
THE GAUNTLET

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The University of Calgary's independent student newspaper

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

The Gauntlet is printed on recycled paper and uses an ink made from all the red tops the UCP reduced. We urge you to recycle the Gauntlet and evaluate it using twenty performance-based metrics.

The Golden Spatula - Rachneet Randhawa

G While we were away in Vancouver having fun at a newspaper conference, Rachneet picked up the Hikes and Strikes story, attending the BoG vote and gettin' the scoop. We're excited to see what she'll write next!

Students should be the priority when discussing student issues

The University of Calgary's plan to increase tuition for its undergraduate students was definitely a decision I thought had a pretty obvious choice. Protests from the student population and even a campaign organized by the Students' Union's executive team attempted to prevent a possible decision being made regarding how much students would be paying for their post-secondary education. I really don't know any student on campus who actively wanted to pay more for school, despite provost Dru Marshall stating that she had received feedback from students who were "OK with the tuition increase." Yeah... sure.

However, the decision to increase tuition along with other student fees has proven that the biggest population of individuals who would be affected by this decision don't actually matter. The students in university are the last demographic the university administration is concerned about. The government is actively pursuing students — who already experience high amounts of debt — for money. The message of this government, and frankly this administration, is clear — higher education is not valued.

The decision, however, is also striking as only five of the 21



Dru Marshall stated that students were "OK with the tuition increase." Yeah... sure.

SHANGHONG HU

board members voted against tuition increases. All of the town halls and protests and barnstorms and information sessions — many of which were attended or hosted by university admins — didn't actually mean anything, other than allowing the right faces to be seen in the right places at the right time. Over the course of the last provincial election, and considering the information that was given with regard to the budget, I have been constantly uplifted and hopeful with students' response, looking to young people who are engaged and determined. I have also constantly been let down by

government officials and university representatives who claim to care for student needs, but disregard the impact that increased tuition will have.

The decision that young people make to attend university is never an easy one, and much of that has to do with the cost of receiving an education. Post-secondary education allows individuals to be challenged in their beliefs and to gain new experiences that help shape them and their perspectives of the world. To raise tuition — especially for new students — is to devalue young people in this province and to deny them the chance to learn

more about themselves and the world.

Some good news, however, is that the university will inject 15 per cent of the income from the extra revenue of the tuition and fee increases into financial aid such as bursaries for students. As well, the funding towards mental health services won't be cut. At least we'll be able to seek mental health services to work through the stress and frustration we may have as a result of the tuition increase. Gee, thanks.

—Cristina Paolozzi
 Gauntlet Editorial Board

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STUDENT PROTESTS »

Hikes and strikes: Details on UCalgary's decision to approve raised tuition and fees

Rachneet Randhawa

With files from Gayathri Peringod and Nikayla Goddard

University of Calgary students, both undergraduate and graduate, are all the more exasperated with the Board of Governors officially approving raising tuition and fee proposals for the upcoming 2020–2021 school year.

Students returning for the 2020–2021 school year can expect an additional \$316 in total fees. All undergraduate programs for new students will increase by seven per cent, while the hike for students continuing previous studies is capped at five per cent. International students and engineering students face a concurrent 10 per cent increase.

Student services fees clock in at a seven per cent increase or \$240.75

per semester. Miscellaneous fees such as athletics and campus recreation are set around five per cent and 4.4 per cent, respectively. Meal plans and eating at various vendors around campus will become less appetizing as prices will increase for pay-per-meal plans and decrease for all-you-care-to-eat plans. For housing, residence rates will increase by two per cent overall, and for the daily commuters, parking permits purchased by students will increase by two per cent and 10 per cent for staff.

Left unscathed by budget cuts will be mental health funding. Additionally, the U of C provost Dru Marshall has claimed that the university will inject 15 per cent of the income from the extra revenue of the tuition and fee increases into financial aid such as bursaries for students.

The Board of Governors meeting

where this decision took place was held on Jan. 10 from 9 a.m. to around noon and was accompanied by over fifty student protesters. Those in opposition donned posters with quotes and bold statements of their right to an affordable education and slogans thrown at the UCP leader Jason Kenney and government officials. The protesters were accompanied by a smattering of administrative staff and Calgary media outlets interviewing and recording student accounts. Initially, the group of student protesters met in the Administrative building and marched in and around Mac Hall demanding the freezing of tuition increases, or at the very least the reduction of cuts. They followed scripted chants including “There ain’t no power like the power of the students” and “The power of the students won’t stop.”

Only five of the 21 board members

voted against the tuition increases.

Following the results of the vote, the Students’ Union released the following statement:

“Going into today’s Board of Governors meeting, the SU did not feel that the university engaged in meaningful consultation with students. For this reason, we could not support the university’s proposals to increase tuition and fees.

“Despite months of meetings with the university, the SU was not provided with details of tuition and fee proposals that could be discussed publicly with students. While most information on tuition and fees was shared at board committees in December, the full scope of all tuition and fee proposals was not known publicly until board documents were released in January. As such, SLC felt that students could not make an informed decision on the proposed tuition and fee increases.

formed decision on the proposed tuition and fee increases.

“Sadly, the Board of Governors decided to adopt the tuition and fee proposals, significantly increasing the cost of getting an education at the University of Calgary. For some students, this may mean that they will not be able to continue or finish their degrees. The university has promised that 15 per cent of new tuition revenue will go towards student support and that mental health funding will be untouched. Given these promises, we hope that any students experiencing financial strain will be supported and are able to complete their studies. Students are the reason that the university exists. Their access to education and their well-being should be the primary considerations when making difficult budget decisions.”

POLICY »

Fundamental changes coming to post-secondary funding model

Kristy Koehler
Editor-in-Chief

The United Conservative Party announced a change to the funding model for Alberta’s post-secondary institutions on Jan. 20. A new, performance-based funding model will begin April 1 in a move that Demetrios Nicolaides, Minister of Advanced Education, referred to as “transformative.”

“The current model of investing in post-secondary education is not working in the best possible way,” Nicolaides said during a press conference. “Government funding is not tied to the achievement of any targets, progress towards goals or to the changing economic and labour demands.”

According to Nicolaides, the new model is non-competitive, meaning that institutions will not compete against each other for taxpayer dollars, but rather look to metrics to determine funding. The government

will evaluate approximately 20 performance-based metrics — some of which will be universal and system-wide but may be weighted differently to meet the needs of each particular institution.

Graduation and completion rates, graduate employment, experiential learning, enrollment of both domestic and international students, research capacity, quality of teaching and student experience and satisfaction were some of the metrics Nicolaides listed as examples for what may become universal metrics. Institutions will also have the opportunity to work with the government to determine their own metrics, specific to their needs.

“Each one of our post-secondary institutions is unique and it’s important that we work with them to develop targets that meet their individual mandates and priorities,” said Nicolaides.

He also indicated that metrics would be introduced gradually. The



Demetrios Nicolaides, second from the left.

courtesy GOVERNMENT OF ALBERTA/FLICKR

amount of funding tied to performance outcomes will also increase gradually over the next three years, beginning at 15 per cent and ending up at forty per cent by the 2022–23 academic year.

Institutions that meet all of their targets will receive 100 per cent of their allocated funding, and those which do not will receive funding proportionate to their levels of achievement.

Nicolaides believes this new model will help students succeed as well as create more confidence in the post-secondary system and ensure that universities are both innovative and efficient.

University of Calgary president Ed McCauley said that U of C “welcomes the introduction of an outcome-based funding model.”

“We have been a data-driven organization for over a decade — and welcome the opportunity to be part of this change,” said McCauley in a statement.

“We track and publish on an annual basis a set of 35 performance measures in teaching and learning, research and scholarship, and community and the environment,” the statement continued. “These performance measures are directly tied to our Eyes High Strategy and our Academic and Research plans and offer direct comparisons with other leading universities. Several of our performance measures directly align with the areas that the Government of Alberta has indicated will be part of the outcomes-based funding framework and are areas where the University of Calgary excels. For

example, our students have a 94.1 per cent graduate employment rate within a year of graduating from our university. Similarly, we have increased our research income by 50 per cent since 2014 for a total of \$487.8 million in 2019.

“We welcome a long term stable, predictable funding model and a streamlined reporting process that reduces red tape. We look forward to working with the Government of Alberta in establishing a funding model that supports our mandate as a research-intensive university under the Post-Secondary Learning Act in Alberta.”

Consultation will begin right away and Nicolaides stressed the importance of gathering information from students, faculty and administration.

FREE SPEECH »

UCalgary releases Statement on Free Expression



The creation of the Statement on Free Expression follows the provincial government's requests for post-secondaries to draft a policy.

MARIAH WILSON

Nikayla Goddard
News Editor

The University of Calgary published its Statement on Free Expression on Dec. 13 — a statement that allows all organizations and individuals on UCalgary campuses to exercise their right to free expression.

The statement defines free expression as “the freedom to investigate, comment, listen, gather, challenge and critique,” welcoming organizations and individuals to bring in debates, opinions, speakers or host events that “are perceived to

be unwelcome, controversial, offensive, unwise, immoral, or objectionable.” The Statement claims that it is up to individuals, not institutions, to determine their opinions and contest any ideas they oppose.

The university does put a limit on free expression in that it is, reasonably, subject to the law, in addition to university “policies and procedures related to the functioning of the University. Thus, we may reasonably regulate the time, place, and manner of expression to ensure that it does not disrupt the ordinary activities of the institution,” the statement says.

The creation of this statement fol-

lows the provincial government's request to the 26 post-secondary institutions of Alberta to draft a policy on free expression. Consultation for the statement happened between September and November, after which it was submitted to the provincial government on Nov. 13, and approved on Dec. 4. It was finally approved by the Board of Governors on Dec. 13.

The Free Expression Committee that drafted and published the statement included Chair and General Counsel Karen Jackson, Provost and vice-president academic Dru Marshall, associate vice-president research Robert Thompson, Senior

Director of the Taylor Institute for Teaching and Learning Natascha Kenny, associate vice president strategic communications Philippe Reicher, Students' Union president Jessica Revington and vice-president external of the Graduate Students' Association Marcela Lopes.

In the Statement's press release, Marshall writes that “Free expression is a critical element of UCalgary's mandate as a public comprehensive academic and research university.”

The committee was created in June to consult the campus and then, based off of their findings, drafted

the statement to align with the Chicago Principles, which are an outline of principles to guide the way freedom of expression is used in American post-secondary institutions.

“The introduction of the university's Statement on Free Expression formalizes what the Students' Union has always believed — that universities should be places where free, open and respectful discussions can take place,” said Revington. “Students were consulted during the creation of the statement and the published statement reflects student feedback around prioritizing equitable, diverse and respectful dialogue.”

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ENVIRONMENT »

Wildlife Conservation Showcase: Musiani Lab



Caribou are a declining, keystone and federally-protected species — up to 50 per cent of the population is lost every eighty years.

courtesy PIXABAY

Holly Hastings
Contributor

The wildlife conservation community considers the caribou population one of the most crucial issues at the moment, explaining that a whole landscape and ecosystem depend on the caribou migration while industrialization, roads and disturbance are cited by conservationists as the main threats to their population. Caribou are also said to play a vital role for Northern communities, crucial to their survival. Many Indigenous groups have strongly advocated for, and worked towards, protecting the habitat of certain caribou populations.

The Musiani Lab of the Biological Sciences department at the University of Calgary adds a perspective to the mix that is slightly different and therefore complementary to the context of conservationists. Caribou are a declining, keystone and federally-protected species — up to 50

per cent of the population is lost every eight years. Marco Musiani explains the caribou conservation project in a way that makes it easy to understand.

“There are populations of animals, and plants too, that have unique characteristics,” Musiani said. “If we discover a population that has this unique characteristic and they are declining, we will know what we are losing forever, because those characteristics can never be reinvented. Not only within Caribou but all other wild animals, the key to conservation is variation within the species.”

The more intraspecies variation, the more opportunity for adaptation to new and changing environments.

Jessica Theoret, a Master's candidate in the Musiani Lab, categorizes migratory behaviour in caribou. Theoret's work involves graphing movement behaviour and assigning a behaviour based on distribution points on a graph using a method called “Net Squared Displacement.” This

method categorizes caribou populations at the individual level for two different types of caribou. Barren-ground caribou in the Tundra practice migration mostly out of necessity due to the changing seasons, and two ecotypes of Woodland caribou subspecies are assumed to be generally a non-migratory species. Part of the project includes challenging and testing these assumptions.

Theoret explains the caribou conservation initiative as “an iconic umbrella species that are very important to boreal forests in Western Canada and across Canada. Differentiating between different types of caribou and looking for different genetic markers of caribou can help conservation initiatives and lead to a long-term goal of policy changes, because we want to preserve as much intraspecies biodiversity as possible in terms of morphology and behaviour so that with concerns like climate change we can hope they will be more adaptable.”

Maria Cavedon, a PhD Candi-

date in the Musiani Lab, focuses on studying caribou genomics using a new kind of molecular marker named Single-Nucleotide Polymorphism (SNP).

“The adventures of studying this marker (SNP) is concerned with looking at which one of them is under natural selection,” Cavedon said.

Cavedon is studying this marker to see if there are markers on the selection in a population, with the ultimate goal being to see if there are genetic mutations that are specific caribou behaviours in ecology and to see if there is a correlation between migratory behaviour and genetic mutations in caribou.

The Musiani Lab uses large animals as their entry point into the world of wildlife conservation. In addition to caribou, Musiani also has other graduate students focused on projects involving wolverines.

When asked why the lab focuses on large animals, Musiani said that any entry point is legitimate.

“Some people use amphibians,

some people use bacteria, but the focus on wildlife is also important from a human dimension point of view, because people understand ecology better through the eyes of a wolf than through the eyes of bacteria,” he said.

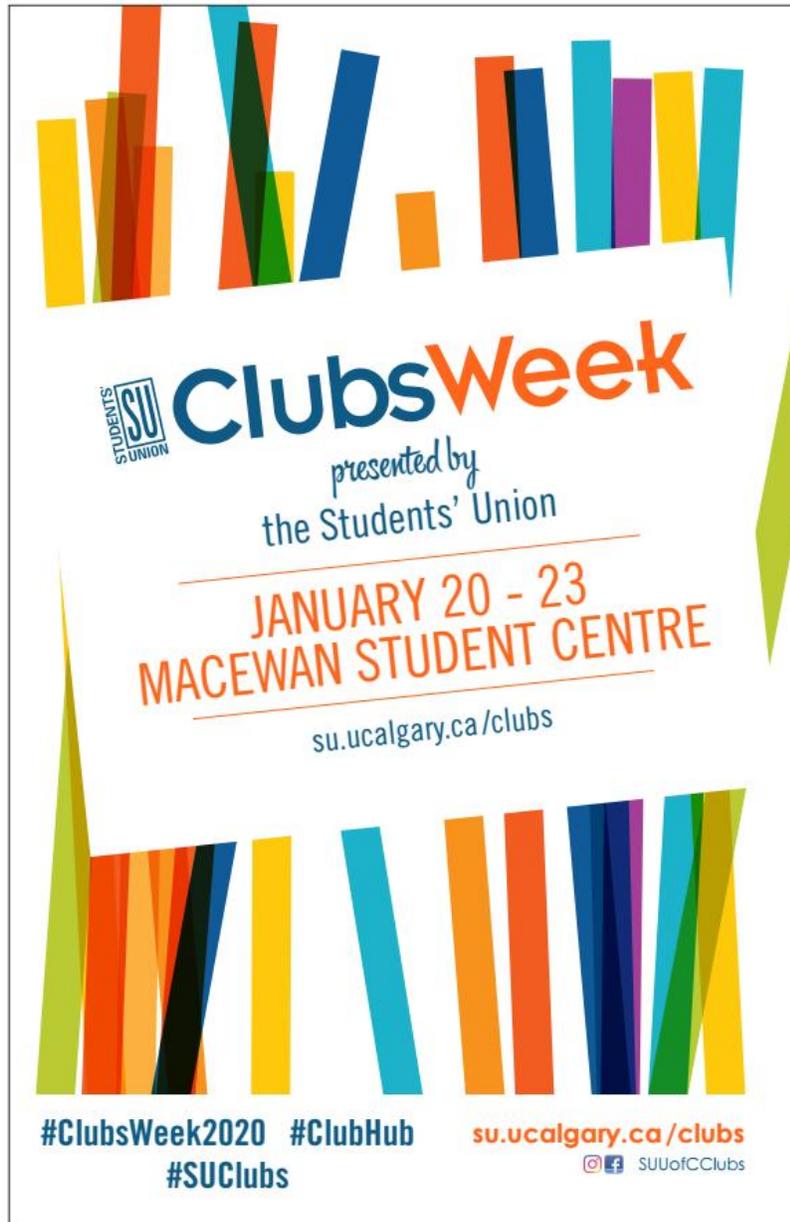
A major way that the Musiani Lab contributes to wildlife conservation outside of academia is attending conferences to spread findings and knowledge. Theoret and Cavedon recently attended the North American Congress for Conservation Biology in Toronto where they presented their research. Theoret also volunteers for landscape restoration, surveying fish on the Elbow River and helping out fellow grad students in their bat capturing research.

With a significant focus on earth conservation in the media today, now appears to be an ideal time for conservationists such as those at the Musiani Lab to stress that the planet is not only in danger for humans, but also for all other living organisms that depend on it.



THE STUDENTS' UNION

JANUARY 2020



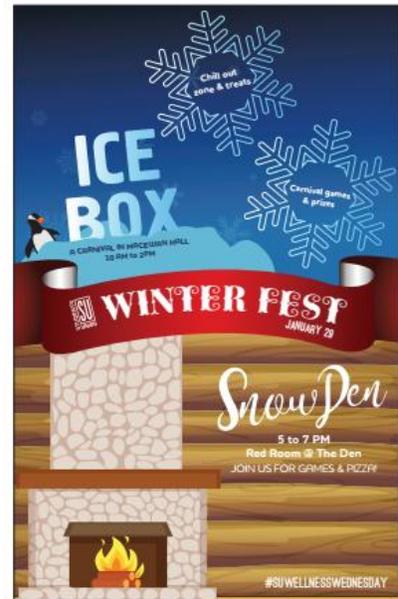
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BEST OF »

The Gauntlet Staff's Best of 2019

Gauntlet Staff

2019 was a year so packed to the brim that we waited until the first month of the next year to fully look back on it. With so much happening we needed some time to reflect on all that went on. We went through a provincial and federal election, "Old Town Road" conquered the world, the Toronto Raptors won an NBA title and *Joker* threatened to upend society and invoke a new dark age, only for *Cats* to end up doing just that.

The Gauntlet staff is going to take this chance to reflect on the year behind us and all of the bizarre and amazing things that were contained to those 365 days.

Editor-in-Chief

Album: Sabaton — *The Great War*



The *Great War* is the ninth studio album by Swedish power metal band Sabaton. The band's lyrics are all related to historical battles and wars, and as a history student, their music combines my love of epic metal with my love of historical accuracy. The *Great War*'s 11 tracks are all related to the First World War and while the album is not my favourite Sabaton offering, it certainly a great introduction to a band that will entertain you and teach you at the same time.

Moment: The Toronto Raptors win the NBA Championship

The Toronto Raptors historic championship win was not only the best sports moment of 2019 — it was my favourite moment. The Raptors' marketing



team chose some fantastically patriotic slogans. "We the North" and "North Over Everything" firmly cements the Raptors as Canada's team. It included people from all over the country and united us under one banner, one common goal. The game intro-videos made me tear up. "We are more than who they think we are. We turn an empty square into a national park. We don't just win — We make history."

The Raptors united this country

behind a different type of net, rallied my beloved nation around a ball instead of a puck and made us feel connected and unified in a way we hadn't in years. In the words of the goose-bump-inducing final ad — The North has spoken. Loud and clear. And I hope we continue to feel as unified.

— Kristy Koehler

News Editors

Album: The Mountain Goats — *In League With Dragons*



Riding a fine line between enchanting and haunting, nostalgic and expectant, The Mountain Goats' seventeenth studio album *In League with Dragons* provides a patchwork quilt of emotions in all twelve tracks. Channelling strong, occasionally discomforting, essences of tabletop roleplay games like *Dungeons and Dragons*, the album captures a fantastical escape from reality. One component of the album that is particularly exceptional is how distinct each song is from another while still maintaining a thread of hopefulness and underlying unease. Much like how games like *D&D* speak of humanity through metaphors and adventures in fantasy worlds, *In League with Dragons* does the same, with style.

Moment: A Decade of Superhero Movies

Avengers: Endgame marked the decade of the rise of superhero movies. The Marvel Cinematic Universe began a revolution in the comic book and



movie industry with the release of *Iron Man* in 2008. My personal first exposure to the Marvel universe was with *The Avengers* in 2012 — knowing nothing about comic books, my initial reaction when my friend asked if I wanted to go see the movie was that the title sounded boring and my first thought was it was a bad spy movie. Clearly my perceptions were changed, and I was thrilled to follow the *Avengers* and all other Marvel movies to the culminating finale. I look forward to seeing what more the MCU has to offer.

— Nikayla Goddard

Album: Stormzy — *Heavy is the Head*



UK hip hop is a criminally underrated art form. If you've ever wanted to listen to what the underbelly of London sounds like, listen to UK drill and raise your eyebrows at the unreal flow of some of these artists. It is one of those few forms of art where it's entirely acceptable to be openly mocked by your fans and fellow artists for having a clean criminal record, and that is exactly the kind of shady shit I live for.

At the moment, Stormzy is the don of this particular mafia — dominating sales and headlining the 2019 Glastonbury Music Festival — and this is the album he released at the height of his career. He's also currently in a bit of a Twitter war with his mentor. It is a very petty but entertaining spat where they release diss tracks at each other every week. I make popcorn for it.

My point being— check this guy out. You won't regret it.

Moment: Baby Yoda

I've never even seen *Star Wars*— however, the cinematic birth of Baby Yoda is a gift for which

I will be eternally thankful. He's fantastic— he's got the grace and wisdom of that ancient Jedi master we've all come to hold dear to our hearts while also looking like the most hauntingly beautiful creation to never have existed.

I'm a bit obsessed with him. How can you not be, though? That cute little bastard.

Also, TIME is asking the important questions—which is cuter, Baby Yoda or Baby Jabba? Find out in this potentially-Peabody-winning work. We all know what I think.

— Gayathri Peringod

Opinions Editor

Album: Rex Orange County — *Pony*



2019 was a good year for music — frankly any year which features Billy

Ray Cyrus and Lil Nas X deserves to be heralded as the greatest year for music of all time. Personally, though, my favourite album from this past year has to be *Pony*, by Rex Orange County. While listening to this album, the chord progressions and melodies he uses are so catchy, these tunes are definitely ones that can get stuck in your head for weeks. He hits a certain kind of sadness when he writes songs that strangely doesn't really make you sad, but allows you to commiserate — dare I say, vibe — with the collective notion of feeling alone. What a 2019 mood.

Moment: Winnipeg Blue Bombers fan that refused to wear pants for nearly 20 years



I think we're all just happy 2019 is over. However, some stand-out moments come to mind when I think back. From the Fyre Festival going up in flames (haha, get it?), to the college admission scandal coming to fruition. There were moments like the birth of another royal baby to the premier of the end of the *Avengers* saga. People attempted to storm Area 51 and films like *Joker* and *Cats* exist. I think the best moment for me, however, was when the Winnipeg Bluebombers won the Grey Cup after more than 20 years, which prompted a fan known as "Shorts Guy" to don pants once again. Hurray! The power of human sacrifice and endurance.

— Cristina Paolozzi

Arts & Culture Editor
Album: Rico Nasty & Kenny Beats — *Anger Management*



2019 was a year where a lot of people felt a lot of justified anger. But for the most part the music released during the year didn't reflect all of the anger in the air. Enter Rico Nasty — the Maryland MC packed enough rage and indignation into this 19 minute EP to last for the whole year. *Anger Management* may not be the best project of 2019 but it has almost certainly soundtracked more punched holes in drywall than any other release this year and harkens back to a more

discussed era of music when machines were raged against and distortion reigned supreme.

Moment: *The Righteous Gemstone's* "Misbehavin'"



While most of the ink spilled in year-in-review pieces has gone towards Lil Nas X's record setting "Old Town Road" while describing the unprecedented crossover success of country music. My personal choice for yeehaw song of the year has to be the relentlessly catchy country-gospel banger "Misbehavin'" from Danny McBride's *The Righteous Gemstone's* TV series. The song combines a melody so earwormy that it seems impossible that you haven't heard it before, along with some of the best non-sequitur lyrics — "Running through the house with a pickle in my mouth" — since Beck's "Loser" took radio by storm a quarter century ago. For a few joyful weeks this past fall we were all misbehavin'.

— Troy Hasselman

Humour Editor

Album: Orville Peck — *Pony*



This isn't the first time the Gauntlet has written about *Pony* — it isn't even the first time it's been declared one of the best albums of 2019. But considering how much I've listened to this album and have been planning to get matching Orville Peck tattoos with my friend, I would be remiss to not write about him.

It's one thing to listen to *Pony*, it's another to hear it live. I got to see Peck perform at the Coca-Cola stage during Stampede. I can't think of a better place to hear the campy, absolute banger, "Take You Back (The Iron Hoof Cattle Call)" live. It has whip cracks, it has gunshots, it has a "yeehaw" — come on.

If you find yourself on a long drive, I recommend putting on "Turn To Hate," and "Dead Of Night," when it turns dark. Yeehaw, baby.

Moment: *The Lighthouse*



Although *Parasite* is definitely the best film of the year, I've never had a theatre experience quite like watch-

BEST OF »

ing Willem Dafoe and Robert Pattinson just losing it on an island. I was borderline giddy as the credits were rolling. I kept pestering my friend for their opinion and was repeatedly met with, "I don't know what that was."

I can't in good conscience say that I knew what it was, either. Is it Greek myth? The societal trappings of masculinity? A breakdown of guilt and trauma? A manifesto against seagulls? Pure, unbridled nautical horniness? It'll definitely take me a few more watches — which I'll happily do — to start unravelling *The Lighthouse*.

From the seagull to Dafoe's "Hark, Triton!" monologue, a lot of this film is going to haunt me for a while. Perhaps there is, in fact, enchantment in the light.

— Frankie Hart

Video Editor

Album: Freedom Fry — *The Seasons*



If you count a single as an album, like I do, then my favourite would have to be *The Seasons* by Freedom Fry. An airy way of con-

fronting change in people as the seasons change with a generally alternative style of music, it hit me just the way it needed to at the right time to be stuck in my head all year since it came out. For me, it sort of summed up my attitude towards not only 2019 but the last five years coming up to the end of the decade. And it's a bop which definitely helps.

Moment: Summer 2019



2019 ended up becoming a very politically engaged year for me, between rising concerns surrounding climate change, the introduction of the UCP's austerity budget, the federal election and whether the *Cats* movie was a human horror or a Lovecraftian one to experience, it became difficult to find much solace from the world of debate and politics in the world in 2019. The little glimmer of joy came for me in the fact that it was the first summer in a few years in Alberta that came with so much rain and had so much greenery, it was a beautiful summer and honestly, that kept me going.

— Cole McCracken

Photo Editor

Album: Vampire Weekend — *Father of the Bride*



Just as I felt like I was beginning to overplay Vampire Weekend's *Contra* album for the millionth time, they gracefully blessed us with *Father of the Bride*. I think "Harmony Hall" became the official theme song for all of my road trips, late night study sessions and even my main request at any shindig. Seriously, even if you don't have time to listen to the whole album just take a listen of "Harmony Hall" — your ears will thank you for it.

Moment: *The Marvellous Mrs. Maisel*



Oh boy, watching all three seasons of *The Marvellous Mrs. Maisel* in the last two weeks of December was a wild ride from start to finish. I'm a huge fan of pe-

riod pieces, but nothing captures my heart quite like New York City in the '50s. This spunky comedy revolves around Midge Maisel as she begins a career in stand-up comedy after her husband leaves her for his secretary — and that's just the first episode. Between the colourful outfits, the witty humour and the doo-wap music, there's a little something for everyone.

— Mariah Wilson

Sports Editor

Album: Lana Del Rey — *Norman Fucking Rockwell*



Norman *Fucking Rockwell* was released by Lana Del Rey in August of 2019. She is a goddess. Her album was excellently on par with *Lust For Life* — which was released in the winter of 2017. I have always loved how moody Lana's vibe stays. Song between song manages to exude a plethora of emotions. She has taken ballad writing to a new, feminine level that I cannot get enough of. There is something hauntingly nostalgic about the way she tells each story. My favourite

song on this album was "Beautiful people beautiful problems" because her lyrics pack way more than a single punch. Listen to it. She sings way better than I could ever summarize.

Moment: When 2019 Ended



The best event of 2019 was falling asleep on New Year's Eve knowing that I would never have to be apart of it ever again — what a trash ass year. I can not be the only person who felt like 2019 was the realest year of uncomfortable change. I say "uncomfortable" because the diction choice I would prefer to use is not appropriate for this article. From relationship ends to personal realizations, from politics to drastic rollbacks on feminine rights in the US — it has been a real effort trying to keep my footing. I will be honest, I am pretty sure I crawled through the entire 12 months at a fittingly infantile pace. The true upside to 2019 is knowing without any doubt that the new year will be so much better. It can not POSSIBLY be worse. No exaggeration. #mattlauercausuckit

— Tori Taylor

DON'T MISS A MOMENT.

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FESTIVALS »

Exposure Photography Festival grows in 2020



The Exposure Photography Festival will run from Jan. 31– Feb. 29.

courtesy NAHANNI MCKAY

Troy Hasselman
Arts & Culture Editor

Since its founding in 2004, the Exposure Photography Festival has grown exponentially. The Calgary-based festival celebrates photography in its various forms through numerous exhibitions and events. The festival has expanded beyond the limits of the city to hold exhibitions in Banff and Canmore and includes participants from around the country and the world.

The festival has partnered with numerous arts organizations within the city throughout its history and plans to partner with Contemporary Calgary this year. The gallery will act as Festival HQ and display the festivals' feature exhibitions, including its international open call, Emerging Photographers Showcase and a solo exhibition from 2019's Emerging Photographer of the Year, Boon Ong.

"The way this festival has grown is through partnering and having a continuing or new relationship with different arts organizations, venues, artists

and photographers from Calgary, throughout Alberta and beyond," says Festival Coordinator Bethany Kane. "That's a key to the festival, to include and work with as many organizations as possible that are working similarly to us or are excited about the festival and would like to collaborate."

One new collaboration this year brings portfolio reviewers from outside the province to view the numerous exhibitions and take in the festival during its opening weekend.

"We've got Scott McLeod from Toronto, he's the director of the Prefix Institute of Contemporary Art and also the Editor-in-Chief of Prefix magazine," Kane says. "That's really exciting that he'll be part of the review. He'll be here over the whole festival launch. There will be tons of exciting events going on throughout the weekend. We also have Sarah Allen from Tate Modern. She'll be here as a reviewer throughout opening weekend hanging out, seeing what's going and seeing what the festival's all about and seeing the creative community we have here in Calgary."

One of the most notable exhibitions of this year's festival is The FENCE, which the festival plans to present in partnership with Brooklyn's United Photo Industries. The FENCE is a travelling exhibition which includes work from photographers from around the world and focuses on seven thematic categories — home, streets, people, creatures, nature, play and food. The version of the exhibition that will run at Exposure will also include the category of "The Western Regional," which will be exclusive to the festival and contain work from eight Western Canadian photographers.

"The FENCE exhibition is an outdoor public art piece which shows in different cities across North America such as Atlanta, Boston, Brooklyn, Denver, Houston and Seattle," Kane says. "The only location shown outside the United States is in Calgary. That's super exciting as well that people in Calgary get a chance to see the exhibition and see The FENCE and participate as well."

A signature event of the festival is the Emerging Photographers Showcase, which showcases work

from 15 photographers, who have been selected by jurors to be a part of the festival with the winner gaining the Emerging Artist Award.

"Each year we have an emerging photographer showcase and a call goes out and emerging artists from Alberta are able to submit their work to us," Kane explains. "We have a jury who goes through their work and selects who they think are the best emerging practitioners of work in the province. This year, there are 15 practitioners and only one from each year gets the Emerging Photographer of the Year award."

The festival will include the first solo exhibition from Boon Ong, the winner of 2019's Emerging Photographer award.

"We are excited to show his first ever solo exhibition at Exposure Festival and we're really happy to support him this way and organize him and show his work," Kane says. "It's a great body of work and I think everyone should go see it."

More than anything, Kane hopes to inject a festival atmosphere into the city by bringing together numerous organizations and aim-

ing to have the festival appeal to as many people as possible.

"We want to have a festival feel throughout the city so it's really important to collaborate with organizations and bring together a really rich program to celebrate photography and provide development opportunities for emerging practitioners, and also those who are slightly more established and support people going out and making photographs," Kane says. "We want to bring in all sorts of audiences, whether it's people that stumble across the festival on the streets of Calgary, or people that just go to Arts Commons and not Contemporary Calgary. We also want to include audiences that already support the photographic practice, be it academically or through the taking of photographs."

The Exposure Photography Festival will run from Jan. 31–Feb. 29. The festival will open with a launch party at Contemporary Calgary that will run from 6–9 p.m. at Contemporary Calgary. For more information about the festival and its exhibitions, visit exposurephotofestival.com.

SPILL THE CHAI »

Spill the Chai: On untangling oneself from beauty standards

Aymen Sherwani
Columnist

Body hair has and continues to be a huge struggle for South Asian women because, well, we have a lot of it. As an 11-year-old, I remember getting myself into a hairy situation when I acid-burned the skin off my legs with Nair because I was tired of being a preteen with more leg hair than most of the boys in my class. I simply wanted to look “normal” like women in shaving commercials who somehow already had baby smooth legs before shaving. South Asian women spend hundreds of dollars per year on laser hair removal and waxing appointments, enduring so much pain just to avoid being shamed by society for something completely natural.

Harbir Kaur, a third-year nursing student at the University of Calgary and a devout Amritdhari Sikh woman, does not remove her body hair and wears a turban in the face of conventional beauty standards that claim she is doing everything wrong by following her faith.

“Being a Sikh woman who strongly believes in her faith, I try to embody my religion and culture in every way I can,” Kaur said. “Hair is also known as *kes* in the Sikh religion and has a lot of religious significance. I also tie a turban and try to follow a relatively simple lifestyle, focusing my attention on spirituality. I’ve never removed my hair from a young age. I have upper lip hair and body hair, which is of course not considered ‘natural’ for a girl in terms of conventional standards of beauty.”

They say beauty has a price, but what do you do when the cost of conforming to conventional beauty standards means going against your culture, religion and everything you were raised to stand for? In an interview with the *Gauntlet*, Kaur talks about her journey with self-love, being bullied because of her hair and how she empowers herself as a Sikh woman.

The Gauntlet: While growing up, were there any instances or times where you ever bullied because of the way you looked, and the way you practice Sikhism?

Harbir Kaur: Even though I grew up in the Northeast of Calgary — which



Harbir Kaur is a third-year nursing student and a devout Amritdhari Sikh woman.

courtesy GURLEEN KAUR

is a relatively multicultural area — I was often bullied for the way I looked, most significantly for my turban and my hair. Stares and whispers from strangers, finger-pointing, whispers and laughter when I’m out in public and inappropriate comments and messages on social media aren’t unusual for me, but the teasing started around grade three and was consistent from there.

My worst experience with bullying was definitely in grade seven. There was a girl who sat beside me in my English class that made relentless remarks about my body hair. Every day she would make comments about how ugly she thought I was, and how I would look better without my moustache. At one point our teacher gave us an essay assignment, and this girl turned to me and said, “I’m going to write my assignment on how ugly Harbir is.” It was essentially a full year of this. The worst part was that she was fairly nice to the people around her and her friends, which made me feel like I genuinely deserved her teasing and that I was actually ugly. When so many people make you feel

that you’re not worthy of kindness and love, it’s extremely difficult to get over that and give that love to yourself anyways.

G: Was there ever a point while you were growing up that you resented your identity and made you want to change yourself?

HK: There have been many times where I resented the way I looked and wanted to change who I am. My most severe episode of self-resentment was junior high. I was experiencing a lot of the lows that generally come with those confusing preteen years, and started to feel out of place among my peers. While they all began making new friends and becoming more beautiful, I only seemed to be getting uglier and lonelier. I questioned my faith a lot around this time and wondered whether it was worth all the pain that I was going through by being the “other” in every situation. Life was already hard enough as a 13-year-old — it was even harder when you were an awkward girl with a lopsided turban

and a moustache.

G: How did you learn to accept your culture and henceforth your body for the way that it is?

HK: I was brought into the Sikh faith by my parents at a very young age, and practicing it became a habit rather than a daily choice. So when I stepped away from my routine and began doing my own research and forming my own beliefs, I fell in love with my faith all over again. I realized that by not adhering to conventional beauty standards, I got a chance to view the world from a different perspective. I learned to appreciate people for more than their looks. I understood that as humans, our value had little to do with our external appearance and everything to do with who we are on the inside. My faith taught me to love every living being because they all are connected by one universal energy.

When I looked at my sister, my friends and the people around me, I realized how much I truly loved them. I began to question why I

couldn’t apply that same love to myself and began to open up to healing. Although subconsciously it’s hard to let go of what we’ve been taught, I’m constantly reminding myself that from year to year, and culture to culture, beauty standards are social constructs that are constantly changing. From my understanding, beauty standards genuinely don’t exist, because beauty exists in everything.

G: What are some lessons in self-love that you want all brown women to know about learning to love yourself?

HK: I just want to remind my sisters that for some reason from a very young age, we’ve been conditioned to demean ourselves and subconsciously dislike ourselves. Whether it’s coming from the beauty industry, our local aunties or even our friends, certain features and characteristics are seen as undesirable on us. So even if it’s uncomfortable at first, or you just feel like you absolutely can’t do it, practice some self-love. Look in the mirror and tell yourself, “I am enough.” And if you’re like me and the idea of that scares you, just practice being more self-aware. Listen to the negative voice inside your head bringing you down. Dissect what it’s saying. Think, “Is this productive? If my best friend was doing the same thing I was, would I say these things to her? Why not? If so, then why is it okay that I’m saying these things to myself?” And slowly, step by step, try to build yourself from within.

You deserve to be content, comfortable and you deserve to love yourself in the skin you’re in. If there’s one thing the world needs more of, it’s empowered brown girls. Because an empowered girl can truly change the world. Self-love and acceptance is a really hard journey. And it’s so much easier when you feel like you’re not alone. People like Jasmin Kaur, @jusmun on Instagram and author of *When You Ask Me Where I’m Going* and my friend Sunroop Kaur, a painter who goes by @loquacious_lines on Instagram have inspired me immensely and shown me the value of what happens when brown Sikh girls step out of their comfort zones and follow their dreams.

SCIENCE »



Scientific vocabulary makes it difficult for non-experts to learn new things.

MARIAH WILSON

Science papers: Available but not accessible

Ishita Moghe
Contributor

In an open-book world where any piece of information you could possibly want is just a Google search away, why do most people rely on press stories to inform them of advances and issues in science? There are many factors involved in the answer to this question, but a critical one is the inaccessibility of scientific papers. For example, I was recently interested in a paper about unidentified objects orbiting a black hole in our galaxy. Here are a few introductory sentences in the abstract: “These objects are unresolved (having a size of the order of 100 astronomical units, except at periapse, where the tidal interaction with the black hole stretches them along the orbit) and they show both thermal dust emission and line emission

from ionized gas. [Objects] G1 and G2 have generated attention because they appear to be tidally interacting with the supermassive Galactic black hole, possibly enhancing its accretion activity.”

As interested as I was in the topic, the language just wasn’t accessible to someone from outside the field — a common problem that obstructs the transfer of information straight from the source. While the availability of knowledge continues improving on a large scale, the accessibility of scientific writing is declining. Authors seem determined to create more jargon-filled niche-specific content that only those with years of experience in a specific subfield can understand. In addition to the in-group jargon we often see in science, the common-word jargon seems to be just as prevalent — think over-used words like ‘distinct,’ ‘further-

more’ and ‘robust.’ While not necessarily difficult to understand for the average reader, the addition of unnecessary power words only makes the paper more mentally draining to read.

Science writing in the 21st century seems to be catered specifically for fellow researchers already well-versed in the topic, essentially making it an echo chamber for that group. Although the central principle of scientific papers is to transfer knowledge to the curious reader, the current practice of making papers as stringent and formal as possible creates a disconnect between researchers and the general public. This void is usually filled by the media, which tends to exaggerate and sensationalize scientific findings. The decreasing readability of science is distancing the public from real scientific data,

causing many people to rely solely on press sources for scientific news. While this isn’t inherently bad, the fact remains that reading science news straight from the source isn’t even an option for many people, simply based on the amount of time it would take to decipher the overly-convoluted language, sometimes called ‘science-ese.’

A 2017 study that analyzed over 700,000 papers found that the readability of science publications has steadily decreased from 1881 to 2015. Another study showed that the abstract sections of scientific papers tend to be far more difficult to read than the full documents. Considering that most readers tend to use the abstract to judge whether the full paper is worth reading, this could be a critical factor limiting the number of readers from outside the field. Alternative approaches to the classic sci-

entific paper are starting to appear, including making use of visual aids to illustrate the often difficult-to-interpret methods. Some journals and conferences have started requiring graphical or visual abstracts to present the main findings of each study.

Though it is understandable that authors tend to write for an audience of fellow researchers, the current model of science dissemination causes huge knowledge gaps for the average reader. The true mark of scientific understanding is the ability to explain complex concepts to someone from outside of your field of research — this concept is taught to students and should be observed in papers as well. With some journals already making strides with their requirements for lay abstracts, I hope that the next decade of science will strive for free access to anyone with a curious mind.

MID-MONTH BLUES »

January blues: Checking in with our mental health

Cristina Paolozzi
Opinions Editor

January — the holidays are over, school and work starts up again and the cold weather is no longer justified or welcomed now that the festive decorations are mostly taken down. This is the time of the year where the weather starts to turn exceptionally bad, and the bitterness of winter that every Canadian dreads comes to life. This cold and barren time of the year can often lead to a type of seasonal depression known as the “January Blues.” While there are many articles that debate whether or not this term is accurate when discussing how distressed individuals might be in relation to the weather, it is not uncommon to notice your mood dip or your motivation falter. This is the home-stretch — that awk-

ward part of the year where all you do is slowly wait for the spring winds to roll in.

To the outlets that do recognize the term, “January Blues” or “Winter Blues” are known by therapist Rosemary Sword as feeling a “lull in positivity.” After the rush and excitement of the holiday season, picking up the routine of your daily life can feel unspecial and leave you bored with the mundane task of reorganizing a balanced schedule. However, to the outlets that don’t believe in the power of the January Blues, there are statistics claiming that it is not scientifically sound, and that it was a clever way for companies to sell their latest feel-good products or to predict when individuals would be most likely to buy a trip to Mexico.

The January Blues might be a very real thing that individuals experience

after the holidays. It also might be a placebo effect promoted by certain companies in order for you to buy more products. Whatever the case may be, there is no denying that the winter months can be a difficult time for individuals, especially concerning their mental health. Dark and gloomy skies can get old fast and it is important to remember friends and family during this time — especially since the past couple of months were probably spent busy with the people you are close with. It never hurts to check up on people every once in a while, even if it’s a short text or a random meme. It is also important to take care of yourself and your own mental health. Knowing how you function and whether or not these blues actually do impact you is half the battle. Making sure you’re aware of the counselling services available



Take care of your mental health this winter.

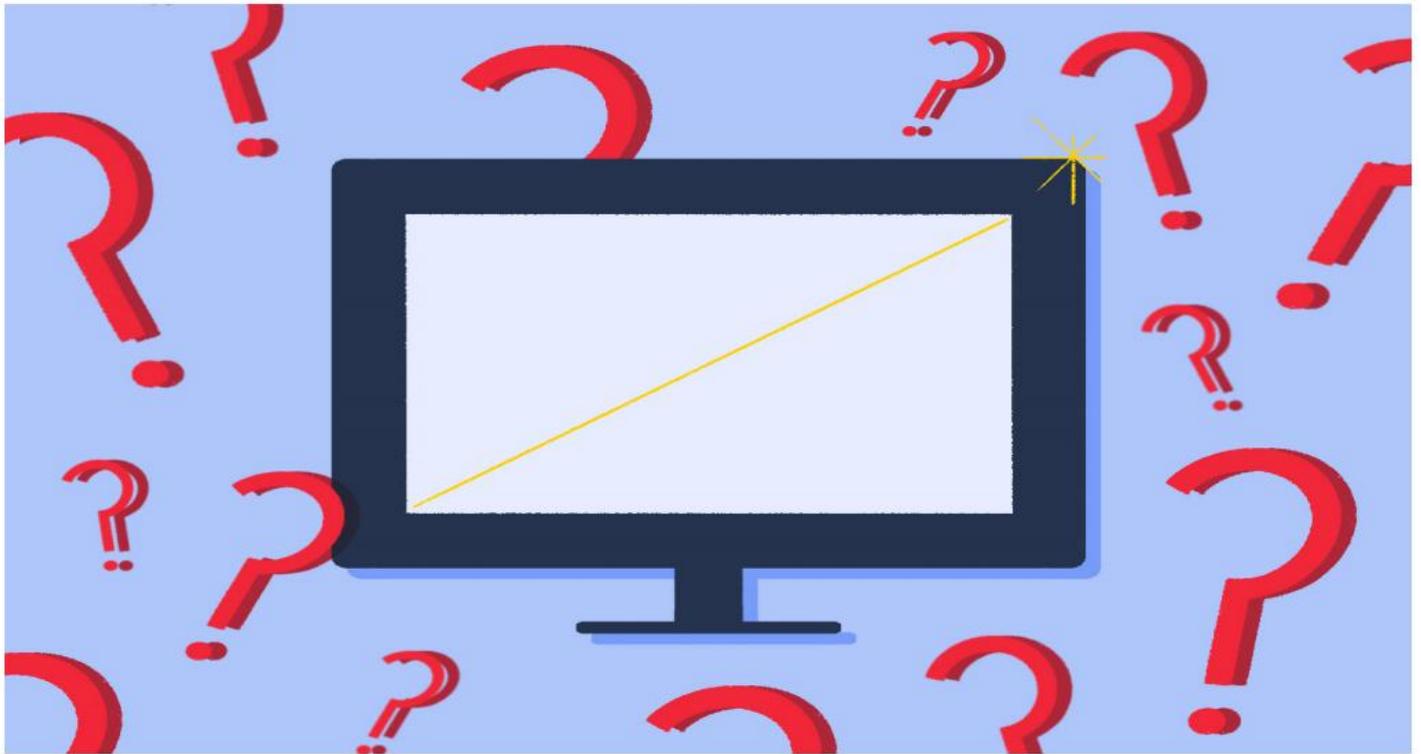
MARIAH WILSON

on and off campus — I recommend the Calgary Counselling Centre for a facility located off-campus — is a great resource to keep in the back of your mind.

Being a student has its challenges,

especially during those cold winter months. However, whether the January Blues are fake or not, being aware of your habits and keeping in mind your mental health is never a bad thing to remember.

WHAT'S McCRACKALACKIN?



Is it worth responding to conspiracy theorists about social issues?

TRICIA LIM

Is it worthwhile to debate a conspiracy theorist?

Cole McCracken
Video Editor

Conspiracy theorists can be ridiculously frustrating to deal with — whether you are talking to one, hearing about one or just reading some ridiculous comment they decide to leave on your social media posts. Most of the time it's so frustrating or stupid that it feels impossible not to respond to it. Is it really worth your time to respond to some random person who decides to take the time out of their day to try and convince you that climate change isn't real? Well, it depends on a few things.

For starters, it's important to remember who it is that you are seeing this conspiracy from. Are they important to you? A close friend or family member, a political figure who has a level of control over the things that influence you and your communities or just L1z4rdsF4k-3dtheM00n420 in the YouTube comment section? Depending on how relevant the person is to you, to an issue you care about or to a position of power in any community you are a part of, the more or less worthwhile they would be to open a discourse to try and debate their conspiracy theory. This is especially true the more control or

influence a person has over your life or an issue you care about. If they are personally close to you, the more worthwhile it would be to debate and argue with this person. For people of influence, this extends to all of their beliefs — conspiracy theory or otherwise — but is especially problematic on issues of conspiracy theories.

The next thing to consider is how harmful this person's conspiracy is. How much does it impact you or the issue and people you care about, or even just other people generally? Will changing this person's mind or debunking this conspiracy theory change the way this person acts? Would allowing them to continue in their belief cause them to act in a way that is harmful to themselves or others? An anti-vaxxer at any age or level of influence is harmful to themselves and especially to vulnerable people around them — often to their own children, people who are immunocompromised such as the elderly or already sick, and to people who are allergic to vaccines. Anti-vaxxers are especially worth trying to change the minds of, as not only does their continued belief in the anti-vaxx conspiracy hurt people around them, but if you are successful in changing their perspective and

actions, you can contribute to improving herd immunity.

These two factors can combine with who the conspiracy theorist is to you and how much influence they have on the topic of interest. A climate denier in public office is far more harmful than one who isn't. I claim climate denialism as a conspiracy theory here as climate change is an issue of science that has been researched extensively.

These considerations are also useful in determining who is not worthwhile to debate. If the person is a complete stranger who is not in a position of influence and has a conspiracy that does not change how they might act in the world, then they are probably not really worth your time. A friend of a friend of a friend who holds no political office or position of authority and believes that the world is flat might not be worth debating.

I'm not going to tell you that it is wrong to debate with a stranger about whether or not there are lizard people in control of the government or whether Betty White is secretly immortal. However, if you find yourself in a position where arguing with a conspiracy theorist could get in the way of your day, then consider if they are even worth your time at all.

I felt like I was the only one struggling

Elena Favaro
PhD candidate,
Department of Geography

UNIVERSITY OF CALGARY

It's okay to reach out for help.
Find wellness resources and support at
ucalgary.ca/mentalhealth

LIFESTYLE »

NEW YEAR NO GUILT »

Give up the guilt and have the life you actually want

Lauren Olson
Contributor

It seems like the latter half of 2019 was a real doozy. Of course I can speak only for myself, but I have heard from many others that the last few months in particular have been exceptionally tumultuous and transitional. Maybe it's the end of a decade that's got everything going a bit haywire, or maybe 'big change' is just in the collective consciousness. Whatever it is, I've certainly been feeling it.

I was driving around doing some errands today and a song I haven't heard in a long time came on — "Pioneer" by The Band Perry. I have always resonated with that song, but today a particular lyric stood out which said, "Let your heart not be troubled." It was like someone shot a dart between my eyes and I started thinking about what that really meant to me. My heart has felt intensely troubled as of late. I've been riding a rollercoaster for two months feeling on top of the world one minute and plummeting into the depths the next. I've wondered about feeling happy and when that might happen again one day

and felt like I might burst with joy the next. I've been confused as all hell and I've experienced crystal clarity. In conjunction with lyrics about a troubled heart, what I realized is that all those unpleasant feelings came from the same source — guilt.

Guilt — we all have it. We all feel guilty for things. We all believe in it, hold things we've done against ourselves, and I'm pretty sure lots of us even think feeling guilty makes us better people. If we feel guilty at least we must have a conscience, right? But what if guilt is a big fat lie? Lately, guilt has been telling me all sorts of troublesome things that seem awfully convincing. Guilt has been telling me that I'm wrong for the decisions I've made. It's been telling me that there's something very wrong with me for feeling happy when everything in my life has been changing shape in an acceptably traumatic way. Guilt tells me that re-homing my dog makes me an unforgivably horrible person. Guilt says that I'm selfish for wanting to take time for myself and get my head sorted out and decide what I want. Guilt screams at me while I pack up my things and get ready to move into a new

home. Guilt raises its eyebrows at me when somebody asks me how I'm doing and I tell them, honestly, that I'm good and pretty happy. Guilt is relentless.

I don't know about any of you, but I've had enough of it. Imagine what it would be like to just not believe those stories? Imagine feeling guiltless and how freeing and light that would be. What if I could make a decision and say how I feel without feeling the need to explain myself? What if I believed that my own happiness is worth making tough decisions sometimes and that it doesn't make me selfish, it makes me honest? What if I stopped judging myself for the mood swings and just allow whatever feelings to be there, without judging or indulging in them? That's all guilt really is anyways, a judgement that something is wrong. Unfortunately, guilt also demands punishment because no wrong deed goes unpunished, according to the religious upbringing in my head. But the good news is that judgements can be withdrawn. I can decide to stop believing that I'm a selfish, bad, guilty person. I can decide to allow the happiness that I do feel — most of the time, by the way — to stick



courtesy UMIT BULUT/UNSPLASH

Let go of the things that do not serve you.

around and being happy amongst apparent chaos does not make me bad or wrong!

It feels fitting that I'd like to wrap up this past year of blogs with a reminder and intention to stop giving guilt so much stinking power. Guilt is just a story. It isn't real. Giving it up won't condemn me to Hell, it'll actually ease the senseless burden I've been carrying. Somebody close to me said the other day, "You know Lauren, you're allowed to have it all. You can be happy and do the things you love and love whoever you

want and have everything you've ever wanted." And it was funny how right now I think, "Yeah, duh, everyone can have everything they ever wanted." But I don't think many of us believe it nearly enough — myself humbly included. It's because we're so convinced that we're guilty and sinful and therefore undeserving of the life of happiness that only other people get to have. It's not true. Let the guilt go, little by little. I feel that I have the experience to guarantee that letting go of guilt will only yield a more positive existence and a happier life.

SET UP FOR SUCCESS »

Put your head down and stay focused on your goals

Lauren Olson
Contributor

Now that the first two weeks of dedicated and full-on New Year's resolutions have come to an end, I feel like it's an appropriate time for a little reminder of why you set those goals in the first place. It's easy to be motivated and focused on January 1st. You're fresh off a month of partying and indulging and feeling a little fluffy in the body and cloudy in the mind. You just want to get your shit together so you're full of piss and vinegar and good intentions.

Two weeks later you're probably feeling worlds better than you did before and your resolve is starting to wane. That "dry-January" goal is feeling a little long and you're tempted to have some drinks because "you deserve it". Well, now is actually the most important time to keep those promises to yourself. Now is when you

get to prove to yourself that you are stronger than your cravings or your old habits. You're deserving of feeling proud of yourself for sticking to a goal long after the feelings you had when you made it have passed and you aren't a victim to peer pressure or outside influences. Here is a little list of a few things that help me when I'm tempted to break promises to myself. I hope something will inspire you!

Remind yourself why you set the goals you did:

Like I said before, it's easy to stick to a goal when you're sitting in a bunch of miserable feelings. It's when you start to feel better that things tend to slip. If you wrote down your goals, go back and read them. Hang them on the fridge! If you didn't write them down, sit down on your couch, close your eyes and put yourself back to the beginning of the month and remember how you felt. It's a basic

little meditation — recall how you felt and what you were thinking at the time. Then, imagine the feeling you'll have when you accomplish the goal you had set. Let that future feeling of accomplishment motivate you in the present.

Do one thing at a time:

Whatever your goal is, do one thing at a time. If your goal is to be more active, do one thing in the moment that supports that goal. Whether it's a quick yoga flow in your apartment, or 20 sit ups, or a 15-minute walk or jog, just do one thing. Getting worked up over tomorrow or the weekend ahead is the fastest way to derail yourself in the moment, so just deal with the moments as they come and the future will take care of itself.

Allow good feelings to compound:

I think a lot of us know all too well that bad feelings compound. One poor decision leads to more poor choices and feeling guilty for

those decisions. The cycle goes on. Well, good decisions compound, too. A good decision first thing in the morning leads to better chances of another good decision to be made in the afternoon, and the evening, etc. Speaking as someone who can't seem to accept that feeling good and happy can be a constant thing (insert eye-roll) I'm always waiting for the other shoe to drop, and if it doesn't drop on its own, I find a way to self-sabotage and *make* it drop. Here's where some new mindset practice has to come in — we have to accept that good feelings can last. Feeling good doesn't have to be temporary.

Alas, it was a short list, but what keeping promises to ourselves really comes down to is deciding that you're worth it. You're worth it to stick to those goals. You are worth quitting those self-sabotaging behaviours and habits in order to make space for new healthier ones. New habits can't form when old ones are still in the way. I heard

a great analogy on a podcast that said, "An airplane can't land on a messy landing strip." The universe has all sorts of greatness planned for each and every one of us, but most of us have our own crap piled up all over the runway. We have to clean that old stuff, those old patterns and old messes and traumas and beliefs and all that frickin' garbage off the track so the universe can land that plane with all the good stuff on it!

The best advice I can give — and believe me when I say that I need to hear this more than anyone — is to remind yourself you're worth it and just do one little thing at a time. Pay attention to your thoughts and bring them back when they run astray. Most importantly, don't let little setbacks become bigger ones. Keep starting again, and eventually over time the habits do change and you'll look back after a few months and be amazed by how far you've come.

BATH & BOUJEE »

Bathe with all the grandeur of a Roman

Tori Taylor
Lifestyle Editor

Since the beginning of time people have used bathing as more of a holistic ritual than strictly for personal hygiene. The Greeks and Romans viewed themselves as a higher society in part because of their publicly elaborate bathing procedures. Bath houses were a vital part of regular life in ancient Rome. Citizens of any class were given the opportunity to socialize, gossip and relax in beautifully built buildings. Bath houses were often called *Thermae* and were seen as an integral part of Roman civilization — an example of the Roman's superiority. Bathing traditions spread as fast as the Roman Empire. From Europe to the Middle East to North America, this ritualistic way of cleansing brought civilization to the world. With an understanding of how ceremonious the historical roots of getting into your tub truly are — drop trou' bro and get to marinating.

It is unlikely that your porcelain tub comes anywhere close to the jaw-dropping bathing houses

of Rome, but there are still several steps you can take to make your mediocre bathroom magical.

Candles:

Open flame is glorious when brought inside a home — especially within the confines of your smallest room. Is there anything as entrancing as being butt-ass naked whilst in the company of crackling fire? Maybe, maybe not. Regardless, line up your favourite candles and light them. I prefer dimming the lights or turning them off completely. We spend all day with harsh bright lights in classrooms and work. Take some down time to relax your retinas. The aromatherapy from your favourite candles will help wash away daily stressors.

Bath salts:

We have all heard the cutesie phrase, "I don't need any sugar — I am already sweet enough." It could be said that a similar phrase applies to quite a few people, "Hold the salt—you're already salty af." But in regards to bath salts — don't be shy with the effervescence. Soak-

ing in all the magnesium and stress-relieving minerals can help sore muscles, aches and pains, psoriasis, eczema, headaches and the list goes on. Depending on what type of essential oils are added to the bath-salt blend, it can help all sorts of bodily ailments.

A drink of choice:

Fermented grape juice is my drink of choice. I am in the tub to breathe easy and quiet down my busy mind. A good glass of red fits right into that agenda. But if you prefer a hot cup of tea or other delicious elixir, that's even better. Slowly drinking something you can savour is always an excellent mindfulness exercise. Take some time to layer down, lean back and focus on your #sipandsoak technique.

Music:

Set the mood with more than just warmth, candles, scents and wine. Enjoy all five senses by adding your favourite playlist. Music is a happy place for many of us. Listening to music might just be one of the best ways to let go of stress. This is your



courtesy AWA SOL/
UNSPASH

Release stress at the end of your day to recharge.

time to truly zen out and you might as well hit all the marks — touch, taste, smell, sight and sound.

Netflix:

This might as well just read *Friends* or *Grace & Frankie* or if you're cool watching freaky shit while naked *You*. Some baths need to be longer than others. If you are hunkering down for the long haul then turning on a favourite TV series or movie is a great idea. As long as you can stay in the warm water absorbing all of the minerals and

oils from your bath salt blend the better. We are so often rushing from one thing to the next to the next. There is no turn-off time to recharge your battery. Let yourself soak for the duration of a full episode or more.

At the end of the day, you have to take care of yourself. That looks different for everyone. Look at it this way, the Romans were next level bad-ass. Perhaps the secret to a godly historical empire is as simple as tits-out-in-the-tub or butts-bare-in-the-bath.



"Growing up, I've always been attracted to dancing, especially break dancing. I watched dance videos on Youtube. In Grade 10, I decided to take Dance as an option. Most people in the class took it as an "easy A," but I was there to truly learn. Sometimes, the boys in my dance class would receive more attention than me, even though we danced at similar levels. It was discouraging, But I kept going. I became very fond and passionate of this art form. In Grade 12, I received a scholarship to the dance studio I currently attend. My parents were not impressed. "A scholarship for dance is nice, but it's not an academic scholarship!" They're very traditional Indian parents. My dad never came to my shows. He wasn't against it, but he didn't find it that important either. My relatives were also hesitant. It took me 3 years to gain their understanding and support. But, better late than never!"



HUMANS OF UCALGARY

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

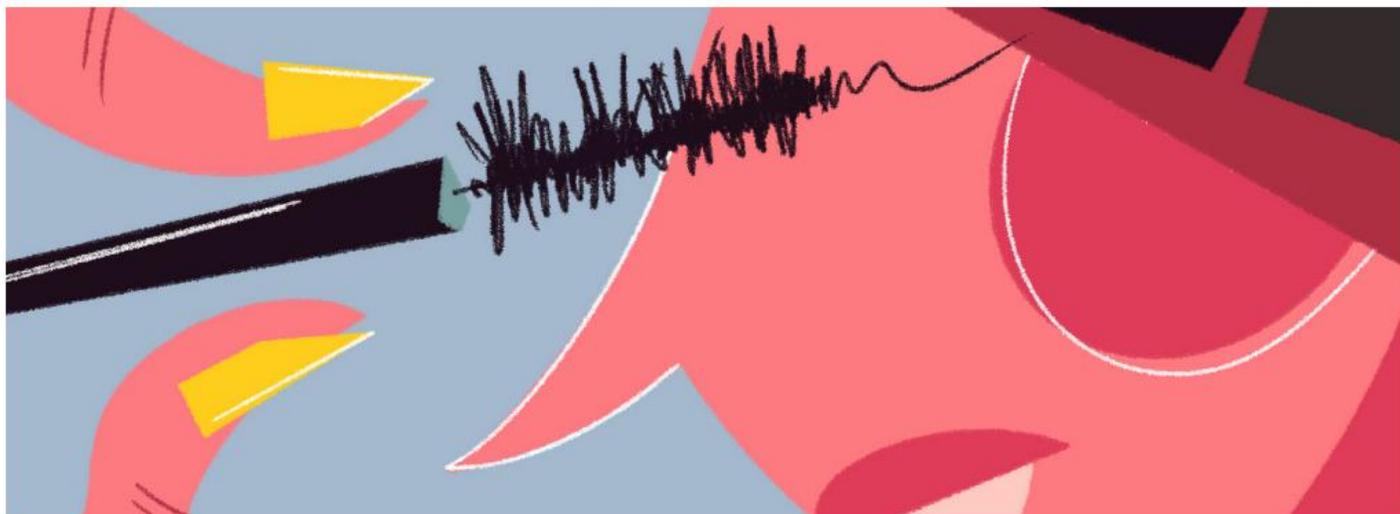
"I never thought I'd be where I am today. I thought I'd just be a researcher working in a lab. However, opportunities came along and people said 'Hey, you should try this! It is different and you can make a valuable contribution!'

One of my professors told me, 'do something different. Don't do what everyone else is doing. First of all, you would be bored. Secondly, you can make a difference, even if it is a small one.'" (1/2)



@HUMANSOFUCALGARY

LOWDOWN ON LASHES »



You may not need to pay an arm and a leg for a gorgeous set of falsies — find out if these reviewed alternatives will work for you and your budget.

TRICIA LIM

Eyelash enhancements: Which are best?

Kristy Koehler
Editor-in-Chief

Not everyone is blessed with long, dark eyelashes of the Instagrammable variety. As a result, many of us go to great lengths — pun intended — in order to present a pair of perfect peepers to the world.

There are plenty of eyelash-enhancing products on the market to give you the fluttery look you crave — from mascaras to growth serums and extensions to falsies. After years of spending money on glue-on false lashes, I graduated to salon-applied extensions. The process took up a lot of my time — and cash.

An application of a new set of extensions, wherein synthetic eyelashes are applied either individually to your own, can take upwards of two hours and cost in the ballpark of around \$200. They then need to be filled every couple of weeks — a process that costs in the neighbourhood of \$75–\$100 and takes about an hour. You've got to wash your lashes to prevent bacteria and providers must be chosen carefully to prevent damage to your natural lashes. You'll never be able to rub your eyes again while wearing extensions and when they start to shed, they look awful if you don't have time to fit in a fill.

Don't get me wrong, I absolutely adored my extensions, and loved waking up looking put-together. But I wanted to try something new. Recently, my Facebook and Instagram feeds have been bombarded with ads for magnetic eyelashes — essentially a strip of false eyelashes with magnets on them that adhere to a magnetic eyeliner you apply daily. Most

companies advertise all-day hold and up to 30 uses of the lashes before you'll need a new pair. I assumed not all products would be created equally, so I gave all the major brands a try. All of these companies charge in USD and are subject to additional customs duties and taxes.

Silly George:

The Lash & Liner Starter Kit from Silly George is certainly good value. For just under \$70 USD, you get a tube of magnetic eyeliner, a lid and lash cleaner, a mascara and one set of magnetic eyeliner lashes in the style of your choice. I opted for the 'Girl Friday' style. The lashes have five magnets



MARIAH WILSON

on each strip — two clustered at each end and one in the middle. They're a little flimsier than the others I tried and don't hold their shape as well. The liner is easy to apply but peeled off easily and the lashes didn't stick to it nearly as well as I'd hoped. There was some lifting on the edges about an hour into wear. Shop online at sillygeorge.com.

The LashLiner System:

This company claims to be the first to file for a patent on mag-



MARIAH WILSON

netic liner and lash combos. The shipping took a while and I got hit with extra customs duties and taxes, but when they arrived, they were lovely. The packaging is stunning — a glittery light blue with a little mirror inside. They come with anchor lashes as well — smaller pieces that you can use on the opposite side of your natural lash to hold them in place even without the liner or to add an extra bit of security if you're out dancing all night. I tried the 'Nashville' and 'Los Angeles' styles. Both were very pretty, but looked a little more synthetic than I would like. A liner and lash combo runs \$75 USD. You can check out the styles and order at lashliner.com.

MoxieLash:

These were by far my favourite of the brands I tried. The lashes were the closest-looking to actual lash extensions and the small size of the 'Sassy' style fit my eyes perfectly. I can't speak to the other styles MoxieLash sells, but the 'Sassy' style has five magnets evenly spaced along the band yet are a full magnet-length shorter than any of the other styles I tried, making them the exact size my lids needed. There was no lift-

ing whatsoever and they held perfectly in place for a full day. The formula of the eyeliner seems a little different than the other brands — much more magnetic. The drawbacks are that the liner is a little thicker and takes some more finesse to apply and also is harder to clean off your eyes and the lashes before you put them away. Lashes run \$35 USD and the liner is \$45 USD. MoxieLash also has a festival shop with eyelashes in various colours. Find them online at moxielash.com.



MARIAH WILSON

Glamnetic:

The customer service from this brand was great — my original order got lost in the mail and when I contacted them through their Instagram page, they responded immediately and dispatched another order, no questions asked. When the new set arrived, the look of both styles I ordered — 'Luxe' and 'Lush' — was fluffy and realistic. These have five magnets also — evenly spaced along the band. Glamnetic has a huge selection of styles, as well as festival colours to really jazz up your look. The liner is \$51 USD and comes in black or brown and the lashes run \$40 USD for mink or around \$36 USD for vegan options. They're online at

glamnetic.com.



MARIAH WILSON

While all the styles claim to last 30 wears, in order to get that length of use from them, you'll need to clean the eyeliner from the magnets themselves after each wear. It's a bit time-consuming and you'll need to use a cotton swab to ensure you clean only the magnets, not the lashes themselves.

I definitely loved MoxieLash best, owing to the size of their styles fitting my eye shape best and the liner itself feeling a little more magnetic than the others. The lash band also felt a little more robust than the other styles. I loved the fluffiness and realistic quality of the Glamnetic lashes and they'd be great for someone with larger eyes. You can also cut any of the lashes to fit your eye shape and size, but I find this interferes with the curvature of the lash.

I found that wearing a thin coat of mascara, before I applied the liner and lash, made a big difference in camouflaging my natural lashes, which are quite light. Overall, I was very pleased with the quality of the magnetic lash and liner combos on the market and this will probably be my go-to lash-enhancement product for the foreseeable future.

SPORTS »

DINOS DELIVER »

Women's volleyball comes back for 2020

David Song
Contributor

The Dinos women's volleyball team got off to a rough start in 2019, winning just four of the 17 games they played before the new year. With half a dozen first-years joining the roster and two starting outside hitters — Kate Pexman and Hannah Tanasichuk — missing time with injury, the team initially struggled to find their rhythm. A string of four ugly losses to the MacEwan Griffins and University of British Columbia Thunderbirds in November exposed a frustrating lack of consistency, especially on offence.

"I knew this season was going to be a little bit of a journey and a process," spoke head coach Natalie Gurnsey. "We have a lot of new faces, and I knew there was going to be some girls that needed to gain experience on the fly."

However, once the newer players began to amass said experience, things started to turn around. The Dinos finished 2019 with a sweep of the Regina Cougars followed by two hard-fought losses against the Trinity Western Spartans. Calgary has taken that positive momentum into 2020, opening the year with two 3-1 wins against the Manitoba Bisons.

The Trinity Western series, in particular, was a key litmus test for the Dinos. The Spartans have held the top spot in the conference for most of the year, with a 14-2 record and a wealth of talent led by outside hitter Hilary Howe. Yet the



Trinity Solecki moves forward with all the strength of a dominant rising rookie.

MARIAH WILSON

Dinos held their own, especially at the Block Party on Nov. 28, where they won two sets and pushed the number one team in Canada to the brink.

Outside hitter Trinity Solecki revealed that her team's performances against Trinity Western were a major confidence builder. "We set a new standard for ourselves — like, that is our minimum level of play. Our mindset changed, and I think we had more fun. When we play loose and fun, we're with every single team," said Solecki.

Solecki has been an immense addition to the Dinos roster. The six-foot-one first-year is firmly entrenched in the starting lineup and is second on the team with 111 kills. Even more impressive is Solecki's commitment to defence from her position — her 108 digs are second only to veteran libero Kennedy Snape. The Cochrane High School alumnus has stepped up on both sides of the ball to fill the void left by Pexman and Tanasichuk.

"She's definitely an offensive threat," Gurnsey said of Solecki,

who joins her older sister Rachel on the team. "She's a nice, big, physical player, really good ball control and I knew that when I recruited her. It's always challenging for a rookie to be able to repeat her performance from night to night, so I feel like Trinity's been on a really good pathway. Her numbers are getting better and better."

As the Dinos aim for a big second half of the season, they must also prepare to bid farewell to a number of long-time mainstays. Pexman and Snape are part of a group of outgoing fifth-years that also includes middles Beth Vinnell and Autumn Davidson, plus outside hitters Adriel Goodman and Rachel Solecki. All were part of a team that made the previous Canada West Championship in March of 2019.

For Vinnell, who leads the Dinos with 127 kills, facing the end of her varsity career is bittersweet. "It has been a journey, but it has been awesome. I have had a lot of ups and downs, but I think they've really helped me grow into the athlete and the person I am today. It's kind of sad knowing that it's my last year, but six years is a really long time. I'm ready to give it all I've got and move on to the next one."

A special part of the Dinos volleyball program is the rapport shared by the men's and women's teams. At the annual Block Party doubleheader, the female players can be seen giving high-fives and greetings to their male counterparts as they

step out for the second game of the evening. It is a relationship that has very much grown in recent years.

"The high-five thing is something we started in the last couple of years. It's nice to have that little connection before [the men] start their game," Vinnell explained. "I'd say we're definitely close with them. We'll hang out and do stuff outside of volleyball. There's a lot of awesome guys on that team and we get along with them super well."

"In the past, we haven't been as close with the men's team," added Solecki. "This year, we've just clicked more, and I think we've wanted to be more together because we play the same times every single weekend. They can support us, and we support them."

Ultimately, Gurnsey knows that her team has more work to do in order to find sustained success in 2020. "We have to keep putting up the numbers that we are on offence. Our passing has gotten more consistent, and we've got to be able to do that when it matters, after 20 points. We've been in a position to win at 20 points, but I think there were times where we've made our mistakes, and we've got to clean that up."

On Jan. 17, the Dinos played a spectacular game to ring in the new year. They dominated an offensive heyday against the Brandon University Bobcats — winning three straight sets in their home gym.



MARIAH WILSON

GLORIOUS GRIDIRON »

SuperBowl rules differ from Grey Cup

Kristy Koehler
Editor-In-Chief

Football on both sides of the 49th Parallel has either recently wrapped up or is headed into Championship mode. The National Football League recently gave way to a clear-as-mud playoff picture and the Canadian Football League teams finished their fight for the Grey Cup. American College football playoffs just finished and the Canadian varsity version of the SuperBowl — the Vanier Cup — was won by the University of Calgary Dinos.

With hours of glorious gridiron available, you'd think fans would be in heaven. But, even the most die-hard football fans rarely follow both leagues. NFL purists maintain that the CFL is a cheap facsimile of the American spectacle. Lovers of the CFL say they don't watch the American version of their game.

If you don't normally follow both the CFL and the NFL and tune in to watch the opposite league, you might be a bit confused. For all their similarities, they can sometimes look like entirely different games.

There's no denying that the NFL produces a glitzy product — mul-

timillion-dollar contracts, televised draft spectacles, merchandise from cheese boards to car decals and theme songs written by major recording artists. But, does that mean the NFL is better football? Not necessarily. It's just different.

As the SuperBowl approaches, you Canadian football aficionados might be a bit confused if you aren't used to watching the American game. And, if you're a regular NFL-watcher, some of the things that make you grit your teeth and wish the game were different, might just drive you to watch the northern version when it kicks off again later this year.

There are actually many rule differences between the two games, but in the interest of a brief overview, here is a very simplified version of the most noticeable ones.

Organizational Structure:

The CFL has nine teams — until 2006 two of them were called the Roughriders. Wait, sorry, there was a key difference — one was the Roughriders and the other was the Rough Riders. Yeah... Anyway, there are two conferences in the CFL — East and West. The NFL, by comparison, has 32 teams, two divisions and four

divisions in each conference.

It's pretty easy to determine which CFL team is going to end up in the playoffs. On the other hand, if you have a doctorate in statistics, you might understand the NFL playoffs. Then again, maybe not. In the NFL, trying to predict whether or not your team is going to make the post-season is a bit like trying to predict the weather three years from now with a wooden crystal ball. "If the Chiefs win and the Raiders lose and the Vikings tie with a team they won't actually be playing against and if you carry the one while standing on your head and the referee passes out during the coin toss, then the Eagles will get a Wild Card spot, but only if the NFL commissioner wears green and eats cheese on a Thursday."

The CFL season is a little longer — as of 2019, the CFL has a 21-week regular season — each team plays 18 games and has three bye weeks. There are 17 weeks in the NFL season and teams play 16 of them. Also, the CFL season starts in June. Likely by necessity. Can you imagine playing through December and January in Canada? Sure, the NFL has some cold-weather markets like Buffalo and Pittsburgh, but one year, for the Grey

Cup half time show, Shania Twain was transported to her mid-field stage in a blizzard by a dog sled....

Offense:

The most noticeable difference in gameplay is that the CFL has one less down — three to the NFL's four. This generally means that in Canadian football, teams have to be more offensively aggressive — going two and out is no good so a CFL team making a play on third and short is far more common than an NFL team taking a chance on fourth and short. As a result, those fantastic, almost field-length throws are far more common north of the border. It makes no sense to grind out a couple of yards when there are only three opportunities.

Fair Catch:

In the NFL, the team on the receiving end of a punt or kickoff can signal for a fair catch. Once the receiver makes the signal, the kicking team cannot interfere with his attempt to catch the ball. The receiving team's offensive drive begins from the spot of the catch. I hate the fair catch rule. Designed to protect the receiver — he's pretty vulnerable when trying to catch a punt

or kickoff — the rule is understandable. In the CFL, the receiving team makes a play

Overtime:

I hate NFL overtime rules. Loathe them. Am incensed by them — and yes, even when it works out in favour of my team. The team who successfully calls the coin toss gets the first possession of the ball. If they score a touchdown, that's it. The other team does not get the opportunity to respond.

The referees always explain the overtime rules to the crowd by saying "Each team will get an opportunity to possess the ball." My dude! That's false advertising. Sure, the team who doesn't guess their heads from their tails has the opportunity to possess the ball — but only if they stop the other team before a touchdown. Football teams are built on the combination of offense and defense, so the common argument that if one team's defense was better, they'd have stopped the other team's offense doesn't fly with me. I genuinely think that if one team scores a touchdown, the other team should have the opportunity to respond. That's where the CFL excels.

WHAT'S HAPPENING

MacHALL
concerts

- JAN**
- 17 | **Half Moon Run** MACEWAN HALL
- FEB**
- 05 | **BowhY** 비와이 MACEWAN BALLROOM
- 14 | **Justin Willman** MACEWAN HALL
- 25 | **Atmosphere** MACEWAN HALL
- MAR**
- 03 | **Eric Nam** MACEWAN HALL
- 07 | **Black Label Society** MACEWAN HALL
- 12 | **The Glorious Sons** MACEWAN HALL
- 18 | **Ariel Rivera** MACEWAN HALL
- 29 | **Lil Tjay** MACEWAN HALL
- MAY**
- 17 | **In This Moment & Black Veil Brides** MACEWAN HALL

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HUMOUR »

COFFEE CONUNDRUM »

Student continues to drink coffee as if it's going to change a damn thing

Frankie Hart
 Caffeinated but chaotic

In the early afternoon of Jan. 20, a mess was forming in MacHall. A student was surrounded by a fortress-like collection of coffee cups, inconveniencing surrounding students from passing through. She was unaware of the clutter she caused and started cleaning up once it was pointed out to her.

"Don't talk to me until I've had my coffee, haha! Just kidding. Just a little joke, since I've already had many, many litres of it," said fourth-year student Hankie Fart, who was oddly shaking. "Let me just get these out of here."

She then clumsily knocked over multiple cups with her trembling hands. When asked about the source of the coffee cups, she explained it was part of a plan to become more productive.

"I have a huge procrastination problem, and I thought that if I just had a little somethin' I'd be able to whiz through everything

that I need to do," Fart said.

Despite it still being early in the semester, Fart explained that she always leaves everything to the last minute, and hoped a proactive approach was the solution. She also elaborated on the large amount of coffee she was consuming.

"There's all this advice out there about student life — speed-reading techniques, more effective note-taking methods, time management, basic organizational skills, blah blah blah. I don't want to learn a new writing system just to take notes, all I need is for my brain to work better. And the more coffee I drink, the better it works," Fart said.

In the middle of being asked about the success of this technique, Fart's trembling gained in intensity until she needed to be assisted into a laying down position.

"See that?" Fart asked, in reference to her convulsing body. "That's power surging through my body. Just imagine what's going on in my brain."



Just one more...

SHANGNONG HU

HOROSCOPES »

Our horoscopes know what ominous, vaguely threatening message you'll get from Co-Star

Frankie Hart
 Solemn Sagittarius

Aquarius
 (Jan. 20 – Feb. 18)
 You'll be perturbed when checking Co-Star to see that its message is simply, "Where are you?" Oh god, you knew it. You're living in a simulation.

Pisces
 (Feb. 19 – March 20)
 You'll open up Co-Star hoping to get wisdom on your love life only to see the message, "Behind you." Well, that's not exactly the advice you expected to get on your communication issues, but maybe it's just a sign that you need to find your own path.

Aries
 (March 21 – April 19)
 In the middle of class, you'll receive a daunting notification — "Your hubris will be your downfall." Weird. You thought your phone was on do not disturb.

Taurus
 (April 20 – May 20)
 You'll be very confused by your app's latest message, "Show feet." You'll figure it's one of those things that won't make sense until it does, and keep your feet at the ready.

Gemini
 (May 21 – June 20)
 Your app will have a very short message for you — "Beware the Ides of March." Huh. That sounds like some Shakespearean thing, but you only remember *Romeo and Juliet* from grade 10.

Cancer
 (June 21 – July 22)
 You'll be alarmed to see the message "I know what you did last summer!" on Co-Star. Oh no, that was supposed to stay between you and @uofconfessions.

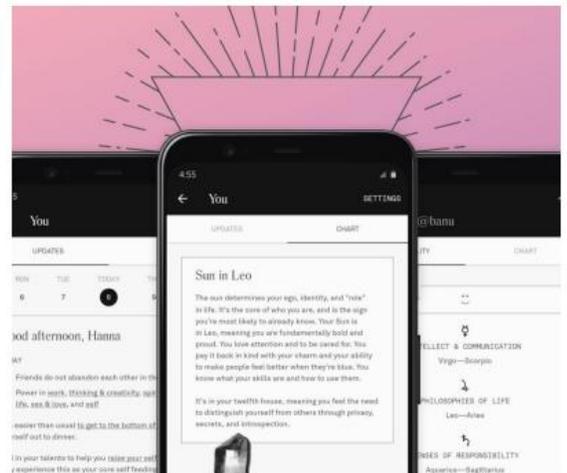
Leo
 (July 23 – Aug. 22)
 Co-Star will offer you some odd wisdom,

"Don't dye your hair that colour." Touché, Co-Star.

Virgo
 (Aug. 23 – Sept. 22)
 You'll be confused by the message Co-Star has for you. It just says, "Dump him." This must be a glitch, probably meant for a different sign. Your man's great, once you get to know him.

Libra
 (Sept. 23 – Oct. 22)
 The specificity of the message your app has for you will be concerning. "Do not eat a bowl of Kraft Dinner on January 30." If this horoscope is truly tailored to you, surely they know that you hate being told what to do. You will be chowing down on that kd.

Scorpio
 (Oct. 23 – Nov. 21)
 You'll be confronted with a disturbing notification from Co-Star. "People are like trees. Without nourishment, they die." "What is this supposed



Are you an Aries moon? You better watch your back. courtesy CO-STAR

to mean, Co-Star?" you'll ask, to nobody. "Am I going to die?" The indifferent silence will be deafening.

Sagittarius
 (Nov. 22 – Dec. 21)
 Your app will get straight to the point, stating, "You will literally get phys-

Capricorn
 (Dec. 22 – Jan. 19)
 Your Co-Star will simply say, "Duck." Hopefully you'll see it in time.

ically harmed very badly today." Hmm. Maybe you shouldn't have opened the app while crossing the road.

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