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HEARSAY

Nobody in an MMA match is going to throw a fireball or fly across the screen and land 30-hit combos.

-pg.7

>> ON THE WEB

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TWITTERSPHERE

@eternalD_JayP: NOTICE TO ALL #MRU STUDENTS: Please shower before coming to the library to study. Your body odour is equally distracting as loud noise.

@becca_turner: wobbly desks are such a piss off #mru
@_sarahmcguire: I have, at the very least, 5 hours of school work
ahead of me. #MRU I think you've won this round.
@jordanlaryssa: I love when people leave the lineup at Tim Horton's!
#MRU

@ tessamary Tessa Mary Cran: Time to start studying for midterms! Being a hermit in the library... #MRU **@tamaradimepiece:** time to get some breakfast in me. hashbrowns,

bacon, sausage and scrambled eggs? hell ya. thank u herb n market #mru

xo_danibee: oh hey blackboard, you can be back any time now. kthx.

#mru

PHOTO GALLERY: All tatted up

Johnathan Vern McGill captures the eight-annual Alberta Bound Tattoo and Arts Festival

LOOKING FOR: MRU'S WORST RIDE

See a junker? We're seeking Archie-esque jalopy pics for a photospread. Send your 'best' submissions to webeditor@ thereflector.ca

FROM THE VAULT: Purple revolution

Remember that time an MRU prof became Calgary's mayor? Check out the Oct. 21, 2010 issue in our archives to re-live it

MRU celebrates broadcasting's 50th

Dean calls for broadcasting degree

Rachael Frey
News Editor

Broadcasting alumni of Mount Royal filled Wyckham House on Oct. 15 to pay tribute to their program's lasting success.

Representing 50 years of radio and television education, attendees spanned the entire history of the broadcasting diploma — including many faculty members who were once students of the program themselves.

Alana Gieck, who graduated from broadcasting in 1994 and began teaching it in 2006, said she was excited to celebrate as both faculty and an alumnus.

"It's quite a milestone for the little program that we are, and we've gone through a lot of struggles over the years, so to have made it 50 years and still be going strong is something we're really proud of," Gieck said.

She knew broadcasting would be her career since the fateful day that, as an English major, she happened to visit the school's television studio to rehearse for a project.

"When I stepped foot in there, I instantly knew right away that I had to take this program," Gieck said.

"As soon as I was done I ran down — like, literally ran — to

the registrar's office and said, 'You need to tell me about this broadcasting thing.' And I have stuck with it in one way or another since then."

Irv Ratushniak began teaching in the broadcasting program full-time in 1997, 20 years after graduating, and is now the program's chair. He said it never occurred to him as a student that he would end up teaching at Mount Royal, but credits the strong ties he developed during his education for

bringing him back.

"That's the kind of program and institution it is," Ratushniak said. "Once you get started here it's almost like home, and no matter how far away you go, you have roots back here at this institution."

Mayor Naheed Nenshi attended the anniversary party to cut the cake and say a few words, some of them at the expense of the attendees who good-naturedly groaned and booed. Nenshi started his speech with, "I'm thrilled to be here with you tonight, even though so many of you are journalists."

He talked about the surpris-

He talked about the surprising number of centennial events he has attended since becoming mayor, and how 100 years ago Calgarians were not building for the community they were, but rather the community they dreamed of being.

"Just like those pioneers 50 years ago who said that Calgary can be a real centre for broadcasting around the country and around the world," he said.

"Let's honour those pioneers of 50 years ago, and let's look forward to what we can build together for the next 50 years."

So, what does the future hold for broadcasting at Mount Royal University?

According to Marc Chikinda, dean of the communications department, they have their sights firmly set on a broadcasting degree.

"One day, with the support of the school and the good lord of advanced education willing, we'll have a fourth major called broadcast studies," Chikinda said. "Only the second degree in radio and TV in Canada, second only to Ryerson.

"That is our future."



Photo: Bryan Weismiller

Mayor Naheed Nenshi cut the cake at the MRU broadcasting program's 50th anniversary.

CANADA TRADES

Docherty pushes national student exchanges

Rachael Frey
News Editor

It's no secret international exchanges can have huge benefits to students' university experiences.

They're an opportunity to experience different cultures, learn new languages and expand resumes — not to mention a challenge to survive in a foreign environment.

But many students and schools haven't considered that those opportunities are also available within Canada.

In a speech to the Calgary Chamber of Commerce on Oct. 11, David Docherty, Mount Royal University president, said he intends to foster student exchanges with other Canadian universities.

"Just as students demonstrate maturity and growth in international exchanges, they can also develop their skills and independence in a national exchange," Docherty said.

"The longer term benefits for those with national experience when they graduate either in business, government or the social sector would be tremendous."

While he is a huge supporter of international exchange opportunities, Docherty said he would like MRU students to know as much about Newfoundland and Labrador as they do about

Brazil, and Ontario students to know as much about Alberta as they do about South Africa.

Though it's too early to tell how many students will be able to participate in national exchanges, Docherty said the numbers might eventually rival those of students in international exchanges. The university currently has over 300 students studying abroad.

Part of the idea for national exchanges within Canada came about at a joint alumni event between Mount Royal and Wilfrid Laurier University in Waterloo, Ont. Docherty, who is both an alumnus and former faculty member of WLU, said there is the possibility of a partnership between the two schools.

"In some ways, MRU and my former institution make a natural starting point," he said. "They are similar-sized institutions with some strong programs that overlap."

Both institutions have programs in journalism, policy studies, political science, economics, business and English, among others.

"It might make a good first start," Docherty said. "We have to do a lot more work before this begins, but a goal would be to establish some partnerships that would allow Canadian students to spend some time in other parts of the country."

UPCOMING EVENT

Fair Trade Fright Fest shines light on abuses

Event showcases 'dark side of chocolate'

Shannon Galley
The Reflector

With Halloween coming up, people around the globe will be stocking up on chocolate and candy to dole out to trick-ortreaters and to eat themselves.

When buying and consuming chocolate most are likely not thinking about where it was produced, but it must come from somewhere.

The Students' Association of Mount Royal University wants to get students thinking and talking about where that chocolate comes from and what the implications are.

On Oct. 28 at 3 p.m. there will be a screening of *Death By Chocolate*, a film investigating child trafficking and labour in Africa's chocolate industry — specifically in Mali and the Ivory Coast.

"At Halloween we all eat chocolate and we wanted to open it up for discussion to address the issue of fair trade effects," said Stephanie Symington, co-ordinator for the Cultural Mosaic Centre, a group helping host the event. "We are looking at the cultural and social implications."

Much of the chocolate produced for Halloween by major candy producers is not fair trade, a term meaning the producer of a product or service is ensuring that workers in developing countries are treated fairly.

Symington said the goal of the film screening is to create a conversation about these issues rather than to take a controversial stance on the issue.

The film screening will take place as part of Fair Trade Fright Fest and is going to be held in the gallery on the second floor of Wyckham House.

There will also be a guest speaker from Ten Thousand Villages, a chain of stores describing themselves as "commerce with a conscience," and she is going to bring fair trade coffee and chocolate for a tasting.

In addition to the film screening and guest speaker, there will be a costume swap, reverse trick-or-treating and a cash bar.

People will be able to trade costumes or donate food for a costume and fair trade chocolate will be distributed as well. Symington says that costumes are "strongly encouraged."



NEWS EDITOR:
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October 20, 2011

BRIEFS

n Nov. 9, MRU's Turn Off the Violence committee will hold a "Walk A Mile" event on Main Street, with male faculty, staff and students donning high heels and walking one mile to support victims of domestic violence. Fred Cheney, MRU's media relations officer, said the event is "very near and dear to many faculty members on campus."

The Cultural Mosaic Centre and international education department are holding a video competition on the topic of "a day in the life of an international student." It is open to all MRU students, and the first place winner will receive a \$250 gift card for Best Buy. Entries are due by Nov. 1.

algary's much-loved science centre on 11 Street S.W. closed its doors after 44 years. The new Telus World of Science on St. Georges Drive opens on Oct. 29. The 153,000 square-foot facility will have room for lots of new features, including more than 100 hands-on exhibits.

BUZZKILL

Feds force new rules for energy drinks

Caffeine the 'next epidemic,' says MRU health advocate

Bryan Weismiller Publishing Editor

Energy drinks will face new regulations following an announcement by the Government of Canada earlier this month.

Formerly classified as "natural health products," energy drinks will be legally re-classified as food as they currently are in the United States and Europe. Beverage manufacturers will need to include ingredient, allergen and nutritional information on each can.

Other changes include capping caffeine levels, adding warning statements and forcing producers to report consumer complaints.

Health Canada reports a number of cases of health problems associated with energy drinks, including irregular heartbeats and nervousness.

The changes could take 18 to 24 months, as "industry will be given time to adjust to these requirements," according to files from Health Canada's website.

In making the decision, Health

Minister Leona Aglukkaq ignored recommendations from an expert panel for Health Canada. Postmedia News initially reported the panel had called for energy drinks to be renamed "stimulant containing drinks," and re-designated as Schedule III under the National Association Pharmacy Regulatory of Authorities.

The re-designation would have meant energy drinks could only be sold in pharmacies. Thomas Yeung, who owns the Wyckham Pharmacy, said that move seemed unnecessary.

"I can't imagine refusing the sale of something like energy drinks, in a normal instance," Yeung said. "There might be the really off case where I'd say someone shouldn't be buying it."

"It's always up to the consumer to be aware of what they're putting in their body," he added.

In September 2011, the University of New Hampshire announced they were banning the sale of energy drinks on campus. However, the decision was reversed three days later.

Brian Fleming, VP of campus life and student affairs at Mount Royal, said the university has no intention of banning or imposing its own regulations on energy drinks.

"It's a free country," Fleming said. "People get to choose what

they drink. Though, I think we can have a role to educate people."

Shermin Murji, health education co-ordinator at MRU said banning energy drinks on campus is "an interesting idea," but added it may be ineffective as there are several other places to pick up caffeine-loaded beverages nearby.

Whether it be energy drinks, coffee or tea, Murji estimated nearly 90 per cent of the campus consumes caffeine in some form. She said she's talked with students and faculty members who consume as many as four energy drinks daily.

"We find a lot of students going for an energy drink to coffee to something else that has caffeine like chocolate to keep trying to pick themselves up," she said. "It's about finding that middle ground where you're not exceeding the amount you need."

Murji noted caffeine has benefits such as increasing focus, but also warned of "damaging effects," including dependence. She suggested exercise, meditation and healthy eating as effective ways of getting a similar buzz.

"Caffeine is the next epidemic," she said. "It's an addiction that I would say a lot of people have. It's accepted because on every corner there's a Starbucks or Tim Hortons."

Energy drinks by the new law:

- Need to label ingredients.
- Cannot have more than 180mg of caffeine per serving (non-sealable can or sealable container under 591ml.)
- · Are only allowed a maximum caffeine concentration of 100mg per 250ml.
- Must include warning labels indicating drinks contain high levels of caffeine and "not recommended for" statements.
- •Come with a warning not to mix with alcohol.
- Are restricted on the type of and amounts of vitamins added.
- •Will now be inspected by the Canadian Food Inspection Agency.

Canad

of the Yea



Photo courtesy of the Government of Canada

Health Minister Leona Aglukkaq made the announcement that energy drinks will be re-classified as food instead of "natural health products."



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KIDS IN MIND

MRU to host symposium on children's well-being

Event features speakers, presentations and child development lab opening

Laura Lushington *Web Editor*

Children are the future.

It's a somewhat simple statement that most of us have heard in our lifetime.

However, as Mount Royal presents its final part of The Legacy of Ideas speaker series, it is hoped the statement will leave us with a commitment to ensuring the well-being of children in Alberta and around the world.

On Oct. 26 and 27, Mount Royal will play host to the International Children's Well-Being Symposium, a conference focusing on early brain development and the dedication of high-profile people such as Raffi (of Baby Beluga fame) to kids.

"Mount Royal has had a really long history of engaging with children over its 100 years," said Dawne Clark, director at the Centre for Child Well-Being at MRU. "In fact, children were some of the first students on campus through the music conservatory. So this is a celebra-

CAMPUS SECURITY

tion to finish off Mount Royal's centennial and look to the future."

Clark said the first day of the symposium will look at the importance of the first five years of a child's life in terms of brain development and how that brain development determines the entire life trajectory of that child.

Dr. André Corriveau, Alberta's chief medical officer of health, will present his report "Let's talk about the early years," and discuss the status of child wellbeing in the province.

"That's going to be a call to action from the participants," Clark said. "Both in terms of their organizations and themselves as individuals in their commitment to Alberta's children."

Also speaking on the first day are Dr. Dan Goldowitz, an expert on the development of the nervous system; Dr. Gabor Mate, who has researched the impact of environments and relationships on children; and Lynell Anderson, who will talk about society's economic well-being.

The second day of the symposium will feature Craig Kielburger, founder of Free The Children; Samantha Nutt, founder of War Child Canada; Karu Gamage, who works to help children in Sri Lanka; and Raffi Cavoukian, well-known children's singer and founder of the Centre for Child Honouring.

In addition to the speakers, the symposium will serve as the official opening of Mount Royal's child development lab where students will be able to learn and engage with children, as well as undertake research projects.

The new children's mental health certificate and a timeline – "The Changing Faces of Children and Youth at Mount Royal," produced by the alumni of child and youth studies – will also be launched.

Lara Unsworth, centennial strategist at MRU, said members of the Calgary Police Service, Alberta Health Services, social agencies and educators will be attending the conference.

The audience will sit at round tables for the two days to be able to develop creative solutions to children's well-being.

"Stimulating thought, discussion and open conversation is what Mount Royal is all about," Unsworth said.

She added that some speakers will be staying for the whole symposium and speaking with attendees.

"We're actually having everyone leave having made a commitment to kids in someway," Unsworth said.

"That can be reading to their grandkids or it could be financial or it could be volunteering time," she said. "Whatever they want, we just want them to leave feeling empowered to do something."

"It's really about the future of our society and I think we'll find it really fascinating."

For more information on the symposium or to purchase tickets visit http://www.mtroyal.ca/100/idea100.htm

Occupy Calgary's here



Photo: Alyssa Quiric

The Occupy Wall Street movement went global on Oct. 15, with protest rallies appearing in more than 900 cities across the world. The protest, which has been widely criticized for a lack of focus, started out as a response to income disparity but has since taken on other causes such as homelessness and environmental issues.

Preparing for the worst

What to do in a school shooting

Samara Hawkins
The Reflector

Campus shootings are back in the spotlight after the recent murder of nursing student Maple Batalia, who was shot to death in a parkade at Simon Fraser University.

Batalia, 19, was heading off campus from a late-night study session when she was shot multiple times. There were no charges laid at press time.

School shootings are taken very seriously at educational institutions, and Mount Royal University is no exception. Campus security continues to provide students and faculty members with peace of mind, and tools to stay safe throughout the year.

Bill Spring, manager of security services at Mount Royal, discussed an initiative to protect everyone entering MRU's doors from the scenario of a school shooting, and offered tips to staying safe and, most importantly, alive.

"The big thing is, if you get caught in or around an active shooter anywhere — and not just on campus — you'd best take

care of number one first," he said. "Take care of yourself.

"If you can, draw all the people you can into a classroom," Spring said. "Get everyone in, out of the hallways. Get them in, shut the door."

Spring emphasized staying quiet, turning lights off and staying away from doors and windows.

"Turn off the cell phone," he said. "That's what they are listening for. We don't want to scare anyone, but we've all seen it on the news."

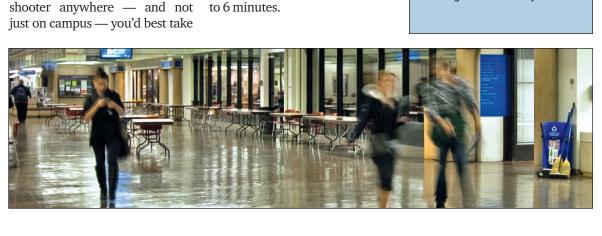
Janice Paskey, an assistant professor in the communications faculty, said it's important to be educated and proactive when it comes to school safety.

"I think that security is in tune with what's going on," she said. "I think it's a good thing to think about, and safety is certainly a responsibility of everyone on campus."

If an incident — such as a shooting — ever occurred at MRU, emergency services are located within minutes of the university. Spring said the average time for police, fire or EMS to respond is 4 to 6 minutes.

Security's tips for surviving a school shooting:

- •Lock yourself in the room.
- •Do not activate the fire alarm. It may put others at risk.
- Barricade yourself in the classroom using furniture.
- •Call 911 with your cellphone, and give them as much information as you can.
- Playing dead is an option if the assailant is causing death or physical injury.
- •If you decide to run, keep vehicles or any other objects between you and the shooter.
- If you are caught by the assailant and choose not to fight back, follow their directions without looking them in the eyes.





REFLECTOR

October 20, 2011

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Trick-or-cheat

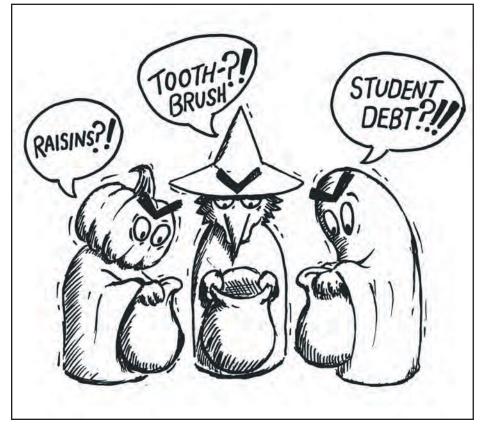


Illustration: Jack Simpson

What was your craziest Halloween?



Christy

Ruptash,

Health Science

"I'm not a crazy-story Halloween-type. I'd and eat candy I'm supposed to be giving out.'

"I forget what

happened, but it

involved being in a



"Dressed up as broke-ass Uncle Sam and raised hell at the Roadhouse in Lethbridge.'

Joel Woodhouse, Eco Tourism



Chad Stauffer,

field with a cop car and HAWC.



Julie Cann,

"I was at a party dressed as an angel with huge wings and six-inch high heels. I fell down the stairs. So in a sense, I was a fallen angel."

EDITORIAL

Punch Drunk Hub

Picture your worst hangover.

It's Sunday afternoon and you're sound asleep. Your brain's suddenly snapped from slumberland by the sound of incessant vibrations resonating from a nearby cellphone.

Groggily stumbling to the bathroom sink, you swill tap water across liquor-coated gums. Ohhh. Looking up, the mirror reflects a dirty case of messy hair, blood-red eyes and pizza-sauce

The worst comes next. Reaching into yesterday's pants, you find a bar tab buried beneath a cloud of pocket lint. Guilt immediately sets in as the tab totals a couple hundred bucks. It's bad. You're never drinking again. But, what if you were looking at a seven-figure bar tab like our student government? At last count, the Liberty Lounge's facelift dubbed The Hub — has reportedly cost the

Students' Association of Mount Royal University a total of \$2.4-million. Construction costs ring in at \$1.75-million, planning and inspection costs at \$300,000 and furniture and kitchen equipment at \$350,000.

The Students' Association refused to shell out \$20,000 to renovate its Canada Post location this summer. The same student administration also approved an 18 per cent increase in health and dental benefit fees for the 2011-12 academic year. And, like all wild benders, this spending spree comes with plenty of regrets.

Let's face it, the pseudo-Moxie's decor doesn't work in a campus pub setting. It's always going to be a vomit pit for broke-ass students. Plus, the obtuse-angled seating makes conversation nearly impossible in an often noisy setting. On the topic of seating — despite expanding into the smoke pit and chopping the stage size — capacity has stayed the same at 220 patrons. The sacrifice comes to ensure food service, which has now been delayed nearly a month and a half. God willing, there will be goat-cheese dipped sausage sliders on every student's plate by Oct. 24 Let's hope the cheese wieners are easier to stomach then the \$224.48 each student pays to the Students' Association each semester. Looking back, it was easy to get caught in the fervor surrounding MRU's new watering hole. The party's over and it's time to face the bill.

> Comments? Visit thereflector.ca or in person at our office in the basement of Wyckham House.

GUEST COLUMN

Social state of mind

Karen Richards **Guest Columnist**

I was asked today if I live, breathe and dream social media and I hate to admit it, but I do.

My job at Mount Royal is to develop and implement strategic

long term plans and best practices related to social media at the university, facilitate social media training for staff and manage the university channels as Facebook, Twitter, LinkedIn, YouTube, Flickr and blogs.

strategist But, over the past couple of years, I have become more and more active using social media for my personal life as well. Social media has literally changed my outlook and how I

Karen Richards

MRU

social media

live my life. It has connected me with likeminded people in Calgary and around the world, it has opened media to enhance and bring media is public, permanent and up my eyes to all the amazing value to you IRL (in real life) searchable by anyone. Imagine events and initiatives going on day to day in our city, making me more active in the community and I appreciate and love Calgary more than I ever have.

In just the past year, I beefed up my LinkedIn profile to its full capability. As a result received several headhunting calls for positions in my field.

I used Twitter to get 60 people on a party bus for a Poutine Crawl event, had two of my blogs posts

picked up by an online travel magazine, started tweeting for a local non-profit and when I became the Mayor of Bright Dental in Wyckham House on Foursquare they gave me free teeth whitening. Who knew?

whatever that might mean to you. Whether it is for personal branding, getting a job, connecting with others in your industry, promoting your small business or just to have fun, I encourage people to find out more about the various social media platforms to see if any of them are a 'fit' with who you are and what you are looking for.

I like to say LinkedIn is the 'office', Twitter is the 'water cooler' and Facebook is the 'happy hour bar' of social media.

It isn't all about what people had for lunch anymore (although I personally like to know what people have for lunch), you can get real inspiration and real results from using social media.

While social media is great for allowing you to become your own PR agent, remember:

The point is to use social anything you post on social someone reading all of your tweets, Facebook and blog posts in one sitting — what impression would they get of you?

A good rule of thumb before posting (whatever the medium) is to ask if it could be taken the wrong way, is it slanderous, does it contain confidential information or is just in bad

Where to start? Do some research, talk to friends and colleagues to see what they use, explore different social media options and choose one that is a fit for what you want to get out of it. And, have fun!

Karen Richards is an instructor in the continuing education PR program and MRU's Word of Mouth marketing strategist.

Mama, I want to be a Street Fighter

Calgary to host international gaming contest

Aaron Chatha The Reflector

Over two million unique viewers watched the Street Fighter championships online this summer. Taking place in Las Vegas, players from around the world gathered to play fighting games like Street Fighter and Tekken, in a contest to determine who was the most skilled with six buttons and a joy-

On the weekend of Nov. 5, for its second year, the Canada Cup brings that experience home with its own fighting-game tournament. Players from as far as Japan and Singapore, and as close as the United States and our very own city, will test their mettle in a number of fighting contests. Super Street Fighter IV: Arcade Edition will be the main event.

But, surely the only ones interested in a competitive gaming event already know about this?

Troy Kirkland, director of Canada Cup, said he believes events like these can, and have, captured wide audiences. There's something to be found in a match of Street Fighter that's just not in a typical boxing or UFC match.

"Watching a Street Fighter match streamed live to the web - it's nerdy," Kirkland said. "Let's not lie about that.

"There's a certain understand-

ing of what's happening and there's more flare to it."

"I mean, watching MMA and watching Street Fighter is kind of apples and oranges," he added. "Nobody in an MMA match is going to throw a fireball or fly across the screen and land 30-hit combos. It's a very different exhibition that's being put on."

Many in the gaming community describe a game of Street Fighter like a game of chess. It's less about pressing the right buttons than pressing them at the right time. It's easy to learn which button combination will unleash a fireball, but it takes time to learn that the best time to throw that fireball is when your opponent is far away from you or has left his or her defences down.

There's nothing very spectacular about your opponent jumping over special attacks and simply punching you in the face.

Local gamer Jamie Templeton has learned these lessons the hard way. Templeton mainly uses a character named Vega, who, despite sporting a stylish silver mask and a bare chest that would make even the Twilight stars jealous, is also one of the weakest characters in the game.

However, Templeton worked hard to make the best of Vega's few strengths and was the only local player to make it into the topeight at last year's Canada Cup. His secret? Mind games.

There's a lot going on behind the scenes. Many effective strategies include tricking an opponent into thinking you're going to do one move, then punishing his stupidity with a devastating attack.

It should come as no surprise though that Calgary is the host of Canada's biggest fighting game tournament. The fighting game community has exploded in the city, with weekly meetings held at Tubby Dog. There's now even a headquarters in the N.E. where players can play competitively.

But, even if you've never picked up a game controller before, the community in the city is incredibly welcoming, helpful and interested in keeping the game fun. Even the tournament, which will also feature games like Mortal Kombat and BlazBlu, isn't aiming to make a profit, but just keep itself going each year.

The Canada Cup will stream live, with more information at www.canada-cup.ca, but will also be open for spectators at Sheraton Suites Calgary Eau Claire.



Lapchi Duong, Canada Cup founder, plays Street Fighter at Tubby Dog where matches take place every Wednesday.

HIT OR MISS

The 'Flec's Candy countdown

The best and worst Halloween handouts

Ashton Faulkner The Reflector

When it comes to Halloween, we're all about excess.

Just as those who decorate their homes a la Griswold or show up sporting a self-soldered Iron Man costume are always praised, so are the people who hand out the best kinds of Halloween candy.

We can only ponder what people are thinking when they decide to hand out apples or toothbrushes to innocent kids who just want some chocolate. Are they simply clueless? Are they trying to make some kind of statement? We may never know.

Then there are those who hand out such good stuff on Halloween we question their sanity. What is that nice old lady doing living in a house made of gingerbread, anyway?

Either way, it's easy to compile a list of the top best and top worst kinds of things to get on Halloween. In the end we could all just be grateful to get anything for free at all and be happy that people don't actually give out "tricks" and bad jokes for Halloween, but picking apart the best and words kinds of things we get while trick-ortreating is way more fun.

Worst:

5. Raisins

Raisins are not candy; they're dried up pieces of fruit -– enough said.



4. School supplies

Mount Royal University president David Docherty admits his

> mother loved giving out school supplies. "My dear departed mother used to give out pencils," he said. "Everyone in our neighborhood loved her to death, except for on October 31, because no one wants to get pencils at Halloween."

3. Apple

Again, not candy. I'm pretty sure every apple ever handed out on Halloween has gone straight into the garbage.

2. Toothbrush

Getting a toothbrush while trick-or-treating is an outrage. I don't think there's a more blatant way to be slapped in the face on

Halloween — except maybe being physically smacked in the face.

1. Propaganda

Other than the aforementioned non-candy items, the absolute worst thing to find when getting home from a long night



of trick-or-treating are pamphlets advertising for local interest groups. If you need members for your sewing club, adver-

tise in the newspaper — don't spam the loot bags of small children who just want a lollipop.

Best:

5. Pop Rocks

They're fun, they're delicious and they're obnoxious — what could be better?



4. Glow sticks

On a few occasions, I was handed glow sticks instead of candy. Because glow sticks are actually cool. They're a fun

alternative, unlike useless junk like toothbrushes and erasers.



3. Rockets

I appreciate Rockets because they're one of the most traditional Halloween treats. They're the comfort food of candy.



2. Full-sized chocolate bars

I always wanted to highfive people who gave out fullsized chocolate bars or bags of chips. For quality treats such as these I made sure not to step



on their lawn or bump into their Maserati on my way out.

1. Money

I'm not talking about receiving a few nickels and dimes to throw into my cardboard UNICEF box. I'm talking about people who literally gave out coins. They helped me get one step closer to buying that Polly Pocket I'd been jones-ing for.



FEATURES EDITOR: Alyssa Smith featureseditor@thereflector.ca

October 20, 2011

ife is pleasant. Death is peaceful. It's the transition that's troublesome."

— Isaac Asimov

ff with their - The Queen of Hearts

bstacles are those frightful things you see when you take your eyes off your goal."

— Henry Ford

II The nose of a mob is its imagination. By this, at any time, it can be quietly led."

Edgar Allan Poe

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Electro Tuesdays

October 18



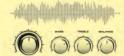
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October 25



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TSUNAMI

Where do squirts come from?

Discussing the messy case of female ejaculation



Vanessa Gillard

Sex Columnist

Legends are made when something occurs that is so unbelievable people create a narrative surrounding the event that will endure through the ages and live in our collective consciousness.

Besides David Bowie's gratuitous cod piece and unitard in Labyrinth or the gerbil in Richard Gere's poop shoot, perhaps one of the most legendary topics in our sexy lexicon is "the squirt," which is a little of both.

Female ejaculation is much debated. mysterious and Some women ejaculate clear across the room while for others the idea of giving their partner a "pearl necklace" could be as liberating, yet as wanton as peeing in a bubble bath.

In fact, girl juice is clear or a little milky and generally a lot more generous in proportion than its male projectile counterpart — as much as two cups, even.

The scientific community is divided about squirting, the main reason being research methods have been less than

conclusive. This is probably because when women volunteered to be subjects in a study, they often found it difficult to relax enough to cause their nether geyser to gush — if they could at all.

When sexologists began studying this pussy paradox in the '30s they immediately diagnosed it as urinary stress incontinence, or in other words, pissing oneself. It's understandable they would be fooled by this proverbial champagne pop as it appears to come out of the same place as tinkle.

Testing shows that whether it came from a girl oyster or a boy oyster, those pearls are incredibly similar. The girl juice just lacks the swimmers.

So where does it come from? This was one of the reasons that scientists wouldn't —and some still don't — admit that squirting was a reaction to a different type of orgasm than clitoral and penetrative — the G-spot orgasm.

They couldn't find the source and still can't agree. Even women who experience this orgasm are confused and often embarrassed because the sensation before the squirt is identical to the one you get when you find yourself doing the pee-pee dance, so the natural conclusion is fairly apparent.

Only 40 per cent of women have reported this guilty gush. Some woman lack the Skene's glands that are presumed to be the source, but the topic really hasn't been studied in twenty years according to Scientific American Magazine. However, it is interesting to see the overwhelmingly positive response from women gush about gushing.

There are many resources available to school yourself on the elusive downstairs downpour, but for the sake of being graphic I'll explain.

It's said that not all women have the glands or even the G-spot to create this fount, but there's no reason I can think of why everyone shouldn't conduct a full investigation on themselves or their curious counterpart. Here's what to do:

Find your G-spot. It's on the vaginal wall behind the clit, but the trick is it won't even be there if you're not hot and bothered proper.

Once you're begging for it, if you insert your fingers and explore that area it will feel like a spongy nickel. The best part is it will always be in the last place

you looked — so once you've found it then you won't lose it.

So, you're up to your knuckles and you've found the X that marks the spot. In some cases, women find they squirt through penetration, but for the purpose of this exercise we will focus on the classic finger format. Moving your fingers in a rhythmic "come here" motion over the G will (hopefully) begin to feel like sunshine and puppies and rainbows.

It is completely possible to have a G-spot orgasm without squirting as well. You'll know you're on the way to ejaculating when you begin to feel like you have to pee. Now — and this is imperative — relax.

Don't tense your Kegel muscles and stay as relaxed as is possible while on the verge of climax. Oh, and consider keeping a towel handy in case your jizz turns to wiz; sometimes a small portion of pee can come out, too.

As far as I understand this can be a laborious process. So if at first you don't succeed, take a break, eat a sandwich, maybe pay some bills, and try, try again. If you never ever squirt at least they can't say you're a quitter.

If you're experimenting with someone they will certainly tell the story of the search for your squirt as though it is the stuff of legend.



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When Christ occupied Wall Street



James Wilt Faith Columnist

Protesting against corporate unfair taxation and rampant poverty seems awfully justified.

I would typically be the first in line to sign up for such an event, but the Occupy Wall Street movement — which is now hitting its first month of protests — appears to be missing an essential element for pushing change: demands.

Rants and debates have already proliferated the Internet about the lack of demands, but little attention — if any —

has ever been given to Jesus Christ's protesting style when he cleansed the temple.

In spite of that, Christ's life definitely has something to say about Occupy Wall Street.

Each of the four gospels carries the account of the cleansing of the Temple; the location was more-or-less the Wall Street of the times. The story goes that Christ entered Jerusalem for the Passover and kicked out the dozens of merchants who were selling animals for sacrifice and ripping off buyers. In some accounts, he even overturned tables, scattered money and made a whip out of cords.

If the story began and ended there, it would sound a lot like the Occupy Wall Street movement. The modern-day demonstrations obviously don't involve cattle and doves, but the idea of publicly raging against

injustice is certainly present. Police barricades have been rushed and people have been pepper sprayed. Hundreds of protesters have been arrested over the weeks, and more are sure to follow.

The interesting thing about Christ is that he didn't just occupy his Wall Street. He revolutionized it. But it wasn't the act itself that changed it. Both before and after the incident his life and words set a clear precedent for what he was demanding and what he offered to the world. He didn't just yell and scream until the Pharisees merchants stopped being jerks. Obviously, that's oversimplifying the actions of the modern protesters, but Hank Paulson and Alan Greenspan aren't exactly being praised at Occupy Wall Street protests.

The cleansing of the Temple

wasn't an anomaly in Christ's life. People knew what his demands and offers were. The "protest" was simply a continuation of what he had started in the synagogue at Nazareth when he gave his mission statement that he was sent to "proclaim freedom" and "release the oppressed" (Luke

Following that reading in the synagogue, Christ offered up the vision of his new kingdom by healing the crippled and diseased, exorcising possessed and commissioning both the poor and wealthy to follow him. Justice for the marginalized was at the heart of his three-year-long ministry and the demands of that were clear by the time he flipped the tables. Disciples and critics alike knew Christ's call to a new world was contingent upon well-defined

(and revolutionary) principles such as giving generously to the poor (Luke 18:22), loving one's enemies (Luke 6:27) and communing with "sinners" (Luke 7:36). Although the records of Christ's occupation of the Temple didn't include much narrative, it's assumed that people knew what his demands were.

On the other hand, no one really knows what the Occupy Wall Street movement wants. Student loan relief, health care reform and the prosecution of Wall Streets are suspected demands, but there's been no official declaration thus far.

Christ offers a fairly glaring example of what it means to protest against a culture effectively: ensure know what you want. When he triumphantly did that, and was crucified as a result, he changed the world forever.



The smell of ink is in the air

Jonathan Vern McGill The Reflector

Incessant buzzing filled the floor of the BMO Centre this weekend as artists punctured ink into the skin of those attending the eighth annual Alberta Bound Tattoo and Arts Festival.

This past weekend's festival featured artists from all across the world who gathered in Calgary to show their skills and throw down some ink.

"I've been coming for four or five years and it's definitely one of the bigger shows of its kind," said Shawn Ruste, a tattoo artist from Nanaimo, B.C. "It's a great place to go and there are tons of people. Calgary was bound for a tattoo boom."

Ruste has traveled to many tattoo shops in the country to work as a guest artist, including Rising Sun Tattoo in Regina.

Ruste spent a large part of the weekend with Nanaimo resident, Greg Guspie, as he outlined Guspie's new sleeve tattoo — an eagle with spread wings — that would be inked underneath Guspie's previous tattoos.

"It's a great festival to go to, and I get a lot of inspiration here," Ruste said.

The festival was filled by artists, skateboard and clothing apparel shops. There was also a small beer-garden of sorts and a stage where a variety of feature shows were held.

One guest of honour to perform on the stage was Lucky Diamond Rich, who - according to Guinness World Records — is the most tattooed man in the world with 100 per cent of his body covered in tattoo ink. Rich

performed at the festival, and his more sensitive area of her leg. acts included sword-swallowing, escaping from a straight-jacket bound in chains, and juggling machetes and an apple while on top of a 4-metre tall unicycle.

Most festival attendees already had tattoos and were looking to grab a spot from their favourite artists to add to their collection of body art.

One girl, Melissa Kirbyson, was adding a large piece to her hamstring, which featured two iconic video game characters — God of War's Kratos, and Master Chief of the Halo series — battling each

"I am an artist, and to display art on my body, it's beautiful," Kirbyson said, wincing at the slight pain as artist Tony Sklepic moved the needle towards the

"Video games and cats are a big part of who I am. I have lots of those tattoos." Kirbyson's tattoos include Mortal Kombat characters Sub-Zero and Reptile, and blue and pink cats on her wrists.

Kirbyson said that all of her tattoos are a part of who she is, and although "they may not mean something," they are a little piece of herself and the things she loves.

The festival held many contests, including best tattoo of the day and best pin-up girl tattoo, which featured seven top-notch artists duelling each other for the prize money. The Alberta Bound Tattoo and Arts Festival shows no signs of slowing, and will likely be back again for round nine next year.



Hand-tap tattoo artist, Hori Kei, flew in from Japan to take part in the eighth-annual Alberta Bound Tattoo and Arts



Calgary director talks zombie with The Reflector

Vanessa Gillard Arts Editor

When George Romero wrote "Night of the Living Dead" he called his zombies ghouls. Little did he know those ghouls would go on to inspire a completely new type of monster movie spanning decades in terms of popularity and inciting terror in the masses.

One Calgary filmmaker decided to carry on that proud tradition and make his own zombie flick

KJ Kleefeld was born in Calgary, then moved to Los Angeles to study film and stayed for 16 years. He's made six short films and "The Dead Mile" is his first feature-length film. The film was shot at locations all over Calgary, including some scenes at Mount Royal University.

Kleefeld took some time to speak to The Reflector about working on his latest project.

lains? And does that affect the way an audience reacts to

KJ: Yeah, being a human being and having to face another human while they eat you is scary. As humans we eat other creatures every day, but thinking about it is freaky. I think being eaten alive is absolutely terrifying, but since both sides of the fence are human, which choice does the audience choose? We can be either one. Some love zombies and some people are terrified of them.

'Flec: Which type of zombie are The Dead Mile's zombies and whv?

KJ: The Dead Mile zombies are a combination of different living dead. I consider Invasion of the Body Snatchers a zombie film and I'm on the fence as to whether Jason from Friday the 13th was a zombie or not. I've kinda pulled a little from all the influences I've had from watching zombie-monster movies and



Dan Doherty, from Reboot Inc., was made into four different Zombies. That's awesome!

'Flec: What's more important in creating a terrifying zombie? Makeup and costume or acting?

KJ: Both. The acting definitely has to be there. The actor has to let themselves go and dive into the character. They need to be committed to the type of undead they're playing, but the makeup sells the look to the audience. We're a visual culture. We need to see something in order to believe it.

'Flec: Have you found Calgary to be a supportive place to make an independent film like yours?

KJ: Yes. There are lot of very talented people here. The cast and crew were awesome. I couldn't have asked for anything better. There's also a solid support system here. There's a great organization called CSIF (Calgary Society of Independent Filmmakers) that are willing to work with independent people. Having them involved definitely makes getting a movie made a

The team at Calgary Economic Development also worked with me along the way to make sure I was able to get the project done. I wouldn't have been able to make this film anywhere else other than in the community of Calgary.

'Flec: You wear a lot of hats as writer/producer/director of The Dead Mile. Was this a choice or was it something that became a necessity for your project?

KJ: I always like doing my own projects. That way I am there from beginning to end — I'm also the editor. It allows me to monitor the project on a number of different levels, but I also like to play with others. Meaning, I love hearing other people add their creative ideas to the mixture. Making a movie is a huge creative pot. If I wear the hat for these various positions, I am able to be in charge of allowing others to participate. I've been on a lot of sets where the people in charge have huge blow-ups over a creative decision or they

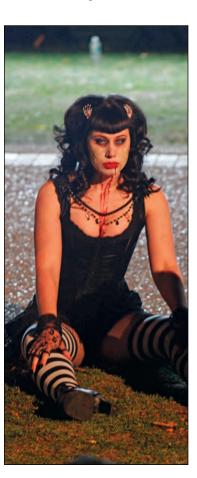
don't want to hear anyone else's creative idea. It's their way or the highway. I don't like that. If I'm in charge then I'm willing to play with others. So, in order for me to get the project done in a manner that works for me I guess it's a necessity for me to be in those positions. I like the set to feel like a community.

'Flec: What does the timeline look like from the beginning of your writing process to the distribution of the final product for this film?

KJ: I'd say it'll be a two year process. It's been a year since I started writing the film and once the edit is finished and we go to festivals. I'm sure it'll be another year.

'Flec: Given your typical, hypothetical zombie outbreak scenario: What weapon are you using, where are you going and with whom?

KJ: I'm grabbing a hockey stick with a few razor blades taped to the toe of the stick, heading straight to the hockey rink to get my razor sharp skates on my feet and playing a little hockey while knocking down zombies and hopefully having a group of sexy hockey cheerleaders in my corner cheering me on.





Vanessa Gillard

October 20, 2011

HOT **SPOTS**

Remember sitting in front of the TV on Saturday morning watching your favourite cartoons? Revisit your youth at the Glenbow Museum's new exhibit Watch Me Move: The Animation Show until Dec. 24.

W Farneau's classic 1927 silent film Faust, the German folk tale of Good vs Evil, with pianist Robert Bruce, is showing at the Catholic Church of the Redeemer on Oct. 29 so you should shut up and go.

Dut on your tutu and fancy at Wonderland as performed by the Royal Winnipeg Ballet. It's Alice like you've never seen her – with pointy feet. It all goes down on Oct. 27 to 29. Go to national.ballet.ca to get vour tickets.



absolutely exploded over the past decade. What do you think attracts people to this archetype monster?

KJ: I think what attracts people to zombies is that they're able to see themselves. It's a human being in its most primal form. Eat meat. Rip living flesh from the prey's warm body. That's frightening and intriguing. Plus I think we're preparing ourselves for human overpopulation when there's nothing to eat but each other. We all know it's coming.

'Flec: Is there something that makes the zombie different than all the other types of vil-

'Flec: "Zombie culture" has created a new kind of zombie, one that's true to the zombie mythology, but adds new characteristics.

> 'Flec: Did you find people were excited to get involved, in particular to be zombies? Why?

> **KJ:** Yeah, the support of people that were involved was amazing. People want to be involved in something creative and fun. This project invited them to do just that. There were a few people that came out almost all of the nights that we were shooting to be a zombie. One guy drove down from Edmonton and back three days in a row when we were out in Cochrane.

Photos: Jonathan Vern McGill

People came from as far away as Edmonton to be tranformed into director KJ Kleefeld's walking dead in his feature-length film "The Dead Mile," shot in Calgary.

BOO

Haunting tours are spooky fun

Vanessa Conley
The Reflector

Have you ever felt something go bump in the night? Did R.L. Stein give you "Goosebumps"?

Halloween is upon us and so are cheesy costumes and events (and apparently leading sentences to this article...)

But Halloween does conjure up images of ghosts, which naturally begs the question — do ghosts exist? And where might they exist in Calgary?

Tour company Calgary Ghost Tours, run by Johanna Lane, will take you on a journey to the most haunted local sites until Oct. 31.

Lane's knowledge of Calgary's history is no trick. She is well researched on the city's ominous past. Tales of murders and mishaps filled the Inglewood tour with excitement and intrigue.

It was said on the tour that many "ghosts" survive in certain old buildings. For instance, the Deane House in Inglewood is likely the most infamous, along with the Prince House in Heritage Park. Site staff have told many of the same stories of flickering lights, running faucets and slamming windows for no apparent reason.

"You can explain things away, but there are weird things that happen," said Lane who considers herself an "open-minded skeptic."

Lurking around Inglewood in the dark, Lane shares many spooky tales.

She describes how the Cross House (currently Rouge Restaurant) is riddled with ghosts. Neighbours have reportedly "seen" Mrs. Helen Cross sitting in the window.

As the story goes, she would watch for her husband Alfred Ernest (A.E.) Cross to come home every night from the brewery he owned, the Calgary Brewing and Malt Company, and she would have tea ready upon his arrival. After losing two of her children to illness she swore to never live in the house again.

Just down the street, where the bridge goes over to the Calgary Zoo, it's said a boy was murdered



Photo: Vanessa Conley

Johanna Lane of Calgary Ghost Tours tells storys of the macabre to eager listeners as they explore one Calgary's oldest neighborhoods, Inglewood.

many years ago. According to the story, a man led the boy underneath the bridge where he brutally stabbed him to death.

The boy's spirit is said to still be under the bridge and some have heard him screaming.

Once captured, the murderer

said it was the evils of the Deane house that made him do it.

Calgary's Deane House seems a hotbed for tragic deaths and killings

Richard Deane, who was captain of Fort Calgary, had his home built by convicts from the Fort, that seems like a bad idea to start. His first wife died and has since allegedly been seen in the third-floor window on several occasions.

Deane house staff has reportedly had experiences with things moving or faucets all turning on at the same time.

"As far as I can see, its (strange events) are unexplainable," Lane said.

With ghosts you think nighttime, but in the light of day is when the most ghosts have been spotted, according to Lane.

"I'm still waiting for a full apparition," she said.

Lane may be waiting for some time, or maybe her mind isn't playing tricks on her as it may for others.

"The mind is trying to make meaning all the time," said psychologist David Cann at Mount Royal University.

In situations where the mind wants to see something, he said it very well may.

"If that's what they expect to experience then the mind is looking for evidence to confirm that hypothesis," Cann said.

So if you are out stalking spirits in the night this Hallow's Eve, be sure to look closely. That figure you just saw may not be Rosemary's baby, but your mind playing tricks on you.





A eulogy for the Liberty Lounge

Thomi Olson
The Reflector

Today we mourn the loss of a glorious drinking establishment.

A place that was without judgement, drinks named Hubalicious, and Ikea-esque art on the walls: our beloved Liberty Lounge.

Those who aren't first years most likely recall this good ol' watering hole.

We spent many hours there. Some of them hazy, some regrettable, but mostly all really great. Some of our favourite college memories happened at this somewhat questionable bar — so many beers, dance-offs and good times happened there

I'll miss that dirty little dance floor the most.

I surely can't be the only one who knows that if I'm drinking then I'm going to be dancing. How could you take away the dance floor?

The last thing I want to do is stage dance after I've drank way too much. I'm no longer 18 years old and this is not Cowboys.

The Lib's dance floor was spacious, dark and left ample room for whatever embarrassing dance moves you wanted to share.

The dance floor isn't the only thing we'll miss. You'd be a liar to say you didn't appreciate dark lighting in a bar. The Lib's most likely grime-encrused lights made even the homeliest faces look like gems — a confidence booster for all.

Also, where did the other pool and fooseball table Houdini too?

It is truly a loss to the entire student body to abolish karaoke night. I've seen renditions of "Dancing Queen" and "Rock Lobster" that would make a bearded, grown man cry. In fact, I've seen those glorious renditions sung by two bearded dudes. But seriously, karaoke night was always one of epic proportions.

The Lib would have never stood for a drink menu with fancy little martinis either. Who actually orders a martini at a campus bar? Is wearing a top hat and a monocle part of the required dress code when doing so?

I will give The Hub credit for having bathrooms in its actual bar. At least now I don't need to do that walk of shame at 4 o'clock in the afternoon through Wyckham to get to the washrooms.

There's nothing to make you feel shittier than seeing a group of young kids at the Dairy Queen with their little sundaes asking "Mommy, why is that girl walking so funny?"

Stay in school kids.

Will I still go to The Hub? Of course. There's cheap beer and some of the bartenders are babes. I'll just be the grumpy old lady in the corner, telling all the first years of a greater time. A time when there weren't weird lounge chairs, only one pool table, and martinis being made in our campus bar.

Rest easy Liberty Lounge, you are missed.



Noise 101

CAMPUS MUSIC



Photo: Vanessa Gillard

MRU's jazz choir sings selections from Glee this year, which really appealed to younger members.

Jazz hands reach out to community

MRU's jazz choir rings in second year with new leadership

Nathan Ross The Reflector

Last year — to very little fanfare - a vocal jazz choir started at Mount Royal University.

Consisting of students and non-students alike, they met every Tuesday night in room Q304 under the direction of David Grimstead. There were only about 14 in this group. They had two performances in their inaugural year, and played to limited audiences.

However, ask any member of the choir and they will tell you they loved it.

Jazz at Mount Royal was previously limited to students in the conservatory programs. The idea was to open doors to the public to come and practice jazz singing in an informal environment.

The group has seen a dramatic change over the summer, though. First and foremost, David Grimstead is no longer at the helm. He has retired to Vancouver Island, and Colin Haydu has taken over. Word of the choir had spread far enough that auditions became a necessity, which was a big change.

Only five of the original mem-

bers remain, including current not have this advantage. He MRU student Ian Ridewood. He said he has definitely noticed a change in the directions that the group is taking.

"Haydu is definitely has a different teaching style than Grimstead, as well as some interesting song choices," noted Ridewood. "Last week, we began on some Top 40s hits from Glee, which was a questionable choice, personally, for a jazz en-

"But many of our younger crowd seemed to recognize and enjoy it."

Taking into account Glee really isn't known for any challenging jazz repertoires, it would be surprising to see this trend con-

"It works well for teacherstudent connections," Ridewood of starting off with songs such as Just The Way You Are. "Hopefully, we'll be singing some jazz staples as well as the ones we've already begun, and can pull our group skills together."

Whereas Grimstead knew the singers he was working with and dove right into jazz at varying levels to build the group's chemistry and harmony, Haydu does has to assess where each group member lies. So, much of jazz singing revolves around the balance of perfect harmony, which is one of the main reasons it is appealing to listen to.

Kari Ree, a non-returning choir member, explains the allure of jazz singing:

"Often, singers are so inclined to be in tune that harmonies are challenging and this is where the fun lies. This translates into the deeper rhythms and intricacies as an audience member that you wouldn't normally get from other genres."

Taking an essentially new group and raising them to a level where they can accomplish some feats takes a lot of passion, and that is something the these singers needs to build in order to move ahead as a unit. With the dedication that is being put in every week, make sure you keep your ears open for performance dates as the vocal jazz choir continues to make strides in establishing themselves here at Mount Royal.

Sound Off



Lady Antebellum Own The Night **Capitol Records**

Two summers ago my car stereo was dedicated to Lady Antebellum. So when Lady A's new album Own The Night was released in September 2011, I was thrilled to have new songs to listen to.

To date, the group has won six Grammy awards, had a

double-platinum debut record and a triple-platinum second album in Need You Now. Unfortunately, I think my standards were set too high. It's not that the songs weren't good compared to other country-pop, it's that Lady Antebellum had set themselves apart from the crowd and didn't quite live up to my expectations.

The songs "We Owned the Night" and "Love I've Found in You" are catchy, but don't take the group's talents to the next level. I can listen to their previous albums from start to finish, but for Own The Night I might have to make a shorter play list of the more unique songs.

—Laura Lushington



Danger Mouse and Daniel Luppi Rome **Capitol Records**

It takes a lot of passion and dedication to make a truly good soundtrack to accompany a movie.

It takes even more to make one for a movie that does not

The brainchild of producer Danger Mouse and composer Daniele Luppi, Rome, is inspired from spaghetti westerns in general without specifically tackling any one film. Mostly an instrumental album, the album could stand alone as another successful creation from Danger Mouse.

Jack White and Norah Jones split vocal work on six tracks, and this is where the album hits and misses. This sort of project is right up White's alley, and his limited work on the album fits perfectly with Rome. Jones feels right at home on "Black," but unnecessary on "Season's Trees". On an album where she has a limited contribution it is easy to overlook her in enjoying the rest of the soundtrack.

---Nathan Ross



Beastie Boys Hot Sauce Committee Part 2 **Capitol Records**

Let's make one thing clear: the music the Beastie Boys put out now is not going to be the same nostalgia-goodness you remember growing up with.

Sure the band is still made of the same guys, but they have grown over the years. However, that's not a bad thing.

In releasing Hot Sauce Committee Part 2, the band is already more than established and is now only making music

because they really enjoy doing it. This process can often divide a fan base, but with the effort put forth on this album, it should come as no surprise that fans and casual listeners will enjoy it. While it doesn't contain any tracks similar to "Intergalactic" or "Fight for Your Right", it is still well worth a go.

—Nathan Ross



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BY THE NUMBERS

35.3:

Completion percentage by Henry Burris in the NFL, when he played for the Chicago Bears in 2002. The now Calgary Stampeders quarterback was recently benched for Drew Tate.

15 cars crashed 11 laps into the IRL Las Vegas Indy 300 that claimed the life of driver Dan Wheldon. The twotime Indianapolis 500 winner was 33-yearsold.

1961 The year the Texas Rangers franchise came into the MLB. Originally known as the Washington Senators, the Rangers are still chasing their first World Series title, this time against the St. Louis Cardinals starting Oct. 19.

Blood, guts and inglory

Five moments in sports history that will haunt your dreams



Bryce ForbesSports Editor

Halloween is one of the only times that a man can scream in terror.

The other — freaky, gruesome moments in sports.

Of course, it's not the same blood-curdling scream like when Jason chases down another college co-ed. But I'll cover my eyes and hide my face in a pillow every time an athlete's joint goes out of place or their leg snaps the wrong way.

Injuries are an inevitable component of sports. Some are no one's fault. Others are pretty easy to point and wag a very large finger of blame at (I'm looking at you Mr. Bertuzzi and Mr. McSorley.)

Most will remember Todd Bertuzzi bertuzzying Steve Moore, Marty McSorley tomahawking Donald Brashear and Andrew Bogut's elbow exploding, but what about some of the lesser known, far worse injuries.

The latest death of race car driver Dan Wheldon when he flipped his car showed just how tragic sports can be.

So without further ado, the five most gruesome moments in sporting history that could cause a viewer to lose their stomach.

5: Trent McCleary's lung: When blocking a shot in hockey, I was taught to keep your head up on the near-boards side, so your legs would more likely end up in the path of the shot on net.

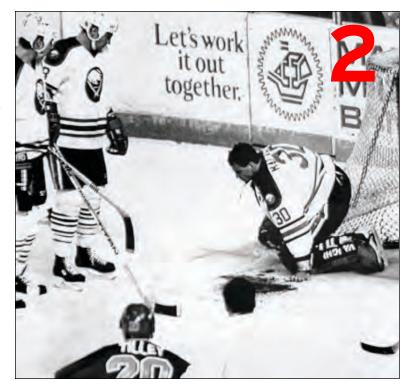
Unfortunately for McLeary, he must have forgotten this rule.

In a 2000 game against the Philadelphia Flyers, the Montreal Canadiens defenseman ended up taking a Chris Therien slapshot in the larynx, collapsing his lung and requiring him to undergo life-saving surgery almost immediately. He couldn't talk for six weeks following the incident and was forced to retire from the game following a brief, unsuccessful comeback.

4: Joe Theismann's leg: Remember "The Blind Side"? It was a simple football movie and arguably Sandra Bullock's best role. The first scene shows New York Giants linebacker Lawrence Taylor rushing in and snapping the Washington Redskins' quarterback's leg in two. The moment it happened, Taylor knew it was a terrible result and was the first person to call for the trainers.

It was dubbed "the hit that





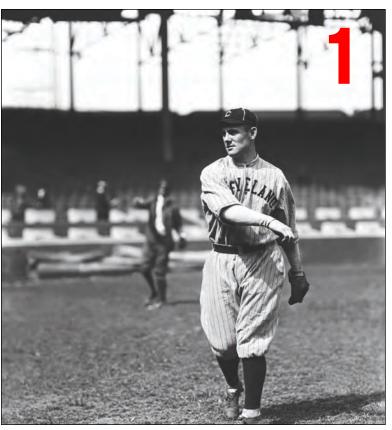


Photo courtesy of Popfi (top), New York Daily News (mid), Mears Auctions (bottom)

Top:Joe Theismann writhes in pain as trainers fix his broken leg. Middle: Teammates can only stare as Clint Malarchuk grabs his sliced jugular. Bottom: Ray Chapman three years before he died from a baseball pitch.

no one who saw it can ever forget" by The Washington Post in 2008.

The legendary Theismann was forced into retirement.

3: Clint Malarchuk's throat slashed: Back when I collected hockey cards, one of the first cards I got was Steve Tuttle. I thought he was a cool card because his name sounded like turtle. Then my dad explained to me what Tuttle was most famous for accidentally slashing former Buffalo Sabres' goalie Clint Malarchuk's throat. The cut severed an internal artery and nearly killed him.

It was estimated that if the skate caught him only millimeters higher on the jugular, he would have died within two minutes.

It took doctors over 300 stitches to close the wound.

Amazingly, less than a week later, he was back tending the net for the Buffalo Sabres. Unfortunately, his career went downhill after the incident and he's now a goaltending coach with the Calgary Flames.

2: Dave Dravecky's arm: Besides number one on the list, Dravecky's injury is by far the most tragic. The one-time all-star pitcher was diagnosed with cancer in 1988. He underwent surgery in October that year, removing part of his deltoid muscle and freezing the humorous bone to stop the spread of cancer.

Only 11 months later, he was already back pitching in the major leagues. He pitched one great game, but during his second start, his arm snapped — the cancer had returned. He then broke it again a few months later. After two more surgeries, his arm and shoulder had to be amputated. I suggest watching a documentary on YouTube about him as it's amazing to think that only 20 years ago, he was a starting pitcher.

1: Ray Chapman's head: Before YouTube, before television, hell — before baseball helmets, Ray Chapman was plunked in the head with a Carl Mays spitball.

It's been said the ball hit Chapman with such speed that Mays actually thought it hit the bat, fielded the ball and threw to first. Some reports said Chapman took three or four steps before collapsing. Others said Chapman instantly folded with blood coming out of his ears. Either way, Chapman died just 12 hours later.

He was 29.

PS: While researching this topic, every new video I saw almost made me puke as I continued looking for other additions.

YouTube if you dare.

Cougars Connection Congars



ROSTER SPIKE

Plenty of new faces on volleyball squad

Coach still feels national championship in the cards

Bryce Forbes Sports Editor

It was common for high roster turnover on Mount Royal sport's

With Canada West on the horizon, Shawn Sky hopes he never has to deal with it again.

His men's volleyball squad features eight new faces on his 15man squad, the men's volleyball coach said he should be dealing with a smaller intake now.

"That's the point with us building towards Canada West, we need those (new players)," he said. "There is a lot of room for growth, but that's the reality."

It's a situation Sky's gotten used to in his tenure since MRU has typically been a transfer school for athletes moving onto bigger and better.

"This is my eighth year with the Cougars and all eight years we've had seven, eight, sometimes 11 first-years and so we are quite used to it," Sky said. "The nice thing about it is that we have been very successful doing it this way with a 50 per cent turnover every single year. What I'm really excited about is in the future years when it's not.

"This will be our last intake for

a long time that is that big."

With eight new guys on the roster, creating solid team chemistry can be tricky. To combat it, Sky and Sandra Lamb, the women's volleyball coach, took their teams out to the Kananaskis for two days of team building.

"One time, I think on the way there, somebody did something wrong, so they had to get out of their van and we had to run up this giant hill," said team captain Dan Durham. "So everyone took their shirts off and ran up the hill, we just had a good time."

The trip included hiking and leadership challenges.

Sky added: "The Rockies are so close to us, why not expose them to it? When you have a person from Canbarra, Australia or somebody from Calais, France, let's expose them to the beauty Alberta has."

One of the international players Sky alluded to is Grigor Kartev.

You've likely seen him around the halls. The 7-foot-1 French giant will eventually play middle for the Cougars.

Unfortunately, he won't be on the floor this semester.

Sky explained that international students who don't speak English as a first language have to

pass the TOEFL test, proving they are proficient at English.

"It is an academic thing, but it isn't an academic thing where he needs to score high enough on his English language tests," Sky said. "So far, he is doing a great job there and as long as he gets to the standard, he'll be eligible for the second semester."

The test isn't simply pass or fail, Sky said Kartev must score over 83 per cent.

"This isn't to disrespect any of the student body... I'd hazard 10 to 20 per cent of our student body would have difficulty with that right now because a lot of it is based on verb tense, grammar, all of those things," he said.

Even with a half-new roster, as well as implementing a new system, Sky believes the Cougars have one more national championship in them before moving to Canada West.

"I couldn't see a more fitting way than going away with a national championship," he said. "It's fairly big talk, but as the same time I think we are more than capable of backing it up."

The Cougars men's and women's team open up their home season on Oct. 21 against Grande

HOOPS



Freshman forward Shayne Stumpf battles veteran Nick Loewen during practice.

Men's team on the rebound

New recruits bring enthusiasm and energy, says coach

Bryce Forbes Sports Editor

Men's basketball coach Marc Dobell was disappointed to see some of his players move on after last year.

He lost four fifth-year players who played critical roles in their run to the national championship back in 2009.

Three others are gone as well, meaning this year's squad has five returning players, with seven new players.

"It's a little bit of an adjustment," Dobell said, whose team finished with a bronze medal last year in the ACAC. "But I like it since we haven't had a lot of turnover in the last few years and it just felt like I was saying the same things over and over again to the same guys.

"Now that we have some new guys, it makes the message new again, which is great.

"You're disappointed to see those guys leave, but you're excited to be able to bring in the new guys and build with the new team."

With the new faces comes a new batch of enthusiasm from players trying to prove their worth to the coaches.

"As coaches, with a lot of new faces in here, there is a lot of enthusiasm and a lot of energy right

now," he said. "We have a long way to go but I like our talent and I like our guys right now."

But, the transition doesn't come without some growing pains as well.

"We have to learn our systems a little bit more and understand the coaches' expectations a little bit more," he said.

Fifth-year veteran Trent Offereins said the team still has the talent to pull it off.

"Our talent level is up to the level of the CCAA this year, but it's just a matter of getting everyone on the same page and getting our systems down and playing as a team," he said.

So far, the preseason for the team has run well with a 4-3 record, with some competition against Canada West teams.

The curious part for Dobell is to see who steps up to replace the graduated points.

"We lost a lot of leadership, we lost a lot of scoring and I'm interested to see who steps up, who can fill those gaps," he said.

He added he doesn't expect any single player to step up with 25 points per game, but for the team's depth to help manage the problem.

The team opens up their home season on Oct. 22 against Medicine Hat College.





Photo: Brian Melynk

Cougars forward Jade Osadchuk fights off a SAIT Trojans player on the way to a 1-0 MRU loss. The Cougars got revenge the next night and face NAIT (Oct. 22) and Red Deer College (Oct. 29) at home.

PART III

COUGARS MOVE TO



Exhibition schedule shows Cougars what they are facing next year

Brvce Forbes Sports Editor

The Cougars now know exactly what they're getting themselves into.

With 11 months left until they start tackling the superior Canada West competition, Mount Royal University's major sports teams scheduled most of their exhibition season against the same squads they'll be facing when they move up a level next year.

"I'm very happy that our coaches chose to play (Canada West) schools, for the most part, because it gave them an indication of where they are at and where they need to be," said Karla Karch, Cougars' athletic director.

"It prepared them for the ACAC this year, but it also gave them a 12-month-out indicators of where they need to go."

For some, like men's hockey, it was a sign they belong.

For most of the others though, it was a sign of the level they need to compete at come next year.

But it's also easy to point out that it was the beginning of the season, with some of the teams still trying to gel together.

Take the women's hockey

They lost seven straight games, being shut out for the first five games against teams like the University of Calgary, University of Saskatchewan and University of Lethbridge.

"In most of the cases, the score doesn't indicate the way the play actually was," said head coach Scott Rivett.

"I would say there was only one game where we didn't show up and that was the last one against (University of Alberta)."

But then it started to come together for the team, which features 14 new players, against the University of Alberta Golden Bears.

Battling a perennial Canada West contender, the team finally found the back of the net, scoring twice, but still falling 4-2.

"We were struggling to score some goals, there was no question about that early on," he said.

Nonetheless, Rivett calls it a good learning curve.

"We didn't make our exhibition schedule really easy on us, but that's okay," he said. "Our girls learned a lot about where we are at now, but we need to get to in the next year and a bit."

The men's team showed it could compete at the highest level, going 4-2 in their six games, outscoring opponents 17-14 in the process.

However, in this case, head coach Jean Laforest doesn't want his team to get too far ahead of themselves — it's still pre-season.

in the pre-season, but again it's only pre-season," he said. "If that was regular season, I would be ecstatic, but it is preseason, so you have to temper your enthusiasm and energy level, but still give credit to the guys."

Laforest isn't the type of coach who just wants to compete — he wants to win.

"We know we can play in that conference, he said. "It's now making sure that we build a team that can be in the topthree tier.

"We won't be satisfied until that happens."

Laforest went on to say he's expecting to see almost instant success.

"I don't want it to be a 10year project," the coach said. "I'm thinking within a couple of recruiting classes we should be competing with those top teams."

Like Laforest, Karch said "Obviously we had success it's important to take into account it was the pre-season, where everyone sees playing time and new strategies are implemented.

"Exhibition is not about the wins or losses, it's about where they are at and maybe finding their team, giving them the opportunity to showcase what they have and gearing up for their first league game," Karch said.

"While we may not have won as many games, I believe each coach when they plan their exhibition season with a goal in mind which could and would satisfy those areas."

Overall, the Cougars are likely still a few years away from competing, finishing up the exhibition season against CIS competition with 12 wins, 25 losses and one tie.

Check back next issue when I look at the difficutlties studentathletes will now face in Canada

