

THE gateway

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Suite 3-04
Students' Union Building
University of Alberta
Edmonton, Alberta
T6G 2J7

Telephone 780.492.5168
Fax 780.492.6665

Ad Inquiries 780.492.6669
Email gateway@gateway.ualberta.ca

editorial staff

EDITOR-IN-CHIEF Cam Lewis
eic@gateway.ualberta.ca | 492.5168

MANAGING EDITOR Kieran Chrysler
managing@gateway.ualberta.ca

ONLINE EDITOR Kevin Schenk
online@gateway.ualberta.ca

NEWS EDITOR Richard Catangay-Liew
news@gateway.ualberta.ca

OPINION EDITOR Josh Greschner
opinion@gateway.ualberta.ca

ARTS & CULTURE EDITOR Jon Myers-Zilinski
arts@gateway.ualberta.ca

SPORTS EDITOR Zach Borutski
sports@gateway.ualberta.ca

MULTIMEDIA EDITOR Oumar Salifou
multimedia@gateway.ualberta.ca

PHOTO EDITOR Christina Varvis
photo@gateway.ualberta.ca

DESIGN & PRODUCTION EDITOR Adaire Beatty
production@gateway.ualberta.ca

STAFF REPORTER Jamie Sarkonak
onlinenews@gateway.ualberta.ca

STAFF REPORTER Mitchell Sorensen
deputynews@gateway.ualberta.ca

business staff

EXECUTIVE DIRECTOR Beth Mansell
biz@gateway.ualberta.ca | 492.6669

WEBMASTER Alex Shevchenko
webmaster@gateway.ualberta.ca



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colophon

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contributors

Andrew McWhinney, Sam "Taco" Beetham, Abdulhalim Ahmed, Shaylee Foord, Cole Foster, Richard Liew, Eryn Pinksen, NHL Hitz 2003, Ray, Alyssa Demers, Steven Andrais, Jessica Jack, Joshua Storie, Maddy Dube, Kate McKinnis



Meeting UAlberta

Brianna Kurtz
IMMUNOLOGY IV



Gateway: What do you think of the S'well water bottles?

Kurtz: I honestly bought it without knowing the price. I was like, "don't tell me, just put it on my Visa." They're just so cute.

Gateway: What's the most money you've dropped on something stupid?

Kurtz: Other than clothes I don't need? (laughs) Honestly, probably just clothes. It's ridiculous. Actually, I just bought a pair of Freddy's. They're like these really nice leggings I guess but they have this rubber thing under your ass cheeks that like lifts them up (laughs). I think I bought a pair a couple weeks ago and I think they were \$300.

Gateway: \$300 to make your ass look great.

Kurtz: That's what I said! You know I can't get lipo or whatever, like may as well get Freddy's.

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SPORTS Wednesdays at 3 p.m.

OPINION Wednesdays at 2 p.m.

ARTS & CULTURE Wednesdays at 4 p.m.

PHOTOGRAPHY Mondays at 2 p.m.

MULTIMEDIA Mondays at 4 p.m.

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News

News Editor
Richard Catangay-Liew

Email
news@gateway.ualberta.ca

Phone
780.492.5168

Twitter
@RichardCLiew

Volunteer
News meetings every Monday at 3pm in SUB 3-04

Third gender available on 2016–17 U of A applications

Jamie Sarkonak
STAFF REPORTER ■ @SWAGONAK

Non-binary students applying to the University of Alberta next year will have the option of choosing a third, gender-neutral option to fill the required gender field in their applications.

The third gender option saying “Another/Prefer not to disclose” will be available in paper applications, but not in BearTracks. Selecting the option in application will result in a student having no gender information in BearTracks.

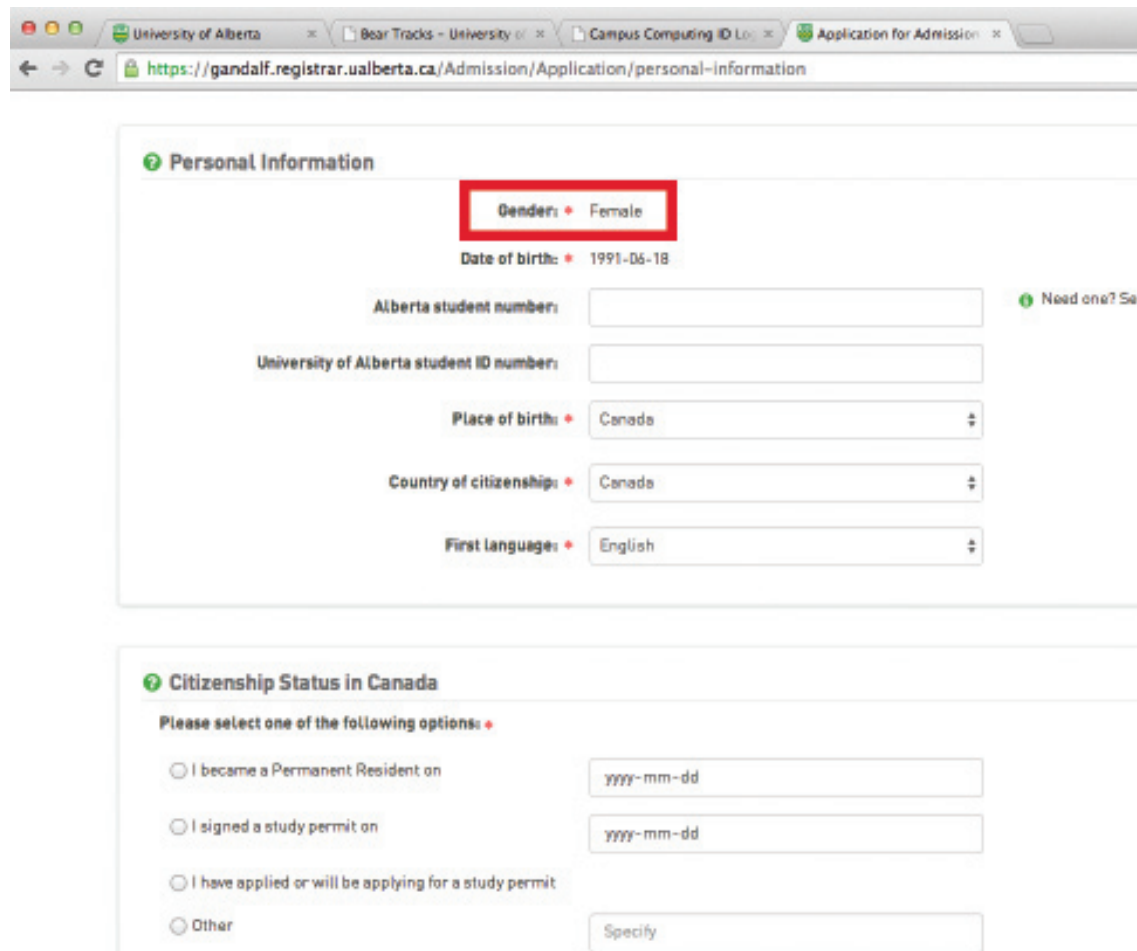
When the Office of the Registrar receives an application with the third gender option, the data for gender will be left empty in the BearTracks system, so it won’t know if the student is male, female or any other gender, Vice-Provost and University Registrar Lisa Collins said.

“We realize paper is not ideal,” Collins said of the new process. “But this is a first step.”

Applications to Alberta universities are completed via the Apply Alberta website, which only has options for male and female. Students can choose to leave the field blank if they identify as non-binary, but the system will automatically use the gender information from the students’ high school transcripts, which may not be the gender the student identifies with.

The gender field in university applications used for university and government reporting. It also exists to prevent accidental duplicates of students to be created within the system.

The Students’ Union’s Political Policy on Gender, which was cham-



NON-BINARY NEUTRALITY Students will have the option to “Prefer not to disclose” their gender in U of A applications.

SCREENSHOT

pioned by SU Vice-President (Operations and Finance) Cody Bondarchuk, was approved at Students’ Council last September. Through the policy, the SU has also been advocating for U of A documentation to include options other than male and female, Bondarchuk said.

“My opinion has been that, and it’s reflected in (the SU’s Political

Policy on Gender), while tracking gender is important, you shouldn’t be compelled to disclose it,” he said.

Besides pushing for non-binary gender options on U of A forms, the Political Policy on Gender also advocates for issues including all-gender washrooms, gender neutrality in university documents and

gender-neutral building codes. The policy has also been successful in advocating for the Government of Alberta to recognize gender identities outside the male-female binary.

“There’s so much more to do, but this is an important first step,” Bondarchuk said. “And it is so comforting to see that the (Office of the

Registrar) is listening to students.”

The Office of the Registrar has received negative feedback in the past from the SU and specific applicants who do not identify as male or female, Collins said. Having only male and female options for gender may send the signal to that the university doesn’t welcome sexual minorities, she added.

“We don’t feel that is the case at the U of A and we realize how important those signals are,” Collins said. “It really worried me when a student contacted my office and said, ‘I identify as neither male or female, and I don’t feel comfortable applying to your university.’”

For years, the Office of the Registrar has been in talks about inclusivity with various stakeholders on campus, such as the SU and the Institute for Sexual Minority Studies and Services. Previous projects regarding inclusivity have included changes to class lists, which were changed to show students’ preferred names instead of legal names.

Including a third gender option in applications is not a permanent solution for inclusivity, but it is an important first step, Collins said, and work still must be done for the third option to exist in BearTracks.

“We’re just investigating what we would have to change (in BearTracks) to make sure that we don’t, in trying to improve things for students, actually break the required reports on behalf of this university,” Collins said.

Students with inquiries regarding the non-binary gender option can contact Student Connect at the Office of the Registrar

Research examines sexual assault involving unconscious women

Kate McInnes
NEWS STAFF ■ @KATEMCGUINEAPIF

Designer Jimmy Choo printed an ad depicting a white woman passed out in the trunk of a car beside a black man brandishing a shovel in 2006. Months later, America’s Next Top Model conducted a photoshoot where contestants posed as battered crime scene victims. The winner of the challenge was praised by judge Tyra Banks for looking “very beautiful and dead.”

“They all have the same tropes: a white dress, a bed, a crotch shot ... where you’re staring up her legs,” Cressida Heyes, a professor in the Department of Political Science, said as she scrolled through a gallery of similar images compiled from Spanish Vogue, W Magazine and Rolling Stone.

“This is all that happens to a woman who’s asleep in a movie or a story: she’s raped.”

“Dead to the World: Rape, Unconsciousness, and Social Media” is an article written by Heyes focusing on cases of sexual assault involving unconscious women, and the way it is played back to the victim afterwards through pictures and texts. The piece argues that sexual assault occurring on an unconscious subject makes restful sleep subsequently impossible, and causes the victim to see herself less

as a human being and more as a two-dimensional image.

“I was motivated by people who thought (rape) was somehow less traumatic or less damaging because it was happening ... while they were unconscious,” Heyes said.

“I wanted to try to think about being conscious as an experience, and things that happen to you while you’re unconscious as part of that experience.”

The thesis of “Dead to the World” suggests that individuals experience their bodies in four dimensions, with the first three dimensions forming space and the fourth dimension forming time. When rape victims are used as sexual objects while unconscious, and only become aware of their rape through two-dimensional images such as Tweets or texts, it becomes difficult for them to reconstruct themselves as a whole, multidimensional being.

“The ethical challenges is to consider whether our words and actions contribute to a world where victims’ subjectivity can be rebuilt, not only destroyed, (and) in which none of us see pleasure in sex with ‘a dead body,’” Heyes wrote in the article.

Heyes’ research began in 2013 during the highly-publicized trial of the Steubenville High School rapists, who repeatedly sexually assaulted their unconscious 16-year-

old classmate and circulated her naked photos on Instagram and Twitter. While some news reporters, including CNN’s Poppy Harlowe, expressed sympathy for the rapists — who she heralded as “star football players” and “very good students” — the victim was criticised by celebrities such as tennis player Serena Williams for putting herself in a vulnerable position.

In addition to the media’s fixation on stories such as the Steubenville case — whose young, white victims re-experience their assault through the distribution of images on social media — Heyes also drew inspiration from the fashion industry’s fetishism of unconscious women.

“I realized when (I) started looking at representations of women asleep that they were all about sexual violence,” Heyes said. “The connection between states of unconsciousness and sexual assault (is) incredibly strong.”

Though Heyes said her essay was written primarily to create a forum for students to talk about sexual violence, she said she felt it also contributed to a growing public dialogue challenging the rape of unconscious women.

“This is a piece designed to be taught and read in classrooms, but I think it also feeds into straightforward activism.”



DEAD TO THE WORLD An ad depicting the fetishization of unconscious women. SUPPLIED

Department of Music celebrates 50th anniversary

University of Alberta puts on concert at Winspear Centre to showcase the development and progression of the “hidden treasure”

Kate McInnes

NEWS STAFF • @KATEMCGUINEAPIG

The University of Alberta's Department of Music may be situated within the dark halls of the Fine Arts Building, but for more than half a century, it's sombre sounds and bombastic beats has been heard echoing across campus.

The Department of Music celebrated its 50th anniversary with a concert at the Winspear Centre on Jan. 24. From Bach's Double Violin Concerto to a Beninese drum set, the program mirrored the department's progression over the past five decades, from a focus on traditional European music to a commitment in cultural studies and ethnomusicology.

For William Street, chair of the Department of Music, the U of A has “always had some kind of music going on,” even if it wasn't formally inscribed in a curriculum until the department was created in 1965.

“Students were interested in music, faculty were interested in music, but in the beginning there was no codified form,” he said. “People just got together to do music.”

Since it's inaugural year, the Department of Music has supplemented events from all faculties and facilities at the U of A, including the installation of the new university president, David Turpin, this past November at the Jubilee Auditorium. Despite this, the department, according to Street, largely remains a “buried treasure.”

“I want the public to know about us,” he said. “We're kind of a hidden secret.”

Though Street first joined the U of A as a professor in 1988, his introduction to his field of study, contemporary classical saxophone, was when he was 12 years old. His father introduced him to a band director who became his teacher for the next 40 years.

Despite their expertise, the resources at the disposal of the 40 professors in the department are, in Street's words, “subpar.” In 1970, the department moved into the Fine Arts Building, which was the first of three phases of a “state-of-the-art” facility. Due to budgetary constraints, the proposed phase two and three never materialized.

“Right now ... we don't really have good facilities,” Street said. “It's hard to recruit students to come to a program that has good professors and bad facilities.”

This may be changing. With the Galleria Project — a venture which aims to unite U of A fine arts students with local artists in a common venue downtown — in its early stages of possible development, the Department of Music's future could be promising, Street said.

Though he is committed to carrying on the department's legacy of providing music to the campus community, Street said he hopes for a little reciprocity from staff and students.

“I never want to take music away from the campus — I always want it to be alive on campus — but I think it's important for us to move downtown,” Street said.



MADDY DUBE



MADDY DUBE



Cheer Up ... For God's Sake

As you go through college, take comfort in the fact that there is nothing new under the sun. While there is never going to be anyone with identical genes who will experience life exactly as you do, your feelings, good and bad, emotions, good and bad, are universal. Life as you know, comes in phases, getting a college education is one phase. This is around the time in which your prefrontal cortex is fully developed and when you become more aware, emotionally, that your behaviour affects others. It is a time of greater self-awareness, particularly awareness of a moral conscience. Up to this point your behaviour has been mostly shaped by fear of punishment, or what you can get away with. With a moral appreciation of consequences, your behaviour should be shaped by a desire to pursue goodness, for goodness' sake. This is a narrow road, but it brings peace of mind, success and happiness. It is also the surest road to wisdom. So try not to despair when the day seems dreary or the task seems impossible. Bad times never last, and you will adjust like you've always done. Don't be hard on yourself, after all, you did not make yourself and you are not responsible for the factors that shaped you up to this point. Never forget that we live in our minds and so just as negative thoughts bring you down, positive thoughts will lift you up. And so it is important to control your thoughts. This, by the way is one of the triumphs in life – the control of what we allow our mind to dwell on. No one knows where thoughts come from, but thank God that we can shut out the bad ones and nurture the good ones. Work hard, and try to remain honest, so you can keep growing in your ability. You are capable of much more than you realize. Learn self-discipline and organisation so that work doesn't spill into play, and your play is not spoiled by guilt from work left undone. Try never to panic. Better to seek help and buy yourself precious time to recover from trouble. Offer good advice and don't hesitate to seek counsel. We are all in this together. Don't be embarrassed to embrace faith but do not become self-righteous or a hypocrite. Your friends may not tell you so, but they will respect and admire you as a spiritual person. After all, true spirituality is about learning to love others. You will find that the more you pray, the better you know yourself and the less mistakes you make. Pray for those you don't like and forgive others so that it is easier to forgive yourself. Overcome your shyness, not by heavy drinking or by using drugs, but by reminding yourself that we are all shy more or less. In fact, shyness tends to be a function of self-awareness. You are about to come into your own so learn to pick up after yourself and hang in there. You have yet to taste the best that life has to offer.

– Compassionate Listening Society of Alberta

GFC reviews academic governance, online evaluations

Richard Catangay-Liew

NEWS EDITOR • @RICHARDCLIEW

General Faculties Council (GFC) is the body of academic governance at the University of Alberta. It is governed by the Alberta Post-Secondary Learning Act and is responsible for the academic and student affairs of the U of A.

GFC is chaired by U of A President David Turpin and is composed of 158 voting members, including university administration, Deans, faculty, students and staff.

GFC meets five times per academic year, and the open session meetings are open to the public. The next meeting will take place on Monday, March 21, 2016 at room 2-100 in University Hall.

Reform of GFC and academic governance structure

U of A President David Turpin sought opinion and advice from GFC members regarding the council's role in academic governance. He said "nothing is written in stone," and offered the opportunity to visit the rules of GFC and how to move forward.

Students' Union Vice-President (Academic) Fahim Rahman said there needs to be more value in discussions tabled at GFC. Rahman said he was concerned about majority of items on the GFC agenda, especially since GFC is considered one of the highest decision-making and governing bodies at the U of A.

For Graduate Students Association President Colin Moore, GFC has been historically "boring." Since taking his seat on GFC, Moore said he hasn't felt invested in conversations surrounding action items at GFC, because he felt like decisions had already been made at sub-committee levels, and GFC is merely there for approval.

GFC member Brayden Whitlock said "it doesn't seem as if GFC has any real power." Whitlock, who recently published an opinion article in the Winnipeg Free Press titled, "Who Watches the Government Watchdogs," which evaluated "how well academic freedom is preserved," graded Alberta universities a B-. Since GFC is regulated by the Alberta Post-Secondary Learning Act, their "real power" is mandated by provincial law, Whitlock said.

Several members brought up the delegation of authority, where GFC would appoint a sub-committee to further dissect an issue, discuss the issue's impact on the university and offer suggestions which would then be passed on to the GFC main body for approval.

Department of Earth and Atmospheric Sciences professor Jeremy Richards said he felt like "decisions were made elsewhere," thus making conversations "disempowering and disinteresting."

U of A Provost and VP (Academic) Steven Dew said the delegation of authority at the sub-committee level provides a "quality of review that you would never contemplate wasting the time of 150 people." He did acknowledge the need for a better feedback mechanism, but did not recommend getting rid of some discussion at the sub-committee level, as they provide an opportunity for a group to explore an issue several times in depth before it is presented to GFC.

Another concern in GFC regarding engagement was attendance. At the Jan. 25 meeting, approximately 70 GFC members were signed in out of 150.

Turpin said all comments would be taken into consideration and further discussed at the next GFC meeting in March later this year.

Online University Student Ratings of Instruction responses down 15 per cent

Representatives from Scott Delinger of Information Services & Technology and Sarah Forgie, Vice-Provost (Learning Initiatives) presented a report regarding the transition of instructor evaluations to electronic means. The shift to electronic evaluations was implemented as a pilot in Fall 2013, where 49 per cent of instructor sections were approved to participate in the pilot.

In the 2014-15 academic year, the online evaluations were delivered campus-wide. The report found that overall, response rate dropped by 15 percentage points compared to paper evaluations the year prior. While response rate declined, the median scores of "Overall, this instructor was excellent" and "Overall, the quality of this course was excellent," remained consistent, from 4.6 to 4.5, and 4.3 to 4.2, respectively.



GFC Academic governance was a hot topic at this week's General Faculties Council.

CHRISTINA VARVIS

MFA alumnus brings math department under the lights, on stage

Mitch Sorensen

STAFF REPORTER • @SONOFAMITCHE

Those who study string theory and complex calculus may not typically inspire stage productions, but that's exactly what Kenneth T. Williams was looking for.

Now an alumnus, Williams was the first Aboriginal person to receive his MFA in Playwriting from the University of Alberta. Now, he is part of the "This is YEG: New Plays for a Changing City" project, which will see eight playwrights embedded in a variety of communities across the city, and attempt to portray those communities on stage.

Performances will take place in April, featuring settings including the University of Alberta's Department of Mathematical and Statistical Sciences, the Valley Zoo and the Glenrose Rehab facility. All eight plays will run from April 21 to 26 at L'UniThéâtre as part of the Workshop West Playwrights' Theatre

"The big thing is that it would be a challenge," Williams said of

writing the play. "If I don't know something, I want to go find out about it, and this was a great opportunity to do that."

That curiosity about the cutting edge of mathematical innovation led Williams to the math department at the U of A, where he had the opportunity to meet many of the professors.

Williams wanted to get to know the department's mathematicians on an informal basis, so he met them over dinner or drinks. One of those mathematicians was Associate Professor Vincent Bouchard, who specializes in string theory and mathematical physics.

"My initial thought was, 'Why does (Williams) want to be in the Math department?'" Bouchard said. "My understanding was that he didn't want to sit in classes, he was more interested in social interaction."

That interaction, for Bouchard, is something a lot of outside observers might be unaware of. Math is neither a stereotypical solitary pursuit nor highly competitive, Bouchard said.

"If you look at movies about mathematics, it's always a guy who is a little crazy doing it without anyone," Bouchard said. "That's not the way we work at all, it's an extremely collaborative process."

Bouchard said that a large part of that disconnect between the public's view of mathematics and what really goes on is attributable to the field itself.

"We're not communicating very well with the public. If you were to ask someone on the street what we do, they'd have no idea" Bouchard said. "I hope with these kinds of initiatives that people can get a feeling for our work."

One of the first steps in bridging the divide for Bouchard is addressing the "language barrier" surrounding mathematics.

"People know what a painting is or what music sounds like," Bouchard said. "People don't know mathematics and the language around it as well."

Williams said the process of writing a play and solving a complex math problem were similar in principle, but different

in language.

"We are dealing with this abstract thing," he said. "I don't know where my play will end up, and they don't know how they'll get to the end of this thing they're trying to solve."

Though many mathematicians deal with concepts that can't be visualized or applied until physics might require them, Williams said that he wanted to showcase the importance of their work.

"These are really, really complex puzzles that drive them crazy," Williams said, "Solving it is the goal."

Williams added that he's not sure how the play will end up when he's finished.

"I don't know what the life of this is going to be," he said. "That's my own little puzzle, my own conjecture that I'm trying to solve."



DERIVATIVE DRAMA Fine Arts and Math are teaming up in a new theatre play

SUPPLIED

Serbian field school prepares for second excursion

Jamie Sarkonak

STAFF REPORTER • @SWAGONAK

Field school was full of freedom, which led student Craig Farkash to find Belgrade's elusive underground music scene. His favourite discovery was the tiny venue called Fox.

"It was this small, cabin-sized building. It's got that old-school bluesy delta feeling. There's smokey air and people are drinking beer and there's dancing," he said. "What would be the living room is where the stage was ... there was a cutout in the wall and where you think a kitchen would be was another seating area. It was a really tight, intimate setting that was so amazing."

Finding music and soundscapes wasn't just for fun — it was for Farkash's project in the U of A's new Fieldschool for Ethnographic Sensibility. The school for anthropological fieldwork trains students to explore Serbia at the sensory level. The school offers an alternative method to ethnography by training students to focus on the five senses instead of only relying on interviews to gather data. This means observing how people line up for coffee, whether they take their shoes off indoors and how people act on buses.

Students live together in a hostel for the first week of the fieldschool. In the second week, they travel to Sirogojno Old Village Open Air Museum, a traditional 19th century village and "ethno-museum." In the last four weeks, students live in homes of their host families.



ARTISTIC ANTHROPOLOGISTS Students use artistic methods to recognize cultural patterns.

SUPPLIED — MARKO ŽIVKOVI

The Fieldschool introduces students ethnography as an art. Students start out with exercises in observation and move on to their own projects, where they learn, through experience, about the spontaneous and anxiety-provoking nature of fieldwork. There was total freedom in picking research topics — one

student studied anger, another masculinity. Farkash studied music. At the end of the school, students presented their projects in an art show, he said.

"It's really tough, because you eventually kind of fall in love with (Belgrade), and you want to show the city you experience," he said.

Students had to pay attention to what rubbed them the wrong or the right way about the culture. Small differences became noticeable to students after a couple weeks. The idea was for students to read Canadian-ness and Serbian culture by using their bodies as instruments.

The idea for the Fieldschool for

Ethnographic Sensibility came to associate professor of Anthropology Marko Živkovi from years of watching his late (is it necessary to include late?) wife teach art at the university. Art students each had their own styles, but they were still taught an artistic method. Similar training could be applied to ethnography, as there are general skills that are learned. But ethnographic fieldwork is rarely taught. Normally students learn through their own trial and error, Živkovi said.

"(Anthropology students) will go to the field with a 40-page document that describes in detail what they're going to do," Živkovi said. "And yet ... there's something suspicious if they completely stick to it."

The Fieldschool gives six credits for six weeks of work between May 30 and July 9. Students pay for flights to Belgrade, regular tuition for a six-credit U of A course and a \$2400 fee for services and host families. The program has also won the Education Abroad Group / CAGFIL Awards for 2016, which cover \$1250 for students meeting outlined criteria. Teaching staff will include instructors and three preceptors, or student mentors, who went on the 2015 trip.

There are about six places left for the 2016 Fieldschool for Ethnographic Sensibility. Farkash will be returning as a preceptor.

"It just really helps you tune in. You're forced to tune in to the social cues, the smells and sights," Farkash said. "As you're studying the city, it also allows you to reflect on yourself."

I-Week 2016: Educational policy prof highlights climate change panel

Mitch Sorensen

STAFF REPORTER • @SONOFAMITCHE

With the stated goal to reduce carbon emissions "as soon as possible," and to keep global warming "well below two degrees celsius," 195 nations agreed to the Paris Agreement at the end of the COP21 conference in Paris last month.

With this year's International Week events and speakers focused around the Sustainable Development Goals of the United Nations, one event on the calendar is a panel discussion by University of Alberta professors who attended the climate change conference.

Moderated by John Parkins, a professor in the Department of Resource Economics and Environmental sociology, the panel includes Professor Lynn Badia of Faculte Saint-Jean, Mike Hudema of Greenpeace and professor Makere Stewart-Harawira of the Department of Educational Policy.

Specializing in global governance and environmental issues, Stewart-Harawira takes a specific interest in the management, use, and control of water supplies.

Stewart-Harawira said some of the sessions she attended at the COP21 conference in Paris were troubling. She specifically recalled the Prime Ministers of Tuvalu and Kiribati pleading with people to lobby their ministers and representatives on climate change "with tears in their eyes." Returning from France two days early, she said she was dispirited after the summit. Despite this, Stewart-Harawira pointed to the reactions of several communities as reasons for optimism.

"(I was) optimistic not so much because of the agreement," Stewart-Harawira said, "But because of

the determination of groups and communities who are absolutely committed to holding governments responsible (to the agreement)."

Pointing to smaller non-governmental organizations, indigenous communities, and women's groups as those committed to monitoring government accountability, Stewart-Harawira also emphasized the importance of localized change moving forward.

"When looking at climate change, when so much of what we do is locked into the global economy, it really limits the ability of communities on the ground and even national economies to build in a constructive way," she said.

Saying that the recreation of strong local and regional economies as a "big piece of the answer" to many issues surrounding climate change, Stewart-Harawira also pointed to the importance of an interdisciplinary dialogue in future examinations of the issue. She said she hoped the variety of perspectives on the panel would spark debate.

"I hope there will be disagreement," Stewart-Harawira said. "From that clash of points of view, we get new ideas, and that is absolutely important. I'm hoping (the panel) focuses on open discussion."

Stewart-Harawira said she is also trying to organize a symposium to unpack the issues around climate finance with some of the political economists and other experts she met in Paris. In terms of why she cares so deeply about these causes, Stewart-Harawira had a simple answer.

"The reason I get out of bed and come to work everyday is that I have seven grandchildren," she said. "And not on my watch are we going to do nothing. I think there are millions of people who feel that way."



SUPPLIED



GLOBAL GOVERNANCE The "After Paris: COP21 and Beyond Panel" will take place on Wed, Jan. 27 at 2 p.m. in Telus 134

SUPPLIED

Aboriginal Student Services Centre gears up for Round Dance

Annual tradition of dance, feast and Pipe Ceremony a symbol of ‘understanding, unity and respect,’ and a way to honour all ancestors

Jamie Sarkonak

STAFF REPORTER • @SWAGONAK

The University of Alberta is inviting the community to the Annual Round Dance — a First Nations ceremony of grief and loss, and a celebration of unity and respect.

The Aboriginal Student Services Centre (ASSC) will be hosting the university’s Annual Round Dance, the Cree philosophy of death, in the Education Gym this Saturday on Jan. 30.

The Round Dance is source of pride for a Shana Dion, ASSC Director and First Nations Nehiyaw woman — it’s a beautiful dance, and it allows for cultural exchange to happen in a good way, she said.

“It’s a time where, in a way, our ancestors come and dance with us,” Dion said. “So they never really leave us. They’re with us and they’re dancing with us.”

This year’s dance is also the fourth and final Memorial for Elder Marge Friedel, the founding Elder of the Amiskwaciy Academy who visited Aboriginal students at the U of A every Wednesday. Friedl had been involved for long time across many areas of campus, including the Faculty of Native Studies, the Aboriginal Students’ Council and the International

Centre, Dion said.

“(Friedel would) wake up at 4 a.m., 5 a.m., make fresh bannock and bring it into the centre to feed the students,” Dion said. “That was just who she was. It was just amazing.”

All are welcome to the Round Dance, regardless of gender, age, race and background. Anyone taking part in the Round Dance for the first time should come with an open mind, and ask questions if they’re unsure about anything, Dion said.

“We come together in understanding, unity and respect,” she said. “I think it really needs to be acknowledged in a greater way. It’s something that we all take pride in here.”

There is no planned seating — visitors sit in rows circling the drummers at the centre of the gym. Between the visitors and the drummers is a space for the dance itself, which is an easy-to-learn shuffling of the feet. Anyone can dance at anytime, if they’re not comfortable, they can just watch, Dion said.

Timelines for Saturday are loose, but the Pipe Ceremony, where elders light sacred tobacco, which is passed to all participants to touch or smoke, will begin the event at about 3:30 p.m. with Elder Francis



UNDERSTANDING AND UNITY The Round Dance will on Saturday at 6:30 p.m. in the Education Gym.

SUPPLIED

Whiskeyjack. The ceremony will take about an hour, but may go for longer depending on the day’s conditions. Women attending that part of the event are asked to wear a long skirt.

After the Pipe Ceremony is a feast, followed by clean-up, and then the ceremony will move into the Round Dance.

Organizers estimate the Round

Dance will start by 6:30 p.m. Traditionally, Round Dances go for as long as people are dancing, but for the U of A’s ceremony, doors will close at 11 p.m. to ensure there will be time for clean-up.

The Round Dance has been happening on campus for years, and Dion said she’s thankful to the university for allowing the ceremony. She said the Round Dance is also

important for helping First Nations students feel welcome at the U of A.

“That’s something that goes along with the TRC and its calls to action, is ensuring that our students have those connections to their culture while still in post-secondary,” Dion said. “That’s what makes our students feel like a part of campus.”

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Opinion Editor
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Email
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780.492.5168
Twitter
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Volunteer
Opinion meetings every Wednesday at 2pm in SUB 3-04

EDITORIAL COMMENT

State of local journalism is dire

MY FUTURE WAS BLEAK.

I had dreams of an unlikely career in a fragile industry, where the precarious job security of college-educated employees is the norm. Every day, I would ask myself what the hell I got myself into.

And that was before Postmedia axed damn near every journalist in the province last week.

Bleak? Today, impossible is more like it.

The jobs I knew I would be vying for after graduation, the doors that I wanted to put my foot in, were now shut. In an effort to save upwards of \$80 million by 2017, Postmedia chopped 90 journalists across Edmonton, Calgary, Vancouver and Ottawa, with Alberta seeing the most drastic cuts. Edmonton newspapers axed 35 journalists, and Calgary severed 25. Margo Goodhand, the former editor-in-chief of the *Edmonton Journal*, who was the only editor to publicly speak out against Postmedia, was fired on Jan. 19 along with her managing editor, Stephanie Coombs. Ryan Cormier, the premier court reporter in the city, and Brent Wittmeier, a young “do-it-all” who seemingly had a secure future with the *Journal*, were also cut amongst many others. Seasoned journalists, who people like me looked up to as mentors and inspirations, are now our competitors in a tight job market.

We expected to see more layoffs as CBC is in the midst of a five-year plan where it plans to downsize by 1,500 jobs by 2020 as the company shifts to prioritize digital and mobile services. Bell Media cut 380 positions in Toronto and Montreal last November, while their main competitor Rogers Media announced 200 cuts in TV and radio earlier this week. The landscape of media is changing, and Alberta is simply a microcosm of these problems in the Western world.

Alberta is supposed to be the powerhouse of the country’s economy, yet national and international coverage of Alberta news is widely under-reported. The Keystone XL pipeline garnered vast media attention, as President of the United States Barack Obama called Alberta’s money “dirty,” which flooded headlines and painted a crude picture of Albertans and their precious oil. But who else is going to cover the alarming 30 per cent increase in suicide rates in Fort McMurray amid the oil crisis? *The Globe and Mail* and even *The New York Times* have sent reporters up to Fort McMurray for a couple stories on the pipeline, but only Alberta media can truly call it their beat.

National media outlets, such as *The Canadian Press*, who do have (very small) bureaus in Alberta, looked to the in-depth reporting contextual knowledge of the *Edmonton Journal* and *Calgary Herald* to supplement and inform their coverage of Alberta news. The shocking number of children who died while in government of Alberta foster care wasn’t a national story until *The Fatal Care* series, expertly tag-teamed by the *Journal’s* Karen Kleiss and the *Herald’s* Darcy Henton, was published.

Nobody else is more qualified and capable to accurately report and keep governments and politicians, such as the Notley NDP government, in check and accountable for their actions.

Now, after Postmedia dismissed those unlucky journalists in Edmonton and Calgary, the risk of deficient coverage in Alberta is growing, and the medium for strong and thorough news reporting is shrinking. The dialogue surrounding Alberta news has been parsed so severely as a result of Postmedia’s attempt to bandage the bleeding wound of declining print ad revenue and newspaper subscriptions. Now, the onus is put on the remaining few journalists, who type and research away in small undermanned newsrooms to provide that coverage and commentary in Alberta media.

Perhaps, no voice is bigger than the *Edmonton Journal’s* Paula Simons.

“I’m more worried we’re not going to be able to do the investigative work that we’ve done in the past,” Simons said to me, just after she told a room full of aspiring student-journalists (including myself) what the dim future of newspapers looks like. “That big, deep, investigative journalism is going to be much harder than it used to be. That’s the stuff that matters.”

And even if those longer, informative investigative pieces (that can take longer than a year to complete) continue to be written, daily news will be underreported simply due to lack of manpower.

After the *Sun* and *Journal* newsrooms were merged and subsequently cleaned out, the Edmonton sports desk was left with just two full-time staff. Because of the scarcity of jobs, journalism is cutthroat and ruthlessly competitive. I thought about the freelancing opportunities I would have in the sports section, now that they are seriously — and potentially fatally — undermanned. But I grew sick thinking of my benefit coming at the misfortune of *Journal* vets Joanne Ireland, Norm Cowley and John MacKinnon.

While my colleagues and my circle of journo-buddies are outraged, part of the problem is that Albertans might not see this as a problem. “What’s the problem?” they may ask. “We have Twitter and aggregated news sites, plus a newspaper still comes out tomorrow.”

“As long as we keep maintaining this facade that everything is going to be alright, everyone is going to say, yeah well, everyone is getting laid off (such as engineers and oil industry workers) in Alberta,” Simons told me.

That may be true, but who’s going to report on those layoffs when they happen?

Somebody has to. But at the rate Alberta is headed now, chances are it won’t be us.

Richard Catangay-Liew
NEWS EDITOR



ADAIRE BEATTY

letters to the editor

FROM THE WEB

Thank you

(Re: *Peace at Last: A Syrian refugee's journey to Canada*, by Jamie Sarkonak, January 19)

I was reading this article with my wife through our spontaneously and insistently falling tears making the words blurred. Letters were jumping here and there pulling us backward, hammering our memory painfully and without mercy bringing up the harmful pictures of those events, through what our family and Naseem have passed. We feel all that as if we were in a deep sleep with a terrible nightmare. Suddenly, we all woke up of this nightmare by the highly appreciated action of President of Alberta University that was as a magical stick picked Naseem out of the highest unsafe area and bringing him to the safest place; and finally Naseem was survived. I would like to send deep warm thanks to University of Alberta and its administration, particularly the President who has shaken strongly our destiny and pulled us out of that fatal nightmare. Thanks to the government of Canada for this human touch to Syrian students and thank you very much to you Jamie for your nice writing and bringing our story under a spot light.

Dr. Emad Alrayes
VIA WEB

I am so sad for your family for

the horrors you have endured. My prayers go out to you all. I was thrilled to hear that your children have the chance for a better life in Canada. It will be wonderful that your daughter will be with her brother soon. They need that family support. I live close to where your daughter goes to school and also have an 18 year old daughter so please feel free to email me if you wish for your daughter to have us as a friends and support while living in Hamilton. Please provide your email if you would like this. Bless you and your family.

Lesley Anne Blenkhorn
VIA WEB

Feature makes me thirsty

(Re: *Beer Geeks: Engineering the Perfect Brew*, by Alyssa Demers, January 20)

Excellent back stories. I already love both of these breweries & their product and now this story makes me want to drink more!

Tiny note, hops come as cones. The light at Blindman is a hop cone, not a seed.

Great article! I'm happy to hear you love the dark roasty beers too!

Andrew
VIA WEB

End animal cruelty now

(Re: *Ringling Bros. retiring performing elephants long overdue*, by Lisa

Szabo, January 20)

Thank you, Lisa, for an excellent, insightful piece. Using animals for entertainment is exploitation. Period. Ringling is particularly cruel and its elephants will fare no better once they're moved to the circus' Florida compound. They'll still spend most of the day in chains, have their babies taken away to be sold to zoos and other circuses, be used for medical experiments, and be beaten with bullhooks-batons with a sharpened hook at the end that the circus passes off as “tools” and “guides.” If Ringling cared about the welfare of its elephants—and its multiple violations of the Animal Welfare Act is proof that it doesn't—it would move them to reputable sanctuaries where they would have room to roam and the opportunity to socialize.

Craig Shapiro
VIA WEB

Letters to the editor should be sent to opinion@gateway.ualberta.ca (no attachments, please).

The Gateway reserves the right to edit letters for length and clarity, and to refuse publication of any letter it deems racist, sexist, libelous, or otherwise hateful in nature. The Gateway also reserves the right to publish letters online.

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.

Politicians would do good by genuinely appealing to youth



Andrew McWhinney
OPINION WRITER

Back on Oct. 19 2015, I voted for the first time in a federal election. I voted not because someone told me to, but because I'm a Canadian citizen who wants some say in what our government looks like. I won't disclose who I voted for, but I will tell you for a fact that the reason I chose them wasn't because their candidate "represented the youth of Canada." What does it mean when politicians say they represent youth? I'll tell you what it means: it means they're lazily attempting to break into the young person's vote.

It's clear that politicians have given up on trying to reach young people. Look at the main issues that were debated in lieu of the 2015 election and you'll see that they didn't really resonate with young Canadians. Discussion of security and tax breaks is all fine and good, but these are issues that older Canadians are more concerned about. Topics such as the environment took a back seat, as did education.

Why? Well, according to the report "Message Not Delivered" by Samara Canada, 67 per cent of eligible Canadians aged 56 and older voted in the 2011 federal election, while 57 per cent of eligible Canadians aged

30-55 voted, and only 41 per cent of eligible Canadians aged 18-29 voted. If the older voters are more likely to turn out than the younger voters, then it would make sense for politicians to focus on issues pertaining to that large group, as this is where they'll be able to win quite a few votes.

• (...) alienation creates a vicious cycle where young people don't vote.

But here's the problem: a report by the Broadbent Institute said that 70 per cent of young Canadians feel that the views of young people are ignored by politicians. If young people are feeling ignored, then they're not going to go out and vote. This feeling of alienation creates a vicious cycle where young people don't vote, politicians ignore them and continue to pander to the older demographic where voting numbers remain strong, and ultimately continue to alienate young people.

What can politicians do in order to generate support from young people? If there's one thing both reports agreed on, it's that dialogue between young people and politicians needs to happen. One young person said in the Broadbent Institute report that "Canadian politicians are not very interactive on social media" and that he or she "would like to see that change, if they (politicians) want to truly be accessible." As social media

is becoming an ever more important platform for different organizations to reach out to Canadians, especially to younger Canadians, it only makes sense that politicians and political parties should become more interactive on social media. It certainly worked for Justin Trudeau, whose active social media presence through the use of hashtags such as #RealChange and #GenerationTrudeau made young people feel like they were part of a movement bigger than themselves. His quick responses and engagement with people online demonstrated that he was eager to listen to what people had to say, not just broadcast. Trudeau made the effort to connect with everyone, not just key demographics.

While it's easy to say that politicians should be the ones to change their ways, there's one more important factor at play: young Canadians. If we want to see a change in interactions between politicians and young Canadians, then young Canadians need to make some changes too. If you're genuinely interested in politics, get involved! Attend a political rally, join a political party, contact your local politicians to express your concerns and issues, use social media to engage in meaningful discussion, and of course, vote. Prove to politicians that young Canadians are influential and important, and politicians will see that we are.

Politicians should stop referring to young people as "youth" too. We want to be called people too.



KEVIN SCHENK

The arbitrary politics of Taco Tuesday



Sam Beetham
OPINION WRITER

Taco Tuesday, like its successor Wing Wednesday, is a product of the West's obsession with food-related alliterations. Weekly, we are obliged to consume tacos only due to their placement in a dictionary. As odd a tradition Taco Tuesday is when you really think about it, at the end of the day, the rationale is not important. Very rarely do we

have to ask ourselves "why are we eating tacos," more often than not the question is "how many?"

And despite my love for tacos, I do have an issue with the mentality that has developed after the introduction of Taco Tuesday. In its current state, Taco Tuesday has seemingly become exploited for capitalist gains at the cost of taco excellence. Many restaurants drive customers in through taco-centric deals, but the end product is unsatisfactory. A sloppily assembled mess of meat, cheese and lettuce on a hard or soft shell does not make a taco in my book, but instead a poor imitation. The low

production cost enables the low prices, but that also has a cost: taco quality.

And thus, the mentality behind Taco Tuesday is flawed. We should be celebrating tacos, not desecrating them. The \$1.69 tacos found on campus are just a shell of the real deal. Call me a taco snob or a Mexican food elitist, it does not matter to me; if there is one thing I know, that is a good taco. I know the shift from cheaply assembled tacos to a premium product would be pricey, but it is needed for the promotion of taco excellence. Besides, in the end, is it not priceless?

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Popularity of Trump/Sanders indicates economic discontent



Abdulhalim Ahmed
 OPINION WRITER

A Jan. 17 report released by Oxfam said that the wealthiest 62 individuals in the world — half of them American — now owned as much wealth as half of the world's population, with their wealth increasing 44 per cent from 2010. This report came the day the US Democratic Party held its fourth Presidential debate, a debate whose topics included trying to tackle the rising income inequality on American soil.

The consequences of this rising economic inequality has been political extremism and a distrust of established, traditional candidates. The reason for the distrust among voters in each party is that the average American feels ignored. While the wealthiest Americans have increased their wealth by 44 per cent since 2010, median household income in America has decreased by almost 4,000 since the 2008 according to US Federal statistics. These Americans have not recovered from the recession, and they are now desperately searching for a presidential nominee who will represent their interests and not just the interest of the wealthiest citizens. In this search they've bypassed the conventional candidates and have zeroed in on candidates who are on the ends of the political spectrum — Democratic candidate Bernie Sanders and Republican candidate Donald Trump.

Although they are on opposite sides of the political spectrum, Trump and Sanders cater to the same category of voter in their respective parties while staying true their own party ideals. They connect with voters who want drastic change, who are worried about their own jobs and economic situations.

Sanders promises to look out to this group of economically insecure Americans with wealth redistributive policies such as free tuition at public universities, universal health care and an increase in the social safety net. Trump does this by promising to build a wall to keep Mexicans out, and by not allowing refugees to enter the country. 50 per cent of Trump's supporters have a high school diploma or less according to *RealClear Politics*, which means that a good portion are employed in relatively lower skilled industries and are most vulnerable to job losses either via a recession or by cheaper labour. This distinction is important in explaining his popularity because this group of Americans see his promises to build a wall on the Mexican border and bar refugees not as xenophobic and bigoted, but as a commitment to them that he will do whatever it takes to keep their low skilled and easier to replace jobs in America for Americans.

• Candidates with large and wealthy donor bases are not seeing anywhere near the success they would see in other elections.

Sanders' success, meanwhile, is exceedingly unprecedented not only because of who he's facing, but because of his political identification. Sanders is a proud democratic socialist, an identification that would have been political suicide just eight years ago. His biggest rival is a former Secretary of State who was also the wife of an extremely popular President, and who has been the frontrunner for the nomination since Obama was elected in 2008. By all accounts, Clinton should be blowing him out of the water, but she is not. Democratic voters, it seems,

see her ties to Wall Street and the wealthiest Americans as a sign that their economic situations may not change much under her. They want drastic change. The fact that he has gotten this far being a socialist in the most fiercely capitalistic country in the world against an extraordinarily experienced candidate is evidence of the aforementioned political extremism.

The popularity of Trump and Sanders also represents the growing disconnect between the average American and party elites, and are reactions by the voters who feel that their parties are controlled by the rich. Candidates with large and wealthy donor bases are not seeing anywhere near the success they usually would see in other elections. Jeb Bush has raised the most campaign money at US \$128 million and is only polling at 5.3 per cent according to Huffington Post, as opposed to Trump's 37 per cent. Ted Cruz is Trump's closest competitor and is polling at 17 per cent, with US \$64 million raised. Americans are now seemingly equating large campaign funds with being in bed with the richest Americans. With the wealthiest donors and political action groups funding Trump's rivals, and with popular conservative media such as the famed *National Review* denouncing Trump, conservative voters seem to be sticking it to their wealthy party members for leaving them out of the post-recession economic recovery.

The lack of popularity for the more established, donor-approved candidates serves to remind the wealthiest party members and donors that if they want their candidate to win the election, then they must prioritize the wealth and economic well-being of the average American and not just their own. If they don't, then they might see a presidential race between an ultra-conservative, uber-wealthy xenophobe and an eccentric socialist in a few months' time.

Sustainability Summit a success



Shaylee Foord
OPINION WRITER

This past weekend, the University of Alberta hosted post-secondary students from all across Alberta for the sixth annual Student Sustainability Summit. This year's theme was "Sustainable Cities & Communities: Planning for Transformational Change." The summit explored ways in which to re-imagine cities as necessary facilitators of environmental change, and the roles in which various groups and citizens can contribute to that process.

According to Sunday's keynote speaker, Kevin Jones, who spoke on community engagement to create sustainable urban futures: "Who we are is what we make the city to be." The work of creating sustainable cities cannot be left to just city planners and engineers — cities are shaped by the interactions and activities of its citizens.

Jones' talk covered a history of cities, and critiqued the common perception of cities as existing in opposition to nature or the environment. Jones demonstrated a rightfully cynical viewpoint

towards the recent trend of municipal governments taking up sustainability issues, noting that while it is a step in the right direction, trends around city planning and building change frequently, and the movement towards infill likely won't last forever. Instead, he shifted the focus to community building, and placed the responsibility on citizens to create equitable, just social spaces that they want to live in. Giving a talk about engagement to a group of students who voluntarily spent their weekend at a sustainability summit may seem like preaching to the choir, but the energy in the room at the end of the day showed that a weekend of community building had already had an impact. Before the farewell session ended, delegates shared their plans for creating sustainability within their cities, proving that by working together, ordinary citizens can and must create impactful change.

Along with two keynote speakers, the summit featured smaller, concurrent speaker sessions throughout the weekend. Presenters spoke on everything from the benefits of tiny homes in Edmonton, to creating sustainable transformation, to the necessity of achieving gender equality in the community-building process. In the facilitated evaluation on Sunday, the diversity of

the optional sessions was brought up several times as one of the features that made the weekend such a success.

Other features that delegates mentioned in the evaluation as making the summit successful were the optional yoga class on Sunday morning, the delicious vegetarian and vegan food (which delegates were encouraged to pack up and take home as leftovers to avoid food waste), the drum circle at lunch on Saturday, door prizes including books from upcoming and past speakers on sustainability, and a tour of green buildings on campus. The tour showcased ECHA, where the summit was held, as well as CCIS. The tour was a chance to show what the university is doing for sustainable design, not only to delegates from other schools, but for U of A students as well.

The real heroes of the weekend were the organizers. The summit is put on every year by the Office of Sustainability, Sustain SU, and the Student Umbrella for Social Justice (SUSJ). These are the people who, along with the tour of green buildings on campus, set the U of A apart as environmental innovators and leaders among post-secondary schools in Canada, and they once again pulled off an exciting event, inspiring real change in a new generation of leaders.



SUPPLIED - CLAUDINE CHUA



SUPPLIED - DETSANG

Wynn's Law is punitive, not rehabilitative



Cole Forster
POLITICS COLUMNIST

Recently elected St. Albert Member of Parliament Michael Cooper is re-surfacing legislation that fell by the wayside after the departure of his predecessor Brent Rathgeber in October. So-called "Dave Wynn's Law" (Bill C-686) would make it harder for criminals to get bail if they had a prior history of offences or absenteeism with regards to bail hearings, by requiring that this background be recited for judges and justices of the peace.

The proposed legislation is named for Const. David Wynn who was killed in the line of duty last year at a St. Albert casino. Wynn's killer, Shawn Rehn, was out on bail during the shooting despite having

multiple outstanding charges against his person; these charges were not read at his hearing. While the bill's objective might seem noble, it teeters dangerously into retributive territory and doesn't belong in a rehabilitative criminal justice system.

▪ (...) we have to bring more sobriety and impassivity to our reflection on the subject.

Clearly, there are very dangerous people both on the streets and in incarceration, such a tautology is boring to restate, but we have to respect both the idea that all citizens are equal before the law and that the criminal justice system should attempt to rehabilitate offenders lest they assimilate once more into society. Requiring all past convictions and instances of truancy to be

presented and read at bail hearings is not rehabilitative, it's punitive. If prosecutors are focused on an obviously disastrous track record, how are they supposed to make judicious decisions about whether someone is currently fit for release into society pending a trial?

To be sure "Dave Wynn's Law" would prevent some dangerous or volatile criminals from committing violent crimes after having been let out on bail. This is not the main consequence, however; more poignantly it would mandate the continued imprisonment of people who are totally stable and could peacefully await trial on their own terms, simply because of previous misconduct. All it takes is a shred of empathy with Const. Wynn's family to support this bill, but we have to bring more sobriety and impassivity to our reflection on the subject. The legislation is needlessly punitive, unfair to those in the criminal justice system, and would encumber bail hearings.

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- Charming U of A engineer seeking a long-term girlfriend! Respond to quest4love89@gmail.com. Serious ladies only please...
- I see you making out in the Paleontology Museum. Come to Deweys for beer, food, and long wait times
- KQuigs thinks she's cool, but she's just ok
- In Federal Prisons in the US, they have free memberships available in the "Corn Hole Club". Join Now! 666 is inverted, "hidden" in prices at Walmart \$9.99. A swasika is just a plus sign doing cartwheels. sshhh....
- North Saskatchewan River
- Molten lava cake
- Inexpertly applied white icing
- Orange is really your color. You still look like shit, but orange is the color that suits you best.
- We missed you over the holidays. Actually, we really didn't.
- Samurai Cop is a better movie than The Martian.
- I feel so sad when I see those starving children on TV. Why can't the camera crew filming these poor kids give them a sandwich or at least an apple.
- I would imagine the people who think Uber price surging is okay, probably think it is okay for landlords for raise the rent 8.9 times the usually rate in January because demand for living indoors is highest in Winter. Uber sucks.
- I started off as a normal kid. By grade 6, it was clear that something was off, socially, but I was still smart. By grade 9, my mental abilities began to fail. It just keeps getting harder and harder to function, and no one can help me.
- I feel like I've got no gender. My mom is a total homophobe, and I have no friends, so nobody knows. Doc Brown is sexy as fuck! To bad
- Chris Lloyd is so old now...
- This is a Haiku
- I made it for all of you
- Jk fuck yourself
- Be weary of people who read books about Nazi Germany for leisure.
- Crossword answers dont match... wut???
- Grosh don't forget about three lines free
- You forgot
- Please remove that fucking piano in Health Sciences. We can hear these tone deaf idiots banging the keys two blocks away. It is was probably Indira's bright idea.
- People who can play the piano play it slow and quiet. People who can't play the piano play it fast and loud.
- Newspaper guy at HUB manages to reach a low a new low. No small achievement.
- the tricky thing about three lines free is remembering what i wrote so that i can realize it's me when it's in the paper. so without further to do, LA FLAME
- STOP CHEWING WITH YOUR FUCKING MOUTHS OPEN. IT'S DISGUSTING
- So engineers can't say the "r word"? that's re
- Hello there! Quick question that's completely off topic. Do you know how to make your site mobile friendly? My website looks weird when viewing from my iphone. I'm trying to find a theme or plugin that might be able to fix this problem. If you have any recommendations, please share. Many thanks!
- For newest news you have to pay a visit world-wide-web and on the web I found this website as a most excellent site for hottest updates.
- Do you believe in slams after jams
- I felt a reassuring dryness at the back of my throat.
- Milk
- Gotta catch 'em all



HEALTHY PERFECTIONISM

Or why your New Year's Resolution will probably fail

WRITTEN BY ZACH BORUTSKI & DESIGN BY ADAIRE BEATTY



There's a student sitting alone in SUB late on a Sunday night, starting into a wall of text on their laptop screen.

They're working on an assignment, but what's motivating them to finish it? They could be pushed by a fear of failure, working towards an unrealistic or unattainable goal, or they could be anticipating a negative reaction from their peers if they receive a poor grade.

If they're motivated by any of those reasons, they're exhibiting the traits of a maladaptive perfectionist.

Professor John Dunn teaches in the Faculty of Physical Education and Recreation at the University of Alberta, with his focus of study being sports psychology — particularly the concept of perfectionism in athletes.

He explains that maladaptive perfectionists will set exactly high standards often influenced by fear of negative judgment from their peers, and are much harder on themselves when they don't reach them. Even if they do something well, they only see the places in which they failed.

"It's like a student who gets 98 per cent on an exam, and then beat themselves up because they missed that two per cent," Dunn says.

This could be the struggling student in SUB. Maybe they want praise from their professor, or they're worried about what reaction their parents will have if they receive a grade that's deemed unsatisfactory. The fear of negative judgment from others is driving them, but it's also causing them significant amounts of anxiety, Dunn explains.

"A lot of maladaptive perfectionists are extremely self-critical largely because their self-worth is contingent upon being praised and receiving positive feedback," he says.

Maladaptive perfectionists also set themselves

up for failure, Dunn says, because they strive for unreachable goals while not realizing the positives that can come out of failure itself. They don't take the opportunity to learn and grow from their failures and mistakes, they just dwell on their perceived failure.

The student could be working on their assignment, blindly pursuing their goal, while not looking back at their methods to see what could make them more successful in the future. Maybe they want to get 100 per cent, but failed to reach that goal previously because they tend to procrastinate and start assignments the night before they're due.

A maladaptive perfectionist would look at that failure and inwardly criticize themselves for not performing well enough, while overlooking the fact that working on the assignment over the course of several days and not procrastinating may give them a better chance of reaching their goal. This is also a reason why New Year's Resolutions have a tendency to fail.

When making a resolution, people will often choose to change something, like their overall health, and become upset when results aren't immediately seen. They'll get discouraged, blame themselves, and then stop working on their health altogether.

On the other side of the spectrum, adaptive, or healthy perfectionists, while still setting very high standards for themselves, understand that failure and setbacks are part of the learning process. They're able to cope with failure in a much healthier way than maladaptive perfectionists.

"Because their self-worth isn't so contingent on reaching this standard of excellence, they deal with mistakes a lot easier," Dunn says.

So then what does it take to be an adaptive perfectionist?

The adaptive perfectionist sets reasonable goals. Goals need to be achievable, but people should also ensure they're able to preserve when they fail. For many, especially during New Year's resolution season, this can be difficult. Late January is around the time that many "resolutioners" retreat from the gym because they're not seeing their goals pay off as quickly as they would have liked.

A way to combat those discouraging feelings, according to Dunn, is to set a series of short-term goals on the way to the long-term goal. This way, you give yourself multiple opportunities to feel accomplished throughout the process.

If you go to the gym with your only goal being to lose 25 pounds, then you're only giving yourself one chance to feel accomplished, Dunn says. Whereas if you set more short-term goals along the way, such as losing two pounds per week, then you're giving yourself more opportunities to feel a sense of accomplishment, and you're less likely to become discouraged.

"Think of a climber climbing Mt. Everest ... they don't try to bite it off in one giant step, it's just a series of little steps before they reach the top of the mountain," Dunn says.

If the student wants to meet their high standards for their assignment, they can set a goal for the amount of work they want to do each day before its completion. That way, they can avoid becoming discouraged. They can look at completing a set amount of work each day as achieving a goal. Each day of work moves them closer to the summit of completion.

Aside from persevering through failure, the ability to learn from it is also key for an adaptive perfectionist. They see failures and setbacks as opportunities for self-improvement.

"People have to accept that adversity and

challenges are part of the route," Dunn says. "The people that seem to excel and exceed look at failure as probably the best learning opportunity they've ever been given."

The student could learn from their previous mistakes, such as trying to finish an assignment in one night and still get 100 per cent, and focus on a more realistic goal that can be achieved over a more reasonable period of time. Their new goal could be to get an A, while working on the assignment for an hour a day over the course of a week.

Sometimes, students can't put these adaptive behaviours into practice by themselves, and need a support system, which LiveWell attempts to bring to students at the U of A.

According to the program's coordinator, Megan Ragush, one of LiveWell's goals is to help students who are lacking a connection on campus.

"There are students that come to campus and don't have a single social interaction, and then they leave," Ragush says. "To me, that's so crazy, because having that connection for me was so important."

For Ragush, LiveWell's aim is to provide "that one friendly face" on campus, which can help students start to develop a positive support network.

Once those connections and positive supports are in place, students can lean towards a more adaptive view of perfectionism and goal setting, Dunn explains.

"If I know that I'll be valued by my teammates, coaches, or parents, regardless of my performance, then it will increase the likelihood of developing adaptive perfectionist tendencies," he says.

With these adaptive tools in mind, that stressed student in SUB can now work towards more positive motivation and goal setting techniques, and maybe make those long nights at least a little more enjoyable.

Most common New Year's Resolutions among Canadians

37%
Being true to oneself

65%
Live a healthier lifestyle

53%
Focusing on the positive

37%
Learning something new

88%
Are always looking for ways to
improve overall well-being

40%
Spending time with
family and friends

6%
Break their resolutions as
soon as they make them

51%
Keep their resolutions
for a week

73%
Eventually break
resolutions

16%
Keep resolutions for a
short time

31%
Of Canadians set New
Year's Resolutions

How many Canadians set New Year's Resolutions?

Arts & Culture

A & C Editor | **Phone**
Jonathan Zilinski | 780.492.5168

Email | **Twitter**
arts@gateway.ualberta.ca | @jonneedstwitter

Volunteer
Arts meetings every Wednesday at 4pm in SUB 3-04

fashion streeters

COMPILED & PHOTOGRAPHED BY Christina Varvis



Jeff Luong
ENGINEERING III

GATEWAY: What are you wearing?
LUONG: I'm wearing skinny jeans with some sort of boots that I found on ASOS. This jacket was from Zara. The striped shirt, I don't know where I got it, I must have forgotten. And this hat's from — I don't know what it is — it's from The Bay.
GATEWAY: Any reason fashion is important for you?
LUONG: The expression. Also confidence. If you look nice, you'll feel nice. And that carries though a lot of the day.



CHRISTINA VARVIS

Artist takes on ecological crisis

GALLERY PREVIEW

Pilgrimage: Being in The End Times

WHEN Jan. 19 to Feb. 13, 2016
WHERE FAB Gallery
HOW MUCH Free

Eryn Pinksen
ARTS & CULTURE WRITER

The grim sounding title is only just a taste of the harsh reality that Kyle Terrence has created in his thesis exhibit in the FAB Gallery. The intermedia short film presentation sends shivers up the spine as the large screen projects Terrence's Pilgrimage. Terrence explains how his work is an attempt to create a consciousness in regards to society's and his own disconnect to nature. Hanging next to the short film is the mammalian suit he created to wear for the pilgrimage that helped him transform into a naturalistic role for this journey.

"I was trying to overcome my detachment from this concept of the ecological crisis and the fact that I found that I couldn't really care most days ... I decided to go on this quest to sort of interact with my world and see if there were moments that make me feel some kind of empathy or connection," Terrence says.

Terrence defines this pilgrimage as a secular journey to "make himself care" because it is so easy to get caught up in our daily lives without giving any thought to the global issues that

surround us. There are suggestions as to what is to be done in regards to fossil fuels and global warming, but Terrence explains how difficult it is to understand that we are truly living in the end times of the ecological world. The end may be extended through several generations but the decline is occurring and Terrence embarked on a quest to empathize with nature.

"I think message is a dangerous word to use when you're talking about artwork," Terrence says, "I'm not trying to create guilt in the viewer; I'm not trying to convince you to do something."

"I started to feel more imbedded in the moment and it was like my frustration had met its pinnacle..."

KYLE TERRENCE
ARTIST

Terrence sewed a large fur suit to primitively become a mammal of the earth, enhancing his natural form. He also fashioned a mask that is nod to the plague doctors of the fourteenth century.

"They were the agents who were trying to take care of things and yet they were completely naive and they didn't know what they were doing," Terrence says.

The film follows Terrence in this suit walking through fields and pushing himself through cold swamps to create a consciousness of the power of nature and the fear of the unknown ecological apocalypse. The personal

camera perspective outlines Terrence's desire to give his audiences a new perspective on the ecological crisis by giving them an experience. But this was also just as much a personal quest as it was to be a demonstration. Terrence spoke of his frustration in feeling disconnected from the environment and the world. This pilgrimage was a method to become physically immersed in a moment with nature.

Digging a grave and physically entering into the natural world by laying as close to the earth as he can, he allows a storm to overcome him as he powerlessly lays there.

"I started to feel more embedded in the moment and it was like my frustration had met its pinnacle where I couldn't penetrate these surfaces and so I physically penetrated by cutting into it and it was sort of like punching a pillow or that kind of thrashing out against something that you couldn't overcome," Terrence says.

This exhibit is also a commentary or response on modern apocalypse films as Terrence finds them unrealistic. He explains his frustration with these films because they do not make sense to someone living in the twenty first century. There are great problems that must be dealt with but they cannot be compared to big spectacles that are seen in films.

"I wanted to think about what it actually looks like to be living in the ecological crisis. And that's what my work is about. So I think if you come in and check out the work there may be a refreshing quality to it. Its something that I think is more relatable than a horde of zombies chasing you."



Madness on the journey to Kanye West's seventh studio album

Max Kelly

ARTS & CULTURE WRITER

When Kanye West premiered "All Day" at the Brit Awards last February, I believed he was teasing the sound of his upcoming album. The high-fueled performance of the profanity-laced track, complete with flamethrowers in the background, mimicked a civil uprising and recalled the recent events of Ferguson, Missouri. Yet the vibe projected by "All Day" was far from a hostile one. The song came across more as a fist-pumping celebration than anything, as Taylor Swift danced in the front row during the performance.

Back in 2013, West did an interview with Power 105.1, he went on to explain that having just released a dark album with *Yeezus* he had no choice but to drop a commercial knockout that got everybody on board. Fans could expect his follow up to *Yeezus* to be akin to Bruce Springsteen's *Born in the U.S.A.*

Springsteen created *Born in the U.S.A.* as a protest in response to the Vietnam War, but unknowingly he had sabotaged his own intentions with irresistibly catchy tunes that caused the public to overlook the album's political themes. "All Day" is West channeling that same gift of songwriting, layering whistles from Paul McCartney on top of beats from Travis Scott in order to create bangers so jovial that the lyrics are irrelevant. Naturally, given West's propensity to



ILLUSTRATION BY STEVEN ANDRAIS

change his mind about his projects, none of his 2016 releases leading up to *Waves* bear any resemblance whatsoever to "All Day." In fact, of the three songs from the track-list West shared on Sunday, "All Day" is not even included.

The first familiar track "No More Parties in L.A." is an entertaining, but forgettable number for West, whose

three minute long verse lacks the poignancy of "New God Flow" (the sampled track) and feels like a forced attempt to best featured artist Kendrick Lamar. On "Real Friends," West explores the pervasiveness of selfishness in personal relationships. Its ambient beat lends well to introspection and makes it a solid addition to a night-driving playlist, but its reliance

on popular sounds make it nothing special from a production perspective. *Waves'* closing number "Wolves" remains the standout among the released tracks. If *Yeezus* embodied the view from the mountaintop, then the less aggressive production of "Wolves" evokes the sauna session upon the descent of Everest; a healing process and an opportunity for contemplation.

"Wolves" was also used for the launch of the Yeezy 750 Boost sneaker last year, and although straddling the line between artistry and commercialism isn't exactly new territory for West, his recent endeavours have upped the ante. Nowhere is the link between West's music and his product forged as directly as in "God Level," an absentee from the *Swish* track-list that was used in an Adidas advertisement last year but was never officially released. It has been speculated that the third edition of the Yeezy Season clothing line will premiere on February 11th in tandem with *Waves*.

Of course, structuring the release of *Waves* to coincidentally act as a genius marketing campaign for his corporate interests in the fashion industry would not necessarily imply that the quality of this album must be compromised. Truthfully, it is difficult to imagine *Waves* being a commercial flop; it has been in the works for over two years and numerous high-profile producers will have touched it before we hear the finished product. Most importantly, West realizes that in the long run his relevance in other fields will ultimately be impacted by the quality of his music. While the snippets suggest that it won't be "The best album of all-time," the standout tracks on his LPs tend to be withheld until the official release. *Swish* undoubtedly has some hidden gems in store, even if Kanye's focus has shifted away from "Runaway" and toward the runway.

Klondykes explores gender issues during the Yukon Gold Rush

THEATRE PREVIEW

Klondykes

WHEN Tuesday-Saturday at 8 p.m. Sunday Matinees at 2 p.m. Feb. 4 to 21

WHERE The Roxy on Gateway, 8529 Gateway Blvd

WRITTEN & DIRECTED BY Trevor Schmidt and Darrin Hagen

STARRING Rebecca Ann Merkle, Amanda Neufeld & Mackenzie Reurink with Nick Samoil

HOW MUCH \$24 - \$30 available online (theatrenetwork.ca)

Alyssa Demers

ARTS & CULTURE WRITER

From seasoned Edmonton Theater professionals Trevor Schmidt and Darrin Hagen comes a musical that blurs the line of gender, and celebrates diversity, self-exploration and applauds entrepreneurial spirit. *Klondykes*, presented by Guys in Disguise is a poignant, yet witty musical about two women who wish to enter the Yukon Territory to try their luck in the Klondike Gold Rush. However, there is a catch: single women are not allowed into the Yukon — they have to be accompanied by a man.

This does not stop the two spirited, persistent characters of Hattie and Lucy. Hattie decides to reject her femininity and present as a man so the two characters can reap the benefits of the Klondike Gold Rush.

A source of inspiration for Hagen and Schmidt was the story of Klondike Kate — the fearless woman from Washington that disguised herself as a man to enter the Yukon and later become famous as a vaudeville star and dancer during the Klondike Gold Rush.

"I love this idea of women doing drag to get into a man's world," says Hagen.

Schmidt elaborates on the multitudes of stories that arose of women bending the rules in order to survive in the Yukon.

"There were very strong willed, entrepreneurial women in the Yukon that thrived," Schmidt explains.

During writing and conceptualizing of *Klondykes* two years ago, Schmidt and Hagen took a trip to the Yukon to conduct research and stimulate their inspiration and ideas for writing.

"The Chilkoot pass from Skegway to Whitehorse is one of the deadliest parts of that journey. We got to see the environment that the people in the Gold Rush would have had to travel through, which is staggeringly beautiful yet so rugged. It's fascinating," says Hagen.

Fast forward to fall of 2015, Hagen and Schmidt solidify their deal and it was a long winter of writing and finalizing for the opening, which is happening February 2-21 2016 at the Roxy Theater. Working with the cast has been incredibly rewarding for both men, as they see the play coming together, in a way that has been different, yet organic for the two writers.

"I feel like the play is a lot about self-discovery. One of the characters, Hattie, gets thrown out of her home for behaving in a way that is not traditionally female," Schmidt says. "She finds a great freedom in male clothing that is a lack of the restriction that she felt as a woman."

Schmidt elaborates that concluding the play, Hattie finds empowerment in another characters reassurance that she has made it into the Yukon, and she does not have to pretend any longer — she can be whatever kind of woman she wants to be. She can be a woman that loves other woman, and a woman that is masculine.

"Hattie no longer has to be a man to have the freedom that she discovered," Schmidt muses. "I hope that this production really speaks to the LGBTQ community in Edmonton, because anywhere on the spectrum, you can find your place. It's self-acceptance, as opposed to seeking the acceptance of others."

Schmidt and Hagen are excited for the play to begin. They feel that is exciting to do something that is out of their comfort zone. "It is feminist, it is inclusive and it is a wholly Canadian story."



SUPPLIED

The two sides to Roger Roger's musical story

MUSIC PREVIEW

Roger Roger

WHEN 7:30 p.m. Thursday Feb. 4
WHERE Cafe Blackbird 9640 142 St.
HOW MUCH \$6 at the door or at yeglive.ca

Raylene Lung
 ARTS & CULTURE WRITER

Folk/roots duo Roger Roger, comprised of twins Madeleine and Lucas Roger, launched their new album *Fairweather* on Jan. 15 and played to a sold out show two days later at the West End Cultural Centre in their hometown Winnipeg.

Music has always been part of the duo's life, thanks to their father, Lloyd Peterson, a musician and music engineer who's also responsible for co-producing their album. With plenty studio time and a collaborative method of creation, the process behind *Fairweather* was an experimental journey for the band. Working with the backing band, the final product resulted from group effort, something Madeleine Roger cherishes.

"I would rather do it that way than dictate how things should be," Roger says.

It would so happen that this homegrown duo actually came to be by total chance. Lucas stumbled in on his sister singing her original songs in their kitchen. He liked what he heard, and asked her to teach them to him while she learned how to play his tunes on instruments and the rest is history. They booked a couple shows and Roger Roger was born.

"I never really intended for this to



SUPPLIED JORDAN JANISSE

leave my living room," Roger says, "It's sorta been taking on a life of its own which is so satisfying and rewarding."

As family-orientated as the band is, the twin siblings write their music separately, using their own style of artistry.

"[Lucas] is one of those songwriters who disappears for half a day or three days and he comes out [with] this perfectly finished, crafted song in its entirety," says Roger.

She describes her own writing style as more chaotic, taking random pieces from scribbled notes or melodies from dreams.

"It's a bit more of a patchwork" she says.

Nonetheless, it is one that comes together to create a beautiful narrative, emphasized in the duo's song "13 Crows," which commemorates both fiction and reflections from Madeleine's childhood. The song recounts when she came

home from school one day to find her family's apple tree peppered with crows, as well as telling the story of aging man looking back on his life.

"I just implanted my own memories into his world," says Roger.

She also mentions another song written by her brother, "Fairweather," which she describes as "just his heart talking."

"There are grains of truth from our own individual lives in those

songs. It would be impossible to write without your lens of how you look at the world," Roger says

Honest lyrics are more important to the band than the musical technicalities, as the twins are both songwriters before they are instrumentalists. As a result, the sibling's voices blend seamlessly together to create a relatable narrative.

"We like to write songs with the idea that at the core they're just a great story and [that] they have some kind of melody and foundation to hold onto," Roger explains.

The duo furthers their down-to-earth tendencies by solely using guitars that Lucas constructs. Lucas, who had been in a rock band since he was a teenager finished manufacturing his first acoustic guitar around the same time that his sister started to write and play. He now plays his homemade acoustic guitar on stage and continues to build them. In fact, he built a guitar for his sister, which she played live for the first time at their album launch party.

"It's pretty cool that he has married his two favourite things together," she says.

As for future endeavours, the band already have already made plans, from writing and recording for a new album in the winter, to touring folk festivals in the summer. The band says they have spoken about plans to tour in Canada, the United States, Europe, or even, as Madeleine adds, the International Space Station in the near future.

"It's sort of this beautiful accident that we started writing, playing, singing and performing together," Roger explains. "And now, we just couldn't be happier."



VIJAY GUPTA

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MILKMAID BRAIDS CHRISTINA VARVIS



MESSY BUN

Doin' you: easy hair for lazy days

Jessica Jack
ARTS & CULTURE WRITER

Fellow friends with lots of hair: tired of wearing the same old toque or messy ponytail everyday, but lacking the time or energy to try something with a little more pizzazz? Fear not! We've compiled a list of hairstyles that are a little more impressive than a head full of dry shampoo, but does not require an intense set of esthetician-like skills.

1. Milkmaid Braids

This hairstyle looks much more intimidating than it actually is. All you need are closed bobby pins and two clear elastics. Split your hair evenly down the middle and create two braids. Tie the ends with the clear elastics. Twist one braid at the base of your skull once and pull the braid onto the top of your head. Secure with a few bobby pins. Do the same with the other braid just beside the first braid. Feel free to tuck the elastics under the braids to conceal them, and voila!

2. Messy Bun

The messy bun is the perfect style for all of us with 9 a.m. classes. There is no need to be refined here. Pull your hair into a high ponytail. Twist the ponytail and wrap it into the shape of a bun. Take a hair tie and wrap it around the bun. Don't worry if it isn't put together; it is a messy bun, after all. Take your hair at the roots and gently pull, allowing for some volume. Finally, pull pieces of your hair behind your ears out of the bun.

3. Half Ponytail

Bring out your inner Ariana Grande with this look. Even if you dislike her, you have to admit her hair is hella cute. Brush your hair to get rid of your part. Take the top half of the hair and tie it up with a hair tie near the top of your head. Pull your hair at the roots, just like in the messy bun, for volume. Take the ponytail and backcomb it for some oomph.

4. Braided Hairband

This is probably the simplest hairstyle you can do. Brush your hair back to get rid of your part. Use hairspray to secure it if necessary. Right behind your left (or right) ear, take a medium sized chunk of hair and make it into a tight braid. Secure with a clear elastic. Pull the braid over the top of your head and place it behind your other ear. Secure with a bobby pin.

5. Fishtail Braid

The fishtail braid takes a little more effort, but with a bit of practice, it'll become easy in no time (works better on non layered hair). Brush your hair onto one side of your head. Split it into two sections. Take a small piece of hair from the back of section one and pull it to the front of section two. Take a small piece of hair from the back of section two and pull it to the front of section one. Repeat until you have a full braid, and secure with a hair tie.



HALF PONYTAIL



BRAIDED HAIRBAND



FISHTAIL BRAID

New art gallery exhibit blurs the lines between art and design

GALLERY PREVIEW

The Blur in Between

WHEN Jan. 23 - May 8, 2016

WHERE Art Gallery of Alberta (2 Sir Winston Churchill Square)

HOW MUCH \$8.50 with a valid student ID.

Shaylee Foord

ARTS & CULTURE WRITER

The Art Gallery of Alberta's first exhibition of the year, *The Blur in Between*, opened last Saturday, with a panel discussion on Sunday featuring a few of the

featured artists. The exhibition, curated by Kristy Trinier, is show intended to question the distinctions between art and design, featuring a variety of artists and designers with mediums ranging from videos of wood burning, typography, photo prints and a piece made primarily with glass bottles.

Brandon Blommaert is an artist originally from Edmonton, who studied at the Alberta College of Art and Design in Calgary and now works out of Montreal. The pieces Blommaert did for the show are actually from several years ago, and were requested by Trinier for *The Blur in Between*. Blommaert was happy to revisit the older work, from as early as

2012, and have them displayed in a different setting.

"Kristy asked me to show some work that she's already seen ... she felt that these pieces kind of fit into what the show is about," said Blommaert. "When I look at those old pieces, it's still part of an ongoing body of work that I'm still exploring. It's not something that I think of as being done or over. It's nice that they're being revisited in this manner."

In a show about mixed media, and blurring the lines between different art and design mediums, Blommaert's animated gifs which combine digital art and music fit right in, even though he doesn't necessarily think about those designations when he's creating

his work.

"It's hard for me to think about how they fit into the category of design ... they are coming from a very personal and experimental place, so I think maybe that's where the blurry area is," he says.

Showing in a gallery is a pretty atypical experience for Blommaert, who usually displays his work on his website, instead.

"It's exciting! I don't really show my work in galleries like this that often, since they are animated work. A couple of them I made just for the internet... for other animated works, they usually end up at screenings, festivals, stuff like that," explains Blommaert.

Blommaert's initial draw to

digital art was a sort of experimental interest that became an integral part of his work for several years. He looked to the internet when moving forward with his work, using the fast-changing landscape as inspiration.

I wanted to get into something that was a little quicker, off-the-cuff, and experimental ... the internet is part of that immediacy," he says. "It became a big part of what I do, eventually."

As far as the gallery show goes, the work of the other artists is "as much of a mystery to [Blommaert] as it is to anyone." The artists come from all over the world, and Blommaert is excited to see the kind of work his pieces are displayed alongside.

Sports

Sports Editor

Zach Borutski

Email

sports@gateway.ualberta.ca

Phone

780.492.5168

Twitter

@zachsprettycool

Volunteer

Sports meetings every Wednesday at 3pm in SUB 3-04

From the Northwest Territories to rugby practice and back

Alyssa Demers
SPORTS STAFF

Varsity athletes have a lot on their plate. Their sports require a significant time commitment, and balancing those commitments with work, school, and a personal life is often difficult.

Sarah Farley knows all about finding this balance, as the third-year environmental engineering student played on the Pandas rugby team this past season while simultaneously working on a co-op program with the Diavik Diamond Mine in the Northwest Territories.

According to Farley, she did a two-week on, two-week off shift rotation, which forced her to miss tryouts, an exhibition game, and the team's season opener. At first, she didn't think she'd be able to play at all during the season.

"I was going to be missing two weeks, and if you think about how short our season is (four games

long), that's quite a lot," said Farley.

Farley, who plays centre and wing, was then approached by head coach, Matthew Parrish, who wanted her to play despite her commitment to her co-op program.

“You have to take it easy sometimes, but you can't waste time.”

SARAH FARLEY
PANDAS RUGBY PLAYER

"Obviously I said yes. It's rugby, of course I'll play!" she joked. "It worked out surprisingly well for my work schedule. I also took a week off to play at Canada West finals so that worked well."

Farley operated with her on again, off again schedule and during the time away from her work, she was entirely focused on her sport.

"Essentially I lived rugby while I was back," she said. "It takes a few days to adjust. You're tired and pretty useless. It was rugby all the time until I went back up north."

Farley initially decided to sign up for the co-op program in her second year due to her uncle's advice. He's an environmental engineer and stressed the value in working in the field and learning simultaneously, rather than being in a classroom and only learning from instructors and lectures.

"You'll see if engineering is what you really want to do. You won't just be in the classroom, learning from books," she said.

Farley also mentioned that the co-op program is useful for helping pay for her studies at the U of A. It also gave her a break from her rigorous, six-course schedule.

"Last year, I would have class at eight or nine in the morning, and then be at school until practice concluded at seven at night. It made

for some long days."

Farley found it impossible to choose between her co-op program and her love of sports, and ultimately she didn't have to.

"I don't know what I'd do without sports," she said. "I love the competition. I love challenging myself physically and mentally."

“It takes a few days to adjust. You're tired and pretty useless. It was all rugby all the time until I went back up north.”

SARAH FARLEY
PANDAS RUGBY PLAYER

The advice she said she would give to anyone looking to balance their academic and athletic commitments: time management and self-care.

Farley found that this was the

only way she could successfully pull off both her co-op placement and athletic commitments during the fall semester. She was able to do this exceptionally well this past year, as she was one of 142 University of Alberta students awarded with academic All-Canadian status, meaning she maintained an average of 80 per cent or higher while playing on a university sports team.

"You have to take it easy sometimes, but you can't waste time," she said. "You have to use your time wisely while simultaneously recognizing when you need downtime."

Farley acknowledges the value and insight she has gotten from her co-op program, and how it has ultimately shaped her future as an engineer.

"I never thought I'd be interested in mining, but doing my co-op program really sparked an interest in me. We'll see how it goes and what life brings."



BALANCING ACT Sarah Farley managed to juggle playing Pandas rugby and her co-op program. RICHARD CATANGAY-LIEW



SUPPLIED



—Ricardo Eguren-Echaiz—
Phys Ed & Rec 1
Hometown: Edmonton
Team: Soccer

JAMIE SARKONAK

ATHLETE OF THE WEEK

WRITTEN BY Jamie Sarkonak

Q: What got you interested in Kinesiology?

A: At first I was interested in Engineering, but I didn't have my marks the first time I applied. So I went to upgrade. But then I realized if I were to get the marks I'd just be miserable. So I just went with a Phys Ed degree, which is a lot more fun.

Q: What made you to decide to play in net?

A: When I was 10 or 11 I wasn't quite good enough to be playing out, and there were no real positions set at that time. So I just got more turns playing net and eventually got really good at it. So I just didn't play anything else from there.

Q: What's it like to play on a bigger sized athletics team?

A: It's really supportive. You've got a bunch of people watching your back, but it also makes it really really competitive, which is

something I like. Because there's always 25 people pushing you to do better. So it's a really constructive atmosphere.

Q: What's the best piece of advice a coach has ever given you?

A: My goalkeeping coach, his name is Thomas, told me as soon as I applied to the U of A — I was trying out — that if I were to make it my first year, I'm not going to learn how to play on this team. I'm going to learn how to train with this team. There's a huge difference, because I can't expect to keep up with the level they're playing, I've never been at this level. So for the first three weeks I was exhausted, miserable. So Thomas just told me I'm learning to train right now, not play. So once I learn how to train I can actually keep up.

Volley Bears keep rolling, move to 18-0

Mitch Sorensen
STAFF REPORTER • @SONOFAMITCHE

In what has arguably been their most dominant season ever, the Golden Bears volleyball team was looking to maintain their perfect record against the UBC Thunderbirds last weekend.

Friday's match was described as "odd" by Bears head coach Terry Danyluk, and that might have been an understatement. The Thunderbirds committed 45 errors and the Bears were not far behind with 30 of their own, both uncharacteristically high numbers. With neither offence really getting going throughout the match, Alberta was able to pull out a fairly dominant win, although they only hit .207 as a team.

"Our setter (Brett Walsh), who's normally getting 10 assists per set, only got four in the first because we didn't have to do anything," Danyluk said. "Those times can be good and bad, but I thought we did okay."

Though there were also several instances of players jawing at each other through the net, Danyluk said he was pleased with the way his

players responded.

"I think if someone is pushing the buttons, I like to see a response, but to keep it focused and controlled," Danyluk said.

Expecting a more composed opponent in Saturday's rematch, the Bears got just that. Led by the 13.0 points and eight digs posted by third-year outside hitter Irvan Brar, UBC seemed more together and in sync on the court.

"We're a big team, but one of the things we're trying to pursue is being a great defensive team."

TERRY DANYLUK
BEARS VOLLEYBALL COACH

Despite UBC's effort, the Bears bested the Thunderbirds in every significant statistical category, whilst also committing fewer errors. Fifth-year middle John Goranson exemplified this with an .889 kill percentage to go with one service ace, four blocks, and three digs. Danyluk said this well-roundedness

is something that the coaching staff stressed to the team.

"We're a big team, but one of the things we're trying to pursue is being a great defensive team," Danyluk said. "It's nice to have that push, it's important for us to keep getting better."

With Brett Walsh continuing his torrid pace and registering 68 assists on the weekend, fifth-year outside Ryley Barnes chipped in another 29 kills. With continued, steady production from the 6'6" Goranson and 6'8" Taylor Arnett, the Bears' middles are a tough defensive matchup for any opponent.

Additional wing support comes from Aussie outside Alex McMullin, who is currently fourth in the CIS in service aces per set. Fourth-year opposite and Sherwood Park native Ryan Nickifor adds to the firepower, as he is 10th in CIS in kills. With so many weapons around the court, the Bears still seem like the team to beat in Canada West.

Next week, the Bears are on the road to face the Regina Cougars, who currently sit last in Canada West with a 1-17 record.



STILL PERFECT Bears volleyball improved to an impressive 18-0 this past weekend.

MITCH SORENSEN

Pandas volleyball struggles in split with UBC

Mitch Sorensen
STAFF REPORTER • @SONOFAMITCHE

After entering the month of January undefeated, the Pandas have hit their first major rough patch of the season. After a series split with Trinity Western and losing twice to UBCO on the road earlier this month, the Pandas arrived back in Edmonton looking to right the ship.

That process started out well, as the Pandas pummeled the 11-3, No. 9 CIS ranked Thunderbirds in the first match. With only one of the sets having a closer margin of victory than seven points, head coach Laurie Eisler's team rolled to a 3-0 straight sets win.

With a team hitting percentage of .337 compared to UBC's .143, the Pandas also out-blocked the visitors from Vancouver 10-3. Both Meg Casault and Karly Janssen hit double-digit kill figures in the win, and setter Mariah Walsh notched 32 assists. With her 17.5 points, Casault hit the 1,000 career point milestone.

The next night's match, however, saw a significantly tougher test for

the Pandas, as a reinvigorated UBC team looked nothing like the team that took the court Friday night. With four separate players on the T-Birds roster notching double-digit kills, UBC outhit the Pandas .269-.259, and reversed the blocking figure from the night before.

"The good news is we still have some time left in our season to get back to work and improve."

LAURIE EISLER
PANDAS VOLLEYBALL COACH

"(Friday) night we didn't get a lot of pushback from UBC," Eisler said. "But (on Saturday) they came back really strong, and we didn't have a response for it. It's something we have to be better at."

Culminating in a fifth set that saw the Pandas lose 15-6, the Pandas seemed to run out of steam in the later stages of the game. Registering uncharacteristically low figures in assists and earned points, and ended up falling 2-3 in disappointing fashion.

"I think it was a great measure of where we were at and what we need to be better at," Eisler said. "There's nothing like playing top competition to expose those weaknesses."

One of the few bright spots on the weekend came in the form of Meg Casault. The fourth-year outside hitter scored 39.5 points on the weekend, putting her over the 1,000-point mark for her Canada West regular season career. Currently second in CIS in both kills per set (4.40) and points per set (5.0), Casault also put up 18 digs across the two matches.

"She carries a lot of weight of us in really every aspect of the game," Eisler said. "She's had a huge impact for us."

The Pandas are on the road next weekend and looking to gain some momentum as they come into the end of the season. They will begin this push against the 1-17 Regina Cougars.

"The good news is we still have some time left in our season to get back to work and improve," Eisler said. "We have the foundation and that's good, we just have to make a few improvements."

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TOP 5

Athlete television appearances

In honour of Josh Donaldson's upcoming appearance on Vikings, The Gateway counts down five other memorable TV appearances by athletes.

5. Many famous mid-90's baseball players in *The Simpsons*: The Simpsons has always been one of the best TV shows out there when it comes to cameos, but this episode was the first where the show really flexed its creative muscles with the concept.

The basic premise: Mr. Burns bets fellow power plant owner Aristotle Amadopoulos a million dollars that his team will win a softball game between the two plants, so he hires MLB superstars for various jobs at his plant. We don't actually get to see any of these stars play however, as they all suffer hilarious, unrelated misfortunes that prevent them from playing. Don Mattingly never could shave those sideburns close enough. — Zach Borutski

4. Jim Abbott in *Boy Meets World*: Cory Matthews doesn't think he can make it to the majors, so his dad does the logical thing: harass Yankees star Jim Abbot until he comes to the Matthews household to convince

Cory not to give up on his dreams.

If anyone would be qualified to teach the youngest Matthews child about making it to the majors with long odds, it would be Abbot, considering he pitched 10 seasons in the majors, throwing a no-hitter in 1993, all with the notable handicap of having only one hand.

Abbott signs baseballs for Cory and his friends, and leaves him with a corny yet inspiring message that could only come from a 90's sitcom. — Zach Borutski

3. Jim Brown in *CHiPs*: Ranked as the second best NFL player of all time by NFL.com, Jim Brown made the Pro Bowl in each year of his nine-season career. Winning multiple MVP awards, the 6'2", 235lb running back is a veritable god of the gridiron.

ChiPs was perhaps his most outlandish roll, where he plays a thief who's especially adept at rollerskating. With his rugged good looks and thick mustache, he was capable of playing everyone from soldier to cops to athletes. — Mitch Sorensen

2. Bill Buckner in *Curb Your Enthusiasm*: Appearing in all his self-referential glory in this episode,

Buckner gamely allows the show to poke fun at his 1986 error that cost the Boston Red Sox the World Series.

Essentially, Buckner relives his infamous error on screen, allowing another baseball to slip through his grasp, only this time, he's on the balcony of an apartment, and the ball was signed by Mookie Wilson, the man who hit that fateful grounder to Buckner in 1986. Buckner deals with this error a lot better than his first one, rightfully blaming David for his "horseshit throw." — Zach Borutski

1. Kareem Abdul-Jabbar in *Diff'rent Strokes*: First on the big screen in the Bruce Lee classic *Game of Death*, as well as the hilarious cop-pilot in *Airplane!*, Abdul-Jabbar went on to have a successful TV career as well. Appearing on *Diff'rent Strokes*, *The Fresh Prince of Bel Air*, and other small-screen classics, his 7'2" frame made him a perfect fit for physical humour with Gary Coleman on *Strokes*, especially in the season eight episode "A Tale of Two Teachers." Abdul-Jabbar's no-nonsense Mr. Wilkes forces Gary Coleman's Arnold to teach his literature class for an entire day, with hilarious results. — Mitch Sorensen



ROLLERSKATING BANDIT Jim Brown once played a rollerskating criminal, who knew?

SUPPLIED - ERIK DROST

It's time for a new point system, NHL

Christian Pagnani
SPORTS STAFF • @CHRISPAGNANI

The NHL looks on with a cheeky grin as its current point system still gives the illusion of parity among the league.

This season, the only teams that are more than 10 points back of a playoff spot are the Columbus Blue Jackets, Buffalo Sabres, and Toronto Maple Leafs. The Edmonton Oilers, with a roster decimated by injuries, are only eight points out of a playoff spot in the brutal Pacific division, and this is with a league-worst nine regulation wins.

The current point system, allows teams to stay in the hunt by picking up a "thanks for trying" point for an overtime or shootout loss, while giving fans hope that their mediocre team can squeak in the playoffs. It's how the Vancouver Canucks, who are tied for the third most losses in the league, are amazingly just one point from occupying the third spot in the Pacific division.

It's also how the Florida Panthers snuck into the playoffs while losing 18 times in overtimes/shootouts, the most in the league that year, in the

2011-2012 season. A win in the shootout is currently worth just as much as a win in regulation, with tiebreakers being the only real benefit to ending a game in 60 minutes.

In a three-point system, a regulation win would be worth three points, an overtime or shootout win would be two points, and an overtime loss would be awarded one point. Teams would have more incentive to win a game in regulation instead of simply pushing to it overtime to collect a loser point.

True talent begins to show with a three-point system. Points matter more when good teams are regularly picking up three points every game instead of mediocre teams surviving on overtime and shootout wins. While the Calgary Flames have won nine games in overtime this season, they would be effectively eliminated from playoff contention if the NHL adopted a three-point system and started to reward teams that win in regulation. The Flames would also have missed the playoffs last year and the Kings would have passed them by a few points with by virtue of winning more games in regulation.

Teams still get to pick up a loser

point in overtime, but in this case, the Canucks move to five points out of a playoff spot, leaving them in a spot that more accurately reflects their talent level. The Oilers sit eight points out of a playoff spot, but shift to 17 points in a three-point system. Bad teams are weeded out and have less of a chance to make a fluke run to the playoffs.

Rewarding teams with an extra point for a victory in regulation motivates them to win hockey games in 60 minutes and promotes offence, as games won beyond regulation aren't worth as much in the standings. The NHL needs offence more than ever and doing away with defensive stalemates would be a step forward in achieving this. Rather than playing the trap to preserve an automatic point in overtime, teams will push to win the game before time runs out, creating a more exciting atmosphere.

Making the separation between good and bad teams might not be something the league wants as fans don't get the same false hope they do now, but it makes the playoffs stronger by featuring the league's best teams instead of a fluke team that fizzles out in the first round.

Varsity Sports Roundup

bears hockey



4-1
5-1



Bears hockey got back on track this past weekend, sweeping away the last place Regina Cougars. The green and gold opened with a convincing 4-1 win on Friday night, getting goals from Thomas Carr, Jayden Hart, Jordan Rowley and Dylan Bredo. The Bears peppered Cougars goalie Dawson MacAuley all night, firing 57 shots on net. By comparison, Luke Siemens only had to make 18 saves to record his 12th win of the season.

It was more of the same on Saturday, with the Bears winning 5-1 on the back of two goals from Levko Koper. The Bears now sit more firmly established in second place in Canada West, now three points clear of Mount Royal, who currently sit in third place. The Bears will look to build off this strong showing going into a home-and-home series against the Calgary Dinos this upcoming weekend. — Zach Borutski

pandas hockey



2-1
3-4



Looking to get back on track after being swept by the UBC Thunderbirds last weekend, the Pandas hockey team could only muster a split against the Regina Cougars.

The weekend started well enough for the Pandas, as Alex Poznikoff's goal halfway through the third period helped the green and gold edge out a 2-1 victory. Hannah Oleynk scored the other goal for the Pandas, and Lindsay Post made 16 saves for her 10th

win of the season. The Pandas couldn't close out a sweep on Saturday however, falling 4-3. Goals four minutes apart in the third period from Emma Waldenberger and Kylie Gavlin ultimately proved to be the difference for the Cougars, and they were able to salvage a split. Post had an uncharacteristically tough game, allowing four goals on 24 shots. The Pandas will face the Calgary Dinos this weekend. — Zach Borutski

bears basketball



72-65
68-54



Bears basketball earned a much-needed sweep against the lowly Brandon Bobcats this past weekend, pushing their record above .500 with a 72-65 win on Friday night, and a 68-54 victory on Saturday.

Brody Clarke was the catalyst for the Bears on Friday night, scoring a game high 30 points, while Mamadou Gueye chipped in 20 points and nine rebounds. They used a strong third quarter where they outscored the Bobcats 23-14 to pull out the seven-point

victory. On Saturday, the Bears once again used a strong third quarter performance to come out on top, this time outscoring the Bobcats 22-11 in the third frame. Gueye led the green and gold in scoring with 18 points to go along with seven rebounds. Clarke posted a double-double, chipping in 12 points and 10 boards. The Bears will look to keep the momentum going next week when they travel to Lethbridge to take on the Pronghorns. — Zach Borutski

pandas basketball



64-54
59-44



The Pandas improved to 12-1 this past weekend courtesy of a sweep of the Brandon Bobcats.

The green and gold found themselves down 10 after the first quarter, but roared back in the second, outscoring the Bobcats 24-3 to take a 36-25 lead into the half. After that, the Pandas were able to hold on for the 64-54 victory. Jessilyn Fairbanks led all scorers with 17 points. The Pandas continued their winning ways on Saturday,

holding the Bobcats to their lowest point total of the season in a 59-44 win. It was a defensive battle from the outset, with the Pandas holding the Bobcats to just 17 points in the first half, while building a healthy lead. Maddie Rogers led all scorers with a modest 13 points, while Renee Byrne was the only other scorer in double figures with 10 points. The Pandas will head on the road next weekend to take on the Lethbridge Pronghorns. — Zach Borutski

bears and pandas track and field

Both the Bears and Pandas track teams had a successful meet last weekend at the U of A, with five athletes qualifying for CIS nationals. These athletes included Spencer Allen, Nathan Filipek, and Paige Ridout in the pole vault, Leah Walkden in the women's 300 metre dash, and the women's 4x200 metre relay team of Cassandra Grenke, Ashley Whiteman, Alexa Hrycun, and Daniella Clonfero.

Walkden took home a gold medal in the women's 300 metre dash, while Allen and Filipek won silver and bronze respectively

in men's pole vault. Ridout captured silver in the women's pole vault, while the women's 4x200 metre relay team won gold in their event.

In the team standings, the Pandas also finished first overall with 70.5 points, while the Bears finished third with 51.

With these solid results on the weekend, both the Bears and Pandas will be now looking towards the Canada West championships on Feb. 26 and 27, and then the CIS national tournament, which will run March 10-12. — Oumar Salifou



51.0
3rd place



70.5
1st place



VAULTING UP THE LEADERBOARD Both Bears and Pandas track and field had a strong showing last weekend.

Diversions

Design & Production Editor

Adaïre Beatty

Email

production@gateway.ualberta.ca

Phone

780.492.5168

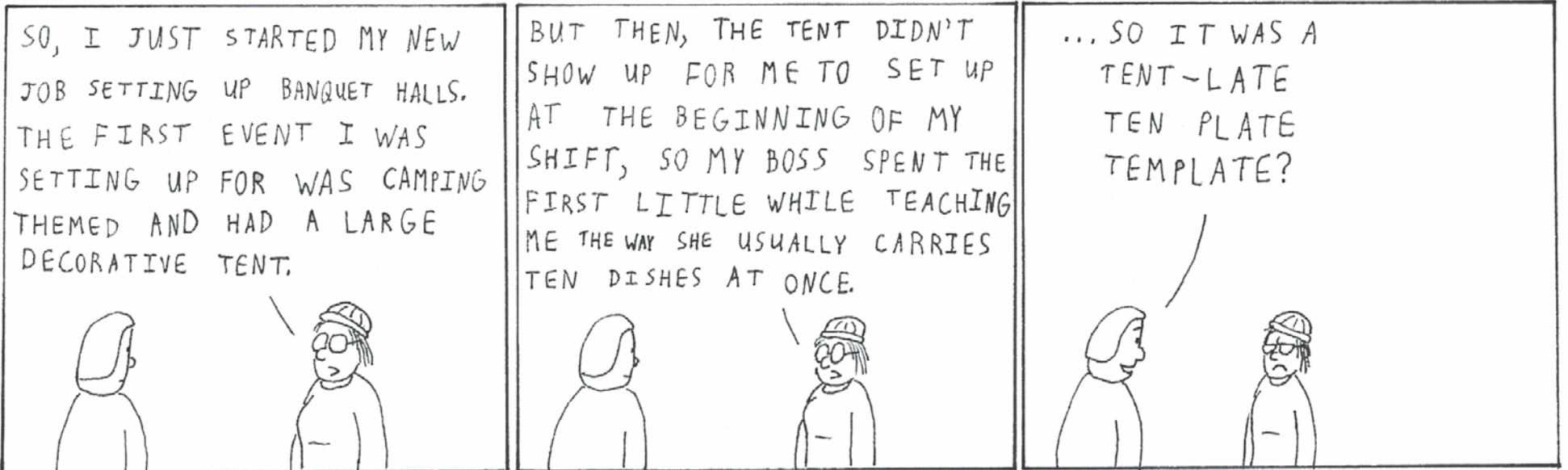
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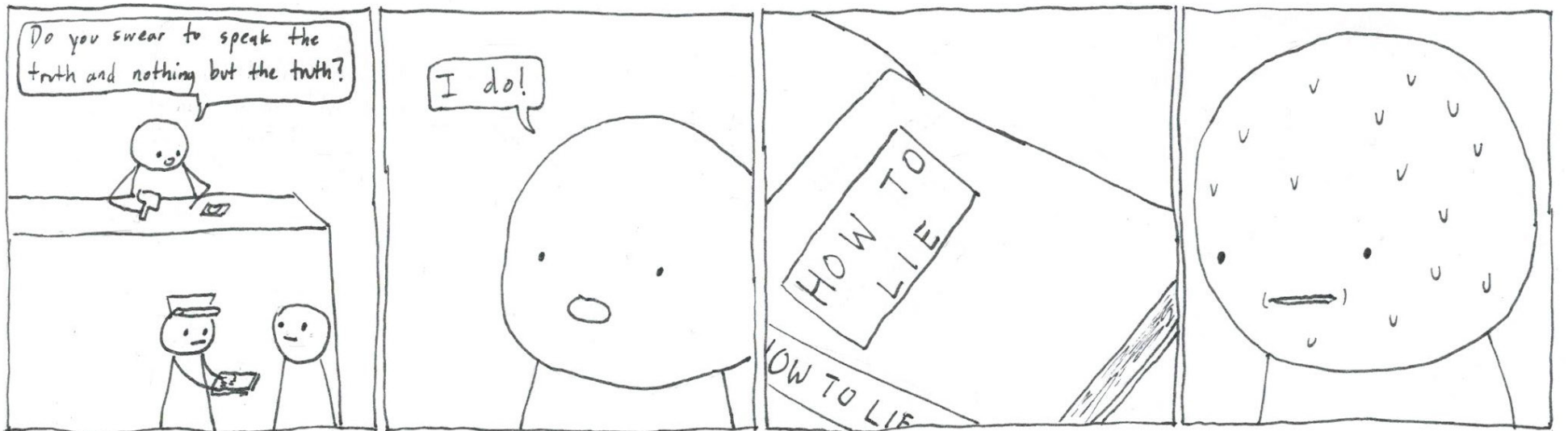
Volunteer

Diversions meetings every Thursday at 3pm in SUB 3-04

DESKTOP INK by Derek Shultz



MEDIOCRE AT BEST by Jimmy Nguyen



STRAIGHT OUTTA STRATH-CO by Alex McPhee

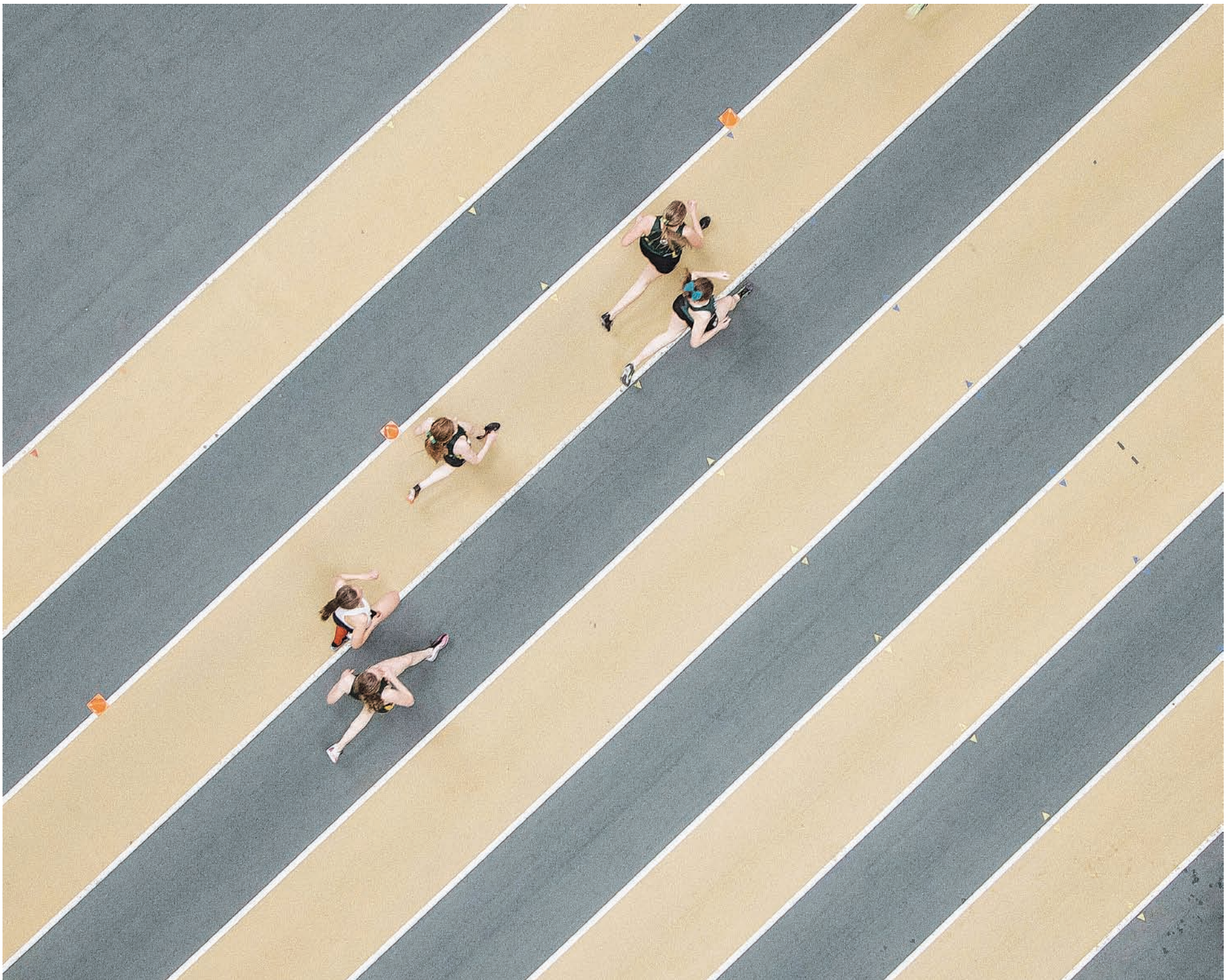


THINGS I WON'T GET TO SEE BECAUSE I'M NOT IN ARIZONA: A GATEWAY ORIGINAL LISTICLE

VIEWS FROM SUB 3-04 by Mitch Sorensen



OUTSIDE THE LINES by Joshua Storie



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