



Traditions of the Lunar New Year

By Iaman Nawz

Loud drums echo through the atrium as the colourful lions begin to parade in through the large foyer. Children and adults' faces alike beam with excitement. The Lunar New Year's celebration has officially begun at SAIT.

This year's celebration commenced with a traditional lion dance at the Irene Lewis Atrium on Jan. 20. The lion dance was open to both students and non-students to attend.

The Lunar New Year is the celebration of the beginning of a new year according to the lunar calendar. It is one of the most important holidays in China and it is also widely celebrated in other East Asian countries like South Korea, Vietnam, and Taiwan.

A lion dance is a traditional Chinese dance usually performed during the Lunar New Year. Some performers are costumed in bright outfits during the dance to resemble lions, while others are underneath the masks of Buddha. The Buddha in this dance teases the lions by pulling their tails or by simply approaching them. He also provides the comedic relief for the audience.

"Since it's just me and my sister living together, we usually try to catch like, a lion dance at least," said Emily Wong, a web design instructor at SAIT.

The dance is considered to bring good luck and prosperity in the upcoming year and it also symbolizes the warding off of evil. The lions usually interact with the audience and sometimes even bite the heads of people to bring them good luck.

"I think my favourite part about the lion dance would be the [lion eating], because they eat lettuce or fruit to symbolize wealth," said Wong.

"I'm from Taiwan. So in



Photo by Iaman Nawz/The Press

Zoe Lin, a SAIT student, attends the Lunar New Year lion dance at SAIT, Calgary on Jan. 20, 2023. The building was filled with people of all ages waiting to see the traditional dance.

this year, on this special day, we will gather together to have a dinner, and also [give] the red envelope," said Zoe Lin, a SAIT student, during the lion dance parade.

A red envelope is given as a wish of good luck for the year ahead.

The red envelope is a pocket of money usually given during different holidays and

celebrations, with the red colour of the envelope symbolizing luck.

The Lunar New Year lasts around 15 days and is celebrated in many different

ways, but one of the main ways it's celebrated is with a huge meal with family and loved ones.

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Lunar New Year celebrations

“I come from Hong Kong,” said Stephanie Lam, an international student at SAIT. “This is quite special, because

this is my first time celebrating Chinese New Year in Calgary.”

This year, Lam and seven of her friends,

who are also from Hong Kong, decided to host a dinner for their group. They prepared their traditional dishes, which included sea-

food, chicken and lots of soup.

“I didn’t visit my relatives in Hong Kong because it feels so boring. But maybe be-

cause I’m away from Hong Kong and with no family and friends, I feel this is the good time to have Hong Kong people together,” said Lam.

SAIT School of Business out-ranks several competitive programs

By Sophia Lopez

Hands-on learning has been helping SAIT students reach success and has also helped the Calgary institution’s School of Business to be named the second best in Canada according to CEO-WORLD.

Compared to other institutions like the University of Calgary or Mount Royal University, SAIT is known as a school that prioritizes practical work, with the intention of preparing students better for their real-world jobs.

“This ranking is really aligned with what SAIT does best, which is connect students with the industry, get them the skills, technical knowledge and human skills they need to be successful,” said Janet Segato, dean of the School of Business. “They start successful jobs, and they’re successful in their careers.”

Segato believes this ranking will further push SAIT to be an institution considered



SAIT School of Business students Gabriel Arandia (left) and Clive Quesada stand in front of the Stan Grad Centre building on campus on the way to class in Calgary on Jan. 25, 2023.

by students looking into post-secondary education.

Gabriel Arandia, a business student at SAIT, thinks people need to start looking at SAIT as an equal competitor to fellow Calgary institutions.

“I do have a bit of pride to hear that SAIT is number two in Canada for business. It seems like research universities would rank higher,” said Arandia, “[People] are hating when they don’t really know too much.”

The recognition is the re-

sult of student success, said Segato.

“That’s something that we’re doing really well and I want everyone in Calgary and Alberta to know about that,” she said.

“[There’s] two really important strategic priorities: One is providing every student in all of our programs meaningful opportunities to connect with industry, along with creating a really welcoming and inclusive classroom experience where students feel safe.”

Clive Quesada, another SAIT business student, mentioned instructors are setting up an Industry Night to help students gain connections, and he believes this will be a huge help for his future career.

“The instructors have a bunch of connections, so some of them are going to come by so they can connect with students, which is really helpful,” he said.

As he neared the end of his degree, Arandia admitted he was skeptical at first about

attending SAIT for business, but he soon learned that this was one of the best decisions he could have made. He reflected on his experience in business and how SAIT’s system of learning allowed him and Quesada to form a friendship.

“Throughout the four years [at SAIT], I wouldn’t change a thing, it was just very nice,” said Arandia. “Smaller classes, getting to interact with people a lot easier — that’s how I met Clive, we just saw each other a lot.”

“I think it’s been a great experience, it’s more hands on,” said Quesada. “I feel like it’s better for us in the future because we’re experiencing it in school.”

Hearing the positive feedback from students keeps Segato motivated to keep maintaining the SAIT School of Business as a top institution for business for the years to come. “I love getting to know our students, understanding why they’re at SAIT, and then helping them meet their goals,” she said.

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As the cost of living in Calgary rises, many people find it difficult to purchase basic needs. Members at Dashmesh Culture Center recognized that the Sikh Temple in Calgary would have to find a means to keep its kitchen open and help people solving this problem.



Pheasant hunting has increased since the Alberta Conservation Association has acquired the Pheasant Release Program



For most people, diving into a frozen lake — in a single breath — is the very definition of insanity; however, for members of Calgary’s freediving community, it is this insanity that keeps sanity intact.

Emerging photographers showcase at Contemporary Calgary

By Marcus Ogden

This year’s Exposure Festival is being held in February, providing a space for new photographers and artists to show their work. The Emerging Photographer Showcase is exhibiting 15 Albertan photographers and artists looking to establish and further their creative careers.

The showcase was juried and selected by the Exposure team and by Tiffany Jones, founder of the independent art and photobook publishing company Overlap. Those in the showcase will be eligible for Exposure’s Emerging Photographer of the Year award, as well as other awards juried and offered by organizations such as Trex Southwest and Shutter Hub.

Levin Ifko, an interdisciplinary artist in Calgary and a recent graduate from the Alberta University of the Arts, is another person showing a unique piece in the Emerging Photographer Showcase. Their piece, ULTIMATUM, BABY!, is an installation built to resemble a playground fixture. The



An interactive piece: Levin Ifko, an interdisciplinary artist, with their installation “ULTIMATUM, BABY!”

piece consists of a wooden frame with columns of spinning panels wearing silk-screen printed images. It was constructed during their residency at the New Gallery in Calgary’s Chinatown.

Though Ifko does not identify as a photographer, they still feel a connection to the image that comes out

in their work. “I’ve always been interested in images that we take to remember certain things and images we take of ourselves,” they said.

Rather than taking pictures, Ifko constructs their images through collages containing snippets of childhood photos and fragments of found imagery. “How can

I make these little pieces of myself and pieces of objects and life become something new and say something new” Ifko said, describing their thought process in making the ULTIMATUM, BABY!.

This year’s Exposure Festival begins with a launch party during Contemporary Calgary’s Free First

Thursday on Feb. 2, where the award-winning emerging photographers will be announced. The Emerging Photographer Showcase will run alongside the rest of the festival from Feb. 3-16.

The exhibitions can be seen in-person at Contemporary Calgary, or online on their website.

Plastic bags are going to be expensive for Calgarians from next year

By Joanna Mendoza

Calgarians have mixed opinions on the benefits of the single-use plastic bylaw being implemented next year, which includes surcharges on checkout bags.

The bylaw is set to start in January 2024, will result in businesses charging customers an extra 15 cents for paper bags and \$1 for reusable bags if they do not have their own. This initiative was proposed by Calgary’s city council to

decrease single-use plastic items. This was to abide by the federal government’s target of zero plastic waste and reduce the country’s greenhouse gas emissions by 2030.

The federal government announced last year that single-use items such as plastic checkout bags, straws and ring carriers that were made from harmful plastics will be prohibited for manufacture and will be banned from businesses for sale.

Plastic items such as forks, spoons and knives will also not be provided upon ordering and will only be available upon request. All prohibitions will be applied by the city next year, and the list of banned items are on the Government of Canada’s website.

Although the bylaw is set to start next year, the prohibition has been observed in several stores in Calgary already. Retail and grocery stores such as Walmart, T&T, Ardene and Real Canadian Superstore started charging for reusable bags as early of 2022.

Patricia Donor, a Calgarian who shops at Walmart, supports the bylaw.

“I’m OK with it,” said Donor. “Because [for] example Walmart, they don’t have plastic bags anymore and it encourages me to bring my own bags, which is very eco-friendly.”

Another Walmart shopper, Meriel Bacon, says that the process of switching to zero-plastic could bring a

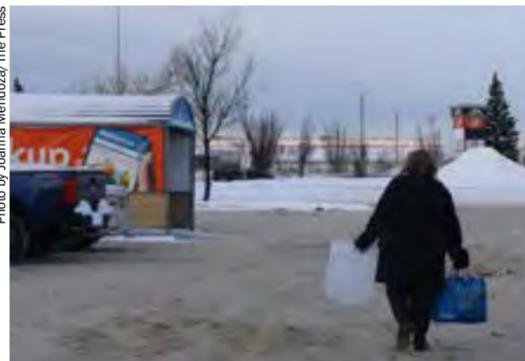
mix of positive and negative results.

A recent post on the subreddit, r/Calgary, gained attention from many Calgarians. It said a man named Arvinth Raman had been charged five cents without his knowledge while buying a sandwich from Subway.

“It’s funny how the onus is always on the consumer and not ever on the industry, even though they are [the] biggest cause of pollution and waste,” wrote Raman.

Many Calgarians have left their complaints about the bylaw under the post. Discussions on whether this bylaw is good or not is an ongoing conversation that a lot of Calgarians are participating in.

Photo by Joanna Mendoza/The Press



A woman carrying her essentials in reusable bags.

Photo by Marcus Ogden/The Press



Photo by Sumeet Singh/The Press

Robin Gill, a regular visitor, is having his lunch at Gurdwara Dashmesh Culture Centre, Calgary on Jan. 29, 2023. Robin has been visiting Gurdwara at least once every week. The visitors pray in Gurdwaras and then sit on the floor together to eat while forming a line which symbolizes 'equality for all'.

Hungry? Look for a Gurdwara nearby

By Sumeet Singh Sidhu

If you are hungry, get to know the inside of Dashmesh Gurdwara Culture Center, which serves free food to thousands of people every day in Calgary. Donation drives arranged by them are even helping local community donation centers.

Langar is a tradition started by Guru Nanak Dev in the 1480s and is still being continued by Sikhs all over the globe. "In Calgary's Northeast, more than 2,000 people are being served free and fresh food on weekdays and numbers goes up to around 5,000 on weekends," says Atma Singh, manager of community kitchen at Dashmesh Gurdwara Culture Center. Singh spoke in Punjabi which was translated.

"On special occasions, like new year or birth anniversary of Sikh Gurus, numbers can jump to 15,000".

Preparation begins as early as 4 a.m. and food is cooked three times in a day. Managers of Langar make sure every meal is served fresh with the help of community volunteers. There are only 15-20 permanent members of Gurdwara

while more than 50 volunteers handle the community kitchen on a regular day.

About 300 kilograms of flour is used daily to prepare rotis (tortillas), which is served along with two curries and a dessert.

"Tea is unlimited here," added Atma.

Raw materials and food are

either donated directly by the community or they are brought with the money collected through chadahwa (donations) in Gurdwara Sahib.

The Gurdwara association runs a food bank for the distribution of hampers among the needy, with 200-300 being given out daily on average. It is open for all, but the highest

number of beneficiaries are international students.

"I had ... my two meals a day in Gurdwara Sahib, as I didn't have any money to buy any groceries or any food," said Sukhdeep Kaur, an international student in Calgary. She was unemployed in Calgary for four months.

Surplus groceries are donated to regional food banks or given to people in need for a nominal price. The Dashmesh Culture Center has also been part of a regional food drive recently in which they donated 5,687 pounds of non-perishable food items to Airdrie Food Bank.



Photo by Sumeet Singh/The Press

Volunteers prepare rotis (tortillas) from dough in the community kitchen (guru ka langar) on Saturday, Jan. 21, 2023 at Gurdwara Dashmesh Culture Centre, Calgary

Shelf Life Books offers cozy experience

By Mack Chaisson

Surrounded by art, one gets a feeling of comfort when entering, with a cozy interior and a fine selection of books, Shelf Life is a gem in downtown Calgary.

"It's hard to feel out of place in here," says Mason Betty, frequent shopper at Shelf Life. "Everyone belongs in this space, and they make that known to everyone who comes through."

Shelf Life is located on Fourth St and 13th Ave, across from central memorial park, in a building that once housed the gay bar 'Parkside Continental' from 1973-1986.

Installed in 2001, Evelyn Grant's statue 'Counting Crows' sits outside the front of the building; it serves as a landmark for this independent bookstore.

Vanitas, the mural painted on the back of the building by Kat and Derek Simmers in 2019 for the Beltline Urban Murals Project festival, has turned this historical building into a true landmark.

First opened in 2010 by long-time friends Wil-

liam Lawrence and JoAnn McCaig, Shelf Life was a passion project born out of their love for literature and history.

This little bookstore has become a staple for many bookworms in Calgary as it is the only independent bookstore in the downtown core, offering a wide variety of books, stationery, and reading accessories.

"Everything is hand-picked by the staff," says Arielle, one of the managers at shelf life. "We have a well curated fiction section."

The store is home to many events hosted monthly, such as their political book club, How Can You Think That?! and Can You Hear Me Now? a new poetry open mic night that will be hosted on the seventh of every month.

The stores mission statement and motto, "A bookstore for avid readers and the unusually bookish, for browsers and meanderers, for independent minds and spirits."

Open seven days a week, and pet friendly, Shelf Life could be home to your next great read.



Photo by Mack Chaisson/The Press

The front shop window of Shelf Life Books on Monday, Feb 6, 2023. Located on fourth street across from Central Memorial Park, Shelf Life is the only independent bookstore in the downtown core.

Increased liquor thefts in downtown Calgary

By Kunal Sehdev

There has been an increase in the number of brazen thefts reported from liquor stores in downtown Calgary.

"Yes, the rise in thefts from (liquor) stores nowadays is really a concern for me," said Mark Smith, manager at Ace Liquor Store 12th Avenue, during an interview.

In 2019, the total number of liquor store robberies peaked in Calgary and Edmonton.

To tackle this issue, several prominent liquor stores in downtown Calgary installed security systems, requiring customers to scan ID before entering. This significantly decreased cases from July 2020 to August 2022, as the Calgary police were taking immediate action with the help of such security systems.

But this problem has risen again.

Liquor is often seen as an attractive and substance for thieves as it is easy to pick up bottles and cans, individually or in a pack. These thefts are often related to the low-level organized crime groups.

"They are mostly from low-level organized crime groups in downtown Calgary and across other parts of Alberta," said Smith.

"They mostly come in a group. I mean, it is frequently observed that four or more persons enter the store like they are individuals with one or two large bags. They fill these bags with the liquor they desire and leave without paying.

"On being asked about money, they show guns or whatever weapon they have. In most of the time, whenever I or my staff tried to interfere, our interference resulted in some injuries or assaults."



Photo by Kunal Sehdev/The Press

Vishav Kumar, a worker at Ace liquor store downtown, looking stressed while doing work. He is not looking fine while working due to a lot of cases of theft and robbery at the liquor stores Tuesday, Jan. 31, 2023.

The lowest rated restaurant in Calgary may be worth the visit



Photo by Darion Eby/The Press

This is a picture of Medina Café and Grill on Jan 29, 2023, located at 1st street Southwest Calgary.

By Darion Eby

It's easy to be captivated by the ambiance. Medina is well lit and moody, with décor

that evokes the image of an old stereotypical bazaar. The hanging lamps draw the eye with their unique designs. The booths are adorned with

ornate upholstery and comfortable cushions. The walls are well-decorated with sculptures and mirrors that make the café feel spacious

and busy. These aspects all contribute to Medina's enticing environment.

Medina Café and Grill is the lowest-rated restaurant in Cal-

gary, according to Yelp, with a 1.5-star rating. However, this hole-in-the-wall hookah place may be worth the visit.

Many reviews include criticisms about the service and menu pricing.

"I don't recommend this place AT ALL, it's terrible!! The staff were extremely rude and disrespectful, they encouraged us to leave the place as soon as we got there. The prices also were very high on the menu," said Raghad G., a reviewer on Yelp

I had the hummus, a chai latte, and vanilla flavoured shisha. The chai was particularly good and the hummus was enjoyable. I am no expert on shisha, but I did find myself enjoying the smoke session I had with my sibling. People should definitely give Medina a shot.

In my experience, as someone who has worked in restaurants for much of my life, it seems that staffing issues affect Medina's service during busy hours, but that shouldn't discourage customers from trying this surprisingly great café.

An aid for anyone: The U of C Women's Resource Centre

By Ifeoma Chukwuana

Funded directly by the University of Calgary, the Women's Resource Centre located at the university is an organizational centre put in place to aid women, and others, in finding resources they need, or want. For years, and even more recently, most women and women-presenting individuals across the globe have lacked the necessary resources to equip themselves with the information and skills to provide a better way of life for themselves and those around them.

Beginning the thought process of the idea in the 1990s, a group of students and pro-

fessors started a grassroots movement and advocated for women-centric spaces on campus, which then led to the establishment of the Women's Resource Centre on the UCalgary campus

Sheila O'Brien, special advisor to the president on student life, generously donated her salary toward the construction of the centre, it was reborn on the 18th of October, also known as Person's Day in Canada.

Opened on weekdays from 8:30 a.m. to 4:30 p.m., the communal space is equipped with quiet spaces, a library filled with information connecting to the aim of the centre, as well as more open areas for others to study, eat,



Photo by Ifeoma Chukwuana/The Press

The first Thursday volunteer team meeting of the Winter 2023 session, held at the University of Calgary's Women's Resource Centre on the 26th of January, 2023.

hang out with friends, or meet new people.

"We're a space that hopes to kind of build community, promote equality, by engaging everyone on campus,"

says, Di Honorio, "We want to focus on micro affirmations, where all these little things that build up to create a better world, a better space for everyone." Despite the

positive effect that the WRC has been making in the lives of women, and others in Calgary, there are still several controversial opinions on the existence of the centre.

An employee turned business owner

By Tim Bati-el

Hustling into work for an eight-hour shift at a fast-food chain has become a lot easier for a Calgary man, after he went from being an employee to being the owner.

Simeon Monte, a Calgary-based Filipino business owner, landed in Canada more than a decade ago as a skilled cook with a passion and background in the culinary world. After almost 10 years in the music industry in the Philippines, Monte decided to work overseas, where he gained relevant experience, which he applied to where he is now as a business owner.

"Everything is new when you move to other country," said Monte as he reminisced about his humble beginning in Canada. "Actually, I did not have any plan moving to other country, but for some reasons destiny brought me here."

To a person who has dreams like Monte, working in different industries is not a hinderance. Monte looked at his experience working in various sectors such as food, healthcare, and small business as learning opportunities to grow in the field he is passionate about. The businessman kept the fire burning by



Simeon Monte, a Calgary based Filipino business owner at Sky's Food Company PARES ATBP, on Saturday, January 28, 2023 at Erinwoods community, SE. The posters behind Monte are just some of the products they offer.

learning new things as he expanded his horizon by returning to school where he took the Business Administration program, which helped him prepare to turn his vision of serving quality food to the community a reality and named it Sky's Food Company PARES ARBP, Canada.

It wasn't an overnight process. Monte says establishing a business takes a lot of plan-

ning and thinking. Despite having work experiences in different fields, Monte followed his calling and his passion for food by opening his own fast-food restaurant.

"I put in my pocket everything I have learned working in different restaurants, which I am now applying in running my own business," he said.

Just like raising a child, establishing a business take

support system to maximize its full potential and be more operational. To accompany him in his journey in the business world, Monte used his network to get reliable employees for his food company

"It has been a great experience working with Simeon because I am learning a lot of things that I can use also in establishing my own business in the future," said Melybeth

Guillermo, a team member of Sky's Food Company. "I admire him for showing me where your determination and ability can walk you through even if putting up a business is hard," she added optimistically.

Sky's Food Company PARES ATBP, Canada, owned by Monte, is celebrating its first anniversary in just a few weeks.

"It feels like home because this is one of the food places where I would eat in the Philippines if I were there," said satisfied customer Veronica Vega. "Aside from the delectable foods, the owner and the staffs are friendly so I will continue recommending it to others."

Packing bags, leaving everything back home and migrating to another country take lots of risks and bravery. Yet, people are courageously taking the risks and are looking forward to having the life they dream of in the land of opportunity, Canada, as Monte described.

When asked about his message to aspiring businessman, Monte said "If you have ideas in mind, do not let those sit for so long, otherwise those will fade away. You have to start and try it out in any possible way."

Working full-time after suffering a stroke

By Jashanpreet Kaur

Gagandeep Kaur woke up one morning at home and couldn't speak. She soon realized she was having a stroke. When she went to a clinic, the doctor prescribed her medication, and she was told to try meditation and exercise to relax her body.

This was the most difficult experience for the McDonald's manager, as she never thought she'd have a stroke at the age of 24.

With tears in her eyes, Kaur spoke on the lifestyle she had at the time.

Kaur had been working hard at her late-night shift while also working another job, resulting in a lack of sleep. She also worried about repaying a close

friend who lent her some money.

"She is not asking me to return the money, but I think if I do not return it this will bother me," she said. "So I started working two jobs so that I could return [the money to] her. The McDonald's team helped me by giving me paid vacations. I relaxed at that time because the doctor told me to take complete rest.

"My friends ... motivated me and they always stood by me in every difficult situation."

Her emotion could be felt through her words, an expression of defeat could be read across her face. Being in Calgary alone has been the hardest part for her through this experience, she says, as none of her family is able to care for her during this time.



Photo by Jashanpreet Kaur/The Press

Gagandeep Kaur is taking the orders from customers at Mc Donald's in her night shift on Feb 8, 2023, at 11 clock in Calgary. She is doing this because other tills were busy by the other crew members.

Photo by Matthew Thompson/The Press



Soda Leavy, left, Tanya Evans, left middle, Lauren Mikols, right middle, and Christy Dovell, right, pose for a portrait at SAIT in Calgary on Thursday, Feb. 16, 2023. Tanya Evans is the instructor of the this class. Leavy, Mikols, and Dovells are the only female students in the class. The students were working on welds that will be tested when they are done.



Photo by Taylor Stroobant/The Press

Radio television and broadcast news second year student Eliana Ilagan works her 1pm - 4pm shift on air at Edge 103 at SAIT in Calgary on Thursday, Feb. 16, 2023. Edge 103 is the Radio, television and broadcast news student run radio station that's live from 7am-7pm daily.

A day in the life at SAIT

Photojournalists capturing a typical day in each of SAIT's nine schools



Photo by Hafiz Shigdy/The Press

Luke Smollett, a first year student of Culinary arts prepares dish during the class at campus kitchens in John ware building at SAIT in Calgary on Thursday, Feb. 16, 2023. Smollett loves his passion for cooking, and wants to be a professional chef in her life.

Photo by Marissa Ruggles/The Press



Andy Burton working on an engine at SAIT in Calgary on Wednesday, Feb. 15, 2023. The Diesel equipment technician program prepares students to work on engines bigger than cars, such as trains and tractors.



Photo by Marissa Ruggles/The Press

Rich Nguyen cuts apart the stickers he had just created and printed for a project within the Graphic communications and print technology program at SAIT in Calgary on Thursday, Feb. 16, 2023. The print lab has a variety of printers and tools to assist students with their project needs.