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February 25th, 2015 ■ Issue No. 26 ■ Volume 105

THE gateway

THE OFFICIAL STUDENT NEWSPAPER AT THE UNIVERSITY OF ALBERTA

U OF A VOTES

The Gateway is your main source for coverage of the 2015 U of A Students' Union elections.

TODAY

SU CANDIDATE Q&As

President, VP (External), VP (Academic), VP (Student Life), VP (Operations and Finance), Board of Governors Representative.

MARCH 2

MYER HOROWITZ FORUM

See how your candidates stack up to the tough questions. Classes are cancelled for this event in SUB at noon.

MARCH 4

CHECK THE GATEWAY FOR...

- Election Dissection: A panel of three SU experts share their thoughts on this year's candidates in our centrefold.
- Poster Slam: They're plastered across campus, and our less-than-expert panel of Gateway staff tears apart the best and worst of this year's campaign posters
- Then VOTE! All undergraduate students can cast their ballot March 4 and 5, or vote online at WWW.SU.UALBERTA.CA/VOTE

MARCH 6

Check out thegatewayonline.ca for full election night coverage.

THEGATEWAYONLINE

- Find exclusive interviews and video platforms of each candidate.
- Follow us on Facebook at The Gateway and on Twitter at @The_Gateway for elections updates throughout the week and live tweets from forums.

SU CANDIDATE

Q&A

PG 5

RUNNING MAN

Longtime HUB Mall runner turns heads

OMAR SALIFOU

MULTIMEDIA EDITOR ■ @OPTIMISTICOMAR

On any given day of the week, Tim Young can be seen weaving past students in HUB Mall, wearing his distinct Vibram glove shoes as he heads towards the Henry Marshall Tory building.

“I’ve never actually fallen,” Young said, breathless as he weaved through afternoon hallway traffic.

“The closest thing I’ve had to actually running into someone is one time I stopped and lightly bumped someone, I don’t think I’ve ever impacted or run into anyone, I’m just careful about it.”

For the past 15 years, Young has made running through HUB and sprinting stairs a daily ritual. On average, he runs 16,000 stairs a day split into 350 stairs per lap, and since 2000, he has exceeded 50 million stairs run in the Henry Marshall Tory building alone.

Throughout his time running on campus, he has seen numerous graduate and PhD students complete their studies. He has also become a familiar face for the students who catch sight of him sprinting through the mall as they walk to class.

“I used to be super shy at the beginning but now everybody knows who I am.”

Young’s distinct shoes attract glances while he runs, but they’re not just for show.

Since he was 16 years old, Young ran in karate shoes because they offered less support than conventional sneakers. But once the Vibrams became available, it was a “dream come true,” he said.

As an Information Technology specialist with the Faculty of Law, every morning Tim runs, bikes, rollerblades, or skis a 200 block commute into his office at the Decore Center within the law building. Once at work, Young uses each break opportunity he has to run stairs.

Young’s fitness journey began when he used to figure skate. While looking for methods to help him jump higher and be agile, he started using a stairmaster machine at the Royal Glenora Club.

“I remember seeing this building thinking what is that place, I had no idea I would end up running this,” he said. “Who knew a great relationship was born.”

This relationship was cemented not long after when Young began working at the university. As a self taught programmer, Young hasn’t received a formal degree in his field, but has been programming for practically his entire life. His field of interest is largely in encryption, artificial intelligence, and outcome prediction to name a few.

Apart from this, Young also follows a strict vegan diet and credits this with helping him through his rigorous training sessions.

Through all the training he does, he is also able to find a way to help others through the Multiple Sclerosis bike tour. He is a three-time winner of the event and is currently looking to fundraise for the MS Society of Canada. In his pursuit of a the perfect workout, Young has been able to indirectly impact the university community but has also strived to directly impact those in need.

“When you have a passion for something, that’s what drives you through,” he said.

PLEASE SEE **RUNNING MAN PHOTOS** • PAGE 4

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colophon

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Lara Kmech, Riley Samson, Jamie Sarkonak, Alex Cook, Zach Borutski, Mitch Sorenson, Josh Greschner, Nathan Bird, Zach Trynacity-Popowich, Floyd Robert, Michael Vecchio, Jason Timmons, Maggie Schmidt, Derek Shultz, Stefano Jun, Jimmy Nguyen

haiku

Holy, fuck these haikus
I'm too tired, make them stop
Bad as Christina



PAINTING WITH LIGHT

LARA KMECH

streeters

COMPILED AND PHOTOGRAPHED BY Riley Samson + Christina Varvis

Word on the street is that SU elections are coming up. WE ASKED...

If you could pick anybody to be SU president, who would you pick?



Allison McKee ARTS I

"I'd pick Shrek, because he's the Ogre-lord."



Hiwa Waissi ARTS III

"Christopher Hitchens. He has an amazing amount of knowledge, and I like how he can speak on any topic."



Nathan Zilinski ALES IV

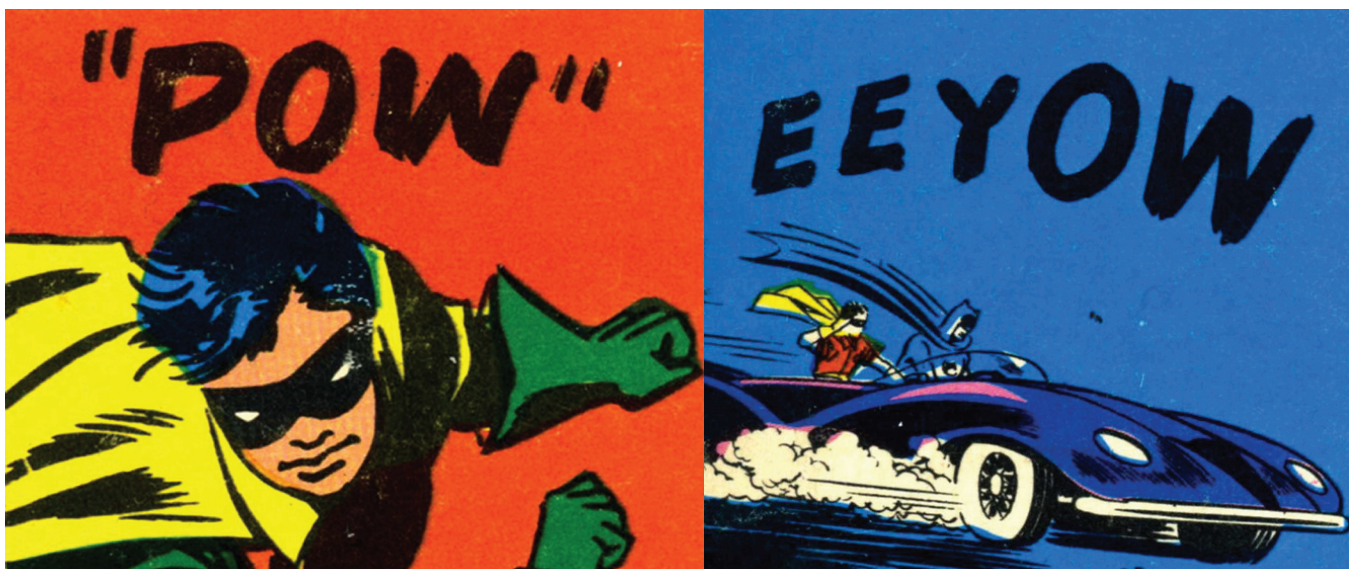
"Don Iveson. He's done a good job with the city, and he has experience at the U of A."



Tory Honsberger SCIENCE IV

Kaitlyn Little SCIENCE IV

"Batman, because he's the hero we deserve, or Captain America."



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Black history month recognizes Canadian connection

Collins Maina

STAFF REPORTER ■ @COLLINSMANIA

February is well known as the month dedicated to celebrate Black History, but unknowing Canadians might be celebrating the wrong history.

University of Alberta Associate Professor in the Department of Political Science Malinda Smith said the history of Black History Month (BHM) in Canada is more complex than that in the United States. However, the holiday is commonly associated with the US, where it originated in the 1920s and was associated with slavery, and later with the civil rights movement.

The Canadian BHM was commemorated in the 1950s by Ontarian railroad porters, who travelled back and forth between the US and Canada. National recognition of the month was later petitioned to the federal government in the 1970s, and was officially recognized in 1995.

The acknowledgement of February as Black History Month was a push not only to celebrate black success in a variety of fields but also to promote the visibility of black people in society's history.

"It's about trying to make visible what is submerged or isn't fully recorded in history and in school books," Smith said.

Diversity issues in the Oscars, the tech industry, or parliament emphasize why promoting visibility of the black community is important, Smith said.

When looking at diversity in Canada, blacks are the third largest visible minority group after South Asians and Chinese, according to



BHM Donald Oliver speaks as the master of ceremonies at a Black History Month event in Toronto.

SUPPLIED — THE GOVERNMENT OF CANADA

the 2006 Canadian census and the 2011 National Household Survey.

Smith said the lack of visibility is an issue rooted in the education system, since black figures are not highly visible in Canada's historical education. As a political scientist, she said that even at the university level there are not many courses that talk about African Canadian mayors, politicians, or famous black female politicians.

"My view is that visibility would be stronger if black history was integrated into education, humanities, and music curriculum, as well as highlighting black people's contribution to science and technology," she said.

The complexity in the category of 'black' people in Canada is seen in who is identified as black. Black

people in Canada consider themselves as African Caribbean, or black Caribbean, African Canadian, or from continental Africa. There are those who can trace their roots back to Nova Scotia, where some are indigenous.

"In the US they would be under one category — African American — but in Canada people often talk of Caribbean, African, Nova Scotian," Smith said.

"There is a recognition of the complexity of that term in Canada that doesn't exist in the US."

Smith said that Canadian black history doesn't get much attention because of 'borrowed blackness,' where people's blackness on American television is considered to be the general black experience in Canada. This creates a problem

where the US stereotypes of black people are inaccurately imported into the Canadian community.

Black history month in Canada is therefore resisting the borrowed blackness from the US, she said. This is done by drawing attention to key black figures in Canadian history, such as Michaelle Jean, the first black female Governor General.

In order to create some sort of visibility in the university, the University of Alberta hosts symposiums and lectures over the duration of the month. In March 2014, Michaelle Jean delivered a lecture that discussed the issues facing Canadian Caribbean and African Diasporas.

"In my view, Black History Month is still relevant," Smith said.

"There is this concern that black history is actually American history,

but it is still important to mark this month for the sake of visibility."

There is still a problem in employment equity whereby there are just a "handful" of black professors at the U of A, she said. There is the need to make black success visible in areas other than sports and culture by recognizing their contributions as teachers and producers of knowledge, visionaries and entrepreneurs, Smith said.

Another issue is the superimposition of crime onto black bodies — especially black men, she said. For example, when looking at Somali youth, there are many issues surrounding their link to homicide, but there are just as many success stories of Somali artists, musicians, and entrepreneurs that get less attention, Smith said.

"When looking at the stereotypes, it is easier to associate black youth with crime than with talent," Smith said.

However, in Canada, black men as a group have one of the highest levels of education, she said, stressing the need to continue promoting the positive ideas rather than negative stereotypes.

"The idea of promulgating a day or month ... allows you to raise the profile in a more concentrated way, which enables you to continue the work for the rest of the year," Smith said.

But Smith added she hopes that the context that surrounds the actual need for the month might disappear.

"That would be an indication that we have learned something and that we are transforming the societies in which we live in."

Quad amputee urges students to 'break out of their comfort zones'

Collins Maina

STAFF REPORTER ■ @COLLINSMANIA

Daniel Ennett is used to people staring.

The second year University of Alberta student is a quadruple amputee. When he scoots across campus in his motorized wheelchair, he usually meets the curious stares from his peers with a straight face.

Despite being confined to his wheelchair for most of each day, students might not realize that Ennett's adventurous nature has led him to try everything from skiing and sailing to scuba diving.

When he was five years old, he was rushed to the hospital where he was diagnosed with meningococcal septicaemia — a combination of Meningitis and Sepsis, a life-threatening complication of infection — which led to the loss of both his arms and legs. But growing up posed no extreme challenge, he said, since many school systems were accommodating.

"I had a solid group of friends that I grew up with and we still hang out today," Ennett said.

Now a host of the TV series 'Invisible,' Ennett explores the challenges faced by people with disabilities across the country. The first season was divided into three 15 minute episodes that had him painting at the Nina Haggerty Centre for the Arts —

an open community funded art institution that accommodates those with disabilities — as well as interviewing a quadriplegic homicide detective, and engaging in sports such as swimming and sailing.

The second season of the show mainly challenged him to take part in more sports activities such as skiing, dancing, and scuba diving.

"The largest part of it is spontaneity," he said about hosting the Telus TV show.

"It's always a guess as to what they are going to throw at me tomorrow. But there's nothing really preventing me fear-wise."

Ennett said that his biggest challenge is scheduling these activities around his school schedule.

The second year psychology major and sociology minor said he likes figuring out the motivations and justifications behind people's actions. But even though balancing his schedule is a "pain in the ass," he said it has been worth it since he enjoys what he's doing.

The U of A Specialized Support and Disability Services (SSDS) provides support in making his learning experience easier, Ennett said. He does most of his schoolwork on his home computer and laptop since writing isn't feasible. He said that SSDS ensures that they obtain PDF format textbooks since it's difficult to flip

through a regular textbook.

"Most of the time I can get anywhere at the U of A," he said. "The worst that can happen is an elevator breaks down — but you can't really do anything about that."

Ennett said he strongly believes in people getting out of their element and trying new things. But, he's still cautious when trying new activities.

"If at any point I fear something it's usually while I'm doing it, so it's usually a little late by then. If I can't be assured it's safe then I probably wouldn't do it," he said.

Lately, most people ask him if he is going to take on skydiving, but he responds with hesitation since the activity requires him to have a custom-made harness.

But activities such as sailing have been modified for those with disabilities. He said that in his sailing adventure he was a little nervous at first because of the boats and the water, but he found that the boat was stable since it was designed for people with disabilities.

For those looking to break out of their own comfort zones, Ennett's advice is simple.

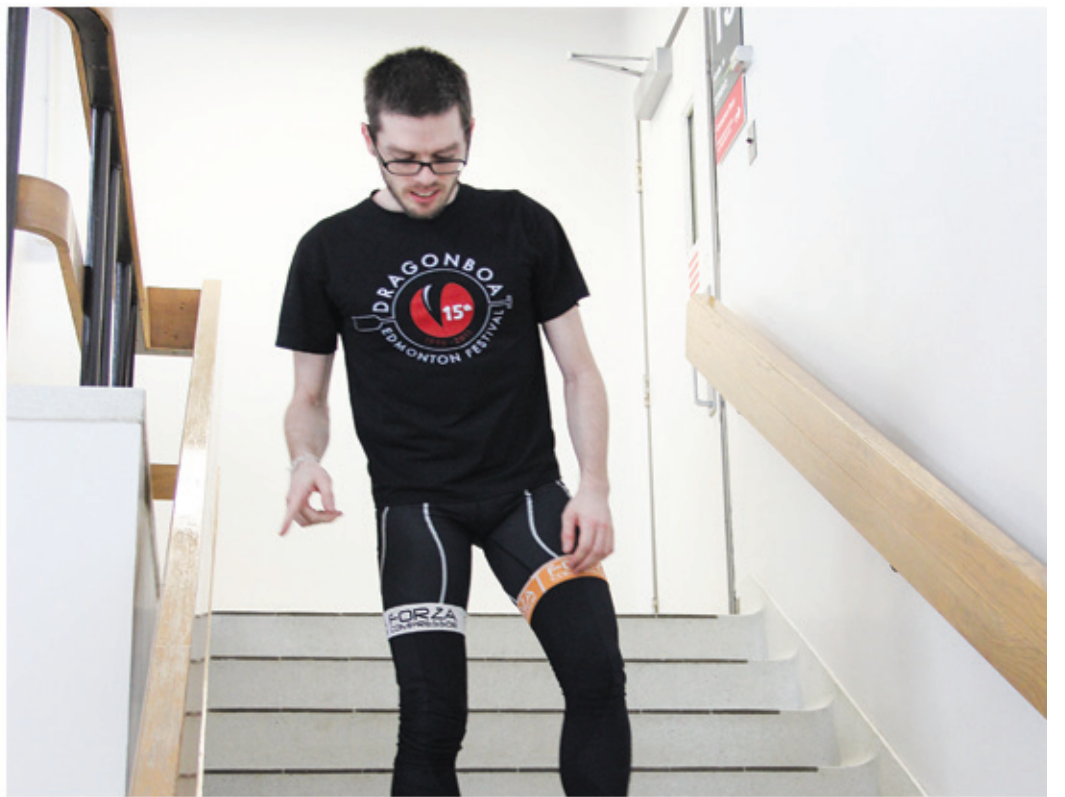
"Might as well go for it," he said. "The more you think of doing something the more you're going to be reluctant to do it, even if it's just mildly dangerous."

"You should go for gold."



'GO FOR IT' Daniel Ennett makes no excuses.

CHRISTINA VARVIS



FUN RUN Tim Young hits the stairs in Tory.

CHRISTINA VARVIS

WHAT'S ON AT UALBERTA?

From China to Canada

U of A artist in residence Yue Deng (violin) performs Halverson, Fung, Gershwin & more.

February 27 at 8 p.m.
Convocation Hall

The Music of Michael Colgrass

Symphonic Wind Ensemble celebrates Pulitzer Prize winning composer Michael Colgrass.

March 15 at 3 p.m.
Winspear Centre

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Primary presidential contender has SU experience

Collins Maina & Richard Catangay-Liew

The President is the primary spokesperson for the Students' Union. They are responsible for maintaining an awareness of major issues affecting students and shall supervise the overall administration of the Students' Union and co-ordination of the Executive Committee.

1 Walk us through some of your platform goals.

Navneet Khinda: I have three themes and a bunch of goals under, the first theme is setting a new status quo, which is about lobbying the government and the administration. I'd mostly support the VP External on lobbying to keep the tuition cap, fee regulation and also student aid. I would also like to set up a structure where the SU has some oversight over where mandatory non-instructional fees go. I would also like to do a review of the student code of behavior and how the university handles sexual assault cases. Plus ensuring there is a good consultation mechanism between the university and the students.

The second is a bolder SU. I want to wrap-up and implement the SU communications strategy, and look into the idea of the SU having its own video production space. The SU also needs to look into finding additional revenue sources — I am also going to look into this with the General Manager. I would also like to look into how the SU can achieve the goals of their Strategic Plan.

The last theme is 'taking the help together' which involves leadership. I would like to look into a city-student partnership. We can be more entrenched with our city — almost like a civic university.. We can tap into some volunteer and employment networks in the city. I

would also like to make some student governance reforms in order to change council culture...I think that council members can go out there and interact more with students. I would also like to talk about more student staff opportunities in the SU's operations.

Frank Daniels: My goal is to make this university the best university in the world. We will fight budget cuts through fracking for oil in quad and opening corporate sponsorship to classes. Every student will receive a free kate perry left shark costume and I will transform CCIS into a ball pit complete with diving boards.

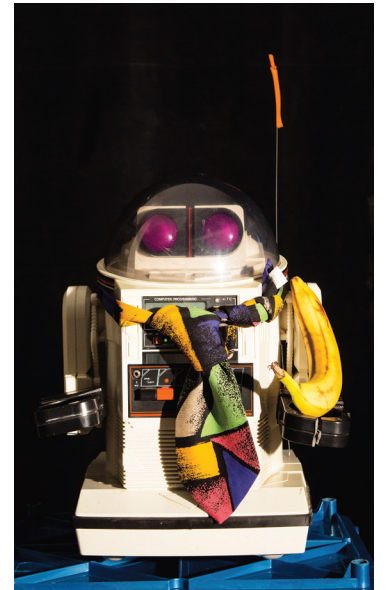
Omnibot: Out of my many goals, there are several key foundations to my platform that I am very adamant towards. These priorities include sustainability, transparency, and (most importantly) a complete redesign of the existing SU priority system.

2 Is there anything you would have handled differently as the President this year?

Navneet Khinda: The current president did a really good job at building relationships. I think one thing I would have done a little bit differently is focus on having a more unified stance in regards to the market modifiers and potential tuition discussions. But we learned a lot from how he dealt with that situation.

Frank Daniels: The previous president was weak, instead of two ply I will give the university bidets.

Omnibot: Not only is this solution hip, but much more fiscally responsible. HAL 9000 is a proven entity with skills and values that helps him guide positive change in the world through his commitment



PRESIDENTIAL POSITION Current VP (External) Navneet Khinda is running for President, alongside two joke candidates.. CHRISTINA VARVIS

to "uplifting the whole people." His advanced lip reading abilities and understanding of human psychology will not only enable him to help students with emotional issues, but to guide them successfully through their future careers. One additional benefit from HAL is the services that will be inherently provided to students. The thermal output from such a large neural network will generate enough heat to keep the main quad area several degrees above freezing, ensuring the grass to be green year-round (I'm certain David H. Turpin will appreciate this, considering his background). As well, HAL is usually very particular about his streaming quality -- so his first task would obviously be to optimize UWS such that it actually provides a reliable connection. I've also heard HAL is much better at hide-and-seek.

3 The declining price of oil could mean problems regarding post-secondary education budget in March. How are you going to make the student voice heard regarding

these concerns?

Navneet Khinda: Working with the VP External Next year, we have to continue to keep making post-secondary education a ballot box issue. We have to keep pushing hard in the media. I think that oil prices declining doesn't mean that we can slash and burn every service that is available. At the end of the day our universities are publicly funded and if we are to continue to pursue the mantra of 'quality education' then we need quality funding. We need to be strong on that in the media. Another is supporting the VP External in their lobbying efforts.

Frank Daniels: I plan on fracking oil in quad. We need to jump on this now before oil prices get too low. Once fracking begins the government will be forced to listen to us.

Omnibot: While the fluctuating Albertan economy raises many issues in the market, there are other available options to

fund the humble University budget and bring student tuitions even lower than they are today. The solution to all our problems is simple and elegant: crowdfunding. My ingenious solution is to use Kickstarter to eliminate the tuition woes so many students face. Rather than paying tuition, students would simply give a dollar or more toward their courses. Each course would have a funding target. Backers who donate large amounts of money would get various promotional materials, such as a free T-shirt, or an A+. Large corporate sponsors could negotiate forced employment from top graduating students. This system also promotes new opportunities to push the University of Alberta to the forefront of innovation. Backers will be able to suggest new programs such as impressionist robot art history, singularity prevention studies, or robotic kinesiology. This program allows students and industry to be directly engaged in the university curriculum development process and decide on their own future — one crowdfund at a time.

VP (OpsFi) contenders ready to take on big budget issues

Oumar Salifou & Richard Catangay-Liew

The Vice-President (Operations & Finance) is responsible for managing the SU's \$10 million budget. The VP (OpsFi) also oversees departmental operations, and works closely with the general manager and the President to manage the daily operations of the SU.

1 Give us an overview of your platform and your goals for the coming year as VP (OpsFi).

Cody Bondarchuk: My idea, instead of running on a standard three buzz word platform, I've decided to focus on accessibility for students. I want to look at exploring what is possible for everyone to access.

I've looked at things such as strengthening things between SU and students. Making sure it's a two way conversation and making sure it's a two-way conversation so people feel involved in decision-making.

Looking at a safe and inclusive space for students. Looking at affordable food options, because not everybody can afford to buy a lunch everyday. Student jobs, because a lot of jobs on campus aren't offered to students when they very well could be.

Samer Sleiman: My goal and platform overview for the campaign is basically to generate more revenue for the SU and to diversify our revenue stream. I feel like we're a little

too attached to SUB - we only have Dewey's that comes from outside - so we need to figure out some sources to generate revenue from outside this building, especially now that we're going to have some budget cuts coming in this fiscal year.

2 Why are you running for this position?

Bondarchuk: A lot of students have said they aren't happy with the services at Dewey's or at RATT. I think the SU made a push to resolve those issues, they could have spent more time talking to students asking what they want. I would have liked to see the SU say, "this is what we're planning to change regarding Dewey's, and here's the responses," instead of spending money to implement a new policy that student's aren't happy with.

Sleiman: First, I'd like to say that Cory Hodgson is a very competent executive. He is definitely an amazing VP, but one thing that I would have done differently is that I would have thought a little more clearly before doing the Undergrind. I feel like you're splitting your market share among two coffee shops in the same place, and that may hurt our business in the end.

3 What do you plan on doing with the North Power Plant building?

Bondarchuk: Currently, there's a lot of talk about revitalization or restarting. It would be reckless to invest in such a large capital project so soon after the SUB renovations. I know a lot of people are calling for change regarding the rest of Dewey's and what we can do for the rest of that building. I feel that the SU keeping a hold on it and being able to save it and making sure we do have a good stockpile of money before looking at it.

Sleiman: I think it's really important to understand that the power plant is not fully owned by the SU. The SU has a share, called Dewey's; the rest of the plant is probably going to be transformed into an alumni centre, and this is owned by the university together with the GSA.

I feel like Dewey's should be a mirror image of what the building will look like, so my opinion is that this building has to be a lot more modern, because it is at the heart of campus, it has got a history, it had the first power generator for the south side of Edmonton; it was also the place where the first extraction from oil sands was made, therefore we must preserve a place like this but I think that it should be more modernized in order for the SU to be able to increase its revenue and make it a more appealing place for the students.

An extended version of this Q&A can be found at gtwy.ca.



COUNTING CASH Two contenders are in the running for VP (OpsFi). CHRISTINA VARVIS

Two-way Vice-President (External) race heats up

Alex Cook & Riley Samson

GATEWAY STAFF

The Vice-President (External) is responsible for Students' Union relations with the government and the larger community, and develops policy on issues such as post-secondary funding, co-ordinating provincial and national lobbying efforts, and improving the public profile of students and their concerns.

1 What are some of your platform goals and priorities?

Dylan Hanwell: So I have three platform goals. The first goal is to reinstate the tuition cap. So, the tuition cap is expiring very soon, within the next year and a half, and I'll be lobbying to make sure during the deliberation and the decision-making process that the tuition cap is renewed.

My second platform point deals with quality assurance. I want to make sure that we create an external quality assurance policy enforced by the provincial government that looks at undergraduate quality of education across the province through key performance indicators.

Finally, I want to put post-secondary education on the ballot, meaning I want to make sure that students vote. In this next year, there will be two elections, a provincial and a federal election, and in order to accomplish our goals now and in the future, we need to make sure that students come out and vote, and that their voice is heard by elected officials.

Blue Knox: For my platform I have three priorities: mental health, relationship building and affordability. Now those are pretty general terms, but I think they pretty accurately describe an overarching theme for the things I want to accomplish.

So for specific goals, under mental health, optimally, if we could get everyone to cooperate and the funding was there, I would really like us to work towards a provincial campus mental health strategy, because I think this is something we really need in Alberta.

In terms of relationship building, I look at it as building relationships in two areas: one within the university, and the other outside of the university. So in terms of initiatives within the university, I really think we do a better job of building a relationship between Students' Union and students.

And then, finally for affordability, I think we have to make sure, I really want to work on transparency; advocating for transparency from the university in terms of where our money is going, because there are certain fees where it's really difficult to find out what specifically they are.

2 How would you have tackled the market modifier situation this past year?

Hanwell: I think there's two parts to that. The first part being externally. I think it's really difficult when we are cut out of conversations to have an active role in things like market modifiers, and, first of all, we need to get a seat at the table.

We need the Alberta government to understand that as students, we deserve to have our voice heard, especially when it concerns tuition.

Secondly, I think we need to look internally and talk to students, really get down to why there is a market modifier, and who supports it and why, and who doesn't support it and why.

There's a conversation to have with market modifiers, but it needs to be incredibly thorough, and a vast majority of students need to sup-



EXTERNAL EXPECTATIONS Dylan Hanwell and Blue Knox are vying for VP (External).



CHRISTINA VARVIS

port it before we ever start thinking about that.

Knox: I would say two things about that: one thing that I talk about in my platform is establishing a set of best practices so that student organizations and faculty associations have some sort of resource to go to when they are lobbying the government. I am one person; the VPE cannot be everywhere at once.

Another thing — I think communicating with students — it goes back to communication and making sure students feel connected to things.

Whether I agree with them or not, my problem is I didn't know what they were, and it didn't feel like that was being properly communicated. I think a big thing the entire SU could work on — not just in this situation, but in general — is communication with students.

3 The declining price of oil is causing some concern over the provincial budget announcement and the resulting implications for the post-secondary budget. What are your thoughts on that and how do you intend to tackle that?

Hanwell: We need to ensure that if there are spending cuts, that we make sure they're not coming on the backs of students, and that these spending cuts really aren't affecting undergraduate students or their ability to pay for school or the quality of education that they're going to receive.

Knox: If I can't be a genie and make tuition go down, if I can't be a magician, at the very least I can give a voice to the challenges faced by students and advocate for greater student support and transparency, because if we're paying more, we need

to know where that money is going and ensure quality of education.

4 If you were locked in a room with just Minister Scott and yourself for 24 hours, how would you kill the time?

Hanwell: I would talk politics for a little, talk post-secondary education, obviously, talk about the oil sands, because he's from Fort McMurray.

Then I'd ask him where he gets his haircut. We might talk about his barbershop.

Knox: We'd order pizza, that would be step one. I know this sounds really cheesy, but I would want to discuss the issues that are facing students right now.

An extended version of this Q&A can be found at gtwy.ca.

Vice-President (Academic) hopefuls go head-to-head

Jamie Sarkonak & Richard Catangay-Liew

NEWS STAFF & NEWS EDITOR

The Vice-President (Academic) represents and advocates for student academic matters within the university community and beyond. The VP (Academic) is also responsible for encouraging and facilitating involvement in student government via faculty associations, General Faculties Council and other university communities.

1 Give us an overview of your platform and your goals for the coming year as VP (Academic)

Shakiba Azimi: There are three main goals I'd like to focus on ... mental health, transparency and accessibility. I believe these are the three main things that will affect students in their time at the U of A.

In terms of mental health, I'd like to start a centralized mental health website where 24 hours a day, 7 days a week, students can get the help they need.

I'd like to focus on accessibility to education. I want to reduce costs by moving towards an online course pack based system as opposed to heavily relying on textbooks. I'd like to increase transparency by improving the course registration process.

I'd like to give more students more public information, including the course syllabus in advance to course registration so they know exactly what they're enrolling in.

Fahim Rahman: My platform



ACADEMIC ADVOCATES Shakiba Azimi and Fahim Rahman are running for VP (Academic).



CHRISTINA VARVIS

focus is on four particular things, and that's making sure we have affordable and high quality post-secondary education, supporting mental health and making sure that the Students' Union really knows what's causing an unhealthy amount of stress on campus.

And then developing programs based on that to best support student mental health, supporting other student leaders, because I know that the Students' Union really focuses a lot of time on getting a messages out, but I think there needs to be a bit more two-way communication.

And then finally, I want to be developing and supporting. I want to be delivering diverse educational experiences, making sure that a lot of the work students get outside of

the classroom that are still related to their degrees, such as internships and practicums or community service learning projects are appropriately recognized by their faculties or their programs so it's clear their students are picking up skills both within the classroom and outside the classroom that will benefit them in their careers.

2 What are your thoughts on the Peter Lougheed Leadership College and its early programming?

Azimi: I think the Peter Lougheed Leadership Program is really great in its concept, but I feel like there's some fundamental flaws. The Peter Lougheed Leadership College wants to create great leaders, but the issue is that you need to be a great leader

to be accepted into the program. It seems like a "rich get richer" program we shouldn't be funneling. It needs to be much more inclusive and provide more access to that information.

Rahman: The university said that they were going to go forward with developing a brand new college that was only going to accept a select number of undergraduates with no notice whatsoever and no consultation. And when you have a process like that that's operating at a university, it's really tough for students to really trust what's going on, or trust the process of how this college is going to be proceeding forward.

I think the college has a lot of potential to serve undergraduates on campus, but I don't think it's

necessarily the best way that all undergraduates on campus can be supported in extracurricular commitments.

3 What's one thing you would have done differently from the VP (Academic) this year?

Azimi: I know a lot of different faculty associations such as the LSA who were asking for the market modifier, but the Students' Union can't ask for tuition increases because they deem it as inappropriate and it would reduce affordability and accessibility.

It seemed that the law students had come to that conclusion based on a lot of research and consultation, but VP (Academic) Kathryn Orydzuk was very against what was going on. I think that's something that must be changed in the future.

Rahman: One thing that I wished the Students' Union VP (Academic) did was during the summer, when it became clear that some faculty associations were clearly supporting a market modifier.

I wish that all faculty associations were called in by the Students' Union to have just an open conversation to see who was in favour of market modifiers and who was opposed to market modifiers, and what the consequences will be in all faculties if one faculty agrees to market modifiers.

An extended version of this Q&A can be found at gtwy.ca.



STUDENT SUCCESS Param Singh and Vivian Kwan are battling for VP (SL).

CHRISTINA VARVIS

Pair vie for VP(Student Life)

Andrea Ross & Richard Catangay-Liew

EDITOR-IN-CHIEF & NEWS EDITOR

The Vice-President (Student Life) is responsible for university-related, non-academic issues including campus programming, university non-academic advocacy, the U-Pass, the Health & Dental Plan and SU Student Services.

1 What are some of the goals you have for next year as VP (Student Life)?

Vivian Kwan: For enhancing campus health, I'm talking about how we're currently working to develop a provincial, mental health and addiction strategy. We're planning to strengthen conversation with the provincial government, because in 2016 our funding for mental health initiatives will end. And due to the unfortunate events in HUB and Lister, it's pretty evident that mental health initiatives are clearly needed on this campus.

In the past, we focused on boosting services and promoting services, and a lot of students see these services and they want to use them — hence wait times increase. I am currently working with Counseling and Clinical Services psychologists for the Positive You campaign, which is focused on boosting resiliency on campus.

Param Singh: My main goal is to empower the students. I'll be doing that by conducting online surveys every month so that I can know about the real problems that students face on campus and act accordingly.

My second goal will be to boost mental health services so that I can make it more approachable for students to go there.

Third is to diversify social events to make student life enjoyable.

2 How do you plan on working with international students and advocating for their concerns?

Kwan: Right now, we're working with the International Students' Association. We have a blueprint for a campaign we want to set up for next year for breaking stereotypes with international students.

A lot of them don't know how to cope with stress.

We hope to profile international students and start an awareness campaign talking about their story and how they feel about mental health.

Singh: I'm an international student, so I know the problems international students face. It's hard to get used to the culture, so I want to diversify the events and work with the VP (OpsFi) about the international fees thing too so I can work on that too.

3 How do you plan on working with residence services to address their concerns in residence?

Kwan: I heard the there's been random attacks in the parking lot at Campus Saint-Jean, so I think that's an important discussion to be had at the Residence Hall Association.

In terms of Lister and HUB, there's been issues of removing property without proper consent or informing them, so that would be an ongoing communication as well.

I also hope students use the resident complaint form that (current Vice-President (Student Life) Nicholas Diaz) drafted last year and circulate it more.

Singh: I think residences are pretty good. My friends are staying in residences, but there are some food problems sometimes. So I think I'll try to figure those out and otherwise I think it's pretty good.

4 What's one issue that came up this year that you would have tackled differently from the current VP(SL)?

Kwan: I felt like (VP (Student Life) Diaz) could have done more with advocacy, like Break the Record. I would of still considered Break the Record an option and I would have done more investigative.

In the last three years, the VP (Student Life) wasn't able to carry out the event. There might have been internal issues we had to evaluate. We can discuss if students are willing to fundraise

or pay a participation fee or plan ahead of time. Next year, I want to make it more transparent

Singh: Students have not really been asked when it comes to decisions, so I think we should conduct online surveys every month so we can know about the real problems that they face and focus on the things they want us to focus on.

5 What are some fun activities, programming or events you plan to bring on campus?

Kwan: I want to do more inclusive events. For example, for Week of Welcome, a lot of events are 18 or older. First-year students are getting younger and younger as they enter university. I feel like the first week of the university campus is the most crucial. Our community should be more inclusive and promote events without alcohol, like promoting events that utilize local talent.

Singh: I want to bring multicultural events so anyone from any country can come. I want to do normal parties and stuff, because everyone wants to have fun. You need to make a balance between studies and extracurricular activities. If you just study, it's pretty hard. In my first year, I was just focused towards studies.

6 This year the Tunnel Ball Guinness World Record and the Hide-and-Seek Guinness World Record were attempted on campus. If you could break ANY world record on campus with unlimited funding, what would it be?

Kwan: I would want to do a break the record-eating contest and see how many students can eat how many pizzas in one sitting. That would be awesome. I'd like Famoso.

Singh: I would do the biggest party. Like all the university students from all campuses should be invited, and just do a really big party.

An extended version of this Q&A can be found at gtwy.ca.



Mike J. Barbosa and Brian Goldfain

ALUMNI ASKED & ANSWERED

with

Michael Gaultois

'10 BSc

Current Occupation:
Scientist (Research Chemist)

What do you miss most about being a U of A student?

Having lots of time and no responsibility, so that I could get involved in everything.

Favourite campus memory?

Lying down in front of the engineer charge at Orientation with two friends (hat tip to Kris and Comeau). That photo's in the Gateway archives somewhere.

What's the one piece of advice you'd give a current U of A student?

Get involved! Get out there! Volunteer for everything! University is a nexus of exciting people doing exciting things!

Favourite course/professor?

So many great courses. My favourite course was an introduction to X-ray crystallography, with Arthur Mar. This course set the direction for my research career.

Favourite secret makeout/study spot?

On the rooftop of Biological Sciences, overlooking the river valley.

What did you do to help you stay sane during exam time?

Volunteer and sleep. Nothing better to take your mind off everything than helping others. Also, volunteering out in the real world makes you realize how silly worrying about exams is, and how good we have it as students.

What impact has the U of A had on your life?

University was a powerful transformative experience. Let's rephrase this so that the question is more clear: "What impact has your birth had on your life?"

alumni.ualberta.ca/students

UNIVERSITY OF ALBERTA
ALUMNI

Sole candidate gunning for seat on Board of Governors

Richard Catangay-Liew

NEWS EDITOR • @RICHARDCLIEW

The Board of Governors Representative sits on both Students' Council and the Board of Governors, the university's highest governing body. The board contains a mix of staff, alumni, students and public members, and is responsible for tuition levels, managing campus finances and approving new buildings.

1 Give us an overview of your platform and your goals for the coming year as BoG Rep.

Azhar Khan: My main goal as a Board of Governors Representative is to have a united front on the Board for undergraduate students. Advocacy at the Board level is meaningless if students are advocating for different positions.

That doesn't mean there won't be a debate, that just means that it won't be debated at the Board level.

2 What makes you the best candidate?

Khan: The fact that I've been at the university for a long time, and I've seen so many different regime changes. There are definitely themes where I thought the Students' Union has done a good job, and I feel I can bring that experience and foresight to the Students' Union and the Board.

3 A lot of students might not know what the BoG rep does. In your opinion, what is the responsibility of the BoG rep to undergraduate students?

Khan: There are only two undergraduate students on a board of 21 people.

That means your advocacy skills need to be top notch, but it also means that expectations should be tempered. You're only two votes out of 21, so it's really the advocacy that comes in as opposed to the voting power.

4 How do you plan on communicating the voice of undergraduate students to university

administration?

Khan: I want to negotiate with interspace bargaining as opposed to rigid animosity. I want to meet with the university and discuss each party's underlying interests.

By seeking to understand and be understood, I believe we would be better served in terms of finding better solutions.

5 How do you plan on building relationships with incoming U of A president, David Turpin?

Khan: Just reaching out to him. Speaking with him or going for coffee with the guy.

Also making him comfortable with the Students' Union. So just bringing him out to presentations and to meetings would help build that relationship between the SU and trust in the new president.

5 Is there anything you would have done differently from the current BoG rep?

Khan: I would show greater transparency with the SU execs. My goal is to be working as a team, and I do strongly feel like our voices are weakened if we vote in different directions on the Board. It could become incredibly confusing to the Board if they think, "how can we take their opinion seriously if the two students are voting in different directions?"

6 At the Board of Governors, you sit directly across the table from the U of A's president. Who is your ideal person to be sitting across from you at the BoG?

Khan: David Suzuki. It would be interesting to see such a strong environmentalist advocating for the school in the centre of where the oil sands are in Canada. Also, he's from B.C. and I like the guy.

An extended version of this Q&A can be found at gtwy.ca.



BOG REP One contender is in the running for Board of Governors representative.

CHRISTINA VARVIS

New

Master of Accounting

Carleton University's Sprott School of Business is proud to announce our new Master of Accounting (MAcc), a rigorous program that will provide students with a gateway to a career as a Chartered Professional Accountant (CPA).

Program features:

- Accredited by CPA Ontario. MAcc graduates may proceed directly to the CPA Common Final Exam.
- Complete the program in 16 months.
- Develop work experience through a fall internship.
- Gain a breadth of knowledge for career flexibility.
- Highly qualified and committed faculty members who have been actively involved in professional accounting bodies for over 30 years.

Completed applications may be submitted until April 30, 2015. The program starts in May 2015.

To learn more about the program and to apply, visit: sprott.carleton.ca/macc

2015-2016 General Faculties Council (GFC) Standing Committees STUDENT MEMBERS NEEDED!

Are you an Undergraduate or Graduate Student at the University of Alberta? Does becoming an active member within the U's academic and judiciary governance system interest you?

The GFC Nominating Committee invites you to apply now to serve on a 2015-2016 GFC standing committee or university appeals body. New terms of office for student members commence on May 1, 2015 and end April 30, 2016.

Visit www.governance.ualberta.ca to learn more!

Apply by: Tuesday, March 17, 2015 at 4:30 P.M.

The terms of office for students currently serving on General Faculties Council (GFC) Standing Committees, Appeal Boards, and other committees to which GFC elects members will expire on April 30, 2015. The GFC Nominating Committee meets annually in March to replenish its student membership.

Undergraduate and Graduate students are encouraged to apply now to serve on any of the following committees. Student members currently serving a first, one-year term of office are eligible to stand for a second, one-year term of office.

For details on the GFC standing committees vacancies, terms of reference, membership compositions and schedules, please visit the University Governance website at www.governance.ualberta.ca

ACADEMIC GOVERNANCE:

- **ACADEMIC PLANNING COMMITTEE (APC):** GFC's senior committee dealing with academic, financial, and planning issues.
- **ACADEMIC STANDARDS COMMITTEE (ASC):** GFC committee dealing with admissions, academic standing, transfer and examination policies, and other related issues.
- **CAMPUS LAW REVIEW COMMITTEE (CLRC):** Reviews the Code of Student Behaviour, Code of Applicant Behaviour, and Residence Community Standards Policy.
- **COMMITTEE ON THE LEARNING ENVIRONMENT:** Promotes an optimal learning environment in alignment with guiding documents of the University of Alberta.
- **FACILITIES DEVELOPMENT COMMITTEE (FDC):** Recommends on planning and use of facilities, proposed buildings, and parking and transportation facilities.
- **UNDERGRADUATE AWARDS AND SCHOLARSHIP COMMITTEE (UASC):** Approves new and existing awards for undergraduate students including selection and eligibility criteria.
- **UNIVERSITY TEACHING AWARDS COMMITTEE (UTAC):** Adjudicates: Rutherford Award for Excellence in Undergraduate Teaching; William Hardy Alexander Award for Excellence in Undergraduate Teaching; Provost's Award for Early Achievement of Excellence in Undergraduate Teaching; Award for Excellence in Graduate Teaching; and the Teaching Unit Award.

JUDICIARY GOVERNANCE/UNIVERSITY APPEALS BODIES:

- **GFC ACADEMIC APPEALS COMMITTEE (AAC) / UNIVERSITY APPEAL BOARD (UAB):** AAC hears and decides student appeals regarding academic standing. UAB hears and decides student appeals and applicant appeals regarding disciplinary decisions made under the Code of Student Behaviour or Code of Applicant Behaviour.

OTHER COMMITTEES TO WHICH GFC ELECTS:

- **COUNCIL ON STUDENT AFFAIRS (COSA):** The aim of the Council is the betterment of the quality of student life at the University of Alberta. Students **MUST** be active members of the General Faculties Council (GFC) at time of election.

CONTACT: Ann Hodgson, Coordinator, GFC Nominating Committee (NC), at 780-492-1938, or by e-mail: ann.hodgson@ualberta.ca. Interested applicants may drop by University Governance located in Room 3-04 South Academic Building (SAB) to speak to a GFC Committee Coordinator in person.

Plebiscite question to ask for new cold beverage deal

Richard Catangay-Liew

NEWS EDITOR • @RICHARDCLIEW

The University of Alberta's campus-wide Coca-Cola contract will expire in July.

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

The plebiscite question will ask students if they support the SU entering a university-wide single source-cold beverage agreement and if they support the proposed conditions.

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

The SU is currently preparing a request for proposal and the agreement is expected to go out for tender next month. After the request for proposal is advertised to vendors.

SU Vice-President (Operations and Finance) Cory Hodgson is running the "yes" campaign for the plebiscite question.

1 What are you trying to accomplish with the plebiscite question?

Cory Hodgson: We want to put out the benefits of what the Single-Source Cold Beverage Agreement will do. It brings \$3 million in scholarships, \$500,000 in student priorities, a solid commitment to waste reduction and competitive pricing on campus.

It's just getting the details of the contract out there and letting students make an informed decision.

2 Some students thought of the last university-wide single source-cold beverage agreement as "contentious." Why do you think they held that perspective?

Hodgson: There's a few angles. Right now, we're not talking about any specific company. There are some issues about bottled water and the waste produced by these companies have, so that's one of the reasons why we asked for a solid commitment to waste reduction initiatives. So yes, these touchy, but we're working to actively address them.

3 Why is the single source-cold beverage agreement important?

Hodgson: I think now, more than ever, it's going to be important for alternative means of providing scholarships.

We have a pretty rough provincial budget, so we're anticipating cuts to post-secondary and increases in tuition. We need resources for scholarships, and the single source-cold beverage agreement won't be affected by that.

4 If you could have one single beverage campus-wide, and just one, what would it be?

Hodgson: Yop. Because it's delicious ... just bizarre and odd with a fun name. So you can get your yogurt intake in liquid format.

An extended version of this Q&A can be found at gtwy.ca.



COKE OR PEPSI? The SU is gauging student opinion regarding the next beverage contract with a plebiscite question.

CHRISTINA VARVIS

The Landing seeks \$1.50 per semester to increase services, space

Richard Catangay-Liew

NEWS EDITOR • @RICHARDCLIEW

The Landing, a student space for gender and sexual diversity located in the Students' Union Building, is asking students if they support a \$1.50 fee per student per semester on this year's Students' Union election ballot.

The fee will apply to full-time and part-time undergraduate students in the Fall and Winter semester. Augustana and Off-Campus students will be exempt and there will be an online option to opt out of the fee.

If the referendum passes, the \$1.50 will fund operating costs, programming, events, outreach and awareness, grants and a volunteer program.

The "yes" campaign for The Landing's referendum question is run by Daniella Marchand and side-manager Linh Lu. The Landing's Program Manager, Parker Leflar, joins them.

1 What does The Landing currently do?

Daniella Marchand: Right now, The Landing runs drop-in hours, we have different kinds of engagement opportunities like a trans meet up night, and Rainbow Peers, which is a peer support community.

Linh Lu: We do a lot of awareness campaigns like promoting equity and inclusivity now on campus ... just to let people know that this is an inclusive space and we promote

these issues as well.

2 What do you hope to do with the money?

Marchand: The programming we're running this year is more of a taste of what we're doing in the future. We want to have more funds to do more awareness campaigns and really promote ourselves and the fact that we're a safe space on campus.

Lu: We really want to promote what we have on North Campus to Campus Saint-Jean and hopefully spread out from there.

3 Why should all students' care, and not just the LGBTQ community?

Marchand: At any point in anyone's life, you might of faced the boundary of your gender expression or gender binary rules you portray.

You need a space that's free of homophobia, sexism, racism or any of these discriminatory things that come from society.

Lu: There is a question of, "but it doesn't help me." The Landing provides support for specific individuals, but campus is not just about one person and their experience, it's about the community. Creating that sense of community is really important by creating that atmosphere is important on campus.



THE LANDING The campus space for gender and sexual diversity is asking for \$1.50 from students per semester.

CHRISTINA VARVIS

Parker Leflar: I think a lot of people wonder who to ask and how to ask, and this is the space for that.

4 What is your response to students who do not believe in any tuition fee increases whatsoever?

Leflar: You can opt out. We're not going to force anyone to pay a fee they don't want to. If it's not for

you, that's totally fine, but we want allow other people to say "yes" to something they really want and they really need.

5 As you may or may not know, The Gateway does weekly news haikus. Give us a haiku as to why students should vote "yes."

Marchand: Safe spaces for all / Warm, welcoming and friendly /

Vote "yes" for our cause

Lu: Please vote! Yes! Yes! Yes! / Yes! Yes! Yes! Yes! Yes! Yes! / Yes! Yes! Yes! Yes!

Leflar: We want your money / But not very much of it / Support safe spaces!

An extended version of this Q&A can be found at gtwy.ca.

Opinion

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

EDITORIAL COMMENT

Pro-life groups shouldn't use ads to shame students

BEFORE READING WEEK, CAMPUS WAS RIDDLED WITH POSTERS promoting the pro-life club on campus that screamed "I Regret my Abortion." Apparently, these were to promote an event the group was hosting in SUB that week, where the Silent No More Awareness Campaign tabled with fake fetuses and giant posters proclaiming "Women Regret Abortion."

Apart from terrible font choice and poor design, the posters were the target of widespread tear-downs by so-called "vigilantes." In the morning there were hundreds of posters all over campus, and by evening there were very few remaining. It was an issue so whined about that Metro covered the posters, giving the club even more publicity than their tactless posters did.

The Feb. 12 Metro article in question titled "University of Alberta student group cries foul after nearly 3,000 event posters vandalized," details how the group is only looking to be able to advertise their events fairly, and the widespread posterism is totally justified because they have the right to advertise in any way they choose on campus.

Amberlee Nicol, the president of the pro-life group on campus was quoted in Metro's article stating "While I can fully understand why people would strongly disagree with our message, and I think it's fine for them to disagree with us, what I don't understand is why people think it's alright to silence the opinions of people they disagree with."

A key point to note is the posters aren't being taken down with the intent of silencing a message. Those crying "this is a violation of free speech" don't seem to understand it that no one is trying to directly silence the club because of their opinions. We're in a university. It's probably the place you're most likely to have real discourse about controversial topics in your life. Everyone understands the importance of freedom of speech. If everyone tore down a poster that they didn't agree with, there would be no posters left because everyone has different opinions. What doesn't seem to be understood is that while discourse about controversial topics is good, using aggressive language to draw people to your events isn't going to garner any support.

By stating "Women regret abortions," in a loud and in-your-face way, you're creating a triggering space for people who have experienced or considered an abortion, making them feel unsafe at school, a place where they should feel welcomed and not ostracized for any choices they've made. It demonizes a woman who's made a choice about her body, a choice that can't be taken back once the act is done. If she didn't regret her abortion, she might now, considering she's surrounded by posters shaming and attacking her.

The argument of safe spaces can be extended just as easily to the "Silent No More Awareness Campaign," the event the club was promoting and hosting. Littering a table with fake fetuses and huge posters shaming those who have undergone abortion is not going to inspire women who have had a traumatic experience to come and agree with your opinion. It's just going to scare women into quiet shame, because it tells them they should regret a choice they've already made.

No one deserves to feel ashamed for their choices during their daily lives. Especially so in the place they have decided to pursue an education. A school should be a safe space for students to learn, socialize and just exist. If you want to start up discourse surrounding a controversial topic, there are ways to advertise that won't cause people to shame themselves for their choices. Opening a conversation doesn't have to be aggressive, especially around such a conscientious issue.

Kieran Chrysler
ARTS & CULTURE EDITOR

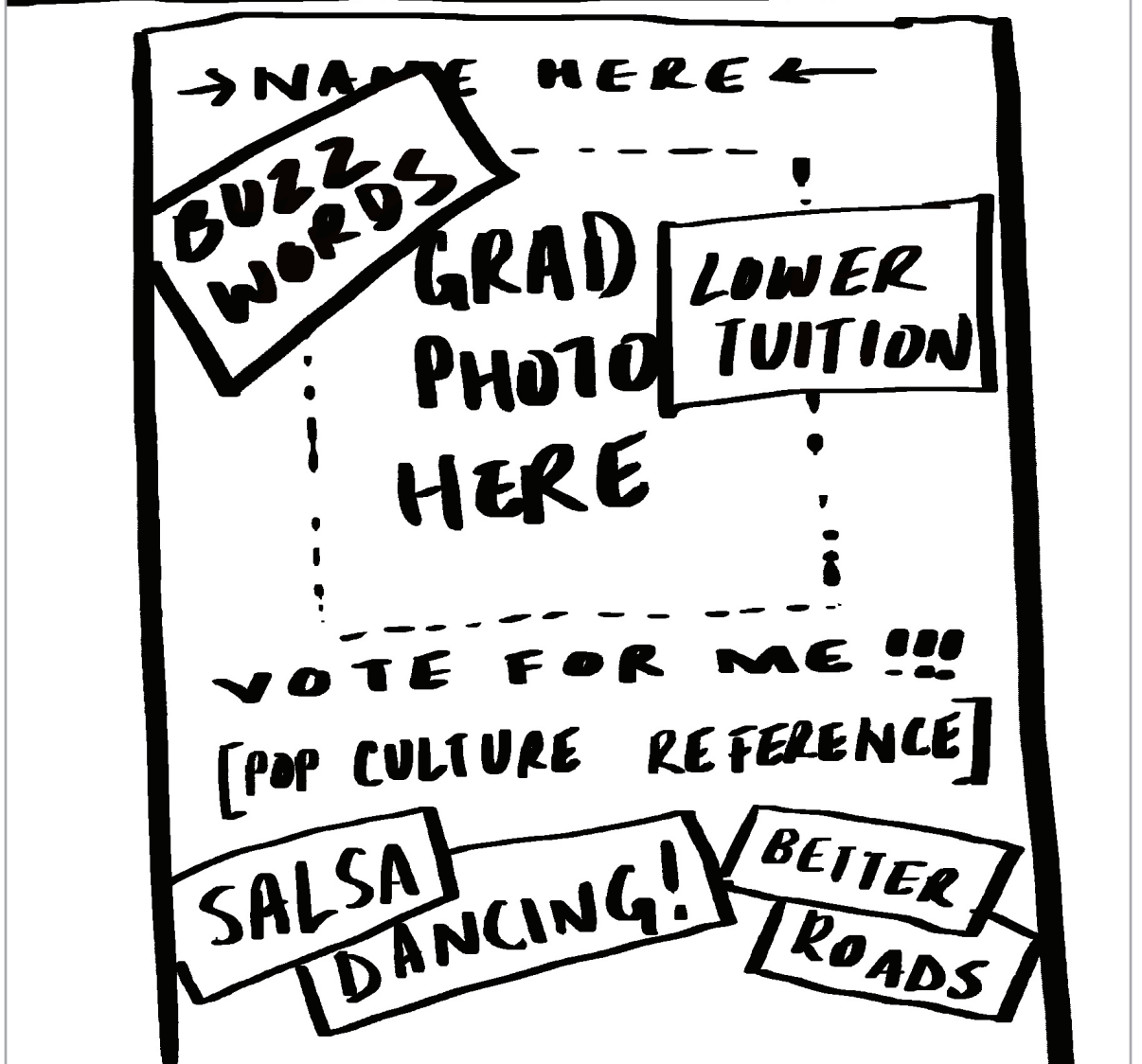
EDITORIAL HAIKU

Stop asking me to like your Facebook page

Election time's here
I'm surrounded, can't escape
Cease Facebook invites

Andrew Jeffrey
OPINION EDITOR

MAKE YOUR OWN SU ELECTION POSTER:



JESSICA HONG

letters to the editor

FROM THE WEB

Modern dependencies prevent us from true environmentalism

Re: "Alberta's Earth Hour won't save the planet," by Josh Greschner, Feb. 11.

The truth be told the only way we are going to really "go green" and "save our planet" - not to mention, ourselves - is by ridding ourselves of our dependency on the modern world.

Leah
VIA WEB

Say neigh to animal rights violations

Re: "Animal rights movement needs to be taken more seriously," by Kevin Holowack, Feb. 11.

"It's not in a cow's interests to practice religion, so we don't need to grant it the right to freedom of expression. But it's undeniably in the interest of any animal to avoid suffering for human wants. To flatly ignore this is nothing short of discrimination."

I really liked those lines. Thanks for writing this; we need more voices heard on the topic, and we need animal rights to be taken seriously.

The Paw Report
VIA WEB

I'm glad that this topic is picking up speed. Everyone should be aware of and concerned about where their food comes from. Eating Animals is a

fantastic, easy read that really opens a person's eyes to an industry that everyone knows is bad, but chooses to ignore. One thing: it's "Safran", not "Saffron". Otherwise, nice work!

Ivana
VIA WEB

Seek the Record should've seeked more help from the SU

Re: "Editorial: Students' Union didn't do enough to Seek the Record," by Kevin Schenk, Feb. 11.

I think it's important to note that some aspects of the Students' Union were very helpful for the Hide and Seek Club. Student Group Services did a lot to help promote/retweet their event and met with them multiple times to help with the planning phase (even though a different office does event items now). It's too bad the actual SU execs did shit all, and that SGS couldn't contribute in a larger way.

SU stands for Sad and Useless
VIA WEB

Relevance of social issues at social event

Re: "Consent isn't as simple as the colour of your cup," by Mitchell Sorenson, Feb. 4.

Mr Sorenson, have you considered applying to the Political Correctness Police Force? I think you have a glorious career ahead of you. Fight the

powers of evil my friend... one green cup at a time!

Matt
VIA WEB

If there is a god he needs to stop this social justice warrior shit. I wish I could write more but for once I'm really at a loss of words

Aj de Sousa
VIA WEB

An ode to Target

Re: "Marble Pedestal: In remembrance of Zellers," by Parker Ali, Jan. 20.

Fuck you target.

Target Hater
VIA WEB

Letters to the editor should be sent to letters@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, libellous, 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. And don't you forget it! We lost 3 Lines Free for a few weeks so to make it up to all of you it's back and it's HUUUGE this week. I'm sorry. Love me again.

Obsession with “natural” food leads to unhealthy choices



Nathan Bird
OPINION WRITER

You love the word “natural,” and the food industry knows it.

In America, the word helps to sell nearly \$41 billion worth of food every year — approximately \$41 billion more than titles “artificial” or “unnatural” help to sell. But our love of “natural” can be problematic, because in the hands of advertisers and marketers, it’s often meaningless, and sometimes it’s downright misleading.

Part of the problem is that natural foods aren’t always better for us, as many people assume. It’s worth keeping in mind that arguably the most toxic substance known, botulinum toxin (aka botox), is made “naturally” by bacteria. Natural food isn’t always more ethical, either, personally I’d rather have artificial shark fin soup than the real thing. Natural food can be kind of gross. For example, the “natural” vanilla alternative “castoreum” is from scent glands near the base of a beaver’s tail — also known as its ass.

These are extreme examples, but the point they illustrate is important: natural is not always better, and sometimes it means ass vanilla.

But apparently people don’t care about this. They want natural ingredients in their food — even their highly processed sugary pseudo-foods. Recently, this demand caused candy maker Nestle

USA to announce that it’s removing artificial flavours and colours from all its Kit Kats, Aeros, Butterfingers and other chocolatey products. This void will be filled with the natural flavours and colours that customers want: for example, a dye made from fruit seeds will be used to color Butterfingers, replacing the mouth-watering combination of “Red 40” and “Yellow 5.”

- Natural foods aren’t always better for us, as many people assume ... Natural food isn’t always more ethical, either, personally I’d rather have artificial shark fin soup than the real thing.

In Canada, this process has already started, and some Nestle chocolate bar packages boast a big green checkmark beside the words “natural flavours.” But what does this badge of distinction actually mean? Are naturally flavoured chocolate bars better somehow?

In my uncompromising quest for answers, I sampled three different Nestle chocolate bars — two with natural flavours (Mirage and Coffee Crisp), and one with artificial flavours (Crunch). But I failed to detect any quality difference between them. I even repeated the experiment just to be sure. Moreover, I doubt the naturally flavoured bars were significantly better for my health, considering all three bars contained trans fats and were approximately 50 per cent



NATHAN BIRD

sugar by mass.

According to the FDA, even a chocolate bar made entirely of broccoli and flax seeds wouldn’t necessarily be healthier made with natural instead of artificial flavours.

This is because the FDA defines a “natural flavour” as basically any flavouring agent that comes from a plant, yeast or animal — everything else is “artificial.”

Clearly, such broad definitions preclude generalizations about quality or nutrition, and the only ethical generalization I can think of is that vegans should be more comfortable consuming artificial flavours.

So have Nestle’s chocolate bars improved in any way whatsoever as a result of the switch to natural flavours? Not that I can tell. Has Nestle found a great new way to

lure us into eating even more junk food than we already do? You bet. Is that in the public’s best interest? Of course not. But I don’t blame Nestle. After all, they’re giving us exactly what we want. They’re like a genie granting an ill-conceived wish — a wish that the genie makes money from and that could help make North Americans just a little unhealthier and give us bigger butts.

YOUR OFFICIAL STUDENT NEWSPAPER  AT THE UNIVERSITY OF ALBERTA

HEY! WE’RE HIRING A 2015/16 Managing Editor

The Gateway is accepting applications for a Full-time Managing Editor

**FULL-TIME POSITION
Managing Editor**

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

The Managing Editor shall be responsible for providing support to the Editor-in-Chief in respect to editorial workflow and administration, and shall be an educational resource for line editors and volunteers. The Managing Editor will also be responsible for internal editorial and volunteer relations.

***CONTACT ANDREA ROSS FOR A FULL JOB DESCRIPTION**

Application deadline: Feb 28, 2015 at 4 pm.

**Applicants should submit
a cover letter, resume and portfolio:**

**Gateway Editor-in-Chief
Andrea Ross
(780) 492-5168 • eic@gateway.ualberta.ca**

YOUR OFFICIAL STUDENT NEWSPAPER  AT THE UNIVERSITY OF ALBERTA

HEY! WE’RE HIRING A 2015/16 Online Editor

The Gateway is accepting applications for a Full-time Online Editor

**FULL-TIME POSITION
Online Editor**

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

The Online Editor shall be responsible for managing The Gateway’s online presence, including soliciting online exclusives from other line editors and volunteers and teaching interested persons about the operations of the Gateway and its website.

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Students' Union ELECTIONS 2015

RUN

Thinking of running for a position in student government? Students' Council and General Faculties Council Nomination Packages are available at 2-900 SUB and online at www.su.ualberta.ca/vote.

Nomination Deadline: March 10, 2015 @ 5:00pm



VOTE • RUN • REPRESENT

Délai prolongé pour présenter une demande de crédits personnels d'une valeur pouvant atteindre 3 000 \$ pour des programmes éducationnels, linguistiques ou culturels.



Les bénéficiaires du Paiement d'expérience commune en vertu de la Convention de règlement relative aux pensionnats indiens peuvent recevoir jusqu'à 3 000 \$ sous forme de crédits personnels pour des programmes ou services d'éducation.

Cela comprend des cours dans des universités, des collèges ou des écoles de métier ou de formation, ou des programmes ou ateliers fournis par des groupes communautaires ou des centres culturels qui offrent des activités liées aux langues ou à la culture autochtones. Les crédits personnels peuvent être utilisés par les bénéficiaires du Paiement d'expérience commune ou partagés avec un ou deux membres de leur famille, ou encore mis en commun dans le but d'obtenir des services d'éducation collective.

La date limite pour présenter une demande a été prolongée au 9 mars 2015. De l'aide pour remplir le formulaire d'attestation de crédits personnels est offerte.

Pour plus d'information, consultez le site Web www.residentialschoolsettlement.ca ou communiquez par téléphone avec les organisations suivantes :

- Ligne d'information principale : 1-866-343-1858
- Assemblée des Premières Nations : 1-866-869-6789
- Nunavut Tunngavik Incorporated, Iqaluit : 1-888-646-0006
- Société régionale inuvialuite, Inuvik : 1-867-777-7092
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SMELLS LIKE INEQUALITY Against all logic, women are still often paying more for hygiene products like deodorant than men. CHRISTINA VARVIS

Gender gap in product prices must end



Floyd Robert
OPINION WRITER

Like a virus, the quest initiated by the "superior" powers to marginalize perceived "inferior" groups in society, is always manifesting its prowess in various, subtle forms — like price discrimination.

This is clear in the discrimination levied against women due to their gender, mostly observed in the sale of items and services like deodorants, shaving supplies and haircuts. Women pay more money for some reason. While some jurisdictions such as New York City have outlawed price discrimination based on gender, no laws in Canada prohibit the practice.

Both men and women experience the burdensome act of shaving at some point. The purpose of razors and shaving cream are essentially the same for both genders, but the prices surprisingly differ. Men pay considerably less for the same

equipment. Some companies blame the price difference on packaging and manufacturing costs, though the basic technology for manufacturing shaving razors are the same.

A few differences, though, exist between the two. Razors produced for women have a more rotund and much larger head to account for the larger surface area being shaved, like a woman's legs. Also, an inclusion of extra casting on the blades of razors designed for women reduce the incidence of casualties while shaving. Furthermore, the blades on women's razors are at less of an oblique angle, and designed with a different contour of handle to facilitate greater visibility of scope, so men can see better what they are shaving at.

Furthermore, another area of profound price discrimination how women often get charged more than men for the same haircut. Many professionals have argued that the reason behind the price difference is anything but gender discrimination. They argue that women have longer hair requiring more cutting, and require other activities such as blow-drying and styling, which

is time-consuming. On the other hand, other opinions state that the services rendered in hair cutting of both sexes may be the same, and still different prices would be rendered to both sexes. Women may possess a gamine pixie style shorter than her husband, but will still be charged considerably more for a cut. A suitable solution for this inequality can be obtained in going to salons that charge by the hour, and not by the sex of individuals.

Some have pointed out that companies are encouraged to exploit the female sex since women are programmed to depend upon these materials due to societal pressures and perceived standards of beauty. A man isn't necessarily pressured into shaving his legs or getting a haircut — it's merely a chore. But there's an immense amount of pressure on women to shave their legs and armpits or wherever there is a large emergence of hair. This lends itself as an avenue for exploitation as women are now placed in position where they're willing to spend more money on these services or items than their male counterparts.

AB Liberals collapsing as competition improves



Zachary Trynacity-Popowich
OPINION WRITER

As the province gears up for the likelihood of another election, I can't help but think of the state of the Alberta Liberal Party.

With their nomination lacking visibility and a lacklustre online presence, the Alberta Liberals appear to be heading for another train wreck. Yet, that comparison feels unfair to train wrecks because even train wrecks had momentum at some point. No, calling the Alberta Liberals a train wreck just won't do. Instead, the party feels as if it has more in common with an old country barn.

If you've ever had the chance to take a road trip in Alberta, you might have spotted one or two of those old, abandoned barns. Located in a distant corner of some farmer's property, the roof sunken in, the walls collapsing under their own weight and the paint long since stripped to the timbers, these barns have more than a little in common with the provincial Liberals.

When it's all said and done, these barns are collapsing inward due

to their advanced age and lack of utility.

In the coming months, we can expect yet another provincial election. The reigning Progressive Conservative Party is demonstrating how spry it is in its advanced age with the coronation of a new leader, the Wildrose is up in arms over betrayal in their party, the New Democrats are reinvigorated with a new leader grounded in sound progressive values and the Alberta Liberals have reinstated a former leader who didn't work out quite so well the first time around.

With all the momentum that the Federal Liberals are gaining, one might mistakenly expect that some of their energy might have transferred over to their provincial counterparts. The Federal party is more popular with students than they have been in generations. Yet, the nomination process for Provincial Liberal candidates seems to be hidden within a dilapidated web page that has more in common with my Myspace account than in the modern era. Also, on the topic of a weak online presence, the volunteer list and call out sheet has remained largely inactive despite multiple opportunities to help remind Albertans that they do, in fact, exist.

Instead of developing a

transparent and visible nomination process for interested voters, the provincial Liberals still seem stuck in a 20th century electioneering mindset. With more and more of the voting population being under the age of 25 the youth vote is becoming increasingly important in Alberta, the provincial

Liberals have made limited inroads when it comes to engaging students in relevant issues, and have done little to differentiate themselves from the other centre left parties.

Finally, the party leadership has shown remarkable degrees of obstinance when dealing with protest parties. The Alberta party for all its flaws have at the very least remained active in trying to engage Albertans and especially students with progressive values.

The provincial Liberals, much like that old country barn, are outdated and collapsing inwards. In a case like this, a new coat of paint simply won't do. Instead, the barn needs to be torn down and rebuilt from the foundation up. If the Alberta Liberals want to save their party, they need to show a willingness to collaborate, a conscious effort to listen to voters especially students and most importantly, a strong definition of what those values are.

Voluntourism's emotional experience trumps efficient aid



**Josh
Greschner**
OPINION STAFF

Free the Children is selling colonial myths, and we're buying them.

This summer, many will travel to developing countries for charitable work with organizations like Free the Children.

Craig Kielburger, founder of Free the Children, became famous in the '90s as a child activist fighting to eradicate child labour in the developing world. Free the Children has developed into a multi-million dollar charity along with its subsidiary for-profit company Me to We, which offers humanitarian trips to countries such as Kenya, Ecuador and India. Me to We's ostentatious promotional campaigns are popular with Canadian schools.

Me to We's selling point is volunteer work, such as building schools in rural villages of developing countries. These types of organizations have been accused of shoddy work from inexperienced workers. Blogger Philippa Biddle, wrote about her experience in high school building a library in Tanzania, saying the work she did during the day was so bad that locals fixed the poor construction at night. Murtaza Haider, a professor at Ryerson University, wrote in an article for Dawn.com that Kielburger's crusade to end child labour, with little understanding of the Pakistani

carpet industry, prevented it from achieving an economic boom and actually forced children into poverty, due to the money lost in cancelled export contracts after this campaign.

I'm not accusing Free the Children of any of this — in fact, they seem to be highly aware of criticism against humanitarian aid. They insist they don't provide charity, but sustainability.

Nonetheless, Me to We offers "voluntourism." Itineraries on the website advertise exposure to a variety of cultural practices specific to each country, as well as volunteer work. The trip to Kenya, for instance, costs \$6,245, lasts 20 days and when students aren't on cultural excursions, they build schools for 11 days from 2:30 pm to 5:30 pm. Which means 33 hours of work per person.

This school building operation seems inefficient. Inexperienced Western workers perform menial labour while being directed by local workers. But how much would be accomplished in a shorter time if all that labour was local? Zealous humanitarians build a lot (Free the Children has built 20 school buildings in rural Kenya), but of course, Westerners are paying to feel as if they're helping — they're not there to necessarily do good work. And even if Western work is efficient, one Cameroon native Madelle Kangha said in a Forbes article "building schools doesn't necessarily result in higher literacy, post-graduation employment rates or even increased education."

It's clear Me to We promotes



SUPPLIED — FREETHECHILDREN

emotional experience over education. Every trip features some time dedicated to discussing local issues, but it's difficult to believe in its effectiveness when students making videos about their trip to Ghana can't even pronounce "Ghanaians" or "Accra" properly. Also, Me to We advertises images of playing with kids, not talking with elders.

Since Me to We appeals mainly to high school students, they advertise the simplest message possible: the developing world needs our help,

and we are helping by virtue of going on a Me to We trip. Kielburger is appealing to the same old colonial myths of help that seem self-evident in our culture. The 2011 MTV Canada special Degrassi in Kenya is a perfect example of the strength of the Western impulse to help: Canadian actors were disappointed that they didn't get to finish building a school they had started, and seemed betrayed and resentful that local labourers took over their work. In other words, they were more concerned about

themselves than the village.

Kielburger has an MBA — he knows what he's selling. Kielburger knows that a vapid cutesy blond spokesperson saying "I'm a Maasai warrior," before shooting an arrow will sell in Canada.

I'm not saying that you shouldn't travel — I'm saying become educated about the seemingly self-evident messages in our culture that aren't cross-culturally applicable. It's ironic that the people who don't know these things are the ones building schools.

#3LF

three lines free

Got something that you need to get off your mind? Either email us at threelinesfree@gateway.ualberta.ca, tweet @threelinesfree, or message us at www.thegatewayonline.ca/threelinesfree

WHY IS THERE NO 3 LINES FREE?????
no three lines free last week? what gives? did you think nobody would notice?
WE'RE SOOOORRRRRYYYY
Here! Take extra!
three lines
three corners
illuminati
The SU president is talking about toilet paper lol
here have an actual submission.
next one'll cost ya
FU is already exclusive without even knowing what it's about. It's already insulting and demeaning just with the name.
Drake the type of nigga to sign the petition to support the Dedicated Fee Unit increase.
Dear sister,
By the time you read this -
MMMMMMMM
WHATCHASAAAAY
lets chicken nugget
LANAAAAA
WHAT?!!?
danger zone
Gateway didn't get enough signatures to go to referendum for an increase. I give them an F for relevance and execution.
Just signed the petition for the referendum. Glad to support campus news.
I don't get it. Print is dying & they want more money.
Bitches
Be
Crazy
To the student mouthing off at the cleaning staff in SUB on Friday night - grow up.
They Don't Think It Be Like It Is, But It Do

Cows can be gender neutral too
Fashion Streeters alphets be fire emojis this year.
Redheads. All I am saying.
The square LiveWell waterbottles are THE COOLEST FUCKING THINGS IN THE WORLD
Using case studies in classes allows racism. FACT.
investigate 9/11
I love my mom. <3
Why am I paying \$500 for a 400-level class for a prof to spend half of it telling me how to write a paper.
Scotty Olson is ok. He is not in a coma. He is alive and getting better. I hope you know who that is.
HUB mall runner! Please stop running in HUB. It is already gross enough without you running between people. Please for the love of god stop!!!
I give zero fucks about some 16 year old genius in University. Write about something relevant and useful.
Who says that having sex makes you any less pure? Why does our society condemn virgins? To what extent are we "pure" individuals in the first place?
how many different euphemisms do we need for 'fat' before the fat fatties feel comfortable with their fat fatasses?
Why did you go to a quiet floor if all you're going to do is talk?
This is NOT the place to do group work. Please shut up.
Dewey's food blows chunks.
More specifically, you blow chunks after eating Dewey's food.
The real question is: Who would win in a fight: William Lau or Andrea Ross?

I'm on Baewatch
Happy day of birth. I hope you have a great day. Writing haikus is...
So freaking hard.
we have Richard what do you have call a early election it could be good for alberta..
I thank the university staff member who okay-ed lighting up the quad trees. Actually does lighten my mood. :)
I have a great Soap Story. I was dirty. I took a fucking shower and now I am clean.
That old guy that beats his drum by the LRT is fucking amazing. Buddy Rich reincarnated.
Whener I want to get thirsty, I watch Guy Fietti videos
Why don't they use some of that leftover ice to build a leadership college instead of melting away more of my money on useless s**t
Gateway? More like Hateway. Hate against racism
"Is Pepsi Okay?"
"That depends. Is Monopoly money okay?"
A black hole is the result of the gravitational collapse of a sufficiently massive object with sufficiently small volume into a state of zero volume and infinite density, creating extreme spacetime curvature and thus time dilation. Therefore, one hour = seven years. Now you understand Interstellar.
Hide and Seek wasnt successful cause its run by fucking blokes from the gateway. They suck at presenting news, they are obviously gonna suck at organizing a school wide event
I am an asshole.
#fourthyardontcare
fuck you fuck you fuck you

Occasionally I drop a teacup to shatter on the floor.
On purpose.
I'm not satisfied when it doesn't gather itself up again
Someday, perhaps a cup will come together.
Cam Lewis is a fucking joke. I dont undertsna dhow the fuck this cheeky bastard is even employed let alone a student in the UofA.
*Understand
If the gateway writers were to become politicians they would act no different than Steve Harper. Glad Lau is not like them.
I would be offended if someone asked my pronouns
I wonder how much Trudeau pays to put his face on the metro
Who in their right mind could confuse this with news?
another 1/8th percent-er trying to buy power
15 times I've stayed up all night to write an essay. Going on 16.
yaaaaaaay
Dudes, I can't see over your hats in class. You don't need to be wearing them.
Leslie is a slightly better singer than William Hung.
Guys get on Yik Yak, it is actually funny as hell
Yik Yak is a perfect example of how disturbing university students really are
I wish the old guy looking at porn in Rutherford South would just not.
Googles "Valentines day ualberta" first result is bake sale
at least i can eat sugary food alone :(
Leland, let's get drunk at my house.
Have a great day!

Blinded By the Light - Deuce or Douche. You decide.
It's okay that you were smoking. I was just happy to see you. Seriously love your glasses.
Jordana, if you're reading this, that's pretty cool.
Klaus, let's get drunk at your house.
mark you don't even read the gateway but will you marry me
mark I'm sneaking a gateway in your backpack and then you will marry me
mark you don't even read the gateway but will you marry me
I don't get out of bed for less than two-figures
I wish someone cared enough to write me hate mail.
The guy who wants Jessie in Jessie's Girl sounds like a real asshole.
Whoever corrected the sexual assault stat of 21% to 0.3-0.4% of women being sexually assaulted on college campuses in last weeks 3LF: 1 in 4 women are sexually assaulted in THEIR LIFETIME. You think that your statistic is correct! please re-evaluate.
Didn't hear the fire alarm. Just that it was safe to come back inside.
Good job, U of A. Still waiting for the emergency notification email.
My life is a mess and my school-work is incomplete but at least my room is clean.
Never forget to put paper in the bowl, lest you be greeted by Neptune's Kiss.
Clever move, Gateway Website
You seem to have found a way around my ad blocker
Your ads have gone where no other ad has gone before
Please print more TLF.

LIFELONG LEARNERS:

Profiling mature students at the University of Alberta

WRITTEN BY JOSH GRESCHNER • ILLUSTRATION BY JESSICA HONG

While older students are the most visible mature students, the Office of the Registrar defines a "mature student" as anyone 21-years-old or older by the first day of classes of the term in which the student decides to enroll. Here are four of their stories.



POWER CROSLY

"In the old days, they had 35 mm slides that would project up onto the screen and now they have Powerpoint. The other difference is when we were bored we would just doodle and now everyone sits around with their little Smartphone doing Facebook or Twitter."

Powel Crosley, would stand out in a lecture hall full of first-years — his long hair is usually tied in a ponytail and the grey left in his beard is giving way to white. In 2010, he returned to university after 29 years to take 100-level science classes. He's 61.

In 1996, Crosley's wife, Sladjana, was diagnosed with a rare form of ovarian cancer called a granulosa cell tumour (GCT), and she died in 2009. Of the 2,600 women diagnosed with ovarian cancer in Canada, GCT affects five to eight per cent of them. GCT, in its advanced stage, has a mortality rate of 80 per cent, and little research has been conducted so far to find a treatment.

One year after her death, Crosley enrolled in basic science classes at the U of A with the intention of helping find a drug treatment himself. A few years later, he earned a position as an independent researcher in the Department of Oncology, working in Mary Hitt's lab. His work attempts to look for vulnerabilities in GCT that will cause the cells to kill themselves.

Crosley is well aware of a certain discourse occasionally voiced on UAlberta Confessions.

Mature students are condemned for taking up places in classes that could be used for younger students, and Crosley understands that perspective.

"I'd think it'd be pretty weird to have some old person sit in my class," Crosley says, frankly.

In the '70s, he was working toward a PhD in geography, but decided against pursuing it further and instead got a job. He says there are two minor differences between being in class back then and today.

"In the old days, they had 35 mm slides that would project up onto the screen and now they have Powerpoint. The other difference is when we were bored we would just doodle and now everyone sits around with their little Smartphone doing Facebook or Twitter," he says.

Upon returning to school, Crosley found the exams to be the biggest challenge of his science classes.

"My brain just got fried," he says drily. "I found that when it came to taking tests, I really suck. (In one class) when I did the assignments, I got top marks, but when I took the exam, I got a 50 (per cent). I got out of the course with a B+, which is fine. But it was such a stressful experience."

He considered pursuing a Master's in oncology to earn a degree for all the classes he was taking anyway, but he was deterred by exams and their immense stress.

"It's not going to do anything for me. I'm not making a career out of this, so they let me do what I want to do for research and I was fortunate to get a couple grants

for what I'm doing, so I feel at least I'm giving back to the department. I brought some money in that they wouldn't have otherwise had," he says.

Crosley is only in one class this year: Creative Writing. He completed a 55,000-word manuscript about his wife, but when he got to his first writing class, he realized all he had was a book of facts and that a central story was missing. He writes his essay assignments as chapters toward his book. He estimates it'll take another 18 months to rewrite his book.

"I wrote an article describing Yugoslavia in 1959 and threw in some stories (Sladjana) had told me," says Crosley. "(The instructor) graded that pretty well, so maybe that'll get me over the hump on that. It's turning out to be a lot longer than what I thought it would be."

Crosley sometimes feels out of place being the oldest member of a class. He wasn't aware of certain concepts that came up in his writing class, such as role-playing games. But being surrounded by younger students makes him feel young.

"When I'm hanging out with kids, I don't feel old. I look at you and I think 'Hey, we could go out drinking. We could go raise some hell.' Then all of a sudden I pass by a mirror and I go 'Oh, crap. Who am I fooling?' It's kind of bizarre."



KRISTA WALCZAK

"For example, should I drop a course? Quit my job? And if I am taking a full course load, I may even leave a course or two on the back burner and only pay attention to them when necessary. With this you cannot put your child aside, so it's either my studies or my job."

Krista Walczak is a 25-year-old, fourth-year German major with a Drama minor. She's spending the year in Germany as part of a direct exchange program for credit. She worked in retail out of high school and got a job at a call centre when her daughter, Kyra, was just under a year old. Kyra will be five in April.

"I didn't care for the call centre because I felt the environment was very mundane or stressful," Walczak writes from Berlin. "I was never happy and I felt I couldn't be creative, and since it conflicted with drama rehearsals, I decided to quit."

Walczak plans on getting a translation job. She enjoys university because it gave her the opportunity to travel to Germany and familiarize herself with the language she wants to work with. She enjoys the subjects she's

learning and appreciates university because she doesn't always agree with her peers and her professors.

"I choose carefully what information to accept. In the end, (being selective) teaches me how to think," she says.

Attending university with a young child also poses a number of challenges to Walczak. She admits that finances are a problem and she also works on a typical day while going to school. She says it's difficult to find time for herself while being both a student and a parent.

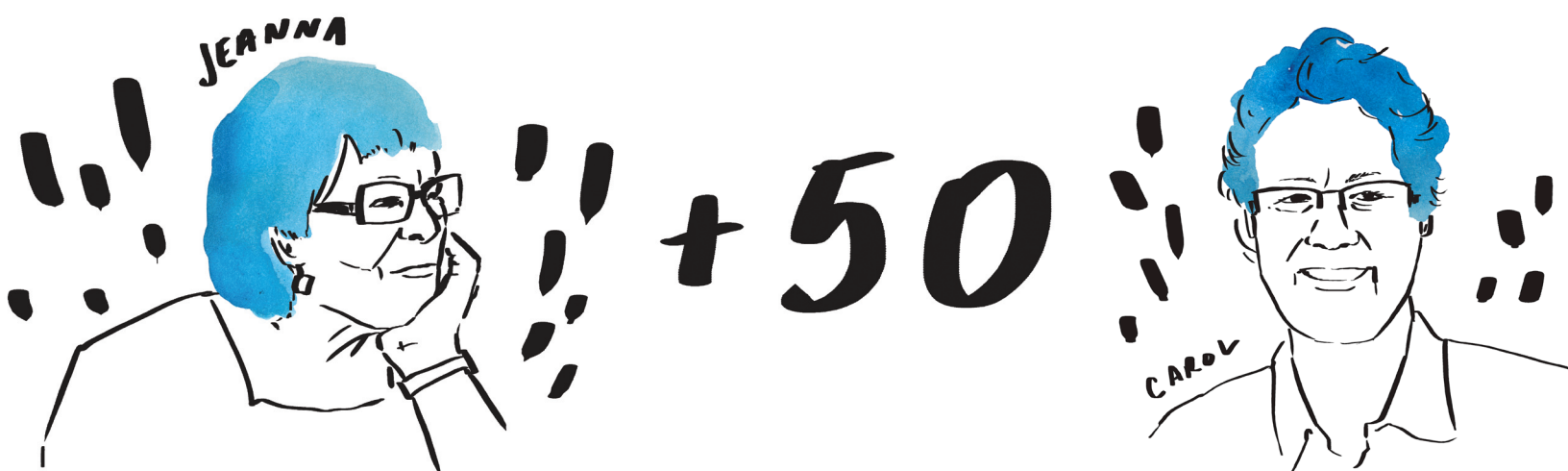
Kyra now attends a German kindergarten, and Walczak thanks her father for looking after Kyra when they lived in Canada when the university workload

became overwhelming. The hardest days were when either Walczak's father or her daughter became ill.

"Needing to go to the doctor's in the dead of winter does not help you when you have a ten-page paper due the next day," she says.

At first, she didn't realize how demanding university courses would be. Over time, she realized she had to "pick her battles."

"For example, should I drop a course? Quit my job? And if I am taking a full course load, I may even leave a course or two on the back burner and only pay attention to them when necessary. With this you cannot put your child aside, so it's either my studies or my job," she says.



JEANNA BATY & CAROL VAAGE

"My daughter said 'You're retired mom, why don't you just sit in your rocking chair and put your feet up?' I said, 'because this feeds my soul and my spirit. This is what keeps me alive.'"

For mature students older than 50 who want a less intense atmosphere, the Edmonton Lifelong Learners Association (ELLA) is provided in partnership with the U of A's Faculty of Extension. ELLA is a volunteer-run, non-for-profit organization offering a wide variety of spring session, university-level courses for mature students — or, as ELLA prefers to call them, "third-age" learners.

Two ebullient ELLA board members, Jeanna Baty, Chair of Marketing and President Carol Vaage, run the organization while being ELLA students. Vaage explains that first-age learning is schooling, second-age learning is career learning, and third-age learning is post-career learning for its own sake.

"(Third-age learner) is preferred mostly because we don't like being called 'old,'" says Baty.

ELLA is offering 41 courses this spring semester in a wide variety of subjects including history, genetics, tai chi and photography, all in the Education Building at the University of Alberta North campus. Participants

pay \$240 and can take up to four classes. ELLA also offers noon-hour lectures, featuring presentations by a number of U of A professors and figures in the community such as columnist Paula Simons of the *Edmonton Journal*.

The best part about ELLA, Baty and Vaage both agree, is that there's no homework. Baty adds that she much prefers ELLA to a university class where the students can hardly stay awake.

"I've heard one or two professors say 'I wish I could take this class and plop it into the middle of my first-year class, so (younger students) would know what it's like to be engaged. To challenge the professor, to talk with each other, to be excited,'" Baty says.

Arts classes are very popular with ELLA but many have an enrolment limit, so science classes also fill up quickly. The enthusiasm for learning in ELLA classes so impressed CBC Radio One's science columnist and U of A PhD graduate Torah Kachur that she returned a year later to teach a full three-week class rather than

give noon-hour lectures.

What's the best way to encourage life long learning? By learning specific skillsets at university, or through open-ended learning, involving exploration and trying new things?

"I think you could ask anyone of us and we'd have a different opinion because we come from a different place," says Vaage, a little hesitantly. "To me, if you can raise the passion for lifelong learning..."

"Exactly," interjects Baty.

"I believe the way to do that is a liberal arts beginning. You build a foundation and you need to get engaged."

Energy, community and enthusiasm for learning keep ELLA members young at heart.

"My daughter said 'You're retired mom, why don't you just sit in your rocking chair and put your feet up?'" says Vaage. "I said, 'because this feeds my soul and my spirit. This is what keeps me alive.'"

Arts & Culture

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Twitter
@chryslerrr

Volunteer
Arts meetings every Wednesday at 4pm

social intercourse

COMPILED BY Maggie Schmidt

UAlberta Pride Parade

CCIS (behind Starbucks)
Tuesday, Mar. 3 at 12:15 p.m.
Free

Pride Week is almost here! Show your support for the right to love regardless of gender identity with the colourful parade that runs all around campus. Starting at 12:15 p.m. sharp, line up and get a free rainbow flag to proudly wave while you make your way through the wheelchair-accessible route. After the parade ends, the fun keeps going with free hot chocolate and mingling with your fellow paraders in Van Vliet. Pride Week runs from Saturday, Feb. 28 until Saturday March 7, so make sure to keep your eyes open for all of the fun events around campus, from drag shows to speaker series. Come out, join the fun and show your support for the campus LGBTTTQQPIA+ community!

Paradise Sandwich Shop

w/ Lucas Chaisson
Artery (9535 Jasper Avenue)
Thursday, Feb. 26 at 7 p.m.
\$15

This Thursday at the Artery, a sandwich oasis is opening up to feed all of your hungry faces. A sandwich of the week and two side options are certain to tantalize your tastebuds. Stick around for Lucas Chaisson's sweet songs and soak up the hip atmosphere of the Artery while helping raise money for Burundi. All food options are vegetarian, so even your pickiest friends can enjoy! Local acoustic artists North of Here and Sean Bishop are opening for a night of folk music, food, and a noble cause.

UnCommon Presents: Consilience

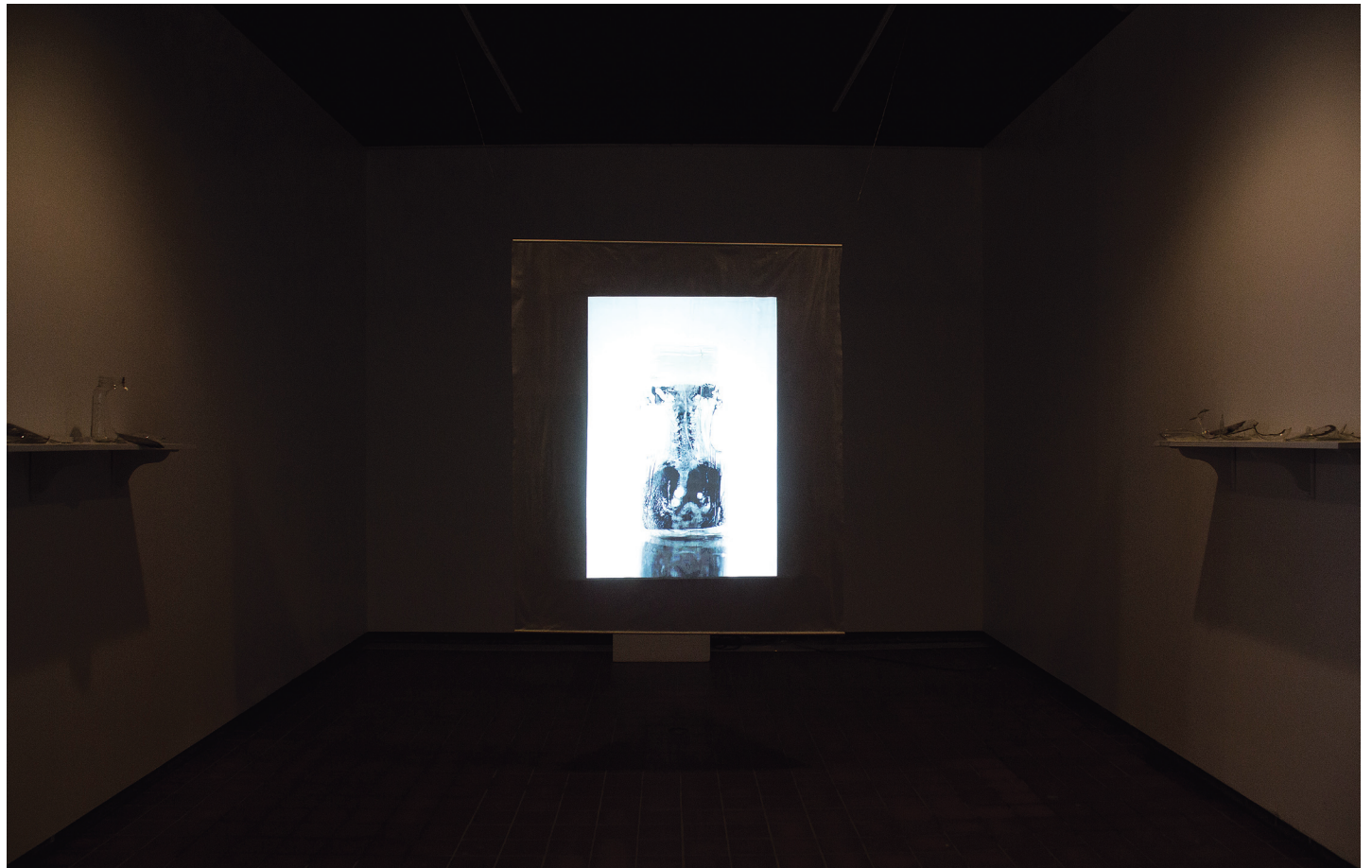
w/ Will Scott Band
The Common (9910 109 Street)
Thursday, Feb. 26 at 9 p.m.
Free

Assuming you've had your fill of delicious sandwich (see above), you probably want to go dance your face off and slam back a few. The Common is a trendy bar to see and be seen at, and with live music and \$4 draught beer on Thursday, what's not to love? The ambient Will Scott Band is going to open your mind, and Consilience's dream pop melodies are sure to win your heart over.

The Mac 'n Cheese Affair

Faculty Club of University of Alberta
Friday, Feb. 27 at 5 p.m.
\$50

The good life is being able to scarf down bowls of mac 'n cheese in formal wear while helping fund the Campus Food Bank. The student group will be hosting its mac n' cheese night for the seventh year in a row and will feature drinks, a silent auction, and all of the macaroni you can get your hands (use a fork, please) on. It's a little pricey, but it's going directly to helping feed your less fortunate peers. Be a good person, dress like you know what you're doing with your life, and eat your face off.



CHRISTINA VARVIS

Habitus uses MRI scans as a sisterly bond

GALLERY PREVIEW

Habitus

WHEN Tuesday, Feb. 24th until Saturday, March 21

WHERE FAB Gallery

HOW MUCH Free for students

Alexander Cook

ARTS & CULTURE STAFF • @IRONCHEFCOOK

Like most sisters, Darian and Devan Stahl share an intimate and complex relationship — a relationship that only deepened after Devan was diagnosed with multiple sclerosis.

MFA student Darian's latest FAB installation, *Habitus*, features human anatomy and the anxiety of medical diagnosis as the main figure of its works. As traumatic as this diagnosis has been to Devan and her family, it has inspired and motivated Darian's artwork.

"I believe that art has the capacity to generate empathy, so the motivation behind my work is to express the visceral emotion that is felt by my sister," says Stahl.

Through a collection of prints, *Habitus*

represents Devan's experience of being diagnosed and feeling powerless, from the doctor's office to the MRI scan machine. The prints combine Devan's MRI scans with impressions of Darian's body on charcoal paper or photographs, and the juxtaposition of the two sisters' bodies comprises many of the prints. Not limiting herself to static works of art, one piece projects a time-lapse video of an MRI image frozen inside a jar onto a silk-screen, and demonstrates how the jar falls apart as the ice melts.

Devan is a PhD candidate in bioethics, which helps Darian imbue emotion into the often cold and calculating connotation surrounding disease and medicine. Their shared perspectives and combined impressions of themselves in the pieces, she says, create a "third person" in the artwork.

"We're both interested in how depictions of anatomy currently are sterile and anonymous ... and how we're able to transform those figures to create more empathy for patients and the patient experience," she says. "The figure in the show is then this amalgamation of both of our bodies."

While it has been a theme in her previous works, Darian's inclusion of her sister's con-

dition in her art is particularly prevalent in *Habitus*. Darian says her representation of Devan in her work intends to create empathy for patients.

"Certainly it has grown to this collection in particular because of my motivation and personal relationship with the patient, in this case my own sister. So yes, it is much more important for me to be honest and authentic with my representation of this figure," she says.

Even though multiple sclerosis motivates Darian's art and sets Devan apart from the rest of society, Darian feels it's just a facet of Devan that shouldn't push her out of the realm of normalcy.

"Although this artwork is very specific, that it is about my sister and about her experiences, I think that there are universal qualities that anyone can see within my work because illness can happen to anyone at anytime," says Stahl. "Disability is something that is going to affect all of us at some point in our lives. Acknowledging that, being confronted with it, bringing it out into the open as something that is part of the normal human experience instead of something to be shunned away. I think is very important."





SUPPLIED - SHERVIN LAINEZ

Stars use uncertainty to conquer

MUSIC PREVIEW

Stars

WITH Hey Rosetta!
WHEN Wednesday, Feb. 25 at 7 p.m.
WHERE Winspear Centre
HOW MUCH Sold Out

Jason Timmons

ARTS & CULTURE STAFF • @JASON_TIMMONS

Just because a band becomes notorious doesn't mean they have it all figured out.

Canadian band Stars is 15 years into a successful career and still doesn't know what's in store for them. It may seem certain that Stars will continue to be a Canadian indie powerhouse for years to come, but Evan Cranley, original member and bass player of the band, feels differently in regards to certainty.

"(Uncertainty) is a motivational part, not really knowing what we're gonna do (after the tour)," Cranley says. "That's just gonna push us to work harder and really feel the moment."

Still flying by the seat of their pants after such a long history as a band may seem unnecessary, but it works for Stars. Using the uncertainty of the future to their

advantage, they've created a rock record with all the immediacy of disco and the fun of pop. Recorded in their Montreal studio above a discotheque, Cranley mentions there was little divide between the party going on downstairs, and the recording session upstairs. Out of the unconventional sound mixing came *No One is Lost*.

"There were times when we were actually sampling the house DJs and the crowd noises," Cranley says. "We basically used that space and the party that was happening downstairs as a direct influence."

While the band's influences range from Metric and Yeah Yeah Yeahs to modern R&B, Stars has never made the same record twice. Instead of falling back on their quieter, more orchestral sound from their first few albums, *No One is Lost* takes a poppier turn, quite different from Stars' back catalog. Without being positive of where they will go next, Cranley says inspiration can come from anywhere, and thus creates a new sound with each release.

"Instead of always going back to the same inspiration, I think it's important to choose your inspiration record to record," Cranley notes.

Uncertainty may leave Stars teetering on the edge of the unknown, but it has paid off for them greatly in the form of sold-out shows and

widespread critical acclaim in the form of two Juno nominations and two Polaris prize nominations. One could argue that the reason for Stars' success is the very uncertainty that they battle constantly.

"With any artistic thing, there's a very insecure relationship you have with what you do because you're literally falling off a cliff," Cranley mentions. "Sometimes you don't really know what the future looks like."

Stars isn't a careless band blindly making their way through the music industry, surviving only on luck. Instead, they simply understand that their band is a living, breathing thing. Like all things that are alive, it's subject to its own mortal condition, and one day must reach an inevitable expiration date.

Harnessing uncertainty as their vice, Stars continues to put out music that resonates with a modern audience. While they've been in the game for a long time, Stars isn't ready to retire to the history books quite yet. They don't know exactly what the future will hold, but know that they don't want to be forgotten anytime soon.

"You gotta remind yourself this career's not gonna last forever, hopefully a while longer still" Cranley reflects, "I can't look ahead right now because it seems so good right now."

fashion streeters

COMPILED & PHOTOGRAPHED BY Christina Varvis



Floyd Robert
OPEN STUDIES II

Vino Bitches

WINE: OUR DAILY RED

Written by: Maggie Schmidt

Sometimes, all you want to drink is organic, sulfite-free sacrilige. Thankfully, some Californian wine makers got together and created the masterpiece, Our Daily Red.

The label features the famous fingers from Michelangelo's painting *The Creation of Adam* (look it up, dorks) with a glass of wine photoshopped into God's hand. Along with a witty pun for the company name, it's pretty much impossible to not spend your hard-earned trust fund on a few bottles. It's a screw-top, too, so you don't have to cry about not owning a corkscrew.

Although I usually don't pay much attention to the colour of wine, Our Daily Red is a very lovely shade of purple that I wouldn't mind staining my lips and teeth with. In fact, it looks, tastes, and smells sort of like spiked grape juice. It's like Sunday school all over again.

At 12.5 per cent alcohol per volume, it's surprisingly drinkable. With a hearty but slightly sour aftertaste, it's got an interesting flavour that even people who hate red wine can appreciate. If wines were judged based on how easy they are to chug, Our Daily Red could easily earn a silver medal.

Probably the only perplexing thing about Our Daily Red is found on the back label, two simple words: "vegan friendly." Are there vegan-unfriendly wines? Either way, no matter how whacky your diet is, Our Daily Red is safe for guilt-free consumption.

According to the Bible, Jesus turned water into wine, and it's safe to assume that this is what it tasted like. If semi-affordable, hilarious, health-conscious, drinkable red wine is what you're looking for, the search is over. Our Daily Red should be a staple for any dinner party, or for drinking alone with your cats (don't worry, only God can judge you).



Price: \$17.99

Available at: Liquors on Jasper

GATEWAY: Describe what you're wearing.

ROBERT: I'm wearing a denim jacket with a white t-shirt and an olive light jacket. I've also got some grey pants rolled up and some sneakers.

GATEWAY: What is your favourite thing to wear?

ROBERT: Nothing. Just kidding! Anything that feels comfortable. I don't like going overboard. I just like t-shirts, I love plaid shirts. Really anything like that. I hate winter coats so I don't wear them, I generally just wear light stuff like this coat.



Top Five Oscar Moments of 2015

Michael Vecchio

ARTS & CULTURE STAFF • @MICHAELVECCHIO2

Ah the Oscars, the annual celebration of the very best in cinematic achievement where the film industry congregates to recognize excellence. While there were controversies heading into it (#OscarsSoWhite), the 2015 Academy Awards went ahead without a hitch and produced a number of noteworthy moments, from host Neil Patrick Harris' opening song and dance and later "brief" appearance a la Birdman, to John Travolta's cheek petting of Idina Menzel. Here are the Top Five Memorable Moments from the 87th Academy Awards.

5. Lady Gaga's tribute to *The Sound of Music*

Lady Gaga's performance honouring the 50th anniversary of the film version of *The Sound of Music* showed that her talents might even worthy of the Broadway stage. Singing the classics "The Sound of Music," "My Favorite Things" and "Edelweiss," what made this all the more notable was the relative simplicity behind it. In an age where we're used to the spectacle of performance, Lady Gaga uncharacteristically sang without dancers, effects or elaborate costumes. It was a fitting and beautiful tribute that would have even made the legendary Julie Andrews proud. No doubt Rodgers and Hammerstein would share a similar sentiment.

4. Acceptance Speeches

Your name is called — you've just been honoured with an Academy Award. What thoughts are running

through your head? The acceptance speeches in this year's show were all memorable and inspiring in their own way, like JK Simmons' request for viewers to call — not text — their parents, or Patricia Arquette's plea for female wage equality. But perhaps the most touching was Graham Moore, who won for Best Adapted Screenplay for *The Imitation Game*. Recounting his inspiration, he said: "when I was 16 years old, I tried to kill myself. I felt weird and different and felt like I didn't belong. Now I'm standing here and this is for any kid out there who doesn't feel like they belong, because you do. Stay weird, stay different."

3. Live performance of "Glory"

As part of the presentation of the nominees for Best Original Song, John Legend and Common delivered a stirring and emotional performance of their song "Glory" from the civil rights film *Selma*. While the film was significantly snubbed with lead actor David Oyelowo and director Ava DuVernay failing to clinch nominations, there was little doubt that the main song would receive its due praise. Featuring a soulful chorus and a model recreation of the Edmund Pettus Bridge, the very bridge that Martin Luther King led his *Selma* marches on, both John Legend and Common sang with passion and conviction that had everyone on their feet in applause. And then to top it all off moments later, Legend and Common were awarded the Oscar, a fitting award to an anthem about the ongoing struggle for equality and justice especially prevalent in the United States.

2. Eddie Redmayne wins Best Actor

This year's nominees in the best acting category produced such strong work that it's a pity only one person has to take home the award. For Eddie Redmayne, however, it was his transformative performance as theoretical physicist Stephen Hawking in *The Theory of Everything* that sealed his victory against leading fellow nominees Benedict Cumberbatch and Michael Keaton. His performance wasn't just about capturing the slow and torturous effects of the brutality that is ALS, but of showcasing the resiliency that is the human spirit in the face of such extreme adversity. Redmayne brought to the screen an immensely emotional and inspirational characterization.

1. *Birdman* wins Best Picture

Capping off the nearly four-hour telecast was *Birdman or The Unexpected Virtue of Ignorance* claiming its crown as the Best Picture of the year. With its story of a washed up actor trying to reclaim his importance, director Alejandro Gonzalez Inarritu's *Birdman* is not only captivating cinema but perpetually entertaining. For Inarritu, Sunday night was especially fruitful, winning three Oscars for Best Original Screenplay, Best Director, and of course Best Picture. Each film in this category brought its own merits as to why it should win, but ultimately the combination of Inarritu's experimental vision, the wonderful acting, and its funny and touching story allowed *Birdman* to leap off its perch and soar clenching that Oscar in its talons.



SUPPLIED



SUPPLIED



Metro Cinema at the Garneau 8712 109 Street, Edmonton, AB
780 425 9212 | metrocinema.org
[Facebook.com/metrocinema](https://www.facebook.com/metrocinema) | [Pinterest.com/metrocinema](https://www.pinterest.com/metrocinema)
Twitter & Instagram @themetrocinema

Student Admission
Evenings \$9
Matinees \$6



Fantastic Mr. Fox

Reel Family Cinema
February 28 at 2:00

Mr. Fox used to be a chicken-stealing rebel and the scourge of the private farmland. But after a decade of abstinence and quiet family life with his wife, their son Ash, and his long-term houseguest nephew Kristofferson, he suffers a woodland midlife crisis and is drawn back into poultry pilfering. He thus succeeds in drawing the ire of three malicious farmers — Boggis, Bunce, and the formidable Bean — who are determined to destroy their foxy foe. Based on Roald Dahl's 1970 novel, *Fantastic Mr. Fox* is an idiosyncratic comic escapade, rendered with a stylistic flourish and nostalgic patina only Wes Anderson could muster.

Free admission for children 12 and under

Also on screen this week:

- FAVA Video Kitchen
- The Graduate
- Inherent Vice
- Global Visions Film Festival Theatre Network Fundraiser
- U of A Pride Night at the Movies



Two Days, One Night

February 27 at 7:00
February 28 at 4:00 & 9:30
March 1 at 2:00
March 2 at 7:00
March 3 & 4 at 9:30
March 5, 6 & 8 at 7:00
March 10 at 9:00PM

Sandra is a depressed mother who faces the axe from her minimum-wage job at the solar panel plant. Her cash-strapped colleagues have sold her out. Her only hope is to persuade a majority of her co-workers to forgo their bonuses ahead of an official vote on Monday morning. Her fellow employees are similarly overstretched, working illicit weekend jobs, while the real villain is behind the scenes in the form of modern management and business culture. *Two Days, One Night* is a socialist epic in miniature, heartfelt and humane.

Feb 27 @ 7PM

Metro Cinema's TGIF Club - Thank Garneau It's Film. Love Metro? Love Film and talking about film? Looking for something to do on a Friday night? Metro Cinema has all the answers. Stay after the show for a guided discussion, snacks, and a chance to meet fellow movie lovers.



Winter Roots Roundup VI

Heaven Adores You Music Docs

With special Live Music Performance by local folk pop phenom, Jessica Jalbert.
March 3 music at 6:30, film at 7:00

Heaven Adores You is an intimate, meditative inquiry into the life and music of Elliott Smith. By threading Smith's music through the dense, often isolating landscapes of the three major cities in which he lived — Portland, New York City, and Los Angeles — *Heaven Adores You* presents a visual journey and an earnest review of the singer's prolific song writing and the impact it continues to have on fans, friends, and fellow musicians.



Keep On Keepin' On

Clark Terry is more than just a jazz legend who Dizzy Gillespie, and Miles Davis thought was the best trumpet player who ever lived.
February 26 at 7:00

The Ballad of Shovels and Rope

This two-man family band uses ingenuity and hard work to create something out of nothing.
March 1 at 4:00



Visit metrocinema.org for full listings!

Two Days, One Night manages to be minimally excellent

FILM REVIEW

Two Days, One Night

WHEN Friday, Feb. 27 until Tuesday, March 10

WHERE Metro Cinema

WRITTEN BY Jean-Pierre and Luc Dardenne

DIRECTED BY Jean-Pierre and Luc Dardenne

STARRING Marillon Cotillard, Fabrizio Rongione, Catherine Salee

HOW MUCH \$9 with student ID

Mitchell Sorenson

ARTS & CULTURE STAFF • @SONOFAMITCH71

Minimalism is hard to pull off in film. It would seem as though many directors feel naked without their smash-cuts, symphonic scores, and CGI. Jean-Pierre and Luc Dardenne, on the other hand, revel in simplicity and straightforwardness, and their work is a lovely change of pace for the moviegoer.

Their new film, *Two Days, One Night* follows Sandra (Marillon Cotillard), a woman whose 16 co-workers must vote either for her to stay on at her job, or for each of them to receive

a bonus. The viewer is an observer of the life of one woman on one weekend, at an immensely significant emotional crossroads. The gravity of the vote is driven home again and again, each time in a more subtle way.

The cinematography is unadorned and unabashedly simple. The entire shot on a handheld camera, using only straight cuts, and the only non-vocal soundtrack is recorded from a car stereo. Despite all this, the viewer never feels as though the scene is empty. All the time the subtleties of the performances and the weight of the conversation instill an emotional connection with the viewer.

With little in the way of post-production, the movie's array of excellent performances are allowed to shine through. First, Cotillard deserves to have the lone Oscar nomination for this film. Her character is immensely dynamic, ebbing and flowing with the world around her. She takes her relatively unadorned lines and make us truly feel for her character. Through the emotional highs and lows, Cotillard's performance is always pitch-perfect, and never feels saccharine or construed. The same can be said for the supporting cast. Fabrizio Rongione's turn as Manu, Sandra's husband, is equal parts supportive and desperate for stability. Her 16 co-workers are, in turn, friendly

(Catherine Salee), apologetic (Timur Magomedgadzhiev), and often conflicted (Alain Eloy). The entire cast of the movie plays their parts to absolute perfection, whether on the screen for an hour or only a few minutes.

The same can be said for the rest of the cast; the subtleties of their performances beautifully characterizing the relationships they have with the rest of the players. All of them are understated to the point where the viewer wouldn't be shocked if they walked off the screen and onto the street. This pervasive sense of reality gives the film immense emotional weight. We put ourselves in the shoes of every character, and sharpens every feeling the film imparts.

Two Days, One Night is presented to the viewer matter-of-factly; we understand the intricacies of each character because they could be us. This is a film about everyday people, and the Dardenne brothers take full advantage of this. Viewers inject their own emotions into each character and the way they react. We see just how people will treat each other for money, and no emotional punches are pulled. This movie is spartan in terms of productions, but houses a cache of emotions so diverse that viewers cannot help but look past the onscreen minimalism and buy into the emotion of the movie.



SUPPLIED - MONGREL MEDIA



GATEWAY GUAC Our low-budget guacamole.



CHRISTINA VARVIS

JACK WHITE'S TOUR RIDER GUAC Obviously a rich person's guacamole.

CHRISTINA VARVIS

Battle Royale Guacamole editon: Gateway versus Jack White

Kieran Chrysler, Mitchell Sorensen, Richard Liew

ARTS & CULTURE FRIENDS

In February, the University of Oklahoma's student newspaper published Jack White's tour rider, with a specific guacamole recipe that sounds like more trouble than it is worth. This garnered a lot of press for White, which he later addressed in an open letter to "dear journalists and other people looking for drama or a diva."

The Gateway loves both drama and divas, as well as guacamole. Really, we don't care about the demands on the tour rider. We were just intrigued by the guacamole. We published a good, easy recipe during the Superbowl to help poor students with limited food budgets make delicious avocado dip. While it's tasty, simple and cheap, we were intrigued by Jack White's complex recipe that included more

fresh ingredients, but not enough garlic. So, we decided to have a throwdown and see who makes a better guac: *The Gateway* or Jack White.

First of all, we took the two recipes and made both.

Gateway Guac:

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

Step 1: Mix everything together until you have a dip.

Jack White Guac (directly taken from his tour rider):

- 8 x large, ripe Haas avocados (cut in half the long way, remove the pit—

SAVE THE PIT THOUGH—, and dice into large cubes with a butter knife. three or four slits down, three or four across. You'll scoop out the chunks with a spoon, careful to maintain the avocado in fairly large chunks.)

- 4 x vine-ripened tomatoes (diced)
- 1/2 x yellow onion (finely chopped)
- 1 x full bunch cilantro (chopped)
- 4 x Serrano peppers (de-veined and chopped)
- 1 x lime
- Salt & pepper to taste

Mix all ingredients in a large bowl, careful not to mush the avocados too much. We want it chunky. Once properly mixed and tested, add the pits into the guacamole and even out the top with a spoon or spatula. Add 1/2 lime to the top later so you cover most of the surface with the juice (The pits and lime will keep it from browning prematurely.) Cover with

plastic wrap and refrigerate until served. Please don't make it too early before it's served. We'd love to have it around 5 p.m.

After a massive creating and subsequent battle of the guacamole, our experts compared them.

Gateway Guac:

Kieran: I am fully aware that it looks like diarrhea, but you can't judge a book by its cover because this guac is like onions and ogres. It has layers.

Mitch: Considering this is budget guacamole, it's delicious. The salsa adds desirable salt and unctuousness.

Richard: It looks like shit but I like the consistency. But I've eaten a fair amount of guacamole in my time, and this is good.

Jack White Guac:

Kieran: This isn't even a dip. It's like a salad. You can't really get any of the spice from the serranos and trying to lift the avocado just breaks the chips.

Mitch: Though it would be a delicious sandwich filling, as a dip, I honestly prefer the poor person guac. This one has no spice to it.

Richard: It tastes fresh and it looks fantastic. But, it's too chunky and hard to dip. Who the fuck has to double their chip just to get a spoonful of guacamole.

Conclusion: If you're a student on a budget, make *The Gateway's* guacamole. Otherwise, make both and mix them together because if you're going to drain your budget on avocados you might as well do it with style.

CIS

2015 WRESTLING CHAMPIONSHIPS

Hosted by | **University of Alberta**
Main Gymnasium

Friday	Saturday
12:00pm CIS Session #1	11:00pm 5th thru 8th
2:30pm CIS Session #2	12:30pm Bronze Medal
6:00pm CIS Session #3	2:30pm Gold Medal
Adult Day Pass \$10	
Student Day Pass \$5	

Tickets available through the Customer Service Centre - Sales Office in the Van Vliet Complex or by calling 780.492.BEAR
Tickets will also be available at the door on the event day.

Canada West Playoffs

Hosted by | **University of Alberta**

MEN'S HOCKEY



UofA Students | \$8 (with a valid ONECard)
Game One | **Friday 7:00pm**
Game Two | **Saturday 7:00pm**
Game Three* | **Sunday 7:00pm**
*if needed

WOMEN'S HOCKEY



UofA Students | \$5 (with a valid ONECard)
Game One | **Friday 2:00pm**
Game Two | **Saturday 2:00pm**
Game Three* | **Sunday 2:00pm**
*if needed

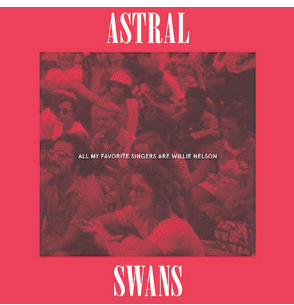
WOMEN'S BASKETBALL



UofA Students | \$8 (with a valid ONECard)
Game One | **Friday 7:00pm**
Game Two | **Saturday 7:00pm**
Game Three* | **Sunday 3:00pm**
*if needed

For advance tickets and information
call 780.492.BEAR or 780.451.8000
www.bears.ualberta.ca
@BearsandPandas

ALBUM REVIEW



Astral Swans

All My Favourite Singers Are Willie Nelson

Madic Records
madicrecords.com

Jason Timmons
ARTS & CULTURE STAFF • @JASON_TIMMONS

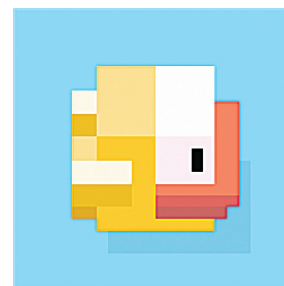
Calgarian Mathew Swann pushes the boundaries of what's possible as a solo act with his newest offering to the indie music scene: Astral Swans. Featuring eclectic rhythms and poetic vocals, Astral Swans mixes lo-fi folk and psychedelic rock to create a perfectly imperfect album—*All My Favourite Singers Are Willie Nelson*. Astral Swans perfectly harnesses the tendency to make small mistakes in the making of *All My*

Favourite Singers Are Willie Nelson by refusing to cut them out, instead making them a part of the sound. Things as simple as missed notes or off-beat drums give this album a homely charm. These imperfections ground this album in realism, giving the listener the sense that they're right next to Matthew Swann as he plucks away at his guitar. Make no mistake, the small imperfections are not the focus of this

album, merely a unique part of it that enhances the listening experience. Where this album really shines is in its range from simplistic to complex. "September" leaves the listener with a catchy tune stuck in their head, carried almost entirely by a simple riff and a great chorus, while "Attention" crescendos with a glorious, chaotic mixture of strings, vocals, and cymbals. The first single to be released off the album, "Beginning Of The End," finds a great middle ground between simple and complex, starting off slow before descending into an effects-ridden guitar solo. Astral Swans is a breath of fresh air in a world of over-produced music. By letting the sound speak for itself and making no apologies for imperfections, Astral Swans achieves lo-fi bliss.

datapp

WRITTEN BY **Alexander Cook**



Crossy Road

COST Free
PLATFORM iPhone, Android

So, why did the chicken cross the road? In this game, it's because if you don't, you'll get picked up and eaten by an eagle. No worries, though, since there are plenty of roads for you to cross and escape from it. In the quaint 8-bit plains of *Crossy Road*, you can help the little fowl traverse across not only roads and highways, but also fields, rivers, and train tracks.

On your generally short-lived journey, you collect coins which buy you chances to use a cute little vending machine, not unlike those you'd find in the back of a Safeway, begging your parents for a quarter from their change to manipulate it for yourself. But instead of spitting out cheap plastic rings, this one rewards you with different characters to cross the divergent routes of the world.

Besides the original chicken, you can play as a sheep,

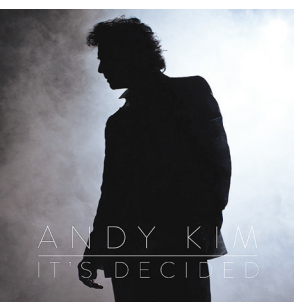
lizard, pig, or even a unicorn. In terms of human characters, there's a pop star, a basketball player, and a baseball player, among others. If all that is too boring for you, there's an entire zoo you can play as that picks random moments to darken the lights, drop the disco ball, and dance to music in the middle of the game. In addition, there's the all too familiar "doge" from the internet meme that sarcastically comments on your progress as you navigate through the high-risk environment.

Despite successfully evading that ugly bird, you will eventually get hit by car, truck, train, or possibly drown. Even more grotesquely, you could get eaten by a crocodile if you're especially careless in crossing a river. But fear not, if you have gotten especially far by the time this game has come to an end, confetti will fall to celebrate your death, and a screenshot of the moment will be taken for you to share the event with your friends.

This chicken is basically Flappy Bird's cooler cousin. Even though it's super addictive, at least it rewards with enough of a sense of accomplishment that you can refrain from throwing your phone against the wall.

Dat App is a semi-regular feature where we highlight the best apps available for procrastinating writing that midterm paper.

ALBUM REVIEW



Andy Kim

It's Decided

Arts and Crafts
andykimmusic.com

Maggie Schmidt
ARTS & CULTURE STAFF

Arts and Crafts is easily one of the most beloved Canadian record labels, featuring a slew of bands with an addictive uniqueness to them. Unfortunately, Andy Kim's new release *It's Decided* falls dramatically short of his Arts and Crafts contemporaries.

That isn't to say that there's a lack of experience between the musicians in the project. Andy Kim has decades of experience in the music business and is joined by

Broken Social Scene's Kevin Drew. This impressive pairing is only salt in the wound for the painfully drab album.

Each song on the album is kept at a not-too-slow, not-too-fast beat, and remains within a very small vocal range. The result is sort of like house music for dads, one very long folk song with only a few noticeable changes.

There is one saving grace from *It's Decided*: the fourth track, "Shoot

'Em Up, Baby." While the bulk of the song is the same U2-esque vocals over guitar and piano duet as the rest of the album, the first 20 seconds of the song are refreshingly reminiscent of 1960's pop music, making it stand alone as the album's single.

Of course, there is nothing that is technically bad about *It's Decided*. If you're looking to listen to the same song for 45 minutes, it's a great option. With no offensive lyrics and agreeable melodies, it's ideal for listening to around your grandparents or small children.

Although it remains among the effortlessly amazing albums released from Arts and Crafts, Andy Kim's *It's Decided* is sort of like geriatric sex: monotonous and best left not talked about. To quote the opening track from *It's Decided*, "it's just okay."

Sports

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Volunteer

Sports meetings are every Wednesday at 5pm

Volley bears capture Canada West gold, Pandas earn silver

Mitch Sorensen

SPORTS STAFF • @SONOFAMITCH71

The Golden Bears and Pandas volleyball teams earned gold and silver, respectively, at last weekend's Canada West Championships, ensuring both teams an opportunity at CIS Nationals this weekend.

The volley Bears came in to the Final Four as the top seeded team, giving them home court advantage and making them the team to beat. With their top seeding came a quarterfinal bye, which gave them a full two weeks to prepare and rest before their semifinal match against the UBC Thunderbirds.

A physical T-Birds team came in ready to go against the Bears on Friday night, and they showed it in the first set. The T-Birds capitalized on the Bears' forced errors and used solid blocking combined with a steady attack to take the first set 25-21. Invigorated by this setback, the Bears seemed to be a different team throughout the rest of the match. A string of five thundering serves from Kevin Proudfoot set the tone for the rest of the match. The Bears were too much for the Thunderbirds, as they overpowered them in the next three sets to win the match 3-1.

"When we were done, in my head I thought it was one of our best weekends of the season," Golden Bears assistant coach Brock Davidiuk said. "I think we still had some dips in our performance and in our ability to maintain our competitive presence on the court, but they weren't as bad as they had been throughout the year."

Having cemented themselves as CIS Championship qualifiers by making it to the Canada West finals, the Bears went into Saturday's match against the Trinity Western University



WINNER WINNER, CHICKEN DINNER The Bears volleyball team won Canada West gold last weekend.

MITCH SORENSEN

Spartans riding high after their statement win.

Trinity Western was led by two-time defending Canada West MVP Nick del Bianco, who also led the Spartans in kills and aces. But the Bears managed to out-kill and outmatch the Spartans. Canada West First Team All-Star Ryley Barnes' 22 kills led an offence that pounded the Spartans from all corners of the court. Unquestionably, the star of the tournament was third-year setter Brett Walsh, who averaged a ridiculous 15.5 assists per set while adding 23 digs to being declared the Final Four MVP. Walsh quarterbacked the Bears' offence to an authoritative 3-1 win over the Spartans to win Canada

West.

"I thought the guys did a pretty good job, especially not letting the nationals qualification get in the way of the game on Saturday," Davidiuk said. "The guys came out really focused and really willing to compete against a good team, a team we always like competing against in Trinity Western."

The Bears will take this mentality to nationals in Saskatchewan, where their goal is clear.

"We had to take the Tantramar Trophy back to Saskatchewan earlier in the year on the bus," Davidiuk said. "We're hoping to take the Tantramar back with us on the bus from nationals, that's our goal."

Like the Bears, the Pandas

seemed poised to capture their first Canada West championship since 2012.

On Thursday, the Pandas faced the UBC Thunderbirds, a powerhouse program that has won six out of the last seven CIS championships. A tight match throughout, the Pandas showed immense mental toughness in coming back from 2-1 to win the match in five sets.

The Pandas were out-hit and out-blocked by a UBC side that came ready to battle, but in the end, prevailed due to strong defence, minimizing errors, and serve line dominance. The defensive effort was led by libero Jessie Niles, who had 23 of the Pandas' 77 digs, and was given

Player of the Match honours for the Pandas. The Pandas also aced UBC ten times, keeping them out of system. In the end, the Pandas outlasted their opponents and ground out a tough win.

Already having booked their trip to the CIS Championships, the volley Pandas were looking to make a statement on Friday night against the Trinity Western Spartans. For the first two sets, it appeared as though they'd do just that.

Left side Kacey Otto spun five aces in the first two sets alone, and the Pandas looked to be a half-step ahead of Trinity Western all over the court. The third set, however, was a different story. The match settled out, and the two teams went point for point, with wild momentum changes all over the court. In the end, the tenacious blocking and attacking game of the Spartans was too much for the Pandas, and they fell in the fifth set 17-15.

After losing a heartbreaker in the gold-medal match, the Pandas plan on using the experience to learn and move forward to the CIS tournament.

"I think we learned that we can't take any points for granted, that we have to understand kind of why we lost and how we lost," outside hitter Meg Casault said. "Moving forward, knowing what we have to do when and if we have to come up against Trinity again or any other team in nationals."

The Pandas seem to have put the loss behind them and are ready to move on to CIS Championships in Toronto next week.

"We've shown to be really resilient this year," head coach Laurie Eisler said. "We'll be fine, and I expect us to play really well."

"Experience is often what you talk about when you don't get what you want. We didn't get the gold medal, but I really believe in their ability to really look honestly at themselves and grow up fast."

Alberta swimming team grabs first CIS gold medal since 1997

Zach Borutski

SPORTS STAFF • @ZACHSPRETTYCOOL

18 years is a long time to go without winning anything, and that's how long the University of Alberta had gone without a gold medal in CIS swimming.

That all changed this past weekend, when the Bears 4x100 meter relay team captured gold at the CIS swimming championships in Victoria. The team of Joe Byram, Nick Kostiuik, Josiah Binema and Tom Krywitsky found themselves at top of the podium on the final day of competition after winning an extremely close race, edging out UBC just by seven one-hundredths of a second.

Assistant coach Nathan Kindrachuk pegged that as one of the highlights of the meet.

"A lot of the members of (UBC) are members of the high performance national training centre, so our team's ability to step up was exciting to see," Kindrachuk said.

General Manager Colleen Marchese echoed Kindrachuk's sentiments.

"The fact it was a team event, it really put everything we had been working on this year together — which was building a team."

COLLEEN MARCHESE
U OF A SWIMMING GENERAL MANAGER

"For me, it was really exciting to see us win the last race," she said. "Also, the fact that it was a team event, it really put everything that we had been working on this year together — which was building a team."

A lot of work went into achieving results for the Bears and Pandas this year, and Kindrachuk credited head coach Bill Humby, who is

taking the year off due to personal reasons.

"He did an exceptional job of recruiting and training athletes, so we were able to capitalize on all the work he had done over the past four to five years," Kindrachuk said.

Marchese said teamwork is what led to the team's success as nationals.

"Many people think of swimming as an individual sport, but it really isn't, and that result proved it to me," she said. "What you can achieve when you work with your teammates is extraordinary."

"The moment you have success, your teammates see that and they get inspired, no matter how sore or tired they are."

The Bears were also able to achieve their best finish at the national level in the past 10 years, equaling their fourth place finish from 2012. For a team that isn't generally thought of as a swimming power like Toronto,

UBC, or Calgary, these results were very encouraging to Kindrachuk.

"Toronto, UBC, and Calgary all have access to national training centres, so they're able to attract the best athletes graduating from high school," he said.

"It's not only about recruiting, but also retaining swimmers already based in Edmonton."

COLLEEN MARCHESE
U OF A SWIMMING GENERAL MANAGER

Marchese pointed to local development as key to further development and continued success for the Bears.

"We're in a situation in Edmonton where there are some really good club systems in place," she said. "If we can build on those swimmers that are already being

developed locally and keep them here, that's going to be our best bet in regards to improving.

"It's not only about recruiting, but also about retaining swimmers already based in Edmonton."

The Pandas finished eighth this year, which was an improvement over two consecutive ninth-place finishes in 2014 and 2013, and their best result since a sixth place finish in 2012.

The weekend wasn't all about the gold victory or the overall point performances. Kindrachuk said the fact that many swimmers were able to attain personal bests made the weekend particularly memorable.

"The personal investment and fortitude that some swimmers have shown over the course of three to four years, where they haven't set personal bests in a very long time, to see them finally break through and set new personal bests was both incredibly important and special."

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DEFENDING CHAMPS The Bears hockey team finished the regular season first in Canada West.

KEVIN SCHENK

Puck Bears and Pandas are the teams to beat in Canada West

Cam Lewis
SPORTS EDITOR @COOOM

Heading into the Canada West Final Four, the Bears and Pandas hockey teams are in familiar territory as the teams to beat.

Last year, both teams finished at the top of their respective conferences and both teams were favoured to win the championship. The Bears succeeded, dominating the Calgary Dinos in the finals and eventually winning the CIS championship. On the other hand, the Pandas were shocked by the Cinderella story Regina Cougars, who came within one win of the Canada West championship despite being in fifth place in the conference.

Pandas head coach Howie Draper said it's critical for his team to not make the same mistakes they made in last year's upset.

"The thing about this conference is that it's been so tight that we don't have a chance

to take anyone lightly," he said. "Every team has shown us that they could beat us if we aren't on our game and they can put a lot of pressure on us if we're sitting on our heels."

The Pandas will host the Calgary Dinos in their semifinal series this weekend, a team that Draper said they struggled with this season despite winning the season series 3-1.

"The season has helped build us up a little, and help fortify us against that lackadaisical mental attitude going into games," he said. "Calgary owned us throughout times we played them this season, so we can't really see Calgary as being a lesser opponent."

"The rivalry has grown between our two teams, it's grown into something quite exciting and that will certainly play a huge part in motivating us for the weekend for sure."

The Pandas will head into their series well rested, as they haven't

played a game since Feb. 14, a 3-1 loss to the UBC Thunderbirds. Calgary, on the other hand, had an easy time with the Saskatchewan Huskies last weekend, sweeping their series in two games.

While the rest has been nice for the Pandas, Draper said it has it can either work in a team's favour, or against them.

"I think it can go either way, I've seen times where it's really been helpful to have the extra energy. Then last year, I felt that it worked against us," he said. "Hopefully it works out well. It really depends on the job we do as coaches to prepare, but also what the leaders do to get the players to where they need to get to."

The Golden Bears will open their championship defence on Friday when they host the UBC Thunderbirds at Clare Drake Arena. The Bears won their season series with the Birds 3-1, winning both of their games at Clare Drake in commanding fashion, by scores of 5-1 and 5-0.

Home playoff hockey schedule



Game 1: Friday @ 2
Game 2: Saturday @ 2
Game 3: Sunday @ 2



Game 1: Friday @ 7
Game 2: Saturday @ 7
Game 3: Sunday @ 7

All games to be played at Clare Drake Arena

Canada West Hockey



Final Four Breakdown

Compiled by Cameron Lewis

Men's Final Four highlighted by inaugural Battle of Calgary



Alberta Golden Bears:

The Golden Bears are heading into the Final Four as heavy favourites to repeat as Canada West champions for the third straight season. The Bears will face the UBC Thunderbirds, who are fresh off defeating the Manitoba Bisons in what was the first playoff series hosted by UBC since 1971.

During the regular season, the Bears went 24-4 and won their season series with the Thunderbirds 3-1, outscoring them 15-8. The Bears are rock solid in all aspects of the game, boasting the league's top goaltender in Kurtis Mucha, and the league's top two scorers in T.J. Foster and Jordan Hickmott.



Calgary Dinos:

The Dinos are heading into the first-ever Battle of Calgary this year with their civic rivals, the Mount Royal Cougars. While the Dinos did finish higher than the Cougars in the standings this season, Mount Royal got the better of their older brother in the season series, winning 3-1.

Calgary's strength comes from their rock solid defence and goaltending, as they tied with Alberta for the fewest goals allowed in the league with 56. If the Dinos make it to the finals, they'll look to make up for last year's performance where they were dominated in two games by the Golden Bears by a combined score of 10-2.



Mount Royal Cougars:

In just three years, the Cougars have managed to turn themselves into a legitimate threat in Canada West. In 2012, Mount Royal joined the CIS and finished their inaugural season with a 7-19-2 record. The year, they finished with a 17-10-1 record and won their first ever playoff series over the Saskatchewan Huskies and they'll now take on their Calgary rivals in the Final Four.

This series will likely be one of the biggest Calgary university sport history, as the two teams broke the CIS record for largest regular season crowd with 8,882 earlier this season in a game at the Scotiabank Saddledome.



UBC Thunderbirds:

The Thunderbirds come into the Final Four as David, with the Golden Bears being Goliath. UBC finished the season in fourth place in Canada West with a 13-10-5 record and edged out the Manitoba Bisons 2-1 in a three-game series.

The Thunderbirds won just one of their four games against the Golden Bears this season and that came back on Sep. 27 on home ice. In the two games they played at Clare Drake arena, the Bears stomped them 5-1 and 5-0. The Birds will have to rely on strong goal tending from Eric Williams, as they only have two scorers in the league's top 20 compared to Alberta, who has six.



Prediction:

It's difficult to imagine the Thunderbirds topping the Golden Bears, especially considering how badly Alberta dominated UBC at home in the regular season. The Battle of Calgary is much more unpredictable.

While the Dinos technically have home-ice advantage, both teams play in the same city, so it wouldn't be surprising to see David Bauer Arena filled with Cougars fans. On top of that, Mount Royal also won the season series over the Dinos, so them winning wouldn't be much of an upset. Whether it's the Dinos or Cougars playing the Golden Bears, we'll be seeing another Battle of Alberta in the Canada West finals this season.



RANDY SAVOIE



KEVIN SCHENK

Like last year, women's Final Four could be loaded with upsets



Alberta Pandas:

The Pandas will be looking to redeem themselves after a massive flop in last year's semifinals. Despite finishing with the best record in Canada West at 20-5-3, the Pandas were upset at home by the fifth-placed Regina Cougars, who finished the regular season with just 11 wins.

The Pandas will be facing their provincial rivals, the Calgary Dinos. The Pandas won their season series with the Dinos 3-1 by a combined score of 10-5. The key for the Pandas will be goaltender Lindsey Post maintaining her regular season success, during which she posted 10 shutouts and a goals against average of just 1.18.



UBC Thunderbirds:

The Thunderbirds head into the Canada West Final Four as the hottest team in the conference. After losing five straight games heading into winter break, UBC went 10-2 to finish the season, putting them just three points behind Alberta for first place.

Despite that, the Birds will be in tough as they have to go up against the Manitoba Bisons who finished with a 19-9 record. The Birds and Bisons split their four meetings this season, with both teams winning the two games they hosted. That certainly bodes well for UBC, as they're hosting the three game series against a Manitoba team that went just 8-6 away from home.



Manitoba Bisons:

Like the Pandas, the Bisons also fell victim to the Regina Cougars' Cinderella playoff run last year. The Bisons will be looking to redeem themselves, but will be in tough playing UBC, one of the hottest teams in the conference.

The Bisons' biggest strength is the fact they boast two of the league's top five point scorers and the league's second best goalie, Rachel Dyck, who finished the season with an impressive 1.70 goals against average. Regardless, the Bisons will be in tough as they lost both of the games they played at Thunderbird Stadium this season and UBC is hosting their playoff series.



Calgary Dinos:

After sweeping last year's Canada West and CIS Champions the Saskatchewan Huskies, the Dinos will travel to Clare Drake Arena to face their provincial rivals. After a strong start to the season, the Dinos limped into the playoffs, losing five of their final six games, likely because their best player, Canadian Olympic Gold Medalist Hayley Wickenheiser, missed the second half of the season.

On top of that, the Dinos lost three of four games to the Pandas during the regular season, and they will also have home ice advantage and three weeks of rest heading into their series.



Prediction:

Judging by the upsets that happened in last year's playoffs, it's really tough to predict the way this Final Four is going to shake out. It's easy to say the Pandas and Birds will win their respective series and square off in the finals, but it was also easy to say Regina was going to be knocked out in the first round last year, and look at what happened.

Despite winning 11 games during the regular season, they came within one win of being Canada West champions. Based on the way their season series went down, the Pandas and Birds are strong bets to square off in the finals.

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Hoop Pandas take on MacEwan in first ever Battle of Edmonton

Zach Borutski
SPORTS STAFF • @ZACHSPRETTYCOOL

Winning is addictive. Those were the words Pandas basketball coach Scott Edwards used to describe the massive push the Pandas basketball team made towards the end of the season. Alberta enters the playoffs on a five game win streak, which certainly helps their mindset going into their first round series against the MacEwan Griffins.

“Our athletes are feeling pretty good about how they have played of late,” Edwards said. “We’ll certainly use that confidence to make a big push in these playoffs.”

Alberta and MacEwan both finished the season with 16-4 records, good for third place in the Pioneer Division and second place in the Explorer Division, respectively. Since the Pandas are from the Pioneer Division, they’ll host the series at the Saville Centre.

Speaking of the series itself, this is the first time that two schools from Edmonton will play each other in something other than a meaningless exhibition game, as

this is MacEwan’s maiden season as a part of the CIS. While some would call this a rivalry game, Edwards refrained from doing so.

“I think it’s a cool thing to be a part of the first ever game between the two schools, but not until there are many more like this would it be considered a rivalry,” Edwards said. “These are two quality teams that play some exciting basketball and hopefully we’ll see a crowd this weekend that appreciates that.”

“It wouldn’t be much different than prepping for a team you haven’t played in a while, which is pretty common in our playoffs,” Edwards said. “I’ve just spent as much time as I can watching them play, getting a feel for the tempo and style of play.”

“Figuring out who their important players are and putting a plan together to limit them as much as possible.”

Edwards said he’s hoping for a full house on Friday night for the first ever playoff game between the two universities.

The Golden Bears basketball team also enters Canada West playoff action on a hot note, as they finished the season on an eight game losing streak. After a lacklustre first half of the season, the Bears hit their stride coming out of Winter Break, managing to climb all the way up from seventh to fourth place in the Pioneer division.

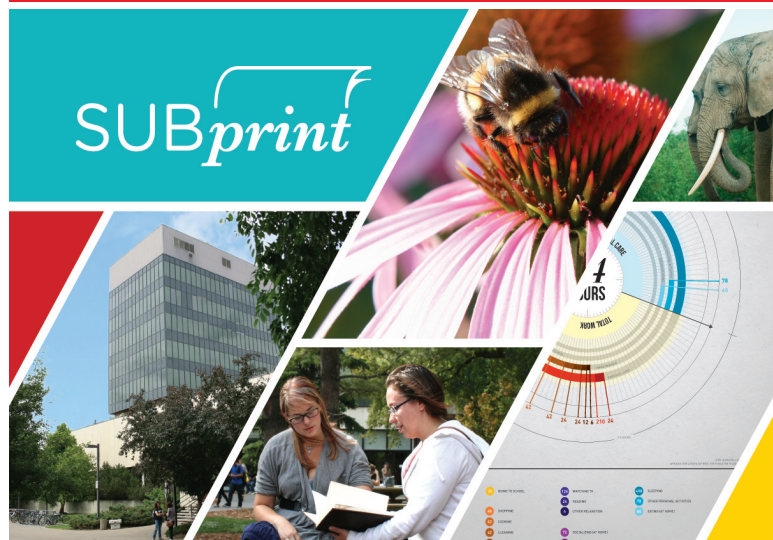
Unfortunately for the Bears, their hot finish wasn’t enough to get them home court advantage in the playoffs. The Bears will travel to Victoria to take on the Vikings in a three games series starting on Thursday.

“I think it’s a cool thing to be a part of the first ever game between the two schools, but not until there are more like this would it be considered a rivalry.”

SCOTT EDWARDS
PANDAS BASKETBALL HEAD COACH

The Pandas and Griffins haven’t faced off yet this season, but Edwards said the team’s overall preparation wouldn’t be any different than normal.

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HOOP DREAMS The Pandas basketball team will play its quarterfinal playoff match with the MacEwan Griffins.

NIKKO MIGUEL ARANAS

ZZZZZZZ

Home playoff basketball schedule



Game 1: Friday @ 7
Game 2: Saturday @ 7
Game 3: Sunday @ 3

All games to be played at the Saville Centre

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Reawarding medals in sport is an uncomfortable prospect

Mitch Sorensen

SPORTS STAFF • @SONOFAMITCH71

At the Beijing Olympics in 2008, Canadian shot-putter Dylan Armstrong missed out on a podium position by just a single centimetre. Last week, he was awarded a bronze medal in his hometown of Kamloops, B.C. after third-place finisher Andrei Mikhnevich of Belarus was given a lifetime ban for doping. All of Mikhnevich's throws dating back to 2005 were erased from the record books and Armstrong took his place as the 2008 Olympic bronze-medallist — but is any of it actually forgotten?

Though my ego as a Canadian living vicariously through our Olympic team is greatly stroked

by this, I'm somewhat uneasy about this turn of events. Simply put, there really is no good way to handle doping in sport. The Olympics' re-awarding system seems to be the best of any sport so far, but it's still flawed because people are being given medals years after they're even relevant. An entire generation of ballpark gods — ranging from home run king Barry Bonds to fireballer Rocket Roger Clemens — are locked out of Cooperstown because of their involvement in the steroid era. On top of that, professional cycling is an utter and complete mess.

All seven of Lance Armstrong's Tour de France victories have been wiped from the records. As far as the cycling world is concerned,

those races have no winner. Even if they were to be re-awarded, the powers that be would have to travel below the podium more than once to find a "clean" athlete.

■ **“Whether we like it or not, we stood up and cheered when Big Mark McGwire belted his 70th home run of the season in 1996 and when Lance won his seventh tour.”**

Cycling in the 1990s and early millennium was defined by doping so much so that 1996 Tour winner Bjarne Riis went as far to call it a

“circumstance of the business” in his biography. It should be noted that Riis is still the “winner” of the 1996 Tour in terms of record books with an asterisk beside his name. Lance Armstrong seems to have been treated with the double standard to end them all, as all trace of his name and achievements have been struck from the record books.

Many sports simply cover it up. Who knows how many athletes are or have been guilty of this apparently blasphemous sin against their sports? Frankly, no more should be. Parading Armstrong in front of Oprah, allowing the public to decry him for remaining competitive in the openly juiced cycling world, and stripping him of every last shred

of athletic and moral dignity is utterly disgraceful. The same goes for the Sosas, McGwires, and Bonds of the world; give them their careers back, at least. Whether we like it or not, we stood up and cheered when Big Mark McGwire belted his 70th home run of the season in 1996 and when Lance won his seventh tour.

These athletes are titans of their respective arenas and their achievements should stand in the record books. Eliminating them from the annals of sport serves no purpose but to transfer blame for doping from failures of the leagues and organizations and on to the athletes. A winner is a winner, and redistributing unearned awards after the fact doesn't change anything.



MY CAPTAIN The Canucks acquired the franchise's scoring leader in a deadline deal in 1996.



SUPPLIED HOMECOMING After being traded in 2007, Ryan Smyth returned to the Oilers in 2011.

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Remembering the best from the NHL's trade deadline frenzy

Zach Borutski

SPORTS STAFF • @ZACHSPRETTYCOOL

Last Thursday gave us one of the most amazing trade deadlines in NBA history and we're all hoping next Monday will do the same when the NHL's deadline rolls around. To refresh your memory on just how exciting the NHL's trade deadline can be, here are the top 10 deadline deals in NHL history.

10. Edmonton Oilers acquire Sergei Samsonov from Boston for Marty Reasoner, Yan Stasny, and a second-round pick in 2006: A nice sentimental deal for Oilers fans, as Samsonov proved to be a key part of their playoff run that saw them fall one game short of winning the Stanley Cup. The Oilers haven't made the playoffs since and the draft pick ended up being all-star power forward Milan Lucic. I guess Lucic was the luckiest one involved in the trade.

9. Vancouver Canucks trade Alexander Mogilny to the New Jersey Devils for Brendan Morrison and Denis Pedersen in 2000: Mogilny was one of the most explosive players and dominant goal scorers of his era and even though he struggled after the deadline, the Devils still ended up winning the Stanley Cup that year.

8. Los Angeles Kings acquire Marion Gaborik from Columbus for Matt Frattin, a conditional second round pick, and a third round pick in 2014: Marion Gaborik never really looked at home in a Blue Jackets uniform, and was gone just under a year after being acquired in an even more shocking trade with the Rangers which involved Derek Dorsett, Derek Brassard, and John Moore. L.A. ended up winning the cup with Gaborik, so it's pretty easy to see who won this deal.

7. New York Rangers acquire Martin St. Louis from Tampa Bay for Ryan Callahan, a 2015 conditional second round pick, and a 2015 first round pick in 2014: Most deadline deals have more than a whiff of one-sidedness to them. One team is trying to rebuild, and the other is trying to gear up for a playoff run. This trade was executed on more equal footing, with two tested NHL veterans exchanging addresses in a deal that looks good for each side.

6. Washington Capitals acquire Martin Erat from Nashville for Michael Latta and Filip Forsberg in 2013: This deal surprised many, as Forsberg's talents were widely known, and many thought he had the

Top 10

potential to be a top player in the NHL. Nevertheless, Washington decided to take a risk, and now, Forsberg is the frontrunner for the rookie of the year award playing in Nashville, and Erat is playing with the Phoenix Coyotes.

5. Buffalo Sabres acquire Miroslav Satan from Edmonton for Barrie Moore and Craig Miller in 1997: Another jewel in Edmonton's stellar trading crown, Satan turned into a 40-goal scorer in Buffalo and led the Sabres in points six times during his tenure. Has anybody heard of Barrie Moore or Craig Miller? I rest my case.

4. St. Louis Blues acquire Keith Tkachuk from Phoenix for Michael Handzus, Ladislav Nagy, the rights to Jeff Taffe, and a first round pick in 2001: An all too familiar problem in Phoenix — financial troubles — forced this deal to completion. Despite getting what looked like a lucrative return, Phoenix was still the losers of this deal — Handzus was traded soon after, and Nagy never really hit his potential.

3. New York Islanders acquire Ryan Smyth from the Oilers for Robert Nilsson, Ryan O'Marra, and a first round pick in 2007: This was a dagger straight through the heart of Oilers fans. The Smyth trade shocked nearly everyone,

and angered just as many. Smyth helped the Islanders make the playoffs that year, although they lost in the first round. Meanwhile, the Oilers ultimately received three players that will only ever be answers to trivia questions.

2. Vancouver Canucks acquire Markus Naslund from Pittsburgh for Alek Stojanov in 1996: In what many consider to be the most lopsided deadline deal of all time, the Penguins gave up a player in Naslund who ended up leading an entire franchise in goals, assists, and points, for a player who scored six points in two years, and then never played in the NHL again.

1. Pittsburgh Penguins acquire Ron Francis, Grant Jennings, and Ulf Samuelsson from Hartford for John Cullen, Zarek Zalapski, and Jeff Parker in 1991: What many people don't remember is that John Cullen was considered a young star at the time of this deal, and many Penguins fans weren't thrilled about him being moved. They changed their tune quickly, as Francis and Samuelsson helped Pittsburgh win back-to-back Stanley Cups in 1991 and 1992. Francis also finished his career fourth in NHL scoring with 1,798 points and is regarded as one of the most underrated players of all-time.

Diversions

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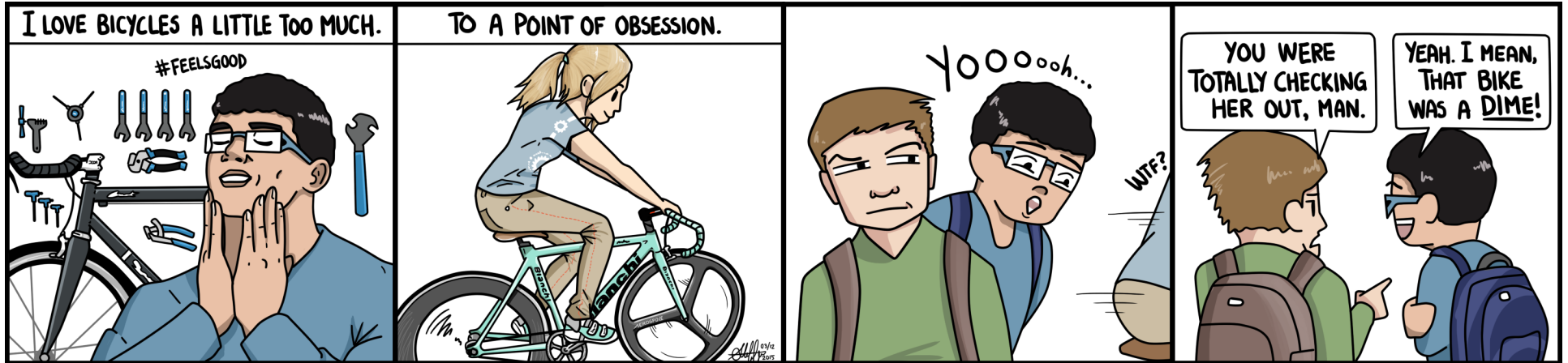
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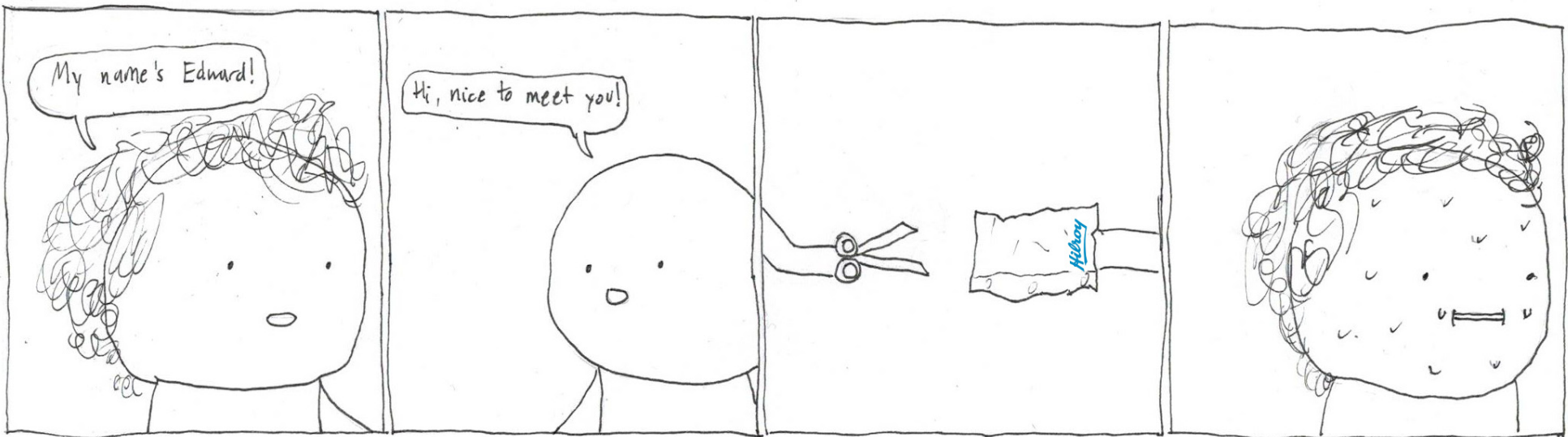
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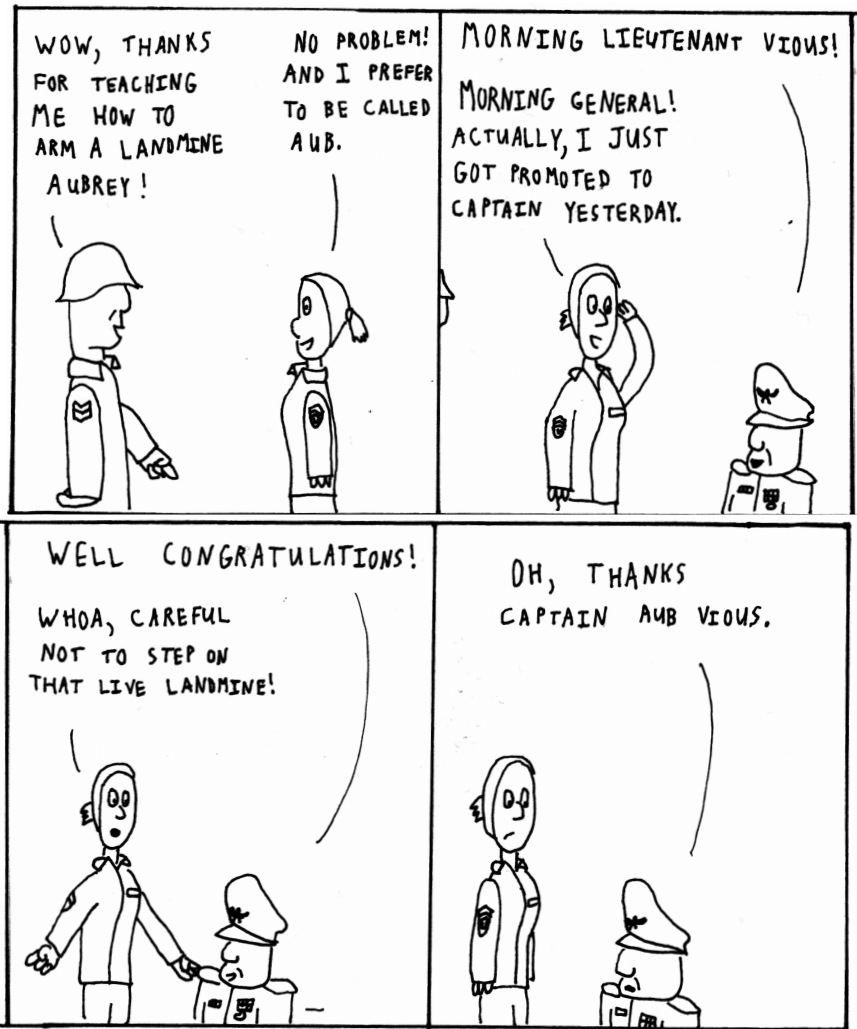
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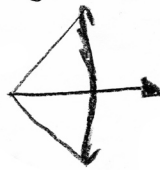
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