

# THE GAUNTLET

FEBRUARY 7, 2020

The University of Calgary's independent student newspaper

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## SEX WEEK



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# The Gauntlet's Annual Sex Survey results revealed

Every year, we time the Gauntlet's Annual Sex Survey to coincide with Sexual and Gender Wellness Week. We had more respondents this year than in any past year, so thank you! We asked you about your health and habits and even left a few of the questions open-ended. We certainly weren't disappointed with the results — y'all shared your friskiest thoughts! This year, we thought we'd present the data a little differently, and break down what we learned.

### Post-sex habits:

While we didn't include it in the list of options, plenty of you wrote in that you pee immediately after sex. It's not exactly a sexy-sounding habit and it can be hard to get up during the afterglow of a fantastic sex session and slip off to the washroom, but it's an excellent habit to get into. Peeing after sex flushes bacteria out of the urethra and prevents urinary tract infections. Bacteria can travel up the urethra and not only give you a UTI but a bladder or kidney infection as well. A whopping 74 per cent of you are post-sex snugglers so while there's no magic timeline that dictates how soon after sex you should pee to

help prevent infections, it's always good to do it before you get too wrapped around your partner and fall asleep — which 56 per cent of you say happens after sex.

### Safe sex:

Just over 44 per cent of you use a combination of pulling out, the rhythm method or no birth control at all at least some of the time. Eighty-five per cent of you have never visited the SU Wellness Centre to discuss sexual health and 89 per cent have never engaged with Sex Week on campus by attending an event or a seminar.

We'd like to remind you that there are plenty of resources on campus to assist you in a safer sex life. The SU Wellness Centre provides STI screenings, prescription birth control and access to student support advisors. The Women's Resource Centre provides free condoms and the SU Q Centre has free condoms and dental dams. The SU's Sex Week website also offers an extensive list of on- and off-campus resources pertaining to sexual and gender wellness. Check is out at [su.ucalgary.ca/sexweek](http://su.ucalgary.ca/sexweek).

### Online:

Despite what pornography

would have you believe — that every encounter ends in anal — 67 per cent of you have never engaged in anal sex. Pornography would also have you believe that Brazilian waxing is the norm, but just under four per cent of you wax on the regular — the vast majority of survey respondents stick to shaving or trimming. Since 78 per cent of you watch porn it's good to see you taking a healthy approach to your viewing and not conflating the things you see on the internet with reality — that's a healthy boundary to establish.

Seventy-six per cent of you don't send nudes to the people you match with on online dating sites before meeting in person and 79 per cent of you don't store your own nudes on your phone in a ready-to-send folder.

### Kink:

By far the most common answers to the open-ended "What's your fantasy?" and "What is the one thing you've never tried that you would like to?" questions involved some form of kink or BDSM. Spanking was a common desire, as was being tied up, being dominated, choking and in-depth role play. We've got some kinksters on campus!

Perhaps it was the *50 Shades of Grey* films that brought kink out into the open, but it's clear that this style of play is a common fantasy among University of Calgary students. Getting into the kink scene involves a lot of research and open communication with your partner. Remember, the community's mantra is Safe, Sane and Consensual.

### Smart and sexy:

There were plenty of write-ins for the "What's your fantasy?" question that involved a 4.0 GPA. We're happy so many of you think that being smart is sexy — it is. Should you need it, U of C offers many supports included with your tuition to help you succeed. The Student Success Centre is a great place to start — they offer writing support, advising support and frequent workshops to increase your academic prowess! Visit them online at [ucalgary.ca/student-services/student-success](http://ucalgary.ca/student-services/student-success).

Some of the results are located on page 13 and the entirety of the survey is available for viewing online at [thegauntlet.ca](http://thegauntlet.ca).

—Kristy Koehler  
Gauntlet Editorial Board

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The Gauntlet is printed on recycled paper and uses an ink made from dinosaur semen. We urge you to recycle the Gauntlet and don't think about Barney having sex, don't think about Barney having sex, don't think about Barney having sex.

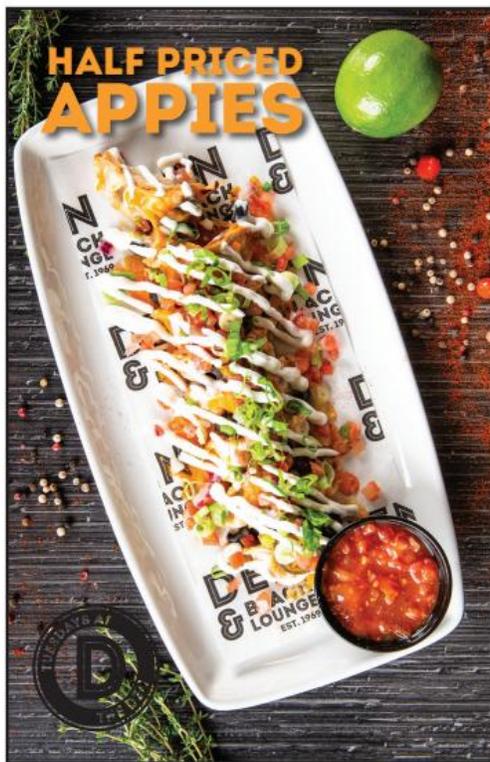
Cover Photo by Mariah Wilson

### The Golden Spatula - Bradley Dezell



Bradley always seems to have his camera on raise-five mode. He's by far our most prolific photographer — we ask for 5 shots and we get 500. This year, he took 2,500 photos at the Crowchild Classic.

WHAT'S HAPPENING



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## NEWS »

DINOSAUR BONES »

## How would Rex have sex?

Kristy Koehler  
Editor in Chief

Ever look at Rex, the University of Calgary's beloved dinosaur mascot and wonder how he'd get it on? Well, I did. I started by Googling "Dinosaur sex" and came across some uh, "artistic" renderings of how dinos might have mated but then, recognizing that U of C is full of dino-mite researchers, I asked an expert. For science of course...

Last year, I brought you Rex's PG rated-origin story. This year, I'm getting to the tricerata-top — and bottom — of how he and his fellow dinosaurs came to be.

François Therrien, Curator of Dinosaur Palaeoecology at the Royal Tyrell Museum, and adjunct professor at the University of Calgary, spoke to the *Gauntlet* about the mating habits and sex lives of dinosaurs. It was the highlight of his year, I'm sure.

Beginning at the beginning — the land before time, if you will — Therrien said that dinosaurs were hatched from eggs.

"Dinosaurs are reptiles — they're closely related to crocodiles and birds," he said, and based on the way their closest relatives came into the world it would have been possible to guess that dinosaurs also laid eggs. Guessing, however, isn't necessary.

"We do find lots of dinosaur eggs especially here in Southern Alberta," said Therrien.

South of Lethbridge, at Devil's Coulee — the largest dinosaur nesting site in Canada — plenty of evidence has been found to show that dinosaurs did in fact build nests, lay eggs and hatch their young.

"It's a little-known site that's very significant but is not as popular as Drumheller or Dinosaur Provincial Park. You can find lots of nests of duck-billed dinosaurs as well as the small, meat-eating dinosaurs called Troodon."

As for dinosaur gender roles, it's hard for researchers to tell who took on what role.

"We don't really know if the male or the female protected the nest," said Therrien. "For the majority of dinosaurs we don't even know if they were good parents and watched over their young."

Even if dinosaur bones were found near the nest, Therrien said, it would be difficult to discern whether the

animal was a male or female. Why? Dinosaurs lack external genitalia.

"If we look again at their closest relatives — crocodiles and birds — all of these animals have internal genitalia. From the outside, they all look the same. The male has a penis that comes out only for copulation, for mating. Otherwise, everything is internal and it's almost impossible to tell whether you're dealing with a male or a female," said Therrien. "In looking at birds, individuals of different sexes can be of dramatically different colours and that's the only way to tell them apart."

So far, there aren't any dinosaur um, bones, if you will.

"We know that some mammals have a real bone inside the penis — dogs and walruses are some of them and some primates also do. That's something that's unique to only some species of mammals — all other animals don't have bones associated with their genitalia," explained Therrien. "It's possible if you're studying fossil mammals some of them will have the bone called a baculum. If you find one, you know for sure you're dealing with a male. For every other animal there's no hard parts associated with the genitalia."

There's a couple of animals that come to mind when imagining how dinosaurs got down and dirty, and one is the T-Rex. Since dinosaurs were the originators of doggy style, I'll call it dino style. I have a hard time wondering where T-Rex puts his little hands in the middle of mating. He surely can't reach down and grasp her hips.

"The forelimbs — the arms of a T-Rex — we call them vestigial because they are getting so short it's hard to imagine they could have been functional," said Therrien. "If you look at just the scale of things — a fully grown T-Rex that's 10-12 meters long, its forearm is the same length as the forearm of a human so it's tiny in comparison to the size of the animal. It's hard to imagine that the arm could have been used for restraining the female — maybe to guide or position, but to restrain a female that weighs 600 kilograms, I doubt the arms would have been able to truly restrain them."

The other dinosaur that stuck out as seemingly impossible to picture romping around was the stegosaurus.

"That's a question that's puzzled paleontologists for a long time," said



Ever been curious about the mating habits of dinosaurs?

MARIAH WILSON

Therrien. "These animals have all those spikes and plates on their back — it's the same for Ankylosaurus, the dinosaurs with all that armour on their backs. It's hard to imagine how a male could mount a female."

However, Therrien added that in again looking at the dinosaurs' living relatives might give a clue. Crocodiles and birds have a body part called the cloaca — a posterior, do-it-all orifice that serves the digestive, reproductive and urinary tract.

"There's other lizards that align their rear ends, but they kind of lie side by side and don't actually climb on top of the other partner," said Therrien. They may align these openings against one another and the penis would have been inserted into the cloaca of the female.

Another thought I had was how on earth gigantic sauropod dinosaurs like the brontosaurus didn't break a hip when getting mounted from behind. Turns out, they might have. Therrien spoke to some findings in the hadrosaurs — the duck-billed dinosaurs.

"We find at the base of the tail close to the rear end of the animal, lots of vertebrae that have been broken and have healed," he said. "The spine along the back has been bent, broken then refused or healed. It has been suggested that maybe those are injuries related to mating. Some of those animals are massive — we're talking about several tonnes — so when one climbs on top of the other, there's a risk of injury. So, at least for some hadrosaurs, there's evidence that maybe some could have been injured in the process. Obviously, it wasn't fatal but some of those bigger animals could have been injured while mating."

How did a dino find a mate to make

his "heart saur?" Therrien says dinosaurs had display structures such as frills and crests to attract members of the opposite sex.

"Initially we thought that all those structures were used to differentiate members of different species," said Therrien. "There's lots of duck-billed dinosaurs that have crests of different shapes and those dinosaurs needed to recognize one another on the landscape. Now, what we've discovered is that many of those differences are between animals that did not live together at the same time so it's probably not for species recognition. We now think that many of those features are actually related to display — to try to attract a mate. Those structures were probably very flashy and very colorful when the animal was alive. The fact that the structures develop only at the time when the animal reaches sexual maturity is one reason why we think it's related to display."

"Now we have lots of dinosaurs that we know actually had feathers. We thought they were used to keep the animals warm, especially meat-eating dinosaurs, as they seem to be fully covered with those primitive feathers that look like down feathers or like hair," continued Therrien. "We thought that those feathers evolved for insulation."

Therrien and another U of C researcher, Darla Zelenitsky, collaborated on a project and found that ostrich-mimic dinosaurs called ornithomimids, had wings on their forelimbs in adulthood that weren't present in juveniles.

"That told us that wings only developed later and during the lifespan of the animal and that's something that you typically observe in a display-structure," said Therrien.

"When you're young and you're not involved in reproduction, those structures are useless so you don't have them — when you reach sexual maturity it's important to have wings or a crest to be more attractive to a potential mate."

Therrien noted that some dinosaurs may also have had a display ritual.

"There's a very curious site in the US where there are lots of dinosaur footprints preserved in the ground. Some look like scratch marks, like the animal kept scratching repeatedly in the ground. That's very similar to some behaviour that we observe in some birds. During the mating ritual, when they face off with other males or face females to try to impress their potential mate, they jump around on the ground and scratch. Scientists have interpreted the really weird footprints with scratch marks as being a ritual dance by those meat-eating dinosaurs. We have evidence that they had a mating ritual that did not involve big showy structures but actually just walking around and scratching the ground to try and impress a partner."

Though, adds Therrien, more research in that area is needed.

I saved the most important question for last. Since Therrien published a paper in 2007 entitled "My theropod is bigger than yours... or not: estimating body size from skull length in theropods," I figured he'd be the one to ask about estimating the size of something else on a dinosaur. No luck, but he is probably re-evaluating his life choices after getting a PhD only to have me ask how big T-Rex's penis would have been.

"I don't think it would have been proportional to the size of the animal — but I actually have no idea," he said.



## GOING GREEN »

# Powering our world: How ex-oil and gas workers are making the move to clean energy

Hannah Brunn  
Contributor

Amidst a climate emergency, Canada, like many other nations, has not been spared from the politics that comes with it. With Alberta as a major oil and gas giant, many within the province argue that a movement towards clean energy translates to a loss of jobs. Albertans find themselves pitted against one another, thinking in terms of two options — protection of workers versus protection of the environment.

One organization, however, is showing that a movement towards a cleaner future does not necessarily mean the decimation of Alberta jobs. Iron and Earth is a nonprofit organization created by a group of ex-oil sands workers in 2015. The company's focus is on transitioning oil and gas tradespeople to work in Canada's developing clean energy sector. They acknowledge the importance of job security — many of them living through the consequences of layoffs within the oil industry — but also recognize the urgency of the

climate crisis. Iron and Earth shows that Canada's workers want to be part of the solution and grow Canada to be a prosperous nation and leader in the fight against climate change.

While this transition is not without hard work and dedication, it is not impossible. Bruce Wilson, a civil and structural engineer with over 30 years' experience in the oil and gas industry, became a board member for Iron and Earth, experiencing this transition firsthand.

"I'm driven by the need that this has to happen," Wilson says. He explained that his initial pursuit upon leaving his job at Shell was to apply his skills to help the world's most vulnerable peoples. "But I quickly realized that if we can't do this at home, what chance do we have overseas?"

Eventually coming across Iron and Earth, Wilson now uses his expertise and know-how to bring new ideas to the table such as geothermal engineering, energy efficiency and hydrogen.

"We need to focus on technology that can broadly be applied across the world because in this transition



Iron and Earth is a nonprofit created by a group of ex-oil sands workers in 2015.

courtesy SKEEZE/PIXABAY

if we don't strive towards equality, we will have squandered a massive opportunity," Wilson states, remarking that "this is not just how we change our energy system, it's how we change our system."

At the forefront of this change are companies like Iron and Earth.

"What's unique with Iron and Earth is this desire not only to match people's skills to jobs, but by giving them classroom education and hands-on experience," Wilson explains. Job stability in response to

the ever-changing energy industry is extremely important.

For those with strong roots in oil and gas, Wilson resonated with his ex-coworkers, celebrating all that they have achieved to contribute to the economy. "The two can both be true, it is time to change but we applaud you for what you have done so far. Now bring your skills to this new table and let us thrive."

There are barriers, of course, but according to Wilson, the barriers that prevent Canada from meeting

its climate change targets are mainly political, not technology based. In response to the politics that tend to coincide with the climate change crisis, Wilson urges everyone to leave their political affiliations at the door, "sit down and get this done."

Despite the overwhelming amount of polarization in today's political sphere, he remains hopeful of the future.

"There is great reason for optimism, but that optimism has to be underpinned by action."

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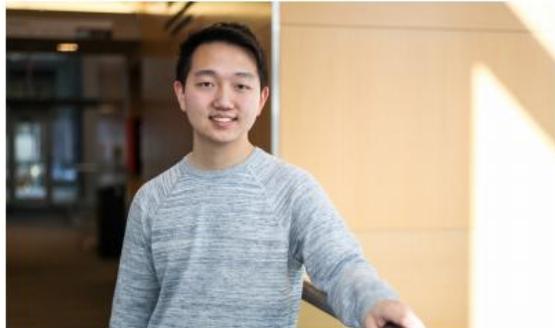
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STUDENTS' UNION »

# Joshua Lee sworn in as CSM rep in wake of election controversy



The Review Board agreed that there was potentially an advantage granted to Lee. MARIAH WILSON

Gayathri Peringod  
News Editor

Earlier this month, Joshua Lee was sworn in to the Cumming School of Medicine (CSM) representative position in the Students' Legislative Council following controversy surrounding the October byelection for his position.

The results of the byelection for the CSM faculty representative position were announced on Oct. 18, with Lee coming in first. However, files recently obtained by the *Gauntlet* show that Britney Wong — a fellow byelection candidate — appealed the results of the election ten days later.

The SU Review Board, which handles disputed SU elections, conducted a hearing on the appeal on Nov. 26. The appeal filed by Wong was in regard to "the legitimacy of Joshua Lee's involvement with the currently elected Faculty of Medicine representative Siavash Zarezadeh, and in relation to the outcome of the SU By-Election result."

Five days earlier, SLC members unanimously approved a motion to recommend the impeachment of Zarezadeh after SU president Jessica Revington lodged a complaint against him. Zarezadeh subsequently resigned — his position remains vacant.

The Review Board's Decision expresses concerns regarding the fairness of the CSM byelection.

"The Review Board was concerned that Mr. Lee had his name on SU branded posters," the Review Board Decision stated. "He was not officially affiliated with the SU as the posters would suggest ... this potentially gives the candidate more credibility and professional connections within that faculty.

"The Review Board agreed that there was a potentially unfair advantage granted to Mr. Lee by having unfair SU access, which he then leveraged in his campaign platform. Mr. Lee had to work closely with Mr. Zarezadeh to gain this experience."

However, the Board ultimately decided not to grant the appeal, the document reveals.

"The Review Board does not condone the past actions of the defendant Joshua Lee in regards to being involved with confidential SU meetings and formal proceedings. However, the Review Board feels that the relevant connection between Joshua Lee's involvement with the SU before and during the SU By-Election campaign period is too speculative to note a measurable impact on the final outcome of the Faculty of Medicine Representative contest."

The document goes on to state that the Board does not believe that the evidence presented to the panel connects Lee's prior SU experience to his byelection campaign with enough certainty.

"The Review Board feels that the evidence presented is not concrete enough to say with absolute certainty that Joshua Lee's prior involvement with the SU resulted in an advantage for him in the SU By-Election, nor can the magnitude of this perceived advantage be gauged."

By granting this appeal, the byelection result would need to either be retroactively confirmed or overturned. The Board's Decision states that doing so "would be unreasonable in this circumstance."

The Review Board made its decision on Dec. 1, 2019. Joshua Lee was officially sworn in as CSM representative on Jan. 7, 2020, a little over a month after the byelection results announced him as the winner.

"The review board is part of the SU's judiciary branch, independent of both SLC and elections staff," Revington said in an email statement. "We respect the judicial process that was followed in this matter"

MACHALL VENDORS »

# Gauntlet reviews Wetzel's Pretzels



Wetzel's Pretzels opened in the back corner of MacHall where La Taqueria used to be. MARIAH WILSON

Nikayla Goddard  
News Editor

Following La Taqueria closing down in the back corner of MacHall in October, anticipation has been in the air for what vendor would be taking up the spot. Students' Union vice-president operations and finance Omer Mansoor announced early December that Wetzel's Pretzels would be moving in.

"We decided on Wetzel's Pretzels because one of the biggest challenges with La Taqueria is that the tenant space is actually quite small," said Mansoor. "It's around 300 square feet, whereas the average tenant size is around 500 square feet in MacHall. It already restricts what kind of tenant can go in the space because of food prep requirements."

The popular California-based franchise opened last week, and naturally *The Gauntlet* had to see if it was worth the hype. With arms full of pretzels, lemonades and dipping sauces, we made our escape up to our office for a taste test.

We tried the original salted pretzel, almond crunch pretzel bitz, baked cheese pretzel, pepperoni twist pretzel, jalapeno cheese pretzel, jalaroni pretzel and cheesy dog bites, as well as their original lemonade and frozen dragonfruit lemonade and of course

all of the dipping sauces. Here are the bite by bite criticisms, followed by our favourites at the end:

**Kristy:** "I desperately want the jalapeno ones to be spicier. Like a few pieces of jalapeno around the outside does not a spicy pretzel make... I want the jalapenos to be inside the dough."

**Troy:** "Jalapeno needed more spice on them in my opinion. The dough was done really well, which is really the main thing you're looking for in a pretzel."

**Tori:** "Serrano peppers would amp up the spice level."

**Gayathri:** "Or even bell peppers could add another layer of flavour. But the concept is really interesting. I like it."

**Kristy:** "Earlier Cristina said as an Italian she doesn't like their marinara sauce."

**Nikayla:** "Cheese dip is kinda disappointing."

**Frankie:** "Yeah, the cheese dip is just like... hot Cheese Whiz."

**Tori:** "The plain is the greasiest. It looks the shiniest."

**Nikayla:** "Yeah, it's kinda just butter and salt."

**Frankie:** "The dog bites were definitely quite greasy, but it's because of the hotdogs. It's just kind of unavoidable."

**Tori:** "For the cinnamon bites, there's too much sugar and cinna-

mon on them. I've had them like two different times and they go a little too buck for my taste."

The verdicts on the favourites?

**Troy:** "I like the almond crunch. Which is surprising, because I don't usually like sweet foods over savoury."

**Gayathri:** "I think my favourite is the marinara sauce of the savoury sauces."

**Kristy:** "I would eat cheesy bites with jalapeno cheese sauce all day long."

**Nikayla:** "The jalapeno cheese sauce isn't spicy — I like it better than the regular one. And I don't like spice. It just actually has flavour to it."

**Frankie:** "Yeah, distracts you from how it's just hot Cheez Whiz I think."

**Nikayla:** "Honestly, I think the plain salted is my favourite. You just can't go wrong with it."

**Gayathri:** "The caramel sauce is rich, but not too sugary."

**Kristy:** "I really like the dragonfruit lemonade. It's a very subtle flavour. It's not too sweet."

**Frankie:** "It tastes like a white flavoured freezie."

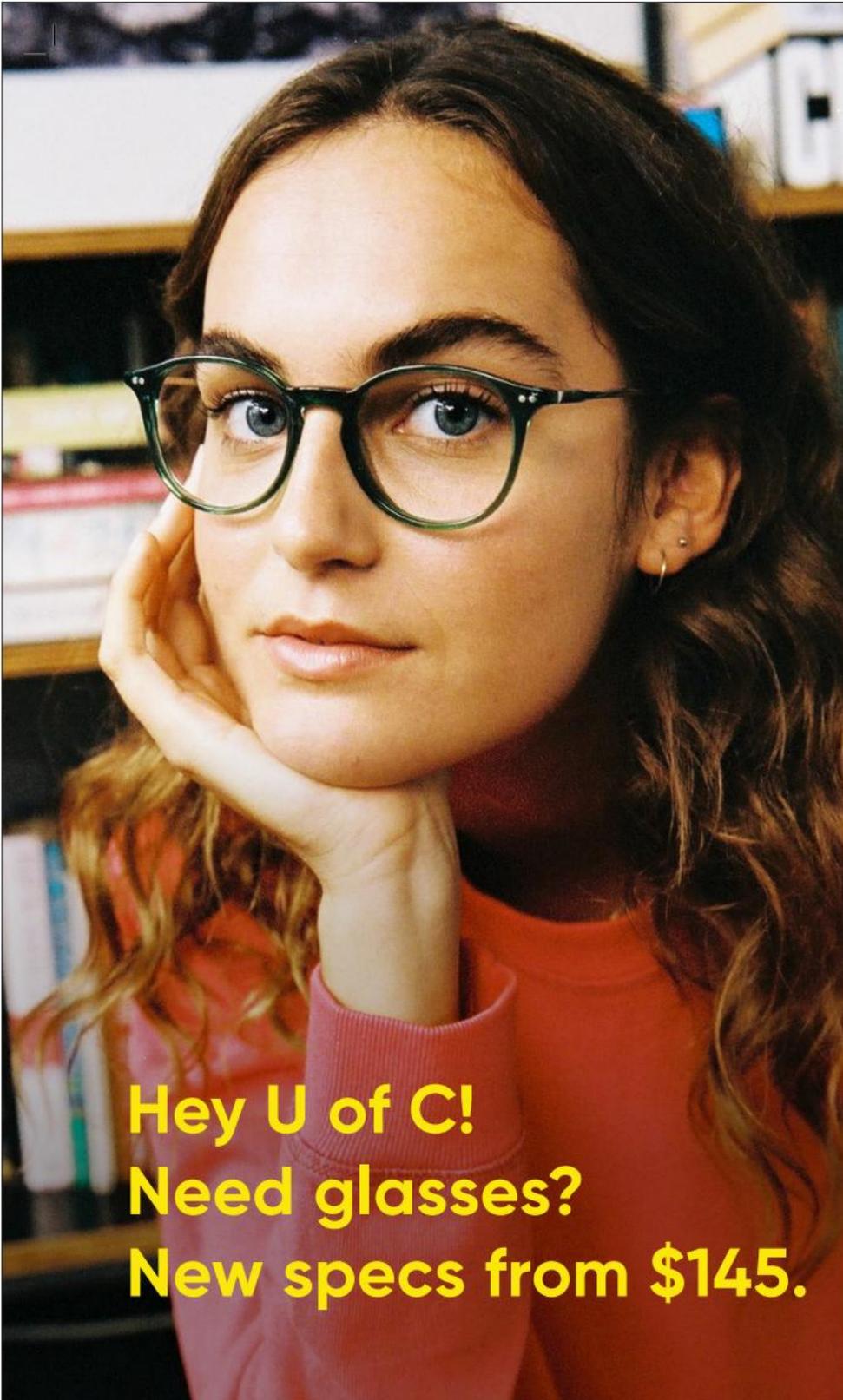
**Cole:** "The cheese was my favourite. Pepperoni was pretty good, but you might as well order a pizza. And the cinnamon one was really tasty, though with the caramel might be a bit too much."

**Gayathri:** "The almond crunch with the caramel sauce killed it."



The original salted pretzel with marinara and cheese sauces and frozen dragonfruit lemonade. MARIAH WILSON





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**B A I L E Y  
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EDUCATION »

# Minister of Advanced Education Demetrios Nicolaides talks new 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.

The *Gauntlet* spoke with Minister of Advanced Education Demetrios Nicolaides regarding the new model.

**The Gauntlet:** Why would a student support this new funding model?

**Demetrios Nicolaides:** That's one of the most important tasks for the new funding model is to help ensure that it sets our students up for success. We have the highest youth unemployment rate in decades so it's becoming increasingly difficult for students in the province to find rewarding careers. So, we need to work with our post-secondary institutions to help ensure that we're building the strongest possible connection between their education and the labour market so that they're set up for success in the best possible way.

**G:** What is the purpose of a university education? Is it solely to find a job?

**DN:** It's not solely to find a job. We have different institutions — we have comprehensive research universities, we have community colleges and polytechnics and all of them have a different mandate and a different role to play. I think that a university education is about developing oneself, strengthening skill sets including critical thinking skills, communication skills, becoming a stronger individual and as well, setting themselves up to find a rewarding career once they graduate.

**G:** How many metrics will be used to evaluate funding?

**DN:** The maximum number that we anticipate is about 20. In a lot of my research, review and analysis of performance-based funding systems for higher education around the world, one of the recurring themes and trends is a recognition that you can't have too many metrics, otherwise it becomes too complicated. So, we wanted to ensure that we stay close to that 20 mark as an absolute maximum. It may be less, but I don't think we should be looking at more than that.

**G:** Will each institution have the

same number of metrics?

**DN:** We'll have a standard set of system-wide metrics, however the way in which they are weighted may be different. For example, there may be some metrics related to research capacity that will be particularly important for our research universities including the U of C. However, that metric may not be that appropriate for some of our other institutions. We will be weighing the metrics differently depending on the different mandate of each institution.

**G:** How many metrics do universities get to establish on their own?

**DN:** We've indicated that each university or institution will have the ability to define one of their own metrics. However, apart from that one, we are engaged in open dialogue and discussion and consultation with our institutions as we speak so they can provide some feedback on some of the metrics that we're proposing and to suggest new ones. I'm really open to hearing different opinions and views that will help inform how the metrics will be defined.

**G:** Once the metrics are established, if they're not working, how much opportunity will there be for revision?

**DN:** [There will be] quite a substantial amount of revision. We will evaluate and reweight the metrics and the targets on an annual basis — that's important because we have to be flexible and adaptable and so we have to recognize that things change from year to year. There will be incredible flexibility to change the weighting from one year to the next.

**G:** Will the metrics ever be set in stone?

**DN:** I don't believe so — that would be too rigid. We have to ensure that there's flexibility and adaptability and I don't foresee a situation in which that would occur.

**G:** If institutions don't achieve their targets to earn 100 per cent of the funding, what will happen to the unallocated funds?

**DN:** That's a particular topic that we want to discuss more through the round of consultation as we work on implementing this. We want to get a better idea from students and faculty and senior administrators as to what should happen to that in the instance where an institution doesn't meet all of the targets and if there's additional savings there, how that should be

best allocated. I'm open to hearing some different perspectives so we can get on the same page.

**G:** There's some discussion that this new model is simply an opportunity to cut more funding to Advanced Education — how do you respond to the criticism that this is just a cut in disguise?

**DN:** The intent, as I mentioned, is to help ensure that we set our students up for success in the best possible way. And as well that we are maximizing transparency and accountability of taxpayer dollars. We are in very challenging economic times and the Government of Alberta, through taxpayer dollars, provides over \$2 billion to post-secondary institutions. We have to maximize accountability and transparency of how those dollars are being used in the system.

**G:** One of the proposed metrics at this point is to evaluate how graduates respond that their current main job is very or somewhat related to the skills and abilities they acquired during their program. For Faculty of Arts students, with degrees in history or philosophy who don't end up in a role directly history- or philosophy-related, how does this impact the metric? Will skills such as critical thinking factor in?

**DN:** That's a very important aspect. I'm someone who understands the importance of a liberal arts program and degree — I completed my Bachelors, Masters and PhD in liberal arts programming. I recognize how incredibly valuable it is.

This is specifically why I believe it's important that we look at metrics related to skillset and competency as well. The nature of work is changing — there was a recent report produced by the Conference Board of Canada last spring which showed that here in Alberta, because of technological change and automation, the need for so-called soft skills is increasing. Employers are looking for more individuals that have sharp critical thinking skills and strong communication skills, so it's why, in the proposed metrics, I wanted to ensure there are metrics related to skillset and competency so that we're able to capture that and reflect that as part of the performance-based model.

**G:** Why did you choose to make the funding model non-competitive, instead of phasing out institutions that are not performing?



Nicolaides answers questions about the new performance-based funding model to begin April 1. courtesy GOVERNMENT OF ALBERTA

**DN:** Each one of our institutions is unique. They have different mandates, they have different roles and visions and they service different communities. As an example, Northern Lakes College — which is based out of Slave Lake — their mandate is to provide access and academic programming to an area of the province that is a third of the entire province. It's a massive territory so they provide academic programming to some of the most remote parts of our province and to some incredibly small communities. To stack them up against the U of C is not a fair way of evaluating success — success for Northern Lakes may look different than for the U of C.

U of C again has a role to play in terms of advancing research and engaging in new discoveries, whereas other institutions may have a stronger mandate related to access and providing academic programming to some of the most remote parts of our province. They all have a different role and that needs to be reflected.

**G:** The University of Calgary recently raised tuition as a result of the cuts and other institutions are likely to do the same. Could the university have found efficiencies elsewhere rather than relying on a tuition increase?

**DN:** Our universities do abso-

lutely need to look at finding efficiencies and finding savings. I've been working very closely with all of our post-secondary institutions to ensure that they are working on reducing expenditures and bringing the cost of delivery down. You may note that the MacKinnon Panel Report that was produced last summer found that Alberta spent close to \$8,000 per student on administrative costs whereas in BC it's about \$5,000 and Ontario \$4,000. Some of the preliminary data seems to suggest that we're spending more in Alberta in administrative costs and so I've been very clear with our post-secondary institutions that we need to look at reducing administrative costs and providing academic programming in a more efficient and streamlined manner.

**G:** At what point will there be punitive actions for institutions that continue to raise tuition rather than finding administrative efficiencies?

**DN:** I think part of this is also reflected in the performance-based model. There's some discussion around metrics related to administrative expenses and total costs to help ensure that our institutions are being as efficient as possible with taxpayer dollars — I do anticipate that to be an element of a new performance-based model.



FESTIVALS »

# Block Heater brings Folk Fest to the winter months



Block Heater runs at six different Calgary venues from Feb. 20–22.

courtesy MELANIE BOISVERT

Troy Hasselman  
Arts & Culture Editor

The winter months in Calgary can be a long, dreary slog to get through as the seemingly endless shortened days and cold weather drags on with the city's busy summer festival season still months away and we await city-uniting events like the Calgary Folk Festival. Those hoping for a taste of the beloved summer festival that takes over Prince's Island Park over a weekend every July will have a chance with the return of Block Heater across six different venues in the east end of Downtown and Inglewood. Block Heater runs from Feb. 20–22.

The festival had its inaugural run in 2016 with concerts at their home building — Festival Hall — along with the Ironwood Stage & Grill and Inglewood Folk Club, as a means of keeping the festival going through the entire year aside from just during the summer.

"Internally we've talked about wanting to bridge the gap between our summer festival and the winter," Calgary Folk Festival director Kerry Clarke says. "We came up

with this as a couple of staff together, 'Does it make sense to do a winter festival?' 'What would it look like?' It was a collective decision about six years ago."

This year's festival will run at the Central Library, Festival Hall, Gorilla Whale, Ironwood, King Eddy and Studio Bell. The Block Heater name comes from the heating up of the few block radius that the festival will take part in long with the block heaters in cars, which are another integral part of the Calgary winter experience. The festival will begin on Thursday night with shows in Inglewood before also moving into Downtown for the rest of the weekend.

"We start in Inglewood with our own Festival Hall as well as the Ironwood and Gorilla Whale and we move down the Music Mile for Friday and Saturday nights into our friends at Studio Bell and use four venues within Studio Bell including the King Eddy," Clarke says. "As well, we are in the Central Library where we expanded into last year. That same programming continues on Saturday night. On Saturday afternoon we have a combination of the East Village

and Inglewood for our venues. Except for Thursday night, where we only have three stages, we always have five stages concurrently in operation."

While Block Heater has grown strongly since it first began in 2016, the festival is still looking to grow further with ideas for future plans including collaborations with other winter festivals and adding an outdoor component to the festival amongst other proposals.

"We're part of a new, exciting winter festival strategy so there's going to be a highlight on that and some collaborations with High Performance Rodeo and some of the other festivals that take place in the six-week winter period," Clarke says. "There's some talk about doing an outdoor collaboration between us and High Performance Rodeo and some of the other festivals that take place in the six weeks inter period. We're also talking about doing an outdoor component, probably on Saturday afternoon, in and around the East Village area. We're also having conversations about possibly doing a large concert during the

weekend at a separate venue that would probably kick off or close Block Heater."

This year's headliners will include DJ and Folk Fest veteran Kid Koala, Calgary hometown favourite Chad Vangaalen, rising Indie star Hannah Georges and Spoken Word legend Shane Koyczan.

"We've had a long relationship with Kid Koala. He's been to the Festival twice and he's really wonderful no matter what configuration," Clarke explains. "This is more of what people are familiar with in his traditional DJ sets. Chad is someone we've had at the festival a couple of times, he's a local hero and done a lot of touring and is very well respected locally and nationally. We're excited to have him, he'll be doing a concert at one of the larger spaces in Studio Bell's Performance Hall which we call the Flipp Reality Hall because we have a wonderful sponsor for that. He'll be doing a concert that includes his full band. Hannah Georges is also a very well-loved indie artist across the country. She'll be recording very soon, her album will be produced by The National's Aaron Dessner.

Shane Koyczan is someone I'd really like to highlight, he's a spoken word artist who started out in the band TOFU — Tons of Fun University. He's really, very unique. His words are amazing, he's got some beat poetry and some spoken words. He's a storyteller first and foremost."

Block Heater, like Calgary Folk Festival, acts as a chance to discover new artists alongside the headliners. Clarke recommends those unfamiliar with the lineup to research the artists on the festival website before heading to the festival to get an idea of what they'll be seeing.

"We often have artists who are going to be people's new favourites," Clarke says. "It's not uncommon at Block Heater for people to say 'Why didn't you have so and so?' We say 'We hired them two years ago,' and they say, 'I hadn't heard of them two years ago.' I recommend you get on the curve early and really do your investigating because people you might not have heard of could be really doing something special. Go to our website, we've got videos you can watch and music you can lis-



FESTIVALS »

ten to. You can just explore and get to know some of these artists and come and try it out because

we have tickets for the full weekend but we also have passes for individual evenings. You can come

and see lots of different artists under one ticket. It's very much a festival-in-a-box situation like the

summer festival, only with more walls and ceilings."

Alongside the headliners, Clarke mentioned a few of the rising acts at the festival that people should look out for.

"Son Little is very cool," Clarke says. "He came to the festival a couple years ago and is a new soul artist and I'm very glad that he's performing at the festival. Carmanah are a band from BC and they have a really great indie pop sound. I think people will like that a lot. Marlaena Moore from Edmonton has performed in Calgary a couple times and it's really special to have her at the festival. Those are some. Of course Cécile Doo-Kingué is amazing. She's from Montréal and is an incredible guitarist on the blues tip. We have 38 artists at Block Heater and I love them all, but those are some that people might want to keep particular attention on."

The Festival will also be honouring Black Future Month, the Afrocentric iteration of Black History Month with a screening of the documentary *We are the Roots* — which tells the story of black settlers on the Canadian prairies — alongside performances from black artists from across Canada and beyond.

"February has traditionally been Black History Month and some people still call it that and there's programming called that," Clarke says. "The folks involved with us are more in the Black-futurist movement which is looking towards the future and new innovations and sounds and cultures that are out of the African-descended community, so we're celebrating that with the film *We Are the Roots* and a panel discussion. We just also have a lot of artists that are a broad representation of what African-Canadians are doing in music like the aforementioned Afrotronics who are sort of a black futuristic sound, Cécile Doo-Kingué and Lynn Olagundoye, an amazing R&B soul artist. An artist from Edmonton I'm really excited about Karimah. People may have seen her if they were at the Decidedly Jazz Danceworks show last year, she was their narrator and performer. We also have Son Little who I mentioned and a really great artist from the States, Sonny Moore. So just a really broad representation of the different creativity that's happening in the African-descended community."

For more information about Block Heater, it's lineup and schedule and to purchase tickets, visit [calgaryfolkfest.com](http://calgaryfolkfest.com).



Block Heater is run by Calgary Folk Festival.

courtesy DAVID KENNEY

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and WRESTLE BEARS for this man"**

Anonymous student, 2019

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CLUBS »

# U of C Improv Club Celebrates 10th anniversary



The U of C Improv Club is hosting the Best of The West Improv Festival from Feb. 19–21.

courtesy MICKAIL HENDI

Troy Hasselman  
Arts & Culture Editor

The University of Calgary Improv Club is celebrating its 10th anniversary this year. The club has been promoting the form of theatre on campus for a full decade now with shows, workshops and collaborations with improv groups from other schools.

As U of C Improv Club Co-President Lauren Conn explains, improv can be anything so long as it is based around interactions between different people.

"Improv is the spectacle of interaction," she says. "Us talking right now is improv. The only difference is between this and what's happening onstage is you have a name, I have a name, we both know who we are to each other. Whereas if you're onstage, you don't know who you are, your name, where you are, what you're doing. You have to figure that out with your partner and other people onstage."

Conn owes the clubs' longevity to the many uses and skills that

can be gained from improv beyond the stage.

"It has a lot of applications outside of being onstage and performing in a scene," Conn says. "It helps with public speaking, confidence and being able to network with people. There's a lot of other skills that come with being able to make some stuff up on the fly."

Ten years in and the club is still growing with new members being added and new events available for club members, like the Friday night improv jam sessions.

"I would love to have more people join," Conn says. "Something new we started last semester is we have workshops on Tuesdays and we also have jam sessions on Fridays. Jam sessions are more like people come and hang out and play drama games and it's more of a chill atmosphere and Tuesdays are for workshops which are more about hardcore improv skills."

While people mostly associate improv with comedy, it can cover a whole range of genres and forms with the only necessary

ingredient being improvisation.

"A lot of people, when they think of improv they think of *Whose Line Is It Anyway?* While we do a lot of stuff like that, the fun thing about improv is that it can be funny, it can be sad, it can be heartwarming, it can be depressing," Conn says. "There's a lot of different genres you can cover."

From Feb. 19–21 at the Boris Roubakine Hall in Craigie Hall, the Improv Club will be hosting the sixth edition of the Best of the West Improv Festival (BOTWIF), which brings together improv groups from universities across Canada including the University of Alberta, Mount Royal University, University of Regina, University of Saskatchewan and University of Lethbridge. The festival is one of many that happens throughout the year between university improv groups and is indicative of the strong sense of community between these groups.

"It's a fantastic community," Conn says. "This past weekend I was at the University of Alberta's Improv Fest, and they're called

the University Improv Group (UIG). They do a similar thing. They invite groups from all over western Canada and some from the States. It's like a family reunion where everyone is the fun cousin. We all get together and do night events and stuff. It's a really loving and supportive community."

There are numerous improv events at universities from January to April, with members of the U of C Improv Club travelling to U of A, MRU, UBC and even Montana to take part in these numerous events.

"There are more festivals from the January to April stretch," Conn says. "There's the U of A event in January and ours is always during February reading break. There's Impulse at UBC and Montana has one in April. That's been pretty recent as well. This past October Mount Royal had their first improv festival as well."

Those looking to see the U of C Improv Club in action have their next chance when the club hosts their next show on Feb. 14 at the Boris Roubakine theatre in Crai-

gie Hall. Shows usually involve between eight and 10 members of the club to ensure that everyone gets a chance to have some stage time over the whole improv season. The show will have two parts, with short-form improv games in the first half and a long-form story in the second half.

"The show is usually an hour-and-a-half," Conn says. "We have a first part that is usually short form. People that are familiar with short form like 'Sit, stand, lie' or the alphabet game, those kinds of things in the first half. In the second half we have a longer-form story."

Conn says those looking to join the group can look through the clubs' Facebook page or express interest at one of the groups many events.

"We have a Facebook page and we recruit people that way or people can express interest in person at a jam session or workshop," Conn says.

More information about the U of C Improv Club, membership and its upcoming events can be found on its Facebook page



## SEX LIFE »

## Why do you care about my sex life?

SooBean Kim  
Contributor

Allison Reynolds, played by Ally Sheedy in *The Breakfast Club*, summarizes the trans-generational struggle of judgment on sex by saying, "Well, if you say you haven't, you're a prude. If you say you have you're a slut. It's a trap. You want to but you can't, and when you do you wish you didn't, right?"

Well, why is that? I believe that one's sexuality and level of promiscuity is deeply personal and that it should be separated from judgment. I feel it is also important to note that personal does not necessarily mean private. If someone wishes to be open about their experiences, who are we to stop them? Why are we so quick to judge people on something so incredibly personal? You would think that in the millennial age of supposed "wokeness" we would try to welcome sexual liberation and not be slaves to judgments.

The glorification of sex and

more specifically one's first time is a worldwide tradition that has been created through religious beliefs of chastity and furthered through cinema and popular culture. More often, sex is nothing like in the songs or movies. In most cases — for all genders — sex for the first time is no meadow of flowers with a ray of sunlight shining down on the supposedly joyous unification. It is typically awkward and filled with tensions. It is these conceptions that have drawn up a toxic atmosphere of expectations of what sex should be.

One's level of sexual promiscuity should not define them. You are more than who you choose to have or not have sex with. No one is entitled to confining others into definitions based on their personal beliefs. Those who judge people negatively based on their sexual activities typically claim to do so in the name of morality. Someone please explain to me what is moral about bullying? Sugar-coat it however you like as personal beliefs,

freedom of speech and preference. If you use these as an excuse to cut someone down and to hurt them you are — by definition — a bully. What good comes from your judgment? The only thing to come out of that judgment is negativity and don't we have enough of that in the world already?

For all genders and sexualities, although they may be defined differently, there is a double standard in regards to sex. People are type-cast as prudes or sluts, "Freaks" or vanilla. Notice how none of these terms are really seen in a positive light. The only people really praised for their promiscuity are cisgendered heterosexual men and still there exists a double standard. Those in that category who choose to abstain from sex are subjected to toxic masculinity where they are seen as "less of a man." People judge others on their sexuality, level of promiscuity, clothing, race, gender and education. Isn't it exhausting? It truly is a man-made trap forcibly placed upon human-



Everyone's sex life is personal to them.

courtesy ARTEM LEBUNSKY/UNSPASH

kind. Speaking frankly, I don't quite understand why people make the active decision to take time out of their day to hurt someone else. Until someone chooses to bring

up their own experiences, or lack thereof, then please mind your own damn business. You are not turning a blind eye, it was never yours to criticize.

## DATING APPS »

## Navigating the dating scene online

Jenn Gorrie  
Contributor

There has always been somewhat of a stigma attached to online dating, as those who present themselves on the internet were once considered to be desperate or rather naïve. Instead of using these terms for those looking for love, they should be considered courageous as people are willing to go through great lengths to put themselves out there.

Tinder, Bumble, Hinge and Plenty of Fish (POF) are some of the dating apps that have become popular within the last few years. The variety allows people to choose a suitable app for themselves. As someone who is seeking a serious relationship may not spend their time on Tinder, but instead try an app that matches them with someone based on their answers to questions.

It seems as though online dating has become the prime source for those in the dating scene. Anyone remotely media-driven and single

is likely using a dating service. Sure, there are some people still skeptical with the idea of posting a photo of themselves and swiping to find their soulmate, but in a day and age where we're invested in social media, maybe an app is the only way to find someone that catches your eye?

I am one of many who are guilty of dipping my toes into the dating pool from time to time, to see what it is all about. With friends who have successfully found relationships online, I was curious to see if my experience would be similar, especially being part of the LGBTQ+ community.

I found that a lot of these apps are not catered towards the LGBTQ+ community at all. It is important for dating apps to evolve and become more inclusive instead of just being made for the average Joe.

My experience with Tinder was like a bad breakup — I found myself re-downloading the app countless times throughout the week. I had also tried POF and Bumble in hopes of some kind of validation that there wasn't something wrong with me.

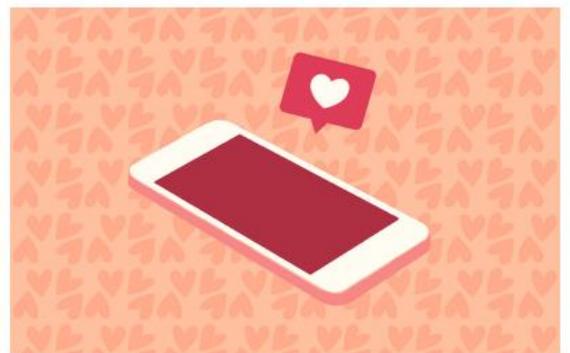
What I found instead was that some people were on all apps, or certain ages favoured one over the other. Older men and women who didn't use their phones as much were on POF, and young adults that claim they are "trying to take dating seriously" would be on Bumble.

This however is not true, as the app itself should not matter, but rather the connection that you are forming with the person.

I had heard the expression a few times — if you are trying to find someone to be in a serious relationship with online, you would need to have a lot of patience, as it is like participating in the lottery. People will always like to gamble in hopes of winning the jackpot, but there may be many attempts.

Dating apps should be considered a game, allowing for people to be aware of the possibility of being ghosted, or talking to someone who may be cat-fishing them. There are some rules that are somewhat unspoken, but instead should be followed.

The first rule would be talking to someone who has more than one pho-



Are dating apps worthwhile?

TRICIA LIM

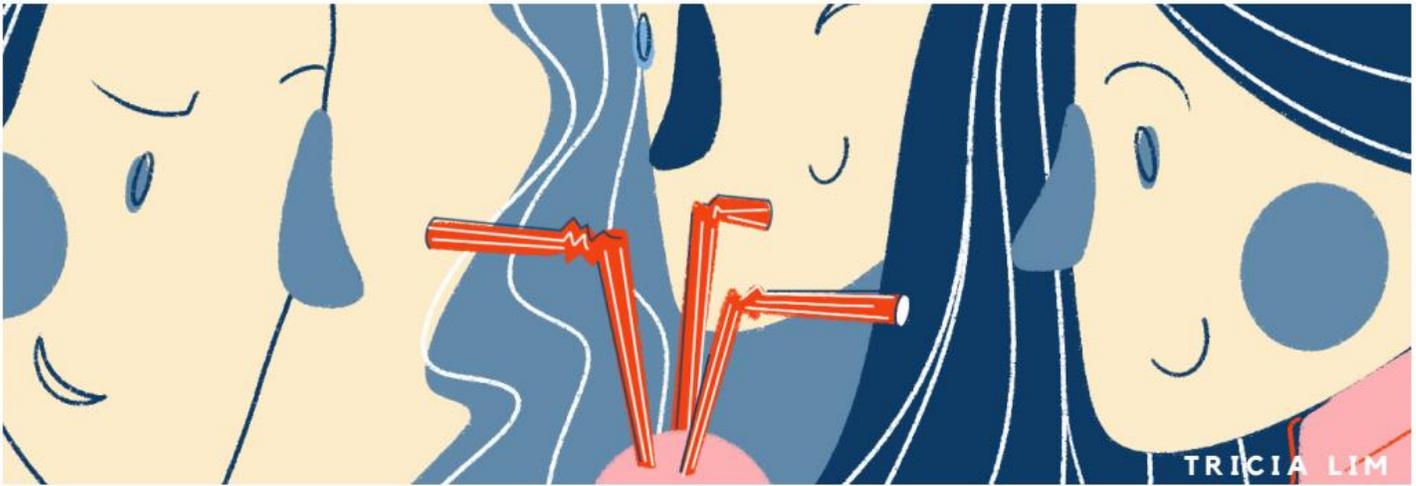
tograph of themselves online. This by no means is supposed to be insulting, but a reminder that if someone is posting a photo that was clearly taken on a digital camera with flash, and it's now 2020, how old is that photo really?

Another rule to consider is that the person on the other end may be talking to several other people for instance, so you should not focus all your undivided attention on them.

Instead, it is important to be upfront, maybe not share how many people you are currently talking to, but mention what you are looking for so you can narrow down if the person is at all worth your time.

The last rule is, of course, to be safe. Whether that is meeting them for the first time in an open, public place, or if sex is on the table, having an open discussion about their sexual history.





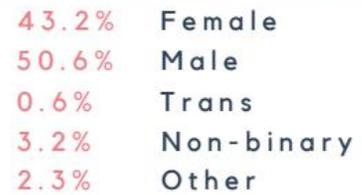
# GAUNTLET'S ANNUAL SEX SURVEY

DESIGN BY MARIAH WILSON

## Age



## Gender Identity and Affiliation



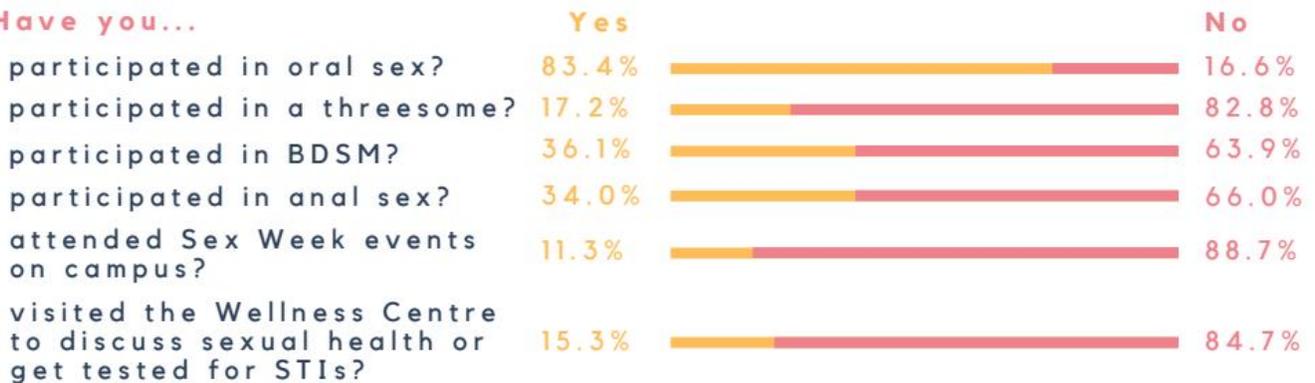
## How often do you masturbate?



## Are you a U of C student?



## Have you...



## Do you watch porn?





## UNCUT GEMS »



There are many myths surrounding uncircumcised penises.

MARIAH WILSON

## Uncut Gems: An ode to the uncircumcised penis

Ms. Robinson  
Contributor

Years ago, my high school boyfriend and I were discussing when we were going to having sex for the first time. Neither of us were virgins — we'd been with several other people. But, he broke down in tears and told me that he had “a big, embarrassing secret” to tell me before we did the deed. The secret turned out to be that he was uncircumcised.

I was shocked. Not that he was uncircumcised, but because he was so ashamed of it. Many years — and plenty of uncircumcised penises later — I'm still shocked, because I've experienced similar stories on multiple occasions.

It turns out, there are a lot of people being body-shamed for having an intact penis. In read-

ing online forums, Twitter posts and even in conversations I've had with others, there's a woeful lack of education about uncircumcised penises. People remark that they would “never touch an uncircumcised penis” and that they are “gross” or “dirty.”

Circumcision is very common in North America, but that isn't so in other parts of the world. I still come across people who've never seen an uncircumcised penis and say they wouldn't know what to do with it if they did.

I'm not going to debate the cultural or moral aspects of circumcision, or cite medical reasons for or against the practice, but rather dispel a few commonly-held beliefs and tell you why the intact penis is my personal, sexual preference. My hope is that people with uncircumcised penises, and those who

encounter them, come away a little more informed and confident.

The belief that uncircumcised penises are dirty or smell bad because it's difficult to clean under the foreskin is patently ridiculous. Not all vaginas are neat, tidy and tucked in. They come in all shapes and sizes and if it's possible to properly clean in between lips and folds of skin, it's absolutely possible to clean under the foreskin of a penis. If someone can't clean their foreskin I doubt their overall hygiene. Quite frankly, if you don't clean yourself all over, I'm not interested. It isn't the penis — it's the person.

Another myth is that uncircumcised penises are difficult to handle. I have a hard time with this one too as the statement assumes that all sex acts should be easy and require zero work. Would you just

stick something inside a vagina without warming its owner up first? I certainly hope not. Any sex act should require a bit of care and attention and just as every partner likes something different, not all uncircumcised penises should be handled in exactly the same way. As with any partner, you should be asking what they like. That being said, it normally is not preferable to yank the foreskin back. If you're going to use your hands, use the upstroke before the downstroke and allow some of the natural lubrication that exists between the foreskin and the head of the penis to help glide things along.

Speaking of lubrication, an uncircumcised penis — in my experience — keeps a vagina wetter for longer. While the ridge of a circumcised penis feels like it's pulling the vagina's natural lubricant

out with every stroke, the foreskin of an uncircumcised penis sort of acts as insulation and keeps wetness inside. The foreskin reduces friction which makes the whole event go a bit smoother. They're also incredible for anal sex. That gliding sensation feels somehow gentler and less painful.

I love uncircumcised penises because they're often more sensitive. It doesn't generally take as long to bring an uncircumcised penis to orgasm, and when you do, it seems more intense for the penis's owner. Plus, I like how they look. It's a vintage statue-of-David kinda situation.

Whatever your preference is, it's never okay to body-shame people. Sex is incredible because of the people involved and I'm tired of hearing people speak about uncircumcised penises in absolutes.



AFTERCARE »



# Sexual pre-care and aftercare

Cheyenne Lemaire  
Contributor

**A**ftercare and pre-care are extremely important to you and your partner's sexual health. Here are some tips and general information about what you should remember the next time you get your freak on.

**What is pre-care and why?**

You may be asking what is sexual pre-care, and why should you consider it? Why not just get it on? There are different forms of pre-care, ranging from personal care to care with your partner. For personal care, you may want to bring a glass of water into the bedroom to make sure it's there for convenience — there's nothing worse than being romantic and getting dry mouth. Hygiene is important. Making sure you're clean is always

the nice thing to do for your partner and for yourself. For anyone who experiences discomfort or pain during or after sex, it's still good to do some pelvic stretches to loosen up the muscles down there. According to Columbus Obstetricians-Gynecologists Inc., two of three women experience painful sex during their lives. Stretching may sound awkward, as if you're stretching for an exercise, but you are doing just that. Pelvic exercises can also aid men in lasting longer during sex. Regular exercise is also beneficial to help partners last longer and have more energy during sex. For those who practice BDSM, agreeing on a safe word is vital before sex.

**What is aftercare?**

As much as we know to always urinate after sex to avoid UTIs, other forms of after-care are im-

portant. Cuddling or discussing feelings after sex to come back to equilibrium — especially after intense sex or BDSM-related activities — is significant, but it's not for everyone. Many people feel tearful or upset after sex due to vulnerability or a dopamine overload. Showering after sex either alone or together is hygiene-efficient, can release any built-up stress or be a form of bonding. Whether the sex is casual or part of a relationship, after-care is essential either way for both partners. For personal care — clean up, hydrate, urinate and give your partner a high-five!

**Things aftercare is not:**

Sneaking out in the middle of the night or in the morning without a goodbye, not acknowledging that you just did the deed with said individual, objectifying the person or treating them like some body

parts you found attractive are all things aftercare is not. Any form of objectification or treating your partner with disrespect after such intimacy is a no-go. These do not count as aftercare and do the exact opposite of making your partner feel happy post-sex.

**Why does this matter?**

Partners deserve care after such an intense experience. Partners may feel vulnerable, highly emotional or potentially experience forms of trauma. Making sure your partner is okay and healthy before and after sex can perhaps make future sex with them more romantic and pleasurable because they know you care about them. Taking care of yourself will make you feel much happier after. Checking in on yourself and your partner after sex is the polite thing to do — whether you just met them, or

they're your long-term partner. There is a lot of shame around having intimacy inside casual sex or a one-night stand because that makes more sense in a committed relationship. I beg to differ on that take. Sex itself is intimate already. Taking the time to look at your partner as an equal human with feelings is strongly significant. It doesn't mean you need to marry them.

Just like anything in sex, it's up to you. If aftercare feels more comfortable by just chatting after or quietly cuddling, it still works. Aftercare can also just be finding your partner a safe way home if you are not ready for the sleepover stage. If you are ready to drift into pleasant dreams with your sexy partner at your side, grabbing an extra blanket, putting on some Netflix and cuddling is my favourite way to relax after some intimacy.



Irf Moledina B.Comm 2008

"What I miss most about university is the freedom to do anything. The courage and support that comes with a student card. And the environment of motivated people. For me, life became what my life is today from those years. I set a world record with my friends playing cards for the longest consecutive time, I became President of Enactus, and I made a lot of my friends who eventually became my clients. My advice for students and soon to be graduates is not to be set in any particular path: instead create a path for yourself. A lot of people want to make sure that they're in the right spot on day one. If you keep your eyes open for opportunities, they will come. Don't bounce around. Make a decision. But be flexible to move.

"Teyam is a glass half-full kind of person. An opaque glass, half-full of orange juice. She's crazy. You'd expect to find water but instead you find orange juice."  
"What?! What's crazy about me?"  
"What's not crazy about you?"



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.



@HUMANISOFCALGARY



## DATING »

# Embarrassing dating stories: The incredible saga

Anonymous  
Contributors

**W**e've all been there — the stars cloud our eyes and our better judgement and we find ourselves on terrible or embarrassing first dates. Enjoy some mishaps from some of our contributors.

### The "Dick Whipper":

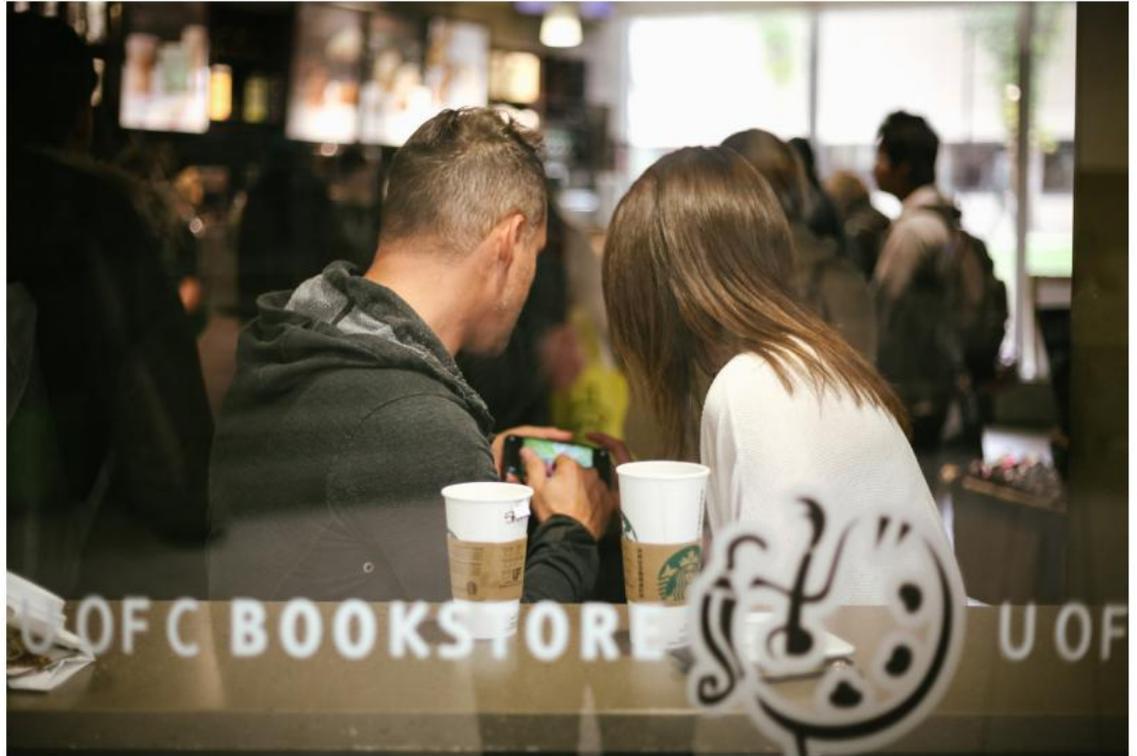
I honestly don't know how to start this story other than saying that Tinder is trash and has trash people on it. After having a pretty standard first date with one of my matches, I decided to entertain a second date since I thought "no harm, no foul." Well, that was mistake number one. Along with yelling at waitstaff, the last straw was when he — unprovoked — whipped out his dick in his car and asked if "I liked what I saw" and if I would "give it a kiss." I immediately asked him to drive me home and never spoke to him again.

### The Romantic Repetitive:

After my long-term boyfriend broke up with me, I decided to throw myself back out into the dating world to face my fears of meeting new people. Luckily, I had some pretty stellar dates. And in particular, I met this lovely guy that took me out for coffee, a walk around Prince's Island Park and even up to the roof of a skyscraper. Even though the date was magical, it seemed a little rehearsed and there was no romantic connection — which he sensed as well. Flash forward three days, I'm sitting with a friend in the same cafe and in walks the same guy with a new girl. He made eye contact with me and quickly shuffled his date out while turning beet red. That night I received a text that said, "Didn't realize Calgary was such a small place. Wanna go out again?" Hell no, my friend.

### There was more than tea in his cup:

When I worked at the mall, I made eyes with a guy who worked at Davids Tea. If we had the same shift, I would often visit him on my break, order a cuppa and we'd talk about everything from our favourite tea blends to our personal life. This went on for a couple of months and it was super harmless since he seemed quite nice and normal. We eventually matched on a dating app and immediately set up a date. He rolled up to my



Sometimes dating can get real awkward, real fast.

MARIAH WILSON

house in his beaten-up SUV with my favourite DavidsTea blend brewed in a travel mug and gave me a big ol' smile and hug — I was smitten. But soon, I started seeing cracks in his near-perfect persona and our night soon turned into the date from hell. Not only did he tell me he dealt drugs in high school — mentioning how he missed the days of making \$80,000 a year — but that he still gets death threats from his previous drug lord for not paying up back in the day. He also kept pushing me to have sex with him that night and bragged about how he was in the habit of drinking an entire six-pack every day. He definitely wasn't my cup of tea, so I ghosted him and blocked him on all of my social media accounts after that fateful date.

### Messy First Date:

On my very first date with a man I met online I was beyond nervous. I kept trying to tell myself I was going to be okay and showed up twenty minutes late because I needed a cigarette. I also had zero idea what this man looked like since this was our first meeting in person. Once I arrived at the café, I walked up to the wrong man, which was incredibly awkward. After texting him

outside the café because I was too ashamed to go back in, the man I was supposed to be meeting came out. We walked around and talked about old movies and why he never wanted to get married. He was very kind and after talking for half an hour, he offered to drive me to my friend's place. At this point, it was 8 p.m. and I hadn't eaten all day. About halfway to my friend's house I got this awful nausea, so I asked him to pull over. I got out of the car and started dry heaving. I felt so embarrassed, but he was kind and picked up some water and food for me.

### Cold, Wet and Canceled On:

I had a date with a sugar daddy near the end of November. A week earlier he said that I looked beautiful in a dress he bought me and told me to wear the dress on our next date. It just so happened that there was a storm on the night of the date. The dress was flowy and grey, yet still casual. I decided to wear it and got stuck in the storm downtown an hour before I had to meet him. After seeking refuge at a friend's apartment, I went to meet him for dinner and just as I arrived at the restaurant, he texts me saying he got held up at work and had

to cancel. Here I was in an expensive restaurant, soaking wet and runny makeup without a date.

### Love in Transit:

In freshman year, I used to take the bus home every day. I noticed that a guy would take the same route from university and get off at my stop. After a couple of weeks of polite smiles and nods, I introduced myself and we eventually became good friends. One day before we parted ways, he plucked a flower from some poor woman's garden and asked me if I would want to go out sometime. I laughed and giddily obliged. Looking back, perhaps I should have given it a bit more thought.

We went on a date the following week, and that's when I realized that he was insufferable. His jokes had always been provocative, but now they were downright racist. I tried my best to bite my tongue, but I found myself pettily bickering with him the whole ride home. We parted ways, me trying not to strangle him, and sat across from each other on the bus in excruciating silence for the rest of the semester.

I learned an important lesson that day — don't mix romance and

transportation, especially when you have no other goddamn way of getting home.

### Sushi and Subway:

When I was 16, I went on a date at a sushi place in Kensington. Partway through the meal, he said he wasn't into the food and stopped eating. I didn't think anything of it, but I always feel guilty not finishing a meal, so I tried eating as much of it as I could. While we were waiting for the train, I started to feel super woozy and decided I should just go home. We didn't even make it to 8th Street station before I started throwing up on the train.

Obviously, something had to be done, so I made an emergency call on the train, and informed them that my emergency was "vomit." I was pretty delirious, still feeling woozy, and was led by my date to what used to be called "Crack-macs," and went to the upstairs Subway bathroom to clean myself off. Turns out, the water was broken. My date bought two water bottles from the Mac's and grabbed some paper towels, which we used outside to clean up to the best of our ability. I managed to get the stains out of my shirt, so I guess it could've been worse.



## SPORTS »

CROWCHILD CLASSIC »

## Dinos lay it all out at the Crowchild Classic

Tori Taylor  
Sports Editor

This year's Crowchild Classic brought in record-breaking numbers for the women's hockey game. The decision was made last year to switch the women's and men's games. Typically the women's team has played in the earlier time slot. However, this year the men's team took the 4 p.m. time and the women's team played at 6:45 p.m. There was hope that the later game would give the women's team a larger crowd than in previous years.

The University of Calgary Dinos and Mount Royal University Cougars went head to head on Jan. 30 in front of a fully loaded stadium of 10,002 fans. The Dinos led with defensive dominance throughout all three periods and won 4-1. Kelsey Roberts was an unstoppable force with her damn-near shut-out. She shut down 20 out of 21 shots.

This year's Crowchild Classic even broke the attendance record in 1968 at the national championship game between Loyola and Alberta at the Montreal Forum. In 2007, CIS set a record of 5,346 when McGill played Concordia at the Bell Centre in Montreal. Comparing that attendance count to what went down last Thursday at the Scotiabank Saddledome shows a staggering leap in support and local team spirit.

There was an attendance concern in 2019 when an admission fee of \$5 was put in place. The money raised was split in half between the U of C and MRU as funding for student-wellness. Thankfully, this entry fee did not seem to cause an issue — numbers actually rose by 1,000 in tickets from 2018-2019 and stayed strong as ever this year.



BRADLEY DEZALL



BRADLEY DEZALL

The choice to swap the women's hockey game to the later slot — a more popular time for spectators — was an excellent move towards supporting

women's hockey. With the recent folding of the Canadian Women's Hockey League, it stands to say that our women's teams deserve positive vibes and a



MARIAH WILSON

solid show of support more now than ever before.

Hockey Hall of Fame member and Dinos head coach Danielle Goyette agrees that putting the women's game into the prime-time slot is a big step towards the growth of women's hockey.

"The two universities putting the game at 6:45 p.m. was a great idea," said Danielle Goyette, Hockey Hall of Fame member and the current Dinos head coach. "The impact on women's hockey is huge. We were always behind the men, and I like what the University of Calgary and Mount Royal are doing to give the girls the opportunity to play in front of a full-house inside the Saddledome."

With 10,002 amped up fans in the stands, compared to previous years of only a few thousand or less, the Dinos women's team was able to dominate their game and play in full-force.

"It might be a player's first time," said Goyette. "And it might even be the only game in their life where they get to play in front of so many people.

It'll be a great experience in their lifetime."

If there was ever any anxiety felt about the crowd numbers, the Dinos did not show it. With only a few minutes into the first period Rebecca Clarke got the scoreboard rolling. Just over halfway into the second period Elizabeth Lang scored the second goal.

Overall, MRU wildly outshot the U of C — the Dinos only fired off 12 shots. But Roberts impressively held strong. Brooke Dennet brought energy and enthusiasm up as she scored their third goal in the last few minutes of the third period. Dennet also finished the game with a goal at the end of the fourth period, after MRU had pulled their goalie.

The game was packed with cheering viewers and both teams fed off of that energy. It was a fantastic Crowchild Classic game. Regardless of the men's loss 5-4, it was the perfect night to rep your Dinos gear and show support!



BRADLEY DEZALL



KOBE BRYANT »

# Mamba Mentality goes beyond the game

Kent Wong  
Contributor

On Jan. 25, LeBron James scored his 33,644th point against the Philadelphia 76ers which put him above Kobe Bryant's career record of 33,644 and into third place as all-time scorer in the NBA. Before the game, LeBron James had written "Mamba 4 life" on his shoes that night. After the game, Kobe tweeted out to LeBron's, "Continuing to move the game forward @KingJames. Much respect my brother #33644," with an added muscle-flexing emoji. This would be Bryant's last tweet and his last address in public. The next morning, he and his daughter along with eight other people, many of whom were coaching staff on the Mamba girls' basketball team, boarded a helicopter to head to a basketball tournament. Unfortunately, the fog that day was dire. The helicopter crashed in the hills by Calabasas and killed everyone onboard. Kobe Bryant was forty-one and his daughter Gianna was thirteen.

At the Mamba Sports Academy in Thousand Oaks, California, a gymnasium full of parents and kids were patiently waiting. That day there would be none of the typical cheering,



A professional athlete that went above and beyond.

TRICIA LIM

sneakers screeching on hardwood, the familiar smell of a basketball — and the sound of those nine individuals. Instead, parents and children took a knee and prayed in silence when they learned about the grave news. All games scheduled for that day were cancelled. Soon after, shock waves hit the world as news of the ill event was

reported. Candlelight vigils were held. NBA games that day had their moment of silence, but the tributes did not stop there. Players took eight- and 24-second violations, in honor of Bryant's jersey numbers, and everyone stood still. Crowds raised and cheered in remembrance of Bryant and the other victims. Kobe Bryant represented

more than just the game of basketball, he represented dedication and hard work.

Bryant was born in Philadelphia but grew up in Italy as his father also played professionally in basketball. He then started his professional career when he was drafted in 1996. In the following years, he broke records and made accolades for himself. Despite his fame and excitement on the court, the Lakers were not able to materialize this success in playoffs. That would all change as Bryant helped carry his team to a three-peat from 1999 to 2002. Numerous records were broken, and many first times were had for the young Bryant leading to his first All-Star MVP trophy. He was now the youngest player to have ever won three championships in the NBA. He would go on to win two more championships until his retirement in 2016. This ushered in an era of basketball dominated by Bryant and he soon became the face of the game both domestically and internationally.

But the numbers and statistics mean little when it comes to the emotions he brought on and off the court. Bryant will most likely be remembered more for being one of the fiercest players and bringing indescribable energy

into the buildings he played in. He admitted that he started to channel rage into his games as early as middle school. He harnessed this energy and personified it on his on-court persona, "The Black Mamba." He envisioned himself like the snake itself, striking victims with surgical precision.

"The Black Mamba steps on the court and does what he does. I'm destroying everybody that steps on the court," he said.

He would soon gain a reputation of the "Mamba stare" and his ferocious court presence, others would comment on his signature playstyle. Regardless if you hated or loved him, you had to respect the Mamba. As a role model and teammate, The Mamba pushed you past your limits. He channeled that frustration and rage as motivation. His dedication to his craft and unwavering focus was an inspiration for all, on or off the court. He may be gone, but his legacy and inspiration live on.

"Everything negative — pressure, challenges — is all an opportunity for me to rise" — Kobe Bryant.

Here is to an example of an athlete that reached beyond his sport to inspire a global population. May he rest in peace.

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# “Not a hopeless fight”: The stories of female climate change activists

Nikayla Goddard  
News Editor

This story began with a conversation with the community organizer for Permeate — a community organization originally founded to advocate for food sovereignty and social justice issues as a part of pushing for climate change actions such as the Green New Deal (GND). I had approached Permeate's community organizer, a climate change activist and a mother who wished to remain anonymous, asking why photos and recordings weren't allowed during a Green New Deal town hall.

Her simple response honestly shocked me — it was for her safety, and her children's. She described to me how members of alt-right media would follow her and her children, taking photos and videos and sharing them on social media, saying she should have her children taken from her.

“Over 500 comments of people calling me ‘it’ and trying to find out who I was to have my kids taken away from me... I take them to protests all the time because it's important to do so,” she explained. “Society should be built for kids to learn about how it actually works. There were other children there too.”

“I certainly wouldn't want my children to be taken away from me for trying to advocate for clean water and air.” She hasn't taken her children to a protest since.

Speaking with more women in the climate change activism sphere, it became clear this wasn't just an isolated case. From being ignored and talked over at town halls, to having credentials and work dismissed as irrelevant, to death and rape threats, while the majority of climate change activists in Calgary are women, the majority of them face unparalleled challenges when it comes to making their voices heard.

“We've been having the same conversations for so long. And it still keeps happening.” Permeate's community organizer said.

“There's always this feeling of anxiety and insecurity in the largely female-cohort activists doing environmental organizing. And it's always violence from men. That's the reality,” she said.

Talking with four female-identifying climate change activists in

Calgary, they shared their stories about how they got involved with their work, the challenges they face and what they do to ignore or overcome those hurdles.

Permeate's community organizer said she started climate and environmental organizing when she was 12 — she helped organize a town hall protest of a liquefied natural gas (LNG) plant.

She helped start Permeate last year, with the goal of a “community organization that pushed for food sovereignty and social justice issues in Calgary.” For Permeate, food is a necessary climate response in order to decouple from exploitative systems and build community. From there, Permeate began organizing GND town halls over the summer as a result of their dissatisfaction with the way the GND was pushed as green capitalism without any radical changes being made that would be effective.

“We knew we had to be really comprehensive about it,” she said, “especially with the children and the elderly because they are almost always left out of these programs, which are written for able-bodied men. Even the climate proposals, the kind of world that they are saying would be better for everyone, leaves the most vulnerable people out of the equation. If we want to actually successfully respond to climate, then we have to also make sure everybody is taken care of and educate healthy children.”

After speaking more about her problems with the alt-right media sharing videos of her children, she added that it has been primarily white men who ignore their development of a relevant GND.

“They think there is this ulterior motive of trying to build a society good for children and older people. And it's really this disbelief and this kind of condescension — ‘Don't you know how the world really works?’ Yes — I live here!”

She added, “I am this older woman with grey hair and two kids and people still infantilize me, which I think is kind of interesting. It's always disproportionately older white men.”

Aileen Ling's involvement with Permeate began in September, and Ling saw her role as

making sure some of the Green New Deal policies that were being developed were reasonable and had research behind them to support their documents. Originally in architecture, Ling was frustrated by construction waste and wanted to look into more sustainable designs and materials. She realized during her research that there were a lot of social and economic roadblocks to developing more sustainable solutions, and turned to looking at “design as a form of activism” through connecting communities with environmental technologies.

While she says her time at Permeate has been great, there have been environments in the past where she experienced discrimination as an Asian woman.

“There isn't a lot of Asian female representation. It makes it difficult sometimes to make your voice heard, which can be frustrating, or takes more work to get taken more seriously,” she said.

Ling then explained how there is sometimes a “model minority” cultural expectation of her as a Chinese woman for her to be hard working and ask no questions, and how she sometimes falls into this trope. She says it's not necessarily a bad thing, as there does need to be background people keeping an operation running. “But at the same time, it is difficult not having a lot of recognition for that,” she added.

Rose Jackson, an environmental science major at the University of Calgary, is a coordinator for Fridays for Future Calgary, as well as involved in Students For Direct Action and Anti-Austerity on campus and in the city. Jackson has been protesting for climate change action since March 2019 and coordinating events since July 2019, including helping organize events for international climate week and the Hands Off Our Education student protest on Nov. 29 at the McDougall Center.

Jackson started out as a natural science student, switching her major halfway through her first year in order to get more involved with sustainable-centric activism.

“I thought we need to create more systemic change,” she explained. “Just doing it every so often [...] isn't enough. We need to be able to bring public awareness and

hold our political leaders accountable, and that's how my perspectives shifted last year.”

In terms of any challenges she has faced, Jackson responded, “People usually have a level of respect for me. I do try to commit myself to protesting every single week on Fridays. But there are instances where people try to overpower me or discredit my integrity and my knowledge as an environmentalist and as a student. I prefer not to bring those certain issues up as they no longer affect me, and I try to let those things go because at the end of the day those people don't matter, and as long as we're moving forward with the movement more people are coming on board. Despite who I am, where I come from and the surrounding counter-protesting and backlash, all that really matters is creating that community of strong leaders.”

Joy Shokeir, media outreach for Permeate, foregrounded her interview by explaining how the majority of climate change activists in Calgary are women, particularly young women. As a result, she noted how speaking with older men in the community in particular is a major struggle.

“Even if you have relevant experience in the area, you're not the loudest voice in the room, and they're going to talk over you,” Shokeir said. “Sometimes that is very difficult to get over and when I realized what was happening I was a little bit weirded out — they're not listening or taking me seriously because I am a woman.”

Shokeir added she only has had this problem when in the community — not as much within the climate activism sphere.

“Most people are pretty accepting and open, and they appreciate different voices from people of different genders,” she said.

Shokeir claims that she has been concerned about the climate problem ever since watching *An Inconvenient Truth* in 2006 with her father.

She elaborated, “I've been really a big advocate for environmental conservation. One of the big things I used to do was public education for work and trying to encourage people to be responsible for consumption and trying to be respon-

sible for wildlife especially. Now I think I've gotten to the point with hearing the stories in the news and hearing what's happening and how our leadership has failed to respond. I've felt a very strong urge to get out there and try to push for more equitable solutions to climate change.”

Frustrated, annoyed and angered with the ways they have been treated or ignored, they were eager to offer advice for climate change activists and women in leadership positions.

Having an ally is a great way to make sure your voice is being heard, Ling says. Her partner, who is a white male in the climate activism scene, sometimes “steps into a conversation to make room for me to state my opinion or bring up information [...] which is helpful, but also kind of perpetuates that same thing.”

Ling says that she is still learning how to be comfortable making her voice heard, and her advice for female activists is “working in a whole bunch of different contexts to learn about perspectives of people” and “having that ally can be helpful.”

Jackson's biggest piece of advice for women is to “Stand your ground. No one can tell you that you can't do these sorts of things — that you shouldn't be a leader, that you're a liability, that you're just some random face in the crowd, you don't matter. That's happened several times [to me], and eventually you'll find your place and find where you need to be.”

Shokeir encourages women in the activism sphere to insist on being heard — speaking up even if it seems intimidating, or politely interrupt those who interrupted you to finish what you were saying.

But her biggest piece of advice is to “not get too discouraged,” she said. “Because some days it feels like you're hitting a brick wall and you're not accomplishing anything, but I know from experience that this feeling is actually inaccurate because you make lots of connections with people who are aligned with your goals, and there are many people working to try to solve these problems. It's not a hopeless fight. And there's still lots more that can be done.”



## LIFESTYLE »

PLANT-POWERED PERFORMANCE »

## The herbivore nation vs. the omnivorous standard



There are significant benefits associated with the overall health of people who are focusing on a plant-based diet.

MARIAH WILSON

Kent Wong  
Contributor

Whether you're a varsity athlete or a weekend warrior, you know that nutrition and rest are the foundation that your training relies upon. Unfortunately, current attitudes and perceptions of plant protein are mired in falsehoods pushed by big industries that want to keep the status quo in animal proteins due to financial greed. I want to shed some light on a plant-based diet for performance and general health, along with the numerous advantages it can offer. I am not here to convince you to go vegan or vegetarian, but you certainly need to consider shifting your protein sources to more plant sources. This is extremely important for athletes as you are consuming more protein.

Regardless of your activity, when working out, oxidative stress occurs and muscle tissue break down happens. You then grab your recovery drink or re-fuel with a meal and then rest. Protein helps build and repair tissues and is involved in aiding your body creating and maintaining various chemicals. This is a cycle all athletes adhere to and depending on your sport, your protein and overall dietary needs

will vary. Unfortunately, you're doing damage to your body by refueling using only animal protein. Heme iron is found in all animal proteins and can catalyze the formation of free radicals. If you didn't know, free radicals can damage cells and/or your DNA, and could cause cancer. Unlike their plant counterparts, animal protein doesn't come with the included bonus of fiber, complex carbohydrates and antioxidants. Many plant foods also contain amino acids so you're not missing out on anything by shifting to plant sources. The complex carbohydrates are also superior in resupplying your body's storage of glycogen — your internal battery. Bottom line is that you're poisoning yourself and missing out on numerous health benefits by sticking to animal protein. Lastly, you might be wondering what the professional athletes eat. The consensus is now plant. Tom Brady, with six NFL Superbowls under his belt, consumes an 80 per cent plant, 20 per cent lean meat diet — those rings don't lie. Arnold Schwarzenegger and Jackie Chan have produced a documentary on this topic as well, and they fully support a plant-based diet.

What perceivable benefits can a shift to a plant diet bring? As a long-distance runner and cy-

clist, I regularly track my body mass and  $VO_2$  — maximal oxygen uptake — as health metrics. A more plant-based protein diet can help you in obtaining leaner body mass as your intake in saturated fats will drop. Eliminating excess body fat will boost your endurance and reduce any metabolic risks you may have. Second, carbohydrates are the primary fuel source for humans in moderate to high aerobic exercise. Perhaps you've heard of the term "carb loading," where athletes will eat a plate of pasta, for example, before an event to aid them. This is stockpiling the body's glycogen storage — think of it as a fuel tank. Studies show that a consistent diet that has ample carbohydrates will help keep proper glycogen levels, and most athletes lack the necessary carbohydrate baseline. Plant proteins will help you fill in the gap for complex carbs. Third is your blood viscosity and tissue oxygenation, this is where your  $VO_2$  comes into play with your diet. You need to remember that blood flow depends on arterial flexibility and healthy arteries. You can't have healthy arteries if they're filled up with plaque. And for lifters, science shows that saturated fat will impair your vasodilation — widening of the vessels. In bro-science talk, this impedes your ability to

get the pump. So, too many steaks and burgers are hurting you in the gym. Popeye was onto something with the spinach after all — well, maybe if it was lentils. Finally, you have reduced inflammation and more antioxidant activity. You're less likely to have joint symptoms from your preferred choice of sport and long-term living benefits, too. Osteoarthritis and other types of arthritis are simply manifestations of inflammation. Guess what reduces inflammation? A plant-rich diet!

I want to talk more on artery health since cardio-related diseases are so prevalent in the developed world. Athletes are not immune to atherosclerosis — plaque build up in your arteries — and myocardial damage — damage to your heart muscle — which could lead to cardiac events, like heart attacks. Even more shocking is that endurance athletes are more likely to be at risk for such conditions. In a study for coronary plaque, 44 per cent of active cyclists and runners had coronary plaque compared to only 22 per cent of the sedentary controls. Sitting on your butt watching Netflix sounds appealing now, doesn't it? By sticking to an animal-only source, you lose the benefits of the protection of dietary fiber and antioxidants and exacerbating these issues due

to activity. A performance lifestyle requires a performance diet backed by science.

What if you're not an athlete or weekend warrior? No need for plant protein then, right? Wrong. Arterial changes happen as early as in utero. From the journal of nutrients, they found that most American children aged 10–14 had fatty streaks in coronary arteries. Autopsies of young American soldiers in the Iraq war showed that 8.5 per cent had coronary atherosclerosis. By age 20, approximately 10 per cent of the population in developed nations have plaque lesions. But all is not lost. In the same study, it was shown that a balanced diet and a more plant-based diet could alleviate these conditions.

So, how can you start? I would recommend small changes at first. You can start by adding protein rich lentils and whole grains in your diet. Cut out the heavily refined foods. You'll feel fuller and less lethargic, too. For breakfast, two slices of whole grain toast and a cup of oatmeal is over 22 grams of protein. For those cold winter days, a lentil curry or soup can soothe the soul and supply you with 18 grams of protein per cup. You'll feel better and age better all while avoiding nasty health related issues with a heavy animal-based diet.



## STATE OF MY UNION »



You do not need to have an identical political stance as your partner to have a healthy relationship — but you do need to have respect for your their beliefs.

MARIAH WILSON

## Dating across the aisle: Bridging political divides

Ms. Robinson  
Contributor

Some people say you shouldn't discuss politics or religion at the dinner table, and especially not on a first date. Personally, I think it's a great idea. I'd rather we had a conversation about our politics before we agree to even get to the table — might as well get it out in the open and out of the way. There's no sense in continuing a date with someone who is intolerant of your beliefs or unwilling to engage in conversation about different ideas.

Much has been made about the relationship between Kellyanne Conway — a counselor in the Trump administration — and her husband, outspoken Trump critic George Conway. How does Kellyanne coin the phrase "alternative facts" and then come home and have dinner with a man who spends his days Tweeting about how the president is a liar unfit for office? They're probably an extreme example of love across political divides, but they seem

to make it work.

It isn't always easy to date someone who disagrees with you on virtually everything, but making it work is very rewarding and, quite frankly, a small-scale version of what everyone should be doing every day — engaging with those who have different views in a polite, respectful manner.

Generally, I've only dated people with almost polar opposite political views. As a very narrow description, I'm essentially a free market fundamentalist and he's a democratic socialist and union activist. He was hoping to cheer on Jagmeet Singh and the orange wave all the way to a federal NDP victory but was perfectly happy with me casting a vote — well, let's just call it further to the right. When people find out that we're dating, the common remark is "I bet you two don't talk about politics at home." That could not be further from the truth. We talk about politics all the time — and I wouldn't have it any other way.

Here are some important things to remember when dating across the aisle.

### Establish boundaries:

It's important to have boundaries — there are some beliefs that I am unwilling to tolerate. If my partner was a racist, that would be a fundamental difference in values, not politics. It's abhorrent humanity. I could also never endure someone who opposed same-sex marriage.

### Respect and reason:

My partner and I respect each other. Our debates never descend into yelling or ad hominem attacks, even when it's an issue we're very passionate about. Because we love each other, we take extra care to ensure that when we debate and discuss, our points are based on reason and rationale, rather than emotion and platitudes.

### Understanding and learning:

We actively try to understand where the other person is coming from. Every week, we try to read a book that pertains to the other's political philosophy — I've been reading Mortimer Adler's *Haves Without Have Nots*

and he's been reading Friedman's *Capitalism and Freedom*. We debate the merits of Karl Marx versus Ayn Rand and whether the world would be better with free education. In making the effort to understand each other's politics, we've been able to meet in the middle on some points. I've conceded that universal pharmacare is a good thing and he's agreed that a bit extra added to the national defense budget isn't the worst thing in the world.

### Common ground:

Finding common ground is important in the midst of a seemingly constant barrage of divergent opinions. He and I are both free speech advocates — it's a topic we can always revert to when we're tired of debating. Having a united front on an issue or two makes the differences seem far more tolerable.

Employing the strategies I use in dating across the political divide is good practice for everyday life. When people say things like "I'd never date a Conservative" or "I'd rather be single than end up

with a Liberal" it showcases their ignorance. To suggest that all Tories are racist is pure ignorance, as is suggesting that all Trudeau supporters are somehow intellectually bankrupt. Twitter is not real life and we need to stop behaving like it is. Writing off people who believe different things is foolish. De-humanizing those with differing political views is unconscionable — contrary to what many believe, it doesn't give you the moral high ground and is only contributing to societal divisiveness. Engaging in debate and conversation in an open-minded and respectful manner is the best way to heal the divide.

Yes, politics is personal. It's wrapped up in who we are as people, but that doesn't mean we need to surround ourselves with the romantic version of an echo-chamber. It can be very beneficial to fall in love — or just have coffee — with someone who sees the world in a completely different way. There is no reason why you can't flirtatiously enjoy the diversity that makes our world go round.



## SEXUAL SENTIMENT »



The best thing you can do when navigating the waters of single sexing is to be honest and upfront with your intentions.

courtesy CREATIVE COMMONS

# Out of the old and up in the new new

Lola Mackenzie  
Contributor

A wise man I know once said to me that, in its most true form, having sex with somebody can be as uncomplicated as having sushi with somebody. Meaning, having sex is a neutral, natural event and it is us humans who have placed all sorts of crazy meanings and rules and conditions onto it. Sex is neutral. Eating sushi is neutral. Same-same, right?

Maybe when I'm more evolved I'll be able to actually feel that way, but as it stands for me in my current state of still searching for the meaning of life, sex still has a lot of strings attached to it.

I am recently single after a five-year relationship. Five years of having sex with the same person — it was a good thing, by the way — and we had a fairly healthy sexual relationship. However, I am now suddenly facing the dating world and sex is, fortunately or unfortunately depending on how you look at it, a part of that world. Approaching having sex with a new person or persons was at first not complicated at all for me. I wanted it. I was horny AF and I wanted sex. Fortunately for me and my raging libido, a flirtatious friend stepped in quickly

and willingly attended to my desires.

"Perfect," I thought. I figured I could have lots of fun sex with someone I knew and had an already established level of trust with, which is important. It seemed to me that he wasn't interested in a relationship either, so it was perfect for both of us!

Wrong.

Something happened and "just sex" became more than that. This is the thing with sex — we think it can be "just sex" like it's "just sushi," but for me right now, fresh out of a broken-off engagement, the fact is that it's not just sex.

It's been a couple of months of sleeping with this friend and I've been running hot and cold and basically dragging him along for the ride. I'm trying to let myself off the hook for this — he's a willing participant. I've been honest about where I stand, which is that I don't want a relationship at all right now, which basically has me feeling like the stereotypical man in the "relationship" — eye roll. Despite my honesty and my attempts at cutting off this sexual relationship, I keep going back because I like having sex. Sorry, not sorry. I am a woman and I admit publicly to really, really liking sex. I also feel bad because I'm not sure how my feelings

are towards this guy. I like him, we have fun. But I feel like he's thinking in a much more committed long-term kind of way than I am — cue the guilt.

In order to mediate said guilt, I've tried to cut it off and "detox" from the relationship and men in general, which brings up a whole slew of other garbage that I guess I need to look at.

It's got me thinking, what is it about sex that stirs all this stuff up? Is it sex's fault that we develop intense feelings of attachment to the person we're doing it with? Or is it something deeper than that?

Being a psych major and psychoanalyzing the shit out of myself all the time, I've come to the conclusion that it's not sex's fault. It's everything I put on sex's fault. What I mean by this is that when I have sex with somebody, I feel desired and I feel loved and I feel empowered and sexy — basically like a frickin' goddess. And I also associate those feelings of being wanted and loved with a sense of safety. Safety, my friends, is a big deal for me. I have, somewhere in my life and psyche, made myself believe that in order to be safe I must not be alone. Translate that to adulthood and I've set myself up to feel like I need to have a man in my life in some

shape or form. Be it a casual conversation, attention on an app, texting, sex, flirting or a full-on relationship — doesn't matter as long as there's something. Without attention in some form from a man, I don't feel safe because I think I'll die alone. Then I rebel against that thought and think, "I shouldn't need a man!" And beat myself up for, what, being who I am? This is why sex is complicated, because of all this other stuff around sex. Sex itself is neutral. It really is like sushi!

So where do I go from here? What can you, my dear sweet friend reading this, take away from my ramblings? I think the big thing that keeps coming up to my awareness is that there's no right way to move back into having sex and having relationships after a breakup, or ever, really.

It's confusing and messy. I've gone from feeling secure and safe and comfortable with one person to suddenly getting naked with someone new, and that can be awkward, or it can also be completely easy and fun. It can be one thing for a week or so and then it can turn into something else. There's no prescription and there's no perfect way to foray back into the dating and sexing world. Something I'm really trying to wrap my head around is

just accepting myself for where I'm at and not flogging myself if I do something that I may regret. I'm a human and I'm going to make mistakes and that is allowed. Something that's for sure important is just being honest with whoever you're having sex with. Be honest about how you feel, even at risk of sounding like a crazy person. Have lots of sex or have a little or no sex — all of it is fine for whatever stage you're in.

As a final thought, my issues around sex are my own personally-applied meanings. I know there are a lot of other issues around it for every individual. Knowing yourself and understanding what meanings you personally put on sex is crucial in order to get "right" with it. I haven't always felt empowered by sex. In fact, the complete opposite used to be true. I've worked through a lot of other stuff in order to get to that point and there's clearly still more for me to get through. I will say, it's pretty cool to make breakthroughs! Enjoying sex is pretty rad and it's not just for guys. It's worth the journey and the struggle and the messy mistakes. Just be smart and be safe about it and give yourself permission to dive in and see what happens. Happy sexing!



BURNING LOINS »

# Pee your way to a UTI-free sex life

Dr. Rick Marshall  
Not a real doctor

I spent 12 hours on the midnight Greyhound bus from Regina to Calgary shaking in fetal position. Like a significantly more hunched Quasimodo, I made it to the disgusting public washrooms and white-knuckled my own knees while attempting to pee acid — maybe two drops came out. I had no idea kidney infections were a thing — let alone their relationship with the all-too-frequent urinary tract infection (UTI). Let me tell you, on Oprah's honor, they are absolutely a thing.

I like to learn my lessons in the most brutal way possible. It turns out that a UTI left unattended can travel to the kidneys and wham, bam, thank you ma'am — you are left pissing invisible bloody razor blades with your bare ass fully touching a Greyhound bus station's public toilet seat.

I have lived, guys. I have lived if only to survive and pass on this

advice.

Pee after you have sex. Always, always, always go pee after you have sex. If you are prone to UTIs, I would suggest carrying a sanitary wipe for after you're done peeing. Don't risk it. It is a lesson I hope you never have to learn as intensely as I have.

Female anatomy has the vagina, the urethra and the rectum in very close proximity. This allows for a higher chance of bacteria spreading from the back to front door — especially when you're having sex. By making sure that you go pee after company comes over you can ensure a cleaner hallway from one entrance to the other. Very important stuff. And don't assume that just because your guest(s) only occupied one area of the house — without canoodling around from the back to the front — that you're in the no-pee safety zone. Bad assumption. Bacteria can come from saliva, too. Bacteria can be all up in everyone's business regardless of



Drinking cranberry juice can be a helpful antioxidant boost if you find yourself battling a UTI.

MARIAH WILSON

the activities involved. It is important to keep all entries and exits clean.

So as a general rule moving forward if you didn't know — now you know. When your genitals have contact with someone else's genitals, make sure you go pee

to flush out any bacteria from your urethra. Even better, when your genitals come in contact with anyone else's mucous membranes, take a post-party piddle.

There are many things in life with which I avidly support playing fast and loose. But in-

fecting your urinary tract — or even worse, having the infection spread up into your kidneys — is a situation I suggest keeping a tightly hygienic hold on. Ain't nobody got time for body-wracking sobs in a bus station bathroom at 6:45 a.m.

**NUTV**

**MAKE FRIENDS. LEARN SKILLS. CREATE CONTENT.**

**NUTV.CA**



# HUMOUR »

TANTRIC &amp; TRIASSIC »

## Barney the Dinosaur to run tantric sex workshop during Sex Week

Anton Charpentier

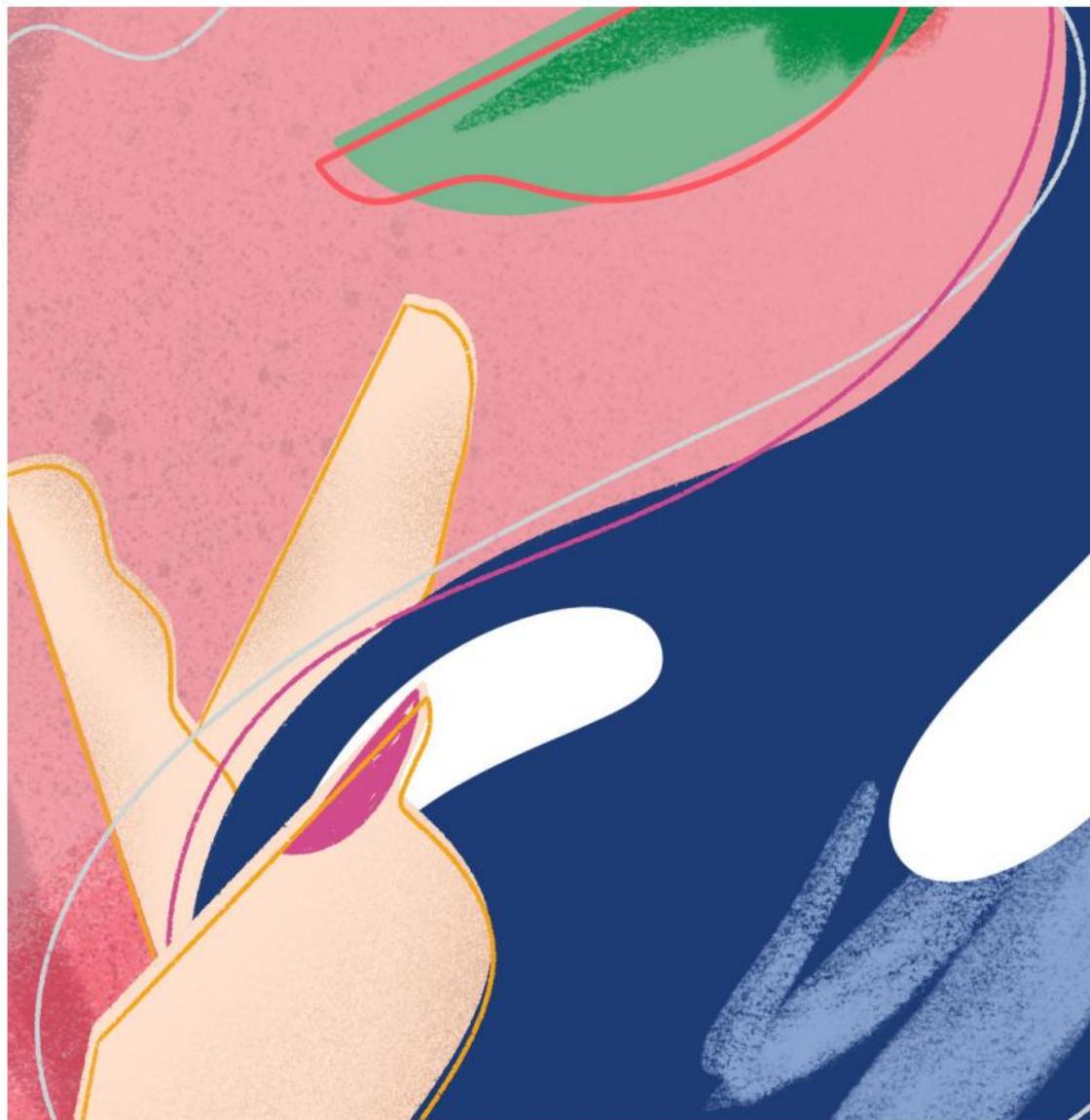
Perplexed by the purple dinosaur

You probably read the headline and immediately thought “What is tantric sex, and how do I get into it?” Tantric sex is not necessarily sex, but sex often occurs while performing tantra. Tantra is about the spiritual connection formed with a partner, which incorporates intimate sexual experiences. It’s like yoga, mixed with meditation mixed with spastic orgasms. Fortunately, the University of Calgary plans on throwing a workshop to teach the students everything they need to know about tantric sex. Speaking of sex, could you think of anyone else to help navigate the waters of tantric lovemaking other than our old friend Barney the Dinosaur? Since leaving the series *Barney & Friends*, actor David Joyner — who once played the titular character — has been involved in the world of tantric sexual healing, gifting his clients one hell of an orgasm at a time. I sat down with Joyner this week to ask him a few questions about his practice and what we can expect this Sex Week.

It was like any other interview. I sat on the couch inside the *Gauntlet* office, wearing my Barney the Dinosaur-themed pyjamas and holding my Starbucks Irish Cream Cold Brew waiting for Joyner. To my surprise, he arrived in a full 70-pound Barney the Dinosaur outfit. After several minutes of finessing the suit into our inadequately sized chairs, we finally got to talking. I asked Joyner what his plans were for this year’s Sex Week.

He replied, “Do not refer to me as David or Mr. Joyner. I am Barney and I want to unlock everyone’s bodies, activate their full potential, then massage them in a bath... and then blow their minds with my orgasmic talents.”

I was shocked, to say the least. All of a sudden, BJ, Barney’s co-star from *Barney & Friends*, ran into the office and started grinding on Barney. I was horrified but admittedly intrigued because of how graceful the grinding was. The two dinosaurs not only made love six-and-a-half-feet away from my face, but connected on a spiritual level. I had never seen anything like it and a tear ran down my face as I witnessed a soul-bonding that until then, I had not thought possible. Did I cry a tear



Barney the Dinosaur fucks, and he fucks like a god.

TRICIA LIM

of sadness or awe? The answer I do not rightfully know, but I managed to regain my senses and went on with my questions.

I asked Barney, “What exactly is tantra, and why did you get into it?”

Barney did not respond, instead, he flipped BJ over and began a cheek clapping that frankly looked incredibly painful, but BJ screamed for more. I assumed they did not hear me, but then I realized that Barney was no longer communicating through words, instead he talked to me through his body. It was at this point that I threw away my Irish Cream Cold

Brew as I had lost most of my appetite because of the extreme odour that was being produced.

I continued my questions, asking, “How did you learn the art of tantric sex?”

Barney once again grabbed BJ by the hips and flipped him upside down, performing what is best described as a dinosaur sixty-nine. I was puzzled, but then I realized that Barney was suggesting an infinite cycle of knowledge, implying that he had always known how to bring people to a transcendental climax.

After several hours, BJ started to shake like a leaf in a hurricane.

A climax like no other was almost upon him, and at that moment Barney whispered into his ear “I love you, you love me.” Then BJ exploded in a violent sexual ecstasy all over the room. It was so violent that I had to take a hot shower with my clothes on afterward. Additionally, most of the *Gauntlet* offices had to be closed for a few days in order to properly clean the walls and furniture. I’m not sure if Barney is actually properly trained in tantra, and it’s more than likely that he is using it as a means to have sex with strangers, but I can say that I certainly felt different after witnessing his talents. What-

ever you may think, one thing is certain, Barney the Dinosaur fucks, and he fucks like a god.

According to his representatives, you can participate in the events anywhere on campus if you run into Barney. Additionally, the representatives wanted me to promote Barney, Baby Bop and BJ’s tantric marathon orgies which will be happening in the MacHall food court around noon every day this week.

I suppose it gives new meaning to the lyric “Barney is a dinosaur from our imagination and when he’s tall he’s what we call a dinosaur sensation.”



HOROSCOPES »

# What sexperience will you have during Sex Week?

Gillian Darichuk  
Fornication fortune teller



MARIAH WILSON

Are the stars on your side this Sex Week? Or should you lower your sex-pectations?

**Aquarius**  
(Jan. 20 – Feb. 18)  
You will feel nostalgic for the cartoons that sexually awakened you. Trying to find animated smut, you will stumble into a brony war, and you won't be able to escape.

**Pisces**  
(Feb. 19 – March 20)  
You will stay up for days with projects and papers and accidentally fall asleep during sex. You won't even get a good grade on the papers.

**Aries**  
(March 21 – April 19)  
You will break away from all your incognito tabs to meet your soulmate. You'll ruin it by headbutting while going in for a kiss. That blood stain will never come out.

**Taurus**  
(April 20 – May 20)  
You will drunkenly order fluffy handcuffs from Amazon and try recording your first time using them. You

will make a worse movie than *50 Shades of Grey*.

**Gemini**  
(May 21 – June 20)  
You will be convinced candles create the sexiest ambiance. No one from Yamska will be impressed by your underwear when you're all standing outside in the cold after a midnight fire alarm.

**Cancer**  
(June 21 – July 22)  
You will try on a new, sexy look. You'll ask a friend for their opinion on your outfit, only to be told that you bear a

passing resemblance to Pennywise.

**Leo**  
(July 23 – Aug. 22)  
You will try BDSM without the Sex Week workshop and whip yourself. You'll never be able to get rid of the thin scar, and will lie about how you got it for the rest of your life.

**Virgo**  
(Aug. 23 – Sept. 22)  
You will try a cheap sex toy you got for free off of Wish. It will die every minute and you will waste an entire pack of batteries before realizing this. That's not very eco-conscious of you.

**Libra**  
(Sept. 23 – Oct. 22)  
You will be so awkward with your crush that they'll introduce you to their friend as a Schulich student. They ask if you're a prodigy, since you can't be more than 15 years old.

**Scorpio**  
(Oct. 23 – Nov. 21)  
You'll think you matched with the person of your dreams, only to find out it was your professor catfishing you. You won't be able to make eye contact for the rest of the semester.

**Sagittarius**  
(Nov. 22 – Dec. 21)  
You will go adventuring down the wormhole of porn on the internet but forget to close your tabs before class. You'll have no choice, you have to take a W on this degree-mandatory class.

**Capricorn**  
(Dec. 22 – Jan. 19)  
You will be exposed and blocked by @uof-confessions for too many Friday Feels posts about too many people. The entire school will roast you in the comments, even students from the Qatar location.

CROSSWORD »

## Sexy Crossword

Frankie Hart  
Crossword connoisseur

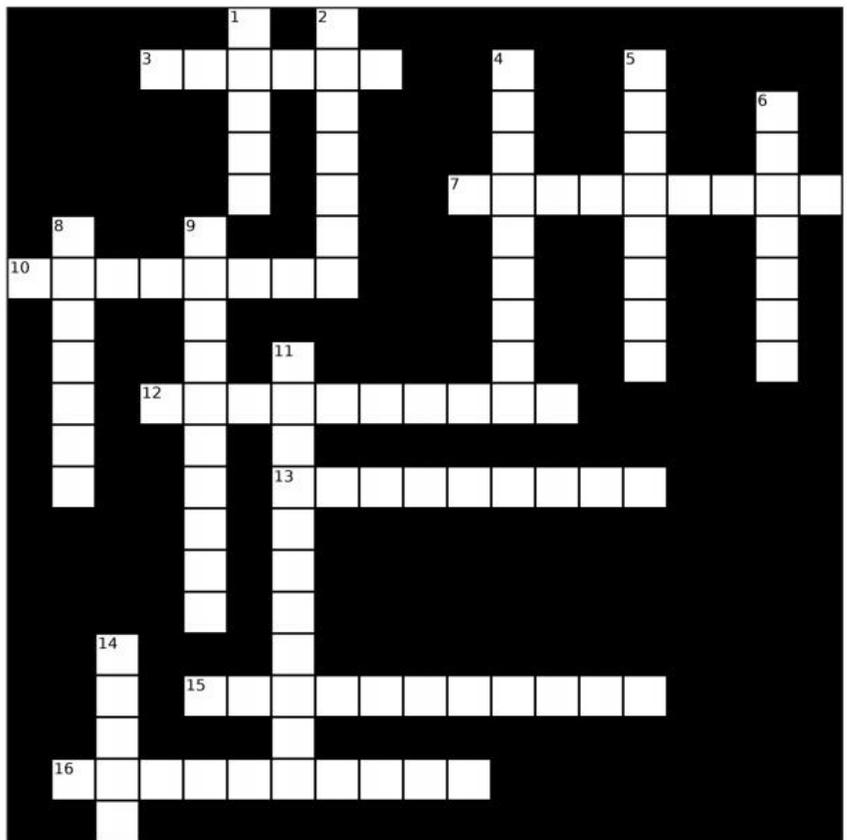
- ACROSS:**
- It's safest to use buttplugs with this kind of base.
  - Vibrator type with an otherworldly name.
  - Costumes and props are often involved in this.
  - Flogging and spanking are examples of this.
  - Latex or polyurethane barrier for oral sex.
  - Fortnite* was replaced by this game as a top search in Pornhub last year.
  - Sex toy used to imitate alien egg-laying.

- DOWN:**
- Combine condoms with \_\_\_\_\_-based lube to avoid breakage.
  - Leashes and tails are largely associated with this.
  - Urine samples are tested for gonorrhoea and \_\_\_\_\_.
  - Backdoor cleaning less intense than an enema.
  - Required by all parties before sex.
  - Gwyneth Paltrow's company was recently in hot water for marketing around this product.

- Contraceptive gel.
- Vasectomies are performed on this structure.
- Not to be confused with the vagina, external anatomy that includes the labia minora and majora.

**Congratulations to Mackenzie Ashcroft and Josh Culp for being the first student to submit last issue's crossword! Send a photo of a completed crossword to humour@thegauntlet.ca. Be among the first three submitters to be congratulated in our next issue and win a Gauntlet toque!**

LAST ISSUE'S CROSSWORD »





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