

MELNYK SENTENCED

Former SAMRU President gets 18 months for 2012 bank robbery

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WORLD'S FIRST ABORIGINAL ASTRONAUT

Commander John B. Herrington came to MRU to share his journey with students and encourage them that the sky is not the limit

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METAL WOMEN

Sarah Kitteringham and Laina Dawes prove that women have a place in the heavy metal scene

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Vanessa Gillard returns as guest sex columnist discussing orgasm hangovers and the science of sex

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Photo: Reflector Archives / Bryan Weismiller

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Former MRU student president sentenced

Meghan Melnyk, who robbed a bank over a gambling addiction, has been sentenced to 18 months in prison

Kaity Brown
 News Editor

Meghan Melnyk has become a well-known name, not only on the Mount Royal University campus but also across Canada.

Melnyk, the former President of the Student Association of Mount Royal University (SAMRU), has been sentenced for a bank robbery she committed in 2012.

The ex-president is said to have accepted her fate while

the judge sentenced her to 18 months and three years of probation to follow.

At her last hearing, Melnyk was remorseful as she told the court that she regretted her actions.

Melnyk's defence attorney Toni Roulston urged the court to consider a less severe punishment such as a conditional sentence, to be served in the community — so that Melnyk could receive proper counseling for her actions.

Roulston also suggested 90 days in jail to be served on

weekends with a long probation period.

However, Judge Anne Brown of the Provincial Court saw reason for Melnyk to face more severe consequences for her actions.

“There was a threat of a weapon,” said Judge Brown, as reported by the Calgary Herald. “There was the planned and deliberate nature of the offence, including disguising yourself.”

“There was contemplation and resisting of other ways to address your problems. You waited for more than two hours to follow

through. The amount of money taken was \$6,400, almost all of which was recovered.”

Judge Brown also sentenced Melnyk with 240 community service hours to be completed within the first 18 months of her probation, as well as mandatory counseling in the areas of gambling addictions, self-esteem, impulsivity, financial budgeting and career counseling.

Although the typical ruling for a bank robbery starts at four years, Crown prosecutor Ken McCaffrey agreed with Judge Brown's verdict.

“The judge gave a careful, detailed decision,” he said in an interview with the Calgary Herald. “Although it wasn't the four-year starting point we sought, it was a meaningful sentence. It shows it doesn't matter who you are — the law will catch up with you.”

The association issued a release in January of 2012 saying she had resigned from the position for personal reasons.

Melnyk had previously resigned from her position as SAMRU president in Jan. 2012, after “financial anomalies” were found during her performance review.

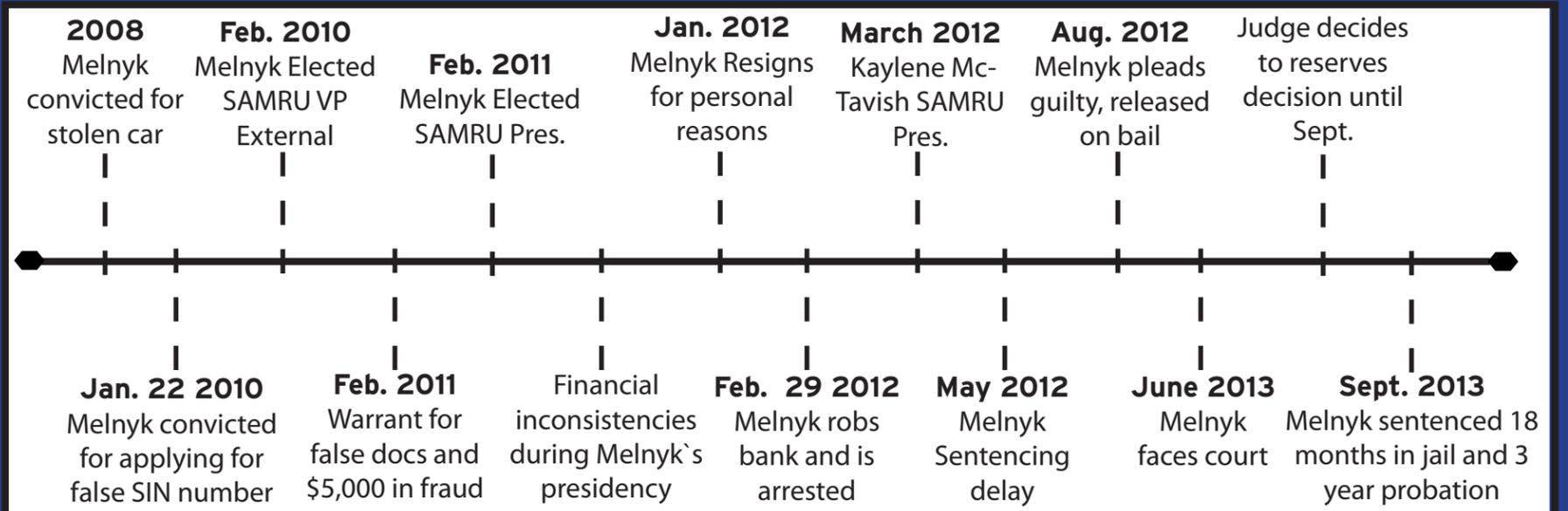
On Feb. 29, 2012, Melnyk committed the robbery at the Servus Credit Union in the 5300 block of 68 Avenue S.E., demanding cash with a note that read that she was armed.

Police arrested Melnyk later that day, after bank attendants recorded her licence plate number and called 911.

In Aug. 2012, Melnyk pleaded guilty and was released on bail.

The case was revisited June 17 when Melnyk faced her court hearing; however, the judge decided to revise decision and postpone it until Sept. 2013.

MEGHAN MELNYK HISTORY



Infographic: Kaity Brown

SMU student president steps down after sexist chant video leaked

Anne Ekwere
 Contributor

“Y is for ‘your sister’ . . . U is for ‘underage’ . . . N is for ‘no consent’ . . .” Early on in the month a video taken during frosh week at Saint Mary's University (SMU) in Nova Scotia went viral on Instagram. A similar chant was heard at a University of British Columbia (UBC) orientation event.

The chant not only condones the sexual assault of a minor, it encourages it. According to the SMU student association, the chant has been part of frosh week for years. Jared Perry, the president of the Saint Mary's University student association, recently resigned over the matter.

Many people are viewing this as an example of how ingrained

rape culture is in the post-secondary system. Recently, a Canadian study reported that 25 per cent of all female post-secondary students had been physically sexually assaulted.

In some cases, there are many witnesses to an act of sexual violence, and, in the SMU video, freshman participants are seen joining in the chant. Evidence of rape culture in society include blaming the victim and requiring a physical injury to be “real”.

When asked what she thought about rape culture in university campuses, MRU student Jennifer Quintanilla De Paz said, “I believe that if you're scared to walk to your car alone, then it's an indication that something is wrong in the society.”

“The Students' Association of Mount Royal University has always strived inclusive and

safe environment for our students,” said Missy Chareka, Vice-President Student External Affairs.

“The recent events around the degradation of women and young girls, which have been highlighted across the nation, remind us once again that we cannot tolerate sexual discrimination in any form.”

Mount Royal has made great strides in helping students feel safer on campus. For example, many utilize the SafeWalk Program to safely arrive home or to their car.

In the midst of all the uproar, it is important to remember the victims of sexual abuse. Reporting incidents and attending counseling are important parts of the recovery process for a victim of sexual abuse.

“For any student victim of

sexual assault, we would refer them to the university Wellness Center as well as the Calgary Communities Against Sexual Abuse, which provides 24-hour crisis intervention. If any students have concerns on this matter, we are always here and willing to listen,” Chareka said.

MRU professionals encourage students to fight against ingrained rape culture in light of display held at university in Halifax



Left to Right: Mount Royal University's President David Docherty, Commander John B. Herrington, Discovery Channel co-host Jay Ingram and Blackfoot Elder Leonard Bastien.

First aboriginal astronaut encourages MRU students

Commander John B. Herrington came to share his journey to outer-space

Kaity Brown
News Editor

Mount Royal students witnessed a snapshot of history on Sept. 12 – the world's first aboriginal astronaut made a speech as part of the Beakerhead science festival. Commander John B. Herrington talked about his experience in working for NASA and spending 330 hours in space, including a slideshow of incredible pictures and a handful of inspiring stories.

“What I think the important part of sharing my message is, and what worked for me, is that I think that I can have an impact on that person's journey through being there for them and encouraging them,” said Commander Herrington.

The commander's journey began differently than most might expect. The astronaut never con-

sidered himself scholarly — and hated being behind a desk. He had a rocky start in college and university.

But after taking some time off to work, he decided to hit the books again and completed a Bachelor of Science in Applied Math from the University of Colorado, Colorado Springs, in 1983.

He was designated a naval aviator in 1985 and became a test pilot in 1990, eventually logging more than 4500 flight hours in more than 30 different aircrafts.

Thinking he needed a competitive edge against other candidates applying to NASA, in 1995 Herrington earned his Masters of Science in aeronautical engineering from the U.S. Naval Post Graduate School.

He was selected by NASA less than a year later.

He became the world's first aboriginal astronaut during Space

Shuttle Endeavour's 16th assembly mission to the International Space Station in 2002.

“I think that it's all about the journey. I think that we all have a belief of what it takes to become an astronaut or an impression of that,” he said. “But there are a lot of people in the office who just work really hard at what they do and although they have a math and science background, in the end it's just about all the difficulties and challenges that we all face in life and how to overcome them,” said Commander Herrington.

Herrington served with NASA until 2005, when he retired from the U.S. Navy to pursue a career in the commercial space industry.

Currently, Commander Herrington is going back to school to pursue a PhD of Education at the University of Idaho. He hopes to make an im-

pact on youth by inspiring excitement for math and the sciences—as well as their possibilities.

“Now this is a lesson for everybody here. This is an individual who retired after three space walks, who logged 4500 hours in flights with the Navy, who spent 330 hours in space, retired, and what did he decide to do? Go back to school,” said Mount Royal's President David Docherty when introducing the commander.

“I'm passionate about trying to get kids engaged in math and science. I know that my story and what I have learned can add to the body of knowledge,” said Commander Herrington.

He also serves as an ambassador for the Chickasaw Nation.

After his presentation to Mount Royal students, Herrington was given the name of Golden Eagle Chief from Blackfoot Elder Leonard Bastien,

who named the Iniskim Centre at Mount Royal University.

When asked about what it meant to him to have made history as the world's first aboriginal astronaut, Commander Herrington modestly replied that it's not about making history.

“Making history is not something that we set out to do. If we are put in a position where we can make history, even a significant part, if I honor my grandparents, my parents and my great grandparents, then that is my contribution.

“If I am doing something in the world that makes them proud then I am honored to have had that opportunity.”

Budget cuts cause parking peril

Parking Services takes a hit after the budget cut, inevitably sucker-punching students

Kaity Brown
News Editor

It should be no surprise that after the budget cuts, students would be left to crunch their own budgets. But some were surprised to see that parking would burn a hole in their pockets as well.

No parking permits were left unchanged – the fall open lot increased to \$280 from \$200 and day parking in lots A and B from \$5 a day to \$7 per day.

Unsurprisingly, one of the

current frequently asked questions on Mount Royal University website is “why are parking rates increasing in all lots for 2013?”

In the past, the parking rates were recommended by the Transportation Advisory Committee and included representatives from the Student's Association of Mount Royal University (SAMRU), the Mount Royal Faculty Association and the Mount Royal Staff Association.

However, due to the unexpected 7.3 per cent cut to post-secondary funding, SAMRU and others were not involved in the discussion, while university executives had to think of ways to patch the \$6.5-million-sized hole left in MRU's base operating grant of \$87.6 million.

Duane Anderson, Vice President of Administrative Services at MRU, explained that due to the immediate nature of the budget cut MRU's President and Vice President had to think fast.

“The University's Executive Committee (president and vice president) made the final decision on the pricing for the university's parking. The provincial budget released in March 2013 created an extremely challenging financial position for the university and the executive looked at many revenue-gener-

ating and cost-cutting initiatives to try to balance the budget for the University. One solution was increased revenues from parking rates,” said Anderson.

“Because the provincial budget created such a significant problem for the University, the Executive took on the accountability and responsibility for making parking rate increases this year.”

President David Docherty wrote in a report for the board of governors meeting: “As you know, this has been a difficult process and one that has resulted in changes that will be felt across campus and in the broader community.”

“In making these decisions, the President's Executive Committee has tried to minimize the impact on the student experience, to mitigate as much as possible job abolishments, to protect the strength of our academic degree programs and to ensure the health and safety of the campus community.”

“These prices are not expected to change for the foreseeable future as the university is still facing some additional budget challenges,” Anderson said.

PAYMENT REQUIRED

a breakdown of the increase in MRU's parking fees

MONTHLY & YEARLY PERMITS

Lot / Permit	Price (2012 to 2013)	Price (2013 to 2014)
East Gate Parkade	\$900 (annual)	\$1,140 (annual)
Gated Lot 3, 5	\$780 (annual)	\$1,020 (annual)
Open Lot: Annual	\$600 (annual)	\$840 (annual)
Open Lot: Fall Semester	\$200 (Fall 2012 / 4 months)	\$280 (Fall 2013 / 4 months)
Carpool: Open Lot	\$200 (annual)	\$280 (annual)
Carpool: East Parkade	\$900 (annual)	\$1,140 (annual)
RMCCCL Parkade (staff only)	\$1,128 (annual)	\$1,440 (annual)

HOURLY & DAILY RATES

Lot / Permit	Hourly Rate (2012 to 2013)	Hourly Rate (2013 to 2014)	Daily Rate (2012 to 2013)	Daily Rate (2013 to 2014)	Evening / Saturday Rate (2012 to 2013)	Evening / Saturday Rate (2013 to 2014)
East Gate Parkade	\$3	\$3	\$12	\$15	\$5	\$7
Day Lot A & B	-	-	\$5	\$7	\$5	\$7
Lot 2	\$3	\$3	\$10	\$15	\$5	\$7
RMCCCL Parkade (staff only)	-	-	-	-	\$6	\$7

Infographic: Michelle Vaniersel

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2013

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The Reflector is editorially autonomous and financially independent for all other governing bodies at Mount Royal University.

The Reflector welcomes newsworthy submissions from all students and community members. While the right of editorial comment is reserved for editors of The Reflector, opinion pieces may be submitted as letters to the editor, and may be published on the editorial page as such. The Reflector reserves the right not to publish submissions deemed by the Publishing Editor to be offensive.

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the reflector

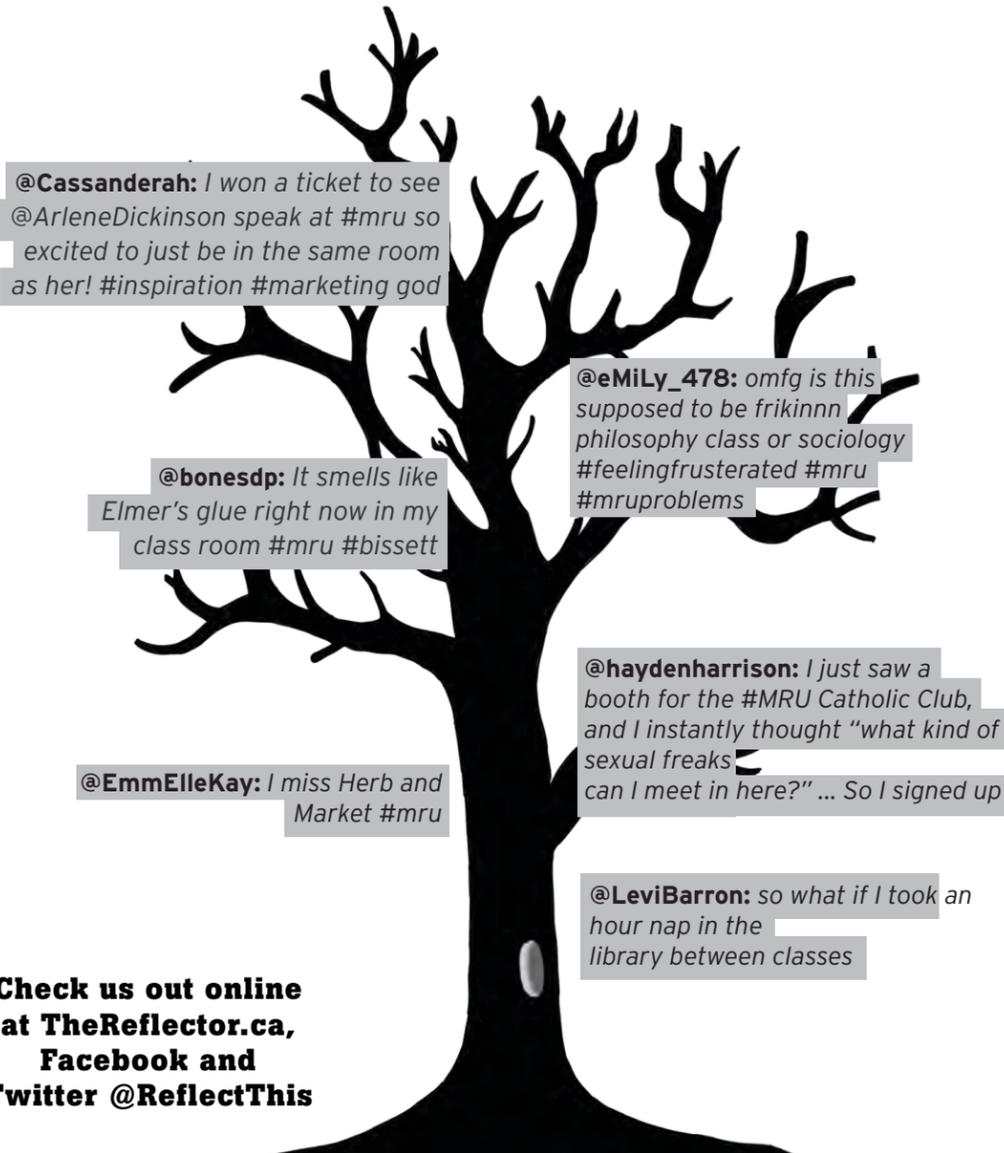
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If you are too scared to walk to your car alone, then it's an indication that something is wrong in the society.

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#MRU TWITTERSPHERE



Check us out online
at TheReflector.ca,
[Facebook](https://www.facebook.com/reflectorthis) and
[Twitter @ReflectThis](https://twitter.com/reflectthis)

LETTER TO THE EDITOR

Dear local media,

My name is Dana Sigurdson, I am one of many students attending Mount Royal University who yesterday (Sept. 17) received a threatening letter on my car. Due to the lack of available parking passes at our school, along with the high prices of parking, students are forced to park in surrounding residential areas where parking is permitted. In the neighbourhood of Gissing Dr., a few blocks from the university, a member of the community placed a typed note on all of the parked cars sometime between 11am-3pm. The exact words of the letter are as followed:

"STUDENT:

PLEASE DO NOT PARK ON GISSING DR. AND DISAPPEAR FOR THE DAY.

WE PAY BIG TAXES SO WE CAN PARK BY OUR HOUSES.

THIS IS BOTH A REQUEST AND WARNING. YOU WILL NOT BE ASKED AGAIN.

THE FUTURE OF THE

WELLBEING OF YOUR VEHICLES IS NOW YOUR RESPONSIBILITY"

Quoted exactly, spelling mistakes included. Clearly this individual did not attend university and does not understand the hardships we endure seeing as they cannot spell a simple word such as "responsibility". I have made a Facebook post to warn other students on my friends list. I have also notified the non-emergency police to keep an eye on the neighbourhood, in efforts to avoid having our cars vandalized while we are at school working hard to further our educations. Where students are parking is a completely LEGAL place to park, as there are no signs posted to permit specific parking rules. We do not park in front of fire hydrants, nor do we block driveways. Most students are only parked for a few hours between the times of 10 am-4 pm, when most people are work anyways. We are parking on a public road in which we all pay taxes to park on, not solely those who live in the

neighbourhood. Everyone pays taxes, not just those who "pay big taxes" to park by there houses. It is NOT illegal for us to park where we are, however it is illegal to threaten anyone and if the threat is followed through and our cars are vandalized the perpetrator will be the one breaking the law. We are parking 6-8 blocks from school not because we want to, not to annoy the members of these neighbourhoods, but because we have no other choice.

My reason for contacting you is that we need more students and more members of our city to be aware of this issue before tire slashing and the keying of students vehicles occurs. If you could do a short segment regarding the issue of angry neighbourhoods against student parking, it would go along way since the person who left the note left no contact information. Another major issue that still needs to be addressed in our beloved city is the lack of parking for students attending universities

briefs

VIA Transit crash in Ottawa involving a bus and a train killed six on Sept. 18; locals are surprised to find the train running only two days after the incident

Coca Cola cancels marketing ad with randomly generated French and English words; Edmonton family accepts apology after receiving bottle top that read "you retard".

New iPhones have people lining up across Canada for the new models 5S and 5C.

Family devastated after Facebook ad by ioneshat.com saying "Find Love in Canada" depicting Rehtaeh Parsons photo. Parsons had previously committed suicide after being bullied online and raped.

around the city. With the budget cuts last semester our parking costs have increased, stretching our already tight budgets and spreading them even thinner. Making it nearly impossible to afford parking after tuition and textbooks. With limited passes available even those willing to pay the hefty fee are often unable to purchase passes as the school quickly runs out.

Thank you for taking the time to read my letter.

Sincerely,

One of many concerned and frustrated students,

Dana Sigurdson

Letters To The Editor can be sent to TheReflector@TheReflector.ca. However, be advised that we cannot guarantee all letters will be published in print or online.

features

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Night on the town

New ideas for your nights off work

Albina Khouzina
Features Editor

Living in Calgary can sometimes seem uneventful, and when the air gets colder you probably don't want to even leave the house,

but luckily for you *The Reflector* has put together a little guide to help you get out and do something fun. This city can get a lot of flack for not having a lot to do, but if you just look a little deeper you can find lots of events, places and activities to do.

Using this handy guide you can follow your own trail on how to plan your evening.

You can choose categories depending on your budget, if you like the outdoors, or if you consider yourself a "foodie", there is truly something for everyone's fancy.

Use your legs!

Calgary is always has different festivals, and events that happen and most are pretty cheap or even free. Now most students don't really have the budget to go to a four-star restaurant so here is a guide for a variety of budgets:

It's still warm in the city, so why not go out enjoy the parks and patios while you still can. Go

to Eau Claire and go for a walk — it's free. Downtown is full of places where you can go for a walk, go shopping or sit outside and have a drink. There also seems to be something happening near Stephen Ave so get out while its nice out. Living in Calgary the nice weather will probably not last too much longer.

Artsy styles

If you don't feel like going outside or if walking isn't really your thing — then why not do something cultural like going to an art gallery or poetry reading.

There are a lot of free galleries that frequently feature Canadian artists. It's something different that will let you see some local talent and be a great date!

Childhood treasures

Calgary always has its staple locations like the Zoo or Heritage Park, but we often forget how fun they can be. There are also people who have lived here for years and have never been. Bring out the child in you, spend the day seeing some animals or going back in time and going on some rides at Heritage Park. It won't cost you that much — its family friendly and you can make a whole day out of it.

Join a club!

Make the most out of university

Albina Khouzina
Features Editor

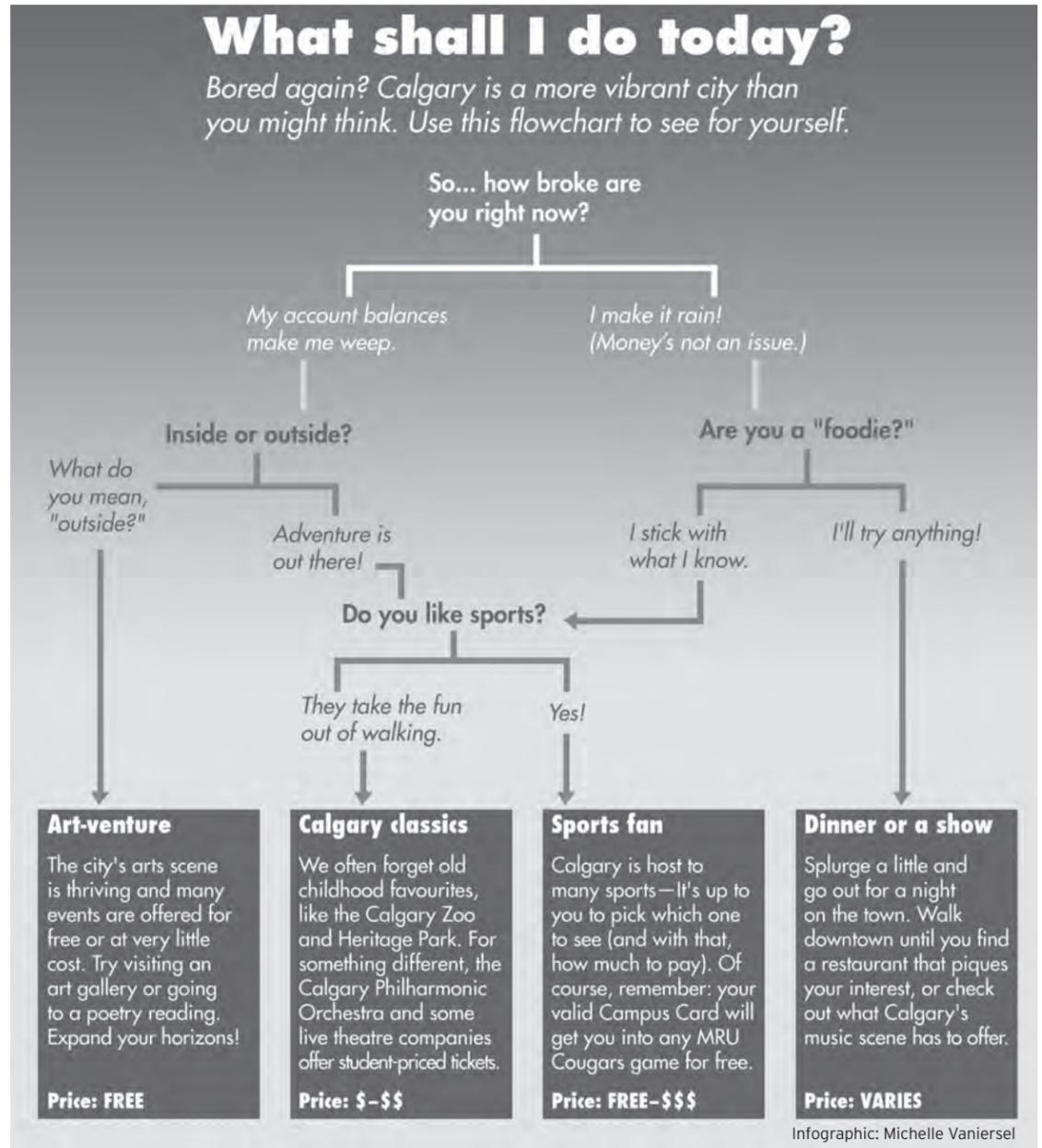
Whatever year it is for you at university, it's always beneficial and fun to get involved at the school. What better way than joining a club?

There are currently 44 clubs at Mount Royal University, all from different disciplines that can cater to anything you may be interested in. Club Days was held on Main Street Sept. 24 and 25, but don't worry if you missed it, because you can still join anytime. Clubs are always looking for new members and you can easily find contact information for all of them on the SAMRU website, www.samru.ca.

"You find people of like mind and you find your community, it's part of what makes school awesome" says Amber Mader the clubs coordinator at SAMRU.

There are a variety of clubs from dance, art, and recreation, but if there is something that you are interested in that isn't already offered then why not create a club yourself?

Starting a club sounds difficult but it's actually quite simple. If you talk to Mader she will take you through the steps; getting 10 members for the club and creating a constitution. It sounds a lot harder than it actually is, but if there is something that you are interested in — there's a pretty good chance that someone else at school is interested in it too.



Calgary is full of good times; it's all about finding them and exploring. It's Adventure Time!

Sporty folk

For all you sports fans, it's still football season right now and NHL starts Oct. 1, so why not go see some games. Tickets can vary in prices but there is usually the "nose bleed seats" that are pretty cheap — and that's where real fans sit anyway. Finally, if you want to cheer on your favourite home mountain-cats: go to a Cougars game and don't forget

the foam finger.

If money is no issue

Finally, for you 1 per cent kids in the audience - if you can make it rain and have an unlimited budget - then why not go all out and go to a dinner and a show? You can go see the ballet or go see some great music artists at the 'Dome, which can be quite

costly. There is also a bunch of amazing restaurants all around the city that are always a good idea and paradise for any foodie out there.

Calgary has lots of great things to do all year round, it's just about finding them and being creative. And of course if you get lost, there is always great ideas sitting on the stands of The Reflector.



Amber Mader is the clubs coordinator for SAMRU.

Photo: Albina Khouzina

iPhone 5S and 5C brings Apple back into the innovation game

Can I paint your iPhone gold?



BAJ Visser
Tech Columnist

Apple's biggest innovation in smartphones since the original iPhone is here: the 64-bit powerhouse known as the iPhone 5S is finally here.

No other manufacturer had even discussed the potential of 64-bit phones, and even Windows only started the transition from 32-bit in 2001 with Windows XP.

The iPhone was launched a mere six years ago, and yet here's Apple, boasting – rightfully – about leaving the competition in the dust with “the first 64-bit smartphone in the world”.

Manufacturers like Samsung, Motorola, and Microsoft's new Nokia division are now left to scramble after Apple, but don't expect to see Google's Android or Windows Phone updated to 64-bit compatibility for about a year.

You might be wondering what this 64-bit revolution is going to matter to you. In the short run, not much. Sure, the iPhone 5S will be about 40 per cent faster than the iPhone 5, putting it on par with mid-range desktop computers, but so far only native apps like Safari will take advantage of this update.

Over the next year, however, expect to see an increasing number of developers create apps that will make use of the new 64-bit processor – apps that will be quicker, more powerful, and all-around better.

Another feature of the new iPhone 5s is the fingerprint reader. It's not new – the Motorola Atrix first featured a scanner back in 2011 – and there are lin-

gering concerns about how secure the scanner really is.

Other than that, the iPhone 5S has the usual improvements in camera power – now with two flashes to help balance colours – and other minor innovations like a smaller processor dedicated to tracking movement to help with fitness apps.

This is in comparison with the iPhone 5C, which is really just an iPhone 5 with a price cut and a bright candy-coloured plastic shell. The only real innovation with this phone is its manufacturing process which, while neat, is still just about making a block of plastic look cool. However, what's really interesting is that Apple has abandoned founder Steve Job's ideal that there should be one iPhone for everyone.

With the 5c Apple has abandoned its history of selling older phones, like the 4s at a discount. Now Apple is starting to head the way of other manufacturers, with an up-market iPhone 5s and less-costly iPhone 5c.

Both the iPhone 5s and 5c come with the new iOS 7, which represents the largest update the design of iOS since it was first revealed in 2007. iOS 7 follows the flat design trend best exemplified by Windows 8, throwing out textures for bright gradients of colour. Entire apps have been overhauled, making the dated iOS design feel fresh again.

The iPhone 5S starts at \$229 for 16GB on contract, or \$719 without, while the iPhone 5C starts at \$129 for 16GB, or \$599 without. As usual, add \$100 to double the memory.

vote

MONDAY

OCTOBER 21, 2013

Eligible electors will vote to elect their Mayor, Councillors and Public or Separate School Board Trustees on **Monday, October 21, 2013.**

You are eligible to vote if you:

- Are at least 18 years old.
- Are a Canadian citizen.
- Have resided in Alberta since April 21, 2013.
- Are a resident on Election Day;
 - of the city of Calgary for Mayor, Councillor; and
 - of the Calgary Board of Education for Public School Board Trustee; or
 - of the Calgary Roman Catholic Separate School District No. 1, for Separate School Trustee.
- Provide one of the authorized pieces of identification.

You can cast your vote in one of four ways:

- On Election Day.
- At the Advance Vote October 9 – 13 and 15 – 16.
- Request a Mail-in (Special) Ballot. Check for eligibility.
- Request special arrangements to vote at home (if you are physically incapacitated).

Authorized elector identification has changed. Find out what form of authorized ID you'll need in order to vote!

For more information:

-  calgary.ca/election
-  **YYC Vote mobile app**
-  **403-476-4100 (option 2)**

2013-1336



Photo courtesy: Facebook

Orgasm hangover

Too many O's can make you say no?

Vanessa Gillard
Guest Sex Columnist

You wake up — your eyes squinting; hair matted; your head is pounding; your stomach churns and you have class in 45 minutes. Why, oh, why, did you have that last drink last night? This seems like a natural question but have you ever asked why, oh, why, you had that last orgasm? Likely not — just a shot in the dark, if you will.

Yes, I have returned from the alumni-afterlife to drop some hard realities on your eager student bodies and minds. The orgasm — as well as sex in general — has long been thought to be very healthy for the individual and the couple, as well as a very effective way to bond with your partner. But recently neuroscientists have discovered what they are calling “the orgasm hangover”.

So here is a VERY simple and brief break down of just how sex affects your brain. As your desire builds for someone, whether you're staring from across the room or tongue tangled and groping with all your might, dopamine is filling all the nooks and crannies of your brain and its powerful stuff. It is the centerpiece to your limbic system, which we humans developed over 100 million years ago in order to survive. It is what tells us to breathe, screw, eat and sleep. Dopamine drives your pleasure/reward response and it is released when you are having sex, among many, many other things, like cake and hugs.

Yay! Opioids are what actually trigger the shuddering, fireworks of orgasm and are the brain's morphine, essentially. Oxytocin is “the cuddle hormone” and it creates bonds between mammals, we've all got it, but mammals that co-parent have more so that one doesn't kill the other and feed them to the

kids. Oxytocin is released post sexy time and this is where the cuddling comes in. Isn't science totally hot?

In 2003, Dutch scientists announced that brain scans of orgasm resembled that of a subject shooting heroin, so we can conclude that what goes up must come down. The chemical hooch that is released into your expectant, excited, one-track mind before, during and after climax is powerful and pervasive, so much so that researchers are theorizing that it may possibly take up to two weeks to reach a baseline once more.

During those two weeks your recovering brain may be shifting your perspective of your mate and your reality in general. If you'd like to bond with your mate, engaging in sex but avoiding climax can be very effective because opioids counteract some of the oxytocin that is released into your body. That sounds like fun, huh? No wonder women want to cuddle and men just pass out. It's all coming together...or not.

So what the hell is the point of this in terms of how it serves our ultimate survival? Well, although the post-coital hangover has been observed in rats, in male rats if a new, “novel”, (that's the term they used in the paper) female rat is introduced into the situation the male's system gets a surge of hormones and has no problem performing again. (Fuckin' home wrecker, she thinks she's so novel.) So in this way more seed is spread, propagation of the species is fulfilled and women and men are constantly in the awkward and indelicate dance of interchanging, passive-aggressive, hatred and infatuation. Life's a bitch, etc. Good luck with that.



Photo illustration: Hannah Cawsey

Orgasms so good, they'll make your brain think it's on heroin.

44%

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Fact or feeling

No one is perfect



Jacqueline Eaton
Faith Columnist

People can hurt you.

I know this to be true because I have been on both sides of the pain. Like everyone else, I have been hurt by a decent amount of people. Unfortunately, I am also aware that I have hurt a great number of individuals (more than I probably even realize). I have a very large mouth, a lot of thoughts in my brain and a very small filter between the two.

At this point you must be

thinking, “but Jacqueline, you write the faith column! Doesn’t that mean you are completely perfect?” Oh... No? That wasn’t what you were thinking? Good. I’m really glad that isn’t the case because that would be ridiculous.

No matter how silly perfection sounds, it seems that often people of faith are viewed that way. Or maybe you’ve met some people of faith who like to think of themselves as perfect, and on their behalf I apologize. The truth is that no one is perfect. We all screw up and make a lot of mistakes. So, why is it that countless people walk away from their faith as soon as someone within their faith community causes them pain? It leads me to question what people are basing their faith on these days. Is faith based on fact or feeling?

Some of my closest friends:

1. Never step foot in a church because the last time they went, the people kind of just stared and didn’t seem kind at all.

2. Disown their belief in an almighty God because if God was kind — why did their boyfriend break-up with them?

3. Never give faith a chance because those extremely faithful people are breeding too much hate, and no one wants anything to do with a God like that.

Are these legitimate feelings to have? Absolutely. They grieve me, though, because they are based on exactly that: feelings. The truth behind what defines a deity is none of the above. Most

of the time, the truth about God is that He is loving, compassionate, and patient in nature. He is the one who is perfect. Why do we replace our understanding of a perfect God with his imperfect people attempting to live out all of these characteristics? It’s not even possible! Yet, for some reason, we expect more from His people than they can give.

At this point, I need to insert a couple of disclaimers. Yes, Christians are called to represent Christ on Earth. Therefore, if we screw up, it will obviously harm your view of Christ. What can I say? It wasn’t my idea to put imperfect humans in charge of spreading God’s love – I just do my feeble best to try and live it out. Secondly, there are a lot of questions about suffering in the world and God being just. We can get to that some other time, just not right now.

What I’m trying to say is don’t let your ever-changing feelings be the treasure map leading you to faith (or even keeping you there). I hope that your faith brings you joy and fuzzy feelings, but recognize that this probably won’t be the case a 100 per cent of the time.

Just like a human relationship, you may love and trust someone, but not feel all lovey-dovey all the time. Do you end a relationship the second you get bored or things get tough? I hope not. The same goes for your faith. It needs to be based off of a long standing trust and a foundation of truth. Maybe your founda-

tion is crumbling, or maybe you haven’t even laid the first stone yet. Wherever you are at, try and keep your heart in check and your brain turned on.

Does going to church make you flawless?

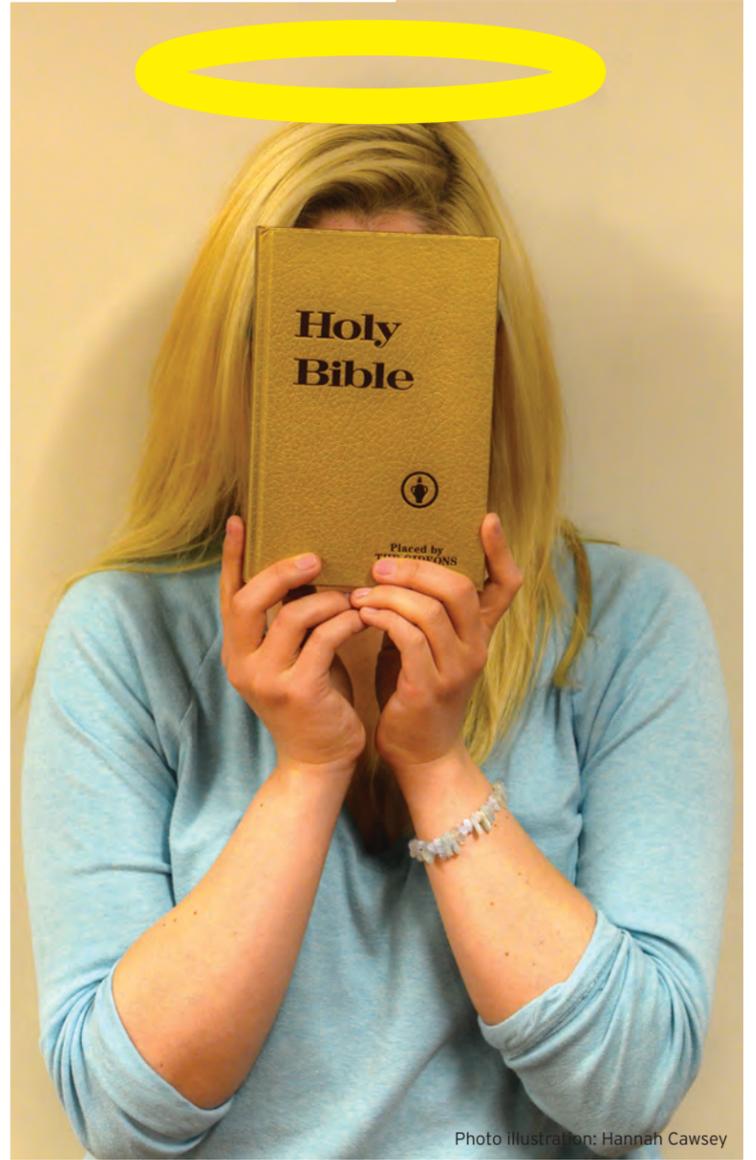


Photo illustration: Hannah Cawsey

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Women love metal

Heavy metal conference kicks off with lecture on female representation

Becca Paterson
Arts Editor

When you hear of the words “heavy metal,” it is very likely that you think of hardcore concerts with lots of head-banging, heavy guitar riffs, and big dudes with long hair who wearing cut-away denim vests covered with spikes and patches. You probably wouldn’t think of a conference room filled with those same metalheads - and their female counterparts - critically discussing and debating the culture of their community in an academic setting.

But that is exactly what happened Sept. 19 in the Grand Ballroom of the Ramada Hotel. This free lecture served as an unofficial lead-in to Noctis 666, a conference and festival that is a celebration of metal culture and extreme music.

“It’s a bit scary,” commented presenter Laina Dawes on the decision by the organizer to include the lecture in the festival’s line-up. “For this particular conference, you have people coming because they’re just here to see the music... [It’s] a risk.”

In the aptly-titled lecture, *Women in Metal*, Dawes and Sarah Kitteringham, two scholars of heavy metal, sought to ignite a conversation surrounding the apparent stigma and recognized “otherness” that comes from being a female – and in Dawes’ case, a woman of colour – in the heavy metal community.

Kitteringham, a Mount Royal alumni and current graduate student at the University of Calgary, presented information that she gathered while working on her Master’s thesis, “Extreme Conditions Demand Extreme Responses: The Rise of Women in Black Metal, Death Metal,

Doom Metal, and Grindcore.” In her research – conducted from a Canadian perspective – she found that despite a noticeable increase in female representation in a flourishing metal community in Canada, issues associated with stigma are far from over.

She explained the issues of misrepresentation in the mainstream media, citing *Revolver Magazine’s* feature, the “Hottest Chicks in Metal,” as an example of a patriarchal bias that reduces talented musicians to just a “physical body image.”

Most surprisingly, however, Kitteringham also noted that her finding suggested that it was not necessarily the men of metal who were the issue, but rather the “combative attitudes” of women towards other women in the community stemming from the “Only Syndrome,” idea that there are so few females represented in the culture, women each other competition rather than allies.

In her presentation, Dawes focused more on the issues of finding an identity in the culture where she – as a woman of colour – was a part of an extremely marginalized minority, and discussed the research that went into her book, *What Are You Doing Here?*, which explores “a black woman’s life and liberation in heavy metal.”

For Dawes, heavy metal music was about freedom of expression, and helped her to navigate through her anger towards racism and internalized stereotypes.

“To exert anger in a positive way, use extreme music,” said Dawes. “I think it’s imperative. I’m focusing on women of colour – black women – because this is where I’m seeing there’s an issue in terms of internalized aggression and anger, and seeing the ramifications as to what happens when you don’t let it out. That’s one thing that I think can actually apply to anyone.”

This topic is not easy to deal with, and as evident

in the lively and polarizing discussion that followed the lecture presentations, is not one that will be resolved any time soon.

“It’s frustrating because there are no clear answers and I don’t know if there ever will be,” said Dawes. “People have to do the internal work, and also really try not to take their issues and throw them onto somebody else to make them feel better.”

“You just try to elongate the conversation, but it’s hard, because there are no easy answers.”

“People are thinking about it. People are even saying, ‘Hey, I have an issue with you,’ or ‘Please elaborate,’” continued Dawes, “so people are thinking about it.”

“We’re getting there, but there’s still a ways to go.”

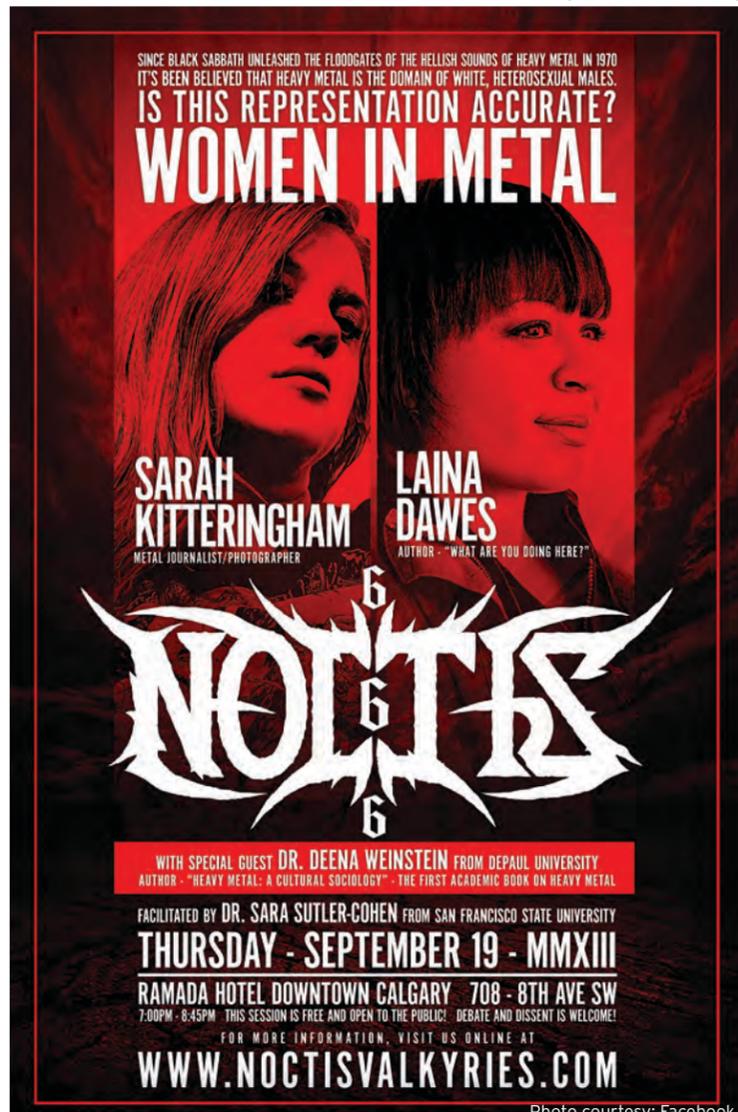
OUT’N ABOUT

Music for the Soul Jam Club’s Open Mic Night Sep. 26, 8:00 p.m. - The Hub
This free event at The Hub is an open mic meets jam session. Some instruments will be provided, so come out and make music.

Film: The festival is coming to a close on Sep. 29, so make sure to catch as many film screenings as you can before it’s over, including the closing film: *Alberta-made The Right Kind of Wrong* by director Jeremiah Chechik.

Arts Plan Focus Area: Calgary as an Artist Incubator Action Group
Oct. 2, 6:00 p.m. - University of Calgary Downtown Campus
This Action Group is focused on ensuring Calgary remains, and continues to grow as, an attractive home for emerging talent in response to the Arts Plan put out in June by Calgary Arts Development. Sign up for this Action Group at www.artsplan.ca

Breakout West Festival
Oct. 4 and 5 - various venues
Boasting over 50 of Western Canada’s best performers, and over 350 industry leaders – Breakout West is an intense two-day festival and conference featuring shows at 15 venues across the city.



Sarah Kitteringham gave a presentation on female representation and the experience of being female in a heavy metal culture. Laina Dawes shared her experiences on how heavy metal helped her feel empowered as a woman of colour in the metal scene. These lectures kicked off the heavy metal fest, Noctis 666 in September.



Photo illustration: Vern McGill / Photo: Hannah Cawsey

ROSS' RANTS

Turns out no press is actually bad press



Nathan Ross
Arts Editor

Last year when The Arkells came to Mount Royal, we had a special request to send the band's manager all shots we intended to use so that they could approve them. This was done in an effort to make sure that only pictures that showed the best of The Arkells would make it into print.

What we were told is that since they were an up and coming band, they wanted pictures to reflect the rest of what their tour had looked like, as the band was playing in much larger venues which had no problem holding more attendees than Wyckham House could.

They were touring with The Tragically Hip at the time, and

didn't want a smaller show's pictures to reflect just how popular the band was becoming. At the time, I understood their request. The Arkells' fanbase has seemed to grow every year, and it just seemed as though it was simple public relations to ensure that the band looked as though they were playing shows that reflected that.

Besides, it wasn't as if they weren't allowing photos at all.

That brings us to Lights – the headlining act for this year's U-Fest. Hours before the event, word came down that no photos were to be taken of Lights during her performance, end of story. Lights – who fits in the same up-and-coming category as The Arkells – seemingly just didn't want to be photographed at such a minor event.

Lights is still riding the success of her breakout album, *Siberia*, which garnered her not only a Juno nomination, but helped her make her biggest splash in the electro-pop scene yet. Her touring of *Siberia* also included a big tour of the United



Photo illustration: Vern McGill / Photo courtesy: Facebook

The excitement that came with Lights performing at MRU changed as she wasn't allowed to be photographed at U-Fest, perhaps sending a strong message about her thoughts of MRU.

States — with The Arkells coincidentally enough, which may have been where she picked up the idea to limit media, albeit to a harsher degree.

At what point did we decide that no press was good press? U-Fest, which is much smaller than other welcome back festivals for post-secondary schools, was a success by all means. While Mount Royal's limited numbers mean that it isn't a bursting venue packed with students, this is a great method for artists to connect with their fans.

The week after Lights' perfor-

mance, Craig Cardiff took the stage at The Hub, which is an even smaller venue for an artist. While Cardiff doesn't have the same kind of star power as Lights, between inviting students up with him and being friendly with the crowd, it left a much more memorable impact on the audience (read Noise 101 this issue for proof).

Instead, Lights comes off as too good for Mount Royal, which is a giant slap in the face to everyone who not only attended the show, but every student and faculty member at MRU.

Whether or not it was her intent – and I'm willing to admit it most likely was not – the act of not allowing herself to be photographed at the campus sends a message that she isn't here to perform for us, she's here to sing her songs and go.

We may not be the venue artists aspire to play at, but this school is filled with students who want to be proud of where they go, and instead they have yet another reason not to be.

Poetry corner

Frontenac House's Quartet series releases four books of poetry

David Wenzel
Contributor

Every autumn, Calgary-based publishers Frontenac House release their annual Quartet, a

series of four poetry books written by local poets – the latest of which was released Sept. 9. This year, Micheline Maylor, creative writing instructor at Mount Royal, served as guest-editor for the project.

"It was very much an honor," said Maylor. "It's an honor to be let into someone's creative process and their creative writing in a way that they trust you so deeply and fully."

The 2013 Quartet consists of *Music Garden* by Jim Nason, *Reckless Towards Blossoming* by Deborah Lawson, *A Bitter Mood of Clouds* by Vivian Hansen and Mount Royal instructor Juleta Severson-Baker's *Incarnate*.

"The idea of Quartet is to have different voices that are harmonious and that complement one another," Maylor said.

Jim Nason, a Calgary writer with three books of poetry already under his belt, chose art as the theme for *Music Garden*. He draws inspiration from Toronto's Music Garden, the works of Salvador Dali, and other works of art.

"It's about reacting to and conversing with art in his world," noted Maylor.

Reckless Towards Blossoming, Deborah Lawson's first book of poetry, is described on the Frontenac House website as "a journey through solitude, landscape and awakening."

Maylor describes her work as packed with "complicated emotions," like depression and "things falling apart and then things getting better and opening back up."

"Her book very much ends in hope," she concluded.

In *A Bitter Mood of Clouds*, Vivian Hansen explores her ancestry, specifically a hermaphroditic predecessor, and as Maylor described, "the voices that come out of her ancestry."

Hansen is a poet and a freelance writer. She has won the Calgary Writers' Association's Arrol Award for Non-fiction, as

well as the Orion Poetry Prize and numerous other awards.

Finally, Juleta Severson-Baker, a professor in the Speech Arts department at Mount Royal, incorporates the theme of eroticism in her book, *Incarnate*. It explores the idea of being "an earthly human being" and "experiencing things through the body."

Severson-Baker's work has been published in *Freefall Magazine*, a local literary magazine of which Maylor is editor, and she took home the top prize in the magazine's 20th Anniversary Contest.

Maylor believes that students should take notice of these books — and poetry in general.

"Poetry is expressing the most profound emotions with the most precise and concise word choice. It is the artistry of word choice coupled with profound emotion, and that's why poetry is still relevant," she said. "It's why poetry still matters, because it's one of the ways that we can express ourselves as human beings to other human beings and to have them relate."

The books in Frontenac House's Quartet are available for purchase at Pages Books in Kensington and Shelf Life Books on 4th Street SW, and amazon.ca.

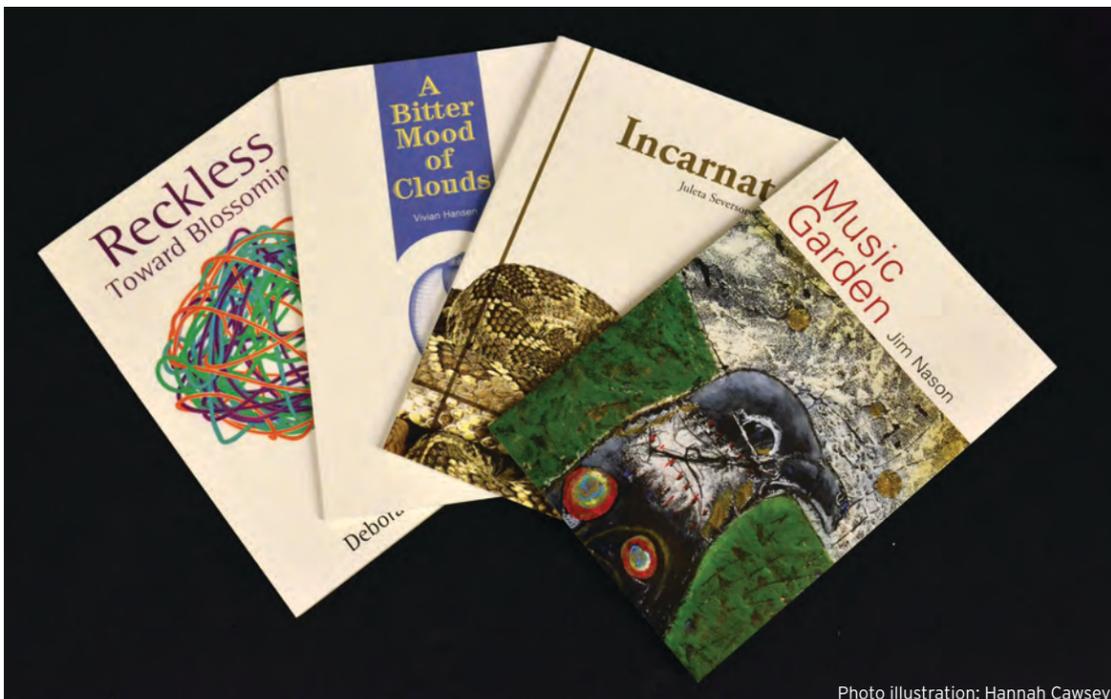


Photo illustration: Hannah Cawsey

The idea of Quartet is to have different voices that are harmonious and that complement one another.

Noise 101



Photo courtesy: Facebook

Cover art from Craig Cardiff's latest album, *Floods and Fires*. Cardiff welcomed audience involvement throughout his two set show.

Floods, fires and fan connections

Canadian folk artist is all about openness

Becca Paterson
Arts Editor

Arguably the best element of an intimate venue is a more connected and interactive show with the band or artist playing. That made The Hub the perfect venue for Craig Cardiff, the Ontario-based folk singer who played on Sep. 19 as a part of The Hub's weekly event, "What's on Stage Wednesday?"

Cardiff is known for his unique stage presence. He often involves his audience in unusual and unconventional ways — such as having people read passages from an erotica novel (that was eventually never returned to him after a show, he pointed out), and anonymously writing in journals passed around the audience throughout his set. "There's a lot of hard things that people put in [those journals], but there's also a lot of lovely things," said Cardiff. "I think that it's just a chance for people to be honest. It's sort of by accident, but I connected to the idea that in music or in art [...] you can find an openness or an honesty,

whereas sometimes we find it hard to talk to each other."

But while neither the erotica novel nor the journals made an appearance at The Hub's show, Cardiff still ensured that the audience had a role to play other than spectator. Multiple times during his two-set performance, he invited crowd members on stage to dance along. After calling him out for talking over his set, Cardiff even convinced one attendee to recreate his lyrics through physical actions in real time as he sang.

Musically, his set was a stunning mix of looped guitar and percussive sounds, occasional harmonica and truly heartfelt lyrics. He finished the night with an unplugged, acoustic rendition of "Human" by the Killers that had a certain intimacy and felt more like a campfire sing-a-long than a final encore.

Cardiff showed the same level of reciprocity when we spoke with him following the show. Halfway through an interview, Cardiff began asking his own questions, and we were soon discussing his affinity for Shirley Temples as he recorded the con-

versation with his iPhone camera, pausing at times to speak directly to his recording.

With his strong emphasis on connecting with his fans, it makes sense that Cardiff's upcoming album, *Love is Louder than All This Noise*, was successfully crowd-funded by his fans through Indiegogo. In fact, his campaign raised \$11,442; more than double the original \$5,000 goal.

"It's a full band project," said Cardiff of what to expect from the upcoming project. "It is, essentially, a double album, so we have the acoustics version [...] and then the studio version of it with some of the same overlapping songs."

"All the songs have strong stories," he continued. "I feel like if I had the indulgence of the crowd, I could give like, the fifteen-minute narrative that made the two-minute long way I remember it."

Love is Louder than All This Noise is set for release in November 2013.

To hear the full interview with Cardiff, visit www.thereflector.ca.



Miesha & the Spanks
Girls, Like Wolves
Saved by Vinyl
Score: A

The debut album by local band Miesha & the Spanks, *Girls, Like Wolves*, fulfills its ferocious namesake with all of its rock and roll goodness. Despite the band only being a duo, their sound is surprisingly full and never feels lacking. Somewhere between garage rock, punk, straight-up rock and even a bit of blues — this album seems familiar, but doesn't quite reach the territory of derivative. If forced to compare, it would be a close relative of Joan Jett and the Blackhearts, while appearing as a reverse White Stripes. Stuart Bota does an admirable job on drums; he complements Miesha Louie's gruff, distorted guitar and cheeky voice. The

female backing vocals, when present, add a strength and presence to songs that might otherwise sound monotonous. The result is a stolid and reliable sound: instead of crazy guitar solos, their sound sticks with rolling harmonization. While they never hit any new ground with this album, Miesha & the Spanks are able to successfully add to the already well-placed foundation of garage rock. Keep an ear out for this duo!

— Logan Pollon

Axis of Conversation

The House of Stay Together
BattleKite Recordings
Score: A



The House of Stay Together is the second album put out by the six-piece group Axis of Conversation, and is their first new album in over six years. Since all members of the band have had other commitments — new families and side projects — it took three years to finish this album. With tracks such as "Chainsaw Wedding" and "Memorial Hall,"

Axis of Conversation blends together distinctive sounds of multiple instruments with heartfelt lyrics. The ninth track "Tickertock Parade" highlights each of the members' unique sounds. The sophisticated layers of this album make it an excellent pick for a late night drive.

— Molli Bennett



Gogol Bordello
Pura Vida Conspiracy
Casa Gogol Records
Score: B+

Pura Vida Conspiracy, released on July 23, 2013, is Gogol Bordello's follow-up album to their 2011 *My Tsyganiada*. The band is a Gypsy-punk band that started in the Lower East Side of New York City in 1999. They are known for unusual and outlandish songs, and the tracks on *Pura Vida Conspiracy* stick to that familiar formula, as tracks one through 12 have an undisputable gypsy vibe.

The second track, "Dig Deep Enough," has a chill, yet epic, sound that bears a resemblance to folk metal. The album also offers tracks like "We Shall Sail" with a low-key vibe you can't help but sing along to. While not for everyone, Gogol Bordello's *Pura Vida Conspiracy* is a fun and easy listen.

— Erin Anderson

Mental Distractions

Crossword

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17					18						19			
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			51			52		53			54			
55	56	57				58	59					60	61	62
63					64						65			
66					67						68			
69					70						71			

- Across**
- 1. Take ___ from me
 - 5. Muse of love poetry
 - 10. H.S. exam
 - 14. Speck
 - 15. Israeli desert region
 - 16. Thick cord
 - 17. Teen follower
 - 18. "Our Gang" girl
 - 19. Facilitate
 - 20. A type of dangerous maniac, e.g.
 - 22. Violinist Zimbalist
 - 23. First name in jeans
 - 24. Completely without madness
 - 26. Fury
 - 29. Vintner's prefix
 - 31. Small burrowing rodent
 - 35. Flat circular plates
 - 37. Son of Isaac and Rebekah
 - 39. Hindu hero
 - 40. Prefix with plasm
 - 41. Yoga posture
 - 42. Catch a view of
 - 43. Cartoonist Silverstein
 - 44. Sounds of disapproval
 - 45. Designer Simpson
 - 46. Shipworm
 - 48. Rights org.
 - 50. Isr. neighbor
 - 51. ___ Nui (Easter Island)
 - 53. Cover up
 - 55. Fabric of jeans
 - 58. Ace
 - 63. ___ Three Lives
 - 64. Doughnut-shaped surface
 - 65. Predictive sign
 - 66. Album unit
 - 67. Give it ___!
 - 68. "Barton Fink" director
 - 69. Leg joint
 - 70. Ezio Pinza, for one
 - 71. Table d' ___
- Down**
- 1. Eastern nanny
 - 2. Fast-food option
 - 3. Thing
 - 4. Danger
 - 5. Salad green
 - 6. Cheerful consent
 - 7. Mogul capital until 1658
 - 8. Informs
 - 9. Eggs
 - 10. Liked better
 - 11. Fly
 - 12. Basilica area
 - 13. Abound
 - 21. Corp. bigwigs
 - 22. Wind dir.
 - 25. Juan's water
 - 26. That is, in Latin
 - 27. Nouveau ___
 - 28. Fragrant compound
 - 30. City near Kobe
 - 32. Diamond corners
 - 33. Suggest
 - 34. Stratum
 - 36. English poet
 - 38. Political union
 - 41. Looking down from
 - 45. Quattro maker
 - 47. Block
 - 49. Deceives
 - 52. Now, in Nogales
 - 54. Tennyson's "___ Arden"
 - 55. Flat circular plate
 - 56. North Carolina university
 - 57. Hawaiian goose
 - 59. Mine finds
 - 60. Melville tale
 - 61. Nair rival
 - 62. Feminizing suffix
 - 64. Bar bill
- © BestCrosswords.com

Sudoku

Easy

3						6		8
		7			1			5
			9	6	3	2	4	
			5	4		9		
		2		3		1		
		5		9	6			
	1	3	7	2	8			
4			3			8		
2		9						3

Medium

	6	4				2		
5				4			6	
		9	6	5	2			3
	3	6	2	9				
				7				
				6	4	1	8	
9			5	2	6	7		
	2			8				4
		8				6	5	

This is your personal invitation
to attend the first public information meeting of the
It's About Time! Cancer Awareness Project

WHEN: Tuesday 8 October, 2013 at 7pm
WHERE: Canadian Cancer Society offices
#200 325 Manning Road N.E.

Hear about and become involved with this new Calgary based international Cancer Awareness Project. We will explore this unique initiative and talk about:

PROJECT GUATEMALA: the *It's About Time!* 2013-2014 Pilot Project
focusing on Breast Cancer in Guatemala, Central America

This is an opportunity for you to participate in the building of this new initiative!
For more information contact Suzn Morgan, projectdirector@itsabouttimeproject.com
or call 403-816-8448

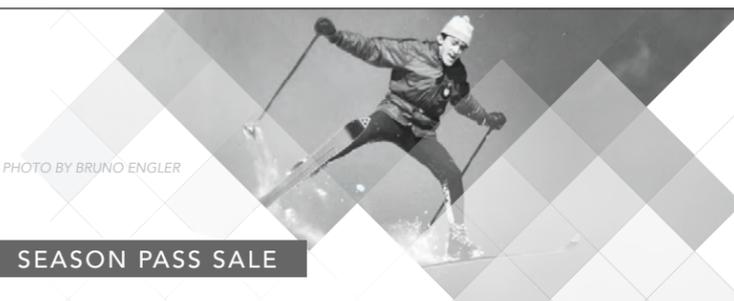
Let compassion bring you joy!

the reflector

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Heavyweight division stretched 'thin'

UFC 166 stomps into Houston, on Oct. 19



Photo courtesy: flickr.com / zuffallc

(Left) Velasquez looks to defend his title for the first time Saturday October 19. (Right) Dos Santos has the power to knock out Velasquez, but can he survive long enough?

Shawn "Fierce" McPherson
Contributor

The UFC heavy weight division lacks some punch.

The Ultimate Fighting Championship has two very dominant fighters in Cain Velasquez and Junior Dos Santos, who are yet again fighting each other for the third time for the heavy-weight championship on Oct. 19.

This tilt is one that fans have been waiting for, and many are hoping for a more competitive fight than in the past. These two big-boys have a long line up of up-and-coming contenders who think they can beat them, but will unfortunately have to wait their turn.

One of the top contenders is Fabricio Werdum, who lost to Dos Santos in his UFC debut. Werdum has since went 6-1 with wins over legend Fedor Emelianenko, Antonio Silva, Roy Nelson and most recently submitting Antonio Rodrigo "Big Nog" Nogueira. He seems to be the frontrunner for a title shot.

Things get more interesting after taking into account a few solid mid-tier fighters bouncing around below the champ and number one contender. Travis Browne has a good chance to move up the ranks and is fresh off a first round TKO of former big shot Alistair Overeem. Browne is bigger than most

heavyweights, and has potential for a bright future in the UFC.

There is also Josh Barnett who knocked out veteran Frank Mirr- and has only lost once since 2008. Stipe Miocic had recently bounced back, after a loss to Stefan Struve by beating Roy Nelson. There are also several fighters coming off losses and most have already lost to both Velasquez and Dos Santos.

Also, look out for Daniel Cormier, who is an undefeated former Olympic wrestler and Strikeforce heavyweight Grand Prix champ. Cormier has one win in the UFC and a fight coming up against Roy Nelson, but he may move down a weight class after training with former champ Velasquez.

All in all, the heavyweight division has some talent, but the pool from which to draw stellar fighters from is pretty shallow. Considering the deep light-heavyweight division, it may become a trend for some sluggers to move down to compete.

With the arrival of Johnny "Bones" Jones, and scraps like the five round bloodbath between him and Alexander Gustafsson, the heavyweights have been put on the back burner. Fans can witness world-class heavy striking from better-conditioned athletes.

Junior Dos Santos and Cain Velasquez should be entertaining, but don't expect it to go the distance.

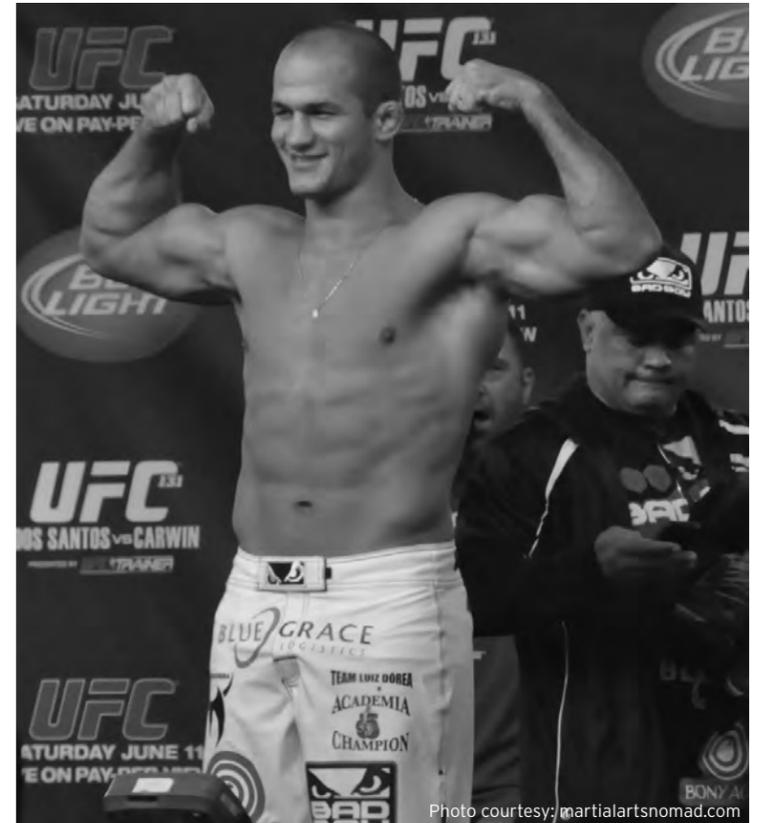


Photo courtesy: martialartsnomad.com

THE #S

1: st of October: The NHL season starts, beginning with Toronto Maple Leafs and the Montreal Canadiens.

\$88,500: Jets and Patriots combined fines.

4: Number of sets it took Rafael Nadal to win his second US open title

71: The round that ruined Tiger Woods' chances at the Tour Championship final

10: Number of games John Scott will be suspended after attacking Phil Kessel

30: Yards allowed by the Louisville defense in a record smashing performance versus FIU

20: Years since Montreal has toasted the 1994 Expos who will play an exhibition in March 2014

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Wyckham House

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Student Benefits Plan Office

Room Z001 Wyckham House Student Centre • Phone: (403) 440-6267, Fax: (403) 440-8980, www.mystudentplan.ca/mtroyal, email: mtroyalplan@mystudentplan.ca

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cougars' corner

DANGER ZONE

As King's College cuts successful program, the importance of university athletics is called into question



Bobby Danger Jones
Sports Editor

What do university and college athletics mean to their respective institutions and the student body? That is a complicated question and may not be as black-and-white as it seems.

In the U.S., there is obviously a massive culture surrounding collegiate athletics. Divisions such as the Big East, the Big Ten and the Big 12 all exemplify the crowds, popularity and profitability they are known for. So what's up with Canadian schools?

Some could argue it is the geographical distance between major cities, the climate, or various other justifications. But the truth is that schools in Canada are more academically-based. As a Sport and Recreation major, I have challenged this anomaly in-depth on several occasions and platforms but have never come to a concrete conclusion.

The basis of this story surrounds an unfortunate set of circumstances surrounding a university in Halifax. The University of King's College has cut its men's volleyball program.

Students at Mount Royal can relate to the term "cut" in light of the budget issues that befell the institution this year. However, the case at King's College is not financial: it is due to the lack of returning athletes and incoming talent.

If this team was at the bottom of Atlantic Collegiate Athletic Association (ACAA) and had not had success in the past few years, this could be somewhat understandable. But they were not just successful; they were the champs last season. It started to fall apart when head coach Justin Lynch decided he was on his way out to pursue his engineering degree, leaving the team

in limbo and seeking leadership.

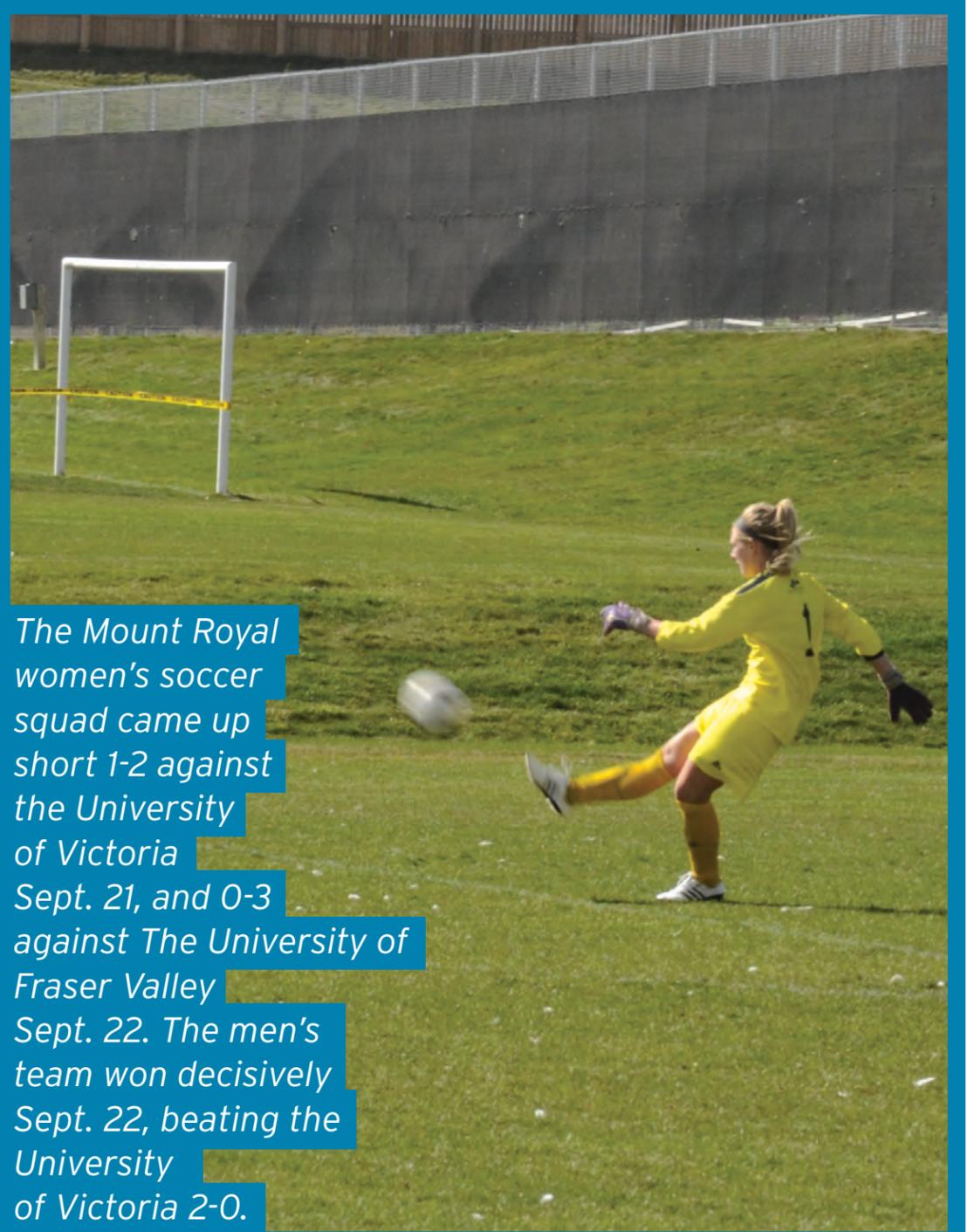
The athletic department also had to deal with departing students and others that simply would not commit. The university was debating having open tryouts and filling the roster with walk-ons, but in the end the team disbanded to preserve "integrity".

So to forgo nightly embarrassment, the men will not play this year. King's University has not fielded a women's volleyball team since 2008 due to budgetary reasons. Now the ACAA falls to four teams in both men and women's volleyball and the men's squad cannot be reinstated for two years due to league policy.

Ironically, the women's team will be returning to competition next season for reasons unrelated to the circumstances surrounding the men's team.

There are many factors that led to the dissolution of the volleyball program. But the question has to be asked: why wouldn't players commit? If players felt more appreciated or driven to play, perhaps there would have been a different outcome.

So why do sports take a back seat to academics so often up north? Students and athletes alike should be excited about Mount Royal joining the CIS and the Cougars having a rich past and bright future. The newly-established Crowchild Classic is a rivalry that will help define Mount Royal as an athletic and academic institute. Bridging the gap between fan and student is a difficult task and Mount Royal's athletic department is doing a good job of promoting the Cougars sports teams. Students should embrace the experience of being part of Mount Royal and the Cougars are an extension of that. Go Cougars Go.



The Mount Royal women's soccer squad came up short 1-2 against the University of Victoria Sept. 21, and 0-3 against The University of Fraser Valley Sept. 22. The men's team won decisively Sept. 22, beating the University of Victoria 2-0.

Photo: Omar Omar

MRU athletes and alumni unite

Legacy of former MRU Athletic Director lives on

Bobby Danger Jones
Sports Editor

Post-secondary education is not cheap, and as a student athlete, working and handling a full course load is a daunting task. That's where the Cougar Booster Club comes in.

The Cougar Booster Club was established in Nov.1982 by long-time athletic director Al Bohonus. Bohonus' dream was to create a \$1 million endowment for Cougar Athletics. The club met that goal unfortunately just three years prior to Bohonus' passing—however, his legacy lives on.

According to the Cougar Athletic website, "The Cougar Booster Club is a non-profit volunteer organization that exists to support Mount Royal University student-athletes. We are individuals who represent Mount

Royal alumni, student-athletes, employees, students, and members of the community who wish to connect and provide recognition and financial assistance to Cougar athletes".

Former and current student athletes generate thousands of dollars for the fund by volunteering at bingos and special events, thus ensuring the financial longevity of Cougar athletics and athletes. The endowment fund currently sits at \$1.3 million and funds are allocated for scholarships, travel and enhancing the overall athletic experience.

Almost everyone involved with Mount Royal community is eligible for memberships. This includes current and former athletes, coaches, students, parents, guardians, and those in the community who have vested interests in Cougar athletics. Memberships have their perks, including free entry to all Cougar

regular season games, 25 per cent discounts on Mount Royal Recreation memberships, and many social events throughout the year.

The CBC is led by a steadfast collection of individuals. President Jean Jarell has been involved in Cougar athletics for over 40 years and was inducted into the Canadian Sports Hall of Fame for her contribution as a builder of gymnastics in 2001.

Past directors and presidents include Dexter Nelson, Roland LaHaye and Kimmo Korvela. In various capacities, all contributed to the establishment and continuation of Cougar athletics.

The Cougar Booster Club is doing all it can to ensure the retention and acknowledgement of current athletes and to recognize those that have played their part to support Cougar Athletics for generations to come.

Go Cougars Go.

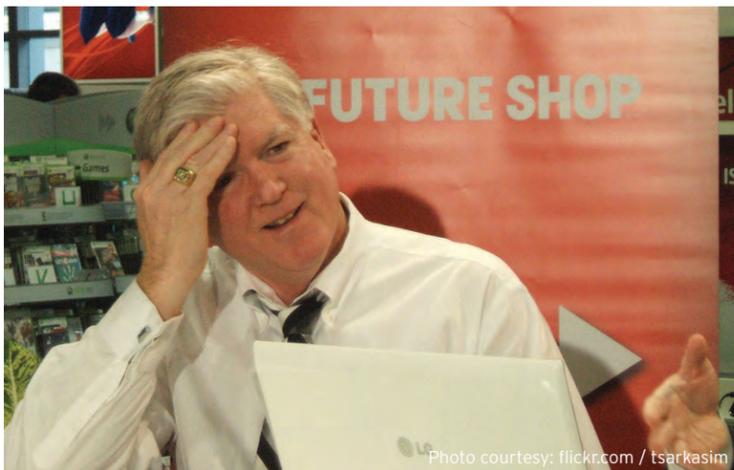


Photo courtesy: flickr.com / tsarkasim

The fiery Brian Burke is the new Flames President of Hockey Operations. Burke will help Jay Feaster with the day-to-day operations of the club

Flames shake up front office

Brian Burke handed the keys to the Camaro

Derrick Newman
Hockey Analyst

The Calgary Flames and the new President of Hockey Operations Brian Burke have had a solid pre-season.

Ken King has moved into a higher position, overseeing the business aspect of the Calgary Flames. This encompasses the WHL's Calgary Hitmen, the NLL's Calgary Roughnecks, the CFL's Calgary Stampeders, and the new Saddledome — which reopened earlier this month after \$100 million in renovations following the June flood.

Burke's role includes helping General Manager Jay Feaster in overseeing the day-to-day operations of the club. One can't help but think that this sets up the eventual canning of Feaster, and Burke's subsequent hire as the GM of the Flames, but let's not put the cart before the horse.

In terms of the Flames filling a hole in upper management, this is a move a lot of people saw coming, regardless of the person filling it.

Back in June, the Flames and league disciplinarian Brendan Shanahan were holding hands and on the verge of consummating a marriage when Shanny pulled chute with a polite "thanks, but no thanks."

So the Flames are trying Plan B. As in double-B, Brian Burke, the most unkempt man in hockey upper management.

Formerly a scout with the Anaheim Ducks, it's no secret that Burke wanted another kick at the can after doing all he could to pick the Toronto Maple Leafs up off the carpet for the better part of five seasons. That was until he was unceremoniously kicked to the curb moments after the lockout ended. The Leafs went on to play in the playoffs for the first time since the ice age.

Was Burke to thank for that? Maybe. Or was his presence as a brooding cynical prick weighing so heavily on the team that when he left, the whole organization loosened up like his tie? Possibly.

Burke's history suggests that he, at least partially, knows what he is doing when it comes to forming a winning hockey team. Partially being the key word.

Yes, he won the cup with the Ducks in 2007. However, many will say that former Ducks GM and current Senators GM Bryan Murray set the table for Burke's success prior to leaving after the 2004 season.

Prior to that, Burke probably pulled off his best move as a hockey executive in drafting both Daniel and Henrik Sedin. This move formed the core of the Canucks for the next decade that has been highly competitive and fell one win short of the 2011 Stanley Cup.

In Toronto, however, he made one controversial move that has plagued him ever since trading two first round picks and a second round pick for Phil Kessel. Kessel has played quite well these past couple seasons for the Leafs, putting up more than a point per game average over that timeframe.

However, Boston was able to select Tyler Seguin second overall and Dougie Hamilton a year later. Seguin fell out of favour with the Bruins, being the number three centre behind David Krejci and Patrice Bergeron, but will, by my estimation, blossom in Dallas as their top centreman. With Seguin and Hamilton, the Leafs would have better off in the long run and more stable at both ends of the ice.

I'm not thrilled with this news as I've never really been a fan of Burke's work. Maybe that's because I'm a fan of the Flames and he's been on the opposing side of things for far too long.

He was able to dupe Darryl Sutter into giving him Dion Phaneuf for a bag of pucks, when Dion was clearly worth at least two, or maybe even three, bags of pucks.

At any rate, with Burke a member of the Calgary Flames, the Calgary media is in for a real treat. And just when the years of Sutter were nearly forgotten... here comes the loose tie and beet red face of Brian Burke.

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