

**THE UNIVERSITY OF ALBERTA'S CAMPUS MEDIA SOURCE**

August 26th, 2015 ■ Issue No. 5 ■ Volume 106



**ORIENTATION**

**WEDNESDAYS**  
20 oz PBR pints \$4!

**THE BLACK DOG FREEHOUSE**  
10425 Whyte Avenue

**GSJS Annual General Meeting**

**5pm**  
Wednesday, September 9

Student's Union Building, room 3-06

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In the event of raining, the event will take place in the Katz Atrium

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Wednesday, August 26, 2015

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Comments, concerns or complaints about *The Gateway's* content or operations should be first sent to the Editor-in-Chief at the address above. If the Editor-in-Chief is unable to resolve a complaint, it may be taken to the Gateway Student Journalism Society's Board of Directors; beyond that, appeal is to the non-partisan Society OmbudsBoard. The chairs of the Board of Directors and the OmbudsBoard can be reached at the address above.

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LETTER FROM THE EDITOR

University is overwhelming. There's little chance that the next four-ish years of your life will be a walk in the park. But it doesn't have to be all bad. In this issue, we've tried to give some of our best secrets, tips and tricks to what has made our university experiences a little bit easier.

So who are we? We're *The Gateway*, the University of Alberta's campus media source. This means that while publishing your weekly dose of delicious campus news and events every Wednesday, we also post videos, podcasts and photo slideshows. We represent student needs and interests when no one else will. Our News section reports on the Student's Union. Sports will keep readers up-to-date on student athletics, from varsity to fitness clubs. Arts & Culture keeps up on student-run fine arts collectives. The Diversions section highlights student art, and Opinion will always be a place for the student voice on current issues to be heard. Everything is tied together with compelling photos and our desire to produce relevant and interesting content.

During this crazy time of year, we want to show our appreciation for our student readers, and help them to navigate the fresh year with more confidence than before. You'll find in these pages everything from places to grab lunch to what exactly you're getting out of your exorbitant tuition costs. We want to help you get through the year as painlessly as possible.

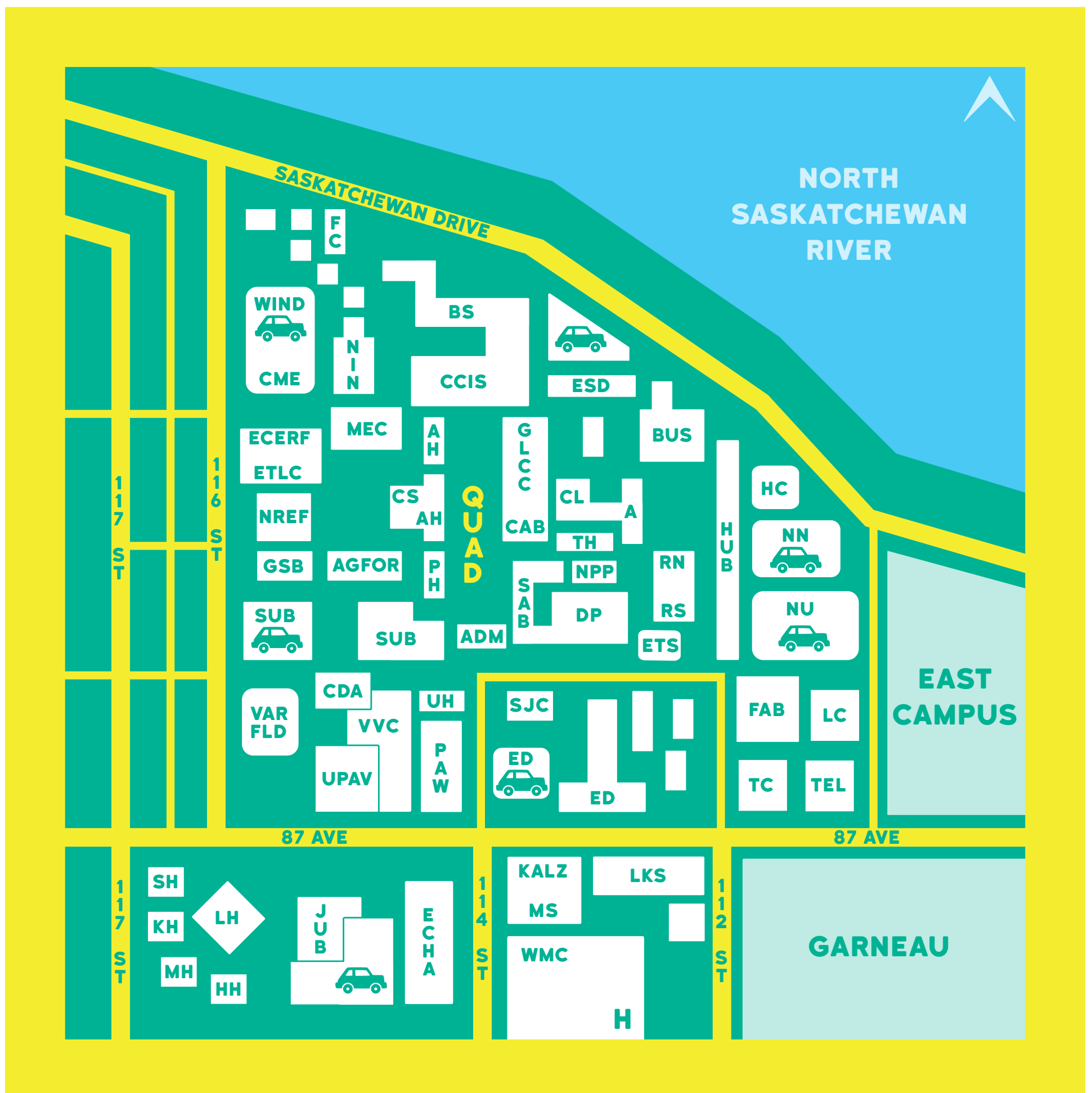
If you're a first year, welcome to the most insane four (or five, or six, or 10) years of your life. If you're wandering onto campus again after four months off, welcome back. Make your year count.



**KIERAN CHRYSLER**  
MANAGING EDITOR 2015-16

# WHERE AM I?

UNIVERSITY OF ALBERTA NORTH CAMPUS





# HOW TO SURVIVE FIRST YEAR

KEVIN SCHENK

## DON'T BE A DICK

- #1** Put your phone on silent in class. No prof wants to be interrupted by Fetty Wap.
- #2** If you're going to talk, don't do it on a quiet floor in the library. Everyone will hate you.
- #3** Also don't talk in class. Seriously, just skip the class if you're going to talk the whole time.
- #4** You might feel intimidated with your entourage walking beside you, but everybody hates you for it. Leave enough room for people to pass you.
- #5** Stay on the right side in HUB or you'll trip an alarm that alerts everyone nearby to punch you in the face.
- #6** Be open-minded. There are over 30,000 students on campus from various countries, backgrounds, ethnicities, sexualities, species and cultures.

## HANGING OUT

- #1** The River Valley starts just north of the U. Head down for lunch or spend hours exploring nature away from the concrete jungle. And don't let the cold stop you; the paths are well maintained in winter.
- #2** You've probably seen it mentioned a lot already, but Whyte Ave is a walkable distance away. There's shops, restaurants, pubs, bubble tea and more. You can also take the 4, 7 or 106 buses.
- #3** Edmontonians love to hate it, but West Edmonton Mall is full of stores and restaurants. But you can also go shoot guns, go down waterslides and ride rollercoasters. It's only a 30 minute bus ride away via the 4 or 106.
- #4** WEM's cineplex is one of the best in Edmonton, but if you want to see some indie flicks, check out Metro Cinema or Princess Theatre. Metro is about a 10 minute walk from HUB and Princess is on Whyte Ave. Plus, The Gateway has a monthly movie night at Metro where students get in free.

## SAVE MONEY

- #1** Bring your own lunch. Spending \$10 per day on food is about \$50 per week. That comes to around \$200 per month or \$600 per semester. That could pay for your textbooks, or a new phone every semester. Plus, it's healthier.
- #2** Take the bus. A U-Pass is included with your tuition and parking is prohibitively expensive. And you can catch up on work or sleep while you're riding it.
- #3** Buy your textbooks used, either from SUBMart or the Textbook Exchange Facebook group.
- #4** It's easy to go crazy and party every night, spending hundreds on \$6 Bud Lights. Save some money by pre-drinking at home before you go.
- #5** Cancel your gym membership. You can use your OneCard to get into the U of A's Fitness Centre.
- #6** Take advantage of all of the free food during orientation. There will likely be a few pancake breakfasts, free hotdogs and more.

## BEST STUDY SPOTS

- #1** Outside is nice while it's still summer. Take advantage of the sunlight.
- #2** Second floor of the Computing Science Building is usually quiet and brightly lit by big ceiling windows.
- #3** The various lounges in HUB are good if you don't mind the sounds and smells from below.
- #4** The upper floors of the Cameron and Rutherford Libraries are quiet areas.
- #5** If you're studying with friends, you can book a room at [library.ualberta.ca/services/study-spacebooking](http://library.ualberta.ca/services/study-spacebooking).

## STAY SAFE

- #1** Never leave your things unattended. Losing your seat isn't as bad as losing your laptop. If you have to leave it, ask someone nearby to watch it for you, but remember that they might just take it themselves.
- #2** If you're worried about going home at night, give Safewalk a shout at 780-4-WALKME (780-492-5563).
- #3** Most people walk, but there are vehicles driving around campus, too. Keep your eyes open.
- #4** Don't explore construction zones or closed-off buildings.
- #5** Report suspicious or threatening behaviour to U of A Protective Services at 780-492-5050. Call 911 if it's an emergency.



**#5** Not enough cash for these? Join a student club. Most of them are free or have a small one time fee to get in. Whatever your interests are, you'll find one.



**FRESH. LOCAL. REAL.**



**URBAN DINNER**

**HEY STUDENTS!**  
Show your student ID for 10% off your meal! \*\*

**NORTH**  
12427 102 AVE

**SOUTH**  
8715 109 ST

**WEEKLY SPECIALS**

**MEATLOAF MONDAY - 10**  
LUNCH - meatloaf sandwich w/ fries or soup  
DINNER - meatloaf w/ mashed potato and veg  
pints of beer \$5

**WINE & CHEESE WED. - 10**  
ALL DAY LONG  
grilled cheese sandwich served with tomato soup (no substitutions)  
wine 5oz for 5

**CHIPPIE TUESDAY - 10**  
ALL DAY LONG  
2pcs of battered haddock, fries, house made tartar sauce  
Brit pop tunes all day & night  
pints of beer \$5

**THROWBACK MAC THU. - 7**  
ALL DAY LONG  
mac & cheese, add Nathan's hot dog for 3  
wine 5oz for \$5, beer pints \$5  
throwback tunes all day & night

\*\*Discount does not apply to weekly features

Join us for brunch Sat 9-130 and Sun 9-3

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## WHAT'S ON AT UALBERTA?

**Convocation Hall:**

**Béla Bartók (1881-1945): Art and Nature**  
Roger Admiral (piano)  
Sat, Sept 19, 3 pm  
Convocation Hall



**Moving On**  
Mozart, Grieg, Debussy and Strauss.  
Jacques Després (piano) and Andrew Wan (violin)  
Fri, Sept 25, 8 pm  
Convocation Hall



**Alumni Weekend:**

**UAlberta Music Live in Concert**  
Student ensembles and soloists  
Sun, Sept 27, 3 pm  
Convocation Hall  
Free admission



**Studio Theatre:**

**Beyond Therapy**  
by Christopher Durang  
Oct 15 - 24 @ 7:30 pm  
Matinee Thurs, Oct 22 @ 12:30 pm  
Timms Centre for the Arts




[ualberta.ca/artshows](http://ualberta.ca/artshows)


 UNIVERSITY OF ALBERTA FACULTY OF ARTS   

# Post-secondary students can ride Leduc Transit for a loonie, with U-Pass

The U-Pass (universal transit pass) provides eligible students at the University of Alberta with travel on **Leduc Transit for \$1 per ride**. Save money on gas and parking, relax or catch up on homework during your ride.

Visit [uofa.ualberta.ca/upass](http://uofa.ualberta.ca/upass) to learn more about U-Pass.



**LEDUC TRANSIT** 

[www.leductransit.ca](http://www.leductransit.ca)

# CRACK THE BOOKS

**MITCH SORENSEN**

If there's anything university students know well, it's the feeling of all-consuming stress.

With labs, projects, essays, and exams, the workload put on a student can be daunting. We talked with Dr. Mebbie Bell, the Associate Director of Learning Resources at the Student Success Centre, about the best ways to maintain academic success.

**Q: What group of students do you tend to see most at the Student Success Centre?**

"Well, we serve anyone from new students to medical residents studying for their certification exams. At this time of year, we see a lot of new students. These students may or may not be new to university, but find themselves in a new learning environment, such as those in graduate school or transfer programs."

**Q: From there, what suggestions would you make to a first-time post-secondary student?**

"The most important thing for these students to be aware of, regardless of program, is to be aware that things are going to change. The research says that it's not the smartest students who find success at university, but those who are most willing to adjust to their new environment.

Little things, like the pace of learning and the volume of material you are expected to master after 12-14 weeks, can be intimidating. Just be-

ing aware that the parameters of your learning environment have changed is a great place to start."

**Q: And how about for experienced students, what would you advise them to do?**

"I would say to envision having your best term, to look back at years past and see what did work and where you could improve. What skills and behaviours got you through a tough day or week? Focus on strengthening those, as well as one or two things you can improve on.

Obviously, the biggest change a student can make is to attend class and review notes within 24 hours. This consolidates that information and stores it in long term memory, as well as preparing you for the next class."

**Q: Do you think there's an attitude among students to "go it alone" when it comes to academic stress?**

"I think there might be a cultural perception that being independent means dealing with this stuff on your own, but in reality being independent means making responsible decisions. One of the best decisions you can make is to ask for help as soon as you need it. Some people think that asking for that help means

they're not smart enough to be here, and that couldn't be further from the truth."

**Q: What are some resources students can access when they need help?**

First and foremost, talk to your TA or instructor. You can always get a meeting with them, and they know the material inside and out. Often, a few minutes with an instructor can help you peg down the one little thing that's missing and help you move on. Being a such a big campus can sometimes mean that some academic resources can be hard to find, but they're here if you look.

**Q: Is there anything else that students should know?**

Though it may seem overwhelming, it's okay to be excited. Find some people with similar interests to you, join at least one extra-curricular group. Connections like this make transitions less stressful, and this helps you balance it all.

Give yourself some time off of studying, avoid that cognitive overload and give your brain a break. Most importantly, keep a regular routine. It may sound boring, but it allows you to transition more effectively to a new learning environment.

## THE GATEWAY LIST OF ACADEMIC HELP SPOTS

There are a bunch of places to go for help on campus, here are some of the best.

**STUDENT SUCCESS CENTRE, 2-300 SUB, SUCCESS@UALBERTA.CA**

Go here to become academically new *and* improved. They can help you out with general scholastic strategies and great study tips.

**DECIMA ROBINSON SUPPORT CENTRE, CAB 528, MATH-HELP@UALBERTA.CA**

Is that pesky science requirement giving you fits? The good folks at Decima Robinson can give you one-on-one help with math and stats questions.

**CENTRE FOR WRITERS, 1-42 ASSINIBOIA HALL, CENTRE-FORWRITERS@UALBERTA.CA**

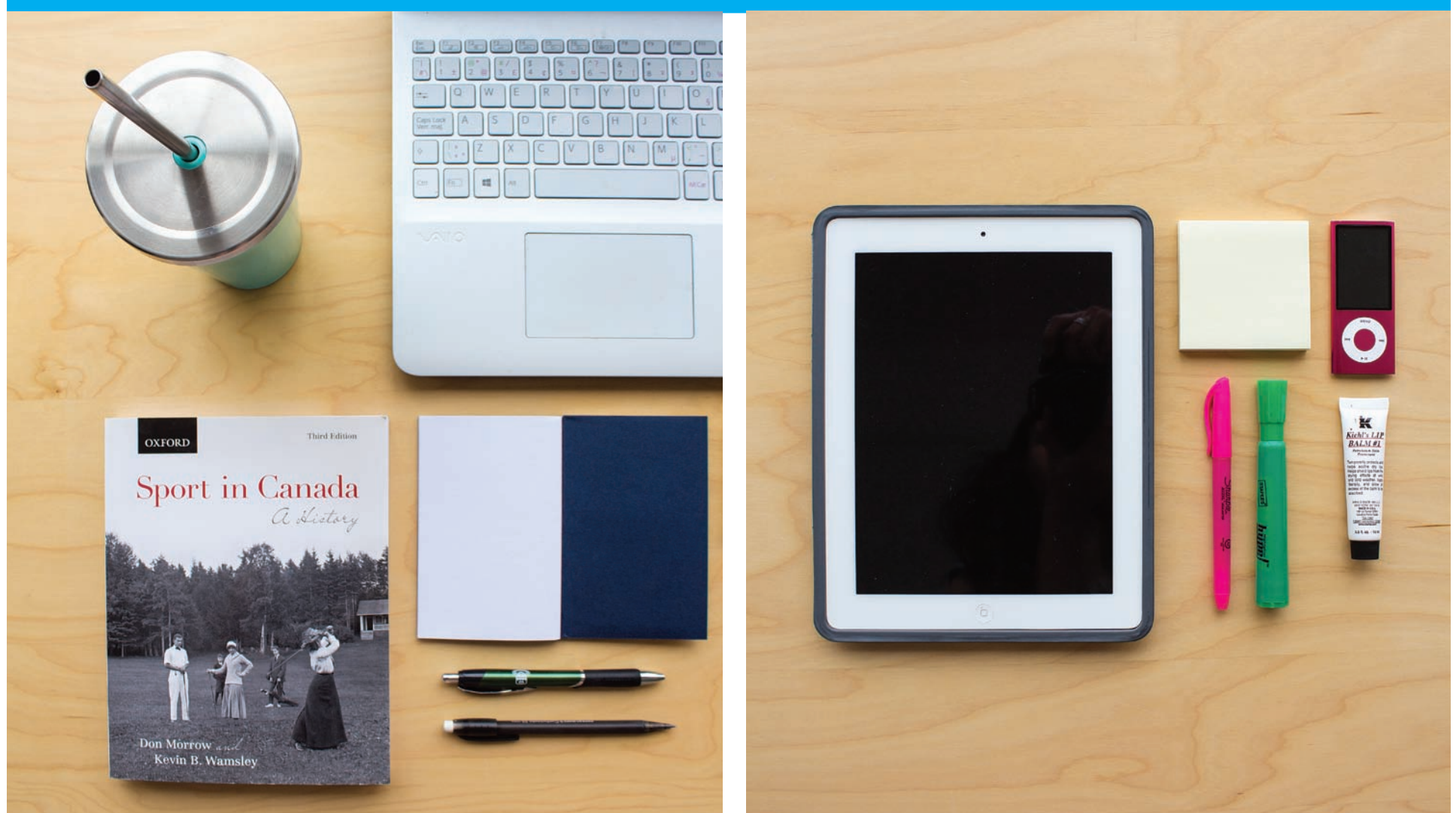
It doesn't matter what the assignment is, the Centre for Writers can help you with all things written. Essays, labs, presentations, creative writ-

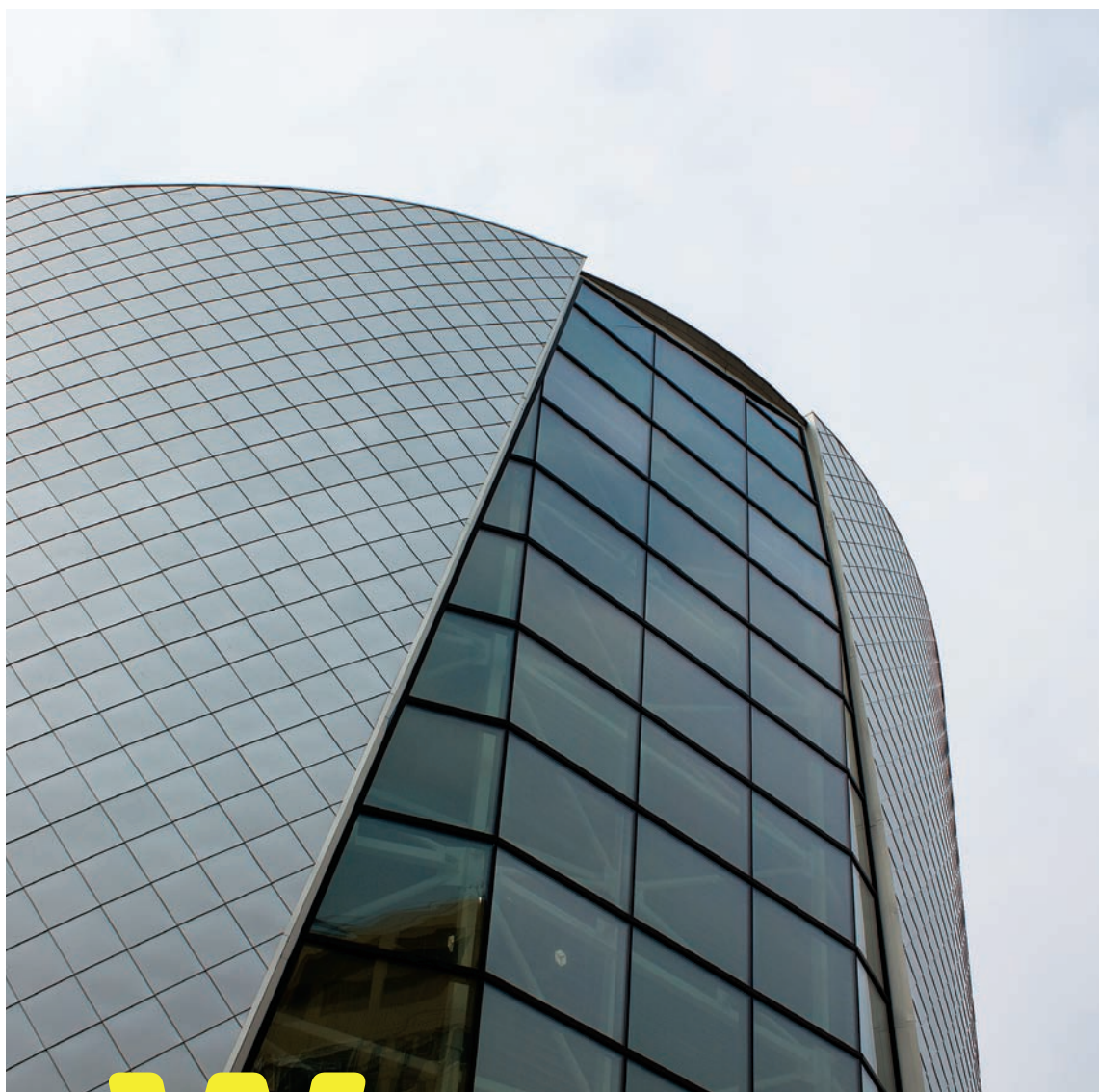
ing; you can book a one-on-one appointment for help with all of it.

**PEER SUPPORT CENTRE, SUB 2-707, PSC@SU.UALBERTA.CA**

If you're like the rest of us and feel a bit intimidated asking profs or TAs university stuff, the SU has the place for you! From academic woes to general crises, the volunteers at the PSC provide a helping hand and listening ear.

# FOCUS





W  
E  
R  
U  
N

## PHYSICAL ACTIVITY

CAM LEWIS

The Athletics and Recreation Fee is designed to support healthy and active lifestyle on the University of Alberta campus through various exercise facilities and programs, recreational sports opportunities, and varsity athletics. With your full or part-time admission at the U of A, you automatically gain access to a handful of the facilities and services available on campus. Well, simply put, the U of A is a really good school for those who like to exercise and play sports. It offers a whole bunch of different intramural options for different skill levels, a really nice gym with a lot of good equipment, and a wide array of facilities that can be used at almost any time for free.

Just last year, the U of A opened the doors to its Physical Activity and Wellness (PAW) Centre, which boasts an upgraded fitness centre with brand new equipment and machines, exercise and nutrition programs and consultation, as well as a massive climbing wall. The new fitness centre is a big upgrade on the old one, both in terms of open space and the addition of high quality equipment. At the old gym, it was damn near impossible to find an open machine in the gym. The new gym has added 76 cardiovascular machines, two multipurpose synergy stations, and 14 squat racks, and a bunch of new free weights, making it actually possible to exercise without standing around for an extended period of time. During the year, the fitness centre is open Monday through Friday from 6 a.m. to 9 p.m. and on Saturday and Sunday from 9 a.m. to 4 p.m. Unfortunately, they haven't

renovated the locker rooms yet, but they're still functional. You can buy a locker for one semester or a full year that allows you to lock your stuff up over night. Large lockers cost \$124 per term and small ones cost \$80.

The university provides a towel service for \$38 per term where you can grab a towel and give it back to them when you're done, so you don't have to carry a wet towel around all day. Towel service is included if you buy a locker, but if you don't want to spend the money, you can just bring a lock and put your stuff away during the day. But watch out, once the facility closes, they'll chop all of the non-registered locks off of the lockers and throw the stuff in the lost and found.

The U of A also offers a wide array of facilities and services other than just the fitness centre that you can use. The Van Vliet Complex, named after the Faculty of Physical Education and Recreation's founding dean, includes: a hockey arena, a gymnasium with three basketball, four volleyball, and 12 badminton courts, an aquatic centre with two indoor pools, a dance studio which can also be used for dodgeball, volleyball, and badminton, three multi-purpose gymnasiums, a weight training room, and three racquetball courts. There's also the Universiade Pavilion, also known as the Butterdome, which houses: a six-lane, 200 meter indoor track, four basketball, volleyball, and badminton courts, a full sized indoor soccer field, and a sandpit for long jump and pole vault. It's the best place to come to run distance if you don't like run-

ning on a treadmill. There's almost always pickup basketball games being played at one of the four hoops, because your OneCard allows you to rent a basketball from the equipment room for free. All these places have different hours of operation due to them being booked by varsity teams, classes, or clubs so it's smart to check availability on the Phys Ed and Recreation website before using any facilities.

Along with facilities, you can find a wide array of campus recreation intramural sports options — ice and ball hockey, indoor and outdoor soccer, basketball, volleyball, etc — that range from competitive to friendly beginner caliber. If you played Junior A hockey, there's a competitive division with a high paced quality of play, but if you've never strapped on a pair of skates, there's a beginner division too. Campus recreation sports aren't covered in your fees, so each sport option has a different price attached to it. Usually, they'll charge you a lump sum to register a team, so the more players you can have on your team, the cheaper it is for each person. If you don't know anybody who wants to make a team, you can register as a free agent and somebody looking for teammates to fill their roster will pick you up. If you have a friend who doesn't go to the U of A, you can still have them on your team. They just need to pay an additional charge, or you can also just find somebody who looks like them with a OneCard.

Any other information can be found on the U of A rec services' website: [recservices.ualberta.ca](http://recservices.ualberta.ca).

AROUND





## CAMPUS EATS

CAM LEWIS

Being a student is expensive. The tuition, the fees, the books, it all adds up quickly. And that's not even counting living expenses — like food. Some people are really good at not spending money on food. They can watch commercials for pizza and burgers and not want feel the urge to stuff their face immediately. Others aren't. It's really tough to walk by Subway eight times a day and not want to pound back a footlong sub — even if you don't like Subway that much. Just sitting around and watching other people eat makes you want to eat. But like I said, eating out every day for a semester is a huge money drain, especially when you have tuition and living expenses on top of it. What would you rather have? A textbook for your class, or Edo Japan 15 times over the span of three months? That's a more difficult question to answer than you'd expect.

I'll start off with the cheap options for eating on campus. This really varies from person to person depending on their living situation. If you're living on campus, chances are you'll be using most of your food budget on groceries. If you just need to grab eggs after class, there's a Sobeys on campus right across from the University Hospital on 112th Street. A little bit further away, you'll find a Safeway, which is quite a bit bigger with more options available.

Of course, if you're living in residence, you can apply for the U of A meal plan, which allows you to load money on to your OneCard that can be used in residence cafeterias or at the different vendors on campus. The residence rooms aren't exactly set up for elaborate cooking, so this is probably the best option.

What about the different vendors on campus? There are three main areas around campus to grab food: SUB, HUB, and CAB. HUB has the

best variety of options, but it's nearly impossible to find anywhere to sit down during peak hours. SUB, on the other hand, has a lot more open space, but the options aren't as great. CAB is dominated by the smell of Panda Hut Express, so no matter what you're getting, it'll feel like you're having mediocre Chinese food.

There are two Subways located on campus — one in HUB and one in SUB — and there's one slightly off campus on 112th street. The ones in HUB and SUB are both in high demand all the time. At lunch time, the line can take almost half an hour to get through, so more often than not, unless you are the type to wait for Subway, you'll have to get something else for lunch. Of course, you can make the trek to the other Subway on 112th street, which is almost never busy (and they let you refill your drinks there for free).

In terms of the best value, Burrito Libre is a great bang for your buck. It's filling, it's good, and it isn't very expensive. They use fresh ingredients, so you don't feel like complete trash afterwards, which is ideal when you're trying to get through a three hour night class. The best thing about Burrito Libre is that it's basically Subway, but with a really good, thick burrito. You pick three of the four base options (beans, rice, potatoes, or vegetables), one of the meats (regular chicken, spicy chicken, beef, or pork) and then a variety of different vegetables, salsas, and sauces. They also have burrito bowls and quesadillas that are put together in the same fashion. The tortilla chips are terrible though, so don't bother getting a combo.

Ordering a pizza to campus is a great way to feed a large group of people, or one really hungry person that enjoys pizza. The value in the

realm of pizza is easily Domino's because of the student discount. When ordering online, all you have to do is get to the checkout screen and an option will come up that says "Enter Code." Just type in "uni" and you'll get 50 per cent off most of your order. They won't give you the discount on drinks or some other specialty things on their menu, but it's a pizza place for a reason. You really should only be ordering pizza. Domino's is also great because the website is super easy to use. The checkout screen gives you an option for delivery where you can actually select the University of Alberta and find your building and room number. After that, they give you a tracker to follow that says exactly how far along your pizza is and who's tossing it in the oven.

If you want to try a healthier option, check out Filistix in the CAB basement. They make delicious, filling filipino fusion food that fills you up since it's so dense. With new specials every day, it never gets old. Another option for those hunting for a less greasy lunch is Chopped Leaf. A new addition to the PAW Centre, you can buy salads and sandwiches right after your workout.

You're eventually going to get sick of having Panda Hut, Edo, and Subway every single day, so it's a good idea to go on an adventure for some unique cuisine. Of course, you can always use Yelp or Urbanspoon to find good places to eat around Whyte Ave and the university area, but I have a few personal recommendations to mix it up. There's a burger joint on 112th street called Rodeo Burger with arguably the best burgers and fries in the city. They do a great make your own burger option with a wide array of different sauces you can use. If you don't go there once during your time at the U of A, you're missing out.



# sonic boom

SEPTEMBER 5 & 6 - 2015

NEW VENUE - BORDEN PARK

EDMONTON'S ALTERNATIVE MUSIC FESTIVAL

**ELLIE GOULDING ALEXISONFIRE**  
**HOZIER TENACIOUS D**  
**BRANDON FLOWERS MOTHER MOTHER**  
**THE FLAMING LIPS TV ON THE RADIO**  
**TOKYO POLICE CLUB THE RURAL ALBERTA**  
**KONGOS ST. LUCIA ADVANTAGE**  
**BIG DATA ROBERT DELONG K-OS**  
**EAGLES OF DEATH METAL THE ELWINS**  
**GAY NINETIES YOUNG EMPIRES THE ZOLAS**



**Special price for U of A Students!**  
 GA Weekend Passes: \$169.99 - use promo code GATEWAY



**TICKETS**  [SONICBOOMFESTIVAL.COM](http://SONICBOOMFESTIVAL.COM)





# SU HEALTH & DENTAL PLAN

**RICHARD LEW**

Coverage period runs from September 1, 2015 to August 31, 2016.

## HEALTH

**Prescription Drugs** — covers up to 80 per cent (after an \$8 dispensing fee per prescription) to a maximum of \$10,000 per policy year. Because birth control is expensive, right?

**Health Practitioners** — University Wellness Services (located on the main and second floor of SUB) offers many health and wellness services to students, but sometimes you just need to see an osteopath, god damn it. The plan provides 80 per cent coverage, up to \$600 per year for psychologists, and 80 per cent coverage (to a maximum \$20 per visit) and \$300 per year for massage therapists, chiropractors, physiotherapists, naturopaths, osteopaths, registered dietitians, podiatrists, speech therapists and athletic therapists.

**Vaccinations** — Surprisingly, many university-aged students just don't like needles. For the rest of us, vaccinations are covered at 100 per cent and up to \$150 per year.

**Diagnostic Services** — So you got drunk, tumbled down a flight of stairs and can't help but think you broke a rib or two. Hey, it happens. The plan covers 80 per cent of lab and diagnostic services, such as getting that chest checked out.

**Hospitalization** — And sometimes, you don't need to get an x-ray to know that you fucked up. Get your ass to the hospital if you need it, because the plan covers 80 per cent of the cost to upgrade from a public ward to a semi-private room.

**Accidents and Emergencies** — And

in some cases, you can't make it to the hospital yourself. The helps cover the cost of an ambulance, damage caused by a dental accident, treatment while traveling out-of-province and insurance for loss of limbs through accidental dismemberment (whew!).

**Medical Equipment** — So you made the recovery (thank goodness!) and now need a wheelchair. The SU's health and dental plan covers 80 per cent of the cost of medical equipment such as braces, crutches and permanent prosthesis.

**Tuition Insurance** — This might be the biggest difference between the SU's and your parent's insurance plan. In the event of a disability where you have to withdraw from your studies, the plan will cover 100 per cent of any non-refundable tuition fees (up to \$10,000) and textbooks fees (up to \$1,000 for the term).

## DENTAL

Just because you're in university, doesn't mean you don't have to visit the dentist anymore. The SU's Health and Dental Plan offers \$750 coverage for dentist visits per year. Repair or replacement of natural teeth caused by accidental damage is also covered by 80 per cent, with a maximum of \$1,000 per incident.

## VISION

Trust us, you'll need your eyeglasses or contacts to see your professor's notes from the back of those obnox-

iously giant lecture theatres. Eye exams are covered by 80 per cent, eyeglasses and contact lenses are covered by 80 per cent (up to \$100) per 24-month period and laser eye surgery is covered up to 80 per cent (up to \$150).

## TRAVEL COVERAGE

Trust us, you'll eventually need a vacation during university. The SU's Health plan covers up to 120 days per trip and includes hospital, physician and other services for emergency treatment. Travel coverage, however, does not cover international students traveling back to their home country.

## IHAVEAPLAN APP

Studentcare, the administrator of the SU Health and Dental Plan, also launched an app in 2014 which allows students to electronically submit their health care claims.

The ihaveaplan mobile app, available for Android and iOS, enables students to take a photo of their receipt and submit directly to the insurer. The reimbursement is then directly deposited in the student's bank account.

The app also keeps track of the student's claim history, coverage information, emergency travel contacts and profiles of the user's dependants to facilitate claim submission.

# PET THERAPY

**JAMIE SARKONAK**

For many students, university life introduces a new level of independence. It can also bring on new levels of loneliness, which some combat by getting a pet. However, a lot of landlords (University Residence included) don't permit any companion animals. Perhaps it's for the better — most pets require a large amount of attention that students don't have the time to offer. But there exist alternatives that are much easier to work into academic life.

## DOGS

The thing about your classic pet dog is that it's high maintenance. Though they are expressive and are relatively easy to bond with, the downside is they need a lot of time to create such a bond. Most breeds need daily walks to stay in shape and burn off energy, this applies in the winter as well as the summer. Besides being expensive time-wise, dogs also need high-quality food and vet check-ups to stay healthy, which adds up. Another thing to keep in mind is your carpet and furniture, which are easy targets for destruction. For someone trying to keep up in classes, self-care, and social life, full ownership of a canine is often a bad idea. Thankfully, the university and the city of Edmonton offer alternatives.

**Furry Friends Program** — Offered by the Chimo Animal Assisted Wellness & Learning Society and the Office of the Dean of Students, this program brings in therapy animals to campus locations. Times and dates are posted on the program's website as well as the Office of the Dean of Students' Twitter and Facebook. The service is drop-in, students just show

up and give attention to the animal volunteers.

**Ruby the Science Dog** — This little dog can be found at the Faculty of Science office in CCIS once a week to help students de-stress. Great for post-lab exhaustion.

## CATS

A lot of apartments that don't allow dogs will allow cats. And for some, this can be a great choice. Cats still require attention, but not to the same degree as dogs as no walking is needed. Like dogs, they need high-quality food and the odd vet checkup to keep healthy (low quality diets lead to health problems down the road). Cats are content in small space — IF you keep up on vacuuming shed hair and scooping the litter box. For some students living on their own, regular cleaning is a fair trade for the presence a cat will bring into the space.

## EDMONTON HUMANE SOCIETY

Dogs and cats waiting to be adopted are still in need of attention, and students (age 18 or over) can

volunteer to do just that. The shelter is located in the northwest of the city, so getting requires bussing or driving. Volunteers need to be able to drop-in for at least 2 hours a week for 6 months. It's important to note that there is a waitlist for volunteers — if this is something you'd be interested in doing, apply in advance!

## SMALL ANIMALS

If you live off campus, caged pets can be an option, but check in your lease agreement if you're renting! Fish tanks are frequently allowed and aren't defined as pets in many lease agreements. It doesn't take much to get a basic setup going, and it's easy to find cheap tanks and on Kijiji. Siamese fighting fish, or Betta fish, are good beginner fish. Rodents are quiet but need to be fed daily and cleaned frequently. And if they don't creep you out, certain reptiles make great low-maintenance pets (ball pythons and crested geckos are both great beginner choices). Different animals work for different people, so it is absolutely essential that you do plenty of research before deciding on a pet.





# TAKE A BREATH

**CHRISTINA VARVIS**

University is stressful as heck, there's no way around that. However, there are definitely ways to chill out and shake the stress out of your system and recharge your body, mind, and spirit. Don't use these de-stressing methods as a way to avoid the issues that are burdening you. Instead, use them as a way to prepare yourself to attack and conquer them positively, confidently, and effectively.

## #1 Take a breather from campus and start walking

When you have the time during the week, take a break from your study space and just go for a walk. If you're on campus, you can easily stroll along Saskatchewan Drive, through the river valley, or even around the Garneau neighbourhood and explore all the beautiful scenery that is only a stone's throw away. Walking works wonders no matter how short or long the distance. You're able to pause your daily grind, escape your repetitive surroundings, and give your body and mind the chance to relax and enjoy the fresh air.

## #2 Hide yo phone, hide yo tablet

Even as you're reading this article, you're probably scrolling through Instagram or checking your Twitter. Stop it! Stop caring about whether that hot guy with the beard on Snapchat drank a regular latte or a vanilla latte this morning and start caring about yourself. Often enough, social media is a breathing ground for negativity and comparison, and it can lead you to feel even more anxious about the problems you're facing. By unplugging, you're allowing your thoughts to stay focused on what is important.

## #3 Count (and pet) those sheep

Spend more quality time with your beloved couch and take a power nap during the day. Better yet, wind down earlier at night and finally get a real good night's sleep. Not only does

sleep recharge and revive your body, it does the same wonders for your brain as well. If stuck on campus, there are quiet study rooms in the libraries and in SUB that make great nap spots.

## #4 Chill with your squad

Surround yourself and spend time with positive people who love you, listen to you, believe in you, and make you feel good about yourself. Form a support network that will give you advice and/or pizza (hopefully) and help you feel better about whatever challenges you face, because sometimes, all you really need is just someone to talk to.

## #5 Exercise your creativity

The options here are endless! For one, volunteering for The Gateway is one of the easiest and most accessible (SUB 3-04) outlets to exercise your creativity. Whether you like writing, taking photos, drawing comics, or talking in front of a camera, The Gateway offers something for everyone and can satisfy pretty much any interest. Plus, it makes for a great way to meet new people. If you're looking for something to do outside campus, try painting, knitting, cooking or taking a pottery class. Basically, do something that will again, give your mind a break from school and focus on something that is different and fun.

## #6 Clean!

While not the most fun, cleaning is important, not just for the well being

of your house but the well being of your mind. A clear house means a clear mind. Knowing what you have and where it all is significantly decreases your levels of stress. Plus, just the fact that your house smells nice will put you in a better mood.

## #7 Puppy/kitten/slow loris/baby sloth therapy

If all the above fails, then just watch videos of puppies climbing down stairs, babies laughing, or a slow loris eating a rice ball, and you are guaranteed to feel better, courtesy of YouTube. (Bless YouTube.) However, if UWS is not allowing you to get your therapy online, SUB offers pet therapy sessions over exam week where you can cuddle and play with puppies for hours, which is obviously just the best thing ever.

## #8 Feel the love from campus

For days when no matter how many puppies you pet, you still feel overwhelmed, don't forge that there are several services and resources available on campus that offer incredible help. In SUB 2-600, the university's Counselling and Clinical Services provide free drop-in workshops, therapy groups, and access to the Peer Support Centre, the Chaplains Association and so many other resources. There is no reason whatsoever why you should ever have to deal with overwhelming issues and anxiety on your own. Just remember that support is always available and that we're all in this together.

# MENTAL HEALTH

**KIERAN CHRYSLER**

If you're feeling overwhelmed, there are resources on campus that are here to help.

## SEXUAL ASSAULT CENTER (SUB 2-705)

The campus Sexual Assault Centre provides a safe place on campus where unconditional support, confidentiality, respect, and advocacy are available for those affected by sexual assault, sexual harassment, relationship violence, and stalking. All services are free of charge and available to everyone regardless of sexuality, gender or background.

## COUNSELLING & CLINICAL SERVICES (SUB 2-600)

Counselling & Clinical Services aims to provide accessible and compassionate psychological and psychiatric services to U of A students. They offer free, compassionate and accessible psychiatric and psychological services to U of A students.

## PEER SUPPORT CENTRE (SUB 2-707)

If you need someone to talk to, the Peer Support Centre offers a free, confidential and non-judgemental place to talk to someone for support. Volunteers are trained to listen to you, and offer support, crisis management, information and resources. It's a safe and confidential place to talk.

# FEEL GOOD



## GETTING THROUGH YOUR FIRST ALL-NIGHTER

JOSH GRESCHNER

It's the night before a major project is due. Cameron Library is closed and you make your way downstairs into the Knowledge Commons, the only place open on campus past midnight aside from HUB. How the hell do you do an all-nighter?

As the tired, angry-looking fourth-year who has done it too many times, I'll tell you.

Just like taking a surprisingly ok Arts elective or having sex with a professor, staying up working the night before a major project is due is a university rite of passage. Unfortunately it's not interesting enough to talk about with friends, but it's an important accomplishment nonetheless.

All-nighters in themselves aren't bad. Late hours are probably the best time to sit and get a lot of work done because of the silence and the lack of activity online or in one's immediate surroundings. But pulling night-before all-nighters is a nasty habit. Many instructors will say that procrastination is the major factor preventing students from getting the most out of their education.

The most important thing to keep in mind the night of is to not think about these things. Obviously these

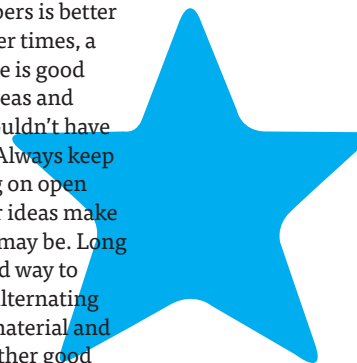
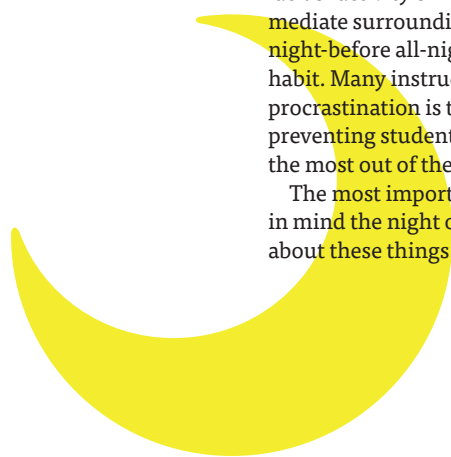
all-nighters are a last resort. Brooding over what could have and should have been is distracting, depressing and unproductive. One way to avoid these thoughts is to distract yourself with good work music: I enjoy the weirdo funk of *Remain in Light* by the Talking Heads. The best way is to simply be absorbed in the work. Find whatever interests you and go hard. If there's nothing you find interesting, either you've chosen a bad essay topic, what you're working on is especially boring, or you're in the wrong degree program. It's better to acknowledge this and drop out in your first year than lying to yourself for four years and having an emotional/mental/existential breakdown on the bus. No one will hug you on the bus.

As the night progresses and after you've done some good work, don't be afraid to take some time off. The night is surprisingly long and depending on when the project is due, there is still time to finish up things like correcting an essay's prose in the morning. Drink enough caffeine to stay awake, take short naps when you're tired and when you felt like you've deserved it, take a walk to the Tim Hortons/Wendy's on 87 ave.

Smoking a couple cigarettes isn't a bad idea and a short, strong buzz might be what you need.

I've only ever pulled all-nighters while writing essays, so I can only offer specifics for these. A full night and a few hours in the morning is just enough time to write a subpar 2,000 word essay. Do as much research as your ideas need. If you need facts, taking the time to find quotes in academic papers is better than generalizing. Other times, a high-pressure free write is good too since it produces ideas and arguments that you wouldn't have thought of otherwise. Always keep the book you're writing on open and check to see if your ideas make sense, abstract as they may be. Long passages are also a good way to increase word count. Alternating between writing new material and correcting prose is another good way to keep your head in the game.

Unavoidably, the first time will be difficult. Panic will set in and you'll probably hate yourself a little. But university is about learning who you are and what you're capable of. There is a sense of triumph after it's all done, especially when you hand it in.



# rainbow welcome

A series of events welcoming LGBTQ\* students & allies to campus!  
Visit [prideweek.ualberta.ca/RainbowWelcome](http://prideweek.ualberta.ca/RainbowWelcome) for details

**Sept 19**  
Scotiabank AIDS Walk For Life \ Join the U of A Rainbow Welcome team! - <http://goo.gl/Ubk4mA>

**Sept 21**  
Ally Night \ 4pm-6pm \ The Landing, 0-68A lower level Students' Union Building (SUB)

**Sept 22**  
LGBTQ Involvement Fair & Campus Tour \ 10am-2pm \ main level SUB  
Multi Religious Conversation on Sexuality and Gender \ 12pm-1pm \ 0-51 lower level SUB  
SMSS Open House \ 3:30-6:30pm \ 4th Floor Lounge, Education North  
OUTreach Meeting - Coming Out Stories \ 5pm-6pm \ Heritage Lounge, Athabasca Hall

**Sept 23**  
Rainbow Peers Meeting \ 4pm-5:30pm \ The Landing, 0-68A lower level SUB  
Inside/OUT film screening of *Valentine Road* on behalf of the John Humphrey Centre for Peace and Human Rights \ 5pm-6pm \ 129 Education South

**Sept 24**  
The Landing's Launch BBQ with OUTreach \ 12pm-1pm \ outside SUB  
The Landing & Gender-Based Violence Prevention Project (GBVPP) Launch \ 4pm-7pm \ Social Street, PAW Centre

**Sept 25**  
OUTreach Mixer with inQUEERies \ 7pm onward \ The Buckingham - 10439 Whyte Ave

**Sept 26**  
Return to The Roost: The Grad You Never Had hosted by the Pride Alumni Chapter \ 7:30pm-midnight \ Room at the Top (RATT), 7th Floor SUB

Have an event to include? That's great! E-mail details to [cdaberer@ualberta.ca](mailto:cdaberer@ualberta.ca)



# GATEWAY TO CINEMA

ALL SHOWS ARE FREE TO STUDENT'S WITH ID

8712 109 St  
All Shows @ 7pm

## AT THE GARNEAU THEATRE

WEDNESDAY	23	SEPTEMBER	"COOTIES" (2014)
WEDNESDAY	28	OCTOBER	"HALLOWEEN" (1978)
WEDNESDAY	25	NOVEMBER	STUDENT PICK! (SEE GTWY.CA TO VOTE)
WEDNESDAY	27	JANUARY	"MEMENTO" (2000)
WEDNESDAY	24	FEBRUARY	"BUT I'M A CHEERLEADER" (1999) - IN ASSOCIATION WITH PRIDE WEEK
WEDNESDAY	23	MARCH	STUDENT PICK! (SEE GTWY.CA TO VOTE)



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# MY MON

## WHEN IN DOUBT OPT-OUT

**RICHARD LIEW**

Coverage period runs from Sept. 1, 2015 to Aug. 31, 2016.

You pay a lot for university: classes, textbooks, heaps of caffeine, foot-longs from Subway and that Netflix subscription you binge on when you should be studying. Almost hidden in those fees are non-instructional and dedicated fees — some of which you can opt-out of for a refund. But before you start opting out of everything for that cash back, check out our guide below to help you make the right decision.

### STUDENTS' UNION HEALTH AND DENTAL PLAN

Cost (Health Plan): \$118 (for full- and part-time students) per year.  
 Cost (Dental Plan): \$116.50 (for full- and part-time students) per year.  
 Maybe you're still living at home and still covered by your parents' health plan. If so, lucky you! We say that because a lot of students aren't as fortunate. If you're covered by your parents' insurance plan, you can opt-out of the SU's Health and Dental Plan, but make sure you do so before the Sept. 15, 2015 for the fall term and Jan. 20, 2016 for the winter term.

The SU Health and Dental Plan was established in 2009, and covers health, dental, vision and travel benefits while also providing tuition insurance. Use our guide to help you determine whether the SU's Health and Dental Plan is right for you and your needs before opting out.

### ACCESS FUND

Cost: \$14.08 (full- and part-time) per fall or winter term, \$6.19 (all students) per spring or summer term.  
 The SU's Access Fund provides non-repayable financial assistance for undergraduate students who are ineligible for student loans or just don't have enough funding to pay for their studies. The Access Fund also offers financial aid for students who have maxed out their student loan amounts.  
 The Access Fund was founded in 1995 through a referendum vote during the SU elections.  
 Students wishing to opt-out of the fee can do so online during the first four weeks of the term at [su.ualberta.ca/services/accessfund/optout](http://su.ualberta.ca/services/accessfund/optout).

### APIRG

Cost: \$3.35 (full-time), \$1.68 (part-time) per fall or winter term.  
 The Alberta Public Interest Research Group (APIRG) is a student-run, non-profit activist organization with a focus on research, education, advocacy and action in public interest. They work to support students' anti-oppression initiatives by providing funding, resources and guidance.  
 "The caveat is that the organizing needs to be involved in our APIRG mandate," APIRG Outreach Coordinator Nav Kaur told The Gateway earlier this year. "So it needs to be anti-oppressive, anti-racist and against cultural oppression in a meaningful way. We want students to organize for complex social issues."  
 There are three ways to opt-out of APIRG and have this fee refunded. You can download the opt-out form from [apirg.org](http://apirg.org) or pick one up from their office in HUB. You can then drop it off at their office or e-mail it to [apirg@ualberta.ca](mailto:apirg@ualberta.ca).

# M MON NEY

## PARKING HACKS

**JONATHAN ZILINSKI**

Parking at the U of A is a luxury for some, it's an unnecessary expense for many students.

Parking passes for any of the major lots usually run around \$800 for the year. It gets worse if you elect to pay daily as any lot such as Windsor, HUB, or Stadium car park, as well as any parking meter on campus can rack up a bill of anywhere from \$15-\$30 a day. A common mistake made is thinking that university parking meters are free after 6 p.m., when in reality they are monitored 24 hours a day. For those risk takers, there's about a 90 per cent success rate parking anytime between 9 p.m. to 6 a.m., but heads up, it's a \$50 ticket.  
 So for students who would rather save roughly \$500 a year and still have access to their vehicle before

and after school, here are some hacks to try at your own risk.

**ONE** Park at an LRT station, literally anywhere. Popular choices include McKernan/Belgravia, Stadium, and Century Park for those who live Deep South. Driving in tandem with taking the LRT is by far the fastest alternative to get to school for most students outside of the campus area.

**TWO** If you can find a spot in the Garneau area close to Leva, you'll find some two hour parking spots in the residential streets. If you park at 9, and then go back to your car on your lunch break, you might notice a

white chalk mark on your tire. That's how they keep track of how long you've been parked. If you go wipe the chalk mark off your tire around lunch, you can park all day and no one will know how long you've been there.

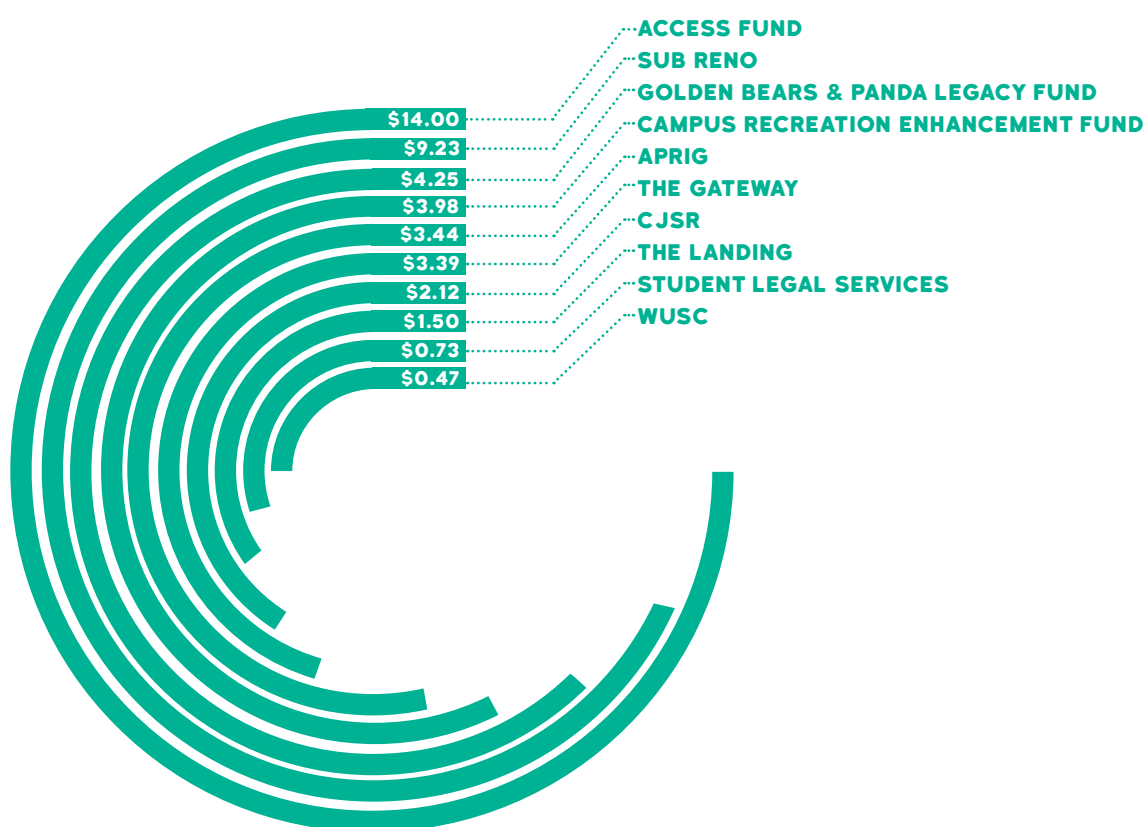
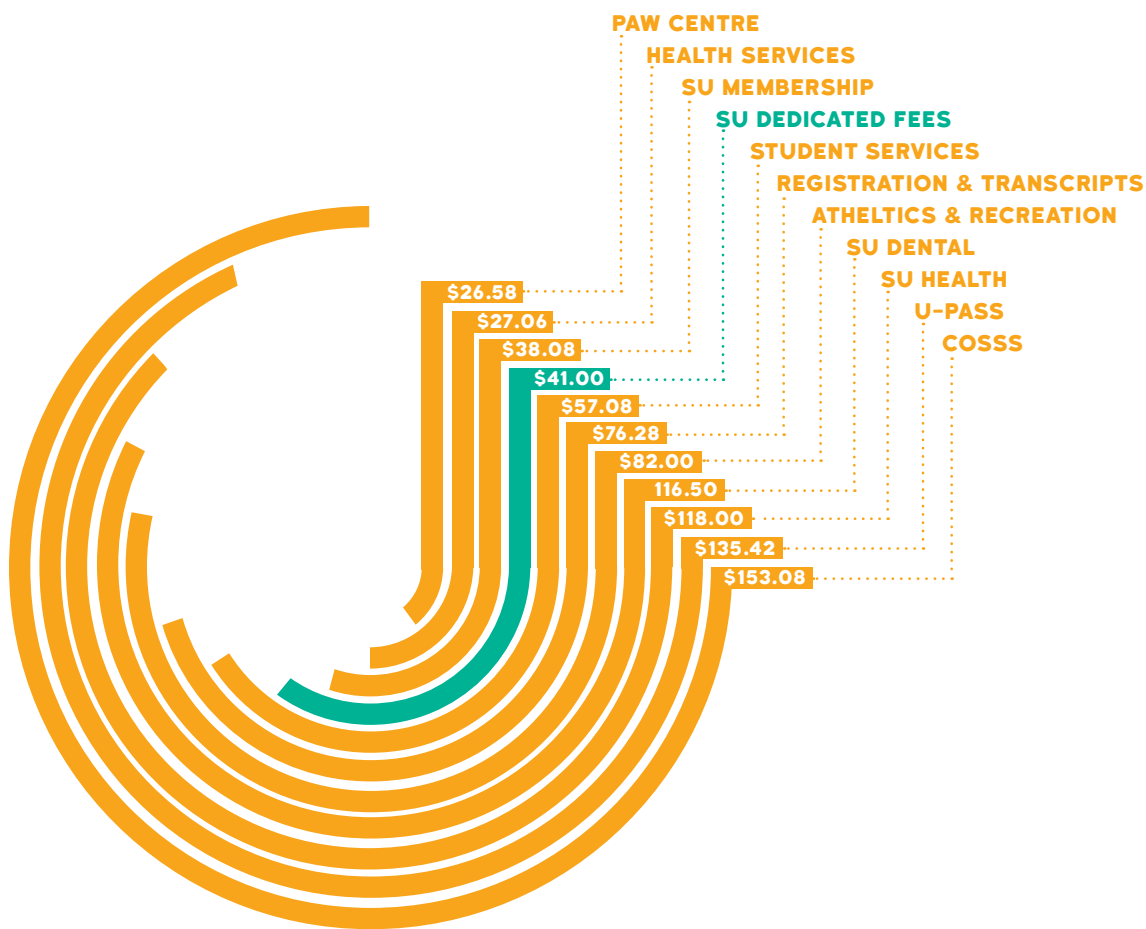
**THREE** Sometimes kind souls will leave parking passes they've purchased in the ticket dispensers if they haven't parked their full time. It's not a sure thing though. So, start the karma train. If you haven't used your paid amount of time when leaving the parking lot, leave your ticket for someone else to use.





# YOUR FEE BREAKDOWN

In addition to tuition, you pay non-instructional fees — basically any fee that isn't directly related to your academics. When you're paying thousands of dollars per term for classes alone, those non-instructional fees can get lost in the shuffle. But \$871.08 per semester is still a lot of money. Check out our fee breakdown to know exactly what you're paying for in 2015-16.



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### Wiccan and Pagan Students

Sam Wagar, Wiccan chaplain, is offering a Wicca 101 discussion series - meet other Pagan students, connect up with the Edmonton Pagan communities, learn the basics of the Wiccan religion. Contact [swagar@ualberta.ca](mailto:swagar@ualberta.ca) or his office 4-24 SUB Tuesdays and Thursdays.



### Interfaith Dialogue Series

Presented by the Interfaith Chaplains Association: Each month, on the 4th Wednesday of the month, representatives of two religious traditions will engage in dialogue, followed by a discussion by others in attendance. The first will happen on the 23rd of September from noon to 1 pm.

<https://www.facebook.com/UAInterfaithDialogue>

## O2's TAP HOUSE AND GRILL

Join the party and catch all your NHL and NFL action here .  
Wing night is 3 nights ! O2's Tap house and Grill , your friendly neighbourhood sports bar . We are proud and ready to serve you at any of our four great locations.  
Whyte Avenue . Jasper Avenue . West End . Clareview .  
Mill Woods coming soon.

www.o2s.ca





## MAKING FRIENDS

**KEVIN SCHENK**

Exams, homework, financials and extracurricular activities can all add up to a giant ball of stress, derailing your pleasant dreams of university life. The people you meet will not only help you stay on track, they'll help you get off track to recover. It's dangerous to go alone. Take this advice and you won't have to.

### CLASSES

There's always an awkward silence whenever you sit beside someone in class for the first time. You both stare at the front, counting down the minutes before the prof starts talking. Break it earlier by introducing yourself. They're likely in the same situation as you are, and you might meet someone you can partner up with for group projects. The worst thing that could happen is that they're weird, but then you can just sit somewhere else next class.

### CLUBS

So you tried to make friends in class but found out they're all assholes. Luckily, there's an easy way to find people with similar interests to you: clubs. No, not the shitty bar you broke your knee and lost your ID at last weekend. Student clubs. If you have an interest, whether it's improv, science fiction or real estate, there's likely a club for it. There are also clubs for different cultures if you want to reminisce about the old country. They're also a great way to

pick up a new hobby, like powerlifting or knitting.

### STUDENTS' UNION

The Students' Union provides more opportunities than just training to become Canada's Next Scumbag Politician. They do surprisingly more than pat themselves on the back and suck up to the NDP. You can volunteer to distribute food to fellow students at the Campus Food Bank, or escort them safely home with Safewalk. The Students' Union website, su.ualberta.ca can help you find other volunteer and work opportunities. You also can get involved in student politics without becoming a VP. You can join a council or volunteer at events. But if you end up as our next UAlberta president, you'll be in a good position to run for office one day. Just don't get salty when *The Gateway* tears your platform apart.

### GET A JOB

You might think you won't have time to get a job while you're in school, but if you manage your time

well, it's not that hard to work ten or more hours per week. You could even work more if you take fewer classes. It's likely that you'll have at least something in common with your coworkers, and even if you don't, you'll be one step closer to paying off student loans, or saving up for a house, car or 12 pack of delicious, thirst-quenching Bud Lite.

### THE GATEWAY

*The Gateway* isn't just the official University of Alberta media organization. It's also the largest student newspaper in Canada, with a long list of alumni including former Prime Minister Joe Clark, Supreme Court judge Beverley McLachlin, and Edmonton's mayor, Don Iveson. Oh, and of course there are also journalists. You should know what *The Gateway* is because you're reading it. Whether you can write, take photos, produce videos, draw comics or just want to learn how to do any of those, joining *The Gateway* is a good place to meet friends you'll have for the rest of your life.

## SEX & DATING

**KIERAN CHRYSLER**

So by then end of the first week chances are that your hormone-ridden self will have an eye on that hottie from Sociology. So where do you go from there?

### WHERE TO GO ON A DATE:

#### Paleontology Museum

If you're strapped for cash and need to get back to cramming for your MATH 113 midterm, take your sweetie on a quick jaunt to the basement of the Earth Sciences Building. You'll find a cool collection of information and dead dinosaurs, all brought to you by the Paleontology program. They'll be impressed by your knowledge of the university's hidden gems, and it's usually empty so you can sneak a kiss behind the fossils.

### CONSENT/SAFE SEX

If your date goes well and the hottie you're wheeling agrees to come back to your place, make sure that everyone has given consent before things get freaky.

What is consent? It's a voluntary agreement to engage in the sexual activity. Consent cannot be given by someone else. If someone is unconscious, too inebriated to say no, sleeping, or does not give an explicit "yes," they have not or cannot give consent. If they change their mind, they have revoked consent. If you respect someone's body and wishes, you'll have a sexy time.

#### Metro Cinema

The Garneau Theatre on 109 Street is the perfect spot to take your potential S.O. A quick jaunt from campus, the theatre is always showing great films that you won't always see in theatres. Either hit up an artsy indian film or laugh your way through one of their Turkey Shoots, you're bound to have a great time. It's also right in the middle of tons of great restaurants and coffee shops, so you're "Bound 2" fall in love, with both your date and part of Edmonton.

### SEXUAL ASSAULT CENTRE (SUB 3-04)

If you are in crisis after experiencing sexual assault or are ready to talk about your experience, the Sexual Assault Centre can provide you with a safe, welcoming and non-judgemental space. Whether you need counselling or just someone to talk to about your experience, there are trained people on staff to give you support during the recovery process.

#### Art Gallery of Alberta

You have a OneCard now, so you better start using it. Take the train to Churchill Station and hold hands as you wander across Churchill Square and up the weird steps of the Art Gallery. There's guaranteed to be a myriad of wonderful (and sometimes weird) exhibits to wander through. Even if you aren't one of them "I like art-type girls," it never hurts to get more involved with the cultural side of the city.

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BABY!



## DRINKING

### ZACH BORUTSKI

We encourage you to engage in a raucous night out now and again, but we also care about you, and want you to be as safe as possible. Follow these tips to make all your nights out both fun and trouble free.

### LOOK OUT FOR EACH OTHER:

It's no fun going out alone – so bring a group of your pals along with you. In addition to providing you with drinking buddies, they can help keep you together if you overdo it. Whether it's consoling you when you're hugging porcelain at The Rack, keeping an eye out for any nefarious characters that may want to sully your evening in some way, or keeping you out of confrontations, your friends are an integral part to a successful night out.

### BE AWARE:

Unlikely as it may seem, someone may try to slip something very unpleasant in your drink. Don't leave your drinks unattended at the bar, and despite how turned on you may want to get, don't grab unattended drinks from other tables, you never know who had them last.

### BE CONSIDERATE:

Remember that people are at the bar to have a good time, so don't go around picking fights or constantly getting in people's faces. It's a crowded public place, so chances are that guy who bumped into you didn't do it on purpose. All that a bar fight earns is a bruised ego and a swift kick to the curb by a very large bouncer.

### PLAN YOUR WAY HOME:

We won't tell you that drinking and driving is stupid, because you already know that. That said, make sure you have plans for a safe ride home – both Uber and cab companies have apps that make calling a car as easy as clicking a button. If you don't want a ride home from a stranger, call whichever friend you're most comfortable owing a favour to. Or better, when you're planning a night out, see if one of your friends is willing to be a designated driver. Whichever way you get home, make sure it's safe, for everyone's sake.

Now that you know how to go about drinking safely, here are some of our fave spots near campus to grab a beverage.

### GARNEAU PUB

The Garneau Pub is best known for its infamous combat juice. A dangerous drink, it has an ungodly amount of hard liquor mixed with a beer and some juice that makes it taste like a creamsicle. Drinker beware, you'll down the first and want another in a heartbeat because it's so dang good. Just prepare to be unavailable for the entire next day.

### DEVANEY'S

Right across from the Timms Centre, Devaney's is the accessible Irish pub near campus that weirdly serves pizza and butter chicken along with shepard's pie. They have tons of drink specials, a huge basement to watch sports in, making it a safe bet on a Saturday.

### RATT/DEWEY'S

You will never find that campus agrees on which of the two campus bars are the best. Some vouch for Ratt, with the best view in the city and cheap food specials. Others are partial to the Dewey's couches and seemingly endless pool tables. Regardless of which spot you choose to spend your time, both are easy to get to and are guaranteed to give you a great place to get drunk before your night class.

Nursing a wicked hangover after too much combat juice? Fear not, here are some tips to get you through the struggle.

### #1 FLUIDS

Be it water or sports drinks, it's important to replenish and rehydrate after a night of drinking. Alcohol is a diuretic, which in layman's terms means a substance that makes you pee far more often than normal. This can often lead to dehydration, which is often a major cause of all those dreaded hangover symptoms. It's important to drink substantial amounts of water before, during and after a night of heavy drinking. If you're able to leave the house, try and grab some Gatorade to have with your water.

### #2 FOOD

This one may seem a bit broad, but really, all food is good for dispelling a hangover, be it fast food or otherwise. Food in any form helps slow the absorption of alcohol into the bloodstream, so a solid meal before a night of drinking can help delay the effects of intoxication as well. If you're looking for specific foods to help after the fact, look for ones high in carbohydrates, which can help bring your blood sugar up to normal levels, and stave off some of your hangover symptoms.

If you find yourself unable to keep food down, try making Pedialyte popsicles in an icecube tray. It's full of electrolytes and vitamins to help get your body back to normal, and the slow consumption of popsicle is light on an upset stomach. Work in saltine crackers or dry ramen as the day goes on, and soon enough you'll be able to eat a greasy meal.

### #3 DRINKING RESPONSIBLY

You're going to have to face the music sooner or later. Hangovers grow more difficult to deal with as you age, and this difference can start to become apparent as you progress beyond your late teens. We're not here to tell you to not get fucked up if that's your preference, but if you're really set on avoiding a hangover, you're got to think about what and how much you consume during your night of debauchery. Follow the one drink per hour rule if you really want to feel fresh as a daisy the next day, as your body takes about an hour to metabolize each drink (or shot) you take. Also, if you've been drinking for as long as some of us here have, you probably know your body and your limits in regards to alcohol consumption, trust yourself, unless your self has had a few too many drinks, then maybe seek the advice of a more sober friend.

Things to avoid when curing your hangover:

### DRINKING MORE (HAIR OF THE DOG)

Cracking another beer may numb the feeling of the hangover, but it's doing nothing to actually alleviate the symptoms, and it's just making things harder on your already overworked liver. Give your liver a break and stick to water the morning after.

### CERTAIN PAIN MEDICATIONS:

Certain pain medications can actually do more harm than good when you're hung over, becoming a strain on your liver. Stick to nonsteroidal anti-inflammatory drugs (NASID's for short) such as aspirin and ibuprofen. Avoid Tylenol and other drugs that aren't NASID's.

### COFFEE:

While it may help you feel more alert, coffee, like alcohol, is also a diuretic, and the last thing you want to do with a hangover is make yourself more dehydrated. Stick to water and you'll be good.

# WEEK OF WELCOME 2015



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# 5 HUGE NIGHTS EPIC PARTIES



## WEDNESDAY SEPTEMBER 2<sup>ND</sup>



HOSTED BY  
**CLAY HONEYCUTT**  
OF BIG BROTHER 17

**\$4** HI-BALLS  
& TEQUILA

FREE ADMISSION FOR ALL  
STUDENTS AND INDUSTRY STAFF



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SEPTEMBER 3  
DOORS AT 9PM

WEEK OF  
WELCOME  
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FREE WITH STUDENT ID  
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**THE RANCH**  
**HOUSE PARTY**

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DOORS AT 9PM

THE RETURN OF THE MOST RANDOM  
RIDICULOUS, "WHO THINKS OF THIS  
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FREE COTTON  
CANDY

GIANT  
INFLATABLE  
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MASCOTS

RETRO CARPETED  
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**\$4** JOSE CUERVO  
TEQUILA &  
TWISTED TEAS

LIVE  
CHEST  
WAXING

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DEEP  
TALKS

FREE  
POP  
CORN

HOT  
TUBS

YOUR MOM'S  
HOT  
FRIEND



## SATURDAY, SEPTEMBER 5

DOORS AT 9PM

# #SelfieParty

Hosted by Selfie King  
**BROCK O'HURN**

**FREE SELFIE STICKS**  
FOR THE FIRST 500 PEOPLE  
THROUGH THE DOOR!



# RED SOLO CUP

SUNDAY  
SEPTEMBER 6<sup>TH</sup>



BACK TO  
SCHOOL EDITION



FILL YOUR  
CUP WITH  
**\$3** HI-BALLS