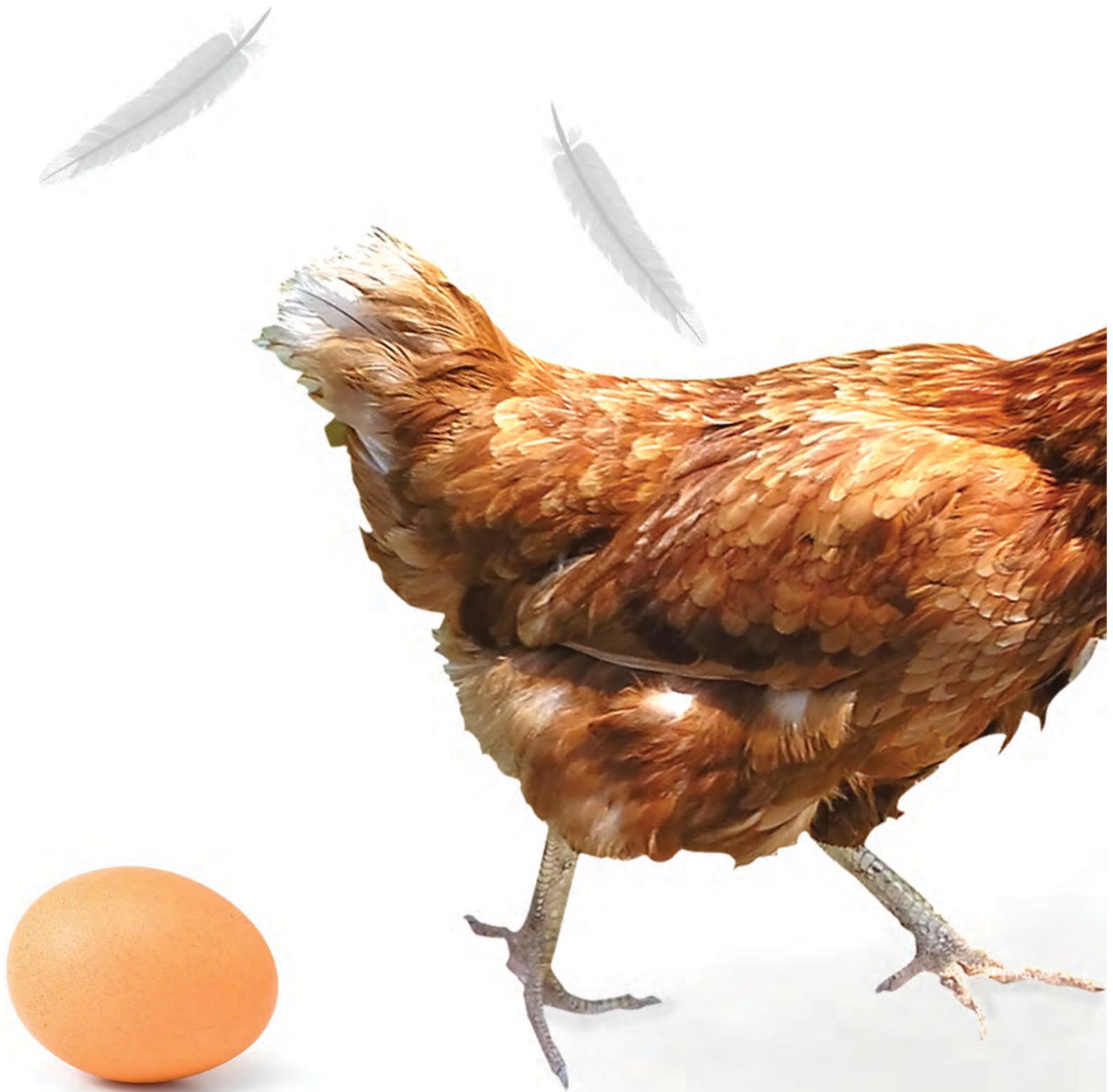


# THE REFLECTOR

FREE

March 18, 2010



*...See pg. 4*

**News**

MRU prof  
ponders city  
hall

**3**

**Features**

Wild Rose  
serves up a  
cold one

**5**

**Arts**

35 years of  
lunch time  
theatre

**13**

**Sports**

'Flec staff on  
the button

**16**

**NEWS EDITOR:**  
**Zoey Duncan**  
newseditor@TheReflector.ca

March 18, 2010

## BRIEFS

On March 27 at 8:30 p.m. local time, people all over the world will decrease their power use to honour World Wildlife Fund's annual Earth Hour demonstration. In 2008, Calgary's power usage actually went up by 3.6 per cent due to a cold snap and a Flames game. In 2009, power usage did decrease 1 per cent during Earth Hour. According to WWF, turning off your lights for that hour sends a message that you want world leaders to take action on climate change.

Watch out for a giant game of Clue in the Leacock Foyer from March 25 to April 1. The event is hosted by the Bissett School of Business and is open to any individuals or teams of six members who want to participate.

# Reasonable rentals off campus

by **Catherine Szabo**  
*The Reflector*

In the past three years, Samantha Murdock, a business student, has moved six times between Mount Royal University residence and her hometown of Edmonton. Her roommate, Lisa Stevens, has moved five times between Calgary and her hometown of Crossfield, Alta.

This year, both women decided to live off campus

together, after previously being roommates in residence housing.

"I didn't want to continue moving," Stevens, an anthropology student, said in an email. "I wanted a place of my own to do whatever I want with: move furniture around, have animals."

Murdock said that while the basics were provided in residence, she still had a lot of belongings to move.

"Because I don't have a car, my parents helped me move the first three times, and after that it's all been based on whoever can help," Murdock said, noting that she has "piles and piles of books."

When looking for a place near Mount Royal, Stevens looked at basement suites on 37th Street, Marda Loop apartments, and the condos across the west soccer fields. In the end, her parents bought one of those condos across the west fields, an option originally out of Stevens' budget.

She said her parents saw it as a good investment, since the area will probably remain in high demand for future students and can be resold.

The keywords "Mount Royal College" brought back 299 hits on rentfaster.ca, some of which refer to the inner-city neighbourhood and not the institution.

However, within those 299 hits are 44 listings for single bedroom places, with an average monthly rent of \$803. The 51 two-bedroom listings average about \$1,082 per month. The results did not divide listings according to how utilities would be paid.

In residence, utilities, cable TV, Internet and local phone service are included in the cost of rent.

Fees for residence — which are paid at the same time as tuition — are individual and determined by the number of bedrooms. A four-bedroom apartment is \$2,446 per semester, equivalent to \$611 monthly. A two-bedroom costs \$2,659 per semester, equivalent to \$664 monthly, and a one-bedroom apartment costs

\$3,441 per semester, which averages out to \$860 per month.

Students who work as resident advisors are paid \$615 monthly, a wage that may play a role in determining whether a student can afford to live in residence.

Considering that rent for a two-bedroom apartment off-campus would be split between two roommates, there is a difference of \$100 less for an off-campus apartment, before accounting for utilities.

The Residence Services website lists everything there is to know about residence living, and explains that if a student wishes to live with certain people, it must be specified by both parties.

Both Murdock and Stevens said that one of the pros of living on campus was meeting more people, and Stevens added that they no longer have security to call if there is an issue.

"Living learning communities" are set up in residence to allow students to live in a community where their neighbours and roommates share common interests. There are seven communities listed, and the academic, nursing, and sports and recreation/wellness communities usually have waiting lists, said Natasha Reynolds, assistant manager of Residence Services.

The Aboriginal living learning community is home to a family-housing pilot project, though Mount Royal does not offer any other family housing.

A partnership between the school and Boardwalk Rental Communities exists as an option for students with families.

See RENT pg. 4



Photo by Catherine Szabo

Mount Royal University students may dream of "for sale" and "for rent" signs when looking for a place near campus, but Samantha Murdock was lucky enough to find a place within walking distance with her roommate.

# Palin visit draws few protestors

by **Kylie Robertson**  
*The Reflector*

Former Alaska governor Sarah Palin spoke on March 6 in Calgary — her first Canadian appearance since she resigned office in 2009. Former U.S. president George W. Bush was in Calgary almost exactly a year prior, on March 17, 2009 and received a rather different reception than Palin.

When Bush spoke in Calgary there was a crowd of hundreds waiting outside of the Telus Convention Centre in -7 C weather to express their distaste for the former president.

"I think Bush is coming to Calgary because he thinks it's a safe place," said Collette Lemieux, co-chair of the Canadian Peace Alliance, as reported in *The Reflector* last year. "It has the largest population of ex-patriot Americans in the world; we're a fairly conservative city; and some people call us 'little Texas.'

And I think he thinks he's coming to a safe place where he's going to be welcomed. I think that's why it's so important that we give him the welcome he deserves."

For Palin, there was no 300-person mob waiting to spit insults in her face. Rather, there was a welcome-wagon of three protestors, offering up documentaries and displaying their dislike of Palin with signs and quotes from past speeches.

Graeme Esau, one of the three protestors, said: "I'm trying to let people know that they can get more substance out of a kindergarten play. I don't see why Canadians should be supportive of a pro-war, pro-gun looney toon like Sarah Palin."

Bernice Perozni was one person in the audience of the 1,200 who showed up to hear Palin speak, and she was there to show her support.

"I think she's a very articulate woman," Perozni said. "She's very genuine, very down-to-



Photo by Kylie Robertson

Cody Jassman (left), Sean Compton (centre) and Graeme Esau protested against Palin at the BMO Centre on March 6.

earth and I think she'd make a very good president of the United States. I hope she (runs), but if she doesn't, I hope she might be vice president. I think we need people that serve people's needs."

Inside the sold-out Palomino Room, Palin had to break frequently for applause. She

paused for applause after her speech, and for a standing ovation at the end of the question period led by Canadian Senator Pamela Wallin. Sen. Wallin did not open the floor to questions from the audience; instead, she asked Palin questions that were prepared ahead of time.

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Draft Naheed Nenshi for Mayor Become a Fan

MRU prof considering mayoral candidacy

by Selina Renfrow  
*The Reflector*

If Facebook fan pages were a popularity contest for Calgary's mayoral race, Mount Royal University associate professor Naheed Nenshi would be winning with 710 fans supporting his run at press time.

The problem is, Nenshi isn't running for office. At least not yet.

"I'm still thinking about it," is Nenshi's official answer at the moment.

Nenshi didn't start the "Draft Naheed Nenshi for Mayor" Facebook fan page, nor does he officially sanction it beyond saying he is flattered and humbled by the support.

Richard Einarson, a friend of Nenshi's, created the page after a discussion with friends about the upcoming civic election. Einarson suggested the page to friends – some of whom know Nenshi personally and others who don't – and watched it grow in a matter of weeks.

"I'm not surprised that a lot of people think that he'd make a great mayor, because obviously I do as well, but I am a little surprised at how quickly it has grown," Einarson said.

As it grows, Einarson actively encourages fans to invite their friends and spread the word. The fan page has garnered local media interest and Einarson shares those links on the Facebook page, as well as links to columns Nenshi has written in the past.

Aaron Ellard, a former Mount Royal University student and a local business owner, joined the group to support his former instructor.

"I thought he was a great instructor," Ellard said. "I also read a couple of articles he had written in the *Calgary Herald* and I just think that he is an interesting person to run for mayor."

Although he is taking a break from writing his *Calgary Herald* column, Nenshi recognizes that his ideas have been able to get out through his media commentary and the work he does with civic advocacy groups the Better Calgary Campaign and Civic Camp. As he considers a potential campaign, Nenshi is also trying to determine if there are better candidates out there.

"I'm busy talking to people, gauging if there's any support there," Nenshi said. "And also what's important to me is I need to figure out if there is a great candidate out there that I can support. Depending on the results of those conversations, I will have an announcement to make."

Currently, there are two official candidates in the mayoral race: Paul Hughes, chair of the Calgary Food Policy Council and Alnoor Kassam, who finished a distant second to Dave Bronconnier in the 2007 election. Other names have been mentioned but none have made any announcements beyond taking it into consideration. There is also a "Draft Ric McIver for Mayor" page with 312 fans.

Einarson he said hopes that the support of the Facebook fan page will translate into actual votes, as low voter turnout is an issue in municipal politics.

"My hope is that a lot of the people who it does help to get engaged are younger people who perhaps haven't voted in municipal elections," Einarson said. "Having good, solid, leaders come to the table will help and hopefully this race will have a few candidates that will present different viewpoints. It gives people something to get engaged in."

Low voter turnout is also an important issue for Nenshi and he wants to figure out why people feel disengaged from their communities.

"I think talking to people, really understanding how they see their own communities, how they see their own power and influence within that community...How we can help them feel empowered and how we can help them understand their vote, actually makes a difference in their lives," he said.

# Tech talk

## President derides 140-character communication

**by Zoey Duncan**  
*News Editor*

Mount Royal University's self-proclaimed techie president, Dave Marshall, engaged in a debate about the uses and abuses of social media on March 11. Marshall discussed the dependency of society on social media while Gil Wilkes, who holds the Ralph Klein Chair in Communication Studies, argued that social media eases communication.

Marshall said he was initially worried that people would discount his opinions based on his age.

"I was worried that just because I raise some concerns about social media that I would be called an old guy that just hasn't caught up with the times," he said in an email (via his iPhone, on an airplane). "But I have been a 'techie' for 37 years."

In his opening remarks, Marshall explained that he was the second university president in the country to adopt the BlackBerry, and that he was the first to carry a portable computer – a 37-pound "luggable" that he carried to all his meetings.

"First, human beings are basically weak-willed," he said. "Given the opportunity, most people will do anything other than what they're supposed to do. Social media gives you the perfect excuse to simply waste time. And there's no bigger waste of time than Twittering, Facebooking, Stumbling and Digging."

Marshall expressed his horror at drivers who use Twitter or instant messaging on the road, endangering the lives of "presidential motorcycle riders."

Wilkes, who teaches in the communications and culture faculty at Royal Roads University when he is not at Mount Royal, argued that social media allows users to control their desired content as well as open up their own channels.

"Now with Facebook, [it's] just very easy status updates and everybody thinks I love them," he said. "Even though I don't, it's lowering the coordination costs of those routine sorts of communication that we all take for granted."

Wilkes said that services like Twitter open up huge doors for marketers and political engagement.

"This is a good thing, it's

keeping us honest," he said.

The two men agreed on some points, including the amount of "crap" on Twitter and the size of some peoples' friends lists. Wilkes said that our "simian forbears" lived in groups of seven to 12 members, and humans work well in those configurations.

Marshall said that he is baffled by people with more than 200 Facebook friends.

"We used to call people nuts that had imaginary friends they've never seen," he said.

By the end of the debate, one thing was clear: all things should be taken in moderation. Wilkes said that he keeps social

media out of the classroom, while Marshall cautioned those in attendance about addiction.

"Dependency, no matter how you look at it, is a bad thing," Marshall said. "I'm worried just a little bit that maybe, just maybe, we're getting a little too dependent on social media in all aspects of our lives."



Photo by Julie C. Vincent

**Gil Wilkes (left), debate moderator Marc Chikinda (centre) and Dave Marshall. Marshall challenged the audience to try quitting social media - even just for three days - to see how powerful the addiction can be.**

# THE REFLECTOR

March 18, 2010

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A young chicken enthusiast at the premiere of *Mad City Chickens* at the Plaza Theatre in Kensington. Photo by Zoey Duncan

# Chickens on the way...maybe

by **Zoey Duncan**  
 News Editor

Clucking, pooping, flapping, and laying, the humble chicken is popping up in a few Calgary backyards despite a bylaw that orders otherwise.

The Canadian Liberated Urban Chicken Klub (CLUCK) has been meeting with the city in order to change a bylaw that prohibits their presence within city limits. The city considers the urban environment an inappropriate space for poultry and other typical farm animals. Niagara Falls, Ont. and Victoria, B.C. currently allow chickens.

While there is potential for a pilot project to study the impact of raising backyard chickens in Calgary, CLUCK president Paul

Hughes said things are moving slowly at the city.

"[City Council is] trying to get their heads around it right now," Hughes said. "They want to explore exploring."

A chicken owner himself, Hughes turned himself in to bylaw officers in February. Other Calgarians, too, have acquired chicks and hens from breeders outside of the city.

"She's definitely a pet first," said CLUCK member Andrea Rhymer about her black frizzle Cochin hen. "I believe in humane treatment of animals so, I'll have my chickens, I'll treat them humanely and if they give me eggs, I will eat them. If they don't give me eggs then I'll still love them."

Many hens lay an egg nearly

every day. Ursula de Vries, also a CLUCK member and an avid gardener, said that she was frustrated by the short growing season in Calgary, and thought chickens would be a good year-long food source. Though the bylaw initially deterred her, de Vries rescued some chickens in early December.

"Doing things like having backyard chickens is a very economical way of getting food into your household," said de Vries. "Once it's seen as popular and not 'poor farmer' then I think many people will start doing it."

Wanda Lindquist, a Calgary resident who grew up on a farm near Lloydminster, Sask., feels differently about urban chickens.

"I mean they're not the cleanest birds, for sure," Lindquist said. "I

just don't think that they really should be raised in town, where there's neighbours and whatnot. The smell was really bad."

As a child, Lindquist was given the task of collecting and washing the eggs. She said that she has "all kinds of issues with chickens" after rooster attacks, chickens flapping in her face and the perpetual bird smell of the large flock.

"It's like people that have lived in the city all their lives, all they want to do is move on an acreage," she said.

A discussion on the CLUCK Facebook group page, reveals backyard flocks in the communities of Springbank, Abbotsdale, Montgomery, Crescent Heights and Whitehorn.

Though the future of *Gallus domesticus* looks bright, Hughes is dissatisfied with the overall disconnect between Calgarians and their food.

"It's so much more than just chickens," said Hughes. "The thing isn't right to chickens, it's right to food."

Hughes offered to finance the first chicken of any aspiring student farmers at Mount Royal University.

## RENT from pg. 2

Communities can be created as per student demand, Reynolds said, noting plans to create a "global community" where international and Canadian students can live together.

Stevens said that if she hadn't found a place within walking distance and had to deal with transit or driving, she wasn't sure if it would be worth it to move out of residence.

"Given that school is only about four years long, the cons of living on campus may be

worth the location," she said. Some of the disadvantages on campus include loud people coming home from the bar, sharing a small common area with three other people, easy distraction from homework, having to move back and forth, and paying for parking.

Murdock said that if she were to do it again, she would probably still live in residence for her first year.

"It really felt that once I moved off campus, I really understood what independence was," Murdock said. "Res' is like a baby step."

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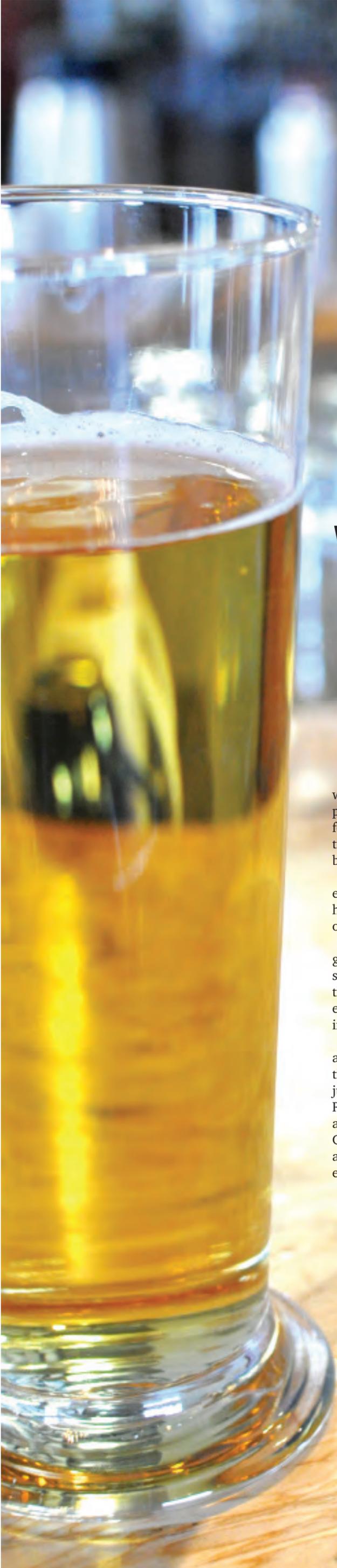
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# A pint for what ales you

*Spotlight on MRU's neighbour,  
the Wild Rose Brewery & Taproom*

**by Megan Darragh**  
*The Reflector*

What goes better with a warm winter's day than a mouthwatering, perfectly chilled pint of beer? Well for those of us who can't get enough, the only thing better than a pint of beer is a pitcher.

Kolin Krokis, a brewer and beer enthusiast at the Wild Rose Brewery, has been studying the science and art of brewing beer for over a decade.

"I like [brewing] because it never gets boring," Krokis explains. He says that it's not just the science of the job that keeps him interested; he enjoys the more physically demanding aspect as well.

Wild Rose Brewery & Taproom is a local brewery situated right beside the Calgary Farmers' Market, and just across the street from Mount Royal University. They have been awarded *FFWD Weekly's* 'Best Kept Calgary Secret' these last two years and their selection of beer is broad enough to cater to anyone's taste

buds and wallet.

Kiera Winship, a 23-year-old open studies student at MRU, explains that she can taste the difference from other beers, "[Wild Rose] doesn't taste watered down or cheap." Winship's favourite beer is the WRaspberry Ale, which is offered at the Liberty Lounge.

Craig Oldfield, a 33-year-old general studies student says, "I like the variety of beer Wild Rose offers and that I am buying locally. I think it's just as affordable as any other micro-brew beer."

Wild Rose's brew is not just easy on the wallet and mouth but is also environmentally friendly. They recycle many of the ingredients used in the brewing process, like yeast and water, by using them in future brews. Local farmers are also able to pick up – free of charge – the spent grains, a byproduct of brewing beer, which are good for their cattle.

**See WILD ROSE pg. 9**

# FEATURES

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March 18, 2010

## QUICK QUIPS

**"B**eer is the cause and solution to all of life's problems."  
—Homer Simpson

**"R**emember 'I' before 'E', except in Budweiser."  
—Professor Corey

**"E**ven though a number of people have tried, no one has yet found a way to drink for a living."  
— Jean Kerr

**"W**ork is the curse of the drinking class."  
—Oscar Wilde

## Check This Out!



The Reflector.ca



### BASKETBALL GAME

Photographers Aris Aristorenas and Aaron Thi checked out the basketball action at MRU on March 6. The men's team lost to SAIT with a final score of 90-71.



### INVIGORATING INNOVATION

On March 9, the innovation tournament began for MRU entrepreneur students. Students have nine days to market a mystery household product.



### BREWIN' BEER

On March 8, sports editor Kelsey Hipkin went to the Wild Rose Brewery for an exclusive gallery of students' favourite beverage.



### CLASSIC CURLING

The staff went to Garrison Curling Club for the Reflector Bonspiel curling night on March 8.



### ROUGH RIGGERS

On March 6, Reflector photographer Chris Palmer went to the Roughnecks' home game.



Photo by Aris Aristorenas

Number 13, Brett Kobe of the MRU mens' Cougars basketball team blocks a SAIT player during the home game on March 6.

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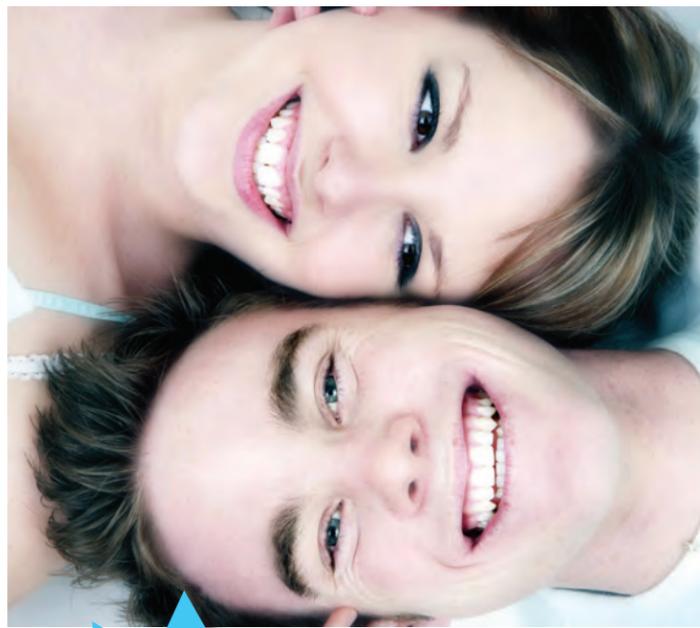
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# Bad news night owls

*Studies show late night cram-sessions not the best idea*

by **Ashley Schiller**  
The Reflector

Between school, homework and part-time jobs, it can be difficult for a student to get a good night's sleep.

Often, students feel that if they just spend an extra hour or two studying they can ace tomorrow's final, or if they work late into the night to finish that term paper, they're sure to get a high grade.

Does sleep really matter? Isn't sleep deprivation just a sign of a good work ethic? Mirjam Knapik, a counsellor at Mount Royal's EnCana Wellness Centre, doesn't think so.

"You can't disrupt your sleep cycle without a cost," she says.

If you feel like a lack of sleep is getting in the way of you doing your best, you're not alone.

According to the 2009 National College Health Assessment, only 6.8 per cent of MRU students reported getting a full night's sleep in the previous seven nights, and 25.4 per cent of MRU students felt that a lack of sleep has interfered with their academic performance on an exam.

Although 40 per cent of students felt that their own lack of sleep has not impacted their performance, they may be wrong.

A study done by Bradley University in Peoria, Ill., assessed cognitive performance in 44 college students, first after 24 hours of sleep deprivation, and then after receiving a full eight hours of sleep.

The sleep deprived students

did significantly worse than the non-deprived students; however, the sleep deprived students rated their effort, concentration and overall performance significantly higher than their non-deprived counterparts.

This suggests that students don't realize the impact a lack of sleep is having on their schoolwork.

Knapik notes that very often, "sleep disturbance becomes a sign of stress." If that's the case, it is not surprising students are having problems with sleep.

First-year physical education student, Brittany Crowe mentions that this could be the reason behind her lack of sleep.

"Sometimes I lie there and my brain is just going and I can't fall asleep," she explains.

However, Knapik believes that stress can also be helpful. She says that you need that increased energy and performance when you're working hard to complete a task, but she also says that you need to "fill up the gas tank" too.

She advises students to allow themselves some downtime. Meaning, yes, work hard to get your work done, but also, "know your signs of stress", she said. But how do you manage stress, in order to get a great night's sleep?

"Exercise is one of the best ways," Knapik claims, and Crowe agrees, stating, "I find I get a better sleep when I work out good that day; when you're tired from that day you sleep better."

MRU Recreation makes it easy

to work off some of those stresses. With plenty of group exercise classes, top quality equipment, and facilities like the pool, track and squash courts, it's a fun and easy way to squeeze in a good sweat between classes.

Knapik points out other resources including podcasts on the EnCana Wellness website which feature plenty of stress-busting techniques, meditation and progressive muscle relaxation techniques which are downloadable to your iPod.

You can also attend one of the many workshops offered by student counselling, such as, Finesse Your Stress, and ABC's of Relaxation.

And if putting things off to the last minute is the source of your sleep problems, there's even a workshop on procrastination.

With all these resources available, there should be nothing stopping you from getting a great night's sleep and feeling refreshed for tomorrow.

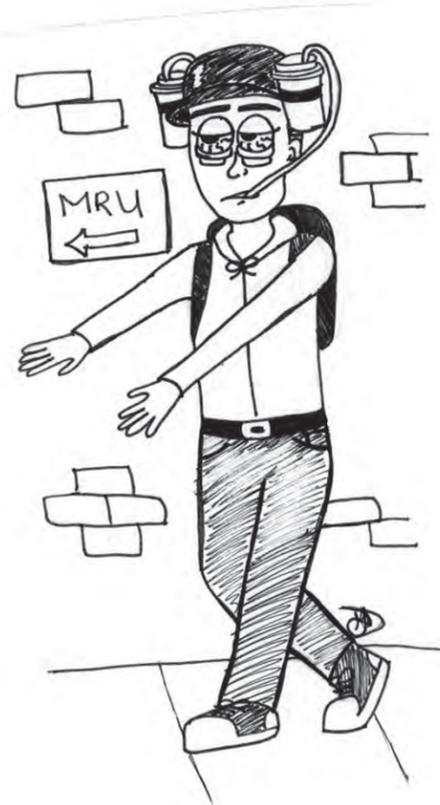


Illustration by Gabrielle Domanski

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# Keeping MRU safe

*Campus security in charge of more than just lost items*

by **Shiva Kashi**  
The Reflector

As some students amble into the school around 8:10 a.m. for an 8 o'clock class, whining about just how early they have to arrive, the 12-hour day shift of the security personnel started over two hours ago. With around 28 staff employed at Mount Royal security, there is always someone on campus to help.

"The officers are scheduled by their supervisors to perform various patrol tasks," William Spring, the manager of security at MRU explains. "Officers normally patrol; one officer by day and two by night."

Most students are aware that security's primary duty is to protect people on campus.

"I think that security walks around campus and ensures that there is nothing suspicious going on and that everybody is safe, and if they find anything wrong or suspicious then they take the corrective actions to fix it," explains first-year business student Lisa Vienneau. She says that she that other than that, she is unsure of the other services that security offers.

According to Spring, security is assigned to do dispatch duties, which see them dealing with any emergency calls or alarms,

and patrolling the campus in a variety of forms, such as foot, bike, and car, keeping their eyes peeled for potential thefts or other suspicious behaviours.

Traffic control is another duty assigned to security, which works with the Calgary Parking Authority to guide parking or deal with any traffic collisions that may occur within the road confines of Mount Royal.

And of course, as most of us are aware, they also take care of the lost items on campus.

Having to patrol these hallowed halls regularly makes security personnel some of the best people to ask questions regarding directions and the locations of any other departments.

"Here you never know where your day is going to take you," Spring explains about the unpredictability of their seemingly routine days.

"[Incidents may range] from calls for medical assistance to responding to a call for a crime in progress. Security works with all external agencies: fire, police, and EMS as required."

The security officers are also highly trained in first aid.

Spring mentions that, "security officers are in-house security MRU employees.

The prerequisites for employment are a justice studies di-

ploma, degree, or related experience in law enforcement or a security industry-related field."

The figures found on the MRU security website are proof that all their efforts have been effective.

"Based on stats over the last five years, MRU is generally a safe place to work and study," Spring adds.

Students and staff have helped in this accomplishment and can still aid security in maintaining safety. Spring encourages everyone to report any suspicious person or activity immediately to Security Services, which is accessible 24/7 by phone or in person.

Campus security also provides a 24/7 Safewalk service in cooperation with the SAMRU. Student volunteers and campus security will escort those individuals who do not wish to walk to remote Mount Royal locations unaccompanied.

When she was new to the city, Vienneau had taken advantage of the Safewalk program. "I felt like an idiot asking [security] to walk me home, but it made me feel safe," she explains. "He was really nice about it though."

For Safewalk, stop by campus security at the West Gate or use any of the phones around campus to call for a walk.

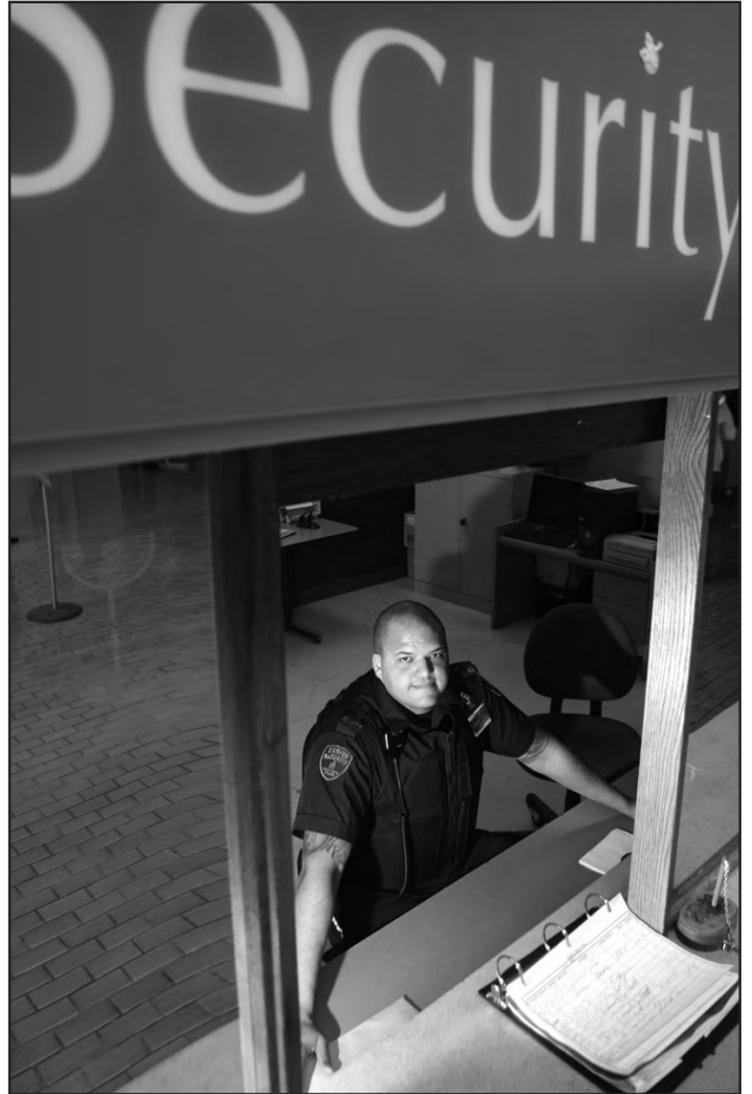


Photo by Josh Naud

Officer Tory Manywounds is ready for action no matter what crime might be thrown his way.

samru.ca

samru.ca

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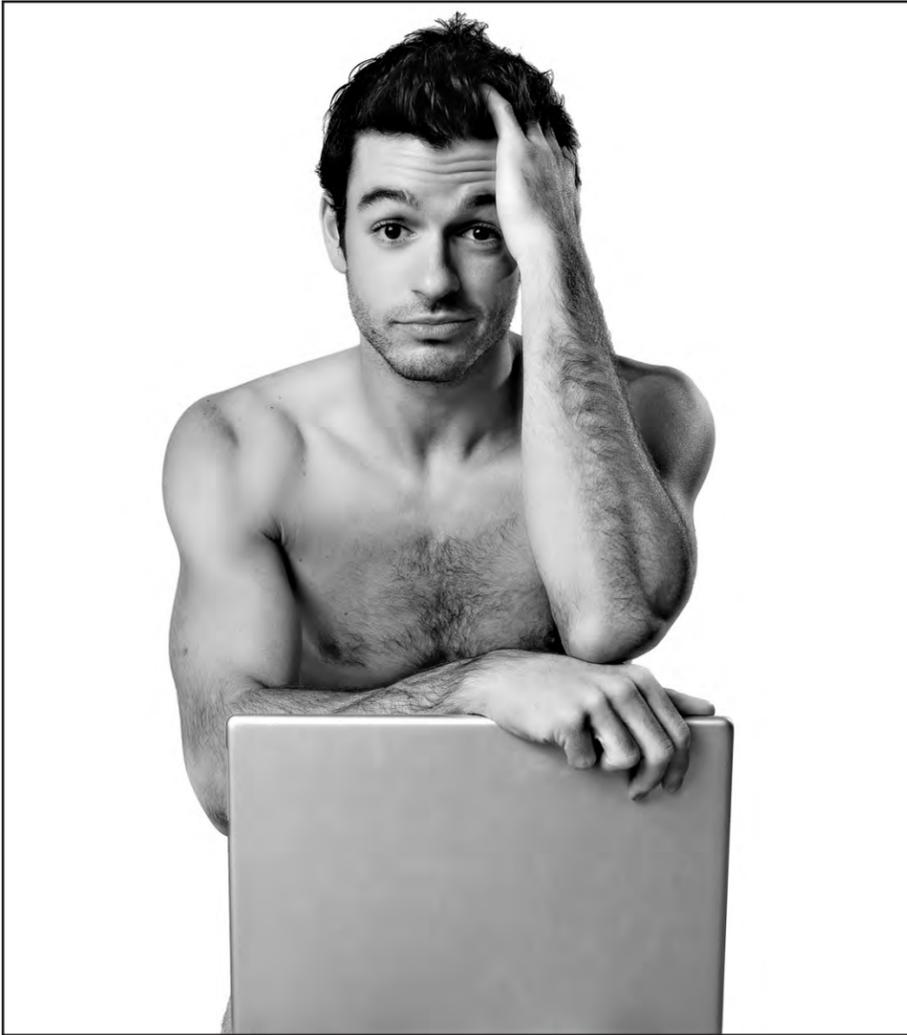


Photo Courtesy of Trudie Lee

Tyrell Crews is one of four actors bringing to the stage the many stories of virginity loss shared on the website "My First Time".

# Losing your v-card

*Production tells first time stories*

## JAUNTY JEZEBEL



by **Selina Renfrow**  
Sex Columnist

I don't know too many people who would rate their first time having sex as their best sexual experience. For some people it's special, others it's awkward, and for many it's painful. We all have a story and we remember it for the rest of our lives even if we try not to.

Way back in 1998, a website was created called "My First Time." Before blogs, this site was (and continues to be) an anonymous forum for people to share their stories. Men, women, young and old, from around the world talk fondly or regretfully of their first times whether it was eons ago or yesterday.

Two years ago, the website was turned into an off-Broadway play in the style of the *Vagina Monologues*. Four actors put sex on the stage and told the thousands of stories shared on the site.

Ground Zero Theatre and Hit and Myth Productions are bringing the play to the Vertigo Theatre. It runs March 19 to April 10 and features Mount Royal alumnus Tyrell Crews. I caught up with Crews during a break from rehearsals to talk about the production and the site that inspired it.

"[The stories] are so completely different from one another," Crews explained. "It's almost perfect to put it in to play form because you can't actually write stuff as good as some of these stories; some of them are just completely unimaginable."

The site is still up and running and it still looks like a website from 1998. Its layout is simple, the colours generic and the entries full of spelling errors.

Writer Ken Davenport compiled the entries into monologue form so that four actors could play the characters represented.

"We play a variety of characters and when I say play we're not caricatures of people, we really just represent people and their stories," Crews said.

It may be the anonymity of it all or the need to unload their deepest, darkest secrets, but whatever it is, the people that post their stories don't hold back.

One disturbing entry talked about a 15-year-old boy guilt-tripping his 15-year-old girlfriend into having sex, despite her repeated pleas to stop. Another woman took GHB (the date-rape drug) because she was too nervous after agreeing to have sex with her boyfriend. One man spoke of getting off just touching women's panties.

In order to be respectful of the people who shared their stories, the actors have attempted to refrain from judging the people they represent.

"I think a challenge doing this show as well is finding an honesty in all of these characters," Crews said. "Avoiding caricatures... that doesn't do any justice to who this person is because this person is alive, real and out there and talking from his heart rather than making fun of him or making a mockery of his story."

Encouraging audience participation, the show will be in the cabaret style with tables and drink service. At the beginning of the play, audience members will be asked to fill out a survey anonymously. Later the surveys will be brought back out and incorporated into the play. For more information on the play visit [www.gzt.ca](http://www.gzt.ca).

## WILD ROSE from pg. 5

Depending on the type of beer, the brewing process could take as long or longer than three weeks. There are only four ingredients involved in making beer: malted barley (malt), water, hops to add aroma and bitterness, and yeast, making it easy to brew at home. All you need is a home brewer kit and a little bit of knowledge. After all the mashing, rinsing, boiling, cooling and filtering (just to name a few steps), comes the enjoyment of a well-deserved beer.

Wild Rose is a big supporter of local brewers. "We want to support the community because the community are our biggest supporters," Krokis says. The brewery and taproom hosts Yeast Wrangler club meetings the first Wednesday of every month.

The meetings are for local brewers to come together and talk about all things brew-related. Home-brewers are even encouraged to bring in their personal creations and receive feedback from the club's experts.

According to Krokis, being a local

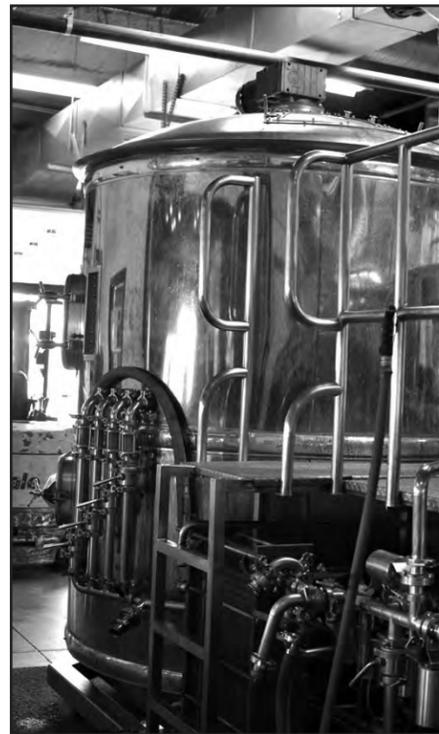
brewery means you see a lot of regulars. The farmers who come to pick up the grains even love the beer.

Scott Ragan, one of the many regulars at the Wild Rose Brewery & Taproom, says that it isn't only the unique taste of the beer that keeps him coming back.

"The most compelling reason in favour of the brewery itself is the very [friendly] environment and relaxed attitudes of the staff and other patrons. While the beer provides an excellent reason to visit, it's the atmosphere I [love], that keeps the regulars coming back," Ragan explains.

Whether you prefer a fruitier flavor such as WRaspberry Ale or a bitter beer like the India Pale Ale, for the more experienced drinker, Wild Rose has it all and can be experienced at a number of places other than the brewery itself. The Ship & Anchor, Original Joe's and the Liberty Lounge are only some of the places in the city that carry at least one or two types of the beer that is well worth a try.

With its growing clientele and loyal followers, the only way for these local beer buffs to go is up.



Photos by Kelsey Hipkin

(Above clockwise) The Wild Rose Brewery & Taproom has become well known for the exposed copper vats behind the bar, its rustic decor, and for their party pigs. (Below) Brewer Kolin Krokis pays attention to detail to ensure that every bottle is a quality brew.





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# Ashes get dusted off classic fairytale

Theatre MRU's production of *Ash Girl* casts  
*Cinderella* in a whole new light

by Catherine Szabo  
*The Reflector*

Many of us have tucked our books of fairytales up on some high shelf, and our well-loved Disney movies could use a good dusting.

The cobwebs are being blown off at the end of this month, however, as Mount Royal University's theatre department presents *Ash Girl*, described as a darker, twisted version of *Cinderella*.

The story follows Ash Girl as she goes to the ball, meets and loses her prince, and travels through a forest, where she encounters the seven deadly sins, all of which are personified as different animals.

"[The sins] affect each character's life differently," says Elysse Cheadle, who plays Ash Girl. "There's also Sadness, which is sort of like an eighth sin, but really closely related to Ash Girl. [The sins] don't interact physically with the people, but their presence influences them. It's a struggle to free yourself from those sins and make the right choice."

The Disney version focuses on the love aspect, says assistant director Valmai Goggin. The main character meets her prince and falls in love, but it is the less-discussed emotions that come to the front for Ash Girl.

"[It] focuses on the journey from [being] afraid — afraid of herself, afraid of the world around her, afraid to confront her demons — to facing up to that confrontation, going through those trials and emerging as the princess, as her real self," Goggin says.

Cheadle admits that off-stage, her real self isn't very close to princess-like.

"It's exciting: I've never really played this kind of role before," she says. "I've never been a girly girl, so to be able to play this princess role is kind of fun. I'm channelling all that energy in me into this play because I've never done that [role] before."

The director, Glenda Stirling, has a strong background in movement analysis, Goggin says, so Stirling's choice of play wasn't too surprising.

"There are human characters and there are also characters that are animals: there's a snake, a fly and a bird," says Goggin. "So the past couple of weeks have been about finding the physical quality and the physical relation between the characters."

It has

been challenging to learn to move the way Ash Girl would, Cheadle says. An exercise from Stirling — analyzing how the cast member moved in comparison to their character — helped immensely.

"It's been a good learning experience for me as an actor to figure out how to find truth within this world that is so different from ours," she adds.

It's still a story that everyone can relate to, says Goggin, adding that finding the courage to tell our own stories is a universal challenge.

"That's the struggle we all go through every day: to find who we are and how we relate to people," she says.

By no means is it a simple love story that will only interest women, she adds.

"I think we should give guys credit, that they can find truth in that story as well as the women in the audience," says Goggin. "It's a super physical, engaging and energetic show all around, so it's not anything anyone will have to be dragged to on a date, let's say that."

*Ash Girl* opens on March 24 as a free preview for students, and then runs from March 25-27, March 30-31, and April 1-3.



# ARTS

ARTS EDITOR:  
Sean-Paul Boynton  
artseditor@TheReflector.ca

March 18, 2010

## HOT SPOTS

**B**roken City hosts Talk Show Thursdays once a month, and the next one is March 25: "Comedy/science, video, audio, performance, music, noise, interviews, animatronics, fighting, reconciliation, and live shitty fun."

**A**ll love is fleeting, but sometimes it truly stings: Theatre Calgary presents *Betrayal*, Harold Pinter's study of adultery and deception, from March 23 to April 11.

**L**ast time Jonathan Demme filmed Neil Young, it became a truly poignant concert documentary. His latest Young portrait, *Neil Young Trunk Show*, plays at The Plaza March 31.

**L**ong dormant but now reformed Vancouver punks Pointed Sticks, along with A Bunch of Marys and Calgary's Sharp Ends, will be setting the Marquee Room ablaze March 27.

# THE LISTINGS PAGE

## MOVIES

### GLOBE

(617-8th Ave. S.W., 403-262-3308)  
March 16 – 25, 2010

Call for screenings and times.

### THE PLAZA

(1133 Kensington Rd. N.W., 283-2222)  
[www.theplaza.ca](http://www.theplaza.ca)  
March 16 – 25, 2010

Call for screenings and times.

### THE UPTOWN

(612-8 AVE. S.W., 265-0120)  
[www.theuptown.com](http://www.theuptown.com)  
March 16 – 25, 2010

**The Last Station:** Fri. @ 7:15 & 9:30; Sat. & Sun. @ 12:30, 2:45, 7:15, 9:30; Mon. – Thurs. @ 7:15 & 9:30. 14A.

**A Single Man:** Tues. – Thurs. @ 7:15 & 9:30; Fri. @ 4:50, 6:50, & 9:00; Sat. & Sun. @ 2:50, 4:50, 6:50, & 9:00; Mon. – Wed. @ 4:50, 6:50, & 9:00; Thurs. @ 4:50 & 9:00. PG—Mature subject matter (not recommended for children).

**The Young Victoria:** Tues. – Thurs. @ 5:10 & 7:00; Fri. @ 4:55; Sat. & Sun. @ 12:45 & 4:55; Mon. – Thurs. @ 4:55. PG.

**Defendor:** Tues. – Thurs. @ 5:15 & 9:15.

## SPECIAL EVENTS

**Military Museums:** Mar. 27 – June 20, The Navy: A Century in Art, the first showing of a National War Museum cross-country tour marking the Navy's centenary. Free admission from 9:30 am to 4:00 pm; Apr. 1 – Aug. 22, Tanks and Tartan: Soldiers for 100 Years, a display of artifacts, photographs, and artwork commemorating the 100<sup>th</sup> anniversaries of two Calgary reserve units, The King's Own Calgary Regiment and The Calgary Highlanders. 403-240-9723. [www.themilitarymuseums.ca](http://www.themilitarymuseums.ca). 4520 Crowchild Trail SW.

## THEATRE

**Theatre MRU:** Mar. 25 – Apr. 3, The Ash Girl. 403-440-7770. [mtroyal.ab.ca/conservatory](http://mtroyal.ab.ca/conservatory). Nickle Theatre, MRU, 4825 Mount Royal Gate SW.

**One Yellow Rabbit:** Mar. 18-27, Gilgamesh La-Z-Boy. 403-299-8888. [gyr.org](http://gyr.org). Big Secret Theatre, Epcor Centre.

**Jubilations Dinner Theatre:** Until Apr. 11, Luck Be a Lady; Apr. 16 – June 20, Good Vibrations Summer of '69. 403-249-7799. [www.jubilations.ca](http://www.jubilations.ca). 1002 – 37 St. SW.

**Alberta Theatre Projects:** Mar. 18 – Apr. 11, Billy

Twinkle: Requiem for a Golden Boy created and performed by Ronnie Burkett; Apr. 27 – May 15, Communion by Daniel MacIvor. 403-294-7402. [www.atplive.com](http://www.atplive.com). Martha Cohen Theatre, Epcor Centre, 205 – 8 Ave. SE.

**U of C, Dept. of Drama:** Apr. 6-17, Taking Flight: A Festival of Student Work. 403-210-7576. [www.finearts.ucalgary.ca](http://www.finearts.ucalgary.ca). University Theatre, U of C.

**Urban Curvz Theatre:** Apr. 29 – May 8, 2010, The Vajjay Monologues. [urbancurvz.com](http://urbancurvz.com). Pumphouse Theatres, 2140 Pumphouse Ave. SW.

**Lunchbox Theatre:** Until Apr. 3, The Submarine; Apr. 12 – May 8, This Could Be Love; May 17 – 29, Ivanka: Not Just Another Pretty Perogy. 403-265-4292. [www.lunchboxtheatre.com](http://www.lunchboxtheatre.com). Lunchbox Theatre, 115 – 9 Ave. SE.

**Downstage:** Apr. 9-17, A New Work by the Downstage Creation Ensemble in Epcor Centre's Metel. 403-294-7459. [downstage.ca](http://downstage.ca).

## MUSIC

**Mikey's Juke Joint & Eatery:** Mondays: Steve Pineo's Blue Mondays; Tuesdays: Tim Williams; Wednesdays: Pussy Willows Open Mic with Heather Blush, Trina Nestibo & Dawn Desmarais; Mar. 18, Rick Overwater; Mar. 19, Du-Rite Aces; Mar. 20, Saviours of Soul; Mar. 23, Tom Phillips Solo Show; Mar. 25, Washboard Hank and Lance Loree; Mar. 26, Smokin' 45; Mar. 27, Jason Buie; Apr. 1, Scott McLeod; Apr. 2 & 3, Mike Clark Band; Apr. 8, Rotten Dan; Apr. 9, Tim Hus; Apr. 10, Chris Charmichel. 403-245-8833. [www.MikeysJukeJoint.com](http://www.MikeysJukeJoint.com). 1901 – 10 Ave. SW.

**Beat Niq Jazz & Social Club:** Mar. 18, Vocal Jazz Series; Mar. 18, Jam for Cans; Mar. 19 & 20, Oliver Miguel; Mar. 24, Vocal Jazz Series; Mar. 25, Carsten Rubling Quartet; Mar. 25, Vocal Jazz Series; Mar. 26 & 27, Bill Coon; Mar. 31, Vocal Jazz Series; Apr. 24, Gale/Rodriguez Group; Apr. 29, Brian Johnstone Quintet. 403-263-1650. [www.beatniq.com](http://www.beatniq.com). 811 – 1 St. SW.

**Calgary Philharmonic Orchestra:** Mar. 19 & 20, Mozart for Two with Leon Fleisher (Classics); Apr. 9 & 10, Back's St. John Passion (Classics); Apr. 17, Powerful Percussion (Family Fun); Apr. 17, From Vienna to Rio (Destination); Apr. 29 & May 1, Symphonie Fantastique (Classics); May 7 & 8, ABBAMANIA! (POPS); May 14 & 15, The Sorcerer's Apprentice (Classics); May 16, Little Red Riding Hood (Family Fun); May 20, Mozart, Haydn, and Friends (Serenade); May 27 & 28, New Music Festival (Rozsa Centre, U of C); June 2, POPS in the Park (Heritage Park); June 11 & 12, The Best of Billy Joel (POPS). 403-571-0849. [www.cpo-live.com](http://www.cpo-live.com). Jack Singer Hall, Epcor Centre, 201 – 8 Ave. SE.

**Ironwood Stage & Grill:** Wednesdays, Open Mic hosted by Tim Leacock & Kit Johnson. Mar. 19, Steve Coffey & The Lokels; Mar. 20, Prime Time Big Band with guest Tommy Banks; Mar. 21, Dave Alvin; Mar. 22, Kamila Martel & The Ne'erDoWells; Mar. 23, Andy White & Stephen Fearing; Mar. 25, Herky Cutler; Mar. 26, The Stanfields; Mar. 27, Romi Mayes; Mar. 28, Heather Blush, Trina Nestibo Chicks with Licks, and Mark Koenig; Mar. 28, Kinjo Brothers and Miranda; Mar. 31, Ray Montford. 403-269-5581. [www.ironwoodstage.ca](http://www.ironwoodstage.ca). 1429 - 9 Ave. SE.

**BD&P World Music Series:** Mar. 26, Liza Alfonsop: Danza

Cuba. 403-299-8888. [epcorcentre.org](http://epcorcentre.org). Jack Singer Hall, Epcor Centre, 201 – 8 Ave. SE.

**Carma Acoustic Blues Series:** Apr. 16, Samuel James; May 14, Gordie Johnson; June 5, Braithwaite and Whiteley. 403-299-8888. [epcorcentre.org](http://epcorcentre.org). Jack Singer Hall, Epcor Centre, 201 – 8 Ave. SE.

**Stampede Corral:** Apr. 29, The Gruesome Twosome Tour with Rob Zombie & Alice Cooper; June 3, Rain: A Tribute to the Beatles. 403-777-0000. [www.livenation.com](http://www.livenation.com). Calgary Stampede Grounds.

**Pengrowth Saddledome:** Mar. 27, Tim McGraw with Lady Antebellum and The Lost Trailers; Mar. 30, Muse with Silversun Pickups; Apr. 3, John Mayer with Michael Fanti & Spearhead; May 2, Simon & Garfunkel; May 4, Brooks & Dun with Gary Allan; May 31, Nickelback with Breaking Benjamin, Shinedown, and Sick Puppies; June 15, Tom Petty and The Heartbreakers with Joe Cocker; July 14, Jason Aldean and Miranda Lambert; Aug. 17, Michael Buble with Naturally 7; Aug. 22, The Black Eyed Peas. 403-777-0000. [www.livenation.ca](http://www.livenation.ca). Calgary Stampede Grounds.

## VOLUNTEERS

**HOCKEY HYPE. Ronald MacDonald House** is looking for volunteers on April 30<sup>th</sup> and May 1<sup>st</sup> for the street hockey festival. Call Kristy at 403-240-3000 ext. 113

## REC NEWS

### Spring & summer registration is ON NOW!

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[mtroyal.ca/recreation](http://mtroyal.ca/recreation)  
Customer Service Centre (U130)

**ACTIVE ACCOMPANIST.** Accompany residents to community appointments. Call Barbara at 403-289-0236.

**MASTER MAPPER. Calgary Interfaith Food Bank Society** needs an Adobe Photoshop volunteer for food drive mapping project. Call Kelly at 403-319-0833.

**HOMEWORK HELPERS! Boys and Girls Club of Calgary** is searching for Homework Helpers for their new help programs. Call David at 403-520-1548.

**POSITIVE PEER. Calgary OutLink: Centre for Gender and Sexual Diversity** is looking for a young adult wishing to support youth as a positive peer role model. Call James at 403-234-8973 for more information.

**GREET AND GUIDE.** Greet and Guide volunteers play an important role when visitors come to **Canada Olympic Park** for a visit. Call Jocelyn at 403-247-5485.

**HUMAN SERVICES. Distress Centre Calgary** is looking for participants for their next training group in April 2010. Call Chloe at 403-266-1634.

**LOVE TO SEW? LINKages Society of Alberta** is looking for someone with proficient sewing skills to create a warm ambiance for Xmas '10. Call Erin at 403-249-0853.

**SPRING FUN.** Volunteer with **Bethany Lifeline** and help save lives. Call Wendy at 403-210-4667.

**WINTER CARNIVAL. Fort Calgary** needs volunteers for their crafts table at their annual winter carnival. Call Dianne at 403-290-1875.

**UNDERWEAR AFFAIR! Alberta Cancer Foundation** is looking for volunteers for their Underwear Affair event. Call Amelia at 403-280-9255.

**SNACKIN' FUN! Calgary Association of Self-Help** is looking for snack shop volunteers. Call Bev at

403-266-8711.

**THEATRE USHER. Alberta Theatre Projects** is looking for an usher. Call Anna at 403-294-7475.

**ADMINISTRATIVE COORDINATOR.** Be a part of International Development right here. **Fig Tree Foundation** is searching for an administrative coordinator. Call Graham at 403-457-5177.

**HAVE A HEART. The Heart and Stroke Foundation of Alberta** is looking for volunteers to help out with their Heart Month Campaign. Call Melissa at 403-781-7138.

**GAMES GURU. Forest Grove Care Centre** needs a game assistant to work with their recreation therapist. Come and play with the residents! Call Kim at 403-272-9831.

**MEOW! The MEOW Foundation** is looking for volunteers to regularly clean the shelters. Call Paula at 403-230-6033.

**GIVE SUPPORT.** Provide referrals, information and peer counselling to women in the **Women's Center of Calgary.** Call Mickey at 403-264-1155.

## DANCE

**U of C Dance Program:** Mar. 18-20, Mainstage Dance. [finearts.ucalgary.ca](http://finearts.ucalgary.ca). University Theatre, U of C.

**GALA PLANNING. Cerebral Palsy Association in**

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For details, call 403.440.6139

# The best way to spend your lunch

*Lunchbox Theatre continues to bring joy to downtown after 35 years*

by Sean-Paul Boynton  
Arts Editor

If you're looking for a fun alternative to the crowded food courts and overpriced sandwich stands during your lunch hour, all you have to do is pack a snack and head downtown for a short fix of theatre.

Lunchbox Theatre, the venerable one-act play company, has been delighting audiences and providing welcome noon-hour respites from the daily grind for 35 years. Now known as the longest-running one-act theatre organization in the world, Lunchbox has seen the launch of several professional artistic careers over the past three-and-a-half decades, and has become a safe haven for nubile playwrights to showcase original work – much of which has gone on to national and even international success.

Considering that these days it takes a lot of hard work and patience to make a mark in the theatre community with a new company, it's surprising to hear Bartley Bard, the founding artistic director for Lunchbox, recall how it was a hit from the beginning.

"At our very first performance on Sept. 15, 1975, every single seat was filled," says Bard, on the phone from his current home in Los Angeles that he shares with his wife and Lunchbox co-founder, Margaret. "I had gotten 100 of those folding chairs and set them up in Bow Valley Square, and just through word of mouth and putting ads in the paper, we sold out our first show. And we sold out pretty much every show since then."

Granted, Lunchbox had some strokes of luck and special circumstances during their beginning that modern upstart companies would have a hard time finding: for instance, their space at Bow Valley Square was held rent-free (and would continue to be until 2008, when Lunchbox was forced to move to their current location at the base of the Calgary Tower). The company also debuted at a time when only Theatre Calgary and Alberta Theatre Projects made up the city's theatre community.

Despite sounding like an easy environment in which to debut a new theatrical voice, what made Lunchbox survive all these years has been its commitment to fostering new talent, as well as committing itself to a diverse cross-section of productions.

"We wanted to come across as professional – that was our main goal," recalls Bard. "We featured comedies, dramas, classics, and then once our status was sealed, we were able to attract new, original works by up-and-coming playwrights, which was what we had hoped



Illustration by Kelsey Hipkin

to achieve from the beginning.

"Calgary's a fast-paced town," he continues, "and the people there want to see more: more theatre, more originality, more of something special. And it's a really special town, so we fit right in, I think. When we started, there were only two skyscrapers surrounding our space...and then there were four, and then five, and...well, look at it today. It's always growing, and we were able to watch that growth."

Indeed, Lunchbox has become an integral part of Calgary, both artistically and culturally. Its importance to the city was sealed when Petro Canada partnered with the company to create the Stage One Festival, which gives fresh-minded playwrights the chance to bring their debut creations to life, culminating in one play being chosen to close out the season.

Bard left Lunchbox and

Calgary in 1999, moving to Los Angeles with his wife to pursue other artistic avenues, including screenwriting. The company then went through a few successors that led to Pamela Halstead joining on one year ago. Halstead is committed to not only maintaining Lunchbox's well-deserved reputation, but also ensuring that the next 35 years are just as prosperous as the previous 35.

"Some of the things that the company went through recently – especially the move to our new space, which is costing us more money now since it's no longer rent-free – are things that have the potential to sink most companies of our size," says Halstead. "I think what's kept us going has been our long history of demonstrating that we care about the community and what we stand for, as well as our large audience that has

stuck with us and kept coming back for so many years. We've definitely created a following, so it's great to see that they still care about us."

Halstead says that Lunchbox will survive in the ever-changing and always unpredictable artistic community of Calgary by staying true to its mission of developing new work and keeping its doors open to emerging artists from all walks of life – whether they be actors, directors, or playwrights. She also mentions the company's Emerging Directors program, which allows up-and-coming directors the chance to work with established professionals of the craft and eventually direct a showcase of their own.

This year will prove to be a big one for Lunchbox Theatre, as the company plans to celebrate their milestone in as many ways as possible. Halstead mentions a "community celebration"

that will happen in June, and although details are still being finalized, she promises it will be "a giant party with people throughout Lunchbox's history joining in on the fun." This May will also see the return of Lunchbox's most beloved character, Ivanka, return to the company's stage for a "greatest hits" collection from her past six performances.

As for whether Bard will attend the celebration in June, which wouldn't have even happened without him and his wife: "We'll see. I definitely would like to attend, although our son is celebrating his tenth birthday that month, so we can't miss that. There are just too many milestones to celebrate at once!"

For more information on Lunchbox Theatre, including ticket prices (only \$15 for students), visit [www.lunchboxtheatre.com](http://www.lunchboxtheatre.com).

# Plenty of room for improvement

*Students call for more bands, more drink specials at Liberty Lounge*

by Michael Bull  
*The Reflector*

To deny the appeal of the Liberty Lounge is like denying the beauty of your slightly stupid first-born child. While yes, they are a little slow, with great tenderness and affection they can transcend a life of mediocrity and live a life among exploding stars. That might be a little overly dramatic, but the truth is still there. While people do show up, most nights are on the slow side. To compete with venues at both the University of Calgary and SAIT, the Liberty Lounge has its work cut out, but with an expansion in the works, who knows what will happen. As evidenced by the survey below, people do love the Liberty Lounge, but when you love something, you always try

to make it just that much better.

Pauline Korbel, a student at Mount Royal, has some ideas to improve the bar.

"They should have Bombay on tap and try to get rid of the stank," she says.

While the on-tap Bombay might be wishful thinking, a few comments around the water cooler have been that the bar does have a particular odour, one not unlike stale beer and sweat. To be fair, most bars have that very same odour, and it tends to be far worse at other places.

Alice Korbel, sister of Pauline, puts in her own two cents.

"The problem I have is with the music. I don't really see shows here and maybe if they had some good bands or really good DJs I would come, but right now I don't really have any

interest. Also, the theme nights that they have here tend to be really generic, so maybe some more original themes would bring in a larger crowd. Plus, when I get drunk I like to eat food, and there isn't any."

Interestingly enough, the Liberty Lounge, once upon a time, did serve food complete with a menu and pseudo-waitresses who came to your table. A steak sandwich and a pint used to be called the "After School Special" and it could be purchased for \$6, which is about the same price as a pint on its own. However, that was when you could smoke inside and drink on the patio, so the good came with the bad. Next year, as previously mentioned, they plan on expanding the bar and putting in a kitchen, so with any luck that will attract some

attention.

Unfortunately, no one involved with the upper ranks of student government would comment to *The Reflector*, so we took the issue directly to the Liberty Lounge's patrons.

**How often do you visit the Liberty Lounge?**

50% - All the time, I'm drunk right now  
25% - Twice a week  
13% - Once a week  
12% - Rarely

**Do you usually go during the night or during the day?**

75% - Day  
25% - Both

**Do you remember the last band you saw at the Liberty Lounge? If you haven't seen one, explain why.**

1. I haven't. A guy I used to be in a band with played here recently...other than that I don't hear much about shows here.

2. Haven't seen one, I'm assuming they're here at night when I'm not.

3. I saw some jazz guys playing here once.

**Do you go to shows at the Gateway (SAIT) or the University of Calgary?**

75% - No  
25% - Yes

**Why do you think the Lib is less popular than its competition?**

1. Open at 11! I personally would only drink here if I were already on campus. I like the staff and the atmosphere – HATE CHONGOS.

2. The past year, the music has raped my ears...loud and crappy music i.e. gangsta gangsta.

3. They don't serve food? Beats me, the Lib is awesome.

**If there were notable bands that came on a semi-frequent basis would you go?**

50% - Yes  
38% - Probably  
12% - If my friend's band played here I would be here all the time.

**Is there anything the Liberty Lounge can do to attract a larger clientele?**

1. More bands, advertise more, food/apps here, patio, bigger drink selection (girlie drinks to bring in girls, martinis).

2. Better specials, free pool times/foosball

3. Better drink specials

**Isn't beer amazing?**

100% - Yes



Photo by James Paton

The stage of the Liberty Lounge is more often empty than it is populated by bands.

## An appeal for something more



by Sean-Paul Boynton  
*Arts Editor*

I remember my first month at Mount Royal, and the freedom I felt when I was able to walk into a bar right on campus. No driving was necessary, no carpooling arranged; just a hop, skip and a jump over to Wyckham House, and I was able to drink away the sorrows of my first failed quiz. I wasn't in Kansas anymore.

Of course, even as I settled

into this very adult moment, I sensed that there was something amiss about my surroundings. I had frequented the Den at the University of Calgary, and the Gateway at SAIT, before setting foot into the Liberty Lounge, and what I had built up in my mind as the requirements for a university bar was undercut by certain aspects of my new home away from home: no couches or booths; no in-house food service; not the best selection of beverages; no patio (although I did hear stories from the glory days when the present-day smoke pit was an outdoor addition to the Lounge). Not even any artwork on the walls,

aside from advertisements.

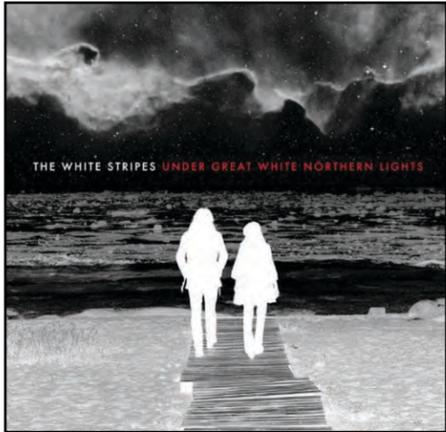
Don't get me wrong; my intention here is not to bash our modest comfort zone. I have spent countless hours in the Liberty Lounge genuinely enjoying myself, and I always feel its beckoning call whenever I'm feeling stressed or in the need for company, or even when I walk past its doors. And I know that, come the fall, there will be improvements that will make most of my above complaints redundant. But a bar – college or otherwise – should be more than a place to hang out, or special attractions like a kitchen and a patio. It has to have personality.

I originally came up with

an article on the state of the Liberty Lounge because I was worried that, as a great fan of live music, I would have to continue going elsewhere to meet that need. The bands that do come here are not always stellar, and the nights any band graces the stage are feeling few and far between. Why can't the Lib be treated like another Calgary music venue by the indie scene, like Broken City or the Marquee Room, or even the Gateway or the Den? Why must Mount Royal students, who have no access to convenient public transportation like an LRT, be forced to hitch rides downtown in order to catch a show? Don't we deserve better?

Yes, I have witnessed great shows here; the four-band bill on March 12 was excellent. But there needs to be a push for more nights like that, where students leave the Lib elated rather than simply drunkenly depressed due to low lighting. Maybe the members of the Students' Association are actually trying to achieve this, but since they didn't feel the need to comment for the resulting article above, we're left to simply guess and make assumptions. Hopefully, we can hear their side before the semester is out. Until then, we're left with an empty stage, and promises that we can only hope will be kept.

# Noise 101



## Choice Cut

**The White Stripes**  
*Under Great White Northern Lights*

Third Man/Warner Bros.

by **Sean-Paul Boynton**  
Arts Editor

It's very easy to complain about how bands never come to Canada. When an artist announces a "North American tour," it's usually a full tour of the United States with stops in Toronto, Montreal and Vancouver (if they're lucky). For the most part, the rest of our great country gets overlooked, to the chagrin and bitter resentment of its inhabitants.

So when the White Stripes announced they would be setting out on a full tour of Canada in 2007 – visiting every province and territory, with left-field choices for some of those provincial stops (Burnaby, B.C. instead of Vancouver, for instance) – the people rejoiced. Finally, a band would pay due respect to the other half of North America, and recognize our importance and worth in the touring arena. But of course, since this is Jack White we're talking about, the event became so much more.

Besides the amazing evening stadium shows, the band also held impromptu mini-shows during the daytime in every city and town they stopped in, resulting in spontaneous musical joy that delighted young and old alike. Whether it was a bowling alley in Saskatchewan, the Cantos Music Foundation in Calgary, a café in Yellowknife, or on a bus in Winnipeg (singing "The Wheels on the Bus," of course), it became so much more than a tour; it became something of a Canadian legend.

That legend has now been recorded for prosperity on both CD and film, bundled together as *Under Great White Northern Lights*. The fact that this is the White Stripes' first live album makes it even more of a compliment, and while the disc is certainly worth listening to (especially for raging versions of "Jolene" and "Let's Shake Hands"), it's the film that makes this package worth springing for.

The band already has a live DVD in their repertoire (the England-set *Under Blackpool Lights*), so it's refreshing that director Emmett Malloy and the Stripes take a different route. This becomes a documentary about two bandmates who have been together for 10 years bearing the toll of the road, and although the concert footage is electrifying and welcome, and the scenes with the daytime shows charming and poignant, it's the interviews and backstage drama that

form the core of the film.

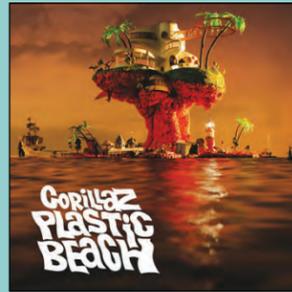
"Drama" shouldn't suggest Jack and Meg are constantly bickering; in fact, the two are rather sweet most of the time, and Malloy captures small, telling moments, like when Jack regards Meg falling asleep on a couch while still clutching her cigarette, or a montage of the two walking across the Nunavut tundra while a live reading of "We Are Going To Be Friends" plays overtop.

Meg does little other than play the drums and mutter so quietly that subtitles are employed, but she's still given moments to shine. A visit to an old fort in Halifax results in Meg being ordered to yell "fire!" at the command of a senior officer, resulting in cannon blasts. And her performance of "In the Cold, Cold Night" is chilling and sweet as always.

But naturally, Jack easily draws attention, whether it be his dynamic performances onstage, introducing his new guitar "Rita" (named after Rita Hayworth, whose face adorns the back) to a group of Inuit elders before playing an old Blind Willie McTell song, or simply waxing philosophical over the nature of creativity. That last facet puts *Under Great White Northern Lights* in the echelon of eye-opening band documentaries like *The Last Waltz* or *The Filth and the Fury*, letting the band speak for itself instead of letting the pundits drool over their "importance."

It's been three years since the White Stripes crossed Canada in one of the most loving and appreciative displays by a band for a country's history and worth ever witnessed (their amps even displayed maple leaves). Since that time, Meg had to leave the road due to anxiety, and Jack has seemed busier than ever: starting a third band, The Dead Weather, opening Third Man Records in Nashville, directing videos, producing artists and even appearing with The Edge and Jimmy Page in the guitar documentary *It Might Get Loud*. And yet, despite the feeling that Jack White is truly everywhere these days, we still pine for a new White Stripes album and tour. Maybe the people in Nunavut or the Yukon will never see the pair again. But it must feel good for them, and for all of Canada, that they even took the time to come at all, and care so much. For that, we should feel lucky...and now that we get to relive those memories forever, we may never need to see them in the flesh again. But it would be nice.

## More tracks on the racks



**Gorillaz**  
*Plastic Beach*  
Parlophone

Who knew four animated monkeys could have transported us to this point in time when their electro-funk-hip-pop isn't just a thing of the future? Gorillaz have finally brought to us their third studio album *Plastic Beach*, supported by a great tracklist with an even better list of collaborations. Snoop Dogg, Mos Def, and Lou Reed are only some of the featured artists you'll be hearing on this set. This is their most memorable to date, as some of their best songs are to be heard here. Take a few listens to get a real good feel for our talented animated friends.

—Megan Darragh



**Various Artists**  
*The Runaways OST*  
Atlantic

Movie soundtracks are always fun: there is no pressure for them to be great, but choosing the right songs can be crucial in defining key parts of epic movies. *The Runaways* soundtrack resonates a 1970s retro vibe, filled with catchy electric guitar riffs and lyrics that scream rock-chick rebellion. The CD even features performances from two of the movie's actresses, Dakota Fanning and Kirsten Stewart. Fanning demonstrates she is not a little girl anymore, singing some of *The Runaways*' originals, including "Cherry Bomb." If I had to pick one place to play this album, I would probably pick the roller derby.

—Justine Rodrigues



**Pavement**  
*Quarantine The Past Matador*

Ever since they broke up in 1999, Pavement's stock has continued to rise, if only in the underground scene they ruled for 10 years. Their reunion tour this summer has been one of the most rapturously received events of the year, and since younger music fans will no doubt be dragged along by their excited older siblings, there's now a one-disc, 23-track primer that includes their best-known almost-hits, as well as deeper album cuts. There wouldn't be modern indie guitar music without Pavement, so this is a must-have for anyone looking for a little blast to the past that still sounds uniquely modern.

—Sean-Paul Boynton

## Downloadables

1

**MGMT**  
"Flash Delirium"  
These psychedelic acid rockers were able to mix the weird with the tuneful with past hits like "Kids." With the first track released from their sophomore release, *Congratulations*, the duo amps up the crazy. The track jumps from genre to genre, and yet it all sounds like a whole, rather than an ADD child's experiment. Reports suggest that *Congratulations* will be even more off-the-wall, which just goes to show that a Grammy nomination doesn't always influence a band's desire to push the envelope.  
[whoismgmt.com](http://whoismgmt.com)

2

**She & Him**  
"In The Sun" video  
If you're a fan of Zooey Deschanel – and who isn't in love with this sparkling pixie – then you'll appreciate this video for her and M. Ward's first single from their upcoming album, *Volume Two*. The song itself is pleasant enough folk-pop, and Deschanel's voice is sweet and not at all over-the-top. The video takes it into a whole new realm of cute, a mix of the clips for Feist's "1234" and Britney Spears' "Baby One More Time" that includes hoola hoops and choreographed dancing.  
[sheandhim.com](http://sheandhim.com)

3

**T.I.**  
"I'm Back"  
He sure is. After almost a year in prison on weapons charges, the Southern rapper is currently finishing up his sentence under house arrest, and it sounds like he's been putting his home recording studio to good use. Over an absolutely massive synth beat reminiscent of past hits such as "What You Know," T.I. reasserts himself as the ultimate badass of the South; and with Lil' Wayne starting his own year-long silence, this takeover of the throne couldn't have come at a better time.  
[trapmuzik.com](http://trapmuzik.com)

SPORTS EDITOR:  
Kelsey Hipkin  
sportseditor@TheReflector.ca

March 18, 2010

## BY THE NUMBERS

**4:** Every four years Australia, New Zealand, the UK and the United States get together for the MacRobertson Shield croquet tournament.

**5:** Years since the Cougars women's hockey team has won an ACAC championship.

**6:** Minute periods or chukkas to a polo match.

**8:** Stones per team in a game of curling.

**11:** Teams in the National Lacrosse League including the Calgary Roughnecks.



# 'Flec in the house

*Editorial staff takes up curling for a day*

**by Kelsey Hipkin**  
Sports Editor

Curling.

For some, it's a dull, lifeless sport consisting of an older crowd hanging out in turtlenecks and polyester pants.

For others, the strategy, the action and the curlers themselves (judging from the 2010 Olympic curling teams anyways) have made curling a hot attraction in the last few years for both young and old.

*The Reflector* hit up the Garrison Curling club off of Crowchild Trail, and much to the amusement of the league players around curled two magical ends to remember.

Some skipped, some slid, some swept and some fell but all of the editors that participated (some with more excitement than others) took it upon themselves to write a few words on what their

curling experience meant to them.

**Features Editor, Gabrielle Domanski**

I've never been one for sports but for some reason I was keen on the idea of trying my hand at curling. I was assured that my inability to ice skate would not be a hindrance in this endeavor but upon seeing the expanse of ice we would be dealing with an unusual sensation came over me. As I stepped onto the ice my synapses began firing rapidly, bringing forward the countless memories of past winter tumbles where wrists had been fractured and noses had been scraped. A fear came over me, which to my embarrassment but perhaps subconscious relief, limited my position to skip, and occasional sweeper. Although the experience was enlightening, it reminded me

of the gym classes of my youth where I was picked last, could never keep up, and tended to watch everyone else enjoying themselves. There's a reason I became a writer.

**News Editor, Zoey Duncan**

A community curling arena is a lot like a community hockey arena, except instead of temperamental, yelling hockey moms there are serenely shouting skips. And instead of hockey equipment stank, there's the collective foot smell of the over-50 crowd. This was my first hands-on curling experience; my very first exposure to the sport was seeing it on TV as a kid and wondering why my cartoons weren't on. Curling is scarier than you'd expect. You wear a slippery shoe thing so you can smoothly slide behind a heavy stone, while balancing yourself with a broomstick so

you don't face-plant into the ice. Later, you run down the sheet of ice chasing the stone with that same broomstick. It's an intricate game, folks.

**Photo Editor, James Paton**

My path to becoming a professional curler has been taken to the next level with the addition of *The Reflector's* bonspiel added to my resume. Ok, so I've curled only once before in my life but boy did I have a good time. If I wasn't sliding I was sweeping my way to a new love of the game that is curling. Although at first when I entered that cold rink with people screaming, "hurry hard!" and "sweep!" I was a little frightened but by the end I felt I was just one of the regulars. All in all I intend to return to the rink for another game as soon as possible.

**See CURLING pg. 17**

# Roughin' it

The Reflector learns the ins and outs of Calgary's lacrosse team

by **Chris Palmer**  
The Reflector

Eight years removed from their inaugural season in 2002, the Calgary Roughnecks lacrosse team has established themselves as an important player in the Calgary sports scene.

Key to understanding the growth of the franchise is having an idea how the Roughnecks have developed and marketed lacrosse as something unique in this crowded market.

An important part of the experience, as expressed by many fans, is the rough nature of the sport. While this plays out as expected in fights and other body contact, it may be most evident during the faceoff.

Like a hockey faceoff, lacrosse begins with a two-player scrum over the ball at centre field. What tends to make things interesting is that alternating players from each team rush towards centre field at the blow of the whistle. The team that wins possession then begins the first rush of the game.

When interviewed about his reasons for loving the sport, long time fan Logan Kryski noted that he attends because

the sport takes the "best of hockey and basketball."

While the National Lacrosse League is split up into quarters, much like professional basketball, it is the usage of a shot clock that may be most responsible for speeding up the game.

Once a team takes possession of the ball, they are given 30 seconds to register a shot on the opposing goaltender. Should they fail to get a shot, the other team is given the ball. This increases the pace of the game, keeping the fans engaged.

In addition to the quick pace, a lot of effort goes into creating an exciting environment for the fans. High-energy music is pumped out over the Saddledome speaker system the entire time the ball is in play. The volume decreases when the road team has the ball, and increases when the Roughnecks hold the ball.

The arena announcer, Dennis Deis, plays a significant role in getting the fans involved. Deis encourages the fans to play along with such chants as "What's he got?" to which the fans together answer "nothing!" when referencing a failed scoring attempt by the opposing



Photo by Brian Melynk

**Defenceman Chris Manning tracks down a Washington Stealth forward. The Roughnecks have won two championships since starting out in the National Lacrosse League in 2002.**

team.

A former referee, Deis understands the pressures of being on the field, and his chants are usually tongue-in-cheek, with an obvious respect for the family environment of the game.

Long time season-ticket holder Eric Rayner said that one of the reasons behind his passion for the Roughnecks stems from the family friendly atmosphere focused on by the team.

The Roughnecks offer

relatively inexpensive tickets (anywhere from \$25 to \$67 dollars), allowing families to afford to make a lacrosse game a weekend outing.

**See LACROSSE pg. 20**

## CURLING from pg. 16

**Sports Editor, Kelsey Hipkin**

I haven't curled since I was in high school and despite my youthful glow, that was a quite a long time ago. Back then, my stones were either too light or too heavy and would go crashing right through the house. I love watching curling on TV; I find it fascinating and edge-of-your-seat excitement. The Garrison Curling Club's signature smell elicited childhood memories of my parent's curling tournaments back in the day. I had one minor fall due to a slider incident but after that I had a grand time with my 'Flec peeps and, like Mr. Paton before me, can't wait to get back to the rink.

**Layout Editor, Kelsey Chadwick**

I was having a bad day and wasn't sure if I was really up for a throw around the old rings but I decided that I would venture out and partake in this one-time Reflector Bonspiel. Now, I've never curled before but being an avid athlete I wasn't afraid to step onto ice; I mean really, I played hockey for eight years, I thought I would be alright on a curling sheet. But have you ever stepped onto a sheet of ice with a slider on your foot? If not, this is the analogy I thought of: it's like when you're tobogganing and you're climbing the hill and you accidentally step on

your crazy carpet and the next thing you know you are back on the bottom of the hill. This slider has a mind of it's own, much like your bright pink crazy carpet. I think that's what really challenged me in this curling game, but over all, I hurried hard and also got looked at by the old people for yelling too loud... but that's no different from any other room I'm in.

**Publishing Editor, Katie Turner**

Curling was a large part of my early childhood as my mom ran the concession at the community curling rink until I was nine. Out of convenience for her, she entered me into a curling league so she could work while

I curled. Every year, there was a tournament held around Easter and the members of the winning team won a frozen ham. I never won the ham.

Fortunately, all my scarring childhood memories of the icy sport vanished when I stepped on the ice with the Reflector team. That was until the final shot of the game, which belonged to me. The hammer. One shot to knock the other team's rock out of the button and all I could picture was that damn ham. I reverted back to my 8-year-old self as my hand released the rock. It picked up speed, crossed the line, slammed the other rock out of the way and settled perfectly on the button. I'll take my ham now.



Photo by Gabrielle Domanski

**Publishing editor Katie Turner has her eyes on the prize as she gets set to release a stone from the hack.**



Photo by Kelsey Hipkin

**Curlers extraordinaire: (top, L-R) Features editor Gabrielle Domanski, photo editor James Paton and news editor Zoey Duncan. (Bottom, L-R) layout editor Kelsey Chadwick and publishing editor Katie Turner.**

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**Native Awareness Month Hip-Hop Show Featuring:**

**Plex** with guest **Mr. Work, Shadow, Yellowfly and Little Smokey**

March 20, Liberty Lounge, 8p.m.

**Fashion show**

Featuring local Aboriginal designers

March 24, Wyckham House Main Stage, 12p.m.

**Native Student Centre Film Festival**

March 25, Jenkins theatre, 6 - 9p.m.

**Native Student Centre and Sustainability Centre Tar Sands panel discussion**

March 31, Wyckham House Main Stage, 12p.m.

**Native Awareness Month Wrap-Up Concert Four Directions Club Fundraiser**

Featuring **Groove Cycle, Mia's Matic and Chief Mountain**

March 31, Liberty Lounge, 8p.m.

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# Cougars Connection



## Cougars tamed

*Great starts and disappointing finishes for most teams this season*



**by Kelsey Hipkin**  
Sports Editor

As I sit writing this, only one Cougar team out of a possible six has the chance to medal for the remainder of the season.

This comes of course with the exception of the Cougars' soccer teams that wrapped up last semester. Our men's team took gold over the SAIT Trojans and the women just missed out on silver against the Concordia Thunder.

With the strength of Cougar Athletics at the onset of the season, it looked like we'd have a dump truck full of ACAC Championships with the potential to have another dump truck full of national championships come this month.

But alas, for whatever reason, it was not meant to be.

MRU has long been known for the success of its Cougar Athletics program. That success makes us a great place for potential student athletes to

be. Athletes love to win and the Cougars do it very well, we have a plethora of talented athletes and an all-star cast of coaches who work their asses off every season. That being said, sometimes post-secondary athletic teams can just have an off year, much like professional sports teams.

The Cougars were still very successful, with all of them finishing first or second in their divisions. Women's basketball is the one exception with a third place finish in the south division.

Starting with basketball, fresh off an ACAC Championship last season the men's team finished first in the ACAC south division with a record of 16 and 4 with 32 points. Going into the playoffs, it looked like the team would for sure come away with a medal.

Taking two straight against Lakeland College Feb. 25-26, the team looked really good going into the final-four held on the Cougars' home court. On March 5, the team lost to MacEwan University, dropping them into the bronze medal game against SAIT. The boys in blue and white lost that game as well place them into fourth.

See **COUGARS** pg. 20



Photo by Brian Melnyk

**Cougars defence Kelsey Harder goes head to head to against NAIT forward Kendel Jurista in the ACAC women's hockey finals. The Cougars team is the last cat standing to gain a medal for MRU this year. The seven game series against the Ooks was at 1-1 at the time of press.**

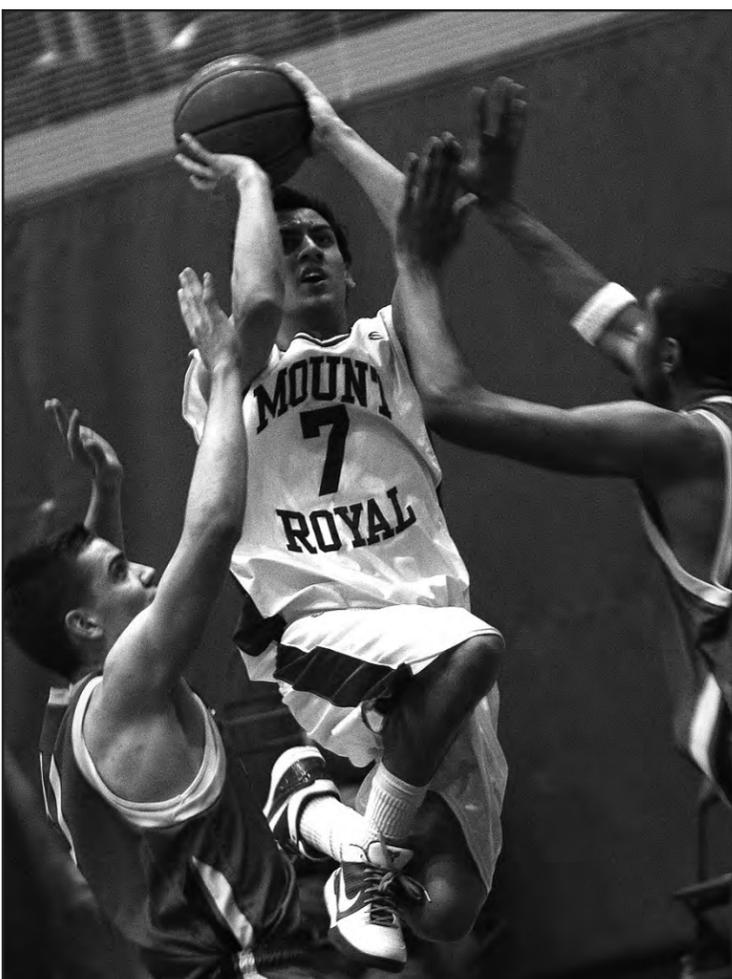


Photo by Aris Aristorenas

**Stephen Trinidad of the Cougars men's basketball team goes for the jumper. The men's team finished fourth this season.**

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**COUGARS from pg. 19**

Unfortunately, the women's basketball team didn't even make it past quarter-finals, losing their two matches against King's University College. The last time they won an ACAC championship was 2006. The team however looks like it has a great core of players, and I foresee a definite medal next season.

Fourth place is a bit of a trend this season for Cougar Athletics as both the men and women's volleyball teams ended up in fourth spot as well.

It was mentioned in the last issue of *The Reflector* that in the last 25 years (with the exception of three other teams) either MRU or Red Deer have taken ACAC gold. This season, not so much, as the boys took their first final-eight match 3-0 but lost the next two for a fourth place finish as well.

The women's volleyball team, who wrapped up their season in second place in the provin-

cial season of the ACAC with a record of 7-3, won their first final-eight game against Keyano but lost their next two games to MacEwan. MacEwan finished third in the regular season behind the lady Cougars and went on to take silver overall.

The men's hockey team had a great season, finishing second in ACAC play with a record of 21-5-0-2. The boys had a tough go in the semi-finals, losing three straight in the best-of-five tournament; this coming against a Concordia Thunder team that the Cougars won three of four against in the regular season.

The women's team, as mentioned above, is the only team left in the mix, and in their final-seven series against NAIT they are guaranteed a medal; I'm guessing that medal is going to be gold. The ladies breezed through the semi-finals, taking three straight in a best of five series against SAIT. They are 1-1 in finals at this point with their next two games coming Feb. 19 and 20.



Photo by James Paton

**Janelle Carbert, goes for a goal in a fall semester match. The Cougars women's soccer team took a silver medal earlier this semester, while the men's soccer team took gold.**

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**LACROSSE from pg. 17**

The team also makes players available at the end of every home game by inviting the fans onto the field to get signatures or simply to meet the players.

Fans tend to return the respect shown by the team, often even sticking around after a loss to applaud and show their respect.

While the Roughnecks have brought with them a fast-paced product that has seemingly been embraced by a growing fan base, the team has also brought with them something even more tangible: success.

The Roughnecks won the National Lacrosse League Champions Cup in 2004 and again last season. A result of dedication from the owners, the front office and the players themselves, this success has helped the team leverage itself as a viable alternative to the other major sports in the city.

The Roughnecks hit the road for a game against the Orlando Titans on March 20 and return to the Saddledome on March 26, with a special breast cancer awareness night versus the Minnesota Swarm.

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