but I tried to focus on my breathing. I couldn't help but shift uncomfortably in the water, trying to find a comfortable position to rest my limbs without them floating into a less comfortable one.

The second thing I noticed is that I was feeling a burning sensation on my arm. It's discouraged to shave or wax to prevent irritation, but I had completely forgotten about the nervous itchy spot near my elbow. Luckily, the pain faded fast as long as nothing touched it.

I think I spent approximately the first half hour floundering around, bumping into walls, getting Epsom salt in my eyes, slipping and desperately pawing at the walls. Eventually, I was able to float still, letting my thoughts fly freely through my head. Then I fell asleep. Or at least I'm pretty sure I did, based on how the time passed.

At some point, I realized that my arms felt weird and sore because they were stuck in a bit of a strange position for a while. I tried putting them above my head instead and found that my arms were the source of most of my discomfort for most of the float. I stayed like that for what felt like 10 more minutes before the lights and music slowly came back up, indicating that my 90-minute session had ended.

In hindsight, I don't think I was ready for the fully dark, no sound float experience. I wasn't feeling claustrophobic or panicky, but it did take me a lot of time and effort to feel comfortable. Even just having the music on probably would have helped me not feel like I was lost in the middle of nowhere.

As for the experience otherwise, I think the mental benefits are probably similar to that of meditation as far as eliminating distractions. Sensory deprivation is probably even more useful to those that could use a more physical barrier from the outside world. I can definitely see myself trying another float the next time I feel really overwhelmed in the height of classes.

Hopefully next time I don't get the water in my eyes, though.



Synchronized swimmers perform in pool full of plastic to raise environmental awareness

Story by Mariah Wilson

Photo courtesy The Big Bang Fair

Since 1970, Earth Day has been celebrated around the world and is used as a starting point to discuss the health of our planet and ways we can change our daily habits for the betterment of the natural world. These discussions range from teaching children to reduce, reuse and recycle, to op-eds that focus on critiquing a country's environmental policies.

It's not common to see sports brought into this discussion — especially a sport as unconventional as synchronized swimming. Yet, British synchronized swimmers Kate Shortman and Isabelle Thorpe paired up with The Big Bang Fair to highlight how the ocean's plastic is affecting marine life by completing their World Championship routine in a swimming pool full of plastic.

The Big Bang Fair takes place in March of each year in England, showcasing the work of up-and-coming youth in the field of science, technology, engineering and mathematics through a competition that encourages young people to think of creative solutions for both local and global issues.

The Big Bang Fair explains that Shortman and Thorpe performed in a training pool

filled with hundreds of single-use plastic drinking bottles, plastic toiletries, plastic bags and plastic food containers. This performance was intended to highlight the struggle, and the potential danger, of trying to swim through water that is filled with plastic. At many points throughout their routine, you can catch glimpses of plastic items wrapping around the swimmers' limbs, inhibiting them from executing a perfect routine.

Their performance is thought-provoking and makes it visually apparent how difficult it is for marine life to survive in their ecosystem because of human's inability to effectively manage our waste. The organization Earth Day reports that roughly eight million metric tonnes of plastic are thrown into the ocean annually, which poses a significant problem to marine life since they find it hard to distinguish common plastic items from their food. When marine organisms eat plastic, they are unable to digest it. It takes up space in their stomachs leaving no room for any food.

Even more troubling, the Ocean Legacy Foundation details that more mammals are dying and washing up on shores each year with stomachs full of plastic. To put this into numbers, more than a million seabirds and

over 100,000 marine mammals die annually from the presence of plastic in the oceans — and this number is only set to increase as oceans become more polluted.

But it isn't all doom and gloom. Luke De Bretton-Gordon, a participant in The Big Bang Fair, invented an edible membrane that can replace plastic bottles. This edible membrane can be consumed after the user is done drinking the water in their bottle, and even if it does end up in the ocean, marine life can safely consume it. This is conceptually similar to the edible six-pack holder that Saltwater Brewery released a few years ago to inhibit the number of marine animals that get their necks stuck in plastic six-pack rings.

As the degradation of the world's ecosystems becomes even more prominent in our daily lives, it's important to have performances, discussions and deliverables that shine light on the issues our world faces and how we can take action. While it isn't made apparent how much energy and resources need to go into producing this edible membrane — making it hard to discern the cost-benefit of its production — it would be a small step forward in the right direction.



Jump rope provides the ultimate ass-kicking

Story by Tori Taylor

Jump rope isn't just for boxers or pre-teens at recess. It's one of the most toning full-body workouts and requires very little equipment. Sneaker up, clear some floor space, make sure you're in a room with a high ceiling and jump that rope. If you haven't skipped in a while, be prepared for a rude awakening. It's not as easy as it looks.

Jump ropes can be bought at any sports store. They're affordable, typically ranging from \$20-\$60. I have a weighted-handle rope that tortures my arms while I jump. I am a sucker for pain. However, feel free to begin with a normal rope.

One of the coolest benefits of skipping is the improved co-ordination – it forces you to focus on your feet and arms at the same time. This requires

quite a bit of acute mental attention at first, but as you improve, your co-ordination will become second nature.

If you are someone that struggles with weak ankles or feet, you should consider implementing jump rope into your weekly training schedule. Jumping rope builds strength in the tiny muscles and ligaments in your feet and ankles. You will learn to stay light on the balls of your feet instead of landing flat-footed, which is hard on your joints and can lead to a much higher risk of injury. Learning to land on the balls of your feet is an excellent training method for runners and tennis, soccer and basketball players.

A lot of people struggle with finding cardio-based activities that they can enjoy without boredom kicking in, especially during the colder months. Grab your rope and take part in a calorie-burning tsunami. Ten minutes of active

jumping is around the equivalent of running an eight-minute mile. Jumping requires the entire body to engage and balance.

Skipping three to five times a week, around 12-20 minutes per session, will improve the efficiency of your breathing while doing cardio. According to the American College of Sports Medicine, jumping rope fine-tunes your ability to maximize breathing efficiency – not a bad skill to have if you are an athlete in any capacity. Daniel W. Barry, an assistant professor of medicine at the University of Colorado, has found that skipping builds bone density – something female athletes often benefit from.

There are virtually no negatives to adding jump rope to your routine. It's affordable, easy to learn and will improve your fitness levels.

Disclaimer: You will likely be quite sore the next morning. You're welcome!



Plenty of fun runs in Calgary this summer

Story by Tori Taylor

Photo by Yasmine Elsayed

This summer, grab a group of friends, a buddy or run solo in any of YYC's many fun runs. Entering these runs will give you an opportunity to keep your cardio up without getting bored — double win. Calgary has several options varying in length and competitive energy. Here are a few of the runs taking place this summer.

MEC Calgary Road Race Series:

MEC holds five annual road runs. They offer distances ranging from five kilometres to full marathon. At \$20, the entry fee is one of the most affordable in town. While MEC's races don't feature any of the kitschy add-ons that some fun runs do, they're a great way to train for a larger run. Signing up for a race adds a bit of accountability to that 10-kilometre push that you might

not otherwise follow through with on a Saturday morning. Races take place in June, July, September and October. More information is available at events.mec.ca.

Stampede Road Race:

This is probably not how you typically think of enjoying the Stampede, but for all you athletic enthusiasts out there, try starting your cowboy shenanigans with a healthy heart-rate rush. There's even a pancake breakfast included at the end of your run. This race offers five-kilometre, 10-kilometre and half marathon distances. Running for 30–60 minutes and then eating a deep-fried chocolate bar gives you the best of both worlds — fitness and fried food. The race takes place on July 7 and requires registration at stampederoadrace.ca.

The 5km Foam Fest:

This race takes it down a notch and

focuses more on the fun than the run. You'll find unique obstacles like lily pads, a foam chamber, a log roll in foam, a tube crawl through foam — common theme, a lot of foam and you will be doing fun stuff surrounded by it. This race is actually located in Red Deer on June 22, but if you are a passionate bubble bath aficionado this summer road trip will be well worth it. More information is available at the5kfoamfest.com.

Rugged Maniac:

At the end of July, Spruce Meadows redecorates and turns itself into an obstacle course. It features 25 obstacles spread out over three miles. Rugged Maniac includes a three-storey water slide, towers, fire jumps, a mud tunnel and monkey-bars. If you'd like to take it seriously, you can enter to compete in the morning, but if you just want to burn some calories while having a blast, then get a team together and run in the afternoon for fun. All the information for registration is online at ruggedmaniac.com.

Mega Bounce Run:

Think bouncy castle. Enough said. This five-kilometre race features nine inflatable obstacles. It doesn't require anything other than a taste for adventure and fun. It's suitable for all levels of fitness. It will be held on July 29 in Stanley Park. If you are a human that enjoys joy, sign up at megabouncerun.ca.

Ultra Night Run:

In September, South Glenmore Park will light up for a night run. Participants wear bright costumes, neon face paint and as many glow-in-the-dark things as they can. After the race, there is a celebration in the beer gardens. Your race registration includes an LED headband, an ULTRA Night Run t-shirt, a beer ticket and a post-race snack. All around, this is a sweet way to get sweaty and then smashed — responsibly, of course. Register online at ultranightrun.ca.



WELCOME TO HELL

Abandon all hope, ye who work in restaurants

Story by Kristy Koehler
Illustrations by Tricia Lim

Over the years, I've made my way through the circles of restaurant Hell, where customers snap their fingers to get your attention, food 'critics' slam you online for not having organic kale and everyone is allergic to everything. This job is the pits. Welcome to Dante's Diner — where the Hell is always fresh, never frozen.



Limbo:

For some customers, there is no perfect table. They'll wander around the entirety of the restaurant searching for the Holy Grail of ass-baskets. These people are the Goldilocks of dining — this table is too loud, this one's too close to the bathroom. Unfortunately,

none of them will be 'just right' and they'll be bitchy for the entirety of their dinner.

The punishment: Splintered wooden chairs in every restaurant they go to.



Lust:

Horny things will happen to you as a restaurant worker. Lecherous customers will touch you. They'll make disgusting references to "the tip," place their hands on the small of your back, and ask if "all the models work here in their off time." You'll also be the unwilling observer of Tinder dates and anniversary dinners. Lovebirds will sit on the same side of the table, like assholes, so they can hold hands while trying to carve up a Chateaubriand for two.

The punishment: They'll poke each others eyeballs out with forks while attempting to feed each other on their next date.



Gluttony:

Customers sent to this circle of hell aren't necessarily the ones who eat the most. Servers love when customers order tons of food — as long as they pay the bill and leave a tip, they can order as much as they want, no judgement. Gluttonous customers are the ones obsessed with sauces, sides and dips. "Can I get a little side of ranch?" You come back to the table with it. Now they're out of ketchup. "Oooh, can I get a little side of that sauce that was on the chicken? I want to dip my fries in it."

The punishment: All their food will be served in tiny-ass sauce cups for all eternity.



Greed:

"Just give me a dollar back," says the customer.

A dollar?! They actually want you to dig around for one fucking dollar to give back to them. You just cleaned up all the ketchup packets they stuffed into their water glass. They better do something life-changing with that dollar.

The punishment: All change will be returned via personal cheque, so they must go to the bank and wait in line to cash it.



Wrath:

The angriest customers in any restaurant are the ones who think they've been waiting an inordinate amount of time for food, service or drinks. "I've been waiting 20 minutes for my drink." "It's been 20 minutes since we finished our appetizers and our dinner isn't here yet." Is 20 minutes the default number cranky-ass customers resort to when something has taken more than 45 seconds? There's no way table 32's drink took that long. They want to know how you know?

Well, time-keeper Timmy, there's a time-stamp on all the orders and a security camera with a clearly visible clock. You didn't take Hell for a place where time sped up, but apparently anything can happen.

The punishment: A lineup out the door at every restaurant they want to go to.



Heresy:

"I'm a food blogger," says the diner whose Instagram is comprised solely of four photos of a hot dog from a hockey game. Since when did professional glutton become synonymous with restaurant critic? These people will make certain you know they are an "influencer" or "elite Yelper." This means absolutely fucking nothing and they'll want a free meal for spewing word vomit on one of these garbage platforms.

The punishment: All of their Instagram fans will "cancel" them for problematic cilantro opinions.



Violence:

Customers sent to this circle of Hell haven't committed an act of violence against another person — do that and go to jail, bucko! These customers commit acts of violence against their food. They

order their steaks well-done, ask for HP sauce or ketchup for a filet mignon, or demand a side of Russian dressing for their spaghetti.

The punishment: Eating their food exactly as the chef intended, with no modifications — ever.

Fraud:

"I'm allergic to raw carrots but not cooked ones."

"I'm actually allergic to celery."

"I have an allergy to anything sundried."

No. No, you're fucking not. This shit is not possible. If you just don't like something, tell us. We aren't so hateful that we'll secretly stuff your Yorkshire pudding with all the offending foods — even if that sounds like the best idea ever.

The punishment: They will develop an anaphylactic allergy to everything they've ever pretended to be allergic to.



Treachery:

"How's dinner this evening folks?" says the suit-clad manager at your table.

"Everything is wonderful," responds the guest.

This part of the evening is called the quality-check. It's where your server, or the restaurant manager — sometimes both — comes to your table after a couple of bites to check if everything is as magnificent as you imagined. That, dear diners, is the time to let someone know if it isn't up to your standards. The table that tells you everything is good, eats the entire meal and virtually licks the plate, but then leaves a bad review after leaving the restaurant has committed the ultimate heinous act.

The punishment: Daily rectal insertion of habanero peppers.

I went to Bermuda Shorts Day and all I got was a free water bottle

Story by Frankie Hart
Photo by Mariah Wilson

After waking up late and stumbling around my room like a feral raccoon scrounging for old fries, I was finally ready to go to my friend's place. The day? April 12, 2019. The plan? To pre-game for Bermuda Shorts Day. The fit? An egg-patterned crop top, egg skirt and egg shorts — combined to create the all-powerful egg skort — an egg bag and white shoes. The wristband? Taken off earlier in the week for comfort and accidentally forgotten at home, then picked up again later because my friend graciously drove me. It's party time.

We have a couple of ciders and call it pre-gaming then head to the train. My friend notes that there doesn't seem to be many people dressed up. This is my first time actually going to BSD, so I'm not sure what the normal amount of dressed up is. We get to campus and something seems... off. There are many people walking opposite of us, presumably to go home from

normal classes. Here and there we see a couple of students wearing semi-tropical clothes. We finally make it to the entrance, where we weave through a large and suspiciously empty metal maze. After getting our IDs checked, we pass through and finally see the concert hall.

Oh.

There were a few smatterings of students at the back, but other than that, it was pretty much empty. On our way out, I tried to at least redeem my free coupon at the water station. I got a water bottle but they refused to take my coupon. Fine by me.

Now was time for the feature of this BSD that I was the most excited for — karaoke. We followed the sound and saw a very enthusiastic, though still small, group at the karaoke station. My friend and I decided to sing "Girlfriend" by Avril Lavigne, a song that requires a lot more air than I was prepared for. Despite this, the karaoke crowd was very supportive and receptive to my request to "open up this fucking pit," which I was grateful for.

After roaming around a bit and hitting up the photo booth, we decided it was time to check out the situation at D-Block. We didn't end up staying there long. Basically, it was a bunch of people standing on lawns having drinks and chatting. The highlight was watching a guy skid on the gravel and almost land in a pile of horse shit the mounted police left behind.

We decided to cut our losses and instead saddle up for an afterparty at Cowboys. Long story short, the highlight of that was feeling something hitting my foot and looking down to see that someone had lost their vape rig on the floor. The low point was when a group of guys tried to approach my friends and one of them told me that his friend had a boner.

To be fair to the Students' Union, I don't know what I would've changed to make BSD more successful. All I know is that in hindsight, for karaoke, I would've requested "The Middle" by Jimmy Eat World instead. The verses are relaxed enough that I could catch my breath before going all in on the chorus. Oh well.



Student uses Marie Kondo method, destroys Earth

Story by Anton Charpentier
Illustration by Tricia Lim

When Marie Kondo set out to teach lazy Americans the art of tidying up, she expected them to open up space in their homes, not destroy our planet.

It all started during exam break, when third-year student Douse Doom decided to watch their favourite Netflix show, *Tidying Up with Marie Kondo*, which teaches everyday American people how to clean up their disgusting homes, using Kondo's own philosophy of 'sparking joy.' Sparking joy is the idea that when you pick up an object, it should spark joy in your mind. If not, it goes into the trash.

After staring down the barrel of two weeks of late-night studying, final papers

and, of course, mercilessly beating down other students who have the audacity to study at the TFDL, Doom had a horrifying revelation — the world didn't 'spark joy.' Thus began their journey of destruction with the clinical efficiency of Marie Kondo's bed sheet folding techniques.

Doom began changing small things in their life — letting their car idle, bringing their own plastic straws to restaurants and even voting UCP. These destructive acts, however, weren't enough. Although they were harming our planet, they didn't come close enough to creating absolute destruction.

Using old books originating from Salem witches, Doom summoned the ancient evils of the underworld to literally eviscerate the planet. These evils included the devil, goats that speak English and,

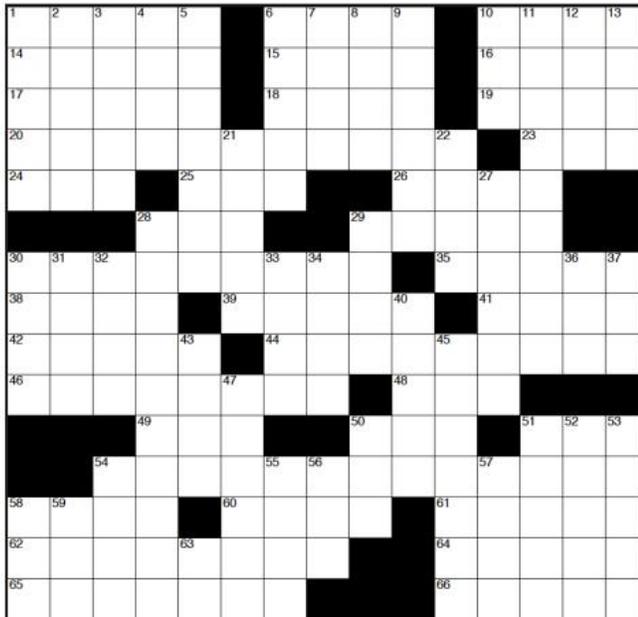
of course, the man who invented black licorice.

Doom organized the demons by categories — and not realms — giving more direction and co-ordination to their attacks rather than separating them individually. Additionally, they let go of their nostalgia for the world, making it easier to eliminate whole continents at a time. To purge is to discover true joy, as Kondo would put it.

When reached for comment, Kondo wrote, "I had no idea about the potential for evil in my life's work. I sincerely apologize and will address these issues in my next Netflix series, *Messing Up with Marie Kondo*, in which I battle the demons from Hell."

The first season of her new show will hopefully air next September, if the Earth doesn't swallow itself whole first.

Summer crossword



By Jason Herring

ACROSS:

- 1. Bet
- 6. Buttocks
- 10. LGBTQ-focused Toronto web publication
- 14. Lift, with effort
- 15. Weep and wail
- 16. Mac_____ Hall
- 17. "It's not _____ as it seems"
- 18. Old-school shock
- 19. Damning gossip
- 20. Cartoon featuring 44-across
- 23. Original *Legend of Zelda* platform
- 24. Mexico's president's nickname, for most of the decade

April Solution:



- 25. "____ queen!"
- 26. One instruction in a set
- 28. Player on Ottawa's NHL team, for short
- 29. Like a joke you've heard one too many times
- 30. "I'm happy for you!"
- 35. Space feature restrictive of habitation
- 38. Most recent Best Actor winner Malek
- 39. Tales
- 41. Deliveries, for short
- 42. "Can I have _____" (of ice cream, perhaps)
- 44. What linear algebra students have taken all semester
- 46. Porcine pal from 20-across
- 48. Provincial body in

- charge of hospitals, among other things
- 49. Acronym common with-in engineering disciplines
- 50. Reverence
- 51. Simile centre
- 54. Traditional sign-off from 44-across
- 58. When doubled, a tropical fish
- 60. One without etiquette knowledge: "Which fork do ____ first?"
- 61. Multiple "Dancing Queen" bands, hypothetically
- 62. Made money from
- 64. Path from A to B
- 65. Defining trait of 44-across
- 66. Yodel boy and the moth

DOWN:

- 1. Beat up
- 2. He of many fables
- 3. Coastal country of Central Africa
- 4. Steve Carell's Almighty man
- 5. Early flights
- 6. Helps in a heist, say
- 7. Meat sauce
- 8. Ugly Duckling evolution
- 9. Like a first-born child, vis-à-vis their siblings
- 10. Crossed out
- 11. Surreal Lynch TV drama
- 12. Steak preference
- 13. They go marching two-by-two, in children's song
- 21. For some, Laurel

- 22. Eminem-originated slang for fandom
- 27. Flees to marry
- 28. Tough adjustment for automatic drivers
- 29. Message step between written and received
- 30. Corner
- 31. 2008 Beyoncé hit
- 32. Other half of comedy duo with Jake
- 33. Tautological declaration of self, perhaps
- 34. Rocky cliff face
- 36. Addams cousin
- 37. ____ feed: Online news aggregator
- 40. Shoulder clothing
- 43. Actor Sedgwick of *The Closer*
- 45. In sports, trading prospects and picks to win now: "Selling _____"
- 47. Tiny
- 50. Oft-pale beer
- 51. E-MO-TION or *Flower Boy*, say
- 52. Glide on ice
- 53. Buttockses
- 54. 10 Commandments starter
- 55. One pursuing litigation
- 56. Developmental condition absolutely not caused by vaccinations
- 57. Dweebiest high school band instrument?
- 58. There's 338 in Canada
- 59. Garfunkel (and what he made)
- 63. King horror adapted in 2017

Congratulations to Oliver Somers-Brown, Cyril Justin and Hemish Minhas for being the first students to submit last month's puzzles!



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

Will you stay on your grind this summer?

By Frankie Hart

Taurus
(April 20 – May 20)
You'll meet a mysterious stranger in one of your classes and have an instant connection. Summer days, drifting away to, uh, oh those summer nights.

Virgo
(Aug. 23 – Sept. 22)
Although the purpose of tutoring kids is for them to learn, you will come out of the experience knowing several plot arcs complete with intricate details from *Paw Patrol*.

Capricorn
(Dec. 22 – Jan. 19)
You'll get into a fight at your movie theatre job and get pushed into the popcorn machine. Although you only got a few bruises, that buttery smell won't come out until September.

Gemini
(May 21 – June 20)
You'll work as a counselor for a summer camp and change your mind about having kids. You definitely don't want them now.

Libra
(Sept. 23 – Oct. 22)
Out of boredom during a shift at 7-Eleven, you'll decide to give this 'Juul' thing a try. Afterwards, your life will never know peace.

Aquarius
(Jan. 20 – Feb. 18)
You'll spend the summer working as a lifeguard, pretending every minute you're not thinking about how much pee might be in the pool.

Cancer
(June 21 – July 22)
On the third day of working at Stampede, you'll pass out in the Cowboys tent from heat stroke and get trampled by a flock of people dancing to the Billy Ray Cyrus remix of "Old Town Road." Now that's what I call livin' like a rock star.

Scorpio
(Oct. 23 – Nov. 21)
You and your friends will get stressed working at a country club. But after performing an absolute slapper of a musical number featuring beating on pots and pans, you'll all be fired. Hmm, that's not how it went in *High School Musical 2*.

Pisces
(Feb. 19 – March 20)
You'll pick up so many shifts as a golf caddy that you'll get absolutely ripped. Unfortunately, you'll flip a golf cart trying to rip donuts, breaking your arm and leg. In the process of bed-bound recovery, you'll lose all those sweet gains.

Leo
(July 23 – Aug. 22)
You'll become a 'Dote Girl,' whatever that means. I swear, kids these days are just making this shit up.

Sagittarius
(Nov. 22 – Dec. 21)
In a desperate attempt to graduate on time, you'll force yourself to have a class schedule with nine-hour days. Woo.

Aries
(March 21 – April 19)
You'll hate your landscaping job so much that you stop caring about the environment and start littering on purpose.



SLED ISLAND

JUNE
19-23,
2019

JULIEN BAKER/
JAPANESE BREAKFAST*/
RAPSOODY/JPEGMafia*/LE1F/
HOP ALONG*/BULLY*/OBLIVIANS/
MAN OR ASTRO-MAN?/CATE LE BON/
CASS MCCOMBS/JESSICA PRATT/
THE MESSTHETICS (FEAT. MEMBERS OF
FUGAZI)/CHANDRA/HAR MAR SUPERSTAR/
LUBOMYR MELNYK/FLY PAN AM/OURI/
KID CONGO POWERS + THE PINK
MONKEY BIRDS/WILLIAM BASINSKI/
JACK HARLOW/MICHAEL CHRISTMAS/
TORRES*/THE COMET IS COMING/
SINJIN HAWKE + ZORA JONES LIVE AV/
TASHA*/MUQATA'A/KING AYISOBA/
WORRIERS*/DEATH BELLS*/
SQUIRREL FLOWER*

*CHOSEN BY
GUEST CURATOR
**JULIEN
BAKER**

**CALGARY,
AB**

GET YOUR
FESTIVAL PASS AT
SledIsland.com

**250+ BANDS,
COMEDY, FILM, AND ART
IN 30+ VENUES**



