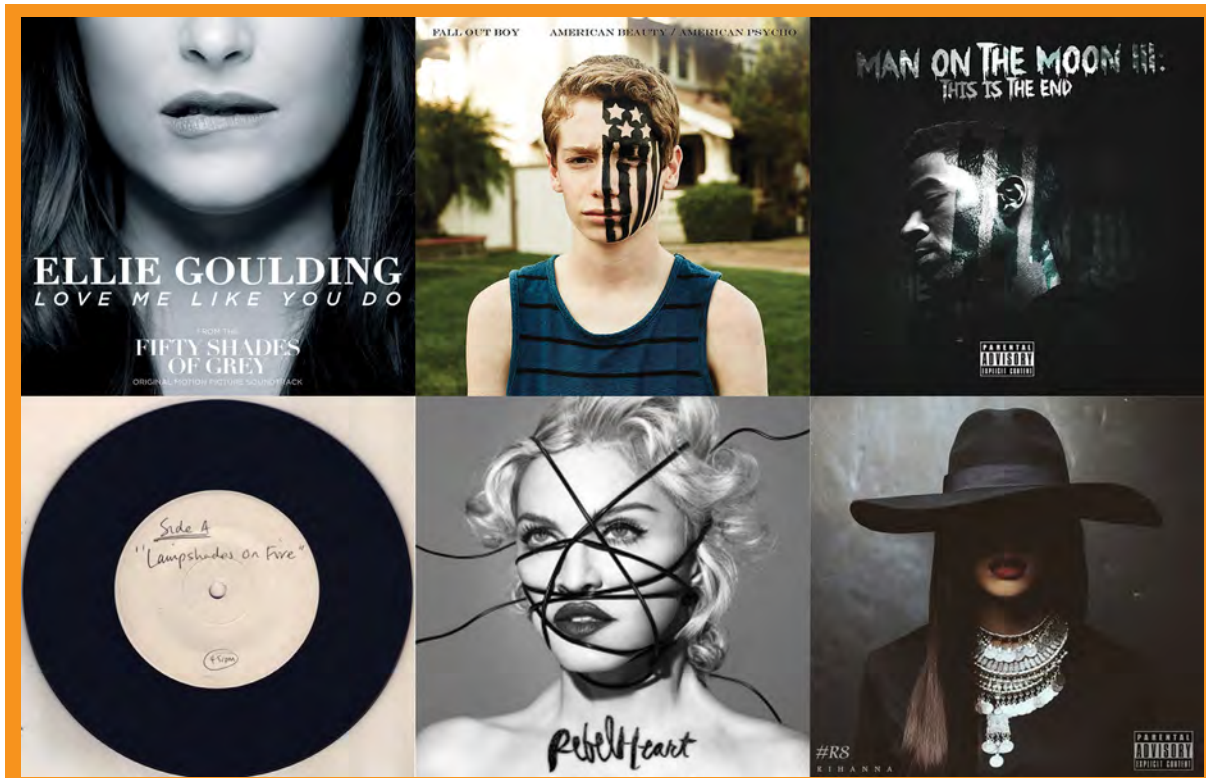


## Lofty goals

This year, resolve to make some resolutions that don't suck

**Pg 5**



## New year, new tunes!

Check out our  
most-anticipated  
music picks for 2015

**Pg 9**

### NEWS

Why is tuition due so early? Deadline ensures seats are filled, says Duane Anderson, VP Administrative Services.

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### FEATURES

Another F-word: Sex Columnist Caitlin Clow talks fuckbuddies, feelings and the dreaded "friendzone."

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### ARTS

Movie review: Young actress Quevenzhane Wallis adds a new twist to an old classic film: Annie.

Pg 11



### SPORTS

The "ultimate crosstown smackdown" returns Jan. 15. Watch your Cougars go in with their claws out!

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Photo illustration: Albina Khouzina

The results are in and it looks like students will have to shell out more money for science, nursing and business courses.

## Bad news for MRU: Market modifier proposals approved

*Consultation to be held, students to expect another 'opportunity' to voice opinions*

**Dayla Brown**

News Editor

Next year, those looking to attend post-secondary might want to think twice about applying to institutions in Alberta. Proposals for market modifiers has been approved by the government, according to David Docherty, President of Mount Royal University.

Changes to the nursing, science and business programs were nominated for the modifiers and will see spikes in tuition rates for those programs: \$150 for nursing, \$100 for science and \$50 for business per course.

However, according to Docherty, Mount Royal is still deciding whether to apply market modifiers, even though the government accepted the proposals.

"While approved by the Ministry, Mount Royal has not yet determined if we will adopt the changes approved in our three proposals. If Mount Royal adopted the modifiers through institutional approval by the Board of Governors, the changes would begin to come into effect for the 2015/2016 academic year, but

would not be fully implemented until the 2018/2019 academic year," Docherty said.

Docherty said Mount Royal will decide whether to go through with the proposals or not by July 1, 2015.

Market modifier proposals were due on Oct. 15, 2014. A couple of weeks prior to the deadline, Mount Royal University (MRU) held a "consultation" session where students could voice their opinion. In the consultation students were more or less told the modifiers would go through, instead of considering their position. Amidst student protests, proposals were still put forward.

The day proposals were due, students from across the province went to Edmonton, where they addressed the minister of innovation and advanced education Don Scott at the doorstep of the Legislature, to protest. A bus-load of 25 MRU students attended.

If implemented, the modifiers will be grandfathered into the program starting next year. This means that the only people affected will be those who begin their education in the fall of 2015. Those already enrolled do not need to fear changes, although

many students still strongly disagree with the proposals.

Steve Kunz, first-year business student, says that Mount Royal isn't as established as other post-secondary institutions, such as the University of Calgary (U of C) and the University of Alberta (U of A), and therefore shouldn't be asking for the same rate of tuition.

"It's only been a university for about six years, which is way less time than other universities, such as the U of C," he said.

"Mount Royal should instead be focusing more on developing itself as a university. People specifically chose this institution," he said. "They chose it because they wanted to be here. To introduce the market modifiers now would betray those who looked at other institutions and decided this would be the best fit and now their changing it. In terms of those applying, I can see how this is going to significantly reduce applicants."

According to Docherty, the reason they put forward the proposals was to add value to each degree. "When comparing these programs to similar programs at other public institutions, Mount

Royal's tuition was lower, and often considerably lower. Offering degrees at reduced tuition as compared with similar degrees around the province undervalues the quality of our degrees."

However, in the consultation meeting last year, Kathy Shailer, provost of Mount Royal University, admitted that education is underfunded, and it was the only option the government offered Mount Royal for funding.

Those who raised concerns at the consultation asked, "How can you put a price on education?" and "How can you determine the 'value' of learning?"

These questions were exactly the concerns of the Student Executives, who have organized letter campaigns and even the protest to the Legislature in Edmonton.

SAMRU President, Erik Queenan, said in a previous interview with *The Reflector* that "If [students] come to university and they get that far financially, then they should have free reign of all the programs and all the opportunities that are offered here."

"These proposals, if they go through, will limit a student's ability to do so."

Docherty said, "The Ministry invited all public post-secondary institutions in Alberta to submit a maximum of three proposals for market modification adjustments to tuition. The proposals were intended to enable institutions to correct discrepancies between current tuition fees and tuition for similar programs at other public institutions."

This would make those in the nursing degree pay the highest tuition in Alberta.

Kira Gerhardt, third-year nurs-

## briefs

### Charlie:

The two gunmen associated with the shooting of Charlie Hebdo have been shot, according to the BBC. The gunmen had been holding hostages in a building in Dammartin-en-Goele, Paris. The said terrorists exited the building and fired at police officers, leaving two injured. Both gunmen, said to have been brothers, were killed in the exchange.

### Shell:

Shell Canada has cut 200 jobs in oil sands operations to compensate for the multibillion-dollar drop in revenue. This has been the result of crude prices hitting a low of \$50 per barrel. Oil and gas companies don't expect the market to stabilize until mid-way through 2015.

ing student, says that while the nursing program is awesome, how much more money it could cost isn't worth it.

"People chose this school for its lower tuition while having smaller class sizes," she said.

"I wouldn't mind shelling out a little more money for the nursing program since it's so great, but if it's offering the same program as the U of C then the price for the course shouldn't be higher than that institution."

Another "consultation" will take place in the coming months, where students will have another opportunity to voice concerns. However, if it's anything like the last one it may feel more like a platform for students to complain rather than a discussion where their perspective will be considered.

A date has not been set for the consultation, but students should expect something to be arranged in the next couple of months.



# Admin sets fee deadline too soon

*Students feel disadvantaged registering for courses early and paying well before they begin*

**Dayla Brown**  
News Editor

When it comes to signing up for classes, sometimes it's easy to realize that a wrong decision has been made. Unfortunately, withdrawing from classes also means withdrawing from any hope you'll get a full refund.

Mount Royal's fee deadline for the winter semester is set at Dec. 1, well before the semester begins. When you pay your fees, a transaction percentage is taken by a third-party (usually PayPal). This percentage you do not get back.

Duane Anderson, Vice-President of Administrative Services, says that the administration sets the deadline, and that it's determined to, "maximize the enrollment levels in all of our program and course offerings and to attempt to ensure all students who want to enroll in any course at Mount Royal get the option to do so."

At the University of Calgary (U of C), students don't have to pay fees until Jan. 23, allowing them to attend classes first to see if they like them. This way they only end up paying for the classes they want to take. Mount Royal fees are due much earlier, meaning that students pay for classes they don't even know they'll like and won't receive a full payment return if they drop out.

If it isn't bad enough, Mount Royal students only have a short period of time in order to get all of their money back, which appears as a "W", for withdraw, on their transcript.

Anderson said that the current deadline ensures that all seats are filled, which may not happen if

students are able to pay at a later date.

"A later fee deadline, after the course begins, could potentially result in students becoming de-registered for non-payment at a point at which it would be too late for other interested students to add the course, and the seat would remain unnecessarily empty."

Unfortunately, this process has made it hard on students like Nathan Lawley, first-year student in English. He said he receives student loans so the withdraw is automatic and he doesn't have to think much of it. However, pulling out of a class has messed up his loans.

"If I had that extra time I could've gotten the class I wanted. Now instead I have to visit student and financial aid to figure everything out."

Catalina Bricen, third-year journalism student, said that it's also very stressful having to deal with student fees in the middle of exams.

"We're already burdened by final exams and then we have to worry about paying fees. If we don't pay then we're dropped out of those classes."

Bricen says that if Mount Royal employed what the U of C does in terms of paying fees later, it could potentially heed more positive results.

"Students who take classes they actually want care more. They have higher success rates."



**"Je Suis Charlie" resonated worldwide following the Jan. 7 shooting of Paris satirical newspaper, Charlie Hebdo. The paper was attacked based on alleged anti-Islamic content. 12 people were killed, including editor Stéphane Charbonnier.**

Illustration:  
Jesse Beaudin

## Designated smoking areas disappear

*What happened to the smoke pit between T and O Wing?*

**Jonathan Lazo**  
Contributor

Six years ago, the Province of Alberta introduced the Tobacco Reduction Act, which limited the ability to display tobacco products, establishing a five-metre distance from windows and doorways.

Five designated smoking areas were created on campus, put in place through the Students' Association, to comply with the new bylaws.

One of these smoke pits was located between the T and O wing. This smoke pit was created in a place that was accessible to students and close to two doors. However, many non-smokers had to walk past the pit to get to their classes.

Duane Schaffer, Coordinator of Occupational Health and Safety, recalls the difficulty in finding the appropriate balance with smoker and non-smoker accommodation.

"Where can we have these (smoking pits) for the students that are accessible, but are also

out of the way?" he asks, adding that they didn't want to isolate smokers or inconvenience them. According to Schaffer, they're looking for that balance while also keeping the rest of the student population away from second-hand smoke, especially those under the age of 18.

The smoking pit between T wing and O wing had to be shut down. Schaffer recalls students receiving second hand exposure while walking through the vicinity.

"As per the city of Calgary Bylaws it was too close to people."

He later added that Mount Royals campus also has minors that frequently visit, whether it be for child care, music classes or sports. "...which means no, you cannot have an area exposing people, it had to be closed down." Ryan Kendall-Bancroft, third-year history student, believes that having these smoking areas allows himself and other smokers to have an area to socialize and "help keep the campus clean."

In his opinion there are not

enough heaters in the area. This poses issues for students that need a puff but can't stay warm during the winter.

"And there's no smoke pit around EB," Bancroft says, "Students have to walk across campus just to get a smoke. Most students end up just sneaking it."

Security Services at Mount Royal currently offer a verbal warning for students caught smoking outside designated areas. If a second offense is committed, students will have to reconcile with the Office of Student Conduct where further disciplinary action will take place.

No changes are to be set, although there is an increasing pressure to be a smoke-free campus. According to the Wellness Centre, a few years ago funding had been cut to a program to help students quit smoking. There hasn't been a new implementation of the program, however, students are encouraged to quit smoking and seek counseling if necessary.



## REFLECTORIAL

## On opportunity

A brand new year has begun. Now you can finally start all of the things that you have wanted to and change the things that you don't. Our advice to you, for this brand new year, isn't to lose 20 pounds with a new diet or exercise plan, to earn big bucks with a well-crafted get-rich-quick scheme and it's not even to find the love of your life on tinder date #59. Our advice to you for this year, keep your eyes open for opportunities. One of the worst kind of wastes is that of a missed opportunity.

One New Year's Eve, Charlie Brown missed the opportunity of his little lifetime when the little Red-Haired Girl came to Peppermint Patty's New Years' Eve party. Charlie Brown had worked up the courage to ask her to come. Chuck didn't think she would but she did. In the meantime, he missed the chance to dance with her at the stroke of midnight because he wondered outside to read the novel "War and Peace" for a book report and then fell asleep.

Everyone's heart aches when they see to look on Charlie Brown's face when he is told that the little Red-Haired Girl had just left. It's the epitome of missed opportunity and is universally recognized as one of the worst feelings ever.

But that's the key to a happy new year. Keep your heart and head open to new ideas, new experiences and new people. All of these things are new opportunities that can carry you to where it is that you are going (or maybe, they will take you to the place you were meant to be but didn't know about). Sure, strive for health, wealth and love – those things are good ambitions. But don't frame those things in a negative way. See them as positive opportunity instead of dreary must-dos.

A new year does mean a lot of new opportunities so just challenge yourself this year and don't say no to some new things, don't avoid others, don't fall into routine. But most of all, don't forget that opportunities are all around you. It's almost worse when there is an opportunity around and instead of just saying no to it you actually don't see it at all.

Your year awaits. Make it your own. You'll look back at this time next year and see how far you have come. But don't forget that each month is a new start, as is each week and even each day.

— The Reflector Staff

Comments? Visit [thereflector.ca](http://thereflector.ca) or in person at our office in the basement of Wyckham House.

Nicki Minaj, who is known for her possibly fake, possibly perfectly squatted ass, is back with a new record.

Pg 12

## #MRU TWITTERSPHERE

**@CP\_stylebook:** It's been confirmed that in one of my non-journalism classes there will be a group project. Send help. #MRU #yyc #LoneWolf

**@Hassiat:** Watching so many Korean shows finally paid off when I got a Korean prof with a heavy accent. #WIN #mru

**@MollyJoelle:** My psychology professor said there was no essays in his class and I've never been this excited for a class #mru

**@dbuniv:** That feel when you pick the fast line at Tims. #MRU

**@yycPop:** The @Apega\_AB supported Cretaceous Sea exhibit at #mru is awesome! Great improvement in atmosphere in that hall!

**@nathlawl:** Didn't I just leave this place? #mru #backtoschool

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on Facebook, or on Twitter  
or Instagram @ReflectThis

## What do you hope to achieve in the new year?

"To better myself."  
— Jackie LeBlanc  
Education



"Market my book better."  
— Jessica Brady  
Journalism



"Get a job."  
— Farhan Abid  
Accounting



"Try to gain more muscle."  
— Inderjit Mutti  
Accounting



## THE REFLECTOR

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**Annie:** Promotional

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## The failure of New Year's resolutions

*Not to worry – this year can actually be different*

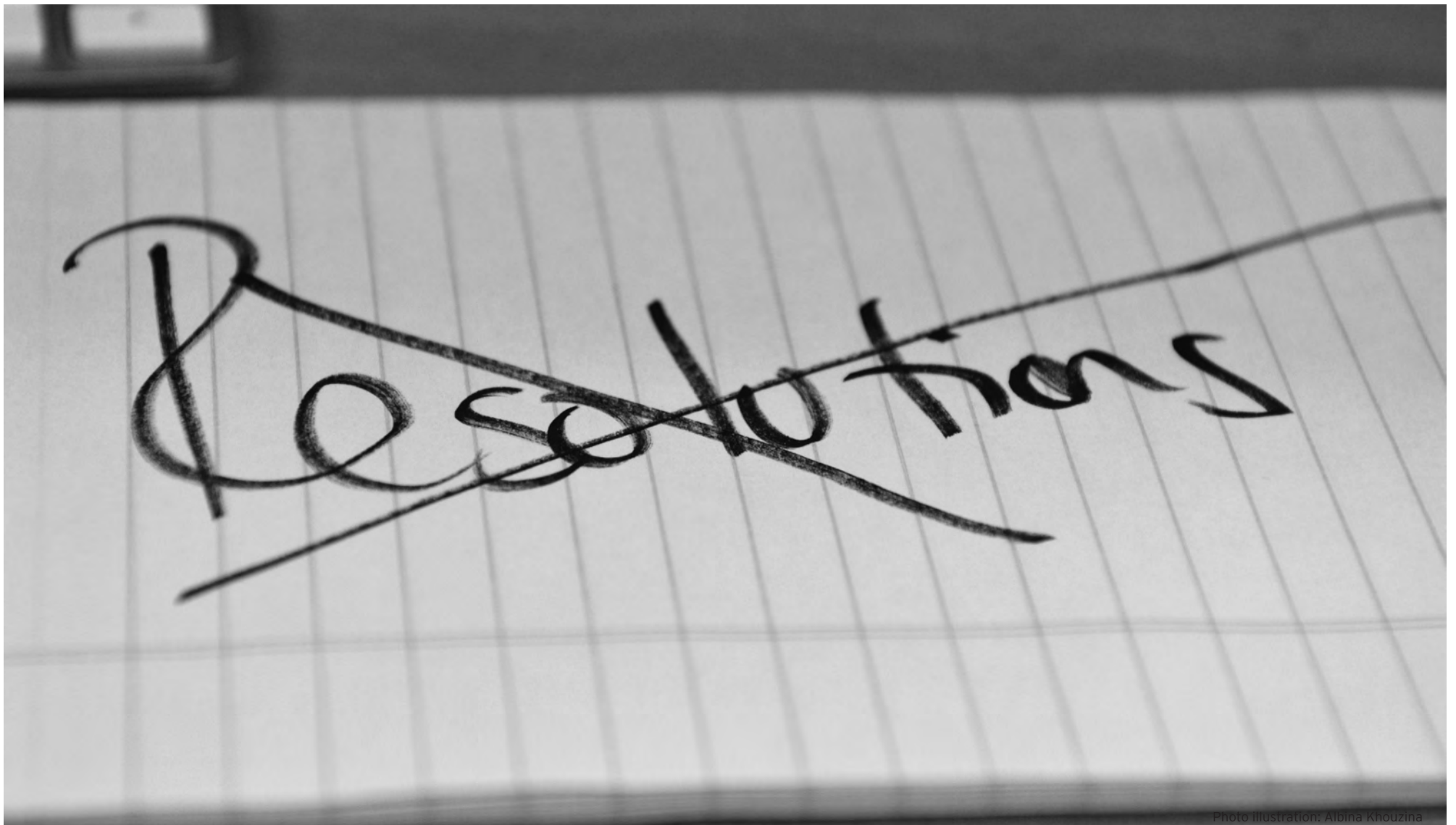


Photo illustration: Albina Khouzina

**The start of a new year means only one thing – resolutions. These lofty goals are often quickly forgotten. Set realistic goals to make 2015 your best year yet!**

### Masha Scheele

Staff Writer

It's the start of a new year, the time when people across the country are making promises to themselves in order to make this year the best one yet. It may be that you want to quit smoking, or finally get those killer abs you've been dreaming of or go on the raw, vegan and no-fat diet that is sure to fix everything.

But do you remember a time when you decided to change your style, dye your hair bright blue and get a tattoo sleeve before the year was over. How did that work out for you?

A lot of New Year's resolutions are scrapped within mere weeks of January. One reason could be that your promises were made after too many glasses of bubbly in the wee hours of the new year. Or maybe it has something to do with that giddy ambitious "new

beginning" feeling that makes us set impossible-to-reach goals for ourselves.

If our goals were achievable, wouldn't we have started or completed them already? So why do we need the new year to be a reason to change who we are?

Many of the popular New Year's resolutions are related to weight loss or just being healthier which can be a great thing if you're able to stick to it. But even if you don't, it's always good for gyms trying to sell memberships.

At a local gym in Airdrie, administrator Stephanie Morris says, that they sell at least 50 more memberships in January than any other month.

Typically people are determined to complete their fitness resolutions when the thought of 'a new start' is there to motivate them. But after the sparkling new outlook on life that comes with the new year has worn off, the gyms clear out slowly and the weights are left untouched until

the following January.

"Out of the New Year's resolutions that come to the gym in January, approximately only 5% of them stay the entire year and come consistently to the gym. It's not a high percentage," says Morris.

These New Year's resolutions people have promised themselves big time commitments and unrealistic goals, which is something people don't always like to think about. After going hard at the gym for a week without any results it can get a little discouraging. The doughnuts start to look more appealing every day.

So how do you make New Year's resolutions and keep them? Balance and moderation is essential.

"I think that people should focus less on setting goals for New Year's and focus more on setting realistic goals with realistic time frames," says Morris.

Thinking about how demanding goals are to reach, and plan-

ning ahead to see how those demands fit into your daily life is very helpful. The goal you have set may not be impossible to reach if you focus on smaller accomplishments to keep encouraging you.

In other words, plan according to the process and not just based on the outcome.

"People quit so quickly from the gym because they expect immediate results when really the goal should be to have consistency, and focus more on how well you're doing instead of how far you want to go," says Morris.

Giving yourself enough time to reach goals, and not relying on the new year to motivate you should at least get you a little farther towards your goals.

As well, another aspect of manageable resolutions is those that are framed in a positive light as opposed to negativity. If you slip up once, and your goal is framed in negativity in terms of looking down on yourself for making a

mistake, you won't be willing to continue on because you'll expect that you are going to disappoint yourself.

Reimagine your goals: instead of worrying about instant success, and getting upset or angry with yourself because you haven't lost 20 pounds in 2 weeks, give yourself praise for the small victories, like the fact that you even got up that day to go for a run, or that you opted for salad instead of fries (when you really wanted fries).

Spontaneous New Year's resolutions will most likely be forgotten about within a month or two. And the "Happy New Year, I'm cutting out bacon forever" will not stick.

This year, make a plan to reach realistic goals. Or else you will get to enjoy a fun few months of your friends being fed up and rolling their eyes whenever you see the chance to bring up your New Year's resolution.



# Ring in the new year with a new phone

2015: the year to buy inexpensive, unlocked smartphones

**Logan Krupa**  
Tech Columnist

The large majority of smartphones sold in Canada are subsidized by wireless providers in exchange for two year contracts, and they are sold “locked,” which only allows those smartphones to function with that same provider. But, purchasing an unlocked, unsubsidized smartphone often results in sticker-shock. New models can potentially sell from \$700 and up. If you wish to avoid contracts and you still desire a phone with great performance, 2015 could be

the year for you. Here are a few upcoming Android smartphones that should be a great value. All prices stated are for unlocked, unsubsidized phones.

**Blu Studio Energy: Incredible Battery Life**  
Price: \$179 USD  
Expected release date: End of January

Do you find yourself charging your smartphone every day? I think most of us have to deal with this. Blu is a low cost phone manufacturer from the US that is trying to change that. The Blu Studio Energy has an incredible

5,000 mAh battery, by far the biggest I’ve heard of in a five-inch smartphone. Blu claims the Studio Energy can last for up to four days of standard usage. However, with every pro there is a con. In this model, it’s that the phone lacks in the specs department. With only a 720p screen, 8GB of storage and 1GB of RAM, there are better options on the market. It all depends on whether you prefer battery life more than raw power. If that is the case, this phone might be the one for you!

**HTC Desire 826: Brighter, Better Selfies**  
Price: Currently Unknown  
Expected release date: End of January

The price of the HTC Desire 826 was not announced at the Consumer Electronics Show in Las Vegas, however the smartphone should be a good value, as HTC has touted it as being an “entry-level” model. What makes the Desire 826 intriguing is that HTC is using the company’s Ultra Pixel technology in the front facing camera. Ultra Pixel cameras from HTC generally perform well in low-light, so the Desire 826 is expected to be great for selfies. The rear camera on the phone is pretty good too, with a 13-megapixel camera. All the specs on the Desire 826 seem good, with a 5.5-inch 1080p screen, 2GB of RAM and 16GB of storage.

**Asus ZenFone 2: Great Specs for a Small Price**  
Price: \$199 USD  
Expected Release: April - June

Asus is a brand better known for computers, but the company is turning heads with the latest ZenFone model. The base model ZenFone 2 will feature a 64-bit Intel processor, a full high-definition Gorilla Glass 3 display and fast-charging technology, along with 2GB of RAM and 16GB storage. Models are configurable with up to 4GB of RAM, and 64GB of storage space for an increased price. What does all that mean in practical terms? The Zen Fone 2 should prove to be a durable and fast phone that will be a solid value.



Photo courtesy: Facebook  
**This year will feature new releases from HTC and Asus that will take smart phones to a whole new level.**

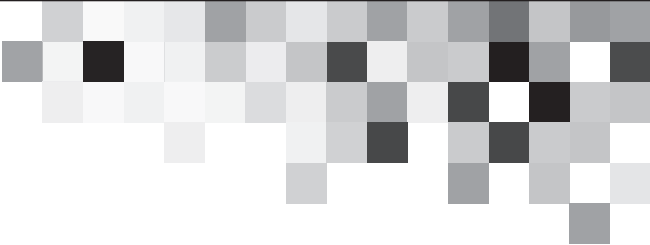
## Challenge yourself every day!

*Don't wait until the new year to make improvements; make every day your motivation*

**Maria Carbajal**  
Faith Columnist

Ring in the New Year is all about new beginnings and allowing yourself a fresh start. Not only is it a brand new semester in school, which may allow you time to make changes in your studies or social life, but it is also the time of year that people start talking about resolutions. New Year's Resolutions have some controversy to them. Countless people have said that if you want to do something badly enough, you don't need to wait until the new year to get started on it. While that is true, this time of year just brings out a feeling of motivation to make important changes in your life. That's what resolutions are really about — changes. Some changes are pretty simple. One of my New Year's resolutions was to make my bed every day. So far, I have done pretty well at that one because it really does not require much effort. Other changes in our lives require a lot more motivation, like hitting the gym every day, or improving your GPA. Big changes like the aforementioned require strength, perseverance, and determination, which interestingly enough, are some of the synonyms of “resolution” on dictionary.com! These qualities

are internal. If you want a change it means that it will have to come from within you. You need to want it badly enough that you will be strong and determined and persevere through even the most challenging situations. As students, we are faced with many challenges, and so my wish for all of you this semester is to have the perseverance to make it through the challenging situations that arise and that you have the strength and determination to achieve your goals and make the changes that you want in your life. Once again, you don't need to wait until New Year's Day to start on these changes. Challenge yourself to find changes that you want to make in your life regularly throughout the year. I hope that 2015 brings you many good things and joyous experiences, but most importantly, I hope that you work hard to achieve what you want. As overly quoted as it may be, remember Mahatma Ghandi's words, “Be the change you wish you see in the world.” It certainly is a great big world out there, but you are such a huge part of that world, and in order for the world to be better, we must better ourselves first. God Bless you this year, and welcome back!



# NI\_BLE

Where does your mind take you?


**B**

Sounds like you could use a little snack. Best not make decisions about university on an empty stomach.

**M**

Yes, agility is essential in today's business world. Since you're already thinking this way, you'd be perfect for our School of Business.

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School of Business.**  
Learn more at [royalroads.ca/business](http://royalroads.ca/business)



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UNIVERSITY**

# The F-word

When should 'friends' cross that boundary?

Caitlin Clow  
Sex Columnist

There is something truly magical about sleeping with that special someone, but what if that special someone is your best friend? Is it still a scene out of a Disney movie, or does it lead to a messy, complicated plot twist in your friendship?

The pros of boinking your buddy is that you are typically already comfortable with this person and conversation is easy, so the sex could be out of this world. I mean, you two already have enough chemistry to spend endless hours together watching movies, or hanging out at the local pub talking politics and hypotheticals over a cheap brew.

At the same time, this amazing sex can ultimately complicate your simple buddy realm. You are, after all, showing your pal all your bits and pieces and making yourself extremely vulnerable.

There are pros and cons, including the blurring of that clean (and easy) line of friendship and creating something a little more complicated. You may also experience feelings of jealousy when your friend is chatting up another hottie with a body: this may catch you by surprise because you perhaps were the ultimate wingman to this person beforehand.

You may also realize that your friendly feelings have undergone some reno's and have transformed into a true infatuation. Maybe that connection you had as friends was actually the early signs of falling in love, and the flood of endorphins you experienced during your tumble has created butterflies...no, Mothras, in your stomach.

Now you can't even look at your bud without picturing your future together. On the other hand, you may find yourself thinking you don't ever want to see this person again.

We don't want that. Getting friend-dumped sucks especially if it's with your bestie.

The best way to avoid any hurt feelings and confusion is to be up front with your mate. Lay down some ground rules before you hit the sack. Of course, if your hook-up occurs at the bottom of a bottle of Fireball, this conversation may not take place, so it is equally important to have a post-

coitus debrief.

Establish the foundation of your relationship. Is it simply a merging of flesh and fluids, or does it also include some feelings? If there are feelings involved, by either you or your boo, ask your partner what they want from it — is there something they're searching for in you (other than a happy ending)? Clear this up and it will help you make a more educated choice when contemplating crossing over that friend-zone.

You care about this person and it may be tough to move forward without these reoccurring feelings. Yet sometimes, if you're lucky, you may have found the best fuck buddy of your life.

Maybe even your soul mate.

So the question remains: is it worth it to cross that line between friends and lovers? It's up to you! Weigh the pros and cons depending on your situation with your buddy, but as long as you stay open and honest with your pal you can figure it out.

And here's my final tip: to avoid any uncomfortable feelings, you should probably hang out as soon as possible doing something the two of you would normally do, hit the pool hall, rent that B-rated horror flick, or go for a jog. Whatever your thing was, do it and it will show you and your buddy that you are still fully capable of being friends, at least for now.



Proceed with caution when jumping in bed with your bestie. Find out the pros and cons of taking that relationship to the next level.

Ready for your first career? We found it.

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OF COURSE

MY FOLLOWERS THINK SO

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AND YOU'RE AT THE TOP OF THE CLASS

AND WE HAVE JOBS FOR PEOPLE JUST LIKE YOU

GO FROM MANAGING YOUR ONLINE FRIENDS to managing a top brand

#YOLO!

Hello successful career!

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Find us at the Wyckham House Student Centre on January 22<sup>nd</sup>



# Let 2015 be a year of beauty risks

*Step outside your comfort zone with trendy tips and tricks that were once considered fashion faux pas*

**Kate Holowaty**

Contributor

With 2015 kicking off and everyone and their mom posting awe-inspiring New Year's resolutions across all social media outlets, a thought suddenly came to me. This year I want to take more risks.

And no, I am not going to be jumping out of any airplanes or shaving half my head anytime soon. I am talking about taking some beauty risks and stepping ever so slightly outside of this

beauty "box" that us girls have found ourselves stuck in.

Twenty-something girls are playing it too safe when it comes to their makeup, after all, this is our time! We are never going to be this young and hot again. Our eyes will never be this sparkly or our skin this clear and unwrinkled, so why not embrace our youth and have some fun with our beauty routine? We all love perfectly applied black winged eyeliner as much as the next person but ladies it's time to break the student beauty mold and reinvent in the New Year. Here is a

list of Top 5 beauty risks and tips to incorporate into your 2015 beauty regimen.

## Go big on eyes and lips

We've been told our whole lives "If you do a dark smoky eye do a nude lip" or "if you want to do a bright lip go simple on the eye makeup" but this rule needs updating. Sure, maybe for school an intricate cut crease on the eye with false lashes and MAC's Russian Red lips might not be the most appropriate look but if it's

a special occasion go for it. Try doing a more neutral toned but still glamorous smoky eye with natural falsies like the Ardell 110 Demi Blacks, which can be purchased at Wal-Mart and a hint of satin shimmer eye shadow like Stila Grace that can be purchased at Sephora, and then a more matte but still bright color on the lips such as the Nars Velvet Matte Lip Pencil in Cruella. As with any makeup look, the separation between the amateurs and the pros is all in the application process so check out some YouTube tutorials to perfect this look.

## Wear coloured eyeliner

If you're more of a Hilary Duff than a Lindsay Lohan when it comes to beauty risks than this is for you. Switching up your plain black eyeliner for something with a little more depth and visual interest is an easy way to amp up your daily look. Look for dark shades that complement your eye colour. My personal favourites are ELF Essential Liquid Liner in Midnight, and Urban Decay 24/7 Glide on Liner in Rockstar, which can be purchased at Sephora. Stila Stay All Day Waterproof Eyeliner in Teal, also found at Sephora, is beautiful too. Another cool way to incorporate this look is to use brighter eyeliner and do a thicker wing and then go over it super close to the lash line with your preferred black eyeliner mimicking the wing shape. MAC just released amazing Technakohl eyeliners, \$16 off their website, in attention grabbing shades that will be perfect for this technique.

## Get bangs

I admit I am guilty of being that girl humming and hawing about how bangs look so good on other people but don't think that I could personally pull them off, but life's too short to play your hair game safe. We are blessed to live in a climate where it is socially acceptable to wear a toque

or some type of headwear at all times so if it turns out your new fringe is looking more scary than savvy just cover that head up until it grows out. If you want to visualize some styles take a look at Lauren Conrad's hair for side bang options and ideas. She is a hair goddess.

## Learn how to contour

This tip might conjure up some visually confusing mental images; pictures of girls with dark brown and white stripes all over their faces who seem to, as if by magic transform their bone structure in an admirable yet daunting fashion. But contouring can be a great skill to incorporate into your makeup routine and can be relatively easy to master if you have the right tools. Tips: Buy a beauty sponge, watch a tutorial, start with powder products and then work up to cream based application.

## Step up your eyebrow game

Ladies step away from the mirror and put the tweezers down. Brows are arguably the most influential facial feature and therefore should not be neglected. If you've over plucked it is still essential to go get your eyebrows threaded and shaped so they're symmetrical and the base shape is easy to fill in. Threading is not only very inexpensive but it is better for the skin because it doesn't pull at the delicate eye area. Don't overdo it with filling them in and drawing them on, keep the brows solid but still natural with pencil first and then applying powder after with an angle brush.

There you have it, girls. Spice things up this year and step outside of your box. We are only in our twenties once, so let's take advantage of what we have to flaunt!

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Photo courtesy: Facebook

**New year, new look! Start off with your makeup, learn the tips and tricks for the perfect look and make sure your look is always on fleek.**



## 2015's most anticipated music

*Lucky for you, this year sounds pretty good*

**Kari Pedersen**  
Arts Editor

A new year means new music. This year many of our favourite classic musicians are releasing their next albums and excitement is high. With everything from pop, rap, r&b to indie-rock, *The Reflector* has compiled a list to get you ready and anticipating the best albums of the year.

### 10. Fall Out Boy

After the successful 2013 hiatus-breaking album *Save Rock and Roll*, punk-pop quartet Fall Out Boy is back on Jan. 20 with *American Beauty/American Psycho*. The band has always had quite the teen following and this album will likely be no different, with front-man Patrick Stump tweeting “some people will love it, some people will hate it. The four of us like it a lot so we’re happy.”



### 9. Ellie Goulding

The British pop queen is expected to release her third studio album this year. With nothing coming out of Goulding since 2012's *Halcyon*, single “Love me Like you do” for the 50 shades of

Grey soundtrack, has fans anticipating some new ethereal dance beats.



### 8. Rihanna

While the new album, possibly titled R8, has yet to be confirmed, several social media signs are pointing to a new Rihanna album this year. It has been almost two years since her last release, and for a pop-star that has released seven albums in seven years, people are getting pretty anxious to hear what the R&B princess has up her sleeve.



### 7. Adele

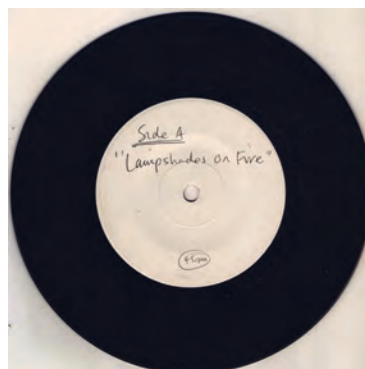
What should we expect from the angelic songstress, who's heart-breaking love songs have helped so many through their

rough relationship matters. Well, the now married Adele may show us a softer side with her upcoming record currently untitled. We can be sure however, that her vocals that amazed us on her past two records will be back to please once again.



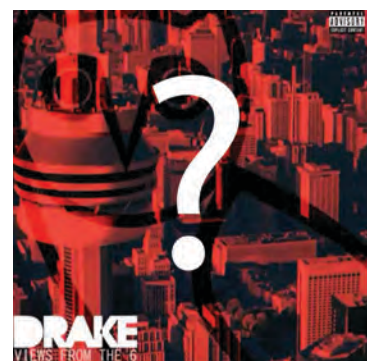
### 6. Modest Mouse

It has been seven years since new music has come out of Modest Mouse. But with scattered tour dates and festival appearances over the past year, expectations of a new record are hot on the lips of indie-rock fans everywhere. The new song “Lampshades on Fire”, released last year started the rumors of a new album, and with a new single set to be released March 3, it doesn't appear the group is slowing down.



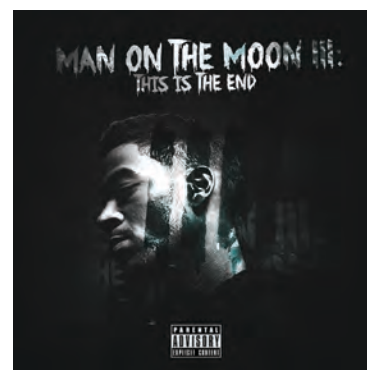
### 5. Drake

*Views from the 6*, the fourth album from the Canadian rapper is expected early this year. The follow-up from his 2013 record, will be more of the same from Drake, catchy beats and unique rhymes will not be left behind.



### 4. Kid Cudi

The rapper is about to release his fifth record, *Man on the Moon 3*. With the first two *Man on the Moon* records being wildly successful, Cudi has teased fans with excitement surrounding the new record, saying that his past release, *Satellite flight: journey to mother moon*, was a prelude to *Man on the Moon 3*.



### 3. Gwen Stefani/No Doubt

With the addition of Gwen to *The Voice* and the release of her new song “Baby don't lie,” Stefani has been everywhere. Working with fellow *The Voice* coach Pharrell for production of her third solo record, Stefani is likely to release an album similar to her first solo album *Love.Angel.Music.Baby*.



### 2. Kanye West

A lot has happened for West in the past few years, a marriage to Kim Kardashian, a baby with Kim Kardashian, an obsession with... Kim Kardashian... Okay, so a lot of things surrounding Kim Kardashian have happened for West. But with the follow up for Yeezus on the way, the unapologetic and sometimes genius music of West is sure to hit the radio-waves again, let's just wait and see who is offended by his lyrics this year.



### 1. Madonna

Madge is about to release her 13 studio album, and if you aren't excited there is something seriously wrong with you. Love her or hate her, the woman is a staple in pop culture, and her new music will be playing in your car, the bars and in your head. If early leaks are telling us anything, *Rebel Heart* is going to be one of Madonna's best albums yet.



So get ready to dance your heart out, in your underwear, while you procrastinate from the stress of school. I know I will.

## OUT'N ABOUT

### Music:

Mount Royal Conservatory and Bella Hall open house takes place on Jan. 24 from 1 to 4 pm. This will be the first look at the brand new conservatory on Mount Royal campus, which will feature some live music to showcase the new building.

### Theatre:

*Transgender Seeking* is a comedic look at LGBTQ+ relationships as well as online dating; this play is a chance to reinvent mainstream relationship ideals. The play is on Jan. 17. For ticket information visit [brownpapertickets.com](http://brownpapertickets.com)

### Music:

*Symphonic Pink Floyd's The Wall* and *Dark Side of the Moon* takes place at the Jack Singer concert hall on Jan. 28 and is a new Pink Floyd experience for old and new fans to enjoy. Check [cpo-live.com](http://cpo-live.com) for ticket information

### Festival:

Calgary's first Ice Festival gala is taking place at Symons Valley Ranch on Jan. 16. The event, which runs until Feb. 9 shows off ice art created by local Calgary artists and makes room for some winter activities. Be sure to check out this free event.



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Photo: Albina Khouzina

Walk through the second floor of the O wing to see the works of Chris Cran on display. The Calgary based painter has been reviewed by many, including the *New York Times*.

## Q & Arts: Chris Cran

*Calgary-based painter concerns himself with illusion in his works*

### Kari Pedersen

Arts Editor

Chris Cran, a Calgary based painter who has had his work reviewed by many around North America including the *New York Times*, focuses his work on perceptions and illusion. But as a sectional instructor at ACAD, he wants people to see art as a journey of self-discovery. An opportunity for people to think and feel in their own ways.

**The Reflector:** Your pieces often have interesting visual tricks or components to them. What is it about this concept that you feel catches the eye of a viewer?

**Chris Cran:** I remember, in my young days as an artist, someone saying that the mind cannot entertain two things at the same time. My response to this was to present two, or several things which cause the mind to travel and which, in the apprehension of those particular “things”, enjoys the travelling. Examples of two things — an image and the particular way it is made — the juxtaposition of two elements — an image and a title — an image and a framing device. Any number of possibilities.

**TR:** There are some similarities of your work to pop art. What artists have inspired your work, and if not who, then what has inspired your work?

**CC:** When I was 15 or 16 I heard “Highway 61” by Bob

Dylan and it was a revelation. The surreal, casual, sassy language seemed so familiar. I began painting when I was 19 and I was most fascinated by Picasso, Matisse, Beckmann, David Milne, Vermeer. Later, artists like Warhol, Richter, Agnes Martin. My interest in some artists faded and others rose to the surface. Some have potentially stayed with me such as Roy Lichtenstein, Matisse, Philip Guston, Raoul Dufy, Fernand Leger, Juan Gris, Cezanne and locally Ron Moppett and John Will. I am absolutely interested in individual works of art that surprise me when I happen upon them, whether I know of the artist or not. I saw a Walter Sickert painting from the mid 1930’s in the Beaverbrook Art Gallery selection at the Glenbow Museum last year that prefigured pop painting by twenty years. Several days ago, at the Hamilton Art Gallery, I saw a Charles Comfort painting from 1929 that did the same thing. Roaul Dufy was misregistering colour and line forty years before Warhol.

**TR:** You have said in the past that you like to leave room for interpretation in your work, not a definite message. How do you think that changes the way viewers look at your pieces?

**CC:** Something I learned specifically from Cezanne — do half the work. Let the viewer finish the work. In the case of Cezanne, he gave brushstrokes, some form, and precise colour, which translate into light and temperature. The viewer follows those

few suggestions and supplies the space in the work.

**TR:** What upcoming art and culture projects in Calgary are you most excited for?

**CC:** Contemporary Calgary, National Music Centre and C-Space

**TR:** Why do you think the art and culture scene is so important for university students to be a part of?

**CC:** Art is about pleasure, feeling, thinking, discovery, self-discovery, sometimes all in a moment. It is useful to help increase attention spans. If it is not, then it is not. The art scene is a community and there is plenty of exchange there.

**TR:** What is your advice for university students?

**CC:** Learning is not about what one is taught, it is about what one learns. Who is responsible for that learning? The learner. Get excited. If you cannot get excited, there might be a job waiting for you at 7/11.

If you are interested in seeing one of Cran’s pieces, check out the hallway in second floor T wing outside of the O wing, Mount Royal happens to have a big one on display.

## Annie: The little orphan is back, with a twist

*A reimagined classic story makes the perfect cheesy-night-out*

### Kari Pedersen

Arts Editor

When I’m stuck with a day, that’s grey, and lonely, I just stick out my chin, and grin, and say ... that this movie was amazing. Going into a film like this, expectations are high, especially if you are a lover of that angelic red head who stole our hearts all those years ago. But thank goodness that Will and Jaida Smith, who produced the masterpiece, didn’t disappoint.

The differences between the classic Annie and this modern day twist go much further than what meets the eye: it more than just Annie not having red hair and instead being a gorgeous, Oscar nominated, African-American actress named Quvenzhané Wallis. Daddy Warbucks is named Will Stacks instead, is the owner of a mobile phone company and mayoral candidate played by Jamie Foxx.

The premise of the show remains the same, a little orphan steals the heart of the richest man in New York City, but the songs, dances and references are all very 2015.

Early in the movie, the classic rough orphan song “Hard-Knock life” will have you dancing in

your seat, and if not, you’re boring. The orphans (or should I say foster kids, as the new Annie often reminds us) create quite the beautiful all-girl singing group sometimes accompanied by the always drunk Miss Hannigan, played by Cameron Diaz.

Without giving away too much, this movie has everything. A high-tech home owned by Will Stacks that Annie turns into her playground, an adorable dog that becomes Annie’s sidekick and the heartfelt journey of a young girl in search of her parents — the whole experience will tug at your heartstrings.

Although the film may seem a little childish, it will bring you back to your roots, and the things that the original Annie made us love about her. The movie also teaches important life lessons like don’t spit food on homeless men while you are running for Mayor, which may sound like an inside joke, but isn’t that all the more reason to go check out the movie?

Anyway, if you are looking for a way to pass the time, or just feel like seeing a movie that is easy to follow and leaves you feeling good, check out Annie. And remember, the sun will come out Tomorrow (unless it snows, again.)





# Noise 101



Indie rockers Royal Tusk graced the Gateway stage on Jan. 9. Devoted fans lined the front of the stage dancing, double-fisting pints and head banging along with the band.

## Royal Tusk share their energy with Calgary

*Packed performance proves that this band's tusks will only continue to grow*

**Ali Hardstaff**  
Staff Writer

The Gateway may be slight in size compared to other venues in the city, albeit an impeccable place to see live music, but with engaging stage presence rock band Royal Tusk did not disappoint this past Friday, Jan. 9. X92.9 Calgary's Alternative 2014 Xposure contest winners, A Day As Wolves, opened the night and proved they were a good choice.

From their performance, it seemed like the night could have been at its high, but it kept climbing. Royal Tusk's devoted fans lined the front of the stage, dancing, double fisting pints and head banging along with MacKinnon as the band performed their set, including popular radio singles "Shadow of Love" and "Smoke Rings" from their EP Mountain released in June of 2014.

Royal Tusk's second tour brought them here from Edmonton, with members, (all but one sporting magnificently grown facial hair) including lead singer and guitarist Daniel Carriere, bassist Sandy MacKinnon, guitarist J. Eygenraam, keyboardist Motorbike James and drummer Calen Stuckel.

Carriere and MacKinnon were

previously in the Edmonton rock band Ten Second Epic, but left after achieving three albums and two Juno nominations for this new project.

Those attending the show on Friday were apparently behind this new endeavor, being absorbed in the contagious, uninhibited energy coming from the stage.

Beyond the sparkly yellow drum-kit, multiple guitar swaps, chugs of red wine and orange juice from Carriere, the band got even closer than the already mere two arm lengths of distance from the crowd.

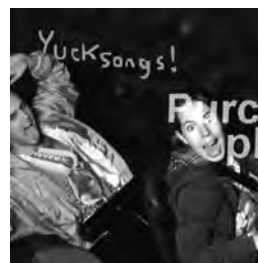
If all the fans surrounding the stage by the time the encore came

did not prove how enthralled they were with the group, taking one look at the two people falling over drunk on the front of the stage, mouthing every word, was enough to convince anyone.

MacKinnon put on his bandana after playing, which from their music videos and interviews showed he is rarely without (but probably cannot headbang as well with), and joined the other members who stuck around for some pints, which earned them some bonus points.



Photo courtesy: Facebook



### Terror Pigeon!

*Yucksongs! 2014:(*  
Self-released  
**Score: A**

Terror Pigeon is back! Just four months after the release of their second album, *LIVE IT UP BEFORE YOU DIE IT UP!*, Terror Pigeon returns with their signature too-cool-to-take-ourselves-seriously brand of heartfelt music that cuts straight to the heart.

*Yucksongs! 2014:(* opens with "Ghost Stories Over Girl's High School 1," a rich track about lost love. The breakout track, "The Internet," is an emotional track about long-distance relationships. Finally, the album ends

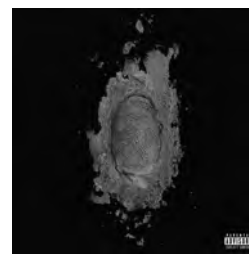
with "Willenium II (Do It!)," an upbeat-sounding track about live-or-die love.

Ultimately, Terror Pigeon's sound might be too unorthodox for many, but for those who can appreciate the intense emotion hidden within the hyperbolic "homemade" sound, *Yucksongs! 2014:(* is a real hidden gem.

— Beck Paterson

### Nicki Minaj

*The Pinkprint*  
Cash Money Records  
**Score: A-**



If lead track "Anaconda" didn't come across your news feed this past fall, then you clearly weren't paying attention to anything at all. Nikki Minaj, who is known for her possibly fake, possibly perfectly squatted ass, is back with another record.

Some of the big artists making appearances on the album, a follow-up to 2012's *Pink Friday: Roman Reloaded*, include Ariana Grande, Drake and Queen Bey.

Tracks like "I Lied" show off

Minaj's softer side, while "Only" featuring Drake and Lil Wayne gives you more of what you would expect from this bootylicious beauty, lyrics with a sharp tongue, and beats that will make you dance.

Basically, if you are looking for something to throw on to get you in the mood for a night out, try *The Pinkprint*. It might be just what you were hoping for.

— Kari Pedersen



### Mary Lambert

*Heart on My Sleeve*  
Capitol Records  
**Score: A+**

Lead single "Secrets" delves into some deeply-personal-but-still-relatable life stuff.

As an added bonus, *Heart on My Sleeve* boasts a completely unironic cover of Rick Springfield's "Jessie's Girl" that doesn't fuck around with gender pronouns.

If you need an album of powerful new lady jams, keep *Heart on My Sleeve* in mind.

— Michelle Vaniersel

You might know Mary Lambert as the chick who sang the girl part on Macklemore's "Same Love," but her vocal calibre shows she's capable of much more. The singer-songwriter and spoken word poet's first full-length album, *Heart on My Sleeve*, tells stories of body positivity and refreshingly unapologetic self-love.



## Group fitness classes can pack a serious punch

*Try a group workout class at MRU Rec*

**Kate Holowaty**  
Contributor

You are on a spinning bike and you hate your life. Your butt hurts, your arms are screaming, your legs are about two seconds from giving up. You wipe the sweat from your brow and look down, eyeing up your water bottle's condensation beads with a jealous thirst. You have drowned out your surroundings in your exhaustion and inner turmoil but then all of a sudden the music starts to trickle back in. You hear the sound of the instructor's voice urging you to keep going. You get your second wind and the endorphins start to kick in. You notice a girl spinning ahead of you as if she is in the final sprint of the Tour de France. She's wearing those cute Lulu shorts you wish you had. It pushes you to keep going. You. Keep. Going.

You, my friend, are in a fit-

ness class at the Mount Royal University Recreation Centre.

With the new year kicking off there's no better time to try something new that benefits your health. Fitness classes can be a great option for you to switch up your zoned-out elliptical routine and challenge yourself.

Alena Boczek, Residence Life Coordinator for West Residence, has tried many of the different classes MRU Recreation offers including: Tabata, Bootcamp Insanity, Hottie Body, Hatha Yoga, and Guts, Glutes and Guns. She believes that classes are a great incorporation into a healthy lifestyle.

"Fitness classes offer a safe place to work out with like-minded people of many different fitness levels," explains Boczek. "I find that I am more likely to go to the gym when I'm committed to a class and encouraged to give it my all when everyone around me is doing the same."

Emily Treppenhauer is a customer service associate at MRU Recreation who has taken classes like Pilates, Spin and Yoga. She believes that the camaraderie and encouragement you receive in a fitness class, as opposed to working out alone, can be very beneficial.

"I find that it's much easier to stay motivated and committed if you are doing it with friends," says Treppenhauer. "Even just knowing that you're surrounded by other people sweating it out and putting themselves out there just like you will likely keep you coming back."

Classes can also fuel a competitive fire in participants, as people try to keep up with each other as well as the instructor teaching the class. But even if you are new to group fitness the instructors make sure that people of all levels can participate and challenge themselves.

"I've found that my instructors

provide different variations for each of the different exercises for beginners and those that need more of a challenge," says Boczek. "This is a great method, because each individual can tailor the workout to suit his or her specific needs."

Apart from helping people reach their fitness goals, group fitness can also contribute so much more, Treppenhauer says.

"The fitness classes definitely add value to the university recreation experience, and the university experience in general. Having a class to commit to and attend twice a week allows you to take a break and enjoy what your school has to offer."

Boczek and Treppenhauer both suggest showing up five to 10 minutes before class to allow enough time for any set up or preparation and to make sure to inform the instructor of any previous injuries. Boczek also recommends taking at least one

personal training session through Rec to learn the basics.

A variety of different workout classes are available to Mount Royal students and the public. Prices range from class to class but if you cannot commit to the full class, try a drop-in pass. The university offers single drop-ins, five packs and 12 packs. Keep in mind that there is only space available for drop-in passes only if the class has not been filled with registered participants already.

For the full fitness schedule and more information on classes go to the recreation page on [mtroyal.ca](http://mtroyal.ca)



Photo courtesy: Facebook / MRU Recreation

Tired of just running on the treadmill and want to change up your workout routine? Then head to the Recreation Centre at MRU and take some fitness classes. There are lots of classes to choose from - for strength, flexibility or whatever else you're looking for.



# Orange Theory fitness making moves in Calgary

*Florida-based fitness company offers unique training program*

**Kari Pedersen**

Arts Editor

Originating in Florida and created in 2010, Orange Theory Fitness (OTF) brings High Intensity interval training to the masses. With two locations already, Calgary is quickly getting hooked to OTF and the amazing affects it can have on their bodies.

Before the workout begins all of the participants are strapped with a heart rate monitor that is displayed on a large screen at the front of the class. This screen displays heart rates and vital statistics throughout the workout.

The workout is broken into two parts, each 30 minutes long. The first 30 minutes you can expect a high-intensity cardio workout, using treadmills, rowers and spin bikes. In the second 30 minutes you can expect some strength training, where participants will

use anything from barbells and medicine balls, to TRX suspension trainers.

The trainers make each class unique and stay within the idea of Orange Theory, by focusing on heart rate, but give their twists to keep the workouts interesting so participants keep coming back.

The goal of the sessions is for participants to reach a certain heart rate, so that they are burning the most calories and fat to see physical and cardiovascular results.

The outstanding part of Orange Theory is the after burn that participants experience. When you complete this workout you keep burning for 24 to 36 hours. Which is a pretty great way to kick those extra calories. This works by burning such a high amount of calories throughout the workout using the high intensity method.

Participants in Calgary are already getting hooked on this new

workout craze. Current Orange Theory enthusiast, Stefanie Diduch, says that although the workout is incredibly hard, she feels the results throughout: "I am so tired during the workout sometimes, but the high I feel after makes it worth it."

The classes can seem like a marathon to some, but cater to beginners and seasoned athletes alike, so that everyone can enjoy the benefits of Orange Theory. If you can keep it up, it won't be long before you are one of the athletes in the class.

Calgary currently has one location in Creekside N.W. and one in Royal Oak. For more information visit the website at [orangetheoryfitness.com](http://orangetheoryfitness.com).



Photo courtesy: Facebook

New fitness craze out of Florida, Orange Theory Fitness (OTF) brings a new high-intensity interval training program to Calgary. The OTF program is comprised of two 30 minute sessions that raise your heart rate to an optimal level.



Photo courtesy: Facebook

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# Bright future for college football

Wait for “fairer” system is finally over

**Ashley Grant**  
Staff Writer

At this time of year, the sports world is tuned in to football playoffs and this year it doesn't need to be proven by NFL playoffs. This is the first year where the National Collegiate Athletic Association (NCAA) is using a playoff system to crown a national football champion, and it seems to be an instant hit.

A 13-member committee this season was in charge of ranking the collegiate teams with the top four at the end of the year, playing in the very first college football playoffs. This year, it was Oregon facing off with Florida State in the Rose Bowl and Ohio State and Alabama playing for the Sugar Bowl. Both bowl games being semifinals.

Although it may be unreasonable for people to hope that the college football playoffs will one day rival the Super Bowl, it is quite the spectacle in itself already. The sports network ESPN is paying close to \$500 million a year for the college playoffs. As high as that figure sounds, television ratings are showing it may be worth it. The Sugar Bowl attracted 28.3 million viewers and the Rose Bowl was not far behind with 28.2 million viewers.

It's expected that the national championship game will record even higher viewership numbers. To put it into context, last year under the Bowl Championship Series (BCS) system, the national championship game brought in only 25.6 million viewers.

The playoff systems may have brought college football to the next level. Comparing television ratings to those seen with the NFL, viewership for the wild card games fell short of those that the Rose and Sugar Bowl was able to pull in. 28 million viewers tuned in to watch the Baltimore Ravens' game against the Pittsburgh Steelers, and the game between the Arizona Cardinals and the Carolina Panthers drew 21.7 million viewers.

It's possible that the first year of the college playoffs couldn't have gone any better. It allowed for a championship game, which will feature two teams that would have most likely been excluded from the national championship game under the BCS system.

The system the BCS used would have most likely chose Alabama and Florida State to play for the championship game. Alabama would have had the strength that they are in the all-mighty Southeastern Conference (SEC) working in its favor, knocking out Oregon who competes in the perceived weaker Pacific-12 Conference (PAC-12).

Florida State would have been chosen for their perfect regular season record, regardless of the fact they struggled with multiple games, sometimes against unranked opponents.

Oregon dismantling the Seminoles set a Rose Bowl record. They hit these records with putting up big points and covering 59 and yards (639). This shows that a playoff system is the fairest way to decide a national champion.

The playoff system also reveals truths that could only be speculated before, such as the fact that the SEC may no longer be as powerful as it once was. The BCS would never give the opportunity for fans to find out whether a strong team in a weak conference could compete with giants of the SEC and the Atlantic Coast Conference (ACC).

Now the sky's the limit for those that are able to compete in the playoffs, allowing their play to do the talking rather than being dictated to a season-ending, ceremonial bowl game by a questionable ranking system.

Although most may be able to agree that the new playoff system is better than the BCS, there are arguments that it could be better.

With a four-team playoff some are arguing that teams such as Texas Christian University (TCU) should get a shot, seen as they did crush ninth ranked Ole Miss 42-3 in the Chick-fil-A Peach Bowl. A similar case could be made for Baylor, the team that hung 48 points on Oklahoma and averaged 48.2 points a game, best in the Football Bowl Subdivision (FBS).

The problem with extending the playoffs to an eight team format is teams ranked ninth and tenth at the end of the year will be those complaining that they should be included. What also needs to be considered is the amount of games that are being added to the season with larger playoff formats.



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More games mean more collisions during the year, increasing the risk of injury. In an era where player safety is a huge concern, is increasing the amount of games to placate one or two excluded teams worth it?

It may come as no surprise that the college football playoffs are having this early success, after all, they have combined one of the most popular American sports (football) with the Final Four bracket. It seems that to fans

of collegiate sports it was always a recipe for success delayed by a flawed but traditional system.



# Third annual Crowchild Classic becomes a University-wide tradition

*Ultimate “crosstown smackdown” takes on Flames versus Oilers dynamic*

**Kaity Brown**  
Publishing Editor

Winter semester is upon us, which means agonizing treks through the snow to our cars, layers on more layers and the contagion of the cold and flu. Luckily, it also means that the Crowchild Classic is back.

But it's not only a hit with students, viewed by many as the year's marquee event. The game is hosted at The Scotiabank Saddledome providing a unique opportunity for all members of the Calgary community to come together and support our local universities. The hockey game match between the Mount Royal University Cougars and University of Calgary Dinos serves as a tournament opener for 17 matches between both universities in four varsity sports: hockey, soccer, basketball and volleyball.

The Crowchild Classic will be on Jan. 15 at the Saddledome. “Rarely do you find an event that brings together students, faculty, alumni and community members the way that this game does,” says men's hockey head coach Bert Gilling. “It is an incredible showcase for our student athletes and our university.”

The competition began in 2012, once the Mount Royal Cougars officially became a part of the Canadian Interuniversity Sports (CIS) and Canada West Conference which coincided with MRU's plan of growing from a college to a university in 2010 and the campuses 100 year anniversary.

The Dinos have won the first two Crowchild Classic series and are currently leading the 2014-15 season with six wins, four losses and a tie with four games left. But the Cougars are undefeated at the Saddledome, winning 3-1 in 2012-13 and then defeating the Dinos 4-3 in overtime last season. Mount Royal is in second place in the conference and is currently two points ahead of the Dinos.

The prize that inspired the name is not exactly glamorous, but then again, why should it be? It's a city Manhole from

Crowchild, one of the city's main arteries of transportation and one that both MRU and U of C share, donated by Trojan industries.

Last year, the hockey game yielded a record-breaking 6,016 fans combined for both teams. The scores were 4-1 for the Dinos Women and then a nail-biting 4-3 for the Cougars' Men. The fan turn-out has been growing steadily since the competitions inception, with only around 4,000 fans the year before.

You can get tickets to the competition in advance at the MRU Cougars office by the Rec Centre on campus or at the door at the 'dome. Tickets are free with Student ID. The concession stands will be fully operational, serving food and beverages on the lower bowl level. Admission to the game and parking in the Saddledome parkade is free as well.

The women's game starts at 5:00 p.m. and the men face off at 7:45 p.m. Cougar Fan seating is in Chrysler Club and sections 101 & 102 and fans should enter through the Chrysler Club entrance.

Cheer on your team, sport your MRU blue and have a chance to win swag, prizes and even free tuition. Heck, if that isn't enough, check out *The Reflector's* Top 10 Reasons to go to a Cougars Hockey Game this season at [thereflector.ca](http://thereflector.ca).

For more information about the Crowchild Classic, go to the official site of the Mount Royal University Athletics, at [mrucougars.com](http://mrucougars.com)

*“Rarely do you find an event that brings together students, faculty, alumni and community members the way that this game does.”*  
– Bert Gilling, men's hockey coach



Photo: Albina Khouzina / Reflector Archives

**It's on! The Dinos vs Cougars legendary hockey game is back. Come out and support your school on Jan. 15 at the 'Dome.**

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