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January 28th, 2015 ■ Issue No. 23 ■ Volume 105

# THE gateway

THE OFFICIAL STUDENT NEWSPAPER AT THE UNIVERSITY OF ALBERTA

## Feminist U kicks off with pilot event SU initiative targets inequalities in leadership



**Kate Black**

MANAGING EDITOR • @KATEGBLACK

As one of only two elected female executives this year, Students' Union Vice-President (External) Navneet Khinda is an anomaly — but she's ready for that to change.

In an Oct. 2014 Students' Union survey, male and female University of Alberta undergraduates expressed an equal interest in running for a student election. But, females are disproportionately unlikely to run in elections — from 2004 to 2012, only 22 per cent of SU executive candidates were female.

"Equal interest, different outcomes. There's something in the middle that's going wrong," Khinda said.

Khinda said she believes the tipping point between this interest and outcome is gender.

She's looking to combat this disparity with Project Feminist U, an initiative to create a venue for conversation surrounding gender, politics, leadership and feminism at the U of A. The initiative is kicking off with a pilot event on campus from Feb. 3 to 5, featuring nine workshops and discussions hosted by groups from the U of A and Edmonton's feminist community.

The initiative's two main goals are to mitigate gender-based barriers to involvement in leadership and politics, and to work towards the goal of the U of A becoming a "feminist campus."

"By that, I don't mean one where everyone is a self-proclaimed feminist, but where if we're talking about issues, we just make sure we have a gendered lens when looking at it," Khinda said.

Khinda was first inspired to start the project after noticing that explicit mentions of feminism are missing in current rhetoric meant to empower women. While popular messaging is encouraging, she noted a marked absence of discussing how to integrate feminist thinking or a gendered lens — that is, examining how issues impact people of different genders — into one's everyday life.

Khinda said this omission comes from the perceived "divisiveness" of feminism.

"(Feminism) is controversial, for some reason. But I think most good ideas are," she said. "It's so uncomfortable to really focus on structures that prevent people from doing things. It's uncomfortable to talk about how you benefit from some ideas while others don't. But we're never going to learn unless we confront our discomfort."

PLEASE SEE FEMINIST U • PAGE 5

## Feature

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The lowdown on staying happy and healthy at school

## Arts

APIRG gives students a lesson in protesting · 23



"meet you at bae enterprise square station."

#3LF  
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# THE gateway

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## colophon

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## haiku

Mmm, guacamole  
Way to go, Kieran! It's great  
It's all you're good for

Where did Richard go?  
Literally never here  
Guess I'll take over

Hey, it's Kate Black here  
I laid out a page, quite proud  
Check out page 5 y'all



# streeters

COMPILED AND PHOTOGRAPHED BY Oumar Salifou + Kevin Schenk

As you may have heard,  
Coke's contract is up in July!  
WE ASKED...

## Do you prefer Coke or Pepsi?



Andrea Millor ALES III

"Neither, because I don't like them. I just drink water."



Myles Hanson PHYS ED III

"Doesn't really matter to me. Just whatever is there. I don't really have a preference."



Jill Schneider SCIENCE IV

"I like neither. I just never drank them as a kid."



Daniel Unsworth ENGINEERING III

"Neither. I try not to drink too much pop because I'm paranoid about my teeth."

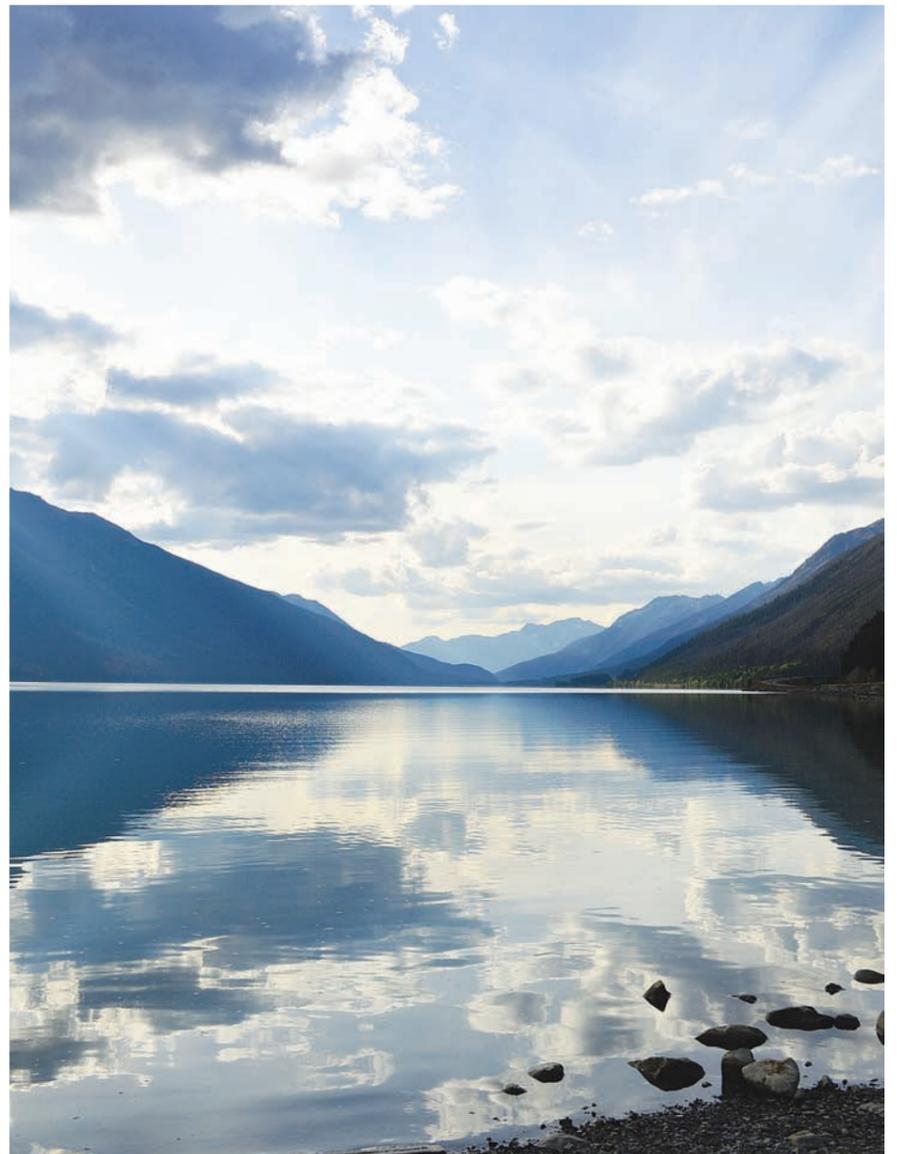


PHOTO OF THE WEEK This should be your new smartphone wallpaper.

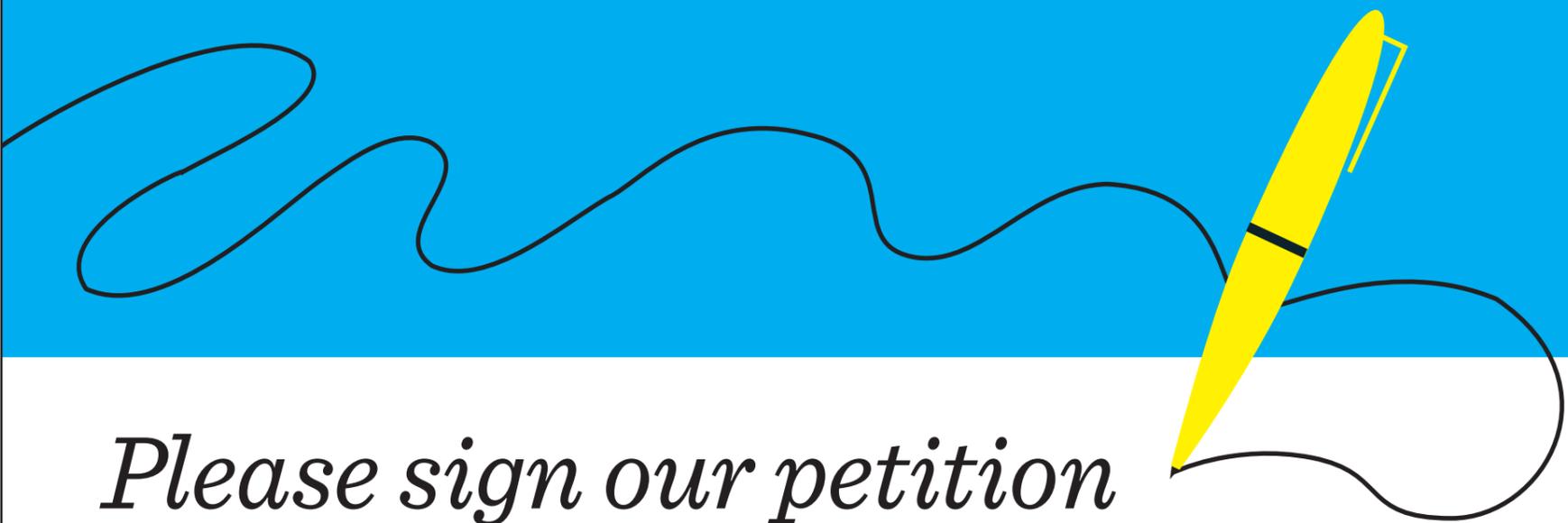
RACHEL LYONS

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# News

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## U of A's International Week takes over campus

**Kate McInnes**

NEWS WRITER • @KATEMCGUINEAPIG

Through lectures, exhibits and a fashion show, the University of Alberta's International Week (I-Week) hopes to prove that global citizenship is more than just an aspirational catchphrase.

I-Week, a series of events running from Jan. 26 to 30, is a forum curated by the U of A's Global Education Program that aims to expand global consciousness and inspire action. Since its conception 30 years ago, I-Week is being billed as one of the university's signature events. This year will host more than 50 speakers, workshops and performances across North Campus and Campus Saint Jean.

I-Week aims to provide an opportunity for U of A community members to consider the possible solutions to recent issues related to the plight of refugees — the theme of this year's programming — including the Ebola outbreak, the revolution in Ukraine, and the displacement of Palestinians in Gaza. The week also included a fashion show and a musical café, which will serve as a lighter side to the analysis of political, socioeconomic, and environmental conflicts.

Global Education's Communications Director Sarah Bowes said the growth of I-Week could partly

be attributed to the expansion and advancement of technology, as well as the increase of international students on campus. For Bowes, these changes have helped I-Week become a place for students to exchange ideas and perspectives while making sense of current and pressing conflicts.

"These are really global and geopolitical issues, and we find it is important to have the space to engage our community with really established speakers who can offer their experience and perspective," Bowes said.

Among the keynote speakers are former Prime Minister Kim Campbell, who will be discussing women's leadership in peace and security, as well as independent journalist Gwynne Dyer and Obiageli Ezekwesili, the driving force behind the #bringbackourgirls campaign in Nigeria.

Jennifer Hyndman, Director of the Centre for Refugee Studies at York University and a keynote speaker who will be discussing the exponential growth of refugees worldwide. She said I-Week is important because it compels members of the university community to think about the world beyond courses, work, and research.

"Being reminded that our actions and ideas can make a difference in other places, that we are affected by conflicts and displacement



**I-WEEK 2015** International Week's events will conclude on Friday, Jan 30.

RUILIN FU

elsewhere, makes us better," Hyndman said.

"Our frames of references are challenged. Our comfort zones are unsettled. We are challenged to ask ourselves how we fit into the constellation of global networks and how we want to fit or make a difference where possible."

A U of A Arts graduate of 1988, Hyndman said that, as a student, the International office offered a window to the world that helped steer her into the field of

international development.

"At the time, that was the apartheid politics of South Africa. I remember sitting at a table over lunch time, talking to other students, having positions on whether boycotts are effective or not," Hyndman said. "It was not until 1995 that I actually had a chance to visit the country — the 'new' South Africa — one year after apartheid had ended."

Bowes added the Global Education Program hopes that I-Week will help students engage in the global

community, and give them a more diverse — and critical — perspective on how the world works.

"We hope that they ... learn to read between the lines in what is released in the media and the public sphere," Hyndman said. "How can we engage with that, how can we enable progress in that, and get involved as well, because there are a lot of organizations that are involved in I-Week that can harbour students to continue their interests thereafter."

## Green and Glow Winterfest to light up Quad, despite weather

**Josh Greschner**

NEWS STAFF

Robert Moyles said his most memorable experience during his time at the University of Alberta was in a film studies class. 30 years later, he seems to have put what he learned in that class into the upcoming Green and Glow WinterFest.

"It taught me more than 10 other courses put together," Moyles said. "All of a sudden, I realized the amount of thought and attention to detail and work behind the scenes (in movies)."

**"It should be Quad like people have never seen before and may never again."**

ROBERT MOYLES  
SPOKESPERSON, GREEN AND GLOW WINTERFEST

Moyles, who graduated with a Bachelor of Commerce from the U of A in 1986, is the spokesperson for the three-day long celebration, which marks the 100th anniversary of the U of A Alumni Association. There are more than 260,000 U of A alumni across 140 countries worldwide, and the festival is intended to celebrate alumni accomplishments and give back to the community.

"A Spectacle of Light, Fire and Snow" is the festival's tagline. Attractions will include ice sculptures, a variety of art installations and pyrotechnics displays of 30-foot fire columns and fireworks launched on Saturday night.

Dan Riskin from Discovery



**SLUSHY SCULPTURES** Although they've begun to melt, ice sculptures for Winterfest are scheduled to debut on Jan. 28.

CHRISTINA VARVIS

Channel Canada's *Daily Planet* will launch the ceremonies on Jan. 29 with a speech in Convocation Hall in the Old Arts Building. The former bat biologist will be telling stories about his U of A experience and reading from his new book, *Mother Nature Is Trying To Kill You*.

"Come learn why sucker bats don't suck," Riskin tweeted in

anticipation of his guest lecture.

The work of Faculty of Arts alumni will be heavily represented at the festival. Other live events include a poetry performance by Edmonton poet laureate Mary Pinkoski, while Rapid Fire Theatre's Artistic Director Amy Shostak will be coordinating roving performers who will engage with participants in

improvised routines. The performers will entertain in lit up convocation robes and mortarboards.

Artists, including light artist Dylan "Toymaker" George will create a stimulating aural and visual atmosphere in Quad. George has built lanterns that will shoot coloured light onto snow and a soundscape composer will evoke

different sonic moods in different areas of the site.

"People might not have seen that in Quad before unless they've been taking substances to help them see that," Moyles said with a chuckle.

Students walking through slush may have been wondering about the ice sculptures under tarps in Quad, and if the works will even survive.

"It's all weather-dependent," Moyles said. "If it's warm, it should be pretty nice. But the ice slide might not work."

Moyles remains optimistic. About 3,000 people are pre-registered for the event and Friday, Jan. 30, and the weather is expected to hover around -9, according to Environment Canada.

**"It's all weather-dependent. If it's warm, it should be pretty nice."**

ROBERT MOYLES  
SPOKESPERSON, GREEN AND GLOW WINTERFEST

Moyles said he's eager about seeing the disparate parts of the project come together after many stages of pre-planning. The Green and Glow WinterFest is starting to resemble something from a Hollywood picture.

"It should be Quad like people have never seen before and may never again," Moyles said.

The festival runs from Jan. 29 to 31 in the University of Alberta's main Quad. Registration for the event is free. Tickets are still available for Dan Riskin's lecture on Thursday, Jan. 29.

## Project FU combats gender barriers

**Kate Black**

MANAGING EDITOR • @KATEGBLACK

FEMINIST U • CONTINUED FROM PAGE 1

To combat this “discomfort,” the project is committed to being “educational, not confrontational,” Khinda said. She’s optimistic that the sessions lined up for the pilot event will give all students — regardless of their gender studies background — a welcome opportunity to dip their feet into feminist discussion.

Sessions include an intro HTML and CSS workshop from Ladies Learning Code, a workshop about combating harassment, and a discussion on how men can be better allies to women.

While there are no concrete plans for future Project Feminist U events following the pilot event, Khinda expressed interest in partnering with other student groups to host more feminist-minded events on campus.

■ **“Students in your own community feel uncomfortable.”**

NAVNEET KHINDA  
VICE-PRESIDENT (EXTERNAL), STUDENTS’ UNION

As well, she mentioned discussions at the pilot event may influence potential recommendations

to Students’ Union and university policy.

Khinda acknowledged that the project’s lofty goals won’t be fully accomplished by hosting one event. But, opening the conversation on feminism will help empower U of A students limited by gender boundaries, she said.

“Students in your own community feel uncomfortable. Students feel like they can’t reach their potential because of invisible structures that exist,” she said. “So, it’s our responsibility to address them — whether they affect you or not.”

A full list of the pilot project’s events and locations is located at [uasu.ca/PFU](http://uasu.ca/PFU).

## Coke or Pepsi? SU to put beverage agreement on plebiscite in March

**Richard Catangay-Liew**

NEWS EDITOR • @RICHARDCLIEW

Students’ Union Vice-President (Operations and Finance) Cory Hodgson prefers the “smoother” taste of Pepsi-Cola to Coca-Cola. But that won’t influence the SU’s or University of Alberta’s decision when Coke’s single source-beverage contract is up in July.

■ **“We want to solicit student opinion on this. Plebiscite is the best way, so we’re trying to ask the best question to gather opinion.”**

CORY HODGSON  
VICE-PRESIDENT (OPERATIONS AND FINANCE), STUDENTS’ UNION

As the decade-long agreement comes to an end, the Students’ Union will be gauging campus with a plebiscite question regarding the stipulations of the next single-source beverage deal.

Students’ Council approved the plebiscite question regarding the university-wide single source cold beverage agreement on Jan. 27, which will appear on SU election ballots on March 5 and 6 this year.

The question will ask students if they support the SU entering a

university-wide single serve cold beverage agreement and if they support the proposed conditions.

The proposed conditions include a 10-year term of the next agreement, a minimum of \$3 million provided for bursaries and scholarships, a minimum of \$500,000 to fund student priorities, competitive pricing with off-campus markets, that the supplier commits to on-going campus sustainability practices and that the supplier is ultimately selected by a joint committee comprised of university officials and the SU.

Hodgson would sit on that committee, along with SU General Manager Marc Dumouchel and university officials.

The plebiscite is intended to let the university and potential vendors know what student priorities are when it comes to the single-source beverage contract. Hodgson said this is important because students, the SU and the university might have different preferences when it comes to choosing a vendor and coming to an agreement with them.

“We want to solicit student opinion on this,” Hodgson said. “Plebiscite is the best way, so we’re trying to ask the best question to gather opinion.”

The SU is currently preparing a request for proposal and the

agreement is expected to go out for tender next month. After the request for proposal is advertised to vendors, the vendors are expected to submit proposals to the selection committee. After the selection committee chooses a vendor, they will begin negotiating the single-source cold beverage agreement. Part of the request for proposal is a metric for how proposals will be evaluated and how beneficial they are to the institution.

What the SU is asking for on the plebiscite is a “conservative estimate” based on talking to other Canadian post-secondary institutions, Hodgson added. He said he’s unsure of what the final agreement will be after negotiations.

“We should be asking for at minimum that, but probably more,” he said.

Hodgson added that should the plebiscite question pass, it doesn’t “tie their hands” to make a decision, but it doesn’t necessarily give them “complete freedom to pick whatever we want.”

But the outcome of the plebiscite won’t be ignored, he said.

“If people are interested in this issue, they should look into it,” Hodgson said.

“Between (the SU) and the university, we might want to see slightly different things out of the contract.”

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# Already running away from New Year's resolutions?

University of Alberta experts provide tips on how to properly plan, manage and execute weight loss resolutions for 2015 and beyond

**Collins Maina**

STAFF REPORTER • @COLLINS\_MANIA

The crowds of gym-goers with New Year's resolutions tend to dwindle as February approaches, but it might be too soon to shelf those diet goals or drop out of the gym.

After January, many people begin to deviate from their resolutions either due to a lack of motivation, results, or a mix of both. But a University of Alberta lecturer suggests that certain steps can keep the goals alive.

According to Angela Bayduza, a Faculty Lecturer in the Faculty of Physical Education & Recreation, people are unable to achieve their resolution goals because they don't give themselves enough time to in-grain that behaviour into their life.

People tend to want instant results, which causes them not to get back on the wagon if they "slip-up," she said.

"If a person was doing really well for two weeks and then slipped up once a lot of them say 'we can't do this' instead of trying to learn why you fell off the wagon," she said.

Bayduza added that only about 12 per cent of people are able to continue out with their New Year's resolutions at the six-month mark.

However, placing more thought behind resolutions and falling-outs might be the most important key to achieving these goals. Critically planning resolutions and thinking out the reason behind achieving a

goal could give individuals extra motivation to stick to them.

"Individuals don't step back to look at why it's so difficult to let go of the old behaviour," she said. "A lot of us don't think about what the behaviour is, why we do it, and what its purpose is."

Most resolutions aim to change negative behaviours people find within themselves. Bayduza said that changing these behaviours is difficult because they have been habituated into their lifestyles.

More time and patience placed into breaking down the old behaviour and replacing it with a new behaviour could be more effective.

Professor in the Faculty of Medicine and Dentistry Arya Sharma said the main reason why resolutions fail is because people are too optimistic.

"With behaviours — especially health behaviours — it takes a long time to start seeing any kinds of rewards," Sharma said.

Sharma said that people should start thinking in terms of months and years, instead of days and months, when it comes to looking for results. For example, giving up drinking coffee will be horrible for the first few months, but three months later, when the body has adjusted, the habit will be gone, he added.

"It doesn't happen overnight, and it is hard to sustain which is why people fall off," he said.

"People should stick with their behaviours long enough to see some

benefits."

However, Sharma said that people are also often overambitious with what they are trying to achieve. Setting smaller goals and sticking to them is likely to yield greater results than doing something extreme, which would lead to quitting faster.

For exercise or hobby related resolutions, Sharma said that people also forget to look at their schedules realistically. Getting up an hour earlier to go for a run only works if one goes to bed an hour earlier — otherwise you're taking time from your sleep.

"People are busy and already have too many things going on," he said. "So if we don't carefully think about how we are going to accommodate it then it just becomes that 'extra' thing."

Bayduza said that planning also involves engaging one's thought process and environment. Eating better may be easier said than done, whereby people may realize that options on campus are either too expensive or non-existent.

Regardless of individual differences, Bayduza said achieving resolution goals involves looking at what we are trying to change, and planning how to engage this behaviour.

"New Year's resolutions are tough because they don't really ask us to look at our actual lifestyle," she said. "But if we just step back and cut ourselves some slack."

"Smaller steps get way more results than that huge enormous step right out of the gate."



BE REALISTIC U of A experts recommend setting attainable fitness goals.

RACHEL LYONS

# Department of Art and Design celebrates 50th anniversary

**Josh Greschner**

NEWS STAFF

Amanda Nogier's peers gathered around her as the industrial design student tried to pull a concrete hand out of an alginate mold. She grabbed an exacto knife, cut some chunks out of the pink mold and gave the hand a strong tug. A few fingers broke off.

Making mistakes has always been a pedagogical tenet of art and design programs at the University of Alberta. In 1945, the U of A founded the first Department of Fine Arts in the province, which branched off into three departments in 1965: Art and Design, Music and Drama. 2015 marks 50 years of fostering students' creative abilities in the Department of Art and Design.

"The instructors and faculty in Art & Design inspire students to consider what kind of life they want to lead," wrote Dean of Arts Lesley Cormack in an email. "(The Department) has been a kind of creative incubator."

The department allows students to fashion themselves as artists and designers by granting them liberty to explore their creative motivations through drawing, painting, sculpture, design, and the history of art, among others. Abstract steel sculpture and printmaking are U of A specialties.

"We teach the value of attempting different things," Art and Design associate professor Rob Lederer said. "It's about a journey. Students are able to try things here and not be constrained."

With a range of possibility for exploration, students constantly surprise their instructors.

"We never know what's going to come up," Lederer said.

Kelsey Prud'homme, a third-year Industrial Design student, just returned from Vancouver for a job



ARTFUL ANNIVERSARY The U of A's Department of Art and Design is the oldest of its kind in Western Canada.

CHRISTINA VARVIS

interview to design apps for Microsoft. In the small salmon-coloured Industrial Design Building, students design and fabricate a variety of objects in their program: tables, sushi trays, iPhone amplifiers and even medical equipment such as prosthetics and eyedroppers.

"Anything that isn't actual architecture, we make," Prud'homme said, referring to Industrial Design. "We do tiny architecture."

Recent graduates from the design program have gone on to work for Nike, Lego and Hollywood design

companies, while one graduate was a member of the Academy Award-winning "Best Art Direction" team for Alice in Wonderland.

While some students in the department aspire to Hollywood, others look elsewhere. Sky Hoffos is a fourth-year fine arts student, working primarily with wood, leather, animal skin and steel. He said he wasn't allowed to bring in his own forge, so he blacksmiths at school with a mini-forge made from a soup can.

"Nobody does what I do," he said

with a chuckle. "But I can do whatever I want. It's totally up to me."

Hoffos sells some of his work in rural Alberta and plans on becoming an art teacher and a farrier. He said he prefers art to design because design is, for him, "very pristine."

"I'm not a pristine worker, I like to get dirty and make a mess because that's where I do my best work," Hoffos said. "I make things that make me happy, make my hands happy, make my heart happy."

Despite some differences between

art and design, many aspects are similar. They both work from the same fundamental principles, and require a certain amount of work ethic to make it in the real world — two things the department proudly teaches, instructor Royden Mills said.

"(Our students) are not the kind to arrive at a show three hours late, and go 'Dahling, I'm here,'" Mills said. "They will get down and get busy and get working."

"They're doers, not merely dreamers."

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**SUSTAINABILITY SPEECHES** More than 150 delegates attended this year's Sustainability Summit, the most in its history. OUMAR SALIFOU

## Sustainability Summit gives delegates 'Food for Thought'

**Mitch Sorenson**  
NEWS STAFF • @SONOFAMIT71

For many students, the only contact they make with the Office of Sustainability is in the Chemistry building hallway, where a volunteer might hand you a green, compostable pen.

But the Office of Sustainability, along with Sustain SU and student group Student Umbrella for Social Justice, hosted the fifth annual Student Sustainability Summit on Jan. 24 and 25. More than 150 student delegates attended seminars, talks, and networking events.

This year's theme was "Food for Thought: Pathways to Sustainable Food Systems," which looked at the impact food systems have on people, the planet and profit.

Director of the Office of Sustainability Trina Innes said one of the goals of the two-day long event was to further develop the knowledge and skills needed to engage in personal actions and initiatives related to sustainability on campus.

"(The summit) provides students a high impact opportunity," Innes said.

Speakers included city councillors, university professors, community members and charity workers. Ward 10 city councillor Michael Walters and Department of Renewable Resources professor Debra Davidson headlined keynote

presentations. Walters presentation, called "The Way We Eat," looked at food and its relationship to the world, region, community, family and the self. Davidson's keynote, titled "Climate Change and the Future of Agriculture and Food Security," examined how sea level rise, ocean acidification and extreme storms affect food security.

Sustainability Summit Organizing Committee Co-Chair Lisa Dockman said they were been "blown away" by the interest for the theme because it was "broadly appealing." This year's edition of the annual summit sold out for the first time since its inception in 2011.

Specific program topics at this year's summit also included indigenous perspectives on how food systems, vegetarianism and veganism, organic food and municipal politics are involved in food.

The summit's structure allowed delegates to network with peers and gain insight from food professionals to discuss various aspects of food sustainability. Feedback from past summits indicated that participants wanted to spend more time with each other, so additional time spent in small-group discussion was added as well as optional social events, Dockman said.

While the Office of Sustainability hosts Sustainability Awareness Week (SAW) and an annual speaker series, Dockman said they provide

more of a "light touch" in comparison to the summit. The "community building" aspect of the Student Sustainability Summit and becoming actively involved with the topics is the biggest difference between the two day summit and events during SAW in October.

**"We want to inspire students to embrace sustainability values and model them in their personal, professional lives and the communities they join."**

LISA DOCKMAN  
CO-CHAIR, SUSTAINABILITY SUMMIT ORGANIZING COMMITTEE

"I think that the summit is special because it's much more of deep-dive," Dockman said.

"We learn a lot more, we get more involved with a topic. They get a bit more of an in depth experience here."

But all events hosted by the Office of Sustainability and their affiliates, keep a main goal in mind, Innes said.

"We want to inspire students to embrace sustainability values and model them in their personal, professional lives, and the communities they join," Innes said.



OUMAR SALIFOU



EROTIC ADS Positive or negative words on ads could influence someone's driving.

SUPPLIED

## Researcher examines effects of arousing billboards on driving

Collins Maina

STAFF REPORTER • @COLLINS\_MANIA

It's already hard enough to drive without getting distracted, but an ongoing University of Alberta study suggests that emotionally arousing billboards may be the reason the car in the next lane is driving too close.

Michelle Chan, a PhD Candidate in the Department of Psychology, has been researching how the stimuli projected by billboards affects a person's driving. The project has discovered that erotic images, such as a woman in a bikini, and graphic images, such as child abuse, violence, or the harms of smoking, tend to affect drivers' attention in different ways.

Chan, who works in the U of A Attention and Action Lab, began her research in 2009 using a driving simulator.

She said they started off by using single words, which were placed on the billboards in the simulator. The second stage involves using images.

"In research you always use more basic stimuli before going into the more complex stimuli," she said.

The study involves associating three types of stimuli — positive, negative and neutral — to billboards. Words like "table," and "chair" were used as neutral words, while words such as "beach" and "sunshine" were used as positive stimuli.

Among the student participants,

negative words such as "abuse" "cancer" and "reject" made drivers take more time to glance at the billboards, leading to more lane deviation and slower driving.

On the other hand, positive stimuli appeared to spark some form of "emotional arousal" as participants sped up when they saw positive-message billboards. Chan said the neutral stimuli seemed to have little to no effect.

Similar results were seen when they applied the same concept to auditory words that the participants heard from the speakers of the car simulation.

"It might be a good idea to know that these types of stimuli can have an effect on your driving performance," she said.

She mentioned how other studies have looked at music's effect on driving. She said even in those research projects, happy music caused people to speed up, while negative stories on radio caused people to slow down and pay more attention to their driving while listening.

Drivers are most careless when surrounded by negative stimuli in comparison to positive stimuli, Chan said. As a result, negative news stories or billboards utilizing shock advertising may be more dangerous to drivers.

"People pay more attention to the billboards at the expense of their driving," she said. "But I would say that negative images have an

impairing effect."

A memory recall exercise done after the simulation runs revealed that most participants recalled more positive and negative words in comparison to the neutral words.

The purpose of advertisements is to draw attention, Chan said. Neutral images are "boring," which is why advertisers tend to go for positive or negative images on their billboards.

Chan began the project because she wanted to add her own angle to studies that already look at whether billboards and emotion distract drivers.

**"People pay more attention to the billboards at the expense of their driving."**

MICHELLE CHAN  
PHD CANDIDATE, DEPARTMENT OF PSYCHOLOGY

Her study will continue until this summer, when she will have completed testing the effects of billboards with images. Right now, she is researching whether swear words and sexual words have any effect on the emotional stimulation of drivers. She said that so far the results are strange because there are few lane deviations.

"Because these (swear) words capture so much attention, it may be that drivers are overcompensating by driving carefully," she said.



SUPPLIED



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# Opinion

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Hey volunteers, come by 3-04 SUB every Wednesday at 3 p.m.!

EDITORIAL COMMENT

## Proposed river valley restaurant a positive development

EARLIER THIS MONTH, AN ARTICLE ON CBC NEWS announced the City of Edmonton is planning on designing and building a restaurant in Louise McKinney Riverfront Park, located just a stone's throw away from the Shaw Conference Centre. Naturally, as with all developments that relate in any way to green space and our prized river valley, the decision wasn't taken too nicely by many Edmonton dwellers and environmental enthusiasts.

Comments under the article call the idea "ridiculous" and "frivolous," in spite of the fact that the idea of dining al fresco (or al river valley, to be specific), is part of the city's bigger plans to renovate and enliven the park altogether. People are thinking about its well being — keeping it clean, quiet, and naturally beautiful — and imagining that the restaurant would only consume it. They could be right. But the way I see it, they're just being pessimistic.

The proposed restaurant is just one of several additions that are in the works for Louise McKinney. Although the city has yet to reveal formal details, a new outdoor plaza, enhanced landscaping and improved staircases are also included in the blueprints. What's more, planners will be figuring out new pathways for the public to access the river and its shores, in the hopes of making it more useable. Now if only they could make the water look less like the colour of split pea soup. And in case you didn't know, the development plans for Louise McKinney stem from The River Access Strategy: a long-term project with a timeframe of 10 years that's working towards building infrastructure and various amenities that will benefit the entire river valley and encourage families, couples, single gents and ladies, dogs, and everyone in Edmonton to visit and enjoy.

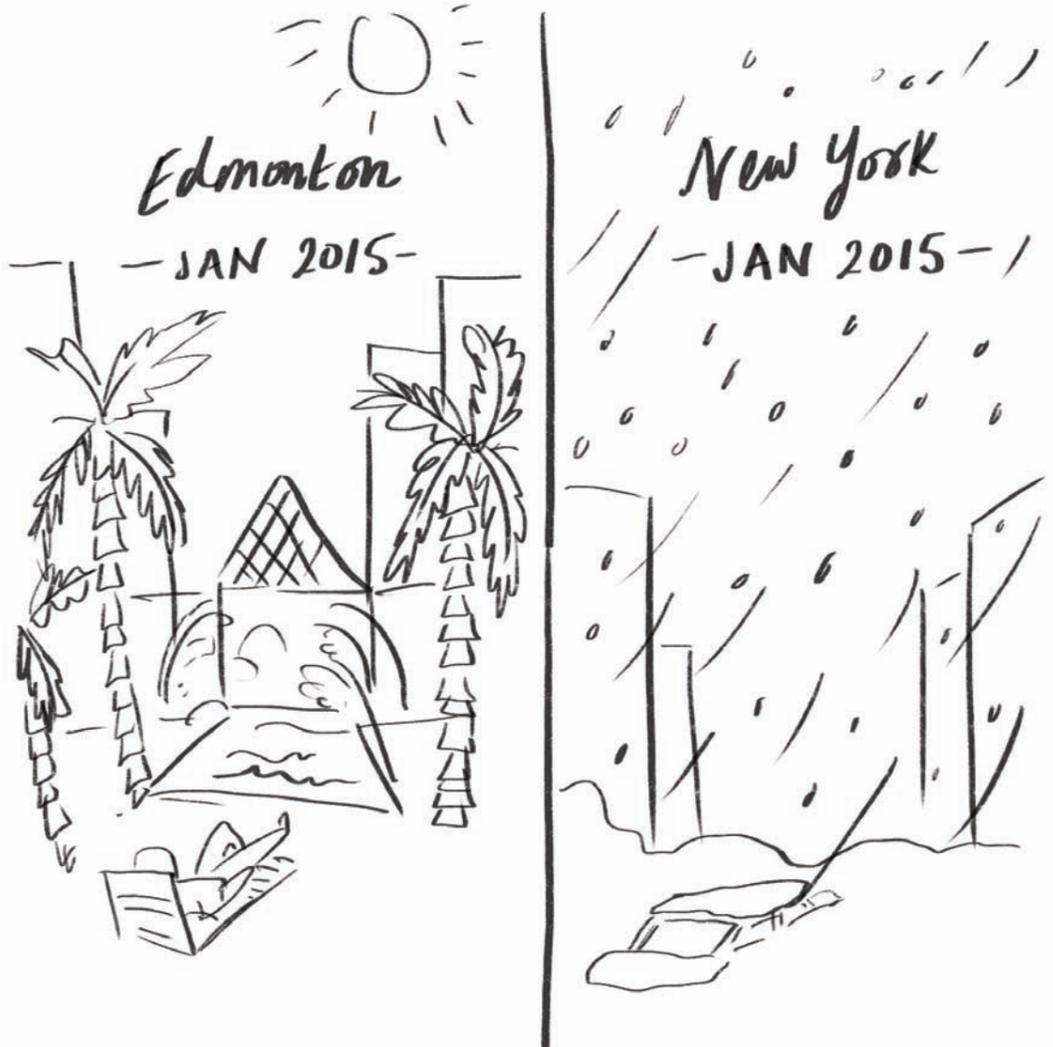
Basically, the city not only wants, but needs, people to become excited about the river valley again and to have reasons to visit it that don't include the word "5K," because let's face it, not everyone is a runner, jogger or walker, even if everyone should be. Some people just like to eat, socialize and experience the outdoors from a patio, so why not make that an option in the river valley and give people an extra three reasons or so to go? Plus, when you have one of North America's largest metropolitan green spaces right in the heart of the city, it's a shame to ignore it and leave it underutilized. Thus, the restaurant could be a worthwhile addition to Louise McKinney, just as long as it's done right.

If you've ever walked around Louise McKinney, then you should know that it already houses amenities that are open to the public, so the park has experienced construction before. The existing amenities include the Millennium Plaza/Shumka Stage, a meeting place and venue for outdoor music and dance performances, the Oval Lawn, another area for recreation and special events, a Chinese garden and gazebo, a winter shelter with washrooms, and finally, the Urban Green Cafe, currently the only cafe in the river valley whose menu includes coffee, teas, snacks and various seasonal treats. The park already balances a manmade environment with its natural environment, and has proven to do so by not harming the latter. Even when the park played host to public events such as What the Truck?! and Blink: Urban Picnic in recent years, maintenance and protection of the green space were on par. Adding a permanent restaurant to the landscape shouldn't cause any further issues.

But if there's already a cafe in the river valley, it's natural for some Edmontonians to question whether we really need a restaurant built there too, and how much business it would see. The city plans to lease out the restaurant once construction is complete, just as it did with the Three Bananas Cafe on Churchill Square. However, it can be argued that the Three Bananas Cafe hasn't been a successful business, considering how it doesn't receive much, if any, attention from the downtown denizens, media and general word of mouth. On Urban Spoon, although a number of reviews mention that they like the food, an equal number also complain about its poor service. For such an extremely centrally located cafe, you would expect it to have the same amount of traffic, praise and reputation as other local coffee shops like Credo or Remedy.

Let's hope that this restaurant in Louise McKinney will have better luck and that the city will take more care in choosing a lessee, because if it doesn't, then it will just end up another waste of prime public space. Looking at the Urban Green Cafe, again, it's not a place that you hear much about and it definitely has room for improvement. But the arrival of a restaurant will assist it and together, they'll be able to attract more visitors to the park after work and on weekends. All in all, Louise McKinney Riverfront Park, being a quality space itself, needs a quality restaurant. For that restaurant to secure its future and become a landmark in the river valley, quality is all that it should be looking for, because that's what keeps people coming again and again.

**Christina Varvis**  
PHOTO EDITOR



JESSICA HONG

## letters to the editor

### Harper purposely aiming for Canadians to ignore flag's anniversary

Re: "50th Canadian flag anniversary wrongfully ignored by Harper government," by Michael Vecchio, January 20.

If one could almost miss the 50th anniversary of Canada's distinct Maple Leaf, it is because that is exactly as PM Harper wants it. Unveiled under a Liberal PM, Harper would rather minimize, ignore, belittle or dismiss this national icon from our Canadian history. In fact, he has removed this distinct emblem of national identity from some places already.

After serving for 48 years as the shoulder "pip" in Canadian Army general ranks, PM Harper has stripped the Canadian Maple Leaf from the shoulder of Army uniforms to replace it with the British Star of the Knightly Order. It does not matter that the star represents a class system inconsistent with Canadian values and a British social rank that Canadians are barred from holding. Harper would rather see Canadian officers wearing a British Star before a "Liberal Leaf".

He has found other places to rub-out that big, solitary Maple Leaf that Canadians have come to so strongly identify with. In the mid to late '90s, a revived Canadian Army badge was created. It brought together the historical, heritage badge with the modern single Canadian Maple Leaf. It was the perfect balance of modern

and historical identity. But this Army badge, like the strong unitary leaf upon it, was too Liberal for PM Harper. It has been scrapped along with the Maple Leaf rank as some unknown cost to tax payers. The Army is returning the 1950's badge with three small connected Maple Leafs. Back in the 50's, those three connected leaves were the only distinctly Canadian thing barely visible at the bottom of the shield in our Red Ensign flag. Today, it is the unitary leaf that Canadians define their identity, and that is the one that should be in our national symbols.

But maybe that is where PM Harper wants to go anyway. He hopes we all might not notice as the 50th anniversary of our flag passes by because he would rather celebrate the old Red Ensign and Union Jack over any Liberal invention.

**John Raulston**  
COLWOOD, BC

### FROM THE WEB

### The avarice of NASA finally brought to justice

Re: "NASA should not be overseen by politicians who deny scientific research," by Hannah Madsen, January 20.

The NOAA claimed that a 0.01 Celsius increase made 2014 the hottest year on record. They do not use correct scientific error bound calculations. Unlike good scientists, they report temperature in Celsius not Kelvin degrees.

They act like PR agents not scientists. It is about time that NASA's avarice for public acclaim is brought to heel by a critical intellect.

**David Naugler**  
VIA WEB

### For all those visiting Brockville this February

Re: "50th Canadian flag anniversary wrongfully ignored by Harper government," by Michael Vecchio, January 20.

If you're looking for a 50th anniversary celebration, Brockville, Ontario is having Red and White FlagFest a festival in honour of the Canadian Flag

**Lauren Smith**  
VIA WEB

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Letters to the editor should be no longer than 350 words, and should include the author's name, program, year of study, and student ID number to be considered for publication.

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# Better job must be done to educate youth about racial issues



**Josh Greschner**  
OPINION STAFF

You can't you blame a toddler for sticking a fork in a wall socket. I'd say it's the parent's job to teach children things like this because young children don't know any better. But imagine a world where parents are utterly oblivious to the idea that if one manages to force a metal object into a wall socket, they'll be electrocuted and probably die. Hold this thought.

My family is as Caucasian as one gets. Both sets of my great-grandparents settled in rural Saskatchewan, farmed and their children moved to small towns. My parents, as well as my uncles and aunts, are from a small, rural town in Saskatchewan. I lived in one (Vonda, population 325) for 14 years before moving to Alberta.

Last Christmas, a few family members were chatting around a table. My uncle walked up, and as a means of inviting himself into the conversation, randomly blurted out an extraordinarily racist comment. The younger family members all looked at each other, while the older ones simply ignored him. My uncle shrugged and walked away, chewing on his toothpick.

As far as many white people from these upbringings are concerned, racism is a misunderstood, utterly alien concept. In my experience, the overwhelming majority of people in small rural towns are white and general attitudes are dominated by a severe snow-blindness. Being racist is something you laugh about in the bar or at the gas station, like mocking the Oilers. At the very least, most

people know that racial slurs are wrong, but it makes little sense why racism would be a major theme in a university course.

Racism is also reinforced in many aspects of small-town life. We played hockey on a reserve a few times every year, and in the dressing room, kids would compete to be the most offensive. The coach would say that if we used any racial slurs during the game, we'd be thrown out. Us white kids felt a horrible injustice: why do we get thrown out if we call them a racial slur when they can call us anything they want to?

This is an example of white privilege. White people can get away with being completely oblivious to systemic racism and still function and prosper in society, then act hostile toward the term "white privilege" because of their work schedules or because their grandfathers busted their ass working the land (never mind how they got it in the first place).

So, can we blame the toddler? To an extent. If they insist on sticking the fork in the socket after being repeatedly told not to, they intentionally refuse to listen and they'll get what they deserve.

But if parents don't have a clear idea of racism themselves, which often is the case in these small towns, the school system is responsible for teaching what racism is and how it continues. How well is it doing?

I can only speak from experience, but learning about racism in the early 2000s was simply not a priority like math and science in rural Saskatchewan or Alberta schools. We hardly looked at racial assumptions, history, colonial logic and a law system that continues to benefit white people to this day. You can't just watch *Mississippi Burning* without teaching these concepts and expect students



HUSTLIN' AND BUSTLIN' Main street in small-town Vonda, Saskatchewan.

SUPPLIED: CANADIAN2006

to learn anything more than "don't use slurs" and "racism happened in the '60s."

I'm not exactly sure how these changes can be made, but I know where to start. To be aware of racism (we're not even close to doing

anything about it yet), I suggest works such as the brown-eye blue-eye test by Jane Elliot or *Black Skin, White Masks* by Frantz Fanon. These will surely shock uninformed white people out of their snow-blind fantasies.

There is an argument that says a student's cultural attitude ultimately prevails. I think this is defeatist. Ongoing, systemic racism must be presented as irrefutable to properly educate Canadian youth on how it continues and persists to this day.

## Coca-Cola or Pepsi: the neverending soft drink debate at the U of A

Capitalism triumphs over poor marketing: choose Pepsi

Coca-cola products vastly superior to Pepsi alternatives



**Andrew Jeffrey**  
POINT

It takes a lot to fool me.

This week, Student Council discussed the renewal of the contract Coca-Cola holds with the University of Alberta. If Coca-Cola is smart, that means we'll be seeing a couple mil spent on an ad campaign directed right at university students to brainwash our student body into voting "yes" to renew this contract on campus. Luckily, I'm no sucker, and I have a knack for seeing right through tricky advertisements.

In reality, the U of A can find a much superior option by removing all of the Coca-Cola products on campus to be replaced solely with Pepsi brand products. The upswing in quality would be immediately obvious. 7-Up over Sprite? Tropicana over Minute Maid? The added benefit of Mountain Dew and Dr. Pepper on campus? The immense rewards of this shift should be obvious.

But it's much more than that. Coca-Cola will try and convince you that it's a refreshingly cool drink to share with friends and family, and it'll appeal to your vanity by tricking you into thinking that Coke belongs to everyone because your name is literally right on it. STOP. NO. Don't fall for this nonsense, you're better than that.

Some stranded soldiers are still fighting the deadly Cola War of the '90s, unaware that Pepsi already ended this discussion 15 years ago. Pepsi responsibly reported on this public dissension between Coke and Pepsi with a series of journalistic videos blindfolding random citizens to take a taste test and sample

both products. Consistently, more people were shown on these videos to choose Pepsi as the superior drink. To doubt these videos is to doubt the core pillars of respectable, accurate journalism that our country was built on.

**Coca-cola will try to convince you it's a refreshingly cool drink to share with friends and family, and it'll appeal to your vanity by tricking you into thinking that Coke belongs to everyone because your name is literally right on it. STOP. NO. Don't fall for this nonsense.**

If that's not enough to convince you, Pepsi has made a history of choosing highly intelligent celebrities to endorse their public. The musical genius of David Bowie, Michael Jackson, Beyoncé and One Direction of the entertainment industry have all endorsed Pepsi just like they endorse your favourite songs, so who are you to doubt them? In comparison, the best entertainers dimwitted enough to endorse Coke have been Celine Dion, George Michael and Paula Abdul. Hardly a murderer's row of talented songwriters.

This is a no contest. After all, where will we be if we just let Coca-Cola keep its stranglehold on our current beverage options? Still living under their thumb, succumbing to their every whim. To shake up the market place at the U of A, I'd like to see an influx of Pepsi products on campus. Pepsi: the chosen beverage of capitalism.



**Cameron Lewis**  
COUNTERPOINT

Why do I even need to explain why the Coca-Cola Corporation and the brands under its umbrella are vastly superior to that of its rival Pepsi? I mean, there's a reason Pepsi always needs to validate themselves through cheesy gimmicks like the Coke vs. Pepsi challenge, and there's a reason they're always the one slamming Coke in their commercials. It's because they're a mediocre product, everyone knows it, and they need to do something to prove people otherwise.

Let's start off by taking a look at what falls under Coke's umbrella. I'm not going to bother arguing which version of the exact same thing — Coca-Cola or it's pansy knock-off — is better, because anyone who thinks the latter is the superior product is a flawed individual. Sprite is better than 7-Up, Barq's root beer is better than Mug root beer, and Nestea is better than Lipton or Brisk or whatever the hell they have going on over there. Props to Pepsi for having Dr. Pepper and Mountain Dew. Coke doesn't have an immediate equal to those brands, but they have Minute Maid, Fruitopia, Fresca, Five Alive and Fanta to compensate for it. Mountain Dew and Dr. Pepper or fucking Fruitopia. Easy decision.

One thing Pepsi has on Coke is Gatorade. Yeah, you're right, Gatorade is better than Powerade, and I would be ecstatic if we could find a way to have Gatorade on campus. If somebody could set up an underground business that distributes Gatorade around campus, I would be an investor. There's your Business 201 project, kids.

While Coke does fall short in the sports performance drink head-to-head matchup, they more than make up for it with straight-up domination in the energy drink department. With Coke, you get NOS and Monster, which are the best energy drinks because NOS doesn't taste like a blend of candy and chemicals, and Monster has those amazing coffee drinks. Pepsi offers AMP energy drink and Starbucks Refreshers, which are those overpriced Frappuccino drinks with energy shots in them, also known as a cup of Starbucks coffee.

**There's a reason Pepsi always needs to validate themselves through cheesy gimmicks like the Coke vs. Pepsi challenge, and there's a reason they're always the one slamming Coke in their commercials. It's because they're a mediocre product.**

There you have it. You have to look at the Coke vs. Pepsi debate in regards to what each umbrella offers over the other. There is absolutely nothing that Pepsi does that Coke doesn't also do either just as well, or better. Why fix what isn't broken and replace something that everybody loves. No one on campus is really complaining that they can't get Lipton iced tea instead of Nestea, get real.

Keep Coke on campus. We don't need to force ourselves to think young and be super cool, or whatever it is Pepsi's advertisement campaign suggests we do. We just need a good, functional drink that can get the job done in each market necessary.

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**Terminally ill patients' wishes should be top priority in healthcare**



**Sylvia Wong**  
OPINION STAFF

Have you ever asked someone "Hey, have you written down which life-prolonging techniques you would choose if you're ever incapable of making the decision?"

This is a morbid topic, but you might have to start thinking about writing your wishes down, because our preparations for this worst-case scenario can relieve healthcare professionals and family of a very heavy burden.

According to the *Edmonton Journal*, ill-equipped Canadians aren't deciding what doctors can or cannot do, nor are they picking someone to relay their wishes to their healthcare providers if they should ever become terminally ill. The debate of whether Canada should legalize euthanasia, or assisted suicide, is also in question.

It is the patients', family and doctors' responsibility to ensure the livelihood of any terminally ill patient for as long as possible. But what if the patient is in a lot of pain? If a patient has no record of indicating his wishes, a sense of false hope can result between the families and the doctors that prolongs this situation.

If the case is considered hopeless, doctors may be even more motivated to prolong life with powerful treatments, because it's easier than saying they've given up. I understand the difficulty of deciding between life and death for a patient as healthcare professionals, but their

persistence on further treatments produces unrealistic expectations from the family. Furthermore, using more forceful treatment could lead to even more discomfort for patients.

The patient, as the owner of their own body, should choose what they do with it. That being said, I support euthanasia for terminally ill patients going through immense pain. As someone who has witnessed terminal illness before in the family, it's absolutely devastating to see your loved one in pain. They can't eat, can't sleep and can't breathe. People who have healthy bodies can only imagine their pain. At some point, when one cannot battle their illnesses anymore, we need to prioritize comfort instead of looking for alternate treatments.

Dr. Heather Ross, a cardiologist at Peter Monk Cardiac Center, has stated that "everyone deserves a dignified death — to be comfortable, to bring closure if needed to issues with family or friends, where caregiver and families aren't abandoned and people ultimately do not suffer" (*Edmonton Journal*). Dr. Ross' attitude towards end-of-life care expands within healthcare as shown by Dr. Goldman.

Dr. Russell Goldman, director of Temmy Catner Center for Palliative Care, stated that "If I had to give direction to someone who is making decisions for me, it would be, 'I can go to the ICU for a little while, if you think I'm going to recover and get better. But if you think I'm not going to recover, and I'm not going to get better, if my quality of life is going to be so diminished, call it off, and call it off quick'" (*Edmonton Journal*).

These doctors remind us that although we usually automatically choose to lengthen a life, we often forget that the treatments used can have a negative effect on the patients.

Techniques of prolonging life include breathing machines, CPR, tube feeding and dialysis. Though, we must remember that they might not necessarily improve the patient's health or leave them pain-free. Ribs break during CPR and "most patients on ventilators need to be sedated so they don't try to pull the breathing tube out" because "the tube burns, it can feel as if someone is pushing a gloved finger down his or her throat" (*Edmonton Journal*). Families and professionals sometimes don't have the courage to pull the plug, but as only bystanders of the pain, we must take the comfort of the patient into consideration.

Patients, families and healthcare workers need to co-operate so they make sure that their foremost goal is fulfilling the patient's wishes, whether it's comfortable or not. If they wish to use all the life-prolonging techniques that exist, it's the duty of the people around them to make sure they get that treatment. Consideration of comfort should only come in when the patient cannot respond with a firm decision, haven't picked a representative or are terminally ill.

One of the hardest things to hear is the phrase "no hope," but we all must accept that miracles rarely happen in the medical world and the one thing we are absolutely sure about in this world is death. This is why when a time comes where we must pick quality of life over quantity, we should always pick quality.

**the burlap sack**

COMPILED BY **Jon Zilinski**

While sipping on a delectable Mind Over Matcha smoothie from Booster Juice, a friend asked me "what kind of booster did you get?"

It then dawned on me that I have not been given the "booster" option by a Booster Juice employee for years. In fact, I had forgotten that Booster Juice had boosters all together.

What the hell, Booster Juice? I'm not too disappointed thinking that what used to be such a major selling point is not just automatically offered to customers. But wasn't

the booster the entire point of "Booster" Juice?

*The Burlap Sack is a semi-regular feature where a person or group who needs to be put in a sack and beaten is ridiculed in print. No sack beatings are actually administered. But even if they were, we surely wouldn't tell YOU about it.*



KEVIN SCHENK

## Rising cost of living drives students away from steep grocery prices



**Zachary Trynacity-Popowich**  
OPINION WRITER

In the weird weather of this January, I can't help but be reminded of the start of the fall semester.

September can be a magical time in university. New people, clubs, ideas and classes that don't take attendance; it can sound like a dream come true. Better yet, with university often comes a degree of independence. Living away from home for the first time can be a major change to some people's psyche. And with new-found independence, so go old dietary constraints. Goodbye, meatloaf and hello, Dominos (uni code and all). What can be better than pizza and ol' Milwaukee at 1:30 a.m.?

After working hard over the summer, chances are you've saved up a nice bundle of cash and you're feeling flush with money. A night out here and a pizza ordered there don't exactly come across as lavish expenses,

yet as the semester grinds on, those pizzas become more of a luxury and the money that you've saved up over the course of the summer is starting to run out a little faster than you thought it would. So by October and November, you're starting to weigh the cost of milk and eggs, and whether passing on lunch is a good idea.

At this point, you're ready to swallow your pride and you do what more and more students at school are starting to do: register for the Campus Food Bank. In fact, usage of the food bank has seen an increase in its use over the past year. Coupled with the steadily rising cost of living in Edmonton, rising tuition and an economic slowdown, this makes the cost of living around campus more expensive than ever before.

Within walking distance of campus, there are only really a handful of grocery options: the campus Sobeys and the Safeway. And if you're really willing to walk, there's the No Frills and the Save-On Foods at the far east end of Whyte Avenue. Looking for good prices can be a full-time job.

Groceries are expensive. No shit. Everyone knows that

groceries are expensive. In fact, I don't think there's ever been a time when people have said "man, groceries are cheap!" It's one of those things that just keeps rising and rising. Finding a budget and sticking to it can be difficult, but it helps keep your bank balance intact and a few worries off your plate.

Now that it's January, the funds from the summer are starting to run out and this is the point in the year when food bank usage peaks. If you want to help your fellow students, then please take the time to drop off some non-perishable food items at the campus food bank in SUB. In the future, however, there needs to be more of an emphasis on making students aware of the resources at their disposal instead. Week of Welcome is the perfect opportunity to help adjust new students to their new realities and more of an emphasis should be placed on helping new students to manage their finances.

After all, new students will grow to learn classroom etiquette from the judgement of their peers. Money management can be a little less forgiving.

# #3LF

## three lines free

Got something that you need to get off your mind? Either email us at [threelinesfree@gateway.ualberta.ca](mailto:threelinesfree@gateway.ualberta.ca), tweet @threelinesfree or message us at [www.gtwy.ca/threelinesfree](http://www.gtwy.ca/threelinesfree)

the aliens must be controlling the cow  
 How about use that petition money to fix the fucking website  
 Please don't yell  
 Reading week was once known as Suicide Prevention week-you'd think the professors would consider letting us enjoy it instead of having us study for 5 midterms!  
 I don't go here anymore.  
 Kieran, please.  
 I am sorry you saw me smoking.  
 But still good to see you.  
 I hope the beard trend never ends.  
 do you like music?  
 Nine lines free? Seriously!/?

How does the gateway get away with publishing bogus made up "statistics?" Around 0.3-0.4% of people in north American universities and colleges have been sexually assaulted, not 21%. Look it up.  
 We did. We good.  
 FU 2 FU.  
 Kieran, stop  
 If you were a tree would you be coniferous or deciduous? Think about that.  
 It's only 9 am but I could really go for a baconator right now  
 Call your Mom  
 Fuck

I want, like, three kittens.  
 Kieran, stop yelling!  
 What if Seinfeld  
 Still on TV  
 Why are men held responsible for their actions while drunk, but not women? Modern day feminism treats women like children. No wonder so many young women are rejecting it.  
 Smells Like Teen Privilege  
 Birdman #1, American Sniper  
 hack-phooey  
 meet you at bae enterprise square station.  
 KIERAN PLEASE STOP YELLING

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# More record-breaking options for U of A than just dodgeball



**Opinion Staff**  
GROUP COMMENTARY

Heartbreakingly, a campus woke up this term to the terrible news that the usual annual (minus the last two years) record breaking dodgeball game was cancelled.

Tears were shed, hopes were dashed and dreams were shattered. Never again, it seems, will the University of Alberta reign gloriously victorious in the field of dodgeball battle.

Luckily, we at *The Gateway* are actually really really smart, and we came up with a couple fantastic, creative alternatives to yet another dodgeball game.

## Riley Samson

As a former player in the Lister Dodgeball League, and as enamoured as I am with the sport, I was heartbroken to hear that the Students' Union cancelled plans for the Break the Record dodgeball game this year. I say we do something not too far off, and much more cost-effective: we'll turn it into a snowball fight.

This will be just like dodgeball, with all the same rules. But, it'll take place in main Quad, and will use snowballs instead of foam balls. This incarnation of the game will be significantly more chaotic than real dodgeball is though, since the number of balls is limited only to the amount of snow on the ground. It will also probably be more painful.

Hosting the world's largest

snowball fight is a low-cost (no-cost actually, unless CCIS gets damaged) way of getting our hands on another record, if we can't be the dodgeball kings and queens anymore. That and there's no way UC Irvine and their sunny climate will be able to beat it, eliminating the competition.

## Jon Zilinski

With the cancellation of Break the Record, the U of A should turn to corporate sponsorship to fund its next record attempt.

With that in mind, why not attempt the record for world's largest fast food line? The U of A is notorious for having long lines across campus, from SUB's Subway to CAB's Tim Hortons. A world record for longest line has huge advertising upside, as there is potential for a bidding war to ensure the coveted record. There could be a pretty big backlash from selling out, but complaints usually are muzzled when free product is involved.

As it stands, the closest thing to such a record would be the record for the largest line dance with 25,703 people. Imagine strolling into CAB in the morning to the sight of 25,000 people in line for Tim Hortons.

## Sylvia Wong

Instead of breaking the dodgeball record, we need to be the largest student population to celebrate a schoolwide pyjama day. I cannot tell you how many times I had to suppress myself from wearing a polka dot bathrobe to school or throwing on a pair of fluffy slippers. When the campus is filled with people rockin' pyjamas, I can finally walk around without being

conscious of the holiday weight that I stuff into my jeans every morning. I haven't been to the new gym yet, OK?

Fashion must be sacrificed in order to accommodate my habit of inhaling food. If you are worried that you might get too comfy and fall asleep in class, can I also suggest that Tim Hortons supply free coffee all day to support us breaking the record. So, dig out your onesies or grandman nightgowns. If you go commando at night, we will understand #comfortfirst.

## Zach Borutski

To me, a world record attempt should always involve giant food. I see the loss of the dodgeball world record as an opportunity — an opportunity to make a giant pancake in the Clare Drake Arena.

I've seen hockey games at Clare Drake, and I've always wondered what they would be like if the ice surface was a breakfast food. You could even dress up the pancake so people wouldn't be able to tell the difference between it and the ice surface. Whipped cream for the lines, face-off circles and crease, a giant chocolate chip for a puck, maybe even giant strips of bacon for the actual goals if you wanted to make the whole scene even more breakfast-themed. Between periods, the Zamboni could drop syrup on the pancake ice surface.

After the game, which would be extremely delicious looking I imagine, everyone, including the world record judges, would be invited down from the stands so they could eat the pancake, and the U of A would have itself the most delicious world record ever recorded.



SUPPLIED: SAJIA HALL

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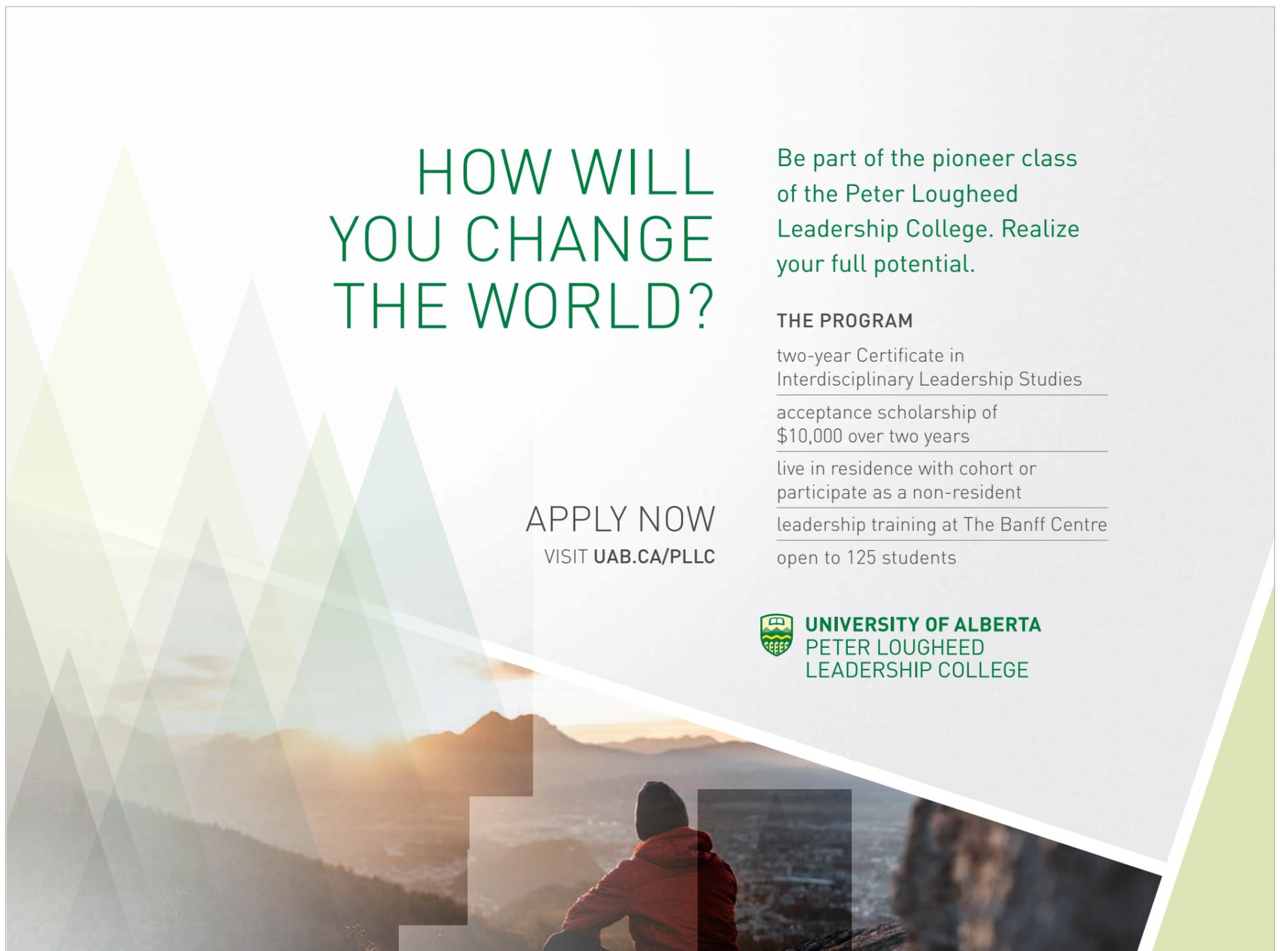
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# Attendance woes on council a failure in student representation



**Andrew Jeffrey**  
OPINION EDITOR

Most U of A students can acknowledge that the most disappointing part about our student politics is the general sense of apathy towards it that repeats itself year after year.

But regardless of how engaged the average student is with the minutiae of each individual council meeting, every student should expect to be represented on council by a dedicated student politician.

This is why the most disappointing aspect of students' council meetings this year has been the dreadful attendance record of some councillors, exemplifying a lack of engagement in the materials council should be debating, resulting in a failure of proper student representation.

Last week, at the Jan. 20 council meeting at Campus Saint-Jean, a topic for discussion late in the agenda revolved around proposing a plebiscite question for council to gauge student opinion on renewing the single-source cold beverage agreement with Coca-Cola. This sounds like a pretty dry issue, but it's necessary for Students' Council to review such a question and ensure what it's asking is fair and neutral.

Unfortunately, the attendance for

this council meeting was sparser than usual in the first place, and once the clock struck 9 p.m., enough councillors left the meeting for the meeting to lose quorum — 17 councillors must be present for these meetings to continue — abruptly ending any discussion on the plebiscite.

Students' council recovered by scheduling a last-minute meeting for Tuesday night to ensure they came to a decision on the plebiscite before the end of the month, but they shouldn't have had to do this. The matter should have concluded the week before.

Councillors aren't paid to attend these meetings, or actually given much in the way of benefits at all, really. It can be a thankless, at times discouraging, volunteer position, but every position on council is a necessary one that requires a dedicated representative in its role. This level of representation has to be taken more seriously than a decision to walk out of a meeting before every point of the agenda has been properly addressed. Barring anything short of a personal emergency, if the councillors don't care about their own meetings, it sends a terrible message to the rest of campus.

Tests will come up and assignments will be due the morning after council meetings — conflicts will happen. But a truly dedicated student politician will find someone to proxy in their place and ensure their faculty is represented. A failure to do so is just one point on an incredibly long list of reasons the majority of campus remains

continuously apathetic towards council discussions.

If council members can't even be bothered to stick these meetings out until the end, how could they expect any student to be engaged in the decisions they're making? Those decisions aren't even important enough to sit through another hour, which gives the impression they're not important enough for the average student to find out about the next day.

Specifically, the students in the Native Studies, Pharmacy and Physical Education faculties should be outraged, if not embarrassed at the records of their councillors. The lone representatives from the Pharmacy and Phys. Ed. faculties each have attended less than half of council meetings this year. Meanwhile, the lone Native Studies representative has attended less than 40 per cent of council meetings this year.

A student councillor not showing up to these meetings indicates a lack of representation and a lack of any voice for an entire faculty of students. More should be expected from our councillors. It's a shame this campus isn't more engaged in student politics to single out the worst culprits of these low attendance marks, and call them out to perform better.

The council oath at the University of Alberta includes the line "I will take the job seriously or not take the job at all." It's about time all of the U of A's students' council takes heed of these words and lives up to them.



KEVIN SCHENK

## The Uber vs. cab company debate rages on even after the city's request for withdrawal

Uber is sleeker, cooler, faster, more convenient. Why are we arguing this?



**Jon Zilinski**  
POINT

Although the transportation company Uber is controversial now, there's no denying its innovative spin on ride sharing. Customers use the smartphone app to book requests, which are then sent out to the Uber drivers. The

driver's location can then be monitored in real time as the customer awaits their arrival.

It's a sleeker way to travel in comparison to your traditional taxi. With UberBLACK and UberLUX, you'll be riding in a high-end sedan or luxury car. Alternatively, if you go the cheaper route of uberX and your driver is showing up in a Prius, it's still cooler than any marked yellow cab.

Even though anyone can apply to be a driver, it's still highly unlikely to end up with some psychopath. Uber does

criminal record checks for its drivers along with profiles for both drivers and passengers alike so each party can review each other prior to meeting — no hailing, no random pickups and no cash transactions allows for a much safer experience for everyone involved.

It's completely reasonable that Edmonton taxi drivers want Uber to be under the same regulation that they are, however their demise will eventually be met if they fail to step up their product to the same innovative technology.

## Stop trying to change the system. Cab company model isn't broken



**James Davison**  
COUNTERPOINT

Things shouldn't be changing just because technology and ambitious business people are making use of good ideas. The old ways are always the best ways. Uber is a callous,

job-eating machine that promises to destroy the livelihoods of thousands of cab drivers in this city.

Instead of reviewing the local taxi industry business model and questioning why people aren't more loyal to cab drivers, the drivers should protest and complain to the city and thrust the problem elsewhere instead of finding a creative solution of their own. Smartphones and eager individuals taking advantage of a great job opportunity should

instead be fined \$1,000 by the city, and the city should foot the bill for establishing an app to counter the success of Uber.

You read that correctly. You, the taxpayer, should pay for a business asset usable for only the local taxi industry, all the while disallowing Uber's continued operation. Because that seems completely fair and not at all listless on the part of the taxi drivers.

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WRITTEN BY  
ANDREW JEFFREY

LAYOUT BY  
JESSICA HONG

# SELF-CARE 101

*“Caring for myself is not self-indulgence, it is self-preservation, and that is an act of political warfare.” - Audre Lorde*

**D**aniella Marchand, a volunteer with The Landing at the U of A, had the same mindset as many other U of A students. She recognized how important it was for other students to take care of themselves, but rarely applied that same logic to her own life. “For the longest time, it was okay for other people to engage in self-care, but it wasn’t for me because I had too many things to do. I didn’t have time to take care for myself,” Marchand reflects.

That kind of thinking is common among a lot of students at the

U of A, and surely further across the country, says Marchand, who co-facilitated the Landing’s peer mentorship group session about self-care on Jan. 21 as part of their Rainbow Peers series.

“There’s still a big misconception that when you are doing self-care, you’re taking advantage of time or you’re indulging yourself and you just don’t have that time to waste or those resources to waste. (But) I don’t think it’s a waste if you are taking care of yourself by doing it,” she says.



*What self-care means to everyone differs from person to person.*

## SELF-CARE

The phrase “self-care” refers to any intentional actions people take to maintain their own physical, mental or emotional well-being.

It’s a simple, yet important, idea. But, the idea of self-care at the U of A is its own unique idea as being a student here brings with it its own identity, says Joshua Dunn, a Registered Psychologist with U of A Counselling and Clinical Services.

“Part of (self-care) may refer to a person’s identity as being a student on campus versus someone who just attends classes,” Dunn says. “Something I really emphasize when I speak with clients, and people in general, is (self-care are) things that often get missed when it comes to the basics.”

Those basics of self-care cover the two crucial yet vastly different

sides of personal well-being: physical and mental. For Dunn, the basics he reminds clients to strive to maintain are proper diet, exercise, sleep and socializing.

What self-care means to everyone differs from person to person. Acting on self-care may look like a waste of time or even stressful to someone else, because it means a variety of things to different people. Self-care can mean taking a bath or reading a book to relax, while for other people, it’s finishing papers far ahead of their due dates to avoid the stress and anxiety of writing to a deadline.

“That’s just making sure you know what’s best for you and putting yourself in the best situation where you can be your best self,” Marchand says.



*The issue is that students shouldn't have to make this decision in the first place between caring for themselves and tending to their work and their futures.*

## EDUCATION & WORK STRESS

Putting yourself in that situation of being your best self, however, is a deceptively difficult endeavour for students.

Many undergraduates are living away from home for the first time. These students are now on their own without a strict schedule and reminders to eat and sleep right. But it's more than just this newfound freedom, especially for those at the U of A who never had this schedule in the first place. What every student has in common is their struggle to better themselves, their GPA and their resume over the course of their four to six years as an undergraduate in an education system that benefits those who work to the point of excess and those who push themselves as far as they can go.

After all, the common train of thought for most university students is that more job experience, volunteer extra-curriculars and higher grades leads to greater opportunities and success once school is over. But to achieve all of those things, an incredibly taxing and stressful amount of work is necessary — and that isn't always healthy.

When we're pulling all-nighters studying for finals and spending what free time we do have working part-time side jobs, the things we need to do to maintain our own physical and emotional well-being often takes a backseat, Marchand says.

"(Students) think they don't have time for (self-care) so they blow it off. We talk about mental health all the time, we talk about physical health, we never equate it to taking care of yourself," Marchand says.

None of this comes as a surprise to your average student. Hardly anyone will be surprised to learn that not getting proper sleep is unhealthy and counterproductive, but talk to any student on campus and they'll likely be able to trade stressful all-nighter stories with you. Just as many are likely to comment on how little they've eaten lately, or how little free time they have, or how many assignments and papers they have piling up that all need to be finished.

Students know they're making unhealthy choices when they make their own well-being a lower priority than their academics or their work — a lack of knowledge about what's good for them isn't the problem. The issue is that students shouldn't have to make the decision in the first place between caring for themselves and tending to their work and their futures.

Sacrificing your physical or mental health for these things seems like we're working towards a bigger picture or a greater purpose, but often not realizing what damage is being done to ourselves in the process hurts us in the long run.

"I think (students) think they're selfish. They think they're paying for these courses and it is important to get good grades and to do all these things because they're in an academic institution, but it really is equated with selfishness and people don't want to look as if they're being selfish when they have all these other things they have to do," Marchand says.

"They want to be performing in the best way possible towards their peers, their parents or whoever's looking at them, and if you're sitting watching Netflix for an hour because that's what you need to do, people aren't going to see that correlation all the time."

Nothing about the concept of self-care is particularly revelatory. The individual facets of this concept are very familiar to what a lot of students would have heard from their parents growing up: eat three square meals a day, make sure to get proper rest and exercise, and make time for the loved ones in your life.

But what will be new to hear for some students is that taking a break from their work to spend a night with their friends, to go see a movie or to simply catch up on their sleep isn't a defeat and isn't a sign of laziness or selfishness. It's a necessary act of self-preservation and a right we all have.



*The fact is that this level of stress and pressure placed on the backs of students often leads to students' mental health deteriorating further.*

## SELF-CARE & THE ACADEMIC INSTITUTION

As Marchand points out, what heavily influences this way we view self-care is the way mental health and self-care is handled by professors and the education system.

Getting an A on your final exam certainly gives you a sense of pride that improves your mental health — that makes all of your work up until that point feel worthwhile. But this is an idealized version of post-secondary education. The reality of how much self-care is encouraged is more complicated than that.

"When you have all these papers due in a week and you have profs who don't make any allowances, it is very hard not to be in a mindset where it's like 'they don't care, so why should I care?'" Marchand says. "But when you do have those professors who say 'If you're really struggling, please come talk to me,' or they put in their syllabus, 'These are the mental health services on campus,' you see there is an overlap in the faith the academic institution has in self-care as well."

This contradiction exists in many departments on campus. Some professors will care to listen to their students when they're feeling overwhelmed and help them through difficult periods. But the overall impression university gives is one of a place where students must take responsibility for themselves and their academics often with little help offered from their professors.

On a larger level, as Marchand states, cuts to mental health services on campus and a lack of prioritization makes students jeopardize their own mental health less as well. On a smaller scale,

many students easily feel overwhelmed by their academics with no one to turn to and only themselves to blame, and the only way many find to solve that is to sacrifice their own health to get ahead in school. The fact is that this level of stress and pressure placed on the backs of students often leads to students' mental health deteriorating further.

"Stress certainly is associated with the major forms of mental health struggles that students deal with, and that's anxiety and depression. Both of them are exacerbated by stress levels, if not caused by them directly," Dunn says.

But it's also this connection to mental health that stigmatizes self-care for many students, making it difficult for them to admit a lack of self-care is a serious problem in their lives. It can feel over-indulgent and unnecessary — or even selfish — to identify not making enough time for yourself as a root cause of anxiety or a detriment to proper mental health.

"When people say self-care, they associate it with mental health, and because of that they just don't want to realize that it's something they need to be concerned about," Marchand says. "They know people who are probably suffering from different kinds of side effects because of a lack of mental health resources, and they don't want to think about themselves that way, because they don't want to be stigmatized."



## CONCLUSION

The only way for students to avoid this is to feel empowered and to feel safe. That being empowered to know that their own health is as important as any final exam or essay they have to worry about, and safe in the knowledge that there are countless services available to help students when they're overwhelmed and unable to cope and dedicate themselves to self-care. That's what self-care means in the end — the confidence and the dedication to love yourself, and consider yourself as valuable a priority as any other responsibility in your life.

"It means that you have to be okay with a bit of self-indulgence, but as well as knowing that self-care isn't just about eating a chocolate bar or going to work out," Marchand explains. "It could be as simple as making sure that you're prepared for class, so you're not feeling anxious afterwards. It's understanding that it's not just indulgent type things, but also the responsibility you have to yourself, your education and your mental health."

# Arts & Culture

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**Volunteer**  
Arts meetings every Wednesday at 4pm

## social intercourse

COMPILED BY Maggie Schmidt

### Erica Sigurdsson

Dinwoodie Lounge (2nd floor SUB)  
Wednesday, Jan. 28 at 6 p.m.  
\$10 at door

Dinwoodie Comedy Night is back with the sharp wit of Erica Sigurdsson. From her appearances on CBC Radio's classic show *The Debaters* to more than 20 festival credits, she's performed comedy more times than you've pulled all-nighters. The first round of midterms are coming up and there's no better way to procrastinate than by spending your evening laughing until you're scared you'll pee yourself. So put aside your textbooks for an evening and catch the award-winning comedian. And please don't pee yourself.

### Birds of Chicago

w/ Colleen Brown  
Artery (9535 Jasper Avenue)  
Friday, Jan. 30 at 8 p.m.  
\$13 at door

With the exception of the Edmonton Folk Music Festival in August, bluegrass and roots music is horribly lacking in Edmonton. Luckily, American-based duo *Birds of Chicago* is here to win over your heart and make you nostalgic for the simpler times that you weren't even alive yet to experience. Edmonton's limitlessly talented Colleen Brown opens with her dreamy voice and folk rock melodies. Set in the historic Artery, there's no better way to experience bluegrass the way it was meant to be.

### Andy Shauf

w/ Marine Dreams, Tyler Butler  
Mercury Room (10575 114 Street)  
Saturday, Jan. 31 at 8 p.m.  
\$20 at door

When you do a YouTube search of "Andy Shauf," almost every video that comes up is a live recording. That's because when you've got the voice of an angel every time you open your mouth, you don't need all of the fancy recording equipment to make yourself sound good. Prepare to be blown away by the musical stylings of Andy Shauf, at new hip venue, the Mercury Room. The catchy indie rockers *Marine Dreams* and the bawdy *Tyler Butler* are opening, so bring a change of underwear because it's going to get steamy.

### Ten Green Ladies Art Show

w/ Jesse and the Dandelions, DJ Owl  
Artery (9535 Jasper Avenue)  
Saturday, Jan. 31 at 8:05 p.m.  
\$10 at door

They don't call it the ARTery for nothing. This Saturday, 12 local artists are assembling with their finest work of art to hang along the walls of the venue. Every piece is running for \$200, hence the name 10 Green Ladies (if you still don't get it, open your wallet and pull out a \$20 bill). Indie-rock sweethearts *Jesse and the Dandelions* are going to play some swank beats with hot tracks coming from DJ Owl for the rest of the night. Whether or not you can afford some ridiculously underpriced pieces of art, come absorb some culture and relax during a night of visual and auditory treats.



CHRISTINA VARVIS

## AGA's 90th year celebrates provincial art

### GALLERY PREVIEW

### Future Station: 2015 Alberta Biennial of Contemporary Art

**WHEN** Until Sunday, May 3  
**WHERE** The Art Gallery Of Alberta (2 Sir Winston Churchill Square and Enterprise Square Galleries, 10230 Jasper Avenue)  
**HOW MUCH** \$12

**Danielle Carlson**  
ARTS & CULTURE STAFF

The Art Gallery of Alberta asked artists to portray working in our province and their unified response ranges from awe to discomfort.

Future Station is the ninth biennial exhibit at the AGA and features the contemporary works of 42 artists from Alberta, all selected to portray the experience of being an artist in Alberta. Out of the 42 artists, 38 of them have never been part of the AGA's biennial.

Curator Kristy Trinier says her method of selecting artists for the exhibit, which includes several artworks incorporating thrift store items and recycled materials, was influenced

by an image of a half-constructed LRT station. It was meant to symbolize the stripped-down materials used in many of the pieces.

"The theme was developed as this unfinished LRT station, as a metaphor for seeing contemporary art in the province in a new way," Trinier says.

The thrifty nature of the materials used in the gallery personify the bleakness and anxiety permeating the artworks. Trinier says these cheaper materials symbolize how artists are adapting to a changing and uncertain Alberta economy.

"Alberta has a big swing in its economy, even in the last year," Trinier says. "Rather than making really shiny and expensive artworks like you would see artists in New York doing in the 1980s, some of the artists (in Future Station) are debriding or distressing materials and working with found materials."

A feeling of anxiety and despair binds the artists' works together. Jude Griebel's papier-mâché sculptures, for example, stand apart from the rest of the gallery as the human shapes emerging from natural rural Alberta settings carry a mythic quality.

"What I sort of do is a psychological translation of qualities, by using states of growth and decay in the prairies as a metaphor," Griebel explains.

One of his pieces, titled "Accident Mouth," portrays social anxiety as a car exits a cave (a

human mouth) onto an icy road and crashes into another car. He also submitted a human figure resembling a compost pile and holding a smartphone. Griebel's work displays the disheartening qualities of humans such as anxiety and laziness.

Another artist, Nika Blasser, submitted a piece meant to capture anxiety: a video of a woman eating hair with a fork and a knife. Blasser, originally from Portland, Oregon, says the idea for this work came to her during her first winter in Edmonton. She says it was a dark time that made her feel anxious and uncomfortable — as if she were eating hair. Trinier says she believes the province can relate to this sentiment.

"I feel it's supposed to be spring, and it's just not going to happen here, and I think the people from here kind of know that," Blasser says. "There's this sort of need to get away for a while, have a little bit of a break, through the monotony of winter."

Despite the anxious undertones of some of the works, Trinier is excited to bring this "very interesting" crop of new and seasoned artists together under Future Station.

"(The gallery) really is a new kind of brew of artists and bringing attention to some new work in the province," she says. "I was really happy to meet with the artists and learn about their work and have the opportunity to share with the province."



## the brew crew

WRITTEN BY Keegan Goerz

### Kentucky Bourbon Barrel Ale

**Brewery:** Alltech Lexington Brewing and Distilling Company

**Available at:** Sherbrooke Liquor Store (11819 St. Albert Trail)

Kentucky Bourbon Barrel Ale is a mundane example of whiskey barrel beers. Bourbon, by definition, must be aged in a new oak barrel each time it is distilled, leaving a stockpile of used barrels. Alltech Lexington Brewing and Distilling Company is, like other more famous brewing companies, putting one of their headliner ales into one of these used barrels and then placing it to rest anywhere from four to eight weeks at the discretion of the brewmaster. The intention is to have a drink that resembles some of the bourbon flavours with an easier drinking style and some light beer notes.

The pouring of this starts the



boring experience, with nearly no head and limited carbonation bubbles. To the nose, you have some pleasant vanilla and floral scents with an undertone of bourbon. Though enjoyable, the floral scent does not jump out and vanilla is anything but interesting, leaving the drinker wanting something more.

Kentucky Bourbon Barrel Ale left a bitter feeling everywhere but in my mouth. They have badged a boring bottle with interesting-looking labels and filled it with a mediocre ale masquerading as a whiskey fan's best friend. With such boring flavours and presentation it feels like the brewers have made a bourbon-inspired ale simply to use up their leftover barrels. With a high price, low volume, and uninspired flavour, this is a hard pass. Avoiding this and replacing it with bourbon-proper is a better use for your time and taste buds.

## finer things

WRITTEN BY Cameron Lewis

### Mike Tyson Mysteries

It's really uncommon that you see something reach its full potential. Many times I've seen advertisements and trailers for shows and movies — especially ones on Adult Swim — that seem great in concept, but lack something and can't come

fully into fruition. *Mike Tyson Mysteries* is everything I expected and more. When I saw that there was a Scooby Doo style spoof focused around Mike Tyson, I wasn't expecting brilliant comedy or storytelling. I was expecting a cheesy show where Mike would punch someone in the face and have a few good one liners — like his cameo in *The Hangover*. When I actually went and watched the show — I ended up watching the entire series in one sitting — I damn near didn't stop laughing the whole time. Mike's goofy personality is complimented nicely by his sidekick character foils, the

Marquess of Queensberry, the ghost of the actual guy who laid the foundation for the existence of boxing, and Pigeon, a man named Richard who was turned into a pigeon by his wife after she discovered he was cheating on her. The troupe follows Mike as he goes around in a van trying to solve mysteries for people that he himself doesn't understand. It brings the audience into the bizarre and quirky mind of the former Heavy Weight Champion who has been tamed by life's pitfalls. Welcome back to the mainstream, Mike. Your new show is making us proud.

## Vino Bitches

WINE: Sonora Ranch Pinot Noir

Written by: Maggie Schmidt

There are two ways to ruin a Friday night: drinking bugspray, or drinking Sonora Ranch Pinot Noir. On second thought, the bugspray would've had more flavour. It's not that this wine is horrible, but I've had servings of plain rice that had more kick.

The overstated label was what caught my attention. Three types of font, curved corners, and a golden, gleaming sun with a violet centre that I insist, as I continue to drink and glare at the heinous device, resembles a period stain.

Disappointment would reign the moment the cap was twisted off. Its scent and flavour are ultimately bland. There are no playful spices or depth of any sort to seduce you in this wine that resembles dark rust. It took me three sniffs to learn that there were just strawberries and raspberries, and I only say those specifically because they're the only ingredients that the label lists. There might be just a drop of fruit extract, which is only enough to figure out that there is at least something sweet-smelling in there. That, and a bitter last note that clings to your nose unpleasantly.

Pinot Noir is typically a light-medium bodied beverage, but drinking Sonora is like consuming air. There's just a ghost of berries in the flavour and its "soft finish" reminds me of when the kitchenware isn't rinsed after washing and all I can taste is soapy water. Overall, a carton of Minute Maid would be more satisfying.

Sonora's label includes a list of food pairings that is longer than its flavour descriptor: try it with roasted turkey, grilled salmon, and soft cheeses. But even if you only have lunchmeat, it will be more enjoyable by itself than with this bottle.



**Price:** \$12.39

**Available at:** Liquor Depot

## fashion streeters

COMPILED & PHOTOGRAPHED BY Christina Varvis

**Kayode Famade**  
GEOLOGY IV



**GATEWAY:** Describe what you're wearing.

**FAMADE:** I'm wearing a fedora and a nice, wool, thick scarf. And a nice jacket that fits really good. I like to wear longer jackets, because they fit my figure better. The jacket is from Zara, the fedora is from Simons, the scarf is from Simons, the sweater is from RW&Co, the trousers from Simons, and the loafers from Aldo.

**GATEWAY:** Where do you find your style inspiration?

**FAMADE:** I just dress up. It's not like I go somewhere to look. I just look at my wardrobe. I arrange my wardrobe according to sweaters, shirts, and colour. So I just look in the morning and see which one looks best, and I put my trousers on top, so I can see the colours and match the colours together.



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SUPPLIED

## Mortdecai? How about Less-decai? Film flops.

### FILM REVIEW

### Mortdecai

WRITTEN BY Eric Aronson

DIRECTED BY David Koepp

STARRING Johnny Depp, Gwyneth Paltrow

Now Playing

**Mikelie Johnston**

ARTS & CULTURE WRITER • @MIKELIEJ

*Mortdecai* began with flaming martinis, and went downhill from there.

Johnny Depp plays Charlie Mortdecai, a moustachioed little shit who happens to be an art dealer with connections. Gwyneth Paltrow as his wife, Johanna Mortdecai, is, well, a very bland Gwyneth Paltrow. When a prominent art restorer is found dead, Mortdecai and his wife find themselves searching for a lost Goya painting. The discovery that the restorer had the priceless work of art is confusing, but after a long-winded explanation, the main characters launch into a global search.

They're pitted against wealthy art dealers who want the piece for private collections, while Mortdecai and his wife are just trying to finance their crumbling estate. It's hard to find sympathy for the indebted pair, and their strife seems trivial.

**- The honourable endeavour to create a modern-day *Pink Panther*-like comedy is analogous to watching David Koepp sob into a dusty screen play.**

As a married couple, Depp and Paltrow are painfully unnatural, and not in a way that's at all comedic. Despite the forgiving parameters of the kooky comedy genre, the leads fail to convincingly portray anything but an awkwardly forced performance. Depp's performance is exhausting and completely half-assed, desperately

trying to breathe life into a prissy British version of Jack Sparrow. Ewan McGregor and Jeff Goldblum are refreshing in silly roles and are easily the only tolerable characters of the movie.

The film is a poorly thought-out hodgepodge of slapstick comedy, unoriginal genital jokes and gagging noises (literally). Even though the entire film was purposefully over-the-top and ridiculous, the terrible British accents and plot holes are painful to watch and lead to disappointment. It was as if the script was written for a drama, a 16-year-old penciled in jokes he'd seen floating around on Reddit into the margins, and the writers just ran with it. On second thought, that sounds more interesting to watch than this film.

**- *Mortdecai* began with flaming martinis, and went downhill from there.**

*Mortdecai* is terribly paced, between high-action moments and long, tedious lulls. The honourable endeavour to create a modern-day *Pink Panther*-like comedy is analogous to watching David Koepp sob into a dusty screen play "This is still funny right?" for two hours straight. The art heist comedy dragged on a very tired moustache gag that may have been funny in 2008. *Mortdecai* couldn't even get the simple task of the well-timed fart joke. In fact, all jokes had some potential but completely floundered with sadly pathetic punchlines.

The jokes in *Mortdecai* were fitting for a children's movie, spewing goofy knock-knock jokes and explosive physical comedy. However, the film was obviously geared toward adults with bland sexual humour and a boring stab at art caper themes. This strange choice of combining children's humour and adult subject matter may have looked interesting on paper, but was ridiculously uncomfortable and lacked the wit necessary for the film to succeed. The casts' agents responsible for their participation in the film should be ashamed.

YOUR OFFICIAL STUDENT NEWSPAPER AT THE UNIVERSITY OF ALBERTA

# HEY! WE'RE HIRING A 2015/16 Editor-in-Chief and Publisher

The Gateway is accepting applications for a Full-time EIC and Publisher in February

## FULL-TIME POSITION EDITOR-IN-CHIEF AND PUBLISHER

*The employment term runs May 1, 2015 to April 30, 2016*

The Editor-in-Chief and Publisher shall be responsible for the paper's overall operations, from day-to-day tasks to long-term planning. The Editor-in-Chief is responsible to the Gateway Student Journalism Society and assumes overall responsibility for The Gateway by supervising all aspects of editing and production. The Editor-in-Chief must operate in accordance with the Gateway Student Journalism Society bylaws at all times.

**\*CONTACT ANDREA ROSS AT [EIC@GATEWAY.UALBERTA.CA](mailto:EIC@GATEWAY.UALBERTA.CA) FOR A FULL JOB DESCRIPTION**

**Application deadline: Feb 4, 2015 at 4 pm.**

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# Doin' You: Guacamole

Jazz up this classic avocado dish with spicy salsa

**Kieran Chrysler**

ARTS & CULTURE EDITOR • @CHRYSLEERRR

People who know me know that I make bomb guacamole. It's part of my personal brand, as some would say. This guacamole is the only reason my boyfriend hasn't left me yet. But I'm risking my relationship status to give you the key to the greatest guacamole in the world.

Okay, so guacamole really isn't hard. You basically mash a bunch of ingredients together until you have a tasty green mush that you can dip chips in. However, I'm going to give you a little tip that will make all the difference in your guac to make it spicier and immensely better.

The trick to this saucy dish is to say "fuck it" to traditional guacamole roles and add salsa. The spiciness of the salsa brings a delectable level to the otherwise plain avocado flavour. Plus the mixing of two popular Mexican dips adds flair and innovation.

The nice part of this "recipe" is that you don't need to measure anything, just throw shit in there until it tastes good. No recipe couple with the fact that this is guaranteed to taste good is a total bonus.

**What You'll Need:**

- 2 Avocados
- 3 Garlic cloves
- Half a red onion
- Salsa
- Cilantro
- Lime juice

**Step 1:** Cut your avocados in half, remove skin and pit and then toss them into a nice bowl for mashing. The beauty of this recipe is you can

make everything in the bowl you're serving in. No dishes no problems.

**Step 2:** Dice your onion and garlic, and put them in with your avocado. Then, grab a fork and start mashing it all together. This is where you want to make sure that you picked ripe avocados, as it's gonna be really hard to mash if you picked hard ones. I guess I should have told you that earlier. Oh well.

**Step 3:** Now we get to the fun part, because all the ingredients can be added to taste, so you just need to constantly be tasting your delectable creation. Eating is fun. Start adding lime, cilantro, and salsa to your heart's content. The salsa makes the guacamole look like diarrhea, but the extra spice and tomato flavor make the whole thing fabulous. Trust me.

**Step 4:** Now you're done! Call yourself Master Chef until your friends try and run away. Don't worry, once they try your guacamole they will be indebted to you forever. It's like you're Satan but without the eternal damnation part.

Grab some chips and start dipping. My personal favourite to use are Tostitos Multigrain Rounds. They aren't too flimsy, so they won't break if you went a little salsa heavy and made the guac dense, and they have some nice salt flavour while also providing a few grains to your diet.

So tuck in, and make yourself some man-catching guacamole.

*Doin' You is a regular Gateway feature that teaches students ballin' like skills without their mom's help.*



CHRISTINA VARVIS



Metro Cinema at the Garneau 8712 109 Street, Edmonton, AB  
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Student Admission  
 Evenings \$9  
 Matinees \$6



**Why Don't You Play In Hell?**  
 Japanese w/ subtitles

January 30 at 9:30  
 February 1 at 9:30  
 February 4 at 9:30

In Shion Sono's latest film, Hirata is an aspiring director who's intent on making a masterpiece with his film club. That dream isn't realized until 10 years after the story's start, following a lengthy set up involving a feud between rival clans of yakuza bosses, Muto and Ikegami, the incarceration and release of Muto's wife, Shizue, and the rise and fall of Muto's daughter, Mitsuko, to and from pop-culture stardom. "Boasting an aesthetic insanity to match its uninhibited narrative ... [and] indulging in wild violence, [the film] also concerns itself with issues of cinematic representation, history, and preservation.... It's an ode to filmmaking as orgiastic gonzo spectacle."



**Nas: Time is Illmatic**  
 Music Docs - African History Month

February 3  
 W/ Live Performance by local hip-hop artist, K-Riz.  
 Music at 6:30, Film at 7:00

In his recent film, documentary filmmaker One9 delves deep into the making of Nas' 1994 debut album, Illmatic, and the social conditions that influenced its creation. Twenty years after its release, Illmatic has become a hip-hop benchmark that encapsulates the socio-political outlook, enduring spirit, and collective angst of a generation of young African-American men searching for their voice.

- Also on screen this week:
- The Price We Pay - Canada's Top 10
  - The Culture Collective - Live variety show!
  - Violent - Canada's Top 10
  - Chicken Run - Reel Family Cinema
  - Russian Ark - Russian w/ Subtitles
  - Felix and Meira - Canada's Top 10
  - Corbo - Canada's Top 10
  - Last Days in Vietnam - Oscar Nominee



**Groundhog Day**

February 2 at 7:00

Every February 2, a collective breath is held across North America as the people of Punxsutawney watch for that cute little rodent to pop his head out of his burrow to let us know whether or not spring is on the way. It's inevitable. It happens every year. Again and again. Until you just want to scream - or watch Bill Murray scream in a classic comedy directed by the late, great Harold Ramis. A cynical weatherman, Phil Connors (Murray), is forced to continuously re-live the worst day of his life - which just happens to be Groundhog Day - until he learns to become a better person. The story - one that has received innumerable film treatments - is played expertly by Ramis and Co. for laughs as well as philosophy. It's "a grand pastiche of 'Capraesque' fables (by way of Dickens' Scrooge) with a cynical old sot having to locate his humanity to free himself from the conundrum of endlessly repeating the same day."

Visit metrocinema.org for full listings!

THE gateway  
PRESENTS

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**SEAN GOUGLAS**

ASSOCIATE PROFESSOR IN HUMANITIES COMPUTING

From Gamers to Gamergate:  
**Who gets to play?**

JANUARY 29

5:30 PM

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# APIRG's Art of Protest shows new art-based means of protesting

**Maggie Schmidt**

ARTS & CULTURE WRITER

Most people are passionate about one thing or another, but only a few of them have the knowledge and resources needed to give a voice to their cause. The Alberta Public Interest Research Group (APIRG) is trying to change this with their recurring workshop, The Art of Protest.

Coordinator Samantha Williams says art is an essential element of societal progression, but is often inaccessible to the public sphere because of lack of money, materials or awareness.

"The Art of Protest came out as a concept that art is used in protests

... but is often inaccessible," Williams says. "Even if you're looking at someone who's doing a general arts degree compared to a fine arts degree, there often are elements like materials that come into play."

The workshops happen once a month, and will be recurring until Tuesday, March 24 where the series will end with a playwriting workshop. The Art of Protest is completely free and inclusive, so anybody and everybody is encouraged to attend.

In each workshop, Williams highlights a major art movement that has driven some form of social change. She begins with a short lecture on the history of a certain

movement, its lasting effect on society, and how it can be done by anyone. For the rest of the time allotted, attendees are invited to practice and create art that's meaningful to them using supplies provided courtesy of APIRG.

This semester, the workshops are focusing on the performance arts. Some of the event's upcoming themes include using abstract art, journaling and slam poetry as forms of protest. Atypical styles of art like these are much less likely to be taught to anybody who isn't studying a specific fine art, says Williams.

"Art is the self. Everyone has an emotional connection to some form of art," says Williams. "You

can usually pull that into whatever concept you're trying to do."

No matter what you are passionate about, or perhaps even if you are still looking to find a cause to support, there are a lot of valuable skills to learn from Art of Protest that transcend any specific social movement. Even art forms that are already connected with a certain protest in history can be used in any context.

"We have focused on anti-war," says Williams. "Most people have a concept of what being anti-war is, and then I pair it with new concepts of art."

By looking at the art of a specific movement, techniques can be taken and applied to anything.

So, no, the Art of Protest is not a seminar on how to throw-off face recognition technology or what to pour into your eyes if you get pepper sprayed. It's about being able to use art as a way to express yourself to the world.

"There are so many ways of being an activist that are not the heavy-hitters that people automatically think of," says Williams. "Activism is everything within your own right, and that can even mean radical self-love."

The next Art of Protest meeting is Tuesday, Feb. 3 p.m. at 3-5 p.m. in HC L1 10 and focuses on using abstract art. More information about upcoming events is available on [apirg.org](http://apirg.org).

## #OscarsSoWhite is a deeper problem



**Andrew Jeffrey**

OPINION EDITOR  
@ANDREW\_JEFFREY

Shock and disgust have run rampant on social media after this year's Academy Awards nominations were announced. But as easy a target as the decrepit, pale Academy voter base is, the voters who chose these candidates aren't truly the most deserving target of film fans' ire.

The #OscarsSoWhite hashtag has caught fire as everyone rushes to remind each other just how old and white the Academy Award voters are, together averaging in at the fresh age of 63. That Academy voted a class of eight nominees for Best Picture that all are ostensibly stories about male protagonists, and filled every acting nomination this year with white performers. Not a single Best Picture nominee tells a female story, snubbing the likes of the critically acclaimed *Wild*. Meanwhile, one of the best reviewed movies of the year, the Martin Luther King biopic, *Selma*, was shut out besides what seems like a throwaway nomination for Best Picture and Best Song.

But while it's easy and not totally

unfair to point the finger at this Academy for this lack of diversity, that's far too limiting criticism for a film industry that doesn't foster such diversity in the first place.

Despite the criticism against the Academy this year, there actually were very few snubs that would have really altered the complexion of this year's awards class. David Oyelowo's moving performance as Martin Luther King Jr. was wrongfully ignored and, sure, maybe an argument could have been made for *Wild* getting more attention, but there's not much else in the way of disappointingly overlooked films. The fact seems to be that in a critically strong year for film, the year's most outstanding films nearly all focused on stories of white men.

So many of the year's best films didn't offer such potential nominees in the first place. These films are seldom actually being made to even warrant the academy's attention. The Oscars act as more of a reflection of the current film industry. They're an effect, not a cause.

The Oscars shouldn't be looked to as some sort of benefactor of social justice. They've really never achieved that in a film industry that's continuously settled for intermittently rewarding single instances of diversity rather than committing to widespread change

in the film industry. When arguing that this isn't a real problem in film, critics always uses the same three or four movies that received Academy recognition as an example of how even-handed the Oscars can be (like *12 Years a Slave* winning Best Picture or Kathryn Bigelow winning Best Director for *The Hurt Locker*) rather than pointing to a longer history of diversity in the Academy's choices.

This year's nominations are depressing and the demographic of the Oscars' voters surely leaves them out of touch with modern audiences, but don't settle for criticizing just this year's Academy Awards about the film industry's whitewash. The same criticism should be just as widespread every time a historical film inaccurately fills its cast with white actors like *Exodus: Gods and Kings* did; every time we can look at a summer full of blockbuster films repeatedly telling stories of white, male heroes; and every time we can look at an upcoming Oscar season in September and see that we'll soon end up with an Oscars list as pale as this year's.

The 2015 Academy Awards are a disappointing indictment of the film industry, but don't fool yourself into thinking it's the real problem. The true discrimination runs much deeper than that.

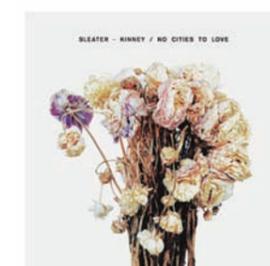


MARION COTILLARD

FELICITY JONES

SUPPLIED

### ALBUM REVIEW



## Sleater-Kinney

### No Cities to Love

Sub Pop  
[sleater-kinney.com](http://sleater-kinney.com)

**Jason Timmons**

ARTS & CULTURE WRITER • @JASON\_TIMMONS

Punk-rock queens Sleater-Kinney are stepping back into the spotlight with a refined sound on their newest album *No Cities To Love*. Coming out with their first studio release in 10 years, the Olympia natives have put a rock n' roll spin on their classic brand of punk rock.

Fans who remember Sleater-Kinney as the badass trio who helped define the Riot Grrrl scene in the mid '90s will feel right at home with tracks like "Price Tag" and "Hey Darling." Carrie Brownstein's power chords and Janet Weiss' messy-but-methodical drums provide the perfect backing to Corin Tucker's politically charged vocals. Critiquing capitalism and the mediocrity of fame, Sleater-Kinney doesn't pull any punches to get their message across.

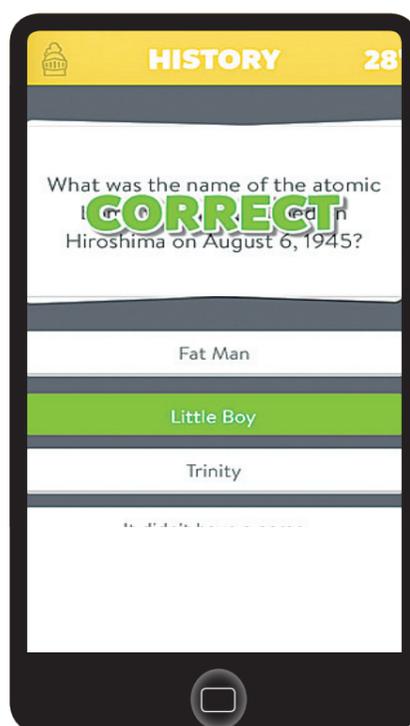
Newer fans — or fans with contemporary tastes — will find love

songs like "Bury Our Friends" and "Fade," which use complex chord progressions and refined vocals to convey Sleater-Kinney's politically charged message in a more modern way. Sleater-Kinney fine-tunes their understanding of what makes a hit song, creating catchy music without losing lyrical integrity. Maybe it's the changing landscape of music that favours rock over punk, or maybe it's the result of the band's matured tastes that caused the transition. Either way, the new spin on classic material works out well for Sleater-Kinney.

Transitioning away from their keynote style of punk would be difficult for almost any band, but Sleater-Kinney takes the change in stride, refusing to make lyrical sacrifices and instead creating hits without losing any of their Riot Grrrl ferocity.

## datapp

WRITTEN BY **Alyssa Cancian**



### Trivia Crack

**COST** Free

**PLATFORM** iPhone, Android

Trivia Crack is one of those apps you regret downloading 10 minutes after you start playing it. It's nearly impossible to put down — like, ever — and it will consume most of your free time.

The game either pits you against your friends or random opponents and tests your knowledge in six different categories: geography, science, entertainment, history, art and sports. Each category is personified by a cute character, which you win by answering questions

correctly. To win the game, you need to earn all six characters from each category, which you can either challenge your opponent for, or earn your own. You receive three lives, and with each new game you lose one and must wait an hour before they reload. Therefore, choose your opponents wisely so you aren't stuck with someone who won't play you back.

The only downside to this game is the lengthy ads playing after you answer a question wrong, but that's all the more motivation to pick the right answer. You may be asking yourself why you'd want to play an educational game over a mindless one like Temple Run. If you're going to be ignoring your professor and on your phone in class anyway, why not learn something new while you're at it.

*Dat App is a feature where technology-obsessed Arts & Culture writers keep you updated on the latest time-killers so your wasted time can be as fun as possible.*

## Students' Union ELECTIONS 2015

### RUN

Thinking of running for a position in student government? Students' Union Executive and Board of Governors Election Nomination Packages are available at 2-900 SUB and online at [www.su.ualberta.ca/vote](http://www.su.ualberta.ca/vote).

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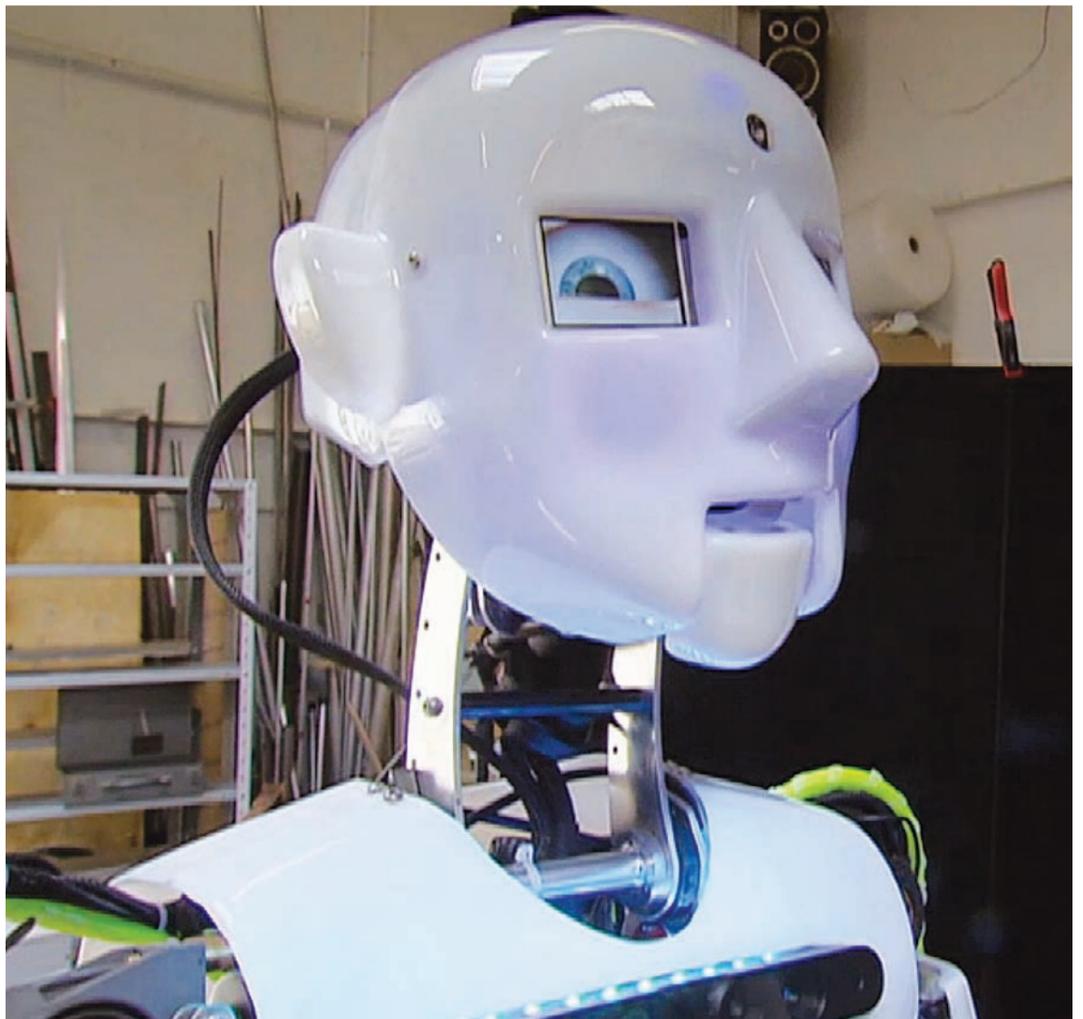
This is made possible by undergraduate students like you, who pay \$3.35 (full time) or \$1.68 (part time) per term to help students turn their ideas and projects into reality.

To opt out of the fee, simply fill out a form and bring it, your one card and a current copy of your timetable to the APIRG office (9111 HUB Mall). If you prefer, you can mail in your form.

Forms available at [www.apirg.org](http://www.apirg.org), the APIRG office (9111 HUB Mall), SU Executive Offices (2-900 SUB) and SU InfoLink booths.

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## Film tackles ethics of robotics

*Roboticize Me* questions the ethical issues of robotics, but doesn't provide answers

### FILM REVIEW

## Roboticize Me

WHERE [cbc.ca/doczone/episodes/roboticize-me](http://cbc.ca/doczone/episodes/roboticize-me)

DIRECTED BY Mark Cuttler and Jackie Carlos

STARRING Peter Keleghan

**Josh Greschner**

ARTS & CULTURE STAFF

In CBC's new documentary, *Roboticize Me*, sexual ethicist Neil McArthur says he doesn't think sex with robots is very far away. The Edmonton audience in the IMAX Theatre at the Telus World of Science guffawed at this proposition. There might be hope for humanity yet.

*Roboticize Me* premiered at the Telus World of Science on Jan. 20th and is currently available online through CBC DocZone. Hosted by Peter Keleghan (Ranger Gord on the *Red Green Show*), the documentary examines the cross-cultural considerations and the inexorable advancements of robotics. While the film offers detailed analysis into the current state of robotics, certain

presentational flaws misrepresent the message it's trying to convey.

The narrative starts in Japan, in a society embracing robots with a fervour that seems bizarre by our standards. The opening scene features Keleghan at a robot restaurant, in which colossal chrome robots dance jerkily beside scantily clad humans. Japanese culture, for reasons hardly mentioned, has a tendency to anthropomorphize their robots. A robotics professor featured in the film built a life-sized robot resembling himself, using his own hair on the robot's head. He says he built the robot in order to observe humans objectively — whatever that means.

Keleghan returns to the West, and while the film clearly states that our culture certainly embraces technology, we are much more hesitant toward humanoid robots because of dystopian narratives deeply ingrained in our culture. We welcome robotic technology largely for functionality, such as robots that can navigate through rubble. The most effective scene in the film is when a quadriplegic man lifts himself out of his wheelchair with the help of a robotic device

supporting his legs.

The film succeeds in posing a wide range of questions and outlining major cultural debates about robotics. Sobering moments of reflection by philosophers balances shots of roboticists excitedly demonstrating their Frankensteinian creations.

But, the documentary misrepresents the actual state of artificial intelligence. In brief interludes, Keleghan holds a conversation with a robot called RoboThespian. The computer-eyed robot is slow, but offers sophisticated answers to Keleghan's complex questions. The film implies that the artificial intelligence of *Her* is actually quite close to realization.

Overall, *Roboticize Me* tries to tackle the ethical implications of robotics. But while it presents some crucial questions about integrating robots into society, the lack of information about artificial intelligence causes some major plot holes and causes the film to fall short.

The film provides many questions, but the only one I'm left with is: after having sex, would the robot fall asleep without cuddling and hog all the blankets?

### ALBUM REVIEW



## The Gay Nineties Liberal Guilt

Independent  
[gayninetiesmusic.com](http://gayninetiesmusic.com)

**Holly Detilleux**  
ARTS & CULTURE STAFF

It seems like the Gay Nineties couldn't decide which kind of album to make *Liberal Guilt*: high energy indie rock or a Mowtown tribute.

The first half consists of danceable indie rock that start this EP off on high note. Their single, "Letterman" is irresistibly catchy and

serves as a focal point to the album. It's the type of song that you could sing your heart out to — the half-yelled vocals and pounding drums make it wildly fun.

On the fourth track, things take an unexpected turn for the sexy. The upbeat energy of the first half is replaced with four Marvin Gaye-

inspired sensual tracks. These are songs to seduce a lover to, complete with breathy vocals and a slow, seductive beat. Here, they blend genres in a way that results in a psychedelic atmosphere, making use of well-timed guitar solos to add some classic rock flavour that contrasts nicely with the earlier indie vibes.

Despite the confusing mix of style, *Liberal Guilt* is refreshingly enthusiastic, creating great atmosphere that is as youthful as it is sexual. This EP will no doubt help create a name for this band, establishing that they are a talented group with a lot of potential. With their obvious proficiency in a multitude of genres, The Gay Nineties proves their prowess on *Liberal Guilt*.

# Sports

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Cameron Lewis

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780.492.6652

**Twitter**

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**Volunteer**

Sports meetings are every Wednesday at 5pm

## Puck Pandas take sole possession of first place in Canada West

**Zach Borutski**

SPORTS STAFF • @ZACHSPRETTYCOOL

The Pandas hockey team is on a roll — a seven-game roll, to be exact.

After winning both games against the Mount Royal Cougars this weekend, the Pandas managed to push their winning streak to seven games, giving them sole possession of first place in the Canada West standings with a 16-6 record.

The Pandas opened up the weekend on Friday with a commanding 5-0 over the Cougars in Calgary, which they followed up with another 6-0 win at home the next night. With back-to-back shutouts, goaltender Lindsey Post expanded on her incredible season. She now has a league-leading nine shutouts to go along with 16 wins

and a 1.23 goals against average.

Despite the Pandas' recent success, they're still only two points ahead of the Manitoba Bisons for top spot in Canada West. Manitoba has a winning streak of their own, at six games.

"I'd be lying if I said we didn't think about what Manitoba's results were, and we usually check the scores for the games when we're not playing," head coach Howie Draper said. "In reality, you hope that your wins get you into a position with some breathing room, but unfortunately, they've been with us step for step lately."

Despite the fact that Mount Royal is on the bad side of the win-loss column, Draper emphasized the fact that the Pandas didn't underestimate them going into the weekend, accepting that any team

can beat any other team on any given night.

**"We're prepared to deal with a really desperate team this weekend."**

HOWIE DRAPER  
HEAD COACH — PANDAS HOCKEY

"You're doing your due diligence as a coach in reminding your players that Mount Royal isn't a bad team," he said. "You really can't take any team lightly, especially in Canada West. We can't sit back despite our recent success. We have to try and be better every time we step on the ice."

The Pandas will host the Saskatchewan Huskies this

weekend, who are dealing with a six game losing slide that has seen them drop to the bottom of the playoff picture in Canada West. Draper reiterated that just like with Mount Royal, it would be a mistake to underestimate the Huskies.

"We're prepared to deal with a really desperate team this weekend," he said. "Our higher level of consistency has been great, I hope we can continue to bring this level of play into the weekend against Saskatchewan."

The consistently excellent play over this seven game winning streak was a welcome addition in Draper's mind, and he credited the Pandas with upping their intensity, which he felt had been lacking for large portions of the first half of the season. He also pointed to an increase in offensive production as

a key to the Pandas recent success.

"I really think the players are starting to buy into our philosophy," he said. "They're really starting to believe they can be a championship team."

Meanwhile, the Bears hockey team had an up and down weekend. After dropping the first game of their home-and-home to Mount Royal 3-2 in overtime, they managed to right the ship and beat them 7-1 on Saturday. Despite the loss, the Bears still have a comfortable lead in the Canada West standings, as their 22-3-1 record gives them a nine point cushion on the second place Calgary Dinos.

The Bears will hit the road to take on the Saskatchewan Huskies, their final tune-up before Canada West playoffs start.



**LEADING THE WAY** The Canada West first-placed Pandas hockey team has won seven straight games.

RANDY SAVOIE

# Athletes of the week



GOLDEN BEARS AND PANDAS ATHLETICS

## Bears

Left Side — Alex McMullin

The first-year Brisbane, Australia native probably felt right at home playing against three of his countrymen in this weekend's series against the Regina Cougars. The 6'5" outside hitter had 20 kills and 24 points on the weekend, and will look to remain a consistent weapon for Head Coach Terry Danyluk's Bears as they travel to Brandon next week to take on the Bobcats. — Mitch Sorensen

## Pandas

Goaltender — Lindsey Post

With her league-leading eighth and ninth shutouts of the season, the Pandas' third-year net-minder backstopped her squad to 5-0 and 6-0 wins over Mount Royal on the weekend. Post stopped all 22 shots that came her way over the weekend, with her 1.23 goals against average on the season good for tops in Canada West and fourth in CIS. — Mitch Sorensen



AMIRALI SHARIFI

# Varsity Sports Roundup

## bears volleyball



The Bears got back to their winning ways last weekend, winning both their matches against the Regina Cougars with authority. Having lost two of their last three games coming into the weekend, it was clear the Bears were ready to play from the outset. With left side Alex McMullin pacing his squad with 11 kills on the night, the Bears dominated en route to a straight-set win. Saturday's match saw much of the same

style of play from the Bears. Though the Cougars seemed reinvigorated after their loss, they could not keep pace with setter Brett Walsh's offensive spread. With a team kill efficiency of .385, the Bears' consistency allowed them to win in straight sets for the second straight match. The Bears will travel to Manitoba next week for a two-match series against the Brandon Bobcats. — Mitch Sorensen

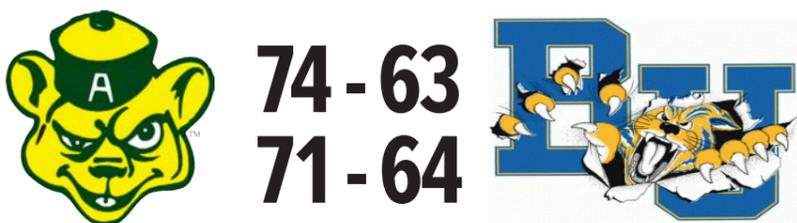
## pandas volleyball



On a weekend that saw libero Jessie Niles become the new all-time Pandas leader in conference digs, the Volley Pandas won two straight-sets victories. Paced by the 12 kills of outside hitter Meg Casault and Niles' 12 digs, the Pandas used a big block in combination with solid defence to ensure their victory. On Saturday, the Pandas continued to dominate play at the net with the Dione

Lang and Josephine Doerfler frustrating the Cougars with their consistent blocking. Niles had another 13 digs, adding to her career total of 918 and pushing past Konihowski for the all time Pandas lead. The Pandas are on the road in Brandon next weekend to face the Bobcats before returning to the Saville for their final two home games of the season. — Mitch Sorensen

## bears basketball



The Bears hoop squad extended their winning streak to three games over the weekend with back-to-back wins over the Regina Cougars. With the wins, the Bears jumped up to fifth place in the Pioneer Division, just two games out of the first place position owned by the Calgary Dinos. The Bears were led in the first game on Friday by forward Mamadou

Gueye, who put up 23 points and four rebounds on the way to a 74-63. The Bears followed that up on Saturday with a 71-64 win, with scoring led by Gueye and guard Joel Friesen, who scored 18 and 20 points respectively. The Bears will return home this weekend to take on the Brandon Bobcats who own the worst record in the division at 1-15. — Zach Borutski

## pandas basketball



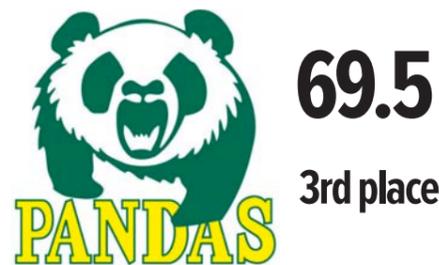
The Pandas basketball team had a rough time last weekend, dropping back-to-back games against the Regina Cougars. The sweep at the hands of the Cougars is the first sweep the Pandas have suffered all season. With the losses, the Pandas also fall from first place to fourth in the Pioneer Division with an 11-4 record. In the first game

of the series on Friday, the Pandas fell behind 21-10 in the first quarter, and weren't able to catch up, eventually falling 88-72. On Saturday, as the Pandas fell victim to a 30-17 first quarter deficit that resulted in an 86-78 loss. The Pandas will return home this weekend to take on the Brandon Bobcats who are 3-13 on the season. — Zach Borutski

## bears and pandas track and field

The Golden Bears and Pandas Track and Field teams put up a strong showing in last weekend's Golden Bear Open, finishing third overall with 126.50 combined team points. The Calgary Dinos took first place, finishing with a whopping 239 points, while the Regina Cougars scored second with 155.50 points. The strength of the event was in the top three teams, after Alberta, the next best finish was the Lethbridge Pronghorns, who finished with just 54 points. Alberta's best event of the

weekend was the women's 300-metre run, where Leah Walkeden scored gold, and her teammate Daniella Clonfero won silver. Alberta also got first place finishes from Mitchell Home in the men's 300 metre run, and Isaac Tyler in the men's high jump. The Golden Bear Open will be the Track squad's final tune-up before the team travels to Winnipeg, Manitoba for the Canada West Track and Field Championships, which are being hosted by the University of Manitoba Bisons. — Cam Lewis



**JUMP FOR GLORY** The Bears and Pandas both finished third at the Golden Bear Open last weekend.



TENNIS! Canadian Tennis star Milos Raonic relies on a strong serve to win.

SUPPLIED: DAVID ILIFF

## What makes tennis entertaining: powerful serves, or a good rally?

Players who use big serves make the game boring and repetitive



**Mike Simion**  
POINT

Over the last 10 or so years in men's tennis, there has been a rising number of six-foot five-ish players who have taken up a spot in the Association of Tennis Professionals top 20. These players, for the most part, have adopted the natural advantage their size brings to serving and have used it to dominate many of their opponents. From a simple perspective, the current landscape of men's tennis only really offers two — yes, we're talking really simple — styles of play.

The two camps that players can reside in are big servers or baseline players. While neither

camp is mutually exclusive from another, big servers still need to hit balls from the baseline and baseline players still try to hit big serves. But it's obvious that watching a baseline player is more entertaining.

Tennis is at its best when rallies start to develop a rhythm. It's when the longer rallies start to take shape, and the opponents start to get a feel for the back and forth between one another. In the heat of a long rally, a player must make a decision — whether conscious or not — before every stroke, to either disrupt the rhythm of the rally by trying to play a winning shot, or to obey the rhythm of the rally with a passing shot in hopes of outlasting his opponent. It's these rallies that demonstrate the breadth of shot making and skill that players possess and give tennis its true appeal. But the game plan of a big

server runs antithetical to this.

The big servers of tennis, players like John Isner, Juan Martin Del Potro, and Milos Raonic, try to prevent this rhythm from taking shape by attempting to end rallies in three balls or under. While it may be an effective winning strategy, it unquestionably strips a match of its most satisfying exchanges. Looking back at the decade's best matches, it's clear that the most exciting tennis comes from two baseline players going head-to-head. Nadal and Federer's 2008 Wimbledon Final and Nadal and Djokovic's bout at the Australian Open represent the height of this era of tennis.

Big serving can be seen as tennis' equivalent to the trap in hockey. Both may prove to be an effective strategy for players and teams of a certain makeup, but neither makes for great entertainment.

Sports are all about doing things that seem humanly impossible



**Dan Guild**  
COUNTERPOINT

Big Serves Make Big Smiles. In the same way that fans love a hard slap shot, a home run or a long drive in golf, tennis fans love a big serve.

If you're watching a tennis match with no preference on who wins and are simply seeking some entertainment, a long rally between two good players can surely offer that, but there are so many players on tour these days capable

of keeping a rally going, waiting for their opponent to either make an error or finally float a ball back to them easy enough so they hit a winner down the line can get kind of repetitive. Being able to watch one of a handful of players who can pulverize the ball basically from rest, and with accuracy, is special.

It's fun to get behind players with a heavy serve not only to watch their unique ability, but because they become champions — like Pete Sampras or Serena Williams. If you're cheering for someone who can dominate with their serve, the excitement derived from watching them hold every service game with 20 or

more aces in a match and then finally get the break that wins it all is better than seeing a few good baseline rallies.

People want to see somebody do something that seems humanly impossible, and when a player sends an ace whistling past their helpless opponent at 220 kilometres per hour, you can hear a buzz amongst the spectators, and for those on their side it's more than enough reason to stand up and start waving your nation's flag.

Though baseline play can be very exciting, it can also be largely repetitive. A fast well-placed serve is as pure a display of timing, technique, and power as you'll find in the game.

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SATURDAY

Pandas • 5:00pm  
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# The Gateway's Super Bowl XLIX Preview



## Seahawks look to become first repeat champ since Patriots

Jason Shergill

SPORTS STAFF

With the biggest sporting event of the year comes the biggest story lines. Here's some stuff to look out for when the New England Patriots and Seattle Seahawks clash in the Super Bowl on Sunday.

**1. No one has won back-to-back since...** There hasn't been a champion to repeat in 10 years. Seattle is hoping to break that streak and become the first team to win twice in a row since, coincidentally, the New England Patriots did back in 2003 and 2004. In fact, this Seattle team has a striking resemblance to those mid-2000s Patriots who won three of four Super Bowls between 2001 and 2004. They have elite coaching, a suffocating defence and a young quarterback leading the show. Speaking of which...

**2. Is Russell Wilson the next Tom Brady?** This may be jumping the gun a little bit, but their careers started weirdly similar to one another. Here are Tom Brady's stats in his first three years as New England's starter: 3,409 passing yards per season, 23 passing touchdowns per season, and two Super Bowls. Here are Wilson's: 3,317 passing yards per season, 24 passing touchdowns per season, one Super Bowl (would be two if he wins on Sunday). When you mention that they were both late draft picks who were expected to be backups — Brady was a sixth round pick, Wilson was a third round pick — you can't help but compare the two. Of course, it remains to be seen whether Wilson can step up and become a Hall of Fame quarterback like Brady, but if he can beat Drew Brees, Peyton Manning, Aaron Rodgers and Brady — all surefire Hall of Famers

— in playoff games in the span of two years, it shows that he's at least capable of getting there.

**3. Cornerback matchup for the ages:** For most of his career, New England's Darrelle Revis has been thought of as the best cornerback in football. As an All-Pro in 2009, 2010 and 2011, Revis earned the nickname Revis Island, because whoever he was covering was left stranded for the entire game. It seemed he had no equal — until two things happened in 2012. First, he tore his ACL, putting him on the sidelines for the rest of the season, and some guy named Richard Sherman burst onto the scene. With Sherman racking up two All-Pros of his own in Revis' absence, it seemed Revis' time had passed. Back at full health again, the two shared this year's All-Pro honours, and it seems both will use this game to top the other and become

the undisputed champion at their position.

**4. Deflategate:** I know, I know, it's already gotten way too annoying and the coverage it's received has been insanely overdone. For the readers that haven't heard, New England, who already has a cheating history in recent years (Google "Spygate scandal"), had used 12 game balls in the AFC championship game, and 11 were found to be abnormally deflated. Apparently this gave the Patriots an advantage because deflated balls are easier to catch, especially in cold weather. But as much fun as it is to degrade the evil empire that New England coach Bill Belichick tries to embody, with how badly New England dominated the Indianapolis Colts in the AFC Championship game a couple weeks ago, they could've beat them even if they were using a golf ball. The only reason it

bears mentioning is that the commentators are bound to hit us over the head with this topic for four straight hours. All this is here for is a warning to prepare you for it.

**5. Trying to see who is more unstoppable between Seattle's star running back Marshawn Lynch and New England's star tight end Rob Gronkowski:** Seriously, with these two guys playing, I would be shocked if this Super Bowl doesn't break the record for most broken tackles. Frankly, it's tough to argue if there's anyone who can hold a candle to these athletic freaks at being impossible to tackle in the open field. They're both always a threat at all times to turn a five-yard play into a 50-yard touchdown, and I'm pretty sure if they ran into each other at full speed they'd make a bigger earthquake than Seattle's fans after a Lynch touchdown.



SUPPLIED

## If reporters don't want bad interviews, just leave Lynch alone

Richard Catangay-Liew

NEWS EDITOR • @RICHARDCLIEW

I dare you to watch Seattle Seahawks quarterback Russell Wilson's post-game interview after this year's NFC championship without a smile on your face (well, unless you're a Packers fan).

Raw athlete emotion, win or lose, is what makes watching professional sports inspiring and enjoyable. As fans, we look forward to these heartwarming — or heart-breaking — post-game interviews and watch those tearjerkers over and over again on Youtube.

But when an athlete doesn't want to give that "Kodak moment," don't force it.

Wilson's teammate and backfield partner Marshawn Lynch was handed a \$50,000 fine for not speaking to media after this season's NFC Championship. NFL officials told ESPN's Adam Schefter that the NFL would be increasing fines for each Super Bowl Media Day session Lynch misses this week.

At last year's Super Bowl Media Day, Lynch stood in front of a throng of reporters and cameras with a hoodie and sunglasses, but didn't say a word. Players are required

to participate in Media Day as per their NFL contract — and Lynch participated.

It was awkward. The Pro Football Writers of America stated they were "extremely disappointed" with Lynch's behaviour. But you know what? Even if he did open his mouth, you weren't going to get anything quotable anyways.

This season is no different.

Forcing uninterested and despondent athletes to "participate" in media scrums because their contract says so is foolish. Let them take the hefty fine and talk to someone else.

The league shouldn't bother bullying Lynch into becoming a media-friendly sound bite. Lynch, 28, is acting immature, unprofessional and unnecessary, but he's been in the NFL since 2007 with that attitude. He's not going to change.

I understand that his antics make an NFL reporter's job excruciating, so when it comes to his turn in the locker room — skip him. Lynch is one of the league's top running backs, but you can still write a story about the running game talking to the offensive line, the offensive coordinator, the head coach or the quarterback.

It's frustrating when your interviewee doesn't want to talk, and as a reporter, I know that first hand. The difference here is that there are a handful of other athletes on the field or in the locker room you can talk to regarding the outcome of the game.

Thousands of fans love reading ESPN articles. You know what they don't love reading? A Marshawn Lynch transcript. Not every professional athlete is as media savvy as Russell Wilson or outspoken defensive back Richard Sherman, and there's really no point in forcing them to be.

# Top 5 Super Bowls



**Cameron Lewis**  
SPORTS EDITOR • @COOOM

**5. Super Bowl VII - Miami Dolphins 14, Washington Redskins 7:** This game itself may not have been one for the ages, but it belongs on the list simply because with the win, the Miami Dolphins completed the first and only ever perfect season in NFL history. The Dolphins grabbed a 14-0 lead in the first half and never looked back, taking down Washington 14-7. Rumour has it that the living members of the 1972 Dolphins crack bottles of champagne after the last remaining undefeated NFL team loses its first game every year, knowing their accomplishment remains untouched.

**4. Super Bowl XIII - Pittsburgh Steelers 35, Dallas Cowboys 31:** The 1978 Super Bowl is revered as one of the best in history because of the quality of talent involved. The game featured 14 players, including legendary quarterbacks Terry Bradshaw and Roger Staubach, and coaches Tom Landry and Chuck Noll, who would eventually go on to become Hall of Famers. Another thing that made this game amazing is the fact this was the Super Bowl where the "Hey kid, catch," commercial featuring the Steelers' defensive tackle made its debut. You know, the one where the kid offers Mean Joe a drink of his Coke and Mean Joe, who turns out to be not that mean at all, tosses the kid his game-worn jersey.

**3. Super Bowl XXXVI - New England Patriots 20, St. Louis Rams 17:** At this point, it's hard to imagine Tom Brady and the New England Patriots as underdogs, but in 2001 they certainly were. The Rams' offence that season was nicknamed "The Greatest Show on Turf," as it's widely regarded as the most dominant offence in football history. The team boasted MVP winning quarterback Kurt Warner, two wide receivers in Torrey Holt and Isaac Bruce who caught for at least 1,000 yards, and running back Marshall Faulk who won his

third straight NFL Offensive Player of the Year award in 2001. On the other side, the Patriots' chances to win the Super Bowl looked bleak at the beginning of the season as star quarterback Drew Bledsoe was forced to miss the remainder of the season due to injury. After coming in as a replacement, Tom Brady led the Patriots to an 11-5 record and two tight wins over the Oakland Raiders and Pittsburgh Steelers in the playoffs. The Patriots grabbed a 17-3 lead by the end of the third quarter, managing to keep the Greatest Show on Turf at bay until the fourth quarter, when the Rams exploded for 14 points of their own, locking the game up at 17 with just a minute to go. Rather than running out the clock and sending the game to overtime, Brady marched the Patriots down the field, cutting through the Rams' defence and giving his kicker a chance to win the game on a 48-yard field goal attempt. The kick was good, making it the first game in Super Bowl history that was won on the final play.

**2. Super Bowl XXV - New York Giants 20, Buffalo Bills 19:** In the early 1990s, the Buffalo Bills went to the Super Bowl four times in a row and didn't win any of them. Super Bowl XXV in 1991 was the first of those four losses, and it's probably the one that hurts the most, because the Bills really should have won. The Bills, who were heavily favoured, appeared to be in the driver's seat after a sack on Giants' quarterback Jeff Hostetler in the end zone gave them a 12-3 lead in the second quarter. With just 25 seconds to go in the first half, the Giants scored a touchdown and managed to cut the lead to 12-10, completely changing the complexion of the game. The Giants started the third quarter with the ball, and embarked on a drive that would last for more than 10 minutes — a Super Bowl record. The drive was capped by a touchdown from running back Ottis Anderson, who was later named the game's MVP. The teams exchanged field goals in the fourth quarter, leaving

the Giants with a 20-19 lead, setting the stage for one of the greatest finishes in NFL history. With just over two minutes left, the Bills scrambled their way down the field knowing that just a field goal would give them their first Super Bowl in franchise history. A combination of clutch passes and runs gave the Bills' kicker Scott Norwood a chance to win the game with a 48-yard field goal. This game happened in 1991 and the first ever game winning field goal in Super Bowl history was scored a decade later, so you can do the math. The kick sailed wide and the Giants took home the prize.

**1. Super Bowl XLII - New York Giants 17, New England Patriots 14:** The members of the 1972 Miami Dolphins perfect season squad were certainly popping champagne after this one. The 2007 Patriots flirted with history, as they carried a perfect season into the Super Bowl to face the New York Giants. It's pretty ironic that the half time show in this game was performed by a group called the Heartbreakers, since the hearts of many Patriots' fans were broken that day. Although the Patriots were heavily favoured to not only win, but absolutely destroy the Giants on their way to a perfect season, the game was really close. With three minutes to go in the fourth quarter, it looked like the Patriots had the game in the bag, holding a 14-10 lead. The Giants got the ball back with 2:39 remaining in the game on their 17 yard line. Quarterback Eli Manning scrambled up field, but had trouble cutting through the tight Patriot defence. On a third down with the game on the line, Manning scrambled around, avoiding a sack, then chucked the ball down the field where a wide receiver named David Tyree who had hardly even played all season made one of the greatest catches in football history. Tyree jumped over several defenders, sticking the ball to his head as he hit the ground, keeping the drive alive. The Giants went on to score a touchdown with less than a minute to go, giving them the victory.



SUPPLIED



## ALUMNI ASKED & ANSWERED

with  
**Jennifer Bergman**  
'07 BCom

**Current Occupation:**  
Entrepreneur (Wedding Planner + Designer)

**What do you miss most about being a U of A student?**  
I would say flexible schedule, but I have regained that to a degree since starting my company. I guess just the naivety of student life, not having many responsibilities ... being young!

**Favourite campus memory?**  
Working with my peers on projects and within student clubs on the second floor of the School of Business — particularly RMBS and JDC. Developed great relationships that are still strong to this day.

**What's the one piece of advice you'd give a current U of A student?**  
Experience as much as you can. Put yourself out there and join something, do something, volunteer, go to parties — don't just study!

**Favourite secret makeout/study spot?**  
I'm good at keeping secrets.

**What did you do to help you stay sane during exam time?**  
I work out. That is still my stress relief to this day.

**What impact has the U of A had on your life?**  
The experiences I had during university and the relationships I formed during my time there have had an incredible influence on my career and personal life. My passion for event planning was ignited at U of A, and many of my business contacts and even my clients are people I met at the Alberta School of Business.

[alumni.ualberta.ca/students](http://alumni.ualberta.ca/students)



# Diversions

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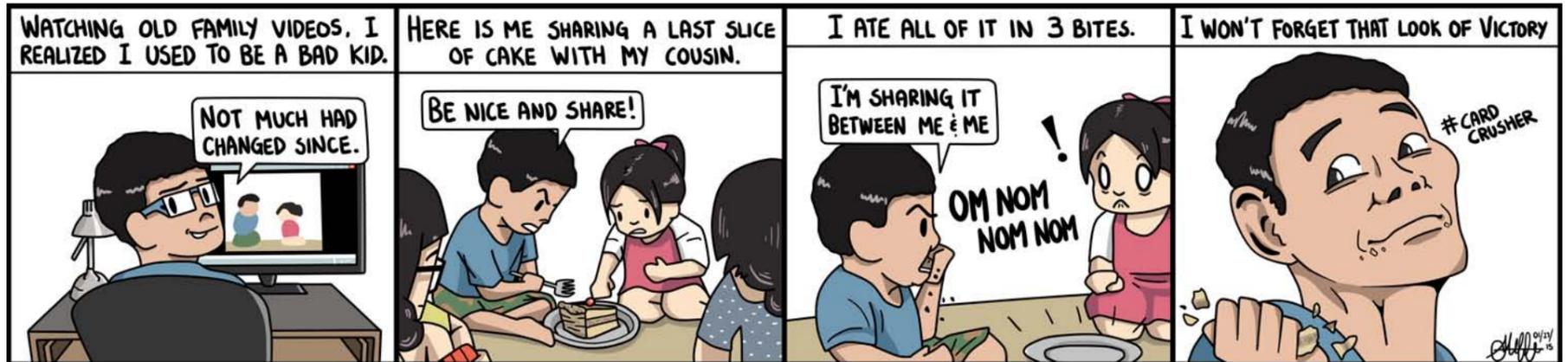
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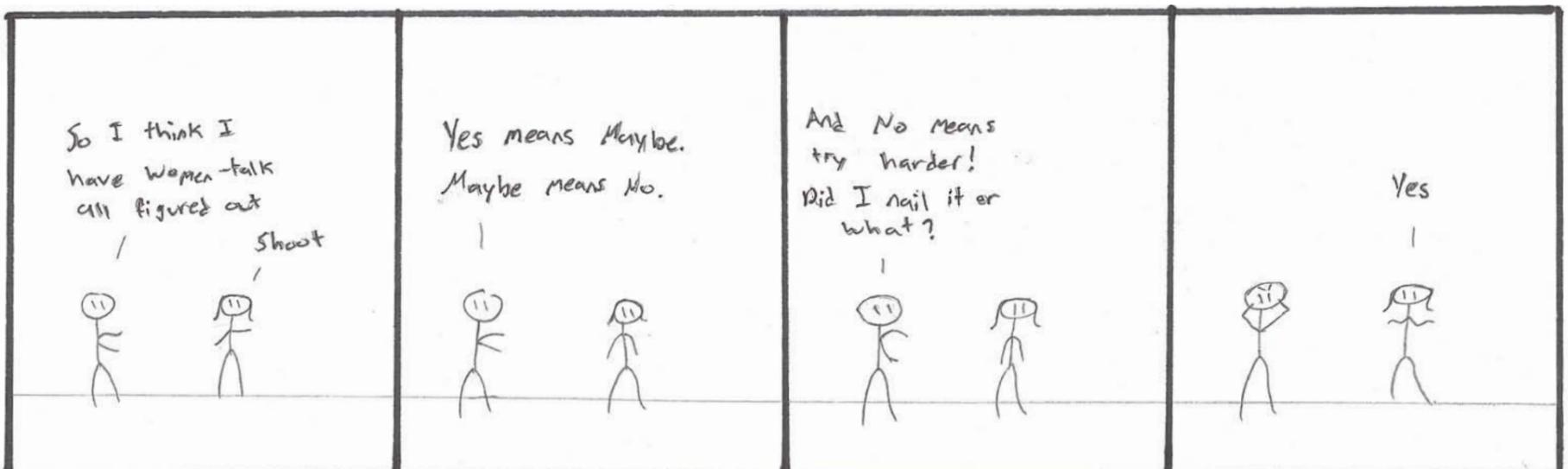
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# GATEWAY HOROSCOPES

**SUPERBOWL**

BY CAM LEWIS

Aries



Don't even watch the Super Bowl on Sunday. You don't even like football, why would you enjoy the Super Bowl?

Taurus



Whatever team you pick to win Sunday's game will be wrong. You're always wrong.

Gemini



If Tom Brady throws for more than 300 yards you'll never find true love.

Cancer



You need to tell the world that "deflategate" is just another clever cover-up for 9/11.

Leo



Everyone featured in the Super Bowl commercials can see you through your television screen.

Virgo



Bring only bottles of Ginger Ale to your friend's Super Bowl party. They'll appreciate it, trust me.

Libra



If Russell Wilson picks up more than 100 yards on the ground, your parents will get a divorce.

Scorpio



Watch closely. The half-time show is just all of the childhood dreams you had that never came true on a screen.

Stagittarus



Put \$100,000 on the Miami Dolphins winning this game. Trust me.

Capricorn



I've got nothing, sorry.

Aquarius



Put your television set in the bathtub at half-time.

Pisces



Organize a Super Bowl party but don't invite anyone, enjoy all the pizza and chips to yourself. Awwwww yeah.



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