



t the reflector

FREE

October 8, 2015
www.TheReflector.ca

NEWS

MRU Votes! The information you need to cast your vote on Oct. 19!

Pg 4

FEATURES

How to rock this seasons 70's inspired style

Pg 5

ARTS

A new high for All Time

Low

Pg 9

SPORTS

The importance of mastering the technique behind tennis.

Pg 13

Voting Just Got Easier for Students!

Elections Canada opens office at MRU

Brady Grove
Contributor

The Canadian federal election is coming to a close on Oct. 19 and Elections Canada is trying a new pilot project to make it easier to vote, especially for students. “We are going to where the voters are,” says James Hale, a spokesperson for Elections Canada.

Elections Canada is opening new “pop up” offices across the country with 55 campus offices opening at 37 different institutions. Luckily for us, MRU is one of them! There’s also 12 offices opening at Native friendship centres and two in YMCA locations.

These offices will offer the same services as a regular Elections Canada office and are not specifically for students. “Anyone can go there,” says Hale.

The new office at Mount Royal

is located in Room Z236 of the Wyckham House. They will be open Monday, Oct 5 to Thursday Oct 8 from 10 am to 8 pm.

Hale said that in the 2011 federal election the youth vote, ages 18-24, had a voter turnout of only 39%. This is far below the national average of 61% and even further below people aged 65-74 who had a turnout of 75%.

While Hale didn’t have a specific target for the youth vote he did stress he wants the information as accessible as possible. “Our mandate is to let people know when, where and how they can vote.”

Elections Canada is also here to remind people what they need in order to register to vote in a riding. Two things are required: a piece of personal identification like a driver’s licence and a proof of residency.

ing the Enbridge oil sands pipeline in Alberta; they also plan on continuing enforcement of the criminalization of marijuana. Harper’s CPC is planning to invest \$5.3 billion per year into the New Building Canada Plan, therefore introducing more jobs and better infrastructure across the country; one such investment will be in building or renovating schools on reserves.

Tom Mulcair heads the NDP, a party known for strongly opposing all pipelines, including the Northern Gateway and Keystone X. They plan on investing \$1 billion annually into clean energy investments, and \$5 billion annually into national infrastructure and transit plans. The NDP want to increase Canadian foreign aid from 0.24% to 0.7% of gross national income; this includes replacing all military personnel in Iraq and Syria with humanitarian aid workers. They intend to decriminalize marijuana, and potentially legalize it. Mulcair has discussed plans to create a \$15 per day national childcare program, and also promises to call a national inquiry into murdered and miss-

Guest Column: Jarett Henderson

Why it’s important for you to get out and vote



Jarett Henderson

For five years I have taught history here at Mount Royal, and the central avenue of historical inquiry in all my classes is the intersection of political and social histories. We ask, “What effect did political decisions have on those who came before us?” “How did individuals respond to the historical and political circumstances in which they lived?”

The Canada of 100 years ago would be unrecognizable to many

of us living here today. Large swaths of the population were legally excluded from casting a ballot, even if they desperately desired to do so.

A Brief History of Voting Rights

It was not until 1970, for example, that university students under the age of 21 were able to mark a ballot in a federal election.

To be able to identify and explain how – and in what ways – people and politics were linked historically, thus reminds those of us living in the present of our privilege to take our suffrage seriously.

Arguably, gender, race, and property were the three main categories of difference that established hierarchies among Canadians and limited their access to the politics of the past. The much-celebrated British North America Act explic-

itly barred women from voting in 1867, and led to a 40-year social and political movement that demanded women be allowed to have their voices heard on the hustings (what we would today call a polling station). Property restrictions, complicated by differing provincial and federal legislation, further limited the number of men able to vote.

One either needed to own, rent, or have a significant annual income for their vote to be considered worthy in a federal election.

Perhaps the most enduring, and longest lasting legislation in Canada that restricted suffrage, were policies around race. Many of the British colonies that became Canada in 1867 (and after) had already passed legislation excluding Indigenous people from...

Continues on P6

Who should I vote for?!

An overview of federal party platforms

Sam Ridgway
Staff Writer

The Conservative Party of Canada (CPC), the Liberal Party and the New Democratic Party (NDP) all have dynamic platforms; it’s up to you to cast your vote on Oct. 19 and take part in informing the future of our country. In order to have a more informed vote, take a look at some initiatives from the three leading parties that most affect students and youth in Canada.

The CPC, led by Stephen Harper, has made many promises and introduced many party goals, especially regarding the economy. The Conservatives have promised to balance the budgets this fiscal year, and are interested in increasing citizen’s tax-free savings account contributions limit to \$10,000. They are also committed to Canadian military action in Iraq and Syria, and plan on increasing our National defence budget. A controversial move a little closer to home, the conservatives are going to continue with Bill C-51, the anti-terrorism act, and plan on approv-

ing aboriginal women. The party is planning to introduce proportional representation into our democratic system, rather than the ‘first-past-the-post’ system we currently operate with.

Liberal party leader Justin Trudeau has expressed plans to introduce online voting and implement proportional representation in the House of Commons. The Liberals intend to meet with premiers to discuss improvements to national healthcare, and want to provide additional funding for affordable housing and transportation. The party intends to keep Bill C-51, but will likely make some amendments to it. The Liberals also oppose the Northern Gateway pipeline, but support all others. Trudeau intends to cut middle-income taxes by 1.5%, and increase Canada Pension Plan contributions and benefits for citizens. The Liberals would like to legalize and tax marijuana. Nationally, they intend to establish emissions-reduction targets. Internationally, they aim to increase refugee intake from Iraq and Syria, and increase

humanitarian work.

Each party speaks to a variety of issues, often overlapping in their intentions. Partisanship has become a large part of election campaigns, so try to separate the politics from the policies when you are doing your

research!

Visit VoteCompass.CBC.ca for a quick check-in of where you stand, or look at each party’s individual website for more information about their goals, plans, and values.

the
reflector

**Reflector Publications
Society of Calgary**

**2015 Annual General Meeting
Thursday, October 22, 2015, at 11:00 a.m.
Reflector Office, 2002 (basement) Wyckham House**

Members of the Reflector Publications Society will be presented audited financial statements for review and approval, will be asked to appoint auditors for the next year, and will be asked to elect two (2) students at large who will sit as directors on the Reflector board of directors. For information on Student at Large nominations, contact The Reflector at 403-440-6268.

**Please visit our website at
www.TheReflector.ca
for more information and details**

REFLECTORIAL

On Having A Voice...

I'm a 21 year-old university journalism student. As a journalist I want to make sure everyone's story and voice is heard. And as a person who's lived in Canada for almost 11 years I care about this upcoming election and how this can shape our country. But since I am still only a permanent resident and haven't taken my Canadian citizenship test for a series of reasons; I can't vote.

Over the past months I've had many discussions with friends and even strangers about Canada's political parties and how it affects each of us differently. When people ask me the question "so who are you voting for?" and I tell them I can't vote, they look at me surprised and ask me why I talk about politics as if I can vote. The reason is that because even though I can't vote it's still something that I think is super important and all I can do is talk about it. I've convinced friends who aren't voting that they should vote, and I've told many people that they shouldn't waste that right to vote because if I got the chance to vote I wouldn't think twice about using it.

In the 2011 federal election 27.7% of people who didn't vote reported with the most common response: "not interested." This has made me question people and their apathy. I don't think there is anyone in this country that can say they actually don't care or aren't interested. Everyone has issues in their own lives that they care about, and this is a way for them to have these issues addressed. A young person going into post-secondary education cares about issues surrounding colleges and universities, so why not read each party's platform on education and decide what you want out of your government? Same goes for the multitude of people out of different demographics, we each care about things that we could change or affect through VOTING!

Voting is privilege Canadians receive that so many people across the world wish they could have. Stop thinking you don't care about politics because it does affect you and you will wish you had taken a couple minutes to browse the parties platforms and taken the 20 minutes on Oct. 19th to go out to cast your vote. If you still don't know who to vote for, come hang out with me for a while because I'd hate for anyone to waste their vote while my voice doesn't count yet after almost 11 years.

-Masha Scheele

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

Pronounced JIF, because it's when you dip your wiener in peanut butter and lick it off

Pg 12

#MRU TWITTERSPHERE

@Mayhem2Point0: Picking who you wanna vote for is like picking which STD you want #MRU #PickYourPoison

@lati4: Practicing being on the radio! Pretty stoked to go live in a few weeks. #shiftradio #MRU

@nat_hollandd: #MyMRU webpage updated. Still undetermined as to whether I love it or hate it. #MRU

@kaypearcey: And the library visits begin... (yes, that's a pumpkin spiced latte) #basic #MRU

Visit us online at TheReflector.ca, on Facebook, or on Twitter or Instagram @ReflectThis

If you could be any animal what would you be?

"A cheetah, they are the fastest creatures and then I could explore the world"
— Hussein Esmail
4th year Health Sciences



"A puffer fish because they have their own self defence"
— Mackenzie Anderson
1st year Nursing



"An owl, because you get to fly and can spin your head around 180 degrees"
— Aly Barrie
-1st year Nursing



"A cat, cause their cute"
— Rami Ajjour
4th year Business



THE REFLECTOR

October 8, 2015

Issue 3, Volume 54

EDITORIAL STAFF:
Publishing Editor: Kari Pedersen
Managing Editor: Ivar Bergs
News Editor: Nina Grossman
Features Editor: Angie Lang
Arts Editor: Bigoa Machar
Sports Editor: Melanie Walsh
Photo Editor: Zana El-Youssef
Layout Editor: Masha Scheele

CONTRIBUTORS:
Kate Holowaty, Emily Thwaites, Nicole Angles, Lexi Wright, Robin Welsh, Logan Krupa, Brady Grove, Sam Ridgway, Brendan Stasiewicz

COVER PHOTOS
Vote: Zana El-Youssef

The Reflector, with an on- and off-campus circulation of 8,000, is the independent voice of the students of Mount Royal University. It is published fortnightly during the academic year (Sept. to April).

The Reflector is editorially autonomous and financially independent from 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.

Complaints arising from the content of the paper should be directed to the Ombudsboard. This board has been established as a mediator between the Reflector Publications Society staff and its readership.

All decisions of the Ombudsboard are final and binding on both parties. Letters to the Ombudsboard must be sent in confidence, care of the Reflector Publications Society, to the Reflector Publications Society office.

Submissions and letters to the editor should be a maximum of 500 words, typed, double-spaced, and contain the writer's name and phone number. No unsigned letters will be published. Only in exceptional cases, at the discretion of the Publishing Editor, will writers' names be withheld. The Reflector reserves the right to edit submissions for brevity.

Contents are copyright © 2015. No material may be reproduced without express written consent.

All opinions contained within this paper are those of the individual authors, and not necessarily those of the Reflector Publications Society. For more information, contact The Reflector office at:

the reflector

Wyckham House
Mount Royal University
4825 Mount Royal Gate SW
Calgary, AB T3E 6K6

All depts.: 403.440.6268
Fax: 403.440.6762
TheReflector@TheReflector.ca

MRU Votes!

Calgary Centre candidates come to MRU to discuss the future of Canada's education, economy and security

Nina Grossman

News Editor

Election time is almost here MRU! Spirits are high, Facebook arguments are running rampant and candidates are letting their claws come out! Okay not really... at least not in the case of the Calgary Centre riding, whose candidates met in Wyckham House for a debate on Sept. 23. Actually they were quite respectful, with minimal eye rolls and almost no interrupting (unlike the Federal Party leaders who have become increasingly sassy with one another).

NDP Candidate Jillian Ratti expressed her deep personal and professional goals to eliminate student debt and increase access to education. Young Green Party candidate, Thana Boonlert spoke candidly about the Green Party's plan for investing in a greener future. Liberal candidate Kent Hehr discussed the countries need for equality in opportunity. Conservative candidate Joan Crockatt was well... not there. Here's a quick breakdown of the debate in case you couldn't make it.

Education

All three candidates agreed that changes should be made to Canada's education system. Both Ratti and Boonlert spoke of personal student debt that continues to hold them back financially. "(Student debt) is shackling," said

to implement \$250 million dollars in grant tuition, and their post secondary education bill would ensure "long-term stable funding to post secondary." "I think the NDP has a pretty good plan when it comes to eliminating student debt and increasing accessibility," she said confidently.

Boonlert was on the same page. "The green party just recently announced that by 2020 we would like to completely abolish student tuition," he said to a round of applause from students. "Everybody deserves equality and a chance to expand their knowledge," he went on. "And (the Green Party) would also make it illegal for interns to not get paid."

Hehr explained that the Liberals want to continue to expand opportunities both for the postsecondary realm and also in the skilled trades. "Right now only 17% of our students have the ability to get into post secondary," he said. "That's the lowest percent of students participating in post secondary across this nation." Hehr said that the Liberals post secondary platform would be coming out over the next few weeks.

Conservative candidate Joan Crockatt had no comment because she wasn't there.

Jobs

For a lot of students, employment seems far away, but we've all heard the horror stories about poetry majors working at Starbucks. Okay maybe they should have seen that coming. But even students enrolled in what they thought were highly employable fields have ended up in jobs that they didn't want, or with no job at all.

"Youth unemployment is not only a challenge in Canada, its throughout the Western world," said Hehr. "Millennials all over the globe are facing the challenges of the evolving modern economy with more computers, technology, innovation and the like as well as baby boomers who are working longer. There is going to be no silver bullet to this solution." Hehr went on to explain that the Liberal party has "also outlined (a) youth unemployment program, to try and direct more money into opportunities for people to succeed, to allow them to take part in new challenges and new horizons that are emerging."

Jillian Ratti claimed that the NDP have a plan to avoid this future for Canada's young people. The NDP will implement "a 40 million dollar fund for youth unemployment which would help increase jobs for

young people and increase funding to paid internships to try and get students in to job in their own fields," she said. "The NDP is totally against unpaid internships."

Boonlert said he understands that "to get that initial first job in your field is really tough." He explained that the Green Party would like to create a \$100 million dollar fund for municipalities across the country to hire Canadian youth.

Crockatt had little to say on the topic.

structure here in Calgary and other places."

Ratti discussed the importance of small businesses to the economy. "(Small business) is critical. It's where the vast number of jobs actually come from. The NDP Platform is decreasing small business tax by two percent." The NDPs platform details planning for an increase in corporate tax to fund some of the other programs that (they're) proposing. "Personal taxes are meant to stay exactly the same," said Ratti.

of a police state.

"Bill C-51 is a horrible piece of legislation and it needs to be repealed," said Ratti. "It's not right to be taking away our rights and freedoms this way." She went on to explain that the NDPs have firmly opposed the bill since it was introduced.

"There's neither a terrorist hiding behind every tree or a spy under every rock," said Hehr. "In the next three years (the Liberals) will decide whether we need the bill (C-



There's still time to learn about the Calgary centre candidates before you vote. Almost all attended the debate in Wyckham house with the exception of Conservative candidate Joan Crockatt

"Everybody deserves equality and a chance to expand their knowledge"

*Thana Boonlert,
Green Party*

Ratti. "It's holding us back as a nation. We cannot move forward if everybody is trying to pay off massive loans into their 30s and 40s. The NDP has proposed a post-secondary education act which would stabilize tuition over the long term, promote academic freedom as well as ensure public delivery of education in general." In a phone interview, Ratti told me that her party plans

Economy

Ah the economy... certainly a topic on the minds of many Canadians. Unfortunately most of us are not economists, and so are left to trust our leaders and their promises of jobs and money and rainbows and kittens. Hehr explained that the Liberal party is taking the "realist's" approach.

"We're the only party who has said 'Look, we're not going to balance the budget next year.' We're going to make significant investments in infrastructure, hopefully that will keep the economy going during the downtown and make jobs available while the price of oil is low," said Hehr. "(The Liberals) are actually following what most economists say is a reasonable approach; investing heavily in infra-

"And I think that's a common misconception about the NDP party."

Boonlert laid down the specifics of the Green Party's economic plan, which was not dissimilar to their orange competition. "Like the NDP, we would like to decrease the small business tax from 11 to 9 % and we would like also to increase corporate tax back to 2009 levels, to 19%," he said.

Crockatt had no comment at that time.

Bill C-51

The controversial anti-terrorism bill introduced by the Conservative Party has many Canadians concerned. Vague and ambiguous language in the bill could leave the door open for unconstitutional investigations and some people worry even moves Canada in the direction

51) or not."

Boonlert too stood in firm opposition of the bill. "I think the answer is quite simple here. We need to repeal the bill," he said. "The green party was the first party to oppose this bill."

Crockatt remained mute on the subject.

Regardless of what party you're planning to vote for and why, just make sure you go out and exercise a democratic right denied to many. Your voice really does matter MRU. For more information on Federal parties and their platforms, cbc.ca has you covered. Still don't know who to vote for? Visit votecompass.com to see where you line up with Canada's parties. Unsure where to vote? Visit elections.ca to find out your riding and where you can go cast your ballot.

features

Features Editor
Angie Lang
featureseditor@thereflector.ca

Your Guide to nailing this year's Fall Fashion

Don't let the colder weather this season stop you from looking and feeling HOT!

Emily Thwaites

Contributor

Already a month back into classes, it seems the glorious summer days of cute little dresses and chic shirts are just a distant memory. As the season of sun draws to a close, temperatures begin to drop and course loads start to pile up. Suddenly you're trapped under a miserable mountain of stress, books and before you know it... snow.

When it comes to fall fashion, Calgary's unique climate can prove challenging to many. It often feels like Alberta just skips the fall season altogether and throws us straight into winter. True, we might have a much shorter fall season than other cities, but that shouldn't mean we have to miss out on the exciting seasonal trends others get to enjoy!

This fall is all about the #throwback. The New York Fashion Week runway show revealed an abundance of 70's inspired colours, patterns and fabrics. If you've flipped through the pages of a fashion magazine lately, or even window-browsed at your local shopping mall, you can probably attest to this!

Remember that cringe worthy photo of you in that turtleneck sweater your Mom forced you to wear as a child? Well, it's back – only this time you're going to want to show it off! Turtleneck knits are making a huge comeback, and are perfect for the Calgary weather because they are transferrable into the winter months. Paired with a patent

leather skirt or your favourite pair of skinny jeans, this is a fall essential! Try out bell sleeves, flared jeans, suede or fringe and you'll be looking wonder-fall!

If you find these trademark hippie styles a little intimidating, fret not! Take a look at their throwback 70's colour palettes for your shopping inspiration. Rich hues like burgundy and royal green are popular, along with more subtle shades of pink, grey and earthy brown.

The most important thing to remember when dressing this season is to layer up! Underestimating the power of the oversized sweater is a mistake we've all made. Contrast with a faux (or real!) leather jacket for extra warmth.

Fourth year Marketing major and musician, Bryton Udy, shows off a great combo to be on top of your game this season for men's fashion! Udy wears a pair of ABC pants (Lululemon Athletica, \$130) that he scored for free after performing a show for staff. Shoes can make or break an outfit, and Udy's Oxford Brogues (DGW, \$150) look incredibly suave. Layering a simple grey tee (Bluenotes, \$10), hoodie (Express, \$25) and denim jacket (Forever 21, \$50), Udy's effortless style is sure to turn heads!

Second year Journalism student, Polly Eason, flaunts her fall style, showing us three essential wardrobe looks you'll want to try this season!

In her first look, she wears a simple two-toned sweater (Zara, \$45) paired with her favourite cuffed skinny jeans (Hollister, \$35) and classic Bluntstones (\$200). Similar boots can be found at H&M for around \$80.

In early fall, the temperature can be pretty unpredictable. Eason's second look is all about versatility, so be sure to pack a lightweight jacket (Plenty, \$20) for those chilly fall mornings. Throw on a colourful patterned scarf (H&M, \$15) and give your outfit an instant pop. Combat boots are a seasonal must-have (Steve Madden, \$150). They're a lot more practical for Calgary's fall than the heeled ankle boots you see everywhere. Yes, they're cute, but do you really want to break an ankle contending with ice-covered sidewalks?

In her final look, Eason proves you can never go wrong with the classic and sophisticated black/white combo. Originally \$150 from Free People, Eason's gorgeous skirt was an absolute steal, on sale for just \$40! Paired with a comfy knit sweater (H&M, \$30) and knee-high boots (Browns, \$130), this outfit combines cozy and classy!

Even if you're not the type of person to embrace the 70's boho style, there's no avoiding this seasons hippie look. From the ultimate statement jacket to the one sweater everyone will be wearing. Mitch and match and have fun with this fall's fashion, because it won't last long Calgary!

Jacket from Plenty, \$20; scarf from H&M, \$15; and Steve Madden combat boots, \$150.



Lululemon ABC pants, \$130; Oxford Brogues from DGW, \$150; t-shirt from Bluenotes, \$10; hoodie from Express, \$25; denim jacket from Forever 21, \$50.



Skirt from free People, \$150; knit sweater from H&M, \$30; and knee-high boots from Browns, \$130.

Zara two-toned sweater, \$45; skinny jans from Hollister, \$35; and boots from Bluntstones, \$200.



Guest column from Pg 2

voting. These policies were further entrenched in the Indian Act of 1876. And the politics of race also limited the access that Canadians of Chinese, Japanese, and Indian heritage had to democracy.

In fact, it was not until after the Second World War that the Dominion Elections Act removed race as acceptable grounds for banning people from voting.

This change did not apply to Indigenous people, however. It was not until 1960, then, that Indigenous people in Canada were granted the right to vote in federal elections.

Flash Forward To Today's Elections

Much of this history is lost in the numerous campaigns in Calgary and across Canada that are designed to encourage us to vote. But this history is important.

To understand why Rick Mercer rants about voting, why grass roots organizations like LeadNow hope to mobilize young Canadians to take the time to mark an "X" on their ballot, and why SAMRU and students' unions across the country are

participating in Get Out The Vote campaigns – we need to know that there was a time when many of us wouldn't have been able to vote.

Each of these current initiatives, then, is rooted in a history that understands (whether they say it or not) that the vote – and the right to have a say in how your lives are governed – is important. Each and every individual involved in these initiatives should be commended for their effort to encourage us to take our suffrage seriously, as should each of us who vote on October 19, regardless of for whom we vote.

The right to vote, and its accompanying history, reminds us that history matters.

Our Chance to Influence History

It also reminds us that individuals – people like us – make history.

In a federal election like this one that promises to be historic on its own terms, this is an especially important lesson to remember. Canada's 42nd Federal Election, regardless of the outcomes, will be historic because it is the first federal election that all Millennials – those of us born from the 1980s to the late s – will be able to mark our ballots.

And we'll be doing so not only as individuals, but also as a generation.

Herein lies the power of the vote. In 2011, as "Harpoon" – one of the partisan campaigns designed to encourage participation – reminds us, less than six million Canadians voted for the current federal government.

To put that in perspective, that is one million fewer votes than the total number of millennials enfranchised in Canada.

It is in the very act of voting, then, that our power to have a voice in how our country operates rests.

It is at the hustings, the very places that have been sites of violence and exclusion in past, that we will have the privilege of making our voices heard.

Compared to the thousands in the past who protested and signed petitions demanding the right to have their vote counted because they were unable to do so, our task – to vote – appears embarrassingly simple by comparison.



Check out more photos of Parkluxe at TheReflector.ca

Friends-Giving

If you are unable to spend Thanksgiving with the fam-jam, We got your back!

Angie Lang

Features Editor

Ah yes, you know what time it is, it's the kick-off to the beginning of family orientated holidays. Thanksgiving – the expression of gratitude, especially to God (if you're in to that) as described by Dictionary.com. But, sometimes that gratitude and expression can be a little much with family and relatives.

So as everyone around you is in shambles to go home, you are sitting back and kicking it this Thanksgiving weekend.

So, how do you make the most out of it? Well we have some suggestions and if you hate Thanksgiving as much as Chandler from Friends does, we hope your holiday festivities won't include your Dad running off to live with his boyfriend.

The best way to rid yourself of those holiday blues is to have a "Friendsgiving". I am sure you all have heard the term before, and you may associate it with the show Friends, because, well, that's exactly what it is. It's a bunch of your "chosen" family getting together, because screw it, you're young and

real families have thanksgiving together!

Figure out which friend will be hosting "Friendsgiving" and make sure to stock up on lots of booze! Figure out who's going to bring what, and if there's an overlap in dishes, who cares – the more the merrier! Don't be afraid to test out different ways to make the old bird. My personal favourite – redneck it up and deep-fry a turkey. Caution to the wind, do this early on in the evening before you really get on the sauce!

You don't even care about Thanksgiving and just can't wait for Halloween? Well my friend, there are lots of events happening in Calgary over the Thanksgiving long weekend that are for the spook enthusiasts.

Head over to Zombieween, a community charity event running from Saturday, October 10 – 12 at the Danish Canadian Club. Dress up as a Zombie or hit up the "undead" makeup booths and enjoy some zombie shooting and get involved in the apocalypse paintball game. Enjoy good music, freaky food and "toxic" energy drinks. Tickets start at \$9.99.

If that's not really your style, Wallow beautifully alone! Take

the booze part of Friendsgiving and take away everything else. No wasted assholes running around, no laughter over old stories, just you alone, on your couch with a highly alcoholic drink, mumbling

at Netflix. If you're feeling down, just give into it.

The best part about thanksgiving is giving and maybe you should really give into it. Hit up Instagram and leave menacingly wonderful

comments, put on an accent and order one of everything from a Chinese restaurant and roll up in to a ball and sleep for 18-hours, hell, sleep for 48, why not! You, do you!



When it comes to Friendsgiving, throw a raw turkey on your head like Joey from Friends and tell everyone you love them! It's the holiday of giving, people!

Turning lemons into limes

How to use someone's physical quirks to your sexual advantage

Kate Holowaty

Sex Columnist

During the course of sexual pursuits, there are times when one looks long and hard in the mirror and thinks that improvements could be made. I never do this because I'm perfect, but I'm sure that other people do this. But, what happens when the tables are turned and you find yourself regarding your partner's, ahem, full body of work thinking that changes could be made. Well, it's time to stop being negative because here's a guide to taking what you might think are your partners shortcomings and change them into full blown positive attributes!

1. The Crooked Appendage

Now this is a classic, you've been seeing a guy, things are going great and then when things start to heat up – BAM! he whips out an exaggerated banana esque shlong. Do people still say shlong? I don't know. Anyways, despite this attribute getting a bad rep it can really help to get you off. Here's what you do - Study it; really take in the way it angles, curves etc. and then experiment with your partner. Try different positions. The curve could help out in ways a straight penis never could.

2. The Werewolf

Your partners hairy...like really hairy. And you don't mind because you think it's manly and very lumber sexual, which is all the rage right now according to BuzzFeed. But you are tired of getting hairs in your mouth, so switch it up, get on top and run your hands through his chest hair and then grab it and hold on tight while using it as leverage. The pain pleasure combo will blow his mind, and yours!

3. Beanstalk Bae

Your boyfriend's hell tall, and while the positives are endless, like him being able to reach the top shelf of the grocery store, screwing in a light bulb without needing a ladder and never losing him in a crowd — when it comes to your sex life things can sometimes get a little lanky in bed. And while trying to quickly switch positions in a twin size bed with someone who's 6'3 sounds like a fun challenge — it's not. So try hooking up in a way that evens out your heights, like on a couch or an armchair Juno style. Your torsos will match up better and you'll be face to face, which is just oh so romantic.

4. Mane Squeeze

Your girlfriend has some truly exquisite locks, like Blake Lively

would be jealous, level mane. But it can get tangled up pretty quickly during any type of intimate interaction. You're constantly trying to blow it out of your face because your hands are well, occupied. For this sexual annoyance try getting a little bit adventurous à la 50 Shades. Tell her you want to put her hair in a ponytail and braid it. You can grab it, pull it, use it as an impromptu whip and it'll stay tangle free while looking sexy as fuck.

5. Bearded Bang

You're dude has a great beard. Like really great. Like, could be in a pretentious hipster magazine great. He combs it, washes it, conditions it and almost treats it better than he treats you. But, lately you've been finding kissing what feels like your dogs face a tad un-sexy. But you do not need to secretly shave off his manhood while he's sleeping in order to turn this hairy conundrum around, use it to take your foreplay to the next level. Have him use his beard or scruff to slowly caress your erogenous zones like he would if he had a feather etc. This is awesome because he can also kiss or lick his way around in conjunction with the tickling stimulation from his beard.

So remember to never discount your partner's attributes because they could just be the key to a lock you didn't even know existed.



Take those un-sexy qualities you find in your significant other and turn them into sexual successes!

"Dear Self Series"

We are mixing things up a bit and we want to hear from YOU! Our devoted, lovely readers! For the upcoming sex columns in The Reflector we will be doing a "Dear Self Series" where you will have the opportunity to have your most daring sex and relationship questions answered. Send your questions to: Sexcolumnist.reflector@gmail.com.

All entries will remain anonymous. Look forward to hearing from all you little noughties!

Come Out and Play: The Motorola Moto X Play reviewed

How the new Motorola Moto X ranks against its higher priced siblings in the phone family



All the jazz for half the cost. Being tech savy couldn't get any better!

Logan Krupa

Tech Columnist

Most phone manufacturers have been loading their phones with fingerprint scanners, absurdly high-resolution screens and equally absurd high prices. When I needed a new phone, I wanted three things: great battery life, a great camera and a reasonable price.

Motorola's recently announced Moto X Play exceeded my expectations. Available at \$50 on a two-year contract or \$420 outright from Telus. The Moto X Play is actually considered "mid-range" in Motorola's lineup between the Moto G and the Moto X Pure. The phone punches well above its weight.

The Moto X Play has one of the largest batteries available in an Android smartphone to date. The 3630 mAh battery within the Moto X Play allows me to unplug my phone early in the morning, and go to bed late at night with about half my battery left ...that's incredible! Even better, the battery is quick-charging using Motorola's "Turbo Charger," which is included in the box with Telus (but may not be with all providers). Using the Turbo Charger, the Moto X Play gets approximately eight hours of battery life in about 15 minutes of charging.

The build quality of the phone feels surprisingly solid. Upon seeing pre-release photos of the phone, I thought the rubber plated back would feel "cheap" compared to its more premium siblings. Alas, the grip actually feels great! The phone

feels solid enough that I would almost be willing to go without a case. My only complaint build quality wise, is that the power button on my unit does seem to have a bit of wobble to it. I do think it could be a bit more solid, but otherwise I'm really happy with the build quality of the Moto X Play.

The cameras on the Moto X Play also are excellent, considering the price. The phone comes equipped with a 21-megapixel rear camera, and a 5-megapixel front-facing camera. Photos from the rear camera generally look great, with vibrant colours. The phone does seem to struggle a little bit taking photos in low light, and it does not have optical image stabilization like many higher-end phones. Still, I am generally quite satisfied taking photos with the main camera on the Moto X Play. The front-facing camera also is great for selfies, with a neat trick in dim light. When taking a selfie in dim light, the screen of the phone will turn white at maximum brightness for a moment before taking the photo in order to emulate a flash. It works well!

Motorola's Moto X Play may "only" have a 1080P screen, and it might be devoid of many gimmicks prominent on higher-end phones. Thankfully, the Moto X Play is also lacking...a high price! The amazing battery life, very good camera and speedy performance make the Moto X play one of the most satisfying smartphones I have ever owned.

Your Students' Association



CITIZENSHIP & LEADERSHIP SERIES



**MEETING
MANAGEMENT**
TUES OCT. 13 @ 4PM
YELLOW ROOM (Z203)

VISIT SAMRU.CA FOR INFO



**CREATING
SAFER SPACES**
WED OCT. 14 @ 4PM
YELLOW ROOM (Z203)



ABORIGINAL ANCESTRY PROGRAM

RESEARCH YOUR ABORIGINAL
ROOTS WITH ROBIN KAREN KIRK

WEDNESDAYS FROM 10AM-2PM
IN THE GLOBAL CITIZEN CENTRE Z307

FOR MORE INFO CONTACT CORY
C.CARDINAL@SAMRU.CA



Your Students' Association:
Bringing you the ultimate student experience



samru.ca



Photo: Kari Pedersen

All Time Low hitting an All-Time High

Pop-Punk quartet played sold-out show at MacEwan hall, but not before talking to The Reflector about the things that make them unique

Nicole Angus
Staff Writer

All Time Low played a sold out show Sept. 25 at MacEwan Hall, with opening acts Set It Off and Nova Rockefeller supporting them on their Future Hearts tour. Jack Barakat, guitar player, came to the stage announcing “Calgarians are fucking nice people, last time we partied here was the best night of my life – until I threw up on my bus later.” This one statement set the show for a party filled atmosphere

as All Time Low worked through their set.

In an exclusive interview with The Reflector, front man Alex Gaskarth talked about the slow build that has made the band what it is today. “There’s something really special about having a grass roots approach to building your band like that, I think that it feels much more rewarding to know that it didn’t just happen overnight because of some magic formula you know? It’s pure. We’re really proud of that, we’re proud of the fact that we put this time into it and its bang

“When we started out, we didn’t really know what we were doing”

—
Alex Gaskarth

on,” says Gaskarth.

There is nothing grass roots about this band, as noted by Barakat on Sept. 25. “Last time we were here we played in a small ballroom upstairs, so thanks to all you little bitches for buying tickets and coming out to see us every time we are here” Barakat stated enthusiastically to the crowd of 1000. But as they grow they don’t leave fans behind, as All Time Low has always been active on social media and connecting with fans. “We’ve always been apart of that ever since Pure Volume and My Space kind of

came along and started that whole thing with bands. We jumped on board really early, we realized it was a great way to reach out and connect with our audience and get them familiar with not only the music but also who we are as people. I think that’s a really cool, unique place that music is in right now. It didn’t used to be like that, and I really appreciate it,” says Gaskarth.

The enthusiastic front man knows that the growth of the band will put new fans in touch with new

Continues on Pg 12

OUT’N ABOUT

Theatre:

Theatre Calgary’s *The Crucible* will be playing at the Max Bell Theatre from now until Sunday, November 8. Tickets are available through the Theatre Calgary website.

Art:

The Calgary Zoo’s *IlluminAsia* festival is on display until Tuesday, Nov. 1 and will showcase hand-made lanterns from China, Japan and India. Tickets are available through the Calgary Zoo website.

Food:

“Talking and Tasting Tequila” will be taking place at the Crowfoot Tasting Centre on Thursday, Oct. 15. The event will feature a wide variety of the popular drink from all over the world.

Music:

Metal band Slipknot will be jamming their way into Cowtown on Friday, Oct. 16. Tickets are available through Ticket Master and on the band’s website.

Q&Arts: Trevor Juras

The most genuine, down to earth director you will ever meet

Robin Welsh

Contributor

With an Americano in hand, The Reflector chatted with Toronto-based director Trevor Juras about his latest film, “The Interior,” which played at the Calgary International Film Festival, as well as his life as a film maker.

The Reflector: How long have you been making films?

Trevor Juras: Just a couple years now, since 2013.

TR: How hectic has your life been since the release of “The Interior?”

TJ: Not too hectic. It was hectic leading up to it though because before our world premiere in Montreal, we finished the film a week or two right before the premiere. So it was hectic leading up to that. In terms of stuff for The Interior, it hasn't been too crazy. Festival season is kind of condensed into a small pocket. I spent a bit of time in Montreal, and now I'm in Calgary and I'm going to Saskatoon tomorrow and then back to Toronto. It is going to be playing again at the Toronto After Dark Film Festival. So it will be a bit hectic in the next little while but not crazy. I was hoping for some kind of whirlwind tornado to come and sweep me up but that hasn't quite happened yet.

TR: How would you describe your process, from your first idea to watching it in the theatre?

TJ: It's always a little bit different. For “The Interior,” I had thought of the film a few years ago and I had written a script way back when, but it was very cliché. It started out as a man and a woman in the woods, they were a couple and they were fighting. The guy didn't want to look at directions and there was all this cliché stuff happening - so I abandoned that idea. So then I kept the film brewing in my head for the next few years and I went to a weekend film seminar, which really inspired me. I ended up finding someone who wanted to produce it with me. Before I even wrote the script we booked the plane tickets to BC, and just shot the rest in Toronto. But we booked the tickets so there was no turning back, and then I quickly rewrote the script. Next

we took it to set and when I'm on set I like to be pretty spontaneous, so I made a shot list and we didn't have locations picked out, we just went to places in the wilderness and picked spots depending on what we needed. We shot really quickly, about 10 days in BC and then another 3 days in Toronto. From there it was just me and my computer editing it, which took a few months.

TR: Where did you draw your inspiration for “The Interior” from?

TJ: It started off as an idea to make a really simple, strait forward horror film. It was several years ago when I first got the idea. As I started writing the script and we got closer to making it, it turned into something else. I spent a while working a job I didn't like and the man who plays the main character's boss was actually my boss in real life. So a lot of my inspiration is drawn from real life experiences. Probably, I would say that it is a parody of some things I've gone through. As for the latter half: I love nature. The past few years I've really gotten into being in nature more often. I was always a real city boy and when I'm out in nature I just think about how vulnerable we are. You look at the stars and you think about outer space and all of these big ideas and it can be really overwhelming and sometimes scary. For the character it is obviously kind of a scary thing.

TR: When I saw “The Interior” it wasn't what I was expecting. Do you like surprising the audience with your films?

TJ: Yes, very much. If it were up to me there would be no trailer, no written description, there would be nothing except maybe a poster saying who made it, and who's in it and that's it. That's how I like to watch movies. If I know that there is a film that I want to see, I try to know as little as possible about it (by going in completely fresh) because I like the feeling of a film taking me somewhere. For me there is nothing worse than knowing what is coming, or just seeing where they are going with it way before they get there. So I suppose that is what drives me and what drives the film as well.

TR: Is it difficult to get your films into festivals?



Photo: Robin Welsh

Toronto film director Trevor Juras had his latest movie ‘The Interior’ shown at the Calgary International Film Festival

TJ: Yes. There is just so much out there and the competition is stiff. Thank God Canadian film festivals have a Canadian mandate. That narrows the playing field significantly. It is also expensive to submit to festivals. Each festival charges money just to look at your film so the cost can add up really quickly.

TR: What advice can you give young aspiring filmmakers that are just starting out?

TJ: If you go to school for it, take it with a grain of salt. Try to find different reasons to go to school because film school won't teach you to be a director or a cinematographer, you can really only learn that by doing it. University is a great experience, and I would never dissuade anyone from going to school, but if you want to be a filmmaker then university is not necessary. You can just start working and making your own pieces. My advice would be to just make something with whatever you have. If all you have is a cell phone and your friends who can't act then make it that way. Don't worry about production value, or money, or waiting for anything, just make it. Make it as soon as you can and work off of it.

Juras, like many other Canadian film directors, are finally getting their chance to shine at film festivals around the world. With the success of movies like “The Interior,” there's no telling what kind of brilliance will come out from the Canadian film industry next.

NANNY / BABYSITTER NEEDED

2 Children, flexible hours, for three times in a week, duties include helping with homework, meals, errands, and picking up from school. \$315/for one week. contact bb89471@gmail.com



HMCS TECUMSEH CALGARY'S NAVAL RESERVE

MANY EXCITING PART-TIME JOBS AVAILABLE
EARN UP TO \$7500 DURING 1st SUMMER
RECEIVE UP TO \$8000 TOWARDS POST-SECONDARY TUITION

Call or email today for more information!

403-410-2475

jobs_tecumseh@forces.gc.ca

Facing an unplanned pregnancy?

Let's talk options...

Talk
403.270.8228



Text
403.519.7927

Beakerhead is off to Beaker-bed... UNTIL NEXT YEAR

YYC's week-long citywide laboratory comes to a close.

Emily Thwaites

Contributor

The fifth and final day of Beakerhead's brilliant showcase of engineering and art took place on Saturday, Sept. 18, with exhibits situated at various locations across the city (and province!)

"Intrude," was a popular feature this year, celebrating the wonderful diversity of our neighbouring urban wildlife. Designed by Australian artist Amanda Parer, this exhibit explored the fragility of our environment and our role within it. Located in Central Memorial Park, visitors were invited to take a stroll amongst four enormous inflatable rabbits. A social media chal-

lenge #yyclostbunny encouraged Calgarians to find and share their discovery of the fifth rabbit, hidden in Victoria Park!

'Station B' at Fort Calgary was the heart of the action, and dwelling place for Sunday's daily workshop, 'Water, Water Everywhere.' Hosted by Calgary-based organization, CAWST (Centre for Affordable Water and Sanitation Technology), a variety of workshops promoting green thinking and inspired visitors to support the global need for safe drinking water.

One of these unique workshops was 'Toilet Tank Buddy,' an opportunity for children to build their own 'buddy' to take home and help make a difference. Youth of all ages enjoyed building their buddy

out of clay, glitter, googly eyes — you name it! — before securing him inside a mason jar filled with water. Toilet tank buddies work by displacing a given volume of water in your toilet's tank, so each flush uses less water, consequently saving thousands of liters of water every year! In addition to 'Toilet Tank Buddy,' children could also test their strength carrying gallons of water, whilst learning about the thousands of children globally who are forced to do this every day in order to survive.

This exhibit seemed to work very well because it wasn't just a surface-level informative piece. The primary focus of a hands-on learning experience was an effective way to raise awareness and get the whole

family directly involved. By introducing the issue of water sanitation and conservation to a young audience through play and exploration, it engages them to think critically and constructively about this international concern.

A citywide showcase of work by 148 local and 30 international

artists and engineers, one thing's for certain — the third year of Beakerhead was an event impossible to ignore!

Do you believe in magic?

How Calgary plays the most popular card game

Lexi Wright

Contributor

You've been sitting in class for three hours. Maybe that extra-large coffee wasn't such a great idea, because you REALLY need to pee. You rush to the nearest bathrooms, and there you are confronted with a choice: men's or women's?

For most, the decision is clear. If your gender identity matches the typical expectations of what a man or woman is, you've probably never thought twice about which bathroom to use.

But what if your gender identity doesn't fit neatly into one of the two categories? What if you are transgendered, or gender queer? What if you consider yourself both male and female, or neither?

In a recent *Calgary Journal* article, it was pointed out that there are no gender-neutral bathrooms at Mount Royal University, something other universities in Canada have

started to implement.

Though MRU does have bathrooms in some of the newer buildings that are accessible by anyone regardless of gender, they are specifically designed for those with limited physical mobility, and are not available in the older campus buildings.

That's not enough.

Gender non-conforming students, faculty and staff already have to deal with constant reminders that they are "others" who don't fit in to the gender paradigm our society subscribes to.

They shouldn't have to worry about something as simple as finding a bathroom that doesn't exclude them based on who they are.

Male, female, or any other gender identity, we all have bladders — and it's a basic human need to have access to a toilet.

Gender-neutral or gender-inclusive washrooms — accessible and welcoming to anyone, regardless of their gender identity — would send

a message of inclusion to MRU's gender non-conforming individuals, reassuring them that they are a part of our community and that they deserve the same considerations and services as everyone else.

There's not even any need for costly renovations or bathroom overhauls. All it would take is a simple change of door signs, from "male" and "female" to "everyone."

There are possible legitimate concerns with the idea of every bathroom being "co-ed," but even making a couple of them into gender-inclusive spaces would be a start.

It would also give everyone a chance to see that peeing in the same general vicinity of someone who (gasp!) isn't the same gender might not be as big of a deal as we've been led to believe.

You don't have to sit in school to stand among greatness.



› Thomas Edison:

The world's most extraordinary failure never gave up.
Thank goodness.

 Athabasca University

open. online. everywhere.
go.athabascau.ca/online-courses

Noise IOI

Continued from Pg 9

All Time Low music, allowing “The Party Scene” and “Put up or Shut up” to shape them, but the band has moved forward saying that “When we started out we didn’t really know what we were doing, or what we wanted to be. It’s kind of taken us all this time to realize who we are as a band and identify what All Time Low is and what All Time Low can be.”

Gaskarth goes on to further show how they found themselves as a band with their most recent albums. “There’s a big realization once we get to the album

“Don’t Panic” where I think we sort of honed in on what it is that we wanted to do. I sort of equate it to the reboot of a franchise – it’s our Jurassic World vs. Jurassic Park and its sequels. It put us in a new place, it still sounds like All Time Low but I think once we hit “Don’t Panic” it was the fully realized version of the band.”

They also have learned how to manage their personal lives, as they spend little time at home. “It’s just something that comes with time. We’ve all grown up doing it. We started this band when we were very young in comparison to where we are now. I think you just kind of learn how to have relationships whether they’re friendships, with people we love or family – we sort of figure out.”

Gaskarth is not new to this, as he recently got engaged to long time girlfriend Lisa Ruocco. “You find people who get it, and understand and embrace what we do because

it’s not for everyone. There are people who don’t get it and can’t live with it and it’s not their fault, you kind of make friends who do understand that you’re gone a lot and the same goes with relationships and

“You find people who get it, and understand and embrace what we do because it’s not for everyone”

— Alex Gaskarth

otherwise. Our families are really supportive of us, they always have been so they’re used to it by now. We just do a good job of, or we do a bad job of it and they just deal with it” Gaskarth laughs.

All Time Low has always been known for their crazy antics on stage, as they demonstrated perfectly on the 25th. Watching them perform, viewers can tell that they are four guys who genuinely enjoy what they do. From the bras thrown on stage, which is a classic All Time Low concert occurrence, Barakat happily chanting “TOGA, TOGA, TOGA” (because of a toga party

happening at the Den), all the way to the discussion of what the correct pronunciation of gif is. Barakat argued that it was “pronounced jif, because it’s when you dip your wiener in peanut butter and lick it off”. One highlight of the show antics was actually when the show was completely over, after the encore. Barakat decided to put on one of the bras thrown on stage, and dance on a speaker to Uptown Funk, while front man Gaskarth danced and kept the crowd amped up even after the show had ended. It’s entertainment like this that keeps All Time Low fans coming back to see them, show after show.

Performing isn’t all fun and games with All Time Low as they genuinely care about their fans and the struggles fans face. “Missing You,” a track off Future Hearts, addresses the very real aspects of mental illness. “The influence behind Missing You comes from knowing people who have struggled with addiction or struggled with depression or things that have become the main focus of their lives, things that are very negatively affecting those people. It is just a call out to those people saying that they’re not alone. A lot of the situations people feel very secluded in life and that they are the only ones going through it, that no one could possibly understand and I think a big realization is that there’s hope out there. There’s help out there. That was something I really wanted to communicate in the song because I see it a lot with a lot of our fans who are going through the same thing whether its mental disorders or anything like that. It’s something that we wanted to bring to life, bring attention to and offer a helping hand if we can” says Gaskarth.

While not all their fan are university students, Gaskarth had some sound advice for university students saying “this is a really interesting time in your life since you’re young and you’re still figuring out what it is you want to do or where you want to go in the future. I think it’s one of those things where it feels like it’s everything at the moment. I think it’s also important not to completely burn out trying to get good grades and things like that. It’s important not to worry about it too much. I think there’s a lot of fun to be had and a lot of people to be met, you know these are some very important years – you’ll meet some of your best friends for life in this time so I think my biggest piece of advice would be to go out and still make sure you’re living your life”.

Fans will definitely welcome back All Time Low when come back to Calgary, but until then you can get their music, including their newest album “Future Hearts,” on iTunes.



What a Time to be Alive

Drake & Future
Cash money records
Score: A

I somehow happened to like the songs that revolve around strippers. I mean, they’re just good songs. “Plastic Bag” is especially one of my favourites because I believe it has the nicest hook (“... you danced all night girl, you deserve it”). Only Drake would appreciate the efforts of a stripper. Future’s verse in Live from the Gutter is one to pay attention to as he mentions his past life.

— Kiah Lucero

After all the rumors, the Drake and Future mix tape collaboration has finally been released. First off, it’s Drake. Need I say more? Anyway, this whole mix tape is no doubt a solid one; great beats and a ton of amazing tracks. While pretty much every track on What a Time to be Alive kills it, the two notable ones on my list are “Change Locations” and “Plastic Bag.”

“Honeymoon”

Lana Del Rey
Interscope
Score: B+



Lana Del Rey’s new album Honeymoon, was released Sept. 18, and is her best yet.

Musically, the artist uses a variety of vocal techniques, orchestral elements and strong bass to keep the listener interested. Several portions of the album even seem to sound distant and as if it were being played on a vintage gramophone record player. Through her artistic expression of romance, Lana Del Rey’s passion comes through song after song, making her lyrics believable and relatable. It is refreshing how the subject matter and

emotional feeling varies from song to song, especially since they have to do with love. The song titled ‘Religion,’ expresses the feeling of being dependent on love, while ‘The Blackest Day,’ illustrates the darkness and heaviness of breaking up. ‘Salvatore,’ feels like youthful longing and ‘Swan Song,’ is an expression of freedom and making sacrifices for love.

— Robyn Welsh



GO:OD AM

Mac Miller
Warner Bros
Score: B+

One of Hip Hop’s most unique personalities came back after a bit of a hiatus. Upon first glance, Mac Miller is the last person you’d expect to be a professional rapper, but this latest album shows why he’s been able to stay in the game for so long. On GO:OD AM, tracks like “100 Grandkids” and “Brand Name” show his ability to flow rhymes over

chill laid back beats. The change of pace is something that helps balance Hip Hop as a genre. With features like Chief Keef and the almighty Based God himself gracing Mac’s tracks, this is a very well put together album that was a joy to listen to from front to back.

— Bigoa Machar



Photo: by Kari Pedersen

Alex Gaskarth sings to a sold-out crowd at MacEwan hall.

sports

Sports Editor
Melanie Walsh
sportseditor@thereflector.ca

Is “technodoping” becoming an issue in the sports community?

Advances in technology could affect sports fundamentals

Logan Krupa
Tech Columnist

Sports are inherently athletic. We watch sports in awe of the capabilities of the human body at peak performance. As technology progresses, athletes can push themselves further and further in training. But at what point does training technology tarnish the integrity of sport? Athletes have coined a term for using technological equipment to ones unfair advantage, “technodoping.”

Some might argue that technology can be detrimental to a sport

if that given technology allows athletes to win solely because of the technology, and not because of fitness level or strategy.

Accessibility to a given technol-

At what point does training technology tarnish the integrity of sports?

ogy is also a factor in determining fairness. If a technology is so exorbitantly expensive or rare that only a few athletes can access it, that technology may arguably provide an unfair advantage.

Suiting Up

A prime example comes from the world of swimming. Full body swimsuits were a common sight on professional swimmers six years ago. The sleek, buoyant suits offered an up to 8% reduction in drag compared to those swimming in more typical swim trunks or swimsuits. That is a substantial difference when competitive swim-

ming is measured down to thousandths of a second. At the 2009 World Championships in Rome, an astounding twenty world records were set. FINA (the international body governing competitive swimming) banned full-body polyurethane swimsuits and placed an asterisk upon existing records accomplished by those wearing full body swimsuits. The suits were very expensive, costing \$500 each, even though they only lasted a few swimming sessions. The suits also allowed wearers to float above the water more easily, with the air offering less resistance than being deeper in the water. Certainly, full bodysuits offered an unfair advantage over swimmers who relied more upon their athleticism.

The “Real” MVP

Dartmouth College (an Ivy League college in the U.S.A. recently introduced the Mobile Virtual Player (MVP), a remote-controlled tackle dummy that automatically resets itself after being knocked over. The MVP allows players to practice their tackling technique repeatedly, while greatly reducing the risk of injuries during practice due to repeated physical contact. The MVP dummies are very expensive, costing \$3500 each to manufacture. That keeps the technology out of the reach of some college and university football programs. Accessibility is an issue with the MVP system, but the technology ultimately exists with player safety in mind. Therein may lie another potential problem. In contact sports such as football, players must learn to both take and deliver hits safely. The MVP dummies do not have arms, and they obviously do not react the same way a human player would when getting hit. Conceivably, the tackle dummies might result in injuries during gameplay because the players

aren’t used to real human contact .

A breath of fresh air

High-altitude training masks are now seen on serious recreational athletes and professional athletes during training, such as Marshawn Lynch of the Seattle Seahawks. High-altitude masks function using a set of valves that allow less air into a wearer’s lungs during each breath. During training, athletes wearing the mask produce more red blood cells, and theoretically end up with a strengthened diaphragm compared to non-wearers. Science is trying to understand the true degree of benefit wearing such masks during training may offer, but with the most common version of such masks costing about \$100, it is certainly an accessible technology for non-professional athletes. The masks are not used during competition, and there is debate as to their effectiveness.

Light on the feet

What happens when training technology does make its way into the field of play during competition? Oscar Pistorius participated in the London 2012 Olympics on carbon-fibre prosthetic legs. Some argued that Pistorius could have an unfair advantage because his prostheses were lighter than human legs and were optimized for running on all surfaces.

Pistorius certainly didn’t perform in the Olympics like he had an unfair advantage. Inevitably, the materials and design of prosthesis will get better, and the question of athletes in similar situations possibly “technodoping” may be raised with more validity in the future.

Technology will always progress, but athletes must keep in mind that fairness to their peers is essential to the integrity of their sport, whether on the training field or in the heat of competition.



Some athletes are able to get their hands on new technologies that bring a whole new level to sports performance.

#S

42 Flames games will take place at the Scotiabank Saddledome for the 2015-2016 season..

23-20 was the final score for the Calgary Stampeders against the Hamilton Tiger Cats, marking the 11/14 win for the Stamps.

1873 the year tennis was first invented

12 degrees celsius is the max average temperature for Calgary in Oct. and minus one degree celsius in the minimum average temperature, according to www.livingin-canada.com

Cheering loud and Staying Warm

Don't let the cold weather keep you from supporting your team

Melanie Walsh

Sports Editor

With the Blue Jays going into the playoffs, the Stampeders still making plays and the Flames ready to hit the ice, fans are going to have to bundle up. Of course dressing the part is the basic thing to do but no self-respecting sports fan wants to cover up their jersey, so here are some helpful ways you can cheer on your team while keeping warm in the stands.

Find Shelter:

Blocking out the elements when taking in an outdoor sporting event will significantly help you stay warm and remain dry. You can always bring an umbrella to block the rain and pack a lawn chair to keep you from having to sit on damp grass. Or you can take it one step further and pick up the Under The Weather Personal Sport Pop-Up Tent. <http://www.anthem-sports.com/UTWTentsFor> under \$100 you can fit your favourite lawn chair into this compact, water resistant tent. Complete with 270 degree

viewing, carrying bag and team logo applications you can take in the game, rain or shine.

Become the ultimate cheerleader:

The key to staying warm is keeping your blood flowing and circulating throughout your entire body. An easy way to do this is take full advantages of every play, good or bad and every single goal. Don't just sigh when the ref makes a bad call, the other team gets a good hit or gets one past your star goalie, show your true frustrations and let your freak flag fly. When your team scores or gets the ball out of the defence zone make sure to dance and jump up and down in celebration. The main thing is to get up and get moving, but still keep sportsmanship in mind.

You are what you eat:

We all know that it's what's on the inside that counts. Same goes

for keeping warm. If you fuel your body with hot eats, your body will begin to radiate that thermal goodness. Hot chocolate or coffee in a thermos will keep you warm for the duration of the game as you sip on your favourite beverage. Chilli or a nice bowl of soup are also great meal options to indulge in during half time.

Show your pride:

If you find yourself in a particularly drafty arena, or its snowing during a Canadian football game, your jersey might not fit over your coat. Head on down to your local thrift shop and grab as much team coloured clothing as possible. With the help of some toques, mittens and scarves you can still be the best dressed fan out there, and not have to leave the game early because your getting frost bite.

Go overboard:

You are never going to regret being too warm, it's much easier to cool your body then warm yourself up. You can always re-

move a layer or two if your team is making some impressive plays and things are heating up. Go into your local sports store and get some snow essential accessories. My personal favourite are grabber warmers. <http://www.alpineaccessories.com/Grabber-10-Pack-Hand-Warmers/productinfo/GRHW10/>

For \$10 you can get a pack of 10 warmers. These little packs are a source of portable heat that last up to seven hours and are great to stick into your gloves or shoes.

You don't want to miss any of the action this fall and winter so be sure to keep warm.



Hand warmers are a great accessory to bring along to any sporting event to help keep you warm while cheering in the stands.

samru.ca

samru.ca



GENDER BENDER

8PM IN THE HUB

\$10 ADMISSION



GENDER + SEXUAL DIVERSITY AWARENESS DISCUSSIONS | VIEW THE SCHEDULE ONLINE!



CRAFTERNOON 1-3PM IN THE PRIDE CENTRE



SINCLAIR SEXSMITH 12PM ON MAIN STAGE

**FOR MORE INFORMATION VISIT US ONLINE AT
WWW.SAMRU.CA/PRIDE**

samru  students' association
of mount royal university



Brendan Stasiewicz
Contributor

Mount Royal Cougars Season Outlook

Learn what is going to be happening on the Cougars' pitches, courts and ice.

Mount Royal University students have the privilege of taking in a sporting event whenever the MRU Cougars hit the pitch, court or ice. They have mens and womens soccer, hockey, volleyball and basketball teams. The only problem is that going into the game most students don't even know if the teams are any good.

The teams play in the highest conference Canada has to offer, maybe it's because of the fact that the Cougars play much bigger schools, University of Calgary, University of British Columbia, University of Saskatchewan for example, so many students overlook the sporting teams. All students have to do is look up to the rafters above the track in rec to see banners upon banners of past Mount Royal sporting achievements.

Mount Royal may not be a NCAA div 1 school, nor is the prestige of the CIS, the conference the Cougars play out of, close to that of the NCAA in the States. If it were, then coaches would be getting paid millions and games would be nationally televised... students would probably also be forking over tens of thousands of dollars to go to school.

However what many of those in the student body here at Mount Royal don't realize is that the level of play the CIS provides does compete with that of the NCAA. Just look at where the athletes on our hockey teams played their junior hockey (most of them in the WHL, others in high end AAA leagues.) The teams students have the privilege of watching at the university are among the best in the country- but still few pay as much attention to Mount Royal sports as they should.

So as we go embark into yet another year of Cougar sports — the organization's fourth year in the CIS (the school used to be part of the ACAC, but Mount Royal's dom-

ination of the league warranted a step up) it's time to look forward to what's in store for 2015-16.

Soccer

2014-15 records:

Mens: 2-8-2
Women: 4-7-1

Unfortunately for Mount Royal soccer fans the season is astonishingly short. In fact, in two short weeks playoffs will be getting underway. It feels like syllabus week was just yesterday and it's a shame many are missing the resurgence of men's soccer at Mount Royal. The 2015 squad is lead by newly appointed head coach Ryan Gyaki, 30, who was one of Canada's prized prospects of the Y2K decade and the only Mount Royal coach with a Wikipedia page. The Cougars have already eclipsed their win total from last season by three and are poised for their first CIS West playoff run. Unfortunately the women haven't seen the same turnaround, and while most of their losses this season have been nail biters, they'll need a strong finish to the season to break the four win total from last season.



Hockey

2014-15 record:

Men: 17-11
Women: 6-22

Season opener: Oct. 9

Would it really be a Canadian school if hockey weren't the sport to draw the most attention? Each January thousands of students flock to the Scotiabank Saddledome to witness the annually record breaking "Crowchild Classic." The contest pins the inner-city rivals, University of Calgary Dinos and Mount Royal Cougars against one another. If the trend of the team getting better with each passing CIS season continues, fans who flock to the Flames Community Arena to catch weekend games are in for a treat.

The men's team is lucky to have whom head coach Bert Gilling calls "three of the best forwards to play CIS hockey." Tyler Fiddler, Matthew Brown, and Cody Cartier blew up the score sheets last season and with some help from goaltender Cam Lanigan they lead the team to their best CIS finish yet. The fiery forward trio is now in their second full season together, and if last season is any indication of what is to come then the men's team

should be looking forward to another successful season.

The record doesn't tell the entire story of last season for the Mount Royal women. The team was plagued during the first half of last season with the inability to score goals, leading to a 1-12 record to start the year. During the home stretch the women's team showed lots of improvement and potential, and behind strong goaltending from rookie Emma Pincott finished the season 4-6, beating the Dinos at the Crowchild Classic in the process. Unfortunately the team is without two out of their top three leading scorers from last season, Tanika Dawson and Janessa Jenkins. It will take solid goaltending and strong play from 2014-15 leading scorer Reanna Arnolds and the rest of the young Cougar forwards to make the playoffs.

Volleyball

2014-15 records:

Men: 11-13
Women: 5-19

Season opener: Oct 16

A big story for the men's volleyball team in the offseason was the recruitment of PACWEST dig leader Alex Protic from Capilano University. The former u18 national champion joins a veteran roster coming off the school's best finish in their CIS West history last season.

Standing at 7ft. 3in., middle hitter Grigor Kartev from France is a player to watch, mostly because it's nearly impossible to miss him when he's on the court. In his last year of eligibility Kartev and his teammates have a good chance to improve on last year's record and perhaps achieve the team's first finish above .500.

The women's team has proven that they can win games. Last season the team knocked off

the country's top seed, the UBC Thunderbirds, in a five set thriller. The rest of the season didn't go as planned but Mount Royal does have a winning history, going 14-8 just a few years ago. If the team plays to their full potential and recruits Carolina Alongi and Chantel Park turn out as well as the team hopes then there's no reason to not believe in this women's team.

Basketball

2014-15 records:

Men: 10-10
Women: 6-14

Season opener: Nov. 6

The men's basketball team's fate rests in the hands of their big men. While coaches seem to be very optimistic of rookie point guard Matt Gray and the leadership of last year's starting guard Derek Wolf, you can expect the team to feed the ball to the post early and often. It will mostly be up to three new recruits standing at a jaw dropping 6ft. 9in. and important veterans James Lefebvre and Ray Goff who measure in at just a few inches shorter to determine whether the team will be playing playoff ball or having some extra time to study for finals.

As for the women, last season's disappointing record could be contributed to the team's lack of CIS experience, as seven players were CIS rookies. However, experience isn't an issue for the 2015-16 campaign; the roster has but one first year on it, Michelle Tiffany, who looks to dominate in a Mount Royal jersey like she did in a St. Francis jersey the past four years.



Taking up Tennis

The technical skills required to play tennis can help you in other sports

By learning how to play tennis on a paddle racket, players will develop a better technique.

Melanie Walsh

Sports Editor

Tennis, although widely accessible doesn't seem to have lots of athletes picking up a ball and racquet. Barbara Streibl is taking it into her own hands to share her and her family's love for tennis. Streibl's mother was an avid tennis player and instructor and taught her husband how to play and then their children. Streibl fell in love with the sport, "It's outside, it's very social and if players have a nice style then it's a pleasure to watch," says Streibl. She played competitively all her life and was once ranked number two in Canada and number 111 in the world.

Now with a family of her own Streibl is passing down her family's tradition of playing tennis by offering lessons.

Calgary has many outdoor tennis courts that are readily accessible to the public but the sport is even more accessible than that. Unlike other sports tennis can be played with as little as 1-2 players. If you can't find a partner you can get in a great workout by playing off the wall. Other sports that require a minimum of three players on each team take a lot of organizing. Also the only equipment you need is a tennis ball and racquet which most recreation facilities rent or lend out and the proper active wear.

That being said, lessons are still very important as the sport requires a lot of technique. Tennis elbow is easy for players to get when they frequently hit the ball backhand, extending your arm back from your body and hitting the ball.

For ten, one hour lessons at just \$200 you can learn the Streibl fam-

ily secrets.

Streibl uses paddle rackets in her lesson as opposed to real racquets with strings. This is because regardless of where the ball hits the strings on a real racquet it will still bounce off therefore the player doesn't have to work as hard or concentrate on hitting the sweet spot. The paddle rackets require the player to hit the ball with the center of the racket and really push it.

She really encourages her students to focus on their technique in the winter and then they can go out to the courts in the spring.

The first four lessons can be really challenging because the players are having to stop and pick up the ball many times. After lesson four is when they start to really

build up their strides and hit the ball 60 or more times in a row without dropping the ball and having to stop and go retrieve it.

Shellie Kwon moved to Canada one year ago and is on her fourth lesson with Streibl. Kwon decided that the lessons would be good for her to stay in shape and she likes that Streibl is a really nice teacher and talks slowly as she herself is just learning English.

Tennis is a great complimentary sport as it teaches you hand-eye coordination as well as experience with a ball. One of the fundamentals of sports is to be one with the ball and understand where it is going to go and how it will come back to you, athletes can really build on this skill through tennis. They can also learn fast reflexes, footwork and build their agility.

Streibl teaches up to six students at a time in the gym of the Rundle Academy located at 44330 16 St. S.W. If you are interested in a lesson you can contact Streibl at sunnybay22@yahoo.ca.

**"It's outside,
it's very social,
and if players
have a nice
style then it is
a pleasure to
watch"**

—
Barbara Streibl

BRENTWOOD VILLAGE DENTAL CLINIC

**Proud to
be your
MRU dental
provider**



DR. RONDA SALLOUM, DR. CHRISTOPHER ORR, DR. AMREESH KHANNA,
DR. REKHA PARAJULI, DR. ALANA CARTWRIGHT, DR. SUSAN LAFLEUR,
DR. LAURA METCALFE, DR. ZAINAB BAGHDADI,
DR. OSCAR RENISON, DR. JAMES PENG

GENERAL DENTISTRY PRACTICE

**Mount Royal students
enrolled in the SAMRU
health and dental plan are
covered at Brentwood
Village Dental Clinic**

**100% Exams, first cleanings
and fillings
70% Root canals
70% Additional cleanings**

**We extract wisdom teeth
in our office**

**NO NEED TO PAY UP
FRONT FOR COVERED
SERVICES**

**We bill student's
insurance directly**

**We directly bill most insurance
companies even if you're not
covered by SAMRU's student
insurance plan**

Conveniently located in the
Brentwood Village Mall close to the Brent-
wood and University C-Train Stations

**Monday - Friday 8 am - 9 pm Saturday 8 am - 6 pm
3630 Brentwood Road NW 403-210-5050**