

the reflector

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NEED TO
KNOW**
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#TRUMPED



Carbon tax is here

How it's impacting Albertans

Sydney Fritz

Contributor

In 2017 the Alberta government is taking the phrase, 'New year, new me' to a provincial level. Following the 2015 election of the NDP party there have inevitably been mixed reactions, from deep-seated concern to unwavering support.

This dichotomy of reactions will undoubtedly continue after the Jan. 1st implementation of a provincial carbon tax.

Carbon tax, in layman's terms, is a pollution tax designed to cut greenhouse gas emissions. Its design is to do this by adding a fee to all use, production and distribution of fossil fuels.

Frances Widdowson, an associate professor of political science at Mount Royal University explains a carbon tax as "a financial charge imposed by the state on the carbon content of fuels. It is an attempt to put a price, a levy, on the burning of carbon."

Widdowson is sceptical of the tax. "I think that the Alberta government is deluded in believing that a carbon tax will solve the environmental problems that are associated with the use of fossil fuels," she says.

She believes the carbon tax has the potential to reduce usage but says as economic systems

expand, they will still rely on the usage of fossil fuels despite the increased cost.

While the carbon tax is often discussed on a provincial scale, many are curious how they will be affected personally.

According to an estimate in an article from the Calgary Herald, the everyday household may end up paying up to \$40 more a month for regular bills such as electricity and heating because of the carbon tax. This is in addition to a hike in gasoline and diesel fuel costs.

For those who commute, the most noticeable change will be gas prices, which will affect budgeting for transportation and possibly encourage people to look for greener ways to travel.

However, the Alberta government has promised varied amounts of rebates according to household earnings and size, that will likely offset much of the added energy costs to households. The rebates for 2017 range from \$200-\$360, depending on family size. They have also promised to support farmers and cut small business tax in the process.



Alberta is the second province to get on board with introducing a carbon tax law this January.

What are students saying about carbon tax?

Q: Did the Alberta government set us on a path that will economically and environmentally improve this province with the carbon tax?

Sydney Fritz

Contributor

"I drive a fair amount for work and although my employer compensates me for some transport with the gas price increase, I will have higher travel expenses. I understand that this is to increase the use of public transport but I am from an area that doesn't have any (public) transportation."

-Ally D., 21, student.

"The theory is sound, it's the efficiency that the provincial government will struggle with."

-David Reil, 28, student.

"I think the benefits of this tax will be great in the long-term. It will spur innovation in the energy industry, and cleaner technology will be the result. Albertans will suffer in the short-term, as we will see in the effects of this tax through an increase in costs and prices."

-Ryan Thomas, 21, student.

"This doesn't necessarily change my feelings about the government but if they didn't think through the benefits in the province then they wouldn't have created it."

-Michelle, 20, student.



Many are concerned with the idea of paying more towards a carbon tax but the Alberta government promises rebates to 60% of average-income families.

A (brief) history of carbon tax in Canada

Jennifer Dorozio

News Editor



There have been mixed reviews of the Alberta government's newly implemented carbon tax.

- **March 2007:** Alberta paves the way in legislating a maximum for greenhouse gas emissions for large industries, fining \$15 per CO2 tonne that exceeds the maximum set.
- **April 2007:** British Columbia joins the Western Climate Initiative, a non-profit corporation allied with certain US states with an aim to tackle climate change on a regional level, like 'cap-and-trade' agreements. Eventually Manitoba, Ontario, and Quebec joined and continue to be members.
- **July 2008:** the Conservative B.C. government implemented Canada's first carbon tax shift, a tax on fossil fuels.
- **Oct. 2016:** Liberal Prime Minister Justin Trudeau unveils national carbon pricing plan to begin in 2018, giving provinces the opportunity to either negotiate a plan to price carbon pollution or accept Ottawa's terms.
- **Jan. 1, 2017:** Alberta begins their own provincial carbon levy on all fuels that emit greenhouse gas emissions including transportation and heating fuels, with certain exemptions. They also implement rebates to eligible Albertans to offset extra cost incurred by the carbon tax.

MRU's new Dean of Science seeks to 'give back' with his role

Jonathan Withey brings with him a host of research history

Riley Nerbas

Staff Writer

Mount Royal University's new dean of science and technology Jonathan Withey, is bringing with him a sound educational background and experience from Edmonton's MacEwan University.

Oxford-educated Withey took the position of the dean of science and technology on Jan. 3, from new interim provost Jeff Goldberg who left the position mid last year, and from Mary O'Connor, who filled in for Goldberg until the end of December 2016.

"It was appealing to me in terms of, not just a move to add diversity to my own career, but also a real opportunity to give back to faculty and students in the role as Dean," Withey says.

Withey spent 12 and a half years at MacEwan University, where among other things, he researched biowaste conversion -successfully securing a grant from the government of Canada for his work. He also researched new medical applications for organic molecules, according to Mount Royal's website.

Withey hoped that his application for the position at MRU would be the next step in

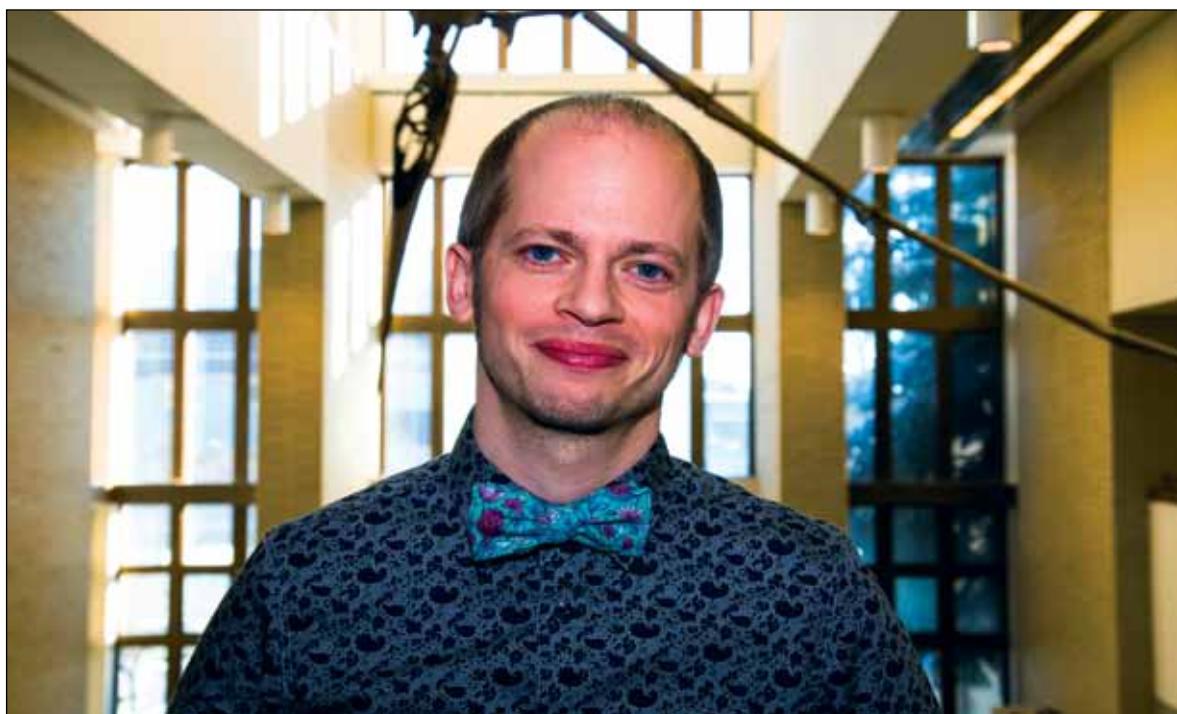
a life devoted to growth and knowledge.

After various application stages and spending a full day on campus, Withey decided to accept the position of Dean. In his new role he hopes to give back to a career he believes has given him so much throughout his life.

"I worked on contract negotiations with the Faculty Association, I became a program chair and subsequently a department chair to help assist my colleagues within the department and I think this is, in some ways, the next logical step to serve a community of faculty and students more broadly," said Withey.

Withey is quick to mention how fortunate he is to have experienced the opportunities offered him in his career. Looking back he says he never saw himself becoming a teacher of post-secondary education.

As an adolescent he dreamed and worked hard towards becoming a Royal Air Force fighter jet pilot, but in his late teens he began having issues with his eyesight and was unable to accomplish his dream. So, instead, he got a scholarship and applied himself to science and a post-secondary education



Jonathan Withey joins Mount Royal University as the new dean of the Faculty of Science and Technology. His latest tenure was spent at MacEwan University. Photo courtesy of Mount Royal University Media Relations.

career teaching new budding talent in the fields of science and technology.

In his spare time, Withey is an avid jogger who used to run a mini-marathon of 160 km a week- roughly 22 km a day. He says this helped clear his head and decipher the problems of an everyday career. He was also a competitive rower at Oxford.

According to Withey, he

has plans for small changes in the science and technology institution with his new position. He hopes to deliver a more specialized focus for future students. Some programs are currently under review and revision, and the specialized programs are expected to be rolled out in the coming academic school year.

Programs that are considered

a cornerstone of MRU such as the Bachelor of Computer Information Systems degree and geology and environmental science, will most likely remain unchanged.

Withey looks forward to combining leadership and management and facilitating close communication between students and faculty for the foreseeable future.

#ThingsMRUsays

Mount Royal U @mountroyal4u

#MRU has made 'Breathing Room' app free for students for positive mental health @MRU-LiveWell #mruletstalk

Kourtney K @kkrys437_k

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Fun time skating and collecting canned food for @CalgaryFoodBank #MRU #mrulife #sigmachi

Habits to quit this semester

Tips and tricks from your new Publishing Editor

Nina Grossman

Publishing Editor

Hey there Reflector readers! I'm Nina, a long-time Reflector staff member and first-time Reflector publishing editor. While this is my first semester as publishing editor, it's far from my first semester at Mount Royal. In fact... it's my 10th. Which is upsetting and I wish I hadn't just figured that out.

I've learned a few things along this winding road of studenthood. Some things school-related, others not. In light of my new role and the start of a new year, I'm going to share what habits to drop to preserve your sanity, humanity and sense of self.

1. Stop comparing yourself to people on Instagram. It's sad. It's lonely. It's a waste of energy. And it's almost impossible to not do. Just remind yourself that people who look like they have their shit together are probably floundering through life like the rest of us, they're just better at projecting perfection on social media. While I can respect the choice to sleep on white linens, drink cappuccinos in bed and eat breakfast off a tray with fresh flowers every morning, I would still choose a \$10 bottle of wine over a rosemary-thyme freshly squeezed Cru juice. And so should you. It probably tastes

better anyways.

2. Stop ordering Pizza 73. This one's hard. They literally market to students. We are the core demographic for the 'two for one' deals. No one is hungry enough to eat two medium pizzas, but who can say no to the challenge? Anyways, unless your metabolism is still in high school, those 'two for one' deals can start to do some serious damage. Cut back on the pizza, friends! But also, do you and live your life.

3. Stop sleeping irregularly. I don't know about you guys, but the only time I feel hopeful and motivated is between 10 p.m. and 3 a.m. This doesn't work in life. So what happens is I spend all day in a sloth-like state, going through the motions and avoiding deep thought. That sounds more depressing than it is. But if you want to avoid my mistakes, get on a somewhat regular schedule. It is a boring and very un-glamorous fact of life that regular sleep is vital to your health and success as a functioning human being. Ugh. I hate myself for typing that.

4. Stop taking on too much. Life is short. When you're gone, no one will remember how many A's you got or deadlines you met. They will however, remember if

you smelled bad or said stupid things. So don't do those either.

5. Stop waiting for your turn to talk and start listening to people. If you want to understand people's experiences, how they feel and what motivates them, you need to take the time to listen. Ask questions and start dialogue. Maybe if more people had been doing this over the past few years, there wouldn't be an abominable, twitter-happy cantaloupe in the White House.

Above all, treat yourself kindly, work hard, and let yourself flow in the direction of the things you're passionate about.

That's my hippy-dippy parting quote.

You know you love me.

Xoxo,

Publishing Editor

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Snowy paws and frozen fur

Paying attention to your pooch is important on winter walks

Amber McLinden
Staff Writer

Meet my dog Kootenay. He is probably the kindest, most well behaved pup you will ever meet. One of his favourite things to do is go for walks, because he's very athletic. When the word "walk" is uttered, he immediately perks up, turning his head slightly to the side as if asking, "Are you talking to me?"

However, winter in Calgary can be particularly harsh, and most dogs (even Kootenay) need their owners to be well informed on the risks of bringing a dog outside in the cold. They can't let you know when they are too cold or no longer enjoying themselves outdoors, so it's important to stay informed about the signs of a freezing pooch.

The first thing to remember is to limit your time outside. As much as dogs enjoy frolicking in the snow, they are at significant risk the colder the temperature is.

"Their ears are exposed, their paws are in direct contact with cold cement, their nose is

sticking out there in the wind," K.C. Theisen, director of pet care issues at the Humane Society of the United States, tells WebMD. "Never leave dogs outside unattended for any length of time. Only take them outside if they're going to be active and exercise."

If it's really cold, only go out for a short time, or not at all. As a rule, my family doesn't walk Kootenay if the temperature reaches below negative -15 degrees celsius, even if he objects. Most experts recommend the same for all dogs.

If you have a smaller dog, or an older dog who might have more trouble controlling its body heat, try putting a sweater or coat on them. If it's so cold that you feel you need to put them in a hat, you might want to skip the walk. WebMD also recommends bumping up protein and fat in your dog's diet to keep their fur healthy.

One of the most hilarious and entertaining parts of a winter walk is letting Kootenay play in the park near our house in

Northwest Calgary. He likes to roll around in the fresh white snow, which is a sight to behold. However, the park is riddled with rabbit poop. It's Kootenay's favourite (and most disgusting) outdoor snack. A nibble or two won't hurt, but do your best to prevent it, as it is possible to contract various infections from wild rabbit poop.

Be careful when letting your dog off leash, especially with so many rabbits around in the suburbs of Calgary. If your dog is anything like Kootenay, they might run off after rabbits, who nearly always outrun them, and you'll have a difficult time locating them. Try and keep your dog on leash and only let them off in designated off leash parks.

It's important to keep an eye on your dog's behaviour during a walk, especially if you've chosen to not put boots on them. Their paws are pretty tough, but even a cold day can affect them. Kootenay lets me know when his paws are getting too cold, indicating that it's time to go home by lifting a paw in the air

or jumping along without putting all his paws on the ground. Hold your pooch's paw if they begin doing this to warm it up before heading home and check for ice stuck in between the pads of the paw.

When you do get home, wipe off your dog's paws with a clean, dry cloth. This gets rid of the salt, dirt, and snow that they picked up along the walk. This is potentially damaging to the pads of their paws, so make sure to check for any red or cracking.

Overall, make sure you pay attention to the behaviour of your pet. If they are slowing down, trying to burrow into a warm place, or hopping along holding up a paw, it may be time to cut your walk short. It's important to get your dog exercise in the winter, but more important to keep them safe.



Cold weather can be detrimental to your dog. Keep your loyal companion safe by avoiding the outdoors in extreme weather conditions. Photo by Amber McLinden.



Graphic created by Hea Poh Lin from the Noun Project

Sticking to your resolutions

Healthy snacks to kick your cravings in 2017

Kourtney Meldrum
Food Columnist

The first month of 2017 is swiftly passing, and if you're like me you're still at the point where you're trying to stick to those New Years resolutions. It's not easy (it never is) to make these drastic life changes. Maybe you've promised yourself that you'll try to hit the gym more, stop procrastinating as much, or,

like a lot of people, try to eat a little bit better.

Eating healthier is a transition into a healthy lifestyle, and takes time to get yourself into the groove of. In a society of relentlessly busy individuals, convenience often trumps the decision to find a healthier food alternative. But the reality is that making your own healthy snacks to bring on the go with you doesn't have to take tons

of time and can also be delicious!

Here are three of my favourite quick, simple, and delicious healthy snacks. And the best part? All you need is a handful of ingredients and about 30 minutes.

Sugar Free Chocolate Oat Cookies

What you'll need:

- 3 cups quick-cooking oats,
- 3/4 cups honey
- 2/3 cup peanut butter (I use Kraft Smooth and Light)
- 1/2 cup coconut oil
- 1/3 cup unsweetened cocoa powder
- 1 1/2 teaspoons vanilla extract
- 1/4 teaspoon salt

The best thing about this recipe is that you probably have most, if not all of these ingredients in your house anyways. The second best thing is that these cookies need no baking at all.

To begin, you'll line two baking sheets with parchment paper (make sure your baking sheets fits in your freezer before you get started).

Then in a saucepan on about medium-high heat you can begin to combine the honey, peanut butter, and coconut oil. Stir all of these ingredients until they're blended together smoothly and then stir in the oats, cocoa powder, vanilla, and salt until the entire mixture is evenly coated.

Use a spoon to make balls and drop the cookies on the baking sheet before placing them into the freezer for at least 15 minutes to set.

After the 15 minutes is up take your treats out of the freezer and have a taste without feeling guilty! Make sure to store these bad boys in an airtight container in either the fridge or freezer (unless you eat them all in one sitting like me).

Sugar Free Chocolate Oat Cookies

All you'll need to make this is:

- 1 cup of peanut butter (non-natural)
- 3 cups of rolled oats
- 1/2 cup of honey

To start, get a 9x9 baking tray and line it with non-stick foil (or regular foil if you use non-stick spray). Next, melt together the honey and peanut butter in either the microwave or on the stove so that the mixture is smooth. Next add in the oats and combine so that everything is equally coated.

Pour everything into your pan and let it sit in the fridge for a few hours, and when it is set you can cut it into squares to enjoy. Store them in the fridge to keep them sticky, or keep them out to have them warm and soft.



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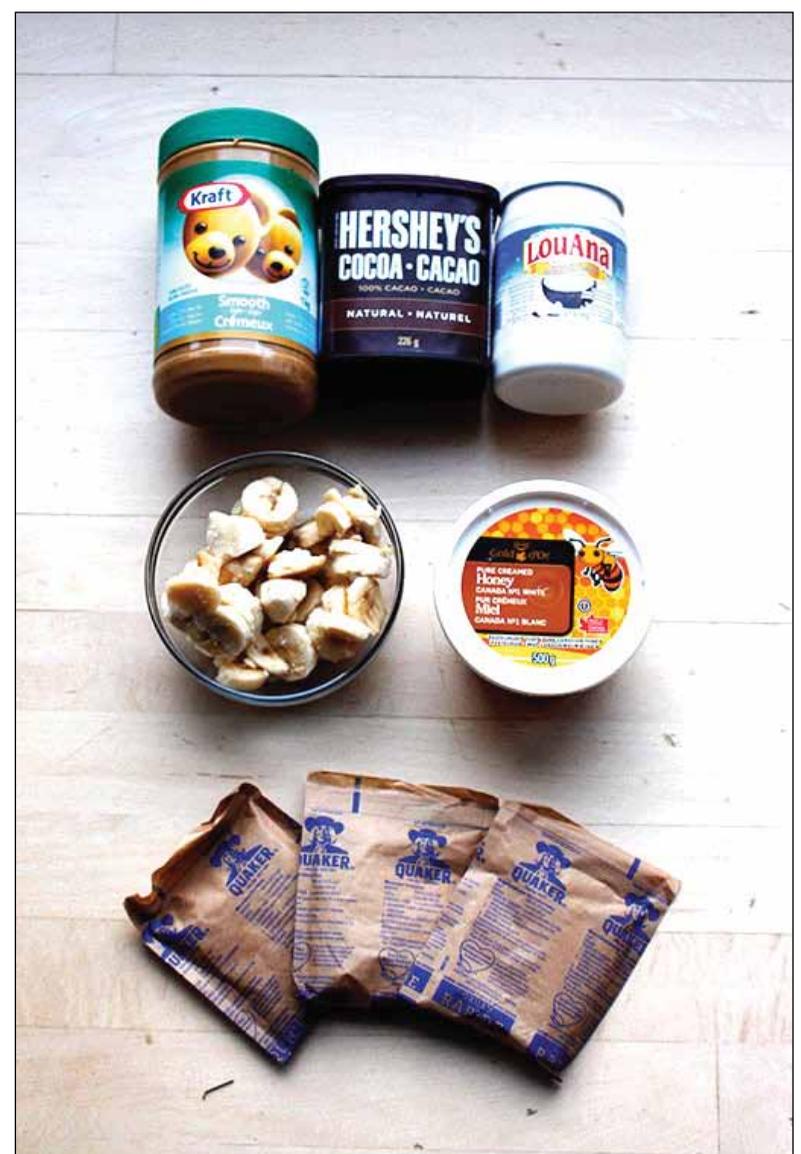
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All of these healthy ingredients will help you stay on track with your resolutions and curb your sugar cravings! Photo by Kourtney Meldrum.

You can always add to this snack and customize by adding in chocolate chips, dried fruit (Uhm goji berries please) some small cut up peanuts or other nuts, or maybe a mixture of all of them!

Chocolate Peanut Butter "Ice Cream"

Okay. I'll be upfront with you. This isn't ice cream but it very well may as well be, and dare I say it's even better?! Not only does it taste delicious but you don't have to feel bad about every bite you put in your mouth.

To make this, all you're going to need is: 2 frozen and chopped bananas, 2 tablespoons of peanut butter, and 1 tablespoon of cocoa

powder (could this be any easier?).

Start by taking your two chopped up and frozen bananas and placing them in either a food processor or blender and blend until smooth (you may need to add water to have a perfect mixture). I would suggest a food processor over a blender, because I found the blender had mine ending up more like a milkshake, though it still tasted

delicious.

Next add in the peanut butter and cocoa powder and blend again until the mixture is evenly mixed. This is best when eaten immediately, and the recipe can be easily doubled to make more than a single serving. You could also add other fruit, nuts, or crumbled cookies to make your own version of a sundae!

The best thing about all of these

recipes is that they're relatively simple, quick, and require few ingredients. You won't have to worry about the thought of healthy eating hanging over your head when you bite into these treats, because they taste amazing without taking up too many calories. Go into the 2017 with a little bit of fun and healthy indulgence!

The end of an era

Opinion on the transition from one president to another

Cameron Mitchell

Staff Writer

When President Obama was elected to the Oval Office in 2008, many around the world viewed the moment as a turning point for the country. Finally, a black man had reached the country's highest office, arguably the highest office in the world. Though the situation was far more complex than this, the symbolism of the moment was undeniable.

Over the past eight years, Barack Obama has faced presidential challenges with poise and dignity. He hasn't always been perfect, but he seems to have had the best of intentions.

On Jan. 20, Barack Obama's time in the Oval Office comes to an end. Unfortunately, the fact that his successor is Donald Trump may not instill confidence in the outgoing president that his legacy will be well protected. Only time will tell how the world remembers Obama.

Dr. Shawn England, a professor of American history in Mount Royal's humanities department is hopeful that, within a few years, Obama will have cemented a solid legacy. "The tumultuous carnival side-show politics that I predict for the coming four years will cause even many of Obama's current detractors to look back on his presidency with a degree of fond nostalgia," he says.

Obama's strength while in office was his ability to successfully appeal to various, often conflicting groups. There's a degree of likability about the man: he is intelligent, good natured, and approached issues with integrity.

The same can hardly be said for the president-elect.

Since it began in 2015, Trump's campaign has been dogged with accusations of sexism, racism, and homophobia. His unconventional style of politics has been the major hallmark of his campaign, helping him seize the presidency from Secretary of State Hillary Clinton. In the lead

up to the election, his position as a political maverick gave him a unique appeal to a disgruntled portion of the American electorate.

The fact that his disregard for political norms often involves brash statements, ill-informed actions, and a questionable ethical and legal background has not fazed his supporters. Many of them argue that the process of change is more important than the faults of the man leading the process.

President-elect Trump has been a vocal critic of Obama for years, but his rhetoric was noticeably taken to the next level over the campaign. From gun control to immigration, Trump has attacked many of the outgoing president's actions and initiatives.

But it's probably Trump's upcoming healthcare initiatives that will keep Obama up at night over the coming weeks and months. Congress has already begun taking steps towards President Obama's Affordable Care Act (commonly known as Obamacare), with a goal to produce a draft of replacement legislation by the end of the month.

As many have noted, the repealing of Obamacare will mark a significant blow to the outgoing president's legacy.

Yet, Dr. England remains hopeful. "Of course they will try [to reverse Obama's policies] but, they will face stiff legal opposition on many fronts if they try to ban abortion and gay marriage, or dismantle affordable healthcare."

Regardless of how Donald Trump's presidency unfolds, the significance of Barack Obama's successes cannot be understated. Despite its issues, Obamacare is a landmark piece of legislation that has completely changed the way Americans discuss healthcare. No longer is the question whether or not all Americans deserve healthcare; the conversation is now about what kind of healthcare all Americans should

have.

As Dr. England notes, "I think Obama has a great deal of admirers beyond the rabid conservatives who have dogged his every decision over the last eight years... His progressive social agenda helped advance some big changes."

Amid a backdrop of growing racial tension, Obama has

continually walked a fine line between holding the office that owns a legacy of racism while originating from the community that racism targeted. He's worked tirelessly to increase gun control in the wake of mass tragedies. In 2015 he brokered a nuclear arms deal with Iran, and over the past several years he has taken steps to reform the United States'

interaction with Cuba. He was the first president to advocate for gay marriage rights.

Obama's presidency has not been perfect, but as Dr. England says, "Obama survived two terms in office and emerged free of any whiff of real scandal, but I will be surprised if Trump survives even one term without an impeachment trial."

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Kourtney Meldrum

Staff Writer

Calgary in the winter definitely isn't where you want to be. Nobody likes the cold weather, the terrible road conditions, or how very far January seems to be from the summer months. January bodes the start of a new semester for students, and is the centre of (mostly) everybody's least favourite season.

Yet there is a light in the darkness. While most festivals are in their early planning stages, waiting out the winter, Big Winter Classic has stepped up to the plate to give us a glimmer of festival season.

As the website so eloquently says, "it's like a really, really fun party... in the middle of winter." It's exactly what Calgary needs, especially when it's -20 degrees outside. The festival will bring five stages around Calgary together from Jan. 19-22, with acts like Said the Whale, Holy Fuck, Tuns, Joey Cape, and more.

Calgarians know how to party, and apparently, the party doesn't

stop when it gets cold. The lineup of over 50 acts will take place at three different venues - Last Best Brewing & Distilling, Broken City, and Dickens Pub. Last Best and Broken City have two stages each, one on their main floors and one outside. No, you didn't hear it wrong. The festival is hosting two outdoor stages, embracing the cold rather than retreating from it.

But the cold isn't the only fascinating thing about Big Winter Classic. The talent ranges from international acts to Calgary based bands, which talent director B.J. Downey says is the driving force behind the entire festival.

"I think it's the locals that really make this festival," Downey tells the Calgary Herald. "It's a small festival, on the grand scheme of things, so to have a lot of Alberta bands, that's like the muscle behind the machine."

Said the Whale, one of the bigger names on the lineup, is a Vancouver based indie-pop band that is touring and working

toward releasing new music. Their recently released single, "Step into the Darkness", is the first release on their upcoming album *As Long As Your Eyes Are Wide*. Including the indie band is a smart move by the festival, as Said the Whale produces interesting, consumable music that will likely draw new attendees.

Armed with an acoustic guitar, Joey Cape is headed to Calgary to warm up the crowds with his own personal brand of folksy punk-rock. His last album release, *Stitch Puppy*, was a solo project that showed a very human side of the experienced musician. Jamming since 1989, Cape has involved himself in many projects, including Californian punk-rock band Lagwagon.

Out of town names aren't all Big Winter Classic has to offer. The number of local bands playing the festival are large, including familiar names like Bad Animal, All Hands on Jane, The Ashley Hundred, Lab Coast, Lunar Wilde, The Torchettes, and

many more.

If great music isn't alluring enough, last year's beer lineup was nearly as impressive. With Calgary's booming brewing industry, it can only be expected that this year brings even more. Expect names like Wild Rose, Tool Shed, Village and Big Rock. If anything can brighten up an

otherwise dark winter day, it's good beer and even better music.

Big Winter Classic runs from Jan. 19-22. Tickets are available on their website, with both individual day options and weekend passes.



Drinking kombucha often can lead to improved digestion, weight loss, increased energy, cleansing and detoxification, immune support, reduced joint pain, and can even help prevent cancer! Photo by Kourtney Meldrum.

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Big Winter Classic embraces a chilly season

The festival brings international and local bands together for some mid-winter fun

Amber McLinden

Staff Writer

Calgary in the winter definitely isn't where you want to be. Nobody likes the cold weather, the terrible road conditions, or how very far January seems to be from the summer months. January bodes the start of a new semester for students, and is the centre of (mostly) everybody's least favourite season.

Yet there is a light in the darkness. While most festivals are in their early planning stages, waiting out the winter, Big Winter Classic has stepped up to the plate to give us a glimmer of festival season.

As the website so eloquently says, "it's like a really, really fun party... in the middle of winter." It's exactly what Calgary needs, especially when it's -20 degrees outside. The festival will bring five stages around Calgary together from Jan. 19-22, with acts like Said The Whale, Holy Fuck, Tuns, Joey Cape, and more.

Calgarians know how to party, and apparently, the party doesn't stop when it gets cold. The lineup of over 50 acts will take place at three different venues - Last Best Brewing & Distilling, Broken City, and Dickens Pub. Last Best and Broken City have two stages each, one on their main floors and one outside. No, you didn't hear it wrong. The festival is hosting two outdoor stages, embracing the cold rather than retreating from it.

But the cold isn't the only fascinating thing about Big Winter Classic. The talent ranges



The Big Winter Classic festival is on from Jan.19-21.

from international acts to Calgary based bands, which talent director B.J. Downey says is the driving force behind the entire festival.

"I think it's the locals that really make this festival," Downey tells the Calgary Herald. "It's a small festival, on the grand scheme of things, so to have a lot of Alberta bands, that's like the muscle behind the machine."

Said the Whale, one of the bigger names on the lineup, is a Vancouver based indie-pop band that is touring and working toward releasing new music. Their recently released single, "Step into the Darkness", is the first release on their upcoming album *As Long As Your Eyes Are Wide*. Including the indie band is a smart move by the festival, as Said the Whale produces interesting, consumable music that will likely draw new attendees.

Armed with an acoustic guitar, Joey Cape is headed to Calgary to warm up the crowds with his

own personal brand of folksy punk-rock. His last album release, *Stitch Puppy*, was a solo project that showed a very human side of the experienced musician. Jamming since 1989, Cape

has involved himself in many projects, including Californian punk-rock band Lagwagon.

Out of town names aren't all Big Winter Classic has to offer. The number of local bands

playing the festival are large, including familiar names like Bad Animal, All Hands on Jane, The Ashley Hundred, Lab Coast, Lunar Wilde, The Torchettes, and many more.

If great music isn't alluring enough, last year's beer lineup was nearly as impressive. With Calgary's booming brewing industry, it can only be expected that this year brings even more. Expect names like Wild Rose, Tool Shed, Village and Big Rock. If anything can brighten up an otherwise dark winter day, it's good beer and even better music.

Big Winter Classic runs from Jan. 19-22. Tickets are available on their website, with both individual day options and weekend passes.



Said the Whale will warm up your weekend at Big Winter Classic. Photo Courtesy of Hidden Pony Records.

OUT'N ABOUT

Art Galleries:

The Esker Foundation's newest installation, art exhibit *Earthlings*, opens Jan. 21 and will run until May 7. Admission is always free.

Festivals:

February's Block Heater music festival is selling out quickly. Buy tickets now so you don't miss out on Folk Fest's winter series!

Performance Art: Film:

EMMEDIA is bringing back *Particles + Waves*, for its third year. The festival features exhibits, installations and performances. Check it out Feb. 2-4.

Awards season is around the corner and with that brings the list of film nominees. Check out Golden Globe nominees *La La Land* and *Manchester By The Sea* while they're still in theatres.

"Hidden Figures" explores unsung American heroes

New film tackles America's lost herstory

Alexander Thronson

Contributor



Janelle Monáe, Taraji P. Henson and Octavia Spencer in *Hidden Figures*.

It's that time of the year again: With the Oscars in two weeks, studios are pumping out prestige biopics in droves where the most talented stars strive for awards recognition in formulaic historical narratives. The Theodore Melfi-directed

Hidden Figures, like many others of its kind, wraps a milestone of social progress into an uplifting crowd-pleaser. While it ticks off all the expected boxes of the inspirational biopic genre, the film's performances and general energy are significantly more

entertaining than the norm, and the film's cross-section of scientific and social progress has some legitimate insight behind it.

In the early 1960s, three African-American women working at NASA strive to further their careers and provide inroads

for African-American women in the organization. Mary Jackson (Janelle Monáe) fights for the right to get the education required to become a NASA engineer, math genius Katherine Johnson (Taraji P. Henson) struggles against racism when she's reassigned to the Spacecraft Controls Branch and Dorothy Vaughan repeatedly applies to become the supervisor of the West Area Computers branch, a role she already fills without the title.

While Janelle Monáe brings energy to her excellent performance, she isn't alone, as the entire cast brings their A-game. With the exception of Jim Parsons, whose typical performance demonstrates his lack of range, all of the performances are absolutely terrific. Taraji Henson and Octavia Spencer breathe a lot of life into their characters and Mahershala Ali continues his push towards becoming a household name as the love interest in Johnson's cheesy-yet-entertaining romantic subplot. That Monáe, in only her second film role, stands out among several established performers speaks to a bright future for her film career.

The acting is one of the film's many surface pleasures, and coupled with a solid sense of humour and a satisfyingly uplifting plotline, it makes the film thoroughly entertaining on top of its compelling themes,

but these are all occasionally brought down to earth because of its fealty to the clichés of the genre. Melfi is content to simply leave most of the heavy lifting to the performers, and gives both Monáe and Henson a scene where they have a big, important speech to all but shout, clearly to garner the attention of awards voters. Nowhere else are the biopic clichés quite as conspicuous, but neither does the film ever make even the slightest effort to stray from the familiar beats. That the movie is able to distract from them more often than not is largely thanks to its smooth handling of both its themes and its characters, the former of which are genuinely satisfying and the latter of which are able to appear both heroic and authentically human—as well as the small details which bring the setting to life.

Hidden Figures does little to break the inspirational biopic mold, but it is a reminder of why many of the genre's clichés have become so well-worn, and it demonstrates how genuinely entertaining and satisfying a film like this can be at its best. In spite of not being the freshest or most creative handling of this material, the fact that these legitimate American heroes are having their stories expressed to audiences who might not have known about them is great on its own, and that it's such an energetic and emotionally satisfying telling of the story makes it all the better.

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BRIDGING THE GAP BETWEEN SCIENCE AND THE MEDIA



Photo Courtesy of 20th Century Fox.

The legitimate, objective, no holds barred academy award prediction list

The 89th Academy Awards honours this year's best films

Colin Macgillivray

Staff Writer

Oh, award season. The time of year where everyone and their little sister becomes a film critic. The blissful season where people riot when Leonardo DiCaprio is “snubbed” by the Academy of Motion Picture Arts and Sciences. The time where my mother insists that she knew *Mad Max: Fury Road* would win Best Sound Mixing. Luckily for all of you, I am one of the few kind hearted souls that insist on watching movies all year round, good and bad, so that I can deliver a comprehensive look into the potential Oscar winners for the upcoming 89th Academy Awards. So, sit back and relax while I discuss the only categories anyone really cares about at the Oscars.

Best Actor in a Supporting Role

Starting off with what is potentially the hardest category to truly nail down the actor who will go home with a shiny new mantelpiece, the Oscar for Best Supporting Actor could go in a lot of different directions. Seemingly out of left field, Aaron Taylor-Johnson was awarded the Golden Globe for what could potentially be a career making performance as the psychopathic drifter Ray Marcus in Tom Ford's neo-noir psychological thriller *Nocturnal Animals*. Unfortunately for Quicksilver, I believe the Academy will go a different route, and award the criminally underrated Mahershala Ali for his brilliant performance as Juan, a conflicted drug-dealing, father figure in *Moonlight*. Dev Patel will surely grab a nomination for his role in *Lion*, as will Lucas Hedges for his perfect portrayal of a puberty-stricken teen in *Manchester by the Sea*. The dark horse for this category is definitely Jeff Bridges, who might be able to add a second Oscar to his collection for his introspective performance as a tough, gritty Texas Sheriff in *Hell or High Water*. My money's still on Ali.

Best Actress in a Supporting Role

Unlike the Best Supporting Actor category, it seems to me this is a one-woman race. Although

Michelle Williams turns in an exceptional performance as a grief stricken wife in *Manchester by the Sea*, Viola Davis is a lock to win her first Oscar for her performance as another grief stricken wife in *Fences*. Davis completely overshadows Denzel Washington, which is no easy task, in the film adaptation of August Wilson's play. Playing Rose Maxson, a Pittsburgh housewife who is ultimately bent and broken by her husband's callous and deceptive behaviour, Davis excels in a role she was meant to play. As long as no one brings up her abysmal effort in the absolutely horrific *Suicide Squad*, Davis should take home the Oscar.

Best Actor in a Leading Role

There have been some incredible performances by leading actors this year, such as the aforementioned Denzel Washington in *Fences*, Tom Hanks' take on the miracle working Captain Sullenberger in *Sully*, as well as Ryan Gosling's rendition of a struggling jazz pianist in the genius musical *La La Land*. Unfortunately for those leading men, Casey Affleck is going to be tough to beat for his role as a tormented, Boston janitor in *Manchester by the Sea*. In one of the best performances I have seen in recent memory, Affleck has proved once again that he is potentially the most underrated actor in Hollywood today. By conveying complex emotions such as loss, heartbreak and desolation with nothing but a subtle quiver of the lip, Casey Affleck deserves this Oscar, and there is truly no other choice.

Best Actress in a Leading Role

It's hard to imagine a world where Emma Stone does not win the Oscar for her incredible performance in *La La Land*. Unlike the severely overrated Jennifer Lawrence, Stone has proved time and time again with her performances in *Birdman*, *La La Land* and even *Zombieland* that she is a true force to be reckoned with on screen. With her signature raspy voice and her insane chemistry with co-star Ryan Gosling, Stone

shines. Natalie Portman could potentially give her a run for her money in the biopic *Jackie*, but if the Academy has any sense, they will award Emma Stone for her fantastic performance, and she will hopefully take over Jennifer Lawrence's spot as Hollywood golden girl.

Best Director

In what I presume to be one of the most stacked categories this year, there is still no doubt in my mind that Damian Chazelle will win for his exceptional efforts in *La La Land*. Although Barry Jenkins definitely deserves a nomination for *Moonlight*, as well as Denis Villeneuve for his masterclass in science-fiction, *Arrival*, Chazelle's stylish and fun musical had me smiling ear to ear the entire time. Although it will not win Best Picture (BOLD PREDICTION), Chazelle will be awarded for being at the helm of a film that was so unique yet so contemporary, as well as being one of the most entertaining and enjoyable film going experiences I have had in a long time.

Best Picture

Usually the only category a lot of people care about, the winner of the Oscar for Best Picture will be viewed by countless movie-goers due solely to the fact it is a Best Picture winner. Luckily, when *Moonlight* wins Best Picture this February, its incredible story will gain an entirely new audience. More of a work of art than a film, *Moonlight* tells the story of Chiron, a boy who comes of age while grappling with love, family, sexuality and how society defines him.

Broken up into three chapters chronicling three different times in Chiron's life, *Moonlight* has a strong message of acceptance, courage and offers some incredible social commentary on the world we live in today. A remarkable and brilliant crafted narrative coupled with gorgeous cinematography and brilliant acting from the entire ensemble cast, *Moonlight* is an unforgettable film and has my vote as the Best Picture winner next month.



Hopefully your favourite wins an academy award this year. Photo courtesy of Reuters.



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NOISE 101

Warm up at Blockheater

A look ahead to February's dose of Folk Fest fun

Amber McLinden

Staff Writer

How many puns can you make with a festival called Blockheater, taking place in the middle of February? It might not be the best analogy, but that's exactly what it aims to do.

In the middle of a season with very little potential for a summer-like festival, Blockheater is driving attendees inside the warmth of Inglewood venues, including Lantern Church, the Alexander Dance Hall, The Ironwood, and their own Festival Hall.

"We thought it would be fun to take people indoors and warm up with some music," said Debbi Salmonsén, executive director of the Calgary Folk Music Festival tells CBC.

The festival is pulling some seriously interesting acts, including Reuben and the Dark, Hayes Carll, Gabrielle Papillon, The Dead South, and many more. As always, this Calgary festival follows in the footsteps of nearly every festival to play in Calgary and included a number of Calgary based acts in the lineup. The festival highlights some acts by Indigenous Peoples in Canada, including Eya-Hey Nakoda and DJ Shub.

Reuben and the Dark, who opened for Vance Joy's 2016 North American tour, play mesmerizing folk and roots that

leaves audience captivated. The group hails from Calgary, and the city is never reluctant to welcome them back. Both of their Blockheater shows are already sold out, which you can find them humbly boasting about on their website. Some of their most popular songs, including "Bow and Arrow" and "Rolling Stone" come of their most recent album, Funeral Sky.

Singer-songwriter Hayes Carll's 2016 album *Lovers and Leavers* reflects that genre better than any other album he's written, or so he says on his website. "I didn't worry about checking boxes, making sure there was something here for everybody, or getting on the radio," he writes.

"I just took some much needed deep breaths and let them out on tape." Such is the style that Calgary Folk Festival aims to provide the city with year round, and Blockheater is no exception.

Henry Wagons will likely have to travel the furthest to get to Blockheater, but it's absolutely worth it. Hailing from Australia, Wagons has a rebellious streak of Americana, according to Folk Fest, with gritty tunes that will remind you of nights you had a little too much to drink. It's fitting then, that he will be collaborating in a workshop titled "All rebel rockers" with fellow musicians Dojo Workhorse, JJ Shiplet, and The Torchettes.

Speaking of rebel rockers

The Torchettes, it wouldn't be a Calgary festival without some local flavour. The spunky duo recorded three songs on CJSW's program *Sufragette City*, and these tunes can be found on their bandcamp. The tunes are self-described as 60's garage rock, R&B, and soul. Many of the musicians you find playing Blockheater and other festivals hail from Calgary, so if you're looking to discover new music that's almost guaranteed to blow up, check out The Torchettes.

The best part of any Folk Fest function is the collaboration sessions. If you're looking for some bluesy alt-folk, check out *Avant Bards* with C.R. Avery, NQ Arbuckle, and *Scenic Route* to Alaska. More of a country fan? Check out *Country Club* featuring Mariel Buckley, Hayes Carll, The Dead South, and Sykamore. Maybe you want to hear something with a more orchestral feel; then you should check out *Dark end of the street* with musicians Kris Ellestad, Melisande [electrotrad], The Northwest Passage, and S.A.V.K.

Overall, the lineup will bring you a little bit of Calgary Folk Festival in the dead of winter, which is something this very cold city needs. If you're pining for festival season and summer, or if you just want to hear some excellent music, check out Blockheater tickets on the Calgary Folk Fest website.



Don't start stay "in the dark" about Blockheater. Photo Courtesy of Arts and Crafts Records.

I See You

The xx
Young Turks
Score: B



While Jamie xx has undoubtedly made a name for himself with the release of last year's critically acclaimed *In Colour*, The xx as a single unit have remained decidedly quiet since the release of their last album, 2012's sleepy chill-waver *Coexist*. Enter: *I See You*, the follow-up that marks a return to form for the forerunners of contemporary dream pop. The xx is known to be a tad underwhelming, and this unfortunately is the biggest issue with *I See You*. By the time you reach the end of the

album, you're left with the feeling of, "That was it?" Maybe the true significance of this album has yet to show itself; maybe it's a slow-burn masterpiece that needs time to sink itself in. But it's worth considering that maybe *I See You* is just a few years too late.

-Alec Warkentin

Migration

Bonobo
Ninja Tune
Score: B+



Migration, the latest from electronic musician Simon Green — aka Bonobo — is one of the most pleasantly surprising releases of early 2017. Combining a range of influences from hip hop, ambient, and world music, *Migration*'s twelve tracks take the listener through different pockets of time and place, seamlessly scoring the human experience as though Bonobo has managed to tap into some unseen or unnoticed precipice from which to view the happen-

ings of the Earth. Highlights include the airy and warm "Second Sun" and the rhythmic "Bambro Koyo" which features NY-based Moroccan-inspired music collective Innov Gnawa. *Migration* isn't so much a collection of samples and electronic music as it is an experience, and ultimately, it's one of the best things to happen in the first few weeks of the new year thus far.

-Alec Warkentin

Oczy Mlody

Flaming Lips
Warner Bros.
Score: C



The problem with making an ambitious record, which *Oczy Mlody* certainly is, is the risk of missing the mark of full genuinity. Wayne Coyne and company, on their attempt to bend and extend the limits of their craft on their 14th main discography studio LP, haven't quite perfected their aim in this respect. Relying on mostly electronic instrumentation in the form of oscillating synths and exotic drum machine samples, the Flaming Lips dive into the exploration of huge themes, though seem

to often fail in committing to concepts, leaving the listener to freely lose interest. Though the hits and misses of the album give it a sense of unpredictable anticipation, the triumphs are too few and the blunders are too numerous to compete with the greats of the Flaming Lips catalogue.

-Nathan Kunz

Top 10 Sport Stories of 2016

A year in sports for the ages

Dan Khavkin
Staff Writer

Leicester City crowned as BPL Champions

Yes, the story that tops off a memorable 2016 is the story of the Leicester Foxes winning their first ever Barclays Premier League title and their first piece of silverware in their modest 133 year history. Leicester city stunned the world of sports in a Hollywood-like fashion when they won the pinnacle of English football, lifting the BPL trophy against all odds. Coming into the season, the bookies had the Foxes at 5000/1 to win the title. To put that into perspective, Elvis has a better chance of coming back to life, Simon Cowell becoming PM of England, and Kim Kardashian becoming the president of the USA (however after 2016, this one is probably more likely).

Leicester only lost three games under the guidance of first year coach and ex-Greece national team manager, Claudio Ranieri who orchestrated the impressive display of team defence, putting together a starting 11 that was so tight knit, no other teams could match the Foxes determination. The team had the recipe for success that pitted well against the hogs of European qualification spots like Chelsea, Arsenal, Tottenham, and the

before pulling a rabbit out of the hat when they won a string of seven games out of the last 10 to scrap out of the Relegation Zone. Winning the title also punched a ticket to their first ever Champions League. The year 2016 was one that footy fans will remember for the rest of their lives.

Portugal winning Euro 2016

After the worldwide celebration of Leicester City wended down along with the end of other leagues, the football world settled down and got ready for the return of the European Championship.

Host country France put on a show for their fans, who needed a brief escape from reality after the Paris terrorist attacks that took 135 lives. With heavy hearts, the French side topped their group and made the finals. Other stories include the shocking collapse of England who were favorites to finish in the final four. Even with stars like Harry Kane, Jamie Vardy and veteran Wayne Rooney leading the way, they were still

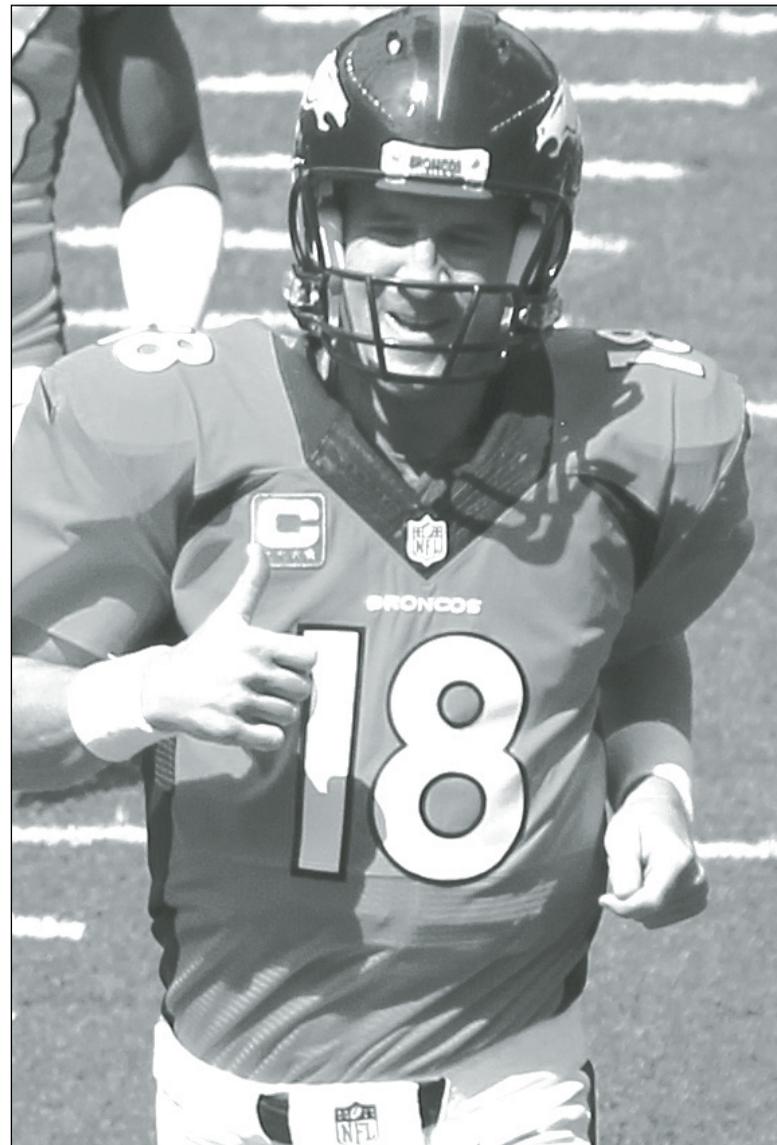
knocked out by Iceland, who were a story themselves by making their first appearance in a major tournament and making it to the knockout stage.

The champions from Portugal drew all three of the group stage games, won their fourth in extra time then their fifth in penalties the next game before playing Wales. Portugal would eventually make the finals, beating out host France in.... you guessed it, extra time, sending the country of Portugal into euphoria.

Canada winning the World Cup of Hockey

The return of the World Cup of Hockey didn't quite live up to its high expectations. This could be because it felt slightly forced down the throats of hockey fans on short notice. But it was entertaining nonetheless. The addition of Team North America was taken well by hockey fans when they got to witness top prospects play against the big boys. Team Europe was another interesting and controversial decision made by the tournament directors; all the small European countries formed one team and became the underdogs of the tournament, not really having the firepower on paper that most of the other teams had.

However, it was pride that united the European players representing their respective countries that carried them into the final, where they would eventually lose to Canada. Team USA surprised everyone when they lost all three games, seeming out of sync on the ice. Canada was as stacked as ever on paper



After a legendary career, Peyton Manning decided to hang up his cleats after winning his second Super Bowl title in February. Photo courtesy of Jeffrey Beall.

and played the game much like their Olympic performance in 2014 where they simply out-battled and out-classed the competition and under the leadership of Sidney Crosby proved again why Canada is the powerhouse of hockey.

Super Bowl 50

2016's first major event was the NFL's Super Bowl where high-powered, dabbing Cam Newton and his Carolina Panthers took on the Denver Broncos lead by an aging Peyton Manning, looking for his second Lombardi Trophy to cap off his legendary career.

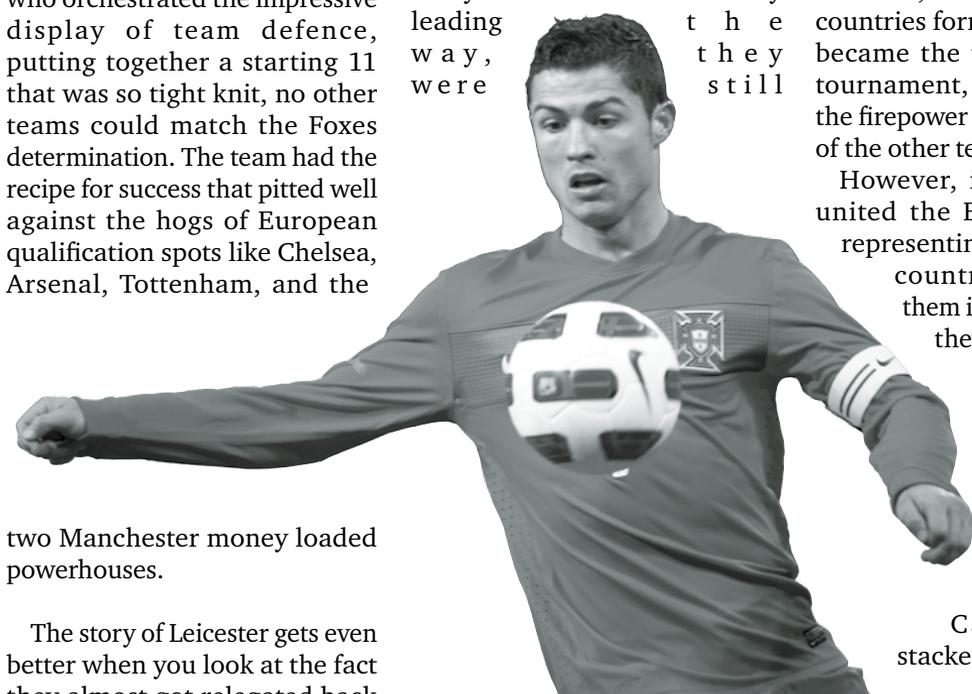
In a classic sports battle between offence and defence, it was Peyton Manning's offence

that was enough to outscore the Panthers who ultimately couldn't solve Von Miller and his Bronco defence. Other than the fact that Lady Gaga opened the game with the Anthem and Coldplay headlined the halftime show, the game itself was slow paced but entertaining towards the end.

The Broncos sealed the deal with a late touchdown and a two-point convert, proving that while offence may win games, defence wins championships.

Cubs win World Series

After a 108-year wait, the cursed Chicago Cubs finally won the World Series against the Cleveland Indians in a seven-



The world's highest paid athlete proved his worth in 2016, bringing home the Euro title. Photo courtesy of Ludovic Peron.

two Manchester money loaded powerhouses.

The story of Leicester gets even better when you look at the fact they almost got relegated back to the second tier the season



6 Straight AFC Championship appearances for the Patriots

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game series. The Cubs had the best record in the Majors going into September, at 103-58. The Cubbies also had the most wins in the league along with the highest win percentage. American League counterpart Cleveland had home advantage after the AL beat the National League at the All-Star Game. The Tribe were on a roll all season but the peak was in June when they strung a 14-game winning streak and finished 11-0 at home, clinching a division title. The Fall Classic was a back and forth affair which saw the Indians up 3-1 in the series until the Cubs' bats came alive and shut the Indians down to make a miraculous comeback to end the curse. Its questionable to say that the wait was worth it for the fans, but they surely took advantage of the situation and a crowd of five million took part in the celebrations.

Year of Ronaldo

Arguably one of the most talented and skilled football players of all time and Lionel Messi's only competition, Portuguese and Real Madrid superstar Cristiano Ronaldo had a year he'll never forget for both club and country. Ronaldo carried the Blancos to a UEFA

from showing his support by jumping around and barking commands at his compatriots on the pitch before substitute Eder netted the winning goal. When asked if he can see himself in the same conversation as the greatest footballers of all time, Ronaldo simply remind us that "his trophies speak for themselves".

Lebron wins title

It was ironic to say the least when Lebron James made the move to leave the Cavs to take his "talents to South Beach." We saw all the burning jerseys and the Nike ads being torn down yet when he came back from catching rays and a few NBA titles, it seemed everyone forgot about him leaving in the first place.

Lebron was making his sixth straight finals appearance and second in a row with the Cavs after dropping the previous seasons' Finals in six games. Nevertheless, the rematch ensued in the Finals, ending in a legendary game seven that ranks up there with some of the greatest sporting contests of all time. LBJ got the better of Steph Curry, making one of the most athletic plays you'll ever see near



A fan watches on as Portugal wins their first ever Euro cup title. Photo courtesy of Flickr user Gustave Deghilage.

Year of Retirement

The year of 2016 was a tragic year that took away some great lives and careers. The world of sports felt the impact of all these retirements. On the top of the list is one of the GOAT's of the game, Kobe Bryant who decided to hang up the sneakers after

one of its greatest figures in Peyton Manning. Manning only had two titles to his name but was league MVP five times and held many league records. Baseball said goodbye to Alex Rodriguez after 22 seasons. Career rivals A-Rod and Big Papi David Ortiz also walked away from the MLB.

calendar, netting in point number 1888 putting him second on the all time point list, around 950 points behind Wayne Gretzky. Jagr is in his 27th season at the ripe age of 44 and isn't looking to stop any time soon.

He is in his second season playing in the sunshine state of Florida. Being the oldest player to ever score a hat trick in the NHL, most overtime goals, and most game winning goals. Jagr isn't going through a drought any time soon either, as he comes into the 2017 calendar year with 25 points in just under 50 games.

Andy Murray dominating the Tennis world

Murray took the tennis world by storm in 2016 when he totalled 9 tournament wins in 17 finals. One of these wins was an Olympic gold medal from Rio this past summer, making him one of the only players to defend an Olympic gold medal, having also won gold in 2012. Murray also won a second consecutive Wimbledon title. He was the first player to win Grand Slam, ATP World Tour Finals, Olympic Games and Masters 1000 titles in the same calendar year. Murray racked up 78 wins and had a run where he won 24 in a row. And he bumped himself up the world ranking to the top spot for the first time in his young career.

Yes, this all happened in one calendar year.



Wrigley field saw their first World Series win since 1908, ending the longest championship drought of all time. Photo courtesy of Flickr user Ron Gogswell

Champions League title, the Club World Cup, and UEFA Super Cup. He also took home several player awards such as UEFA Best Player in Europe, the prestigious Ballon D'or, and best FIFA Men's Player.

For country, Ronaldo captained a hungry Portugal side to a first ever Euro Championship despite the fact he had to leave the game injured and in tears. However that didn't stop him

the end of the game, sprinting the length of the court to block a potential game winning layup before teammate Kyrie Irving made a clutch three pointer, winning the NBA Title for Lebron's hometown Cavs for the first time in their history.

Thus the viral Internet meme, "THE WARRIORS BLEW A 3-1 LEAD" was born.

18 seasons in a Lakers uniform. The self-titled Black Mamba had five NBA titles to his name, being named Finals MVP twice, along with making 18 All Star games, where he was named MVP on four occasions.

The Big Fundamental, Tim Duncan also decided to walk away from the court, taking five NBA titles to retirement with him. The gridiron also lost possibly

The NHL lost one of its greatest magicians of all time in Pavel Datsyuk who was known for his finesse and skill with the puck and is no doubt a future hall of famer.

Jaromir Jagr passing Mark Messier on NHL scoring list for 2nd place

Hockey's ageless wonder and Czech legend Jaromir Jagr passed Mark Messier in career points before the turn of the

Legendary World Juniors ends in Canadian misfortune

The ever-strengthening Americans steal gold

Dan Khavkin

Staff Writer



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As has been the story in many recent years, team Canada, a perennial tournament favourite at the IIHF World Juniors, were again unable to bring home gold.

For whatever reason, the hype surrounding the 2017 event was quiet, despite being hosted in Montreal and Toronto- usually hockey havens.

A possible reason for this was that ticket prices were at an NHL level. Would anybody want to pay anymore than \$50 to watch a weekday game between weaker teams like Slovakia and Latvia? That game drew a measly crowd of 6,000 to the Air Canada Centre (half of what we see at Calgary's annual Crowchild Classic.)

Canada's quarter final game against the Czechs, where tickets ranged from \$40 to \$200, didn't even sell out in Montreal.

Despite the disappointing size of some of the crowds, the tournament itself still ended up being a massive success.

Team Canada started their campaign with a win over the Russians on Boxing Day, setting the tone for the remainder of the tournament.

The Canadians looked skilled on paper with many players already being drafted by NHL teams. The very typical Canadian roster bolstered both offensive skill and smart defensive talent.

Team Russia, as usual in these tournaments, got better as the tournament went on. After suffering losses to the US and Canada, the Red Army, led by Kirill Kaprizov, were lucky to escape the tournament with a bronze medal win against the

Swedes.

Sweden had arguably the most threatening team with players like Alexander Nylander to spark the offence. The Swedes have historically been the greatest preliminary team in the history of the tournament, winning their past 40 prelim games, but have gone just 11-12 in medal round games in that span.

Defending champion Finland had no "Finnish" all tournament and it seemed the absence of Patrik Laine, now the leading scorer for the Winnipeg Jets, was a major cause.

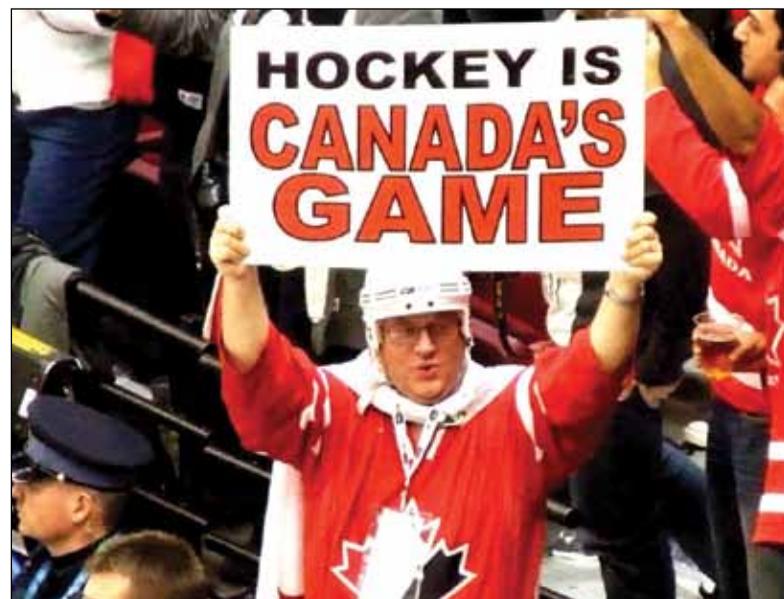
The Finns, in unprecedented fashion, fired their coaching staff mid tournament for the lack of performance.

In the medal rounds, Sweden cruised by the sloppy Slovaks before losing to the Canadians in a tough semi-final game.

The US beat the Swiss in a hard fought, tough loss for the Swiss. Switzerland's heart and soul, Nico Hersh, scored twice in the contest and was robbed by American and Calgary Flames prospect, Tyler Parsons near the end of the game.

The final was one for the books in a back and forth fight between the Canadians and Americans. Each side's goals were met with one from the other. Many were disappointed when the 20-minute overtime solved nothing, and the fate of the gold medal would rest on the result of a shootout.

The US would get the upper hand on Canada in what could be considered an individual "skills competition." Troy Terry would be the hero for the USA, scoring the lone shootout goal to give the USA their fourth ever tournament win.



With only one World Junior win in the past eight years, the "it's our game" slogan is becoming less and less relevant for the worldwide sport. Photo Courtesy of Flickr user Kane Farabaugh.