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# news

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## University of Calgary student pleads guilty to sexual interference, has jail sentence postponed

Amber McLinden

Features Editor

Connor Neurauter, 21-year-old University of Calgary student, was sentenced to 90 days in jail, which he won't be serving until May so he can complete his semester.

The suggestion, made during his sentencing, was accepted without protest, according to the victim's mother.

"Let's postpone his jail sentence until May so he can finish his year of university. Nobody has stood up and said no, during the whole thing — there was not one time where the judge or even the Crown said 'please, this is not right.' The victims are the ones who have been paying over and over, every time we went to court," she told *The Calgary Sun*.

### What happened?

The victim's name, along with her mother, can't be shared due to a court-ordered publication ban, but the crime took place in B.C. The Kamloops girl was 13-years-old at the time and Neurauter was 18.

Neurauter was first charged in 2016 of sexual interference with a person under 16 and child pornography.

According to *Vice*, Neurauter choked the victim and asked her for nude photographs via text and Snapchat. He then threatened to expose these photos if she didn't keep quiet about the "relationship."

The victim read a victim impact statement in court, explaining her fears of Neurauter and what she believed might happen, *Vice* reports.

"I was very scared because he knew where I lived and knew where my room was," she said.

The court process was seemingly delayed at least once. The victim's mother explained to the *Calgary Sun* that she was frustrated with the entire process, explaining the court made delays in the process to accommodate Neurauter's schedule.

This is backed by previous reports on the case. On Sept. 26, 2016, *Kamloops This Week* reported a lawyer appeared on behalf of Neurauter and requested the arraignment be delayed as he was out of town attending hockey camp.

### Legally speaking

Neurauter was charged with sexual interference, which in Canada warrants a jail sentence from 90 days to 18 months or a

\$5,000 dollar fine. This means he was sentenced to the minimum time for the crime he committed. This is part of a plea deal that was offered to Neurauter, which dropped child pornography charges for his possession of nude photos of the girl.

The charge for child pornography possession ranges between 90 days to 5 years in jail, depending on the details of the case. Instead, the plea deal is 90 days in jail, beginning in May, two-years probation in which he cannot contact the victim or be in the presence of anyone under 16 and an order to register as a sex offender for 10 years, reports the *Calgary Sun*.

The victim was 13 at the time the events took place, meaning she was under the age of 16 and legally unable to consent.

### Community outrage

Many people, especially students and the community of Calgary, are speaking out against the postponement.

Numerous news outlets have picked up the story as reported here, from the University of Calgary paper, *The Gauntlet* to *Vice*.

On Jan. 9, a petition on change.org was started, and on Jan. 16, the petition already has over 70,000 signatures.

University of Calgary students are also speaking out against the length of sentencing and his presence on campus this semester. The Consent Awareness and Sexual Education Club at the University of Calgary spoke out about the topic on their Facebook page on Jan. 9.

"Both Neurauter's extremely short sentence and the post-poning of his prison term in favour of not interfering with his academic and athletic career is a shameful example of rape culture," the post states. "The lack of significant consequences faced by Neurauter and other sexual predators demonstrates the dismissive attitude that society shows toward sexual violence and abuse."

The post also refers to sexual violence support resources, including counselling and other supports.

University of Calgary student Paloma Bogacz posted about the situation on Jan. 8 on Facebook.

"The justice system has failed the victim, first and foremost, by sending the message that if you are

white, young, and an athlete, you can receive minimal punishment for sexual offences," the post reads. "However, the University of Calgary, has failed the victim and its students as well. By allowing a sex offender to freely finish his classes and eventually graduate, they send a message to the victim that their experience doesn't matter, and that their abuser gets to lead a normal life and finish his studies before facing his punishment."

"Dana Cramer and I will be organizing a movement to counter this. We will be rallying as many people together to help fight this. This is unacceptable," she continues.

"We are disappointed the university didn't take a stance, so we want to show that students do not stand for this," Bogacz tells *The Reflector*.

"We want to run either a protest or movement of some sort, sometime early next week and make our voices heard," she adds, explaining that the date of this is still to be determined.

### Parents speak up

Neurauter's parents have since issued a statement to *CBC News*, expressing support for their son and criticizing media coverage.

"We love and support our son. Since he was arrested he has done his best to be respectful of the legal system and the other individuals involved in this matter," the statement read, according to *CBC News*.

"We are disappointed in the distorted and sensationalistic coverage by the media and believe them to be entirely complicit in the attempts of one individual to crush a young man that has genuinely tried to do his best in this bad situation. We are proud of how [he] has and continues to handle himself."

"We would like to profusely thank our friends and family for their support. Most of us remember being 18 and the challenges that were involved. This has been a nightmare for our family, one that none of us, but particularly our children, are equipped to handle. We would not wish this situation on anyone," it says.

### University responds

The University of Calgary released a statement on Jan. 10, saying it is reviewing the situation.



Connor Neurauter pled guilty to one charge of sexual interference and received a 90 day jail sentence which will be delayed until he finishes his semester at the University of Calgary. Photo courtesy of Facebook

"The University of Calgary is committed to providing a safe, welcoming and inclusive environment for our campus community," the statement says. "The university has conduct, sexual violence and harassment policies in place, and extensive support services that provide a wide range of expertise and assistance to all community members. We are committed to providing support and resources to all members of our campus community who wish to access them."

On Jan. 11, a statement was released to students at the university from the Provost, Dru Marshall.

Marshall explains the event occurred when Neurauter was not a student at the university, when he was 18, and therefore they have no grounds to expel him.

Marshall says this doesn't excuse him either.

"This does not mean that the university condones sexual violence or harassment, nor does it mean that we prioritize the rights of a convicted individual over the safety of our university community," she says in the statement.

"We would like to clarify that Mr. Neurauter has not been on campus since Tuesday January 9 and we have advised him not to return to campus for the remainder of the term," she adds.

The Provost told the *Calgary Herald* that the university was taking measures to protect students.

"If he was to show up on campus,

campus security would escort him off campus," Marshall told the *Herald*. "He has been advised not to come on campus."

### Feeding the system?

This isn't the first time a sentence has been postponed or completely dismissed so the perpetrator can preserve a part of their "future."

Chance Macdonald, a Queen's University student, had his sentence delayed so he could attend his internship. Macdonald had assaulted a girl at a party in 2015 and sentenced in 2017. *Vice* reports he was later fired from the internship the court tried to help him keep.

Brock Turner, colloquially known as the "Stanford Rapist," sexually assaulted an unconscious girl, was sentenced to serve 6 months in 2016, which many criticized as unfairly minimal.

People speculated his college career as a swimmer was a factor in the judge's decision. The case made national headlines after both the victim impact statement and the sentencing.

While the situation often attracts press and community attention that ultimately work against the perpetrator in different ways, this didn't stop the judge on this case from postponing Neurauter's sentence.

The world watched Macdonald and Turner as they went through similar situations, and it seems Neurauter's case will also have many watching to see how he and the community around him will react.

# The new definition of Indigenous homelessness is something we can all learn from

**Amy Simpson**  
Contributor

“It is an Anishinabek worldview. Everything is related. I am related to you. I am related to the land. I am related to all the creatures on the land. They are my cousins. My kin. I am related to my spirit, to elements, to creator, to myself,” explains Jesse Thistle, a Metis-Cree PhD student from York University.

This is an Indigenous concept known as All My Relations, and according to Thistle, it can help redefine Indigenous homelessness while also improving the way we interact with one another.

Thistle uses this term in his report titled Definition of Indigenous Homelessness that he released in September after consulting with Indigenous people across Canada.

The term is used to describe how we are all related and responsible for each other. Thistle explained that if, using this worldview, you see yourself in relation to all things, then even with something as simple as a river, you wouldn’t have the right to exploit it.

“You have to treat it as you would treat a relation. The same way you would treat your mother or father or sister or children. You know, so that relationality comes with deep respect.”

Unfortunately, due to systems of colonization like the residential school system and the 60s Scoop, these relationships have been stripped away.

“These went after the relationships of Indigenous people within their home. So it destroyed relationships literally,” he said.

“People went into Indigenous homes and took the children away — stuck them in schools. So that right there destroyed the relationships, intergenerational relationships within Indigenous homes.”

According to Thistle, this loss of relationships is how we should be defining Indigenous homelessness. Instead of focusing on a lack of housing, Indigenous homelessness can be seen through the loss of Indigenous people’s relationships to the land, their family and culture.

This loss of culture is something Jackie Bromley, Blackfoot elder and housing advocate and cultural lead at Awo Taan Healing Lodge Society, experienced growing up in southern Alberta.

Bromley was born on the Blood Reserve and attended residential school for four years and base school — where they were bused in for the day —for another four.

She said the trauma from residential school was passed down from generation to generation — from her great grandmother all the way to herself.

“So you can just imagine,” she said.

During her time in residential

school, Bromley wasn’t able to speak her language or practice her culture, which was very difficult for her.

After, Bromley found herself in a difficult place. She became a mother, but her relationship with her children was strained because of the pain she was suppressing. But when Bromley started reconnecting with her culture, she began to find inner healing.

“If it wasn’t for our spiritual ways, I think I would be homeless,” she says.

Thistle has also experienced the power for reconnecting with his culture.

At three years old, Thistle was uprooted from his Indigenous community when his family fell apart. He became homeless years later, and he believes it stemmed from the disconnection he experienced.

“Through reconnecting with my identity and community and my mom and her people, I in many ways found home again,” he says.

Thistle believes without this new understanding of Indigenous homelessness, we will not solve the problem we are seeing.

“We have been treating the first half of the problem. We have been working on fixing and putting people in homes - which is important and we still need to do - but the second half of the



**Jackie Bromley sits in the boardroom at the Awo Taan Healing Lodge Society. She is the housing advocate and cultural lead, assisting women escaping abuse and homelessness. Photo by Amy Simpson**

equation is restoration of these relationships,” he says.

“One without the other is just not going to work. When you do the two together I believe it can work.”

But this understanding of relation doesn’t just have to be for Indigenous people. Instead, Thistle believes it is one of the ways we can learn from each other.

“Instead of just focusing on putting someone in a house and saying ‘oh they are housed,’ they are not homeless anymore,’ we can focus on the relationships of the people within that house. And that really has the potential to keep people off the streets long-term. For Indigenous and non-

Indigenous,” he says.

“That is exciting and that is Indigenous knowledge.”

Although Thistle’s definition hasn’t made any concrete changes to policy yet, he does see a lot of room for this knowledge to impact multiple sectors.

“I’m hoping that it will help policy makers see that the scale of Indigenous homelessness is so vast because there is a whole second half of the equation that is not being addressed and that is the whole break down of these relationships,” he says.

“So when people understand that then they can start to tailor solutions towards helping restore some of those relationships.”

## News You Can Use

### Judge accused: Racism

A Calgary judge issued an apology to University of Calgary students for comments described as being racist during a guest lecture on Jan. 4

Court of Queen’s Bench Justice Kristine Eidsvik made the remarks in a second-year negotiation class, where she reportedly talked about being uncomfortable when walking into a room “full of big dark people,” according to *CBC News* which first broke the story.

According to students, Eidsvik said she was used to being in an “ivory tower” where she’s “removed from the riff raff.” She made the comments in a racially diverse class of over 100 students.

Eidsvik apologized for the remarks the next day and recognized they were inappropriate and “could be construed as insensitive to racial minorities.”

On Jan. 10, faculty of law dean Ian Holloway sent an email to staff and students to inform them Eidsvik had resigned from her position at the U of C.

### Oprah 2020?

During the Golden Globe Awards on Jan. 7, Oprah Winfrey received the Cecil B. DeMille award for lifetime achievement, giving a resounding speech which leads some to believe this is the beginning of a presidential campaign run.

The American media proprietor, talk show host, actress, producer and philanthropist, to name a few accomplishments, made a powerful 10-minute long speech during her acceptance, addressing the campaign against sexual assault, harassment and discrimination through the #MeToo movement and the Time’s Up organization.

The multiple standing ovations and ability to command a room had many tweeting out during her speech and the days following, expressing their support for an Oprah 2020 presidential campaign run.

While the star herself has yet to officially address the support for her un-official campaign, friends and her longtime partner, Stedman Graham, have expressed that she would “absolutely run.”

### Women’s March 2.0

On Jan. 20, women across the world, including in Calgary, will take to the streets for the second annual Women’s March.

Last year, women worldwide mobilized in protest over President Donald Trump’s election in November 2016. The march is a symbol of solidarity for those oppressed and discriminated against. Over 2,000 people marched in Calgary’s event last year, which began at the Famous Five statue near Olympic Plaza and ended in front of city hall. The march was diverse, with men, women, children and even dogs taking part. The majority of marchers carried unique signs detailing what they were marching for.

Those who are joining the march on Jan. 20 will meet outside of Banker’s Hall at 12 p.m.

The march is organized by March On Canada — Calgary, a grassroots group of women that formed after last year’s march and includes those who organized the first march.

### Time’s Up Franco

Actor James Franco faced ridicule after the Golden Globes on Jan. 7 for wearing a Time’s Up pin, in support of women calling out harassment and discrimination across all industries.

Some women took to Twitter after seeing Franco win a Globe, calling him out for sexual harassment they have experienced.

On an appearance on *The Late Show* with Stephen Colbert, Franco described the accusations as being “not accurate.” However, on Jan. 11, *The LA Times* published an article detailing five different women’s accounts of sexual harassment allegedly committed by Franco.

Some of the accusations include Franco removing protective guards while simulating sex scenes and the actor becoming angry when actresses refused to go topless.

Franco is no stranger to controversy. In 2014 he faced ridicule after a conversation with a 17-year-old on Instagram was made public, in which after learning her age, he asked for the name of her hotel and if he should book a room.

# Walking with dinosaurs

*New exhibit showcases creatures from the Cretaceous Period*

**Anna Junker**

News Editor

Mount Royal University unveiled a new prehistoric fossil exhibit on Jan. 11. for students and members of the public to enjoy for free.

Installed in the atrium and the ceilings of Mount Royal's East Gate and B Wing, the new exhibit, titled Cretaceous Lands, joins the university's already established and popular Cretaceous Seas.

The new exhibit features life-sized casts of the skeletons of two dinosaurs and one marsupial, animals which roamed the planet over 65 million years ago.

The Cretaceous Period occurred 144 to 65 million years ago and ended about 64 million years before the first humans evolved.

During the mid to late Cretaceous, much of Alberta was covered by marine waters. In the mild to cool water temperatures, predatory marine life flourished. Nearly complete skeletons of reptiles including mosasaurs, plesiosaurs and ichthyosaurs have been found in southern Alberta and near Fort McMurray.

The Cretaceous Period also saw the rise of the mountain range along the western end of North America. This created river systems which brought vast quantities of sediment eastward into Alberta. There it

accumulated in thick layers which are now exposed by erosion in the valleys and badlands throughout the province. The area was swampy, subtropical with coastal lowlands which supported forests of conifers, cycads, ginkgoes and early flowering plants. The vegetation served diverse plant-eating dinosaurs, which in turn were prey for predators.

The three new creatures displayed in front of the Pteranodon, which has been suspended in flight for a few years now near the Iniskim Centre include Nanotyrannus lancensis, Triceratops horridus and Didelphodon vorax.

Nanotyrannus lancensis was thought to be a juvenile Tyrannosaurus rex. However, the skull bones are fused, suggesting it is an adult and it has more teeth in its jaws than a T. rex does. Although, this could just simply reflect change during growth or variation of individuals within a population. It was an agile predator with dagger-like teeth, a sleek skeleton and may have hunted in packs.

Triceratops horridus was a large, four-legged plant eater that weighed up to 12 tonnes, about twice the weight of an African bush elephant. The baby that's



**The new Cretaceous Lands exhibit at Mount Royal University showcases two dinosaurs and one marsupial creature from the Cretaceous Period: Nanotyrannus lancensis, Triceratops horridus and Didelphodon vorax. Photo by Andi Endruhn**

displayed in Cretaceous Lands is thought to be between one and three years old. Triceratops was among the last of the dinosaurs before mass extinction brought an end to their reign.

Didelphodon vorax was an early member of the marsupial family. However, it was relatively large for the period it lived during, where most mammals were between mouse to cat-sized. It was a pouched mammal, related to the opossum but was semi-aquatic like an otter and may have

lived in burrows in riverbanks. It had short, heavily constructed jaws and blunt premolar teeth thought to crush small prey such as lizards, frogs and the shells of mollusks.

The exhibit was made possible through donations from the Government of Alberta, Michelle O'Reilly Foundation, Alberta Palaeontological Society, Canadian Geological Foundation, Tanya and Brad Zumwalt and Professor Emeritus Wayne Haglund.

# What's it like to actually groom a dog?

*Evolution of dog grooming industry over the past 2,000 years*

**Colin Macgillivray**

Arts Editor

From splashing through muddy piles of half-melted snow to getting soaked during flurries, winter is one of the filthiest times for our canine companions. Matted paws and dirt-stained bellies become commonplace and for countless Calgary families, trips to the dog groomers become a monthly routine.

But what actually happens after you drop off your furry friends at the groomers?

Jackie Boulton, co-owner and stylist at Calgary's Mucky Pups says that one of the hardest parts about her career is educating the public on dog grooming.

"A lot of people don't really understand the work that goes into it," says Boulton while clutching her dog, Sasha.

"The longer the hair, the more complicated the cut and if a dog's hair is matted, we will have to clip them. It's a whole process that is time-based, and some dogs just take longer than others."

Boulton, who has been grooming dogs professionally for over three decades, had no knowledge of the industry before she stumbled into the dog business profession over three decades ago.

"It was not something we thought we would ever do, own our own shop," says Boulton. "We kind of just fell into it, a bunch of circumstances and all that, but we definitely had no idea what it was going to be like."

Most pet-owners just drop off their pups and return a few hours later to pick them up, but

few really understand the ins-and-outs of the industry. Deb Cameron, Boulton's sister and co-owner of Mucky Pups believes that the dog grooming industry has come a long way since they opened their shop 22 years ago.

"It's evolved a lot over the years since we started," says Cameron. "It wasn't even considered a career."

With the history of dog grooming dating back to ancient Rome, the dog grooming industry has gone through an insane evolution. Originally, monuments and coins featured pups that would resemble modern-day poodles. At the time, the Roman elite had these poodles groomed in a way so that they would resemble lions.

A transformation of the dog

grooming industry occurred at the turn of the 19th century, with doggie barber shops opening up in marketplaces in Europe and North America. These shops were relatively small, cramped and were at times incredibly unsafe for pets.

Suddenly, canine aristocrats around the globe were clamouring for dedicated groomers, professional equipment and shops, and the dog grooming industry was born.

So, next time you drop your furry friend off at the groomers, hopefully the storied history of dog grooming will have you appreciate the work that goes into making your pooch fit for the elite... or just have a snazzy haircut.

## THE REFLECTOR

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# features

## How to travel on the cheap

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*Follow these tips and tricks next time you book a getaway*

**Anna Junker**

News Editor

It's the dead of winter and it's hard not to think about a dream getaway to a warm, exotic destination. But, we're all students and it's hard to travel when you can barely afford rent.

I for one, am always anxious about the amount of money I will spend on holiday. It always seems to end up being more money than I intended by the end of it.

However, I've done some digging and here are some reasonable tips and tricks to become a savvy traveller. Save money while exploring the world!

### Booking a cheap flight

The first step to every holiday is usually booking a flight. Trying to find the cheapest flight is sometimes like trying to find a needle in a haystack. One of the first things you can do to get a cheaper flight is to travel in that country's off season. However, when you start your search, browse in an incognito or private browsing window to ensure you see the lowest prices possible.

Because of the cookies in your browser, flight prices actually increase when a certain route

is routinely searched. The site wants to "scare" you into booking the flight now before prices get even higher. When you browse incognito, your cookies are reset each time you open a new incognito window.

It's not actually true that booking a flight on a Tuesday will guarantee you a cheap flight. In fact, there is no specific day that will provide you with a cheap flight, although flying out on a weekday is generally cheaper. Unfortunately, you will have to do a little bit more manual work in identifying which day will be cheapest for you to fly.

### Budget airlines are your friend

Another way to ensure your flights will be cheap is to identify budget airlines. But be forewarned, the price comes with compromise. You will likely have less leg room, and no "free" food or drink during the flight, which is normally covered in your higher priced ticket. The budget airlines in Canada would be Porter or Air Transat.

However, remember to always read the fine print. Check where

your airport location is, as some airlines fly to airports further out of the city. Make sure you've booked and paid your luggage fees and always weigh your luggage as some airlines will charge an overweight fee. Some airlines such as Ryanair will also charge a fee if you don't print off your own ticket, so again always read the fine print.

### Baggage fees

It's always important to read the fine print when booking a flight. Some airlines allow one carry-on and one check-in bag while others induce extra costs for a check-in. An easy way to avoid this extra cost is to pack everything in a carry-on bag. If you can't fit everything into a standard carry-on suitcase, I suggest repacking. Think about it, do you really need five pairs of pants? You can also wear bigger items like jackets and scarves if you're going somewhere cooler in order to save space. Another tip to save space is to roll up your clothing items. They take up less room and are easier to stack on top of each other. By bringing only a carry-on, this also saves you time where you don't have to wait at the baggage carousel.



**Travelling is one of the most expensive hobbies you can have, but it can also be one of the most rewarding. The cheaper, the better! Photo by Andi Endruhn**

### Save on food

The days of complimentary meals on flights are almost long-gone, unless you can settle for a plastic cup of water and a small bag of nuts (which could barely feed a squirrel). Instead of swiping your credit card every time you get hungry and having to gamble on the taste of your food, pack your own meal instead.

By packing your own meal, it will guarantee you will 1) not go hungry 2) your food will taste good and 3) it will cost zero dollars. As long as your meal doesn't include any liquid over 100 ml you will be able to bring it on the plane.

### Try an AirBnB

If you're looking for something more homely, try booking a few nights at an AirBnB. Depending on your budget, you can find a fairly cheap place to stay. You can narrow your search by the number of guests, home type and price point. I searched up AirBnBs in Puerto Vallarta, Mexico using the general settings and found one for just \$75 CAD per night. That's definitely a deal. Other AirBnB's in Puerto Vallarta were generally priced between \$100 to \$300 CAD.

### Cheap hotels

Not up for an AirBnB? You can also get some great deals on hotels. Use a site like Kayak where you will be notified on price alerts for particular hotels or dates you're interested in, so when the

price drops, you will be notified immediately.

Other sites such as Roomer or Cancelon list accommodations after late cancellations, which will have you score rooms for a reduced priced. Apps like Hotel Tonight let you book hotel rooms last minute for great prices. You can also use coupon sites like Groupon for deals on hotels.

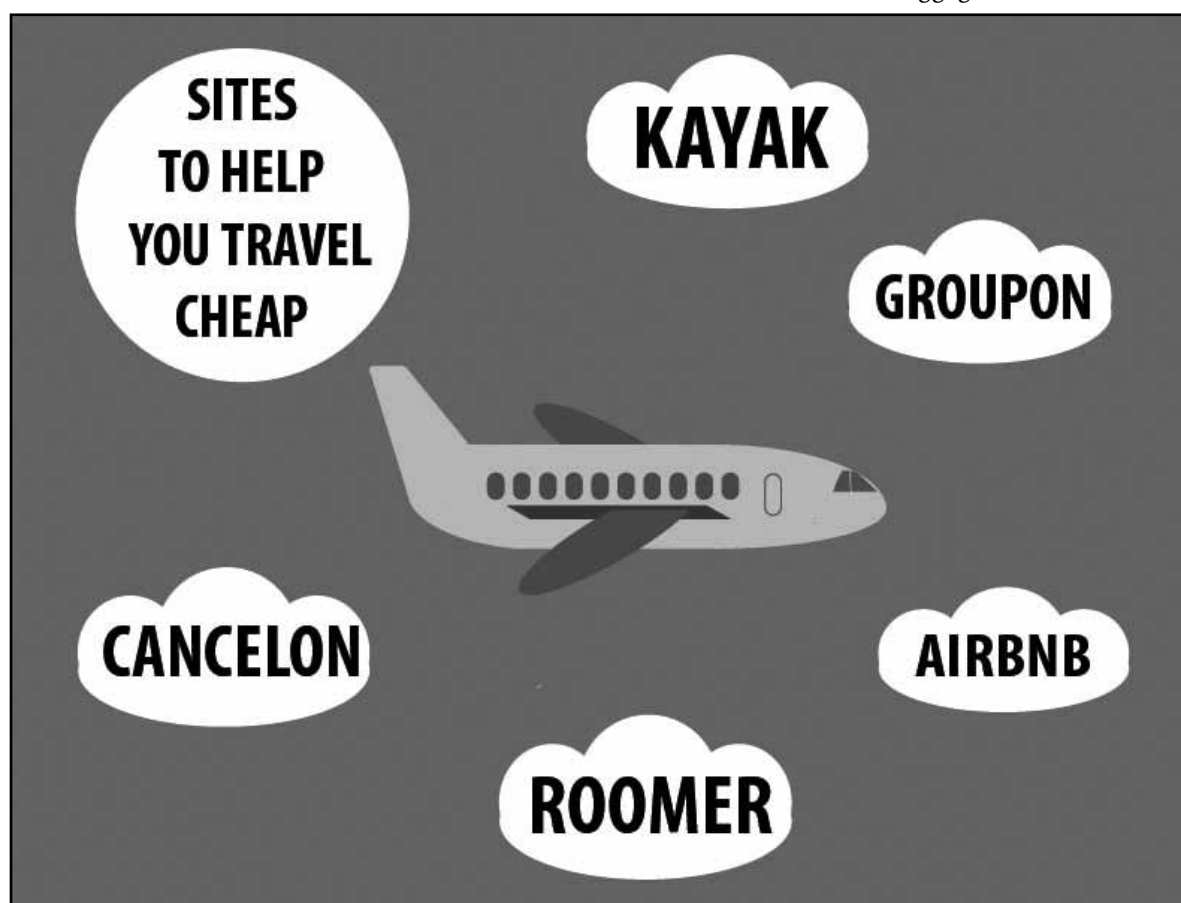
If you're a frequent flyer, you've likely racked up a number of points. You can then save on hotel costs by using those airline rewards or miles when making your next booking.

Websites like Expedia and TripAdvisor help you find the best deal at the lowest price.

### Use apps

If you're travelling to a foreign country, one of the most difficult aspects will be handling the language barrier. However, in the world of technology that we live in, there's an app for that. A great app for translating is Google Translate. You can download an "offline dictionary" so there are no astronomical roaming charges for when you use it. Other helpful apps are TripIt, which organizes all your travel plans into one master itinerary and Around Me, which suggests restaurants, hotels and theatres.

By following one or all of these tips the next time you plan a trip, you'll be saving big on flights and hotels. If you're dreaming of travelling to a faraway place, well, better start booking!



**Here's just a few online resources to relieve some of the financial strain travelling can put on you. Graphic by Andi Endruhn**

# The pill versus IUDs

*Find the birth control that's right for you*

**Sabrina Harmata**

Staff Writer

One thing is sure about most university students: on top of all the studying and the debt, the responsibilities of taking care of a child are probably the last thing on anyone's mind. But this doesn't stop us from having sex. Therefore, it is essential that those of you uninterested in having kids at this point in your life find a birth control that works for you.

There are many different kinds of birth control, all with their own success rates and methods of inhibiting. Given the vast amount of options, it is important to find one that fits best with your body. If you're interested in trying something new, talk to your doctor so you can make an informed decision. But first, here are some quick facts on the most common types of birth control to help you choose.

## The pill, or more accurately, the pills

People talk about "The Pill" as if there's only one, but just like there are many types of birth control, there are also many types of birth control pills. Despite there being

multiple options, they all seem to work in the same general way: stopping ovulation so the sperm cannot fertilize the egg.

For maximum effect, birth control pills should be taken every day at the same time. Because the pills have a low dose of hormones, taking it at the same time is vital since you can get pregnant once the dosage wears off. Set a recurring alarm on your phone to remind you it's that special time of day. The pill does not need to be taken during your period, but the package usually comes with placebo pills so you don't forget to take it when your period is done. If the pill is being taken properly, it has a 99 per cent success rate. But, since not everyone takes it properly, its actual success rate is closer to 91 per cent. To learn more about the kinds of pills and how they're different, ask your doctor.

## IUDs: Hormonal versus copper

An IUD (Intrauterine Device) is a little T-shaped piece of plastic that is inserted into your uterus by a doctor. It can be uncomfortable to get

put in, but there are ways of lessening the pain, such as taking a painkiller right before your appointment or booking your appointment right after your period. IUDs come in two different categories: hormonal and copper, both of which over 99 per cent effective. Copper IUDs are also the most effective form of emergency contraception. They're 99 per cent effective if you get it within 5 days, compared to Plan B, which is only 89 per cent effective.

Hormonal IUDs last anywhere from three to five years, and copper IUDs last anywhere from three to 10, depending on the type. If you decide to have kids during this time, the IUD can easily be taken out by a doctor, and you will be able to conceive as soon as the procedure is done. Hormonal IUDs prevent the sperm from entering the uterus by thickening the layer of mucus in the cervix. The sperm that do make it through are killed by the hormones in the IUD. On top of this, the lining inside the uterus is kept thin to stop a fertilized egg from implanting. Copper



Many people choose to take the pill as birth control, but there are other options to consider. Which one is best for you? Photo by Anna Junker

IUDs simply kill the sperm by making your uterus produce a fluid that is toxic to it.

Hormonal IUDs tend to reduce menstrual flow and cramps after a year of being inserted; whereas, copper IUDs increase bleeding and cramps. If your cramps are already unbearable and you're looking into an IUD, the hormonal ones are the way to go. Hormonal IUDs are a couple hundred

dollars more than copper ones, but in the long run, both options will be cheaper than the pill or condoms, depending on your insurance coverage.

Keep in mind that neither form of birth control prevents STIs — only condoms can do that. If you're still confused about what type of birth control you want, talk to your doctor and research it on your own.

# Combatting a cold

*Staying functional during the season of sick*

**Amber McLinden**

Features Editor

We're in the thick of cold season and with the beginning of the semester at our backs, it's hard to deal with the reality of both at the same time. Being sick is one thing. Having to go to school and work while you're sick is a whole other battle. Here's some tips for you to make it through a cold.

Unfortunately, a cold is not something you can cure, so you and your body just have to wait it out. That doesn't mean you shouldn't do some things to help the process along, especially if you're going to survive for five to seven days working and going to school with it. Don't over exert yourself, though. Tip number one is making sure you get enough rest. According to MayoClinic.org, your body

needs this time to heal itself. If you're too busy with something else, your body won't have the time or energy to heal.

Tip two is liquids, liquids, liquids. There's a reason we think of chicken noodle soup and tea when we think of being sick. It's a cultural thing and it's useful when it comes to healing your body from a cold. Water, juice, tea and liquid based foods like soup help keep you hydrated and breaks up mucus. As gross as it sounds, it will help prevent dehydration, headaches and fatigue according to WebMD. Try to stay away from caffeine and alcohol which can contribute to these problems.

You can also soothe your cold symptoms, like a sore throat, by drinking hot beverages.

While this may not do much to rush the process along, it doesn't hurt to stop coughing for a while. Drink herbal tea, or something like lemon and honey in hot water. The honey coats your throat to soothe it from coughing and the acidic lemon helps to loosen up phlegm.

Turn on your humidifier to keep the air from being dry. Nothing is worse for a cough and cold than dry air, contributing to an already dry cough. Alberta has especially dry winters, which make you feel terrible when you wake up to a dry throat. Add a humidifier into the mix and keep the air you breathe in from getting too dry. While the science is mixed when it comes to effectiveness, according

to WebMD, the steam from a shower seems to weaken symptoms for some people. Try hopping into a hot shower and breathing in. The least it can do is get you clean!

You can also always take over the counter remedies. There might not be a cure for a cold, but there are ways to lessen your pain during the healing process. Instead of just drinking tea, grab Neocitran from a pharmacy instead. It contains medical ingredients to suppress your cough and stop throat irritation. If you get the night formula, it even helps you sleep a little better.

Another over the counter remedy is cough drops. Lozenges also contain ingredients to relieve you from a sore throat, which

can be natural or medicinal. Usually they contain menthol, which can be natural or manmade, but it works well on your sore throat. A personal recommendation is Buckley's lozenges, with 20mg of menthol per cough drop, more than most on the market now.

You've probably had a cold before, and can recognize it when it comes around to your body again. Usually a cold lasts five to seven days. If you find your cold is lasting longer than that, it starts getting worse, or you find yourself with other symptoms like a fever, make sure you go see a doctor. While the cold is generally harmless, it's also what the beginning of some other, more dangerous illnesses feel like. Better to be safe than sorry!

# Patti Derbyshire turns research into action

*Deep beauty and creating a more inclusive runway*

**Amber McLinden**

Features Editor

Most people have heard the phrase, “beauty is only skin deep.” It refers to the idea that beauty is physical and character is something entirely different. However, some people might not agree with that definition. Angie-Pepper O'bomsawin was one of those people.

O'bomsawin created a show called *Princesses*, which aired in 2016 on the Aboriginal Peoples Television Network (ATPN). The series probes into standards of beauty held by different Indigenous nations and looks at the myths associated with the concept of beauty.

This is what prompted Patti Derbyshire, the chair and an associate professor at Mount Royal University's Department of Entrepreneurship, Marketing and Social Innovation, to start her research on the topic of deep beauty.

The series, through interviewing numerous Indigenous women, explores what Derbyshire refers to as “deep beauty,” or the concept that beauty is not only skin deep.

“Deep beauty describes this idea that these women are giving voice to, which says, ‘we kind of reject this idea of beauty just being physical.’ For Indigenous women [they] see [their] beauty as intellectual, as spiritual, as cultural, as emotional and there's a physical component to it,” explains Derbyshire.

The concept gives a name to the way the Indigenous women talk about beauty in the series. While you can't look it up on an online dictionary, Derbyshire says it's important nonetheless.

“I think in an era where people are really trying to

confront Missing and Murdered Indigenous Women, and how Indigenous women continue to be marginalized. It's really, really easy to call something or someone ugly for being outside a norm, and then what follows are acts of dehumanizing and distancing and that in particular is really problematic given that then you can overwrite or erase someone's identity. Or worse.”

Derbyshire's research might sound familiar. Many people know her work through the Indigenous fashion show held every year at Mount Royal University, called Otaahpiaaki. The fashion show aims to decolonize the runway, by showcasing a different type of beauty. It gives Derbyshire the chance to observe the individuals who participate year round and to create a space where colonial beauty standards aren't upheld.

How do you decolonize a runway? Derbyshire explains that the runway is often the standard of beauty we tend to see across the fashion industry, which is mainly white, thin and is exclusive to certain areas of the world. She says the best way to decolonize the runway is by disrupting the norm.

“Some concrete ideas that we've already observed at Otaaphiaki, at our own shows: families are present. There's no question that your family comes to celebrate your creativity. There's no question that you want your daughters and sisters and mothers and the men in your life,” explains Derbyshire.

“So that's already decolonizing, the decorum is different, the protocol is different, the expectation even in the business

world for the value for money is different.”

That's only the surface of her research. On a more academic scale, Derbyshire is currently spending time researching deep beauty in an academic context. She says the question she seeks to answer has to do with survivance, which means “Indigenous self-expression in any medium that tells a story about our active presence in the world now,” according to Survivance.org.

Derbyshire's research asks “is this idea of deep beauty, are these contemporary Indigenous designers we work with, and do the women and girls who are observing Indigenous fashion on the runway, is this an act of survivance, or is it engagement with survivance?”

It's a complex question, which is why Derbyshire's research will unfold over 10 years. She's already begun with a critical discourse analysis of the *Princesses* series. This involves watching all the episodes and analyzing the language used in each episode to create a better understanding of deep beauty to continue with her research.

“I should be able to make some observations, some deeper observations about deep beauty and the role it plays in this idea of presence and continuance of native stories, which are kind of at the heart of this idea of survivance,” she says.

The next step after the critical discourse analysis, which she describes enthusiastically as “fun,” is to gather individuals who will watch the show with her and express their feelings and thoughts to Derbyshire. This will be a nonprobability sample,



**Patti Derbyshire's job as a researcher and professor is just one of many ways she's involved in the community. Photo courtesy of Patti Derbyshire via Calgary Arts Development**

allowing her as a qualitative researcher to make theoretical contributions rather than a grand claim.

For this portion of the research, she says it's extremely important that she doesn't fall into the role of ethnographer, or in non-researcher terms, a non-participatory observer, explaining that this can be particularly problematic when it comes to a non-Indigenous person researching topics relating to Indigenous peoples.

“I have guideposts,” she explains. “I had coffee last week with one of my Indigenous colleagues at the university and I get her to check me. I get her to remind me of other literatures that ensure, as much as a person can, that this isn't kind of 1950's social science.”

So how does Derbyshire avoid the role of ethnographer? She allows participants to express themselves however they want.

“I will ask people to write in their own words or sketch or do whatever they want to do or say what they need to say about what we're watching and try not to influence that,” she says.

Ethics is almost always a concern when it comes to sociological research because people are usually involved as subjects. However, it is even more of a concern when those people

involved are Indigenous. Canada has a long history of enforcing colonialism through research with Indigenous peoples, imposing research findings on them without consulting them for their opinions.

“Consent is always important in research but it's extraordinarily important with Indigenous projects like this,” she explains.

“I think it's really important for me to do everything I can to create the conditions for people to represent their knowledge in the ways they prefer. So whether that's talking to me, whether that's writing in a journal, whether that's sketching and telling me about what is sketched, whether that's through conversations with others, it's my job to make sense of expressions and to stay out of the way while people express what they feel.”

Derbyshire says when the research is completed she will likely write a conventional academic research paper, but that she is more drawn to the action that will result from her research.

“It would be really important to me, actually, that the knowledge outcomes from doing this work are useful. Are useful to designers, are useful to young women, are useful to moms or aunties or projects that educators undertake for women and girls.”



**The show *Princesses* started Patti Derbyshire on her research journey. She will be using it for her critical discourse analysis. Photo courtesy of the Aboriginal Peoples Television Network**



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# arts

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## A recap of the 75th Golden Globes

*What this means for award season and Hollywood as a whole*

Colin Macgillivray

Arts Editor

The 2018 Golden Globes might be the first time in the award show's storied history that people have paid attention to the Hollywood Foreign Press Association's normally laughable telecast. For years, the HFPA have sat comfortably next to the Academy Awards, revelling in the fact that at the end of the day, their award show will always play second fiddle.

Still, it's always off-putting when someone says they prefer the Golden Globes to the Oscars. It's like when someone says they would rather scarf down a nine-inch Quizno's sandwich instead of a nice, saucy, footlong meatball marinara from Subway. Or, when your one weird cousin demands Pizza 73 at a family gathering, when all the other relatively sane people agreed upon Panago (which is objectively better).

Sure, it's great that phenomenal television shows like *Big Little Lies* and *The Handmaid's Tale* are being recognized, but the January 7 broadcast of the Golden Globes felt like a rehash of last year's Emmy Awards. And yes, it is wonderful that some performers and directors that would never see an Oscar nomination being nominated for a major award, but Denzel Washington had no business being nominated for his apathetic performance in *Roman J. Israel, Esq.* and *The Boss Baby* being nominated for best animated feature is frankly sickening.

But, in the current political

climate, Hollywood is seemingly under the most scrutiny in history and deservedly so. In the wake of the #MeToo movement and the Time's Up movement, the 75th Golden Globes became a must watch event for so many. Although that event was fairly predictable in terms of which stars nabbed a new golden mantlepiece, the HFPA's show might have become the 'it' show for celebrities to push certain ideologies. So, if you missed the most recent edition of the Golden Globes, here are three things that will keep you in the know.

### Oprah's speech

Getting the most obvious moment of the show out of the way first, it's impossible to even mention the Golden Globes without mentioning television mogul Oprah Winfrey's impassioned speech. Touching on subjects that transcended typical acceptance speeches, Winfrey received the Cecil B. DeMille award for outstanding lifetime achievement and proceeded to steal the show. The power and command that Oprah displayed was awe-inspiring, as she essentially changed the Golden Globes into some sort of political rally. After Oprah left the stage, awards didn't matter anymore. Some have coined it as Oprah's presidential speech, as droves of people have been clamouring for Winfrey to run for the presidency in 2020 after her fiery performance at the podium.

Funnily enough, Meryl Streep found herself in almost the

exact same position one year ago. At the 2017 Golden Globes, Streep was given the Cecil B. DeMille award as well, and too delivered a fierce, politically charged speech that left fans excited for her hypothetical run for the United States presidency. Donald Trump, in typical Donald Trump fashion, proceeded to fire off a plethora of nonsensical tweets that twisted the situation into how Hillary Clinton is a dishonest crook. He called Streep one of the most over-rated actresses in Hollywood and faced the situation in some degree. The most interesting part about Winfrey's speech, is that Trump has made no comment whatsoever and is even on-record saying that his initial choice for a vice-president would have been Winfrey. Is he afraid of Oprah? Will Harpo productions take over the White House? Will Oprah even run for the presidency, even though she has been adamant she does not want to get involved with politics? Let the theories begin.

### Three Billboards wins big

Martin McDonagh is a brilliant director and perhaps an even more talented writer. The Irish playwright turned screenwriter has struck gold with his newest motion picture, *Three Billboards Outside Ebbing, Missouri*. After being nominated for six Golden Globes and winning four, *Three Billboards* was the clear winner for the Hollywood Foreign Press Association this year.

Still, after an incredibly start to the awards season, where it has nabbed prestigious prizes at The Critic's Choice Awards and the Australian Academy of Cinema and Television Arts Awards, the film sits in an odd place heading into the granddaddy of them all, the Academy Awards.

Although it wasn't surprising that *Three Billboards* managed to pick up Best Motion Picture at the Globes, arguably the most prestigious award at the show, it's still incredibly difficult to

call it the Oscar frontrunner. The black-comedy, that boasts an incredible ensemble cast, some of the sharpest screenwriting in recent memory and some fantastic performances from Frances McDormand, Sam Rockwell and Woody Harrelson, would be an odd choice for Best Picture at the Academy Awards. Yes, the movie has received almost universal acclaim from both critics and audiences

**Continued on Pg. 10**



The 2018 Golden Globes will largely be remembered for one reason and one reason alone. Oprah Winfrey. Photo courtesy of ABCNews.com

## OUT'N ABOUT

### The Best of Tchaikovsky:

The Calgary Philharmonic Orchestra will be dedicating Jan. 27 to Russian composer Pyotr Ilyich Tchaikovsky. Best known for composing the beautiful *Swan Lake* ballet, the legendary composer's most notable work will be on display.

### YYC Hot Chocolate Fest:

Like chocolate? Hate eating solid food? Well, YYC's annual Hot Chocolate festival will be running from Feb. 1 to Feb. 28. With dozens of businesses competing, chocolate lovers will love the month of February.

### Particle + Wave Media Arts Festival:

Running from Feb. 1 to Feb. 3, the fourth installment of the Particle + Wave Media Arts Festival will be showcasing a range of artwork and performances courtesy of artists from around the world.

### A Symphonic Tribute to Prince:

The Calgary Philharmonic Orchestra will celebrate and pay tribute to the legendary musician on Feb. 10, with orchestral covers of classic hits like "Purple Rain" and "Little Red Corvette."





Martin McDonagh's *Three Billboards Outside Ebbing, Missouri* managed to grab four Golden Globe awards on January 7, but how will the film fair at the Academy Awards? Photo courtesy of WKSU Radio

### Continued from Pg. 9

alike, but the fact that it is a dark comedy hurts its chances. The Academy has been wary to award top honours to anything other than serious, dramatic films in recent years, as the closest thing to a black comedy that has one best picture at the Oscars would be 2011's *The Artist*, which was more of a dramatic rom-com than anything. This doesn't bode well for *Three Billboards*.

Martin McDonagh's *Three*

*Billboards Outside Ebbing, Missouri* has been compared to some of the Coen Brother's best black-comedies like *Fargo* and *The Big Lebowski*. All three films share snappy writing, incredible performances and memorable characters, yet they have had trouble at the only awards show that truly matters. *Fargo*, which was definitely the best film at the 69th Academy Awards, failed to win Best Picture that year. Instead, the honour went to the largely forgettable war-

drama *The English Patient*. *The Big Lebowski* wasn't even nominated two years later. *Three Billboards* could potentially break the trend, but if history is any indication, the film won't be able to grab the most prestigious award in film.

### Get Out, Dunkirk and Call Me By Your Name snubbed

The Golden Globes is fun because of how it splits

dramas and comedies into two separate categories. It allows phenomenal actors like Daniel Kaluuya to be nominated for his underrated performance in *Get Out*, Jordan Peele's directorial debut that should most definitely be nominated for Best Picture come time for the Oscars. It allows both Timothée Chalamet and Armie Hammer to be nominated for their electrifying performances in *Call Me By Your Name*, something that might be difficult for the Academy to justify. It even allows blockbuster hits like *Dunkirk* to get a fair shake at some gold, but unfortunately all of these incredible movies were not able to win an award.

First, it's an absolute joke that *Get Out* was put into the "Best Comedy or Musical" category at the Golden Globes. The film has some hilarious moments of levity, but is further from a comedy than *Three Billboards* is. Maybe the HFPA were trying to recognize film in some way, by shoehorning it into a category that it clearly doesn't fit it, but it still missed the mark. Jordan Peele wasn't recognized for his directorial efforts either, which is laughable. Does Ridley Scott really need to be nominated for *All the Money in the World*? Do we really need to let Steven Spielberg know that he did a great job on *The Post*? Even though it is of paramount importance to nominate the best in each category regardless of their track record, it is an absolute mistake to not recognize Peele for his work on *Get Out*. It might be a long-shot, but hopefully the Academy gives some much deserved nominations to the film.

*Call Me By Your Name* seemed to be the frontrunner

for acting honours coming into award season. Both newcomer Timothée Chalamet and the underrated Armie Hammer delivered fiery, understated performances in the romantic-drama *Call Me By Your Name*, with some saying it might be the first time since 2003's *Mystic River* where a film picks up both the Best Actor and best Supporting Actor awards. But, it was for naught, with neither of the extraordinary performers receiving the award. Instead, Gary Oldman one for his Oscar-bait ridden performance of Winston Churchill in *The Darkest Hour*. It's never a fun time when someone who plays a historical figure in a period piece wins the award. Sam Rockwell took home the award for best supporting actor, which is a completely fair choice, but it's still surprising that a film that completely relies on its acting, like *Call Me By Your Name*, to be shut out.

Finally, *Dunkirk* was snubbed as well. Although all three of the categories it was nominated in, Best Drama, Best Director and Best Original Score, went to deserving winners, it is still a shame that the Golden Globes do not have a category that recognizes extraordinary achievement in cinematography. Hoyte van Hoytema, the genius who worked as director of photography on the epic war film deserves all the praise in the world for his masterful work on the film.

Now you know almost everything you need to know about the 2018 edition of the Golden Globes. Will it be largely inconsequential in the future? Of course! But, at least we still have the Oscars to look forward to.



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# The interdisciplinary world of performance art

*Broadway musicals and professional wrestling have more in common than you'd think*

**Colin Macgillivray**

Arts Editor

I had the pleasure to visit New York City over the holiday season and was finally given the opportunity to do something I've wanted to do my entire life. See a Broadway production. For someone who has been so enamoured with acting and performance from a young age, it was a delight to finally see some of the best actors in the world perform. It is more clear to me than ever after watching Oscar-winner Mark Rylance in the incredibly entertaining *Farinelli and the King* that the amount of work and dedication these actors put into their performances is nothing to scoff at. Being a performer, especially one who generally hone their craft in front of live audiences is no easy feat.

From tears of joy during the genius musical *Come From Away*, to bursts of laughter during *The Band's Visit*, audiences play a huge part in any theatre performance. No, they are not a major player, nor should they make the show about themselves, but they do play a pivotal role in the success of any major theatre production. Although plays will remain largely the same during their respective runs, performers will play to the mood of a crowd. Some nights will have massive comedic moments, while others will be more subdued. It's the beauty of live performance and there is an art to performing in

front of hordes of people day in and day out. It's what sets apart actors like Kenneth Branagh, an absolute master of performance and someone like Tom Cruise, who insisted on filming an action sequence for *The Mummy* over 60 times to ensure it looked as realistic as possible.

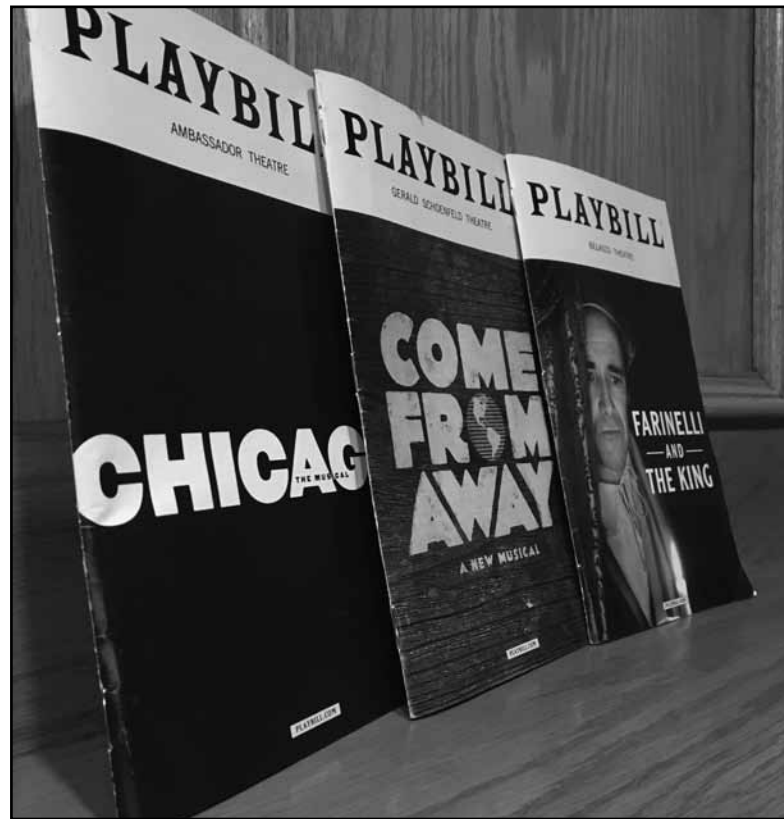
But what if your job is to make action sequences look as realistic as possible on the first try, in front of mobs of fans that will crucify your every move if you make one error? What if you were tasked to craft a compelling, yet simple narrative for millions of people to follow day in and day out? What if you were performing stunts so dangerous that your career could end in a split-second? That my friends, is how the wild world of professional wrestling and performance art meet.

Professional wrestling is one of the most unique, if not the most unique form of performance art. In a way, they mimic Broadway actors, with both parties donning costumes and learning their own form of stage direction all in the hopes of entertaining a live crowd. They are artists, as they combine the athletic grace you would see at a Cirque du Soleil show with the same fundamental theatrical elements that would fit right in at any theatre. There is pageantry, showmanship, performance and athleticism all wrapped into a neat little

bouquet and it's not surprising that it has permeated into the mainstream numerous times throughout history.

Just as actors portray characters, professional wrestlers craft their characters and gimmicks as well. John Cena plays an amped up version of himself, a hardworking modern day superhero that believes in hustle, loyalty and respect. 'Stone Cold' Steve Austin portrayed an ass-kicking, beer drinking everyman, while Hulk Hogan played an over the top patriot, hellbent on being a "real American". Yes, it's absolutely ridiculous that these big, sweaty men are fighting over their nation's pride in a predetermined wrestling match for fake championships, but it's absolutely fascinating how professional wrestling resonates with millions of people worldwide despite being laughable most of the time.

World Wrestling Entertainment (WWE), for example, is ludicrous. Each week, professional wrestlers are forced to spew cringeworthy dialogue that resembles some sort of serialized soap-opera that also happens to involve dropkicks and pile-drivers. Some noteworthy storylines include a wrestler named the Big Boss Man, chaining up the remains of another wrestler's deceased



**Through exciting musicals like *Come From Away* or brilliant comedies like *Farinelli and the King*, Broadway shows elicit almost the exact same response as professional wrestling events. Photo by Colin Macgillivray**

father and dragging it around a cemetery. Another being the time when two wrestlers fought in a 'Kennel from Hell' match, in which the wrestling ring was surrounded by 'ravenous' dogs that were supposed to torment the performers but decided to do dog-like things instead. WWE is absolutely ridiculous, but boasts some of the best performers in the world when it comes to this over-the-top, theatrical style that so many people love. It really is no surprise that Dwayne Johnson has become one of the most sought after Hollywood stars and that John Cena has a budding career as an actor as well. These guys know how to perform.

Both Lucha Libre, the form of wrestling that is most prominent in Mexico and Puroresu, Japan's most popular type of wrestling, are far more subtle in the way they present this unique mashup of art and sport. While there are still ridiculous moments, such as a gaggle of masked clowns that run rampant as the major villains of Mexican promotion AAA Worldwide, there is a certain amount of nuance to the performances that is simply not shown in the WWE. New Japan Pro Wrestling, the most popular promotion in Japan, has showcased some of the most ingenious approaches in terms of performance, storytelling and narrative, with some storylines

going along for years until they finally culminate in a rewarding conclusion. It's refreshing to see professional wrestlers taking their jobs as seriously as stage actors, as it will hopefully help shake the stigma that they often face due to their career choice.

Is it weird to compare professional wrestling and stage plays? Maybe, but the two do share plenty of similarities when it comes to the way they entertain. So, next time you're watching *Chicago* in New York with your mom and wish there was just a little bit more predetermined violence, maybe give professional wrestling a shot.

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**New Japan Pro Wrestling is one of the best examples in the wild world of professional wrestling where pageantry, athleticism and performance all come together. Photo courtesy of NJPW.co.jp**

# A YouTube-able Feast

Online food culture has transformed into digital art form

**Alec Warkentin**

Staff Writer

The common adage is that food is as reliant on smell as it is on taste, but the current trend being explored by the likes of internet personalities such as Matty Matheson and Brad Leone of *Bon Appetit*, prove that visuals are just as important.

Food culture has taken to the digital sphere like white on rice. From the early whiffs of superstardom with Emeril Lagasse and *No Reservations/Kitchen Confidential*, food expert Anthony Bourdain, to the contemporary likes of *Munchies*, *Bon Appetit* and *Hot Ones* with Sean Evans.

Often loud-mouthed and/or tattooed, the progenitors of the business end of restaurants seemed to guard the secrets of what Bourdain once called the “culinary underbelly” of the food service industry as closely as Colonel Sanders’ KFC protected their blend of 11 herbs and spices.

Bastioned behind obscure and occasionally unpronounceable terms such as vichyssoise, confit, mise en place, remouillage, almondine, emulsification and the concept of deconstructionism, fine dining seemed inaccessible to all but the upper crust or particularly snooty “foodies.” A vocal minority who would

take any chance to lord their delicate palette over the common folk enjoying a fast-food style cheeseburger.

But the time for change is extremely nigh. We can thank personalities such as Matty Matheson, who’s unpretentious food-centric show *Dead Set on Life* just wrapped its third season and now hosts the *Viceland*-produced *It’s Suppertime!*. Even Brad Leone of *It’s Alive!*, produced by the Conde Nast-helmed *Bon Appetit* magazine and Sean Evans of *Hot Ones* (the interview show with hot questions and even hotter wings), allow a new generation of gastronomes to get their fix without spending outrageous amounts of money.

With each channel garnering hundreds of thousands of subscribers and millions of views, YouTube channels and the rise of the food as a primarily digital form of expression or (for lack of a less groan-inducing word) art encapsulate the importance of cuisine as a means of connection.

Across all cultures and spaces, cuisine plays a crucial role in the bolstering of community and many of these channels rely as much on the personalities of their respective

hosts as they do on the food itself. Rather than sharing a meal with family or friends, these platforms offer a chance to sit down with those larger-than-life yet so intimately human personalities, romanticizing the culinary but as well making it attainable.

Take the BuzzFeed-created *Worth It* series, where hosts compare the quality of the same foods at different price points (i.e \$17 fried chicken versus \$500 fried chicken, \$2 pizza versus \$2,000 pizza). Yes, some of these higher-end and outrageously more expensive food options will never be explored by the majority of society, but series like *Worth It* go even further, showing the often unnecessarily gussied up version and deciding for certain if it’s any better than the food at your local restaurant.

It’s the perfect example of the kind of disassembling this digital age has the power to do, taking these obfuscated ideas of one of humanity’s most basic needs and showing that at the end of the day one thing is rarely different from the other in quality if not breadth.

It’s the true awakening of the third sense, sight, that along with taste and smell have the power to connect eaters around the world.

**POST-**

Jeff Rosenstock  
Quote Unquote /  
Polyvinyl  
**Score: A-**



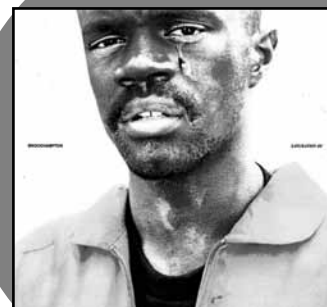
While Rosenstock himself may be the first to refute the labelling of his music as existentialist millennial-punk, there’s no other way to describe the bombastic and subtly brilliant anthems he’s penned on 2016’s *WORRY*. and continued on its fitting follow-up *POST-*.

Released as a surprise in the wee hours of New Years Day 2018, *POST-* bleeds much from the same vein of *We Cool?* and *WORRY*. in terms of freneticism.

“ET TU, USA?” he shouts on proper-opener “USA,” a devilishly political-without-becoming-preachy track that works as a subtextual response to the American political climate of betrayal and as a mondegreen (“ET TU, USA?” = “F U USA!”).

*POST-* cements Rosenstock as one of the best artists in the alt/punk/whatever genre performing, and it’ll be interesting to see what comes next.

-Alec Warkentin



**Saturation III**

Brockhampton  
QUESTION  
EVERYTHING INC. /  
EMPIRE  
**Score: B+**

Making good on their promise of a trilogy by 2018, self proclaimed “best boy band since One Direction” Brockhampton’s third installment in the *Saturation* series delivers a loyal follow up to its predecessors.

Though criticized for remaining formulaic in approach, the group’s third LP contains standout moments throughout. Lead single “BOOGIE” builds off a grooving siren-heavy beat unlike anything previously offered and Merlyn’s

opening verse on “STUPID” punches with a fringe flow that shakes the track early on before backing off on what becomes a highlight. Though monotonous at points when compiled with the two previous efforts, *Saturation III* stands well on its own, creating further proof for the much-hyped group’s legitimacy while leaving fans to wonder where they’ll go next in their post-*Saturation* era.

-Nathan Kunz

**The Official Body**

Shopping  
Fat Cat Records  
**Score: B+**



*Shopping* is a three-piece post-punk band from London, crafting pointed political tune that are surprisingly danceable. *The Official Body* is the group’s third full-length album and each track contains an unwavering amount of energy, spearheaded by Rachel Aggs’ brilliant guitar work and intentionally nonchalant vocals. Album opener “The Hype” starts the album off in a jazzy fashion thanks to sprawling guitars and lyrics that harken back to the counter-culture of the 70s, asking, “what do they teach us? Procrastination!” Unlike some

other post-punk bands, the mixing of *The Official Body* is refreshingly clear and refined, letting the talent of each member take the front seat. However, the majority of songs on the album follow a similar structure, favouring fast-paced guitar riffs backed by the same drum pattern instead of exploring lower tempo avenues. It’s a missed opportunity, but the strengths of *The Official Body* far outweigh the lack of experimentation.

-Paul McAleer



YouTube personality Andrew Rea, known for his brilliant channel *Binging with Babish*, is another example of how visual representation of ridiculous culinary concoctions is important. Photo Courtesy of *BingingwithBabish* on YouTube



# sports

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Dan Khavkin  
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## MRU's hockey team adds depth for the second half push

*Cougars latest addition looking to make an impact on a surging squad*

**Dan Khavkin**

Sports Editor

Mount Royal's men's hockey team has recently recruited forward Chris Gerrie to a struggling squad looking to use the turn of the calendar to shift momentum. They continue to be in the fight for a playoff spot in a closely knit Canada West conference and his impact can already be felt.

Prior to MRU, Gerrie has had an accomplished career as both a minor and junior hockey player.

He played for the powerhouse Red Deer Optimist Chiefs 'AAA' team that won the Telus Cup in 2013. At the conclusion of his Midget year, Gerrie settled not too far from Red Deer, playing two years for the Olds Grizzlys of the AJHL, totalling 119 points in 115 games wearing the gold and black.

He was named the CJHL co-rookie of the year in the 2013/2014 season.

In 2015/2016 he took his talents to B.C. and suited up for the Penticton Vees of the BCHL for one season, racking up 42 points in 56 games. Gerrie played on a squad filled with talent from top to bottom who finished the year as regular

season champions with a 50-7-1 record, but lost to the eventual league champions West Kelowna in the playoffs.

Wanting a change of pace in his life and to pursue an education, Gerrie took his talents down south to Michigan Tech and suited up in NCAA Division 1 college hockey for the Huskies while starting to pursue a degree in management.

After another short stint of one season, Gerrie wanted to be closer to home but also continue to pursue his business degree while at the same time, play at a high level of hockey.

Leaving the U.S. in order to be closer to home, Gerrie got a call from the general manager in Lacombe to play for them.

"I wasn't really sure what I was going to do, once I went to play there I didn't regret it for a second. I had a lot of fun and staying in shape was a really big thing too," Gerrie says.

Gerrie, 21, is a second-year eligible player coming from the ACHW league, departing from the Lacombe Generals before settling at Mount Royal.

Gerrie states, "The business

program is really the first thing that brought me here," on making his choice to become a Cougar and a student at MRU.

"The rest was obviously Bert [Gilling] and the coaching staff."

He had a few offers from other schools but he stuck with taking both his academic and athletic talents to MRU and especially the Cougars as that was his plan from the start.

"I asked around for a bit, I kinda networked and tried to find out more about it... everything was positive so it was a pretty smooth transition," he says.

Gerrie understood what he got himself into coming to MRU as the Cougars were below .500 heading into the new year but still in a playoff spot, with other teams either catching up or pulling away in the standings.

The Cougars completed their second sweep of the season when they out-dueled the Regina Cougars to start 2018 on the road.

"I knew they were struggling a little bit so coming in was like a fresh start," he says. "Coach has been stressing that everyone's record at the new year is 0-0 so if



Second-year eligible forward Chris Gerrie comes to MRU with a stacked hockey resume. Since his acquisition, the Cougars have won their first four games. Photo courtesy of Cougar Athletics

you look at us were 2-0, looking forward were looking to get better every game."

Carrying that same momentum into the next weekend, the Cougars proceeded to pull off back-to-back sweeps for the first time since January of last year, getting two more straight victories against the Lethbridge

'Horns.

Gerrie is optimistic towards his new team and believes that progress will be made in the second half of the regular season.

"100 per cent, we've been great getting in practises and pushing ourselves for the start of the new year."

## Canada takes home the gold for the second time in four years

*The great white north reclaims top spot in the U20 hockey world*

**Sajan Jabbal**

Contributor

The 2018 International Ice Hockey Federation (IIHF) under-20 World Junior Hockey Championship took place in snowy Buffalo, New York from Dec. 26, 2017 - Jan. 6, 2018 in which Canada picked up its sixth gold medal in the past nine years.

The World Juniors are an annual event that is organized by the IIHF, in which the best junior players from around the

world represent their country.

### Flourishing prospects

The main entertainment in this tournament is the opportunity to see the future of the NHL.

Prospects all over the world looking to get boost their draft rankings leading up towards the summer's NHL draft. Other players who are already

drafted look to give their NHL teams a reason to put them in the roster and get over the hump of being a final cut to the main roster.

This was the year where these prospects really showed off their skills.

Projected to be the number one draft pick 17-year-old Rasmus Dahlin of Sweden stole the show with his slick hands that made jaws drop night in

and out. Other young men like American forward Brady Tkachuk (brother of Calgary's Matthew) and his stacked U.S.A team played fantastic hockey but got stopped by Dalhin's overpowering squad in the semifinals.

They defeated a surging and motivated Czech Republic in the bronze medal game.

Czech player Filip Zadina was another honorable

mention who carried his team with his skill despite being on an underdog team that lost to Canada in the semifinals. The Czech ousted the Russians on opening day and defeated Finland in the quarterfinals before getting eliminated and dropping the bronze medal game to hosts America.

Projected number one pick

**Continued on Pg. 14**

# #S

**830** fourth longest ironman streak in NHL history will end due to Anaheim Ducks' Andrew Coglian's suspension.

**29-12** is the record the Toronto Raptors are taking into the break, the best start in franchise history.

**10** career three+ TD games for New England Patriot pantheon Tom Brady, an NFL record.

**53** yard field-goal for Minnesota Vikings kicker Kai Forbath.

**Continued from Pg. 13**

and Swedish defenseman, Dahlin, played like a man amongst boys. The 17-year-old was on the top defensive line and picked up five points and had a plus seven rating.

Hometown boy Casey Mittelstadt was a sight to see for the Buffalo Sabres fans. The American led the tournament in scoring, with four goals and 10 points, something that the

Sabres hope to continue going into next year's training camp.

As far as Flames fans, Canada captain Dillon Dube had a good tournament, having plenty of ice time and responsibility on the first line. He picked up two goals and four points, as the leader of the gold medal winning team.

Other Flames prospects in the tournament include Slovakia's Adam Ruzicka, America's Adam Fox and recently drafted Finnish defenceman Juuso

Valimaki.

## Gold medal for Canada

This year, Canada was able to come away with the gold medal, for the second time in just four years.

The era of Canadian hockey is once again flourishing. Team Canada was able to become victorious after not even being projected to make it to the finals.

The standout play from Canadian goalie Carter Hart along with the shutdown defensive line of Victor Mete and Connor Timmins was too much for the Czechs and the Swedes to handle. Not to mention the onslaught of scoring they got from Cale Makar, Jordan Kyrou and Sam Steel.

But it was the heroics of bench player Tyler Steenbergen who scored the late third period goal in the final which lifted Canada over Sweden in the gold medal game.

Steenbergen was not a big player in this tournament, having the least amount of ice time than any other Canadian player. But he had an opportunity in the gold medal game to pick up some extra minutes, and took full advantage with his gold medal winning goal.



**Tyler Steenbergen, (pictured), celebrating his late third period goal against Team Sweden in the 2018 IIHF WJHC to secure Canada's gold medal. Photo courtesy of Flickr user StevenEllis546**



**Team Canada celebrating their sixth gold medal in nine years in front of a pro-Canadian crowd in Buffalo, New York after beating Sweden 3-1. Photo courtesy Flickr user StevenEllis546**

## Historic outdoor game

The Attendance at the tournament was not great this year. The only game that seemed even remotely busy was the gold medal game with 17,544. Even in the semifinal game with USA against Sweden, there was just over 6,000 people.

Not as much people from eastern Canada made the trip down south and many people did not buy tickets due to the weather conditions in Buffalo.

But one of the most historic games ever was played in

this tournament. The snowy outdoor game that took place at the home of the Buffalo Bills featuring a treat between Canada and America.

It was a fantastic game in a fantastic environment, with the attendance hitting over 44,000. The Americans came back after losing throughout the game, to win 4-3 in shootout.

Although this tournament did have its ups and down, it showed us the future stars of the NHL and gave us great entertainment to the end, where our Canadian boys were able to take home the gold.

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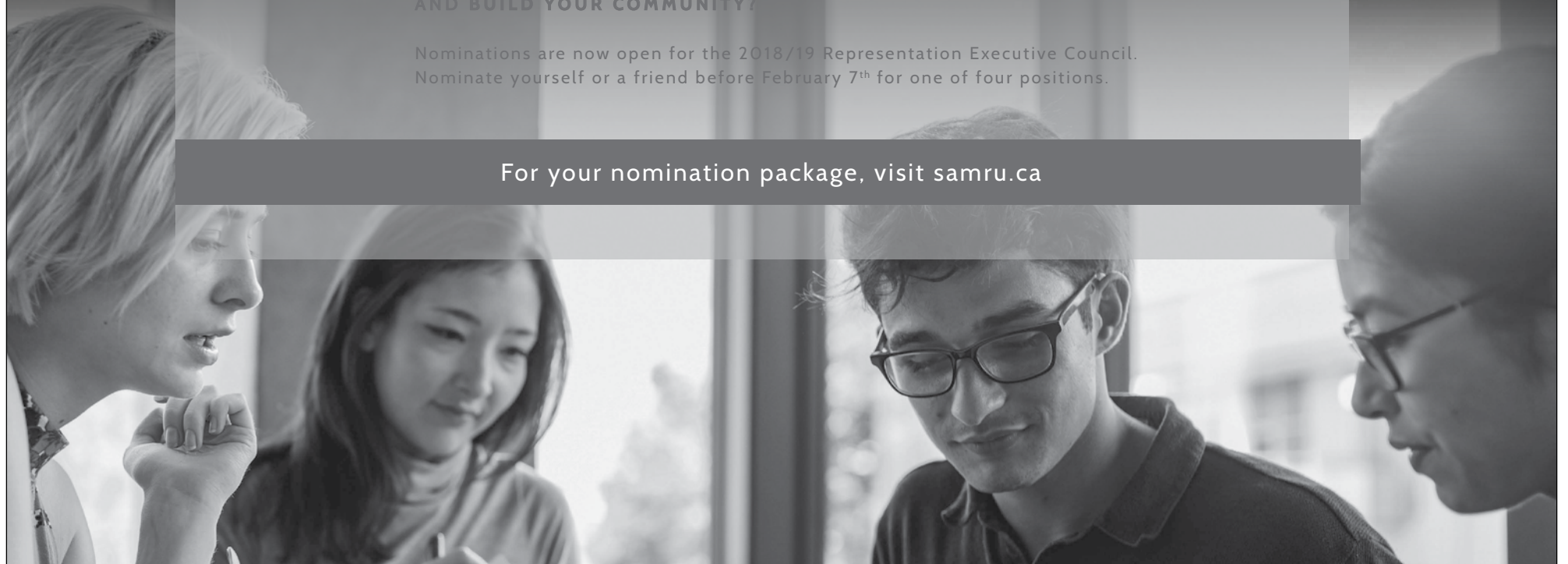


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# New year, new Flames?

*The Calgary Flames are scorching hot heading early in 2018*

**Nathan Woolridge**

Staff Writer

Calgary Flames' head coach Glen Gulutzan was infamously filmed losing his temper during a practice on Jan. 5. He shouted multiple F-bombs all in a rage and threw his stick up into the Saddledome seats.

Since then, Calgary have gone on a five game winning streak and are currently in second place in the Pacific Division.

The meltdown caught the attention of social media users and sports websites.

Sportsnet talked with Flames players about their coaches behaviour.

"He deserved to be upset," Matthew Tkachuk told reporters in Calgary. "We weren't very good at practice. We need to be better. We need to have better jump and better energy. We were kind of going through the motions early, but after that we picked it up."

The rage seemed to be effective as the Flames have been undefeated in 2018 so far. To top of the undefeated stretch in the early weeks of the year, on Jan. 11, the Flames defeated the league leaders, the Tampa Bay Lightning, 5-1. They continued to keep the heat on opponents as they defeated the Florida Panthers

the next night and followed up by beating the Carolina Hurricanes to extend their streak to seven games.

## Point producer

Sean Monahan is ninth in the league for scoring with 21 goals so far this season. Linemate Johnny Gaudreau is tied for second-place as of Jan.16 with 54 points.

Gaudreau's play-making and assists have helped the top line with Monahan and Ferland producing goals as Ferland is on pace for a career year with 19 goals already.

The team is beginning to become more well-rounded and produce points and get the necessary jobs done to win games. It seems as though recent changes have been working for the squad.

Left-wing Andrew Mangiapane has started to show sparks of effectiveness over the past few games. He has yet to score but seems to be fitting in well and should be getting things going shortly. Mangiapane came awfully close to scoring his first NHL goal against the Lightning in the dying minutes of the third period.

Dougie Hamilton has even come up strong for the team scoring two game-winning goals back-to-

back early on in 2018. Hamilton has eight goals in the season and seems to be heating up.

## The Jagr exit

A downfall to the season is the rumours that Jaromir Jagr and the Flames are working on 'an exit.' The popular 45-year-old NHL legend has only one goal this season after dealing with weeks and weeks of injury. Although this may be upsetting to many fans, it is probably the best option at this point.

A player who is not playing is taking up roster space that can

be used on the Flames' long list of players they can use.

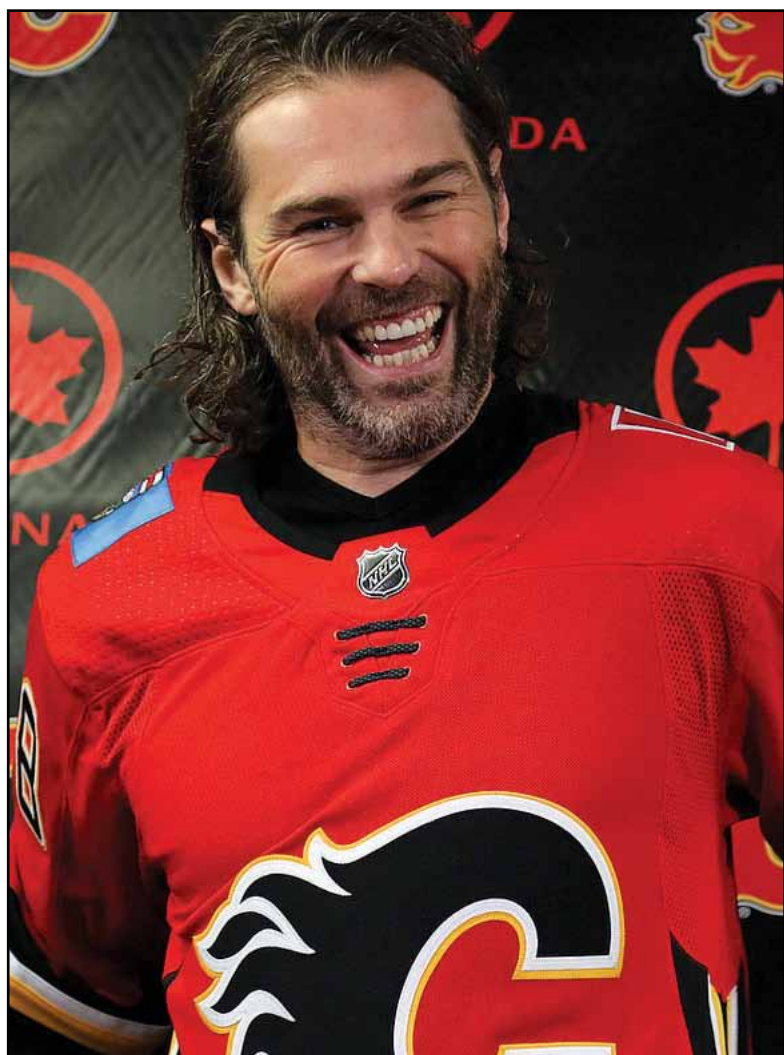
It will be sad to see Jagr go and for him to (possibly) end his career like this, but if he's so injury-prone it may be time for an exit.

## Rest of season

With a win streak early on in the year, the Flames have climbed up the standings and has earned a spot in the middle of the league. Hopefully, they will continue to have streaks in the next few months and continue to climb. It won't be enough to just stay where they are.

The Flames have conference rivals Winnipeg Jets stop by into town and later, host east-coast Buffalo and L.A. before hitting the road to have big divisional games against the Edmonton Oilers and the first-placed Vegas Golden Knights to close out January.

Calgary has a chance to turn this season around and become an underdog story with plenty of hockey left to play. The players are there and now the production is starting to come, they just have to keep this pace going for the remainder of the season.



Jaromir Jagr, 45, is truly showing his age and unfortunately, its while wearing a Calgary Flames jersey as talks of an 'exit' are still in progress. Photo courtesy of Flickr user Robloz1

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# Cougar athletics seeing success in early 2018

*Turn of calendar inspiring performances early on in the new year*

**Dan Khavkin**

Sports Editor

It is still early in 2018, but Cougar athletics are already reaching new highs early on in the new year, while others are looking to use the turn of the calendar and begin preparing to battle for playoff spots.

## Women's hockey

MRU ended 2017 on a high-

note by once again, upsetting the defending national champion Alberta Panda for the second time this season on home-ice and carried that momentum into the new year.

2018 has been kindest to the women's hockey team early on as the Cougars have not only

repeated history, but have also created program history.

The Cougars have completed back-to-back sweeps for the first time since the 2013/2014 season, beating out Regina and Lethbridge and with that, have put together five wins in a row for the first time in the USPORT era.

Sitting at fifth-place, MRU have a tough schedule to finish the season and will need to scrap any points they can.

The Cougars play both of the top-two teams Manitoba and UBC and then visit Saskatchewan for the season finale. MRU however, has a golden opportunity to create more separation between themselves and the teams outside the playoff picture who are looking in as the Calgary Dinos are second-last place but only four points behind the Cougars.

## Men's hockey

A shaky end to 2017 saw the Cougars enter the new year at a 8-9-1 record and in a three-way tie with UBC and Lethbridge for the final playoff spots in Canada West.

Since the acquisition of new recruit Chris Gerrie and the turn of the calendar, the Cougars have completed back-to-back sweeps for the first time since January last year, dusting aside the last placed Regina Cougars and created big separation by getting four points against the Lethbridge Pronghorns this past weekend.

MRU have a chance to catch up to the third-placed Manitoba Bisons next weekend at home and then have the Crowchild Classic against the Dinos, which will be another huge factor into the Cougars chances of locking a spot.

The Dinos had to forfeit six games due to playing with an ineligible player and are currently second-last place but still within reach of playoffs so taking any hope from them will be a huge morale boost for the boys in blue.

Following that the final two series will be at home against UBC for another huge match-up and have a massive obstacle in the way as their regular season finale is against the formidable Saskatchewan Huskies, who are a shoe-in for a top-two finish in the standings.

## Women's basketball

The Cougars women's basketball team are still in the process of figuring out a formula for success but have reached a new high in 2018 already, picking up their first win of the season on Jan. 13, out-dueling the MacEwan Griffins on the road with a 70-61 victory.

With the same opponents left as the men's team, the Cougars will look to build off last weekends success and carry that momentum for the remainder of the season.

## Men's basketball

MRU's men's basketball team

are still in the midst of a dog-fight in a tightly packed Canada West conference, currently sitting in ninth place out of the possible 12 playoff spots after splitting their opening two weekends of 2018 against MacEwan and Regina.

With only six games left, the Cougars have a tough task ahead of them as they play first-placed and 13-1 Alberta Golden Bears at home next weekend.

Following that, the Cougars play University of Victoria, who are tied for eighth-place and close the season out against third-placed Calgary Dinos for a Crowchild Classic season finale.

## Women's volleyball

The women's volleyball team have had an okay start to 2018, splitting both their series against key higher ranked opponents, Thompson Rivers and Alberta.

The Jan. 13 win against Alberta on home-court marks the first time in the program's history where the Cougars have defeated the Panda.

With the same matchups as the men, the Cougars have a solid chance to pick up some much needed wins against MacEwan who sit second last in the league.

Following that, the trip to Manitoba could decide the Cougars' playoff fate as both Manitoba and Brandon will be massive steps towards clinching a spot in the final eight. The Bobcats are tied for wins with the Cougars while the Bisons are on their tail, sitting a spot below them.

Playing Calgary for the season finale could be a hard uphill battle for MRU but even a win could make a huge difference in achieving the goal of making playoffs.

## Men's volleyball

MRU's volleyball team are still struggling, sitting two spots behind a playoff spot but still have a chance to crack the final eight.

The Cougars have the MacEwan Griffins who are currently behind them in the league table, then travel to Brandon to face-off against a higher ranked Bobcats squad.

Following that, they stay in Manitoba and play the Bisons who are currently a few wins ahead of the Cougars and are gripping onto the final playoff spot. The season finale will have Crowchild Classic showdown against the formidable Calgary Dinos.

If the right teams drop the right amount of games and the Cougars go on a huge streak, the playoffs are still possible.

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