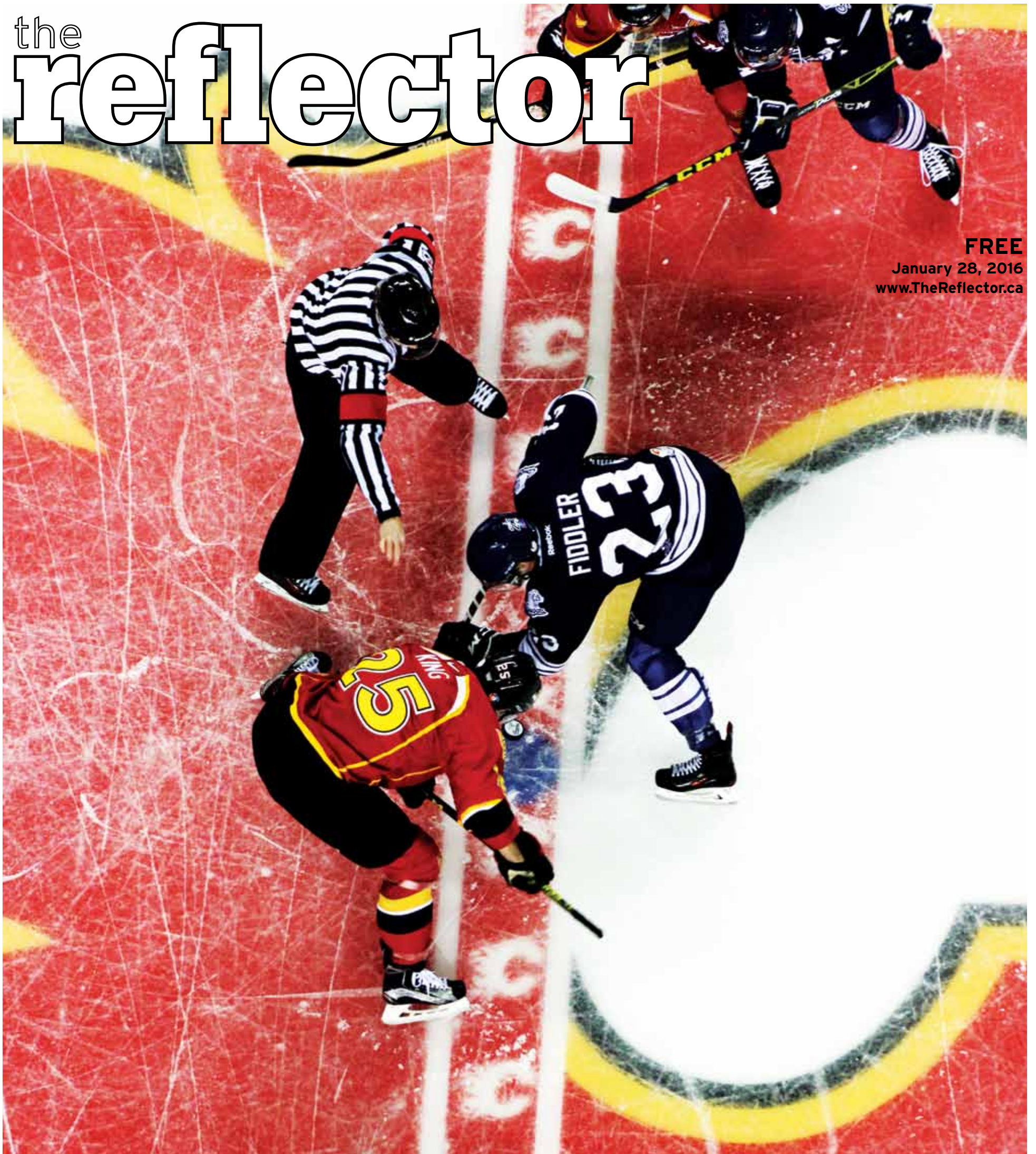


the reflector

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#SexSurvey: Our annual sex survey is here! Fill it out on our Facebook page

Replacing the Saddledome

Potential development in Calgary could include a new Flames arena

Patrick Gibson
Contributor

Snow is beginning to dust the 30-some cranes that occupy the north part of Edmonton's downtown, but they show no signs of freezing up. As Calgary City Council slowly begins the debate process over a replacement for the aging Saddledome, \$2.5 billion dollars of investment is well underway on a new home for the Edmonton Oilers and a revitalization of the surrounding area.

"It's probably one of the fastest developments in a democracy in the world," says Glenn Scott, senior vice-president of real estate for the Katz Group, who along with the city are the two key players in the project. While this may seem like a hyperbole, the development (known cumulatively as the ICE District) broke ground last March and now has multiple large infrastructure

projects underway including the first of two skyscrapers, a casino, an LRT station and a massive 24,000 square foot public gathering space.

Scott credits the pace of development to a healthy relationship between the Katz Group and the City of Edmonton. It's a sentiment echoed by Rick Daviss, the Executive Director of the Downtown Arena Project for the city.

"This was not something that was initiated by the Oilers, it was not initiated by the city, it was created by the city working together with the Oilers saying we both think an arena can have a significant impact on our downtown," he said. According to Daviss, the relationship at the beginning was tepid but learning to trust each other was key. "It took a while, but we're at the point now where we have a tremendous amount of respect and trust in each other."

Three hundred kilometres to

the south, the situation remains murky. There are certainly parallels. Edmonton and the Katz Group are using the new Rogers Place as an anchor for a revamp of an area not known for prosperity or excitement. The Flames-driven CalgaryNEXT proposal places the arena and surrounding urban village in the west end of downtown along the Bow River, currently inhabited by car dealerships, parking lots and millions of litres of leaked creosote wood treatment.

The area's councilor, Ward 8's Evan Woolley, is interested. "The West Village is an unbelievably horrible space now. You've got a huge environmental problem and you have a bunch of car dealerships," he says, adding that a redevelopment plan has been in place since 2010. The plan doesn't involve an arena, but Woolley's open to suggestions.

"For us as a city, a council and a community to not look at this proposal with an optimistic lens

like 'How can we make the West Village a better place to live?' it would be silly of us not to say 'wow this is pretty interesting, let's see if we can't make this work.'"

However, he stresses that community benefit comes first and that the assessment process will have to be thorough. "It's hard work to get everyone around an idea and have constructive conversation," says Woolley.

For that kind of constructiveness, the city and Flames owners may have to take a page from the Edmonton project, where the city and ownership speak of each other on glowing terms. "We have a shared vision, and we're willing to pull out all the stops to work with each other to realize it, not against each other," says Daviss.

Scott agrees, "It's quite synergistic."



Photo by Patrick Gibson

Looking over the West End from the Sunalta Station; the area could be transformed in years depending on how well the Flames and the City work together.

Guidelines for LGBTQ+ Students Bring New Liberties

New guidelines for Alberta schools promote acceptance of gender diversity

Georgia Longphee
Contributor

On Wednesday Jan. 13, Education Minister David Eggen released a 21-page document of guidelines on mandatory policies regarding LGBTQ+ rights that will be implemented in Alberta's schools.

Eggen, in a recent news conference, said "the bottom line is that every student should feel safe and have protection in place no matter their gender or sexuality." Eggen has given Alberta's 61 school boards until March 31 to come up with their own policies using the guidelines.

The guidelines give students the right to self-identify their gender and express it without

any repercussions or objections. The most crucial points of the guidelines are the right to pick your own pronoun, the right to choose what gendered sports team to participate in – and by doing so, minimize gender-segregated activities. The guidelines allow students the right to choose the gender of their preferred bathroom and changing room as well as the mandatory establishment of gay/straight alliances. Another important new rule is the student's right to choose their own pronoun: a gateway to the rest of the guidelines and an important move towards inclusive and accepting language. By being able to choose their pronouns, students can avoid scrutiny when choosing which

changing room or bathroom they feel more comfortable with.

However, like a lot of news in the LGBTQ+ community, the guidelines were met with criticism. After the guidelines were given out to the public, Bishop Paul Terrio of the Diocese of St. Paul and Archbishop Gerard Pettipas of the Archdiocese of Grouard-McLennan from Grande Prairie made their view of the guidelines very clear, even to go as far as to say that the guidelines were 'totalitarian' and that there are only males and females, that biological gender is not arbitrary and that by including those of alternate gender identities would contradict our day to day lives.

Criticism won't change the fact that the guidelines have been put in place. The

implementation of these policies may help to raise generations of Canadians that are inclusive and equal. Acknowledgment from

government and institutions is one important aspect of progress in areas of equality.



"Guidelines for Alberta Schools include allowing students to self-identify their gender and use facilities accordingly."

On Self-Care ...

How do you take care of yourself? This issue in our features section we are talking about self-care. It is such an important part of being a university student and often goes unattended. Why is it that we are so comfortable taking care of others but never put ourselves first.

With the hustle and bustle of classes, assignments, exams and stress the importance of school takes centre stage in our lives. It is hard to even think about taking a few moments of any day to spend some time by ourselves for ourselves, but why is that?

It seems that for students, we are used to being on the back-burner, we have less money than most of society, we definitely have less time than our non-post-secondary counter parts and we have a million things on the go at all times. I don't know about you but it feels to me like we are spending our lives as a shell of a person, with no excitement or enjoyment, with the exception of those days we go out with friends and drink way to much.

Self-care comes into play with this because as students we do need to dedicate some time to just us. Whatever that means to you. Maybe its going for a hike to see the amazing mountains in our backyard, or colouring in an adult colouring book or even just spending two hours every Monday night to watch the Bachelor.

While it may seem silly to spend two hours doing something like that while you could be studying, it will drastically improve your life, to the point will you will begin to feel like a real person again, and not just a student who people throw their assignments at to cause an immense amount of stress! I don't know about you, but halfway through the semester I am starting to get pretty weak, and my friends seem to think I have ended up in a ditch somewhere due to my lack of text message responses.

So as always MRU and other readers of this paper, I challenge you! Take some time for yourself, and show your numero uno some love, for the love of God you deserve it. And to make it even more exciting, we want to hear about it! Tweet us @Reflectthis and tell us how you decided to spend some time for yourself in the coming weeks. Midterms are coming, and they seem to always approach quickly, compared to that beloved reading break anyways. Don't forget to #MRUselfcare!

Speaking of Self-Care, why don't you take a few minutes to fill out our annual sex survey while you're spending some time on yourself, check out our Facebook page for the link, and get ready to share your dirty details with your trusty newspaper staff. #SexSurvey

-The Reflector Staff

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



Postmedia Cuts Jobs and Merges Newsrooms

What will be the future of Canadian journalism?

Sam Ridgway
Staff Writer

Canadians like to believe that their news is unbiased, honest and covers a broad spectrum of topics and viewpoints, but as Postmedia cuts journalists and merges newsrooms, a dark truth may begin to come to light.

Postmedia, who own all but three daily newspapers in English speaking Canada, announced on Jan.19 that they would be merging newsrooms in four cities. This decision meant cutting 90 jobs, 70 from Alberta– and altogether approximately eight percent of their national journalists.

Since 2011, Postmedia revenues have fallen steadily, and the company has repeatedly cut expenses. These cuts have saved the company money, but some speculate that they have resulted in lower quality products and services – which only further result in falling revenues.

According to an internal memo from Postmedia CEO

Paul Godrey, “[Postmedia] will continue to operate separate brands in each of these markets. What is changing is how we produce these products.”

The company announced that the layoffs and newsroom mergers were a result of long-term revenue losses, and they are now projecting cost reductions of \$80 million by mid-2017.

“The extent of the cuts today were pretty shocking,” said Gregory Taylor, an assistant professor from the Department of Communications at the University of Calgary, in an interview with Global Calgary on Jan. 19.

Ottawa, Calgary, Edmonton and Vancouver will be the first to see these changes. Although the newsrooms will be merged, Postmedia will continue publishing two newspapers in these cities, but many critics believe that all of Postmedia’s markets will be reduced to one paper per city.

“We did talk about this when Postmedia announced its intention to purchase the Sun

papers [...] that it would lead to less media diversity and it would lead to fewer voices, fewer jobs,” says Nick Taylor-Vaisey, president of the Canadian Association of Journalists. “Cuts of any magnitude, in any newsroom, diminish the public’s right to know.”

Many media professionals have voiced their concerns over the changes, stating that the previous monopoly – which was ethically questionable but still relatively supported – has now become a problem, as there is now only one editorial team and procedure being followed in each city.

Jana G. Pruden, a crime reporter with the Edmonton Journal, took to Twitter to stand in solidarity with her fellow reporters.

“This country is losing a lot of reporters today. One of them may be me. But beyond the personal, there is something far bigger at stake,” she said. “Canada, and every democracy, needs strong media. It is crucial. Never more so than in a changing, evolving, challenging world.”

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Summer Employment

Our family is looking for a responsible student to care for our 3 children (2 school age, 1toddler) over **summer 2016** (June, July & August).

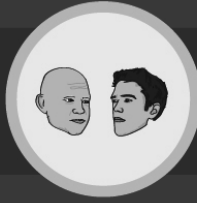
Ideally someone with **experience caring for children or in the nursing, early childhood education or a related program**. No cleaning or cooking required. Just enjoying games, movies and trips to the park. We live within 10 min of MRU and within walking distance of parks, library and an outdoor pool.

Pay is negotiable and schedule will be flexible. References will be required. Please contact Jennifer at 587-707-9700 for more details. We look forward to hearing from you!!

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features

Treat Yo'self

Features Editor
Kate Holowaty
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Why self-care matters

Kate Holowaty
Features Editor

As students we have all had that moment where we question whether or not we are taking the best care of ourselves. Between pulling all-nighters to hand in last minute assignments to living off of takeout and vodka for weeks at a time, it's a no brainer that we burn out, deal with stress and feel less than the ideal version of ourselves. If any of this sounds familiar keep reading because all of this can be improved with one concept: self-care.

You may have heard the term self-care but never really understood what it meant and it can mean different things to different people.

Tiffany Sostar, an activist, student and self-care workshop facilitator defines self-care as "...an intentional practice of facilitating your own mental, physical, emotional and for spiritual people, spiritual well being."

Now this might sound a bit abstract but really the concept is simple: do things for yourself that make you truly happy and you will live a happier more fulfilled and balanced life. This can be anything from taking the time to make yourself a tea when you feel stressed, to going for a walk to making yourself an amazing meal. When it comes to self-care

there are no rules.

But oftentimes people neglect self-care in their lives. This can happen for a number of reasons but Sostar says that it is often rooted in the sentiment of not wanting to be selfish or self-indulgent. Other things that may be affecting your self-care are money, resources, a lack of awareness and of course time. On Feb. 14 Sostar will be starting a 12-week self-care workshop that will help participants become cognisant of where and why they are missing self-care in their day-to-day lives.

"There are some core practices that are included. Things like becoming aware of what you need or want in any given moment," says Sostar. "So we will be doing a lot of self-awareness exercises, learning what stands in the way of your self-care."

The workshop will tackle issues facing people struggling to put themselves first. These issues can include shame about those needs as well as thinking that self-care comes with a hefty price tag. There is also the issue of mental health as it relates to self-care which is extremely important because having that awareness and then knowing the best way to combat it in a positive way can make for a far more enjoyable life.

"We will go through learning what you need, and learning why you're having some difficulty maybe giving it [self-care] to

yourself, learning how you can access self-care even if you don't have a lot of time or money or physical resources," explains Sostar.

The group will be meeting once a week to check in with each other about how their self-care process is going. Sitting in a circle and talking about your struggle with self-care may sound intimidating but Sostar believes the group aspect has benefits.

"It's really helpful to learn how to do self-care in a group because then you recognize you aren't the only one struggling with it."

The workshop will also tackle interrelated issues and concepts with a focus on self-compassion.

"...Things like mindfulness, self-awareness, giving yourself permission, forgiving yourself for when you've failed at self-care in the past and giving yourself forgiveness for those times when you tried to do self-care and felt selfish for it," explains Sostar.

So how can you start implementing self-care strategies into your daily life? It can be as simple as breathing with intention.

"Take a minute and breathe into your diaphragm and just feel what that feels like," says Sostar. "Your breath can actually tell you a lot about your physical state."

Sostar also gives simple examples like drinking more water and giving yourself permission to stop whatever it is that you're doing and eat



Sostar believes that learning how to look after yourself while still meeting your personal and educational goals is a really valuable skill that students should learn.

something.

"Those really basic things that you have to do anyway but you can start to do with a little more mindfulness can become the groundwork for really productive self-care practice," says Sostar.

Another thing you can do to start having better self-care is to start writing. A quickly jotted note in your phone everyday can help you become more aware of how certain activities or events affect your mood and then you can start to see where there might be missing pieces in your life that are stopping you from being satisfied.

Sostar's passion for self-care derives from her own

experience of realizing it was an area in her life that needed serious improvement. And through facilitating other self-care workshops she has seen remarkable changes in people's lives.

"So many of us spend so much of our lives just kind of curled up tight and not letting ourselves be who we really are, not letting ourselves stretch a bit...like 'I'm allowed to take up space and breathe and expand,'" says Sostar. "Seeing someone make more space for themselves is really powerful."

For more information about the self-care workshop visit writinginthemargins.ca.

Quick Budget-Friendly Beauty Tips

Easy advice to take the pressure off your wallet

Kate Holowaty
Features Editor

Sometimes during the budget-tightening drudgery of post-secondary it can feel as if you'll never be able to splurge on expensive and name-brand beauty products. But you don't have to break the bank to get your beauty fix. Use these awesome tips to make your dollar go the distance.

1. Mascara is mascara...

There's no need to drop \$30 on a tube of black goo when there are awesome formulas as the drug store. Try the L'Oreal Voluminous Butterfly or even the original Lashblast from CoverGirl. Both the waterproof and regular formulas are great.

2. Research for duplicates of higher end products

There is almost always a less-expensive dupe out there for a higher end product. Watch some YouTube videos to see live swatches, a good YouTuber that

does a lot of really informative dupe videos is GlamLifeGuru.

3. If you're going to splurge do it on brushes and applicators

Application is always more important than the product itself and can make a big difference visually. RealTechniques has affordable starter brush sets at most drugstores. Also if you can't afford to splurge on the cult-favourite Beauty Blender, Superstore's brand Joe Fresh carries an awesome dupe sponge.

4. Threading is the new waxing

Not only is threading significantly less-expensive than waxing it's also a lot better for your skin. Waxing pulls on your skin and takes off a layer of epidermis resulting in more redness and irritation. This can also lead to premature wrinkling and sagging of the skin making threading ideal for facial hair removal.

5. Research brand affiliations

Being aware of brands is an extremely important aspect of the beauty industry because brands that own each other are likely to have similar formulas, but in different packaging. Some examples are that L'Oreal owns Maybelline New York, Lancôme and Yves Saint Laurent. Even Estee Lauder owns MAC, La Mer, Smashbox and Clinique. Do your research and you can scout out products that are extremely similar to higher end ones simply disguised in less pretty packaging.

Rev Up Your Sex Life in 2016

Tips, tricks and things to try

Kate Holowaty

Features Editor

Feeling like your sex life needs a little pick me up? Try out some or all of these things to get your inner sexual prowess back and become fearless in the sack. And yes, that did rhyme, le sigh. Read on!

Buy a toy

People of the world it is time for you to buy yourself a sex toy. Whether it's a vibrator, dildo or a fluffy foreplay tool it can make a significant difference in your sex life. Use it alone or with a partner to enhance the experience. Nervous or feeling unsure on how to use it? Don't be afraid to ask the sales associate for ideas, google it or try it on yourself to see what feels best before using it with a partner. Recommendations: The We-Vibe 4 is a multi-use vibrator that can be controlled by an app from anywhere in the world, perfect for a long distance relationship.

Have a threesome

This is for those sexually adventurous folks out there. If you and your partner feel secure enough to invite another person into the bedroom, do your research and then go for it. Set some ground rules and make sure the third party is someone you don't know. Or if you feel like being the third party make sure you go about it in a safe way. You can use the app 3nder to find like-minded people and couples.

Spend more special time with yourself

Yes, I'm talking about masturbating. To quote Justin Bieber "you should go and love yourself" is the 2016 sexual motto. While having a partner to get off with can be fun, being alone with yourself can have it's own set of unique benefits. So draw a bubble bath, light some candles, take your time and enjoy.

Get to know yourself sexually

How well do you really know your sexual self? Have repressed desires that you're too embarrassed to talk about with your partner? Try writing them out to get a feel for what you're looking for. Life is too short to not voice what you truly want

and need in your sexual life so do some soul searching, talk to a counsellor or someone you trust and look for groups in Calgary that support sexual exploration.

Try out a fantasy

If you've always wanted your partner to be your naughty nurse or dirty doctor it's time to try it out. Talk openly with your partner about what you were thinking, brainstorm together and make it a fun thing you're both down to try and then go from there. Create a safe space that's pressure free and let loose. Will you perhaps giggle a bit and go out of character, more than likely, but it's guaranteed to be an experience you both won't soon forget.

Buy some new lingerie/undergarments

If you are feeling blah about yourself after the holidays this can be the perfect thing to help motivate you to get back to your sexy self. Buy something that makes you feel good about yourself, whether it be lingerie or a new bra with (gasp) matching underwear, or even some designer briefs, looking good is the first step to feeling good.

Attend a sex expo or show

I went to the Taboo Naughty and Nice Sex Show earlier this year and it was an awesome environment to learn about new things in the sex world. Go with a friend if you feel intimidated and don't be afraid to ask the vendors questions. What catches your eye may surprise you.

Take a class that makes you feel great

A class can be a great way to loosen up and feel more connected to your body. This can be anything from a burlesque class, a zumba workout, a pole dancing class or even a cooking class. Whatever gets you in the mood and feeling confident is a go!

Talk dirty

If you are the type of person who inwardly cringes at the thought of talking dirty with your partner I feel you, but it's

worth giving at least a couple tries. Communication when being intimate is so important to having that connection and dirty talk can help with that. Talk about boundaries on what you both feel comfortable saying to each other and what's completely off limits. No need to start memorizing erotica, just start with simple question and answers and elaborate from there.

So there you have it, some tips and advice sure to make 2016 your sexiest year yet. Remember to always do your research, talk about things/questions/concerns with your partner or someone you trust and be safe.



Another fun thing to try is to use a soy candle as part of your foreplay routine. The wax doesn't get as hot as regular candles and some soy candles even turn into a massage oil when poured on your partner.

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Throwing it Back to '69

A play on the history of Calgary's LGBTQ+ community

Melanie Walsh
Sports Editor

For all lovers of Calgary and the rich, diverse history the city embodies, *69: Legislating Love & The Everett Klippert Story* will be an accurate depiction of Calgary's gay culture in the late 50s and early 60s.

I know that may sound a little heavy; it did for me at least. As a journalism student pursuing a career in sports coverage I chose to go a little out of my comfort zone and write an advancer for this play. I consider myself to be a pretty open person and I am always up for new adventures and learning new things so when my fellow arts editor and I decided to swap a story I thought, why not?

It was a chilly and grey January evening when I found myself climbing out of my bed to head to the C-train to go attend a reading series for an up and coming play. I was tired from the previous night before as I covered a major sporting event and my body ached slightly from maneuvering my body every which way to snap the perfect action shots. However I had no other plans and I was really looking to expand my horizons in the New Year.

After a brisk walk from the City Hall Station I came to # 112, 535 8th Ave S.E., a cozy little loft with people chatting and sipping locally brewed beers. Everyone seemed a little different, yet they all seemed at home. I had gone alone but I felt welcomed and comfortable enough to take a program and a seat.

The reading series was called *It's Getting Drafty In Here*. Scenes

written by local Calgarian and Mount Royal University professor, Natalie Meisner were going to be read so she could receive some feedback from the audience as she writes the rest of the play.

I knew little about the play apart from it being set in Calgary and it being about the LGBTQ+ community. As a relatively new citizen to Calgary and an ally to the community my interests were peaked.

"It's anti-romantic but isn't that when you find somebody... in some oblique odd way"

—
Natalie Meisner

With the risk of giving too much away I will just say this, I was truly moved. It's a timeless story of meeting someone and falling in love and all the chaos that comes along with that and what it was like to be gay in the 50s and 60s but it also sheds light on the current situation.

After the two actors read the scenes and I got my first blasts from the past, Meisner and Jonathan Bower, Third Street Theaters artistic director, opened the floor up for discussion.

Calgarian historians, members of the LGBTQ+ community and the Calgary Gay History Project all weighed in with their opinions.

Meisner and Bower noted that inspiration for the play came from the saying "many generations walk over the same points" and that it is important to look back at history to understand today.

The play is set to be full of empowering messages of resiliency, with humour and insight on what life was like for former Calgarian Everett Klippert, the last man to be tried, convicted and jailed for homosexuality in Canada.

The most memorable scene from the series for me took place in the iconic red and yellow Chicken on the Way. "It's anti-romantic but isn't that when you find somebody... In some oblique odd way," said Meisner.

I thought back to my boyfriend and I and how we met at the University of Calgary's student pub, The Den. It wasn't the most romantic way, but I am so glad we met and I get to explore this city with him.

I chose to go into sports journalism because I was always so fascinated by the passion athletes have to devoting their lives and bodies to their chosen athletic hobby. It was eye opening for me to take a step out of an arena or gymnasium and look into the art that makes this city what it is today. A city with more than just the Calgary Flames and the red mile, the Stampeders and the Grey Cup. A city that is cultured, diverse and full of love.

The full production of *69: Legislating Love & The Everett Klippert Story* will be hitting the stage sometime in March or April 2017. If you would like to get

an inside scoop and watch the story unfold you can head to an installment of *It's Getting Drafty*

In Here Feb. 26 and March 18, 2016 from 5 p.m. – 7 p.m. at Loft 112.

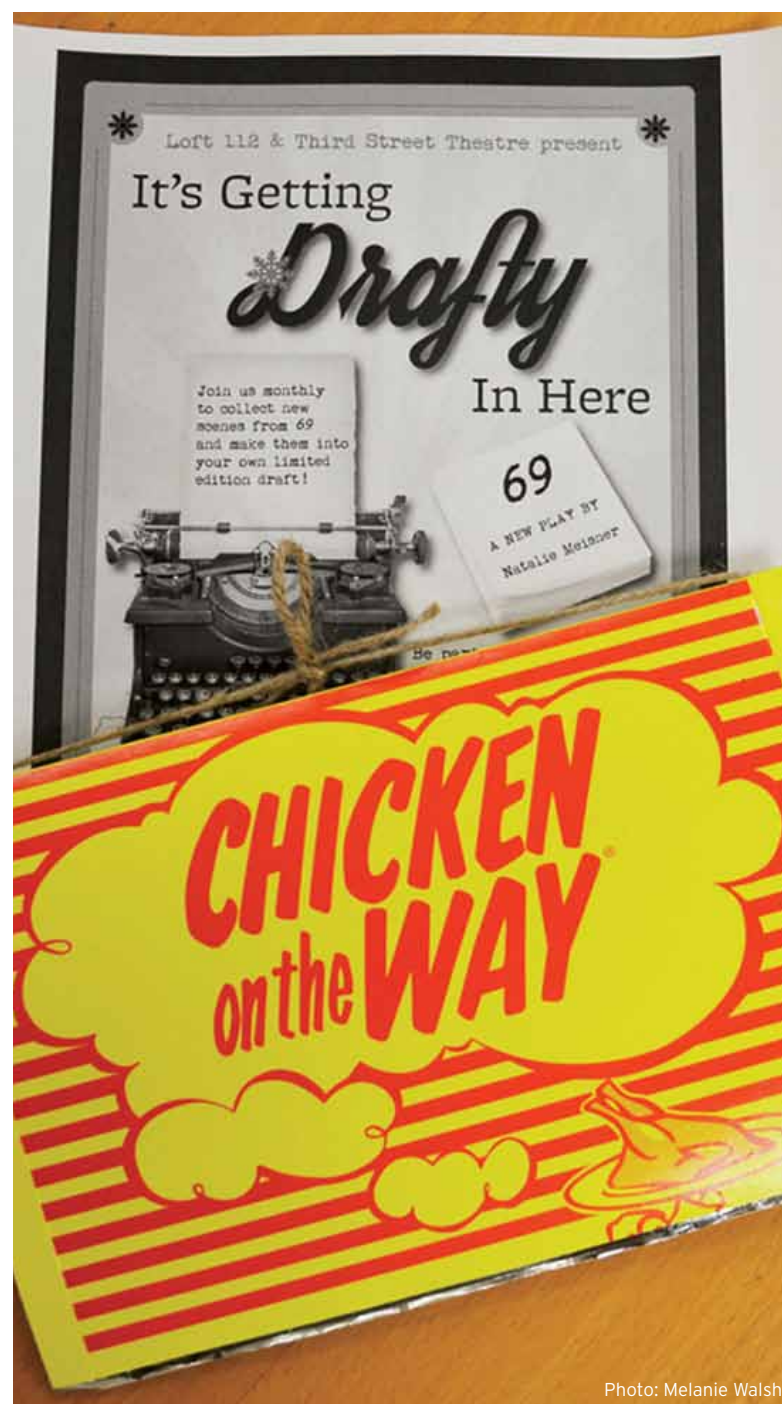


Photo: Melanie Walsh

69: Legislating Love & The Everett Klippert Story is an up and coming Loft 112 and Third Street Theater production that plays homage to what it was like to be gay in Calgary in 1969.

OUT'N ABOUT

Theatre:

Vertigo Theatre is taking on their own adaptation of Ellery Queen's novel, *Calamity Town* on until Feb. 21. Tickets are starting from \$50 at vertigotheatre.com

Food & Drink: Art:

February marks the beginning of Calgary's Hot Chocolate fest, with many restaurants and café's across the city bringing their best for fans of the hot drink everywhere. Proceeds from the month-long festival will support Calgary Meals on Wheels. Visit yychotchocolate.com for participating vendors.

The Exposé Photography Festival will be celebrating photographic excellence in Calgary, Banff and Canmore throughout the month of February. Visit exposurefilmfestival.com for more information.

Music:

Yamato: The Drummers of Japan are coming to the Jack Singer Concert Hall on Feb.3. After being formed in 1993, the group performs high-paced, energetic sets with their traditional Japanese Wadaiko drums.

Noise 101



Photo by Natalie Westerbeek

Bryton Baynes and Annika Odegard during their performance at festival hall on the 15th.

No Miss for Leaving Thomas

Singer/songwriter duo's first headlining show sold out this month

Masha Scheele

Layout Editor

Whether it's for a brand new pet or picking up a new moniker, naming something is more difficult than it seems. Finding something that you'll still love several years from now takes a lot of thought and for Bryton Baynes and Annika Odegard, naming their new band was no easy task.

"When we were trying to figure out a name we were just throwing out random ideas, streets that we had written songs on, and stuff like that. Nothing really clicked and it wasn't really personal. And I asked her what her middle name was and she said 'Liv' and I was like 'okay, well mine's Thomas, what about Leaving Thomas?' and we just said 'Okay!'" said Baynes.

On Jan. 15, Leaving Thomas performed their first headlining show at Festival Hall in Inglewood. The sold-out show squeezed 185 people into the intimate performance space after the duo requested extra tickets. Baynes and Odegard make up the energetic contemporary folk/pop/country-esque duo. During the show Odegard mentioned one of their inspirations, James Bay while Baynes later compared themselves to performers like Ed Sheeran.

Together they had only performed one show as an opener for Maddison Krebs at Wine-Ohs last April. But because of their busy schedules, as Baynes is taking Marketing at MRU and Odegard was away to perform on cruise ships, they weren't able to put

another show together until this month.

"It was awesome to get on stage, and play all these songs that we had written over the past year and a half," said Baynes "It was cool that [people] were excited, and we just had a blast."

Mitch Belot, opened up the show with his energetic rock flare and powerful voice, warming up the crowd as Leaving Thomas including Conlan Wiebe on drums, Robert Rooke on guitar and Kyle Tully on bass got ready to perform. Odegard kept the audience involved with her animated stories and energetic personality. Half way through the show Baynes and Odegard took the tempo down a notch and played some acoustic songs telling personal stories like Baynes's story of "the mystery blonde girl."

Baynes and Odegard both started performing at a young age. They met at the age of nine and 11 while performing in a musical theatre show. Almost 12 years passed before they would finally get together to write and perform music as a duo. They reconnected through the 2012 Calgary Stampede talent search and two years later after a volunteer event for the Storybook Theatre Society, Leaving Thomas began to become a reality.

In the years leading up to Leaving Thomas, Odegard had made a name for herself through performing on various cruise ships to numerous countries and winning multiple singing competitions, including placing 11th on Canadian Idol. At a young age she began taking classical piano

and violin lessons with the Royal Conservatory of Music Program. Her passion for music only grew as she got older and was given the opportunity to perform in many musical theatre production shows.

Baynes took a different path to where he stands now, which is centre stage, beside Odegard, with a guitar in his hands. He continued performing at talent shows throughout school even though his focus at the time wasn't on music, as he played in the Alberta Junior Hockey League for two years. He realized his passion wasn't on the ice and after going back to school at MRU he knew he wanted to pursue music. At that time Odegard and Baynes started writing songs together mostly for fun, but they both knew Leaving Thomas could be something special.

Baynes said, "We just had way more fun performing together than we did individually, and writing was a lot easier. So that's what we focused on."

In February they will be heading down to Nashville together for 11 days to write songs and to meet label companies to see if they're interested and decide on their next step. They hope to return from Nashville with at least five new songs to keep their music careers moving. Additionally, Leaving Thomas will be opening for a folk band called The Once in Medicine Hat on April 1 at the Esplanade theatre.

"We're just kind of riding the wave," said Baynes "A lot of doors have opened up in the past year and a half and we're going to ride that wave until it dies."

Rick Ross

Black Market
Mayback Music/Def
Jam

Score: D



Even before listening to this album, I knew exactly what I was going to listen to. For years, Rick Ross has been rapping about the exact same thing to the exact same beats. Have a few songs about drugs and cars here and there, have a romantic song with a famous R&B singer and sprinkle in some more nonsense and BOOM, there's your Rick Ross album. Ross' recycled flow on all of his songs has grown expired and I really don't care for it as much as I used to. While the beats do

sound quite nice while working out due to the heavy bass slappers, the lyrical content on this album is just so garbage it hurts. The album is extremely hollow with no replay value, hence the bad grade.

— Bigoa Machar

Classified

Greatful
Halflife Records/
Universal Music
Score: B+



Hooray for Canadian hip hop! Classified has been in the rap game for over 20 years, with most of the success coming in recent years for the Halifax rapper. This new album features some impressive features from Snoop Dogg and DJ Premier, but the best part is how fun the album is. Songs like "Noah's Arc" and "Video Games" make the album a joy to listen to (shout out for the NBA Jam Sample). Classified also does

a good job of appealing to emotion on this album, with tracks like "It's hard to understand" and "Working Away" addressing different social issues in Canadian culture. Overall, a well-done project that has more successes than shortcomings it is definitely worth a listen.

— Bigoa Machar

G-Eazy

When it's Dark Out
RCA

Score: C



Maybe I'm a little hungry, but G-Eazy reminds me of a Calzone. You would never choose a Calzone over a pizza, but if it's presented to you then you won't say no to it. Well, G-Eazy is the rapper equivalent of a Calzone. While this album has some good singles like "Random" and "Me, Myself & I," the album as a whole is really stagnant and he really only raps about how hard his personal life is, à la the

Eminem school of rap music. Problem is, G-Eazy is the 234723th rapper to talk about his personal struggles, but he really doesn't do it in a way that's unique or special. So this Calzone right here is good in small doses, but it doesn't fill my hip-hop appetite by any means.

— Bigoa Machar

Welcome to the Jam

Calgary developers get ready for the world's biggest game creation event

Bigoa Machar

Arts Editor

The annual Global Game Jam is unlike anything you've ever heard of before. Happening from Jan. 29 to 31, writers, programmers and artists will come together to create unique, working video games from scratch. With more than 500 groups across 78 countries, this year's event is expected to bring the same excitement it has in year's past.

Here in Calgary, designers and writers will meet on the Mount Royal University campus to work together and brainstorm ideas and concepts for new video games. Craig Pfau, one of the leaders of Calgary's Global Game Jam group, says that he's excited to see what creative aspects are brought to the table this year.

"It's not a competition at all. Some sites do have prizes, but the Calgary group doesn't," says Pfau. "It's more formal than other game creation events like

Ludumdare."

Every year the Global Game Jam has a certain theme, which isn't revealed until the day of the event. Because of time zone restrictions, Pfau says he and the rest of the gamers try their best to avoid spoilers.

"We find out what the theme is at 7:00 PM in our local time zone," Pfau says. "When we find out here, we don't want to post on social media here or else we'll ruin it for those in Hawaii."

No time is wasted once the theme is announced across the world.

"When the theme is revealed, we have people form groups and try to form ideas and then form new groups to build on those ideas," says Pfau. "We have representatives from those groups explain what their idea is."

Pfau says after this explanation, members can shuffle around and find a new group that they think has the best idea.

"Each group goes to a different

study room and they have all their stuff in there and start working away," says Pfau. "Some groups even choose to sleep in their given area."

Pfau says that the event serves as a good way for those passionate about video games to come together and do what they love to do.

"Really anyone can participate. It doesn't matter what kind of skills you have. We get lots of artists from ACAD and

programmers from U of C and Mount Royal," says Pfau. "Really, all of the schools are involved. The only requirement we have is that you be over 18."

Giselle Rosman, executive producer of Global Game Jam 2016, says she hopes the event can promote creativity in indie gaming.

"We hope that Global Game Jam (GGJ) 2016 inspires people to get involved with their local GGJ sites," says Rosman.

With the continued growth of the video game industry here in Calgary, Pfau says that it's important to harness that growth and turn it into something positive.

"Everyone has ideas. If you have an idea you're willing to share, feel free to come out."

To find out more about Global Game Jam Calgary or about Calgary's indie video game scene, visit www.calgarygamedevelopers.com.



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The Gridiron Gang

Everything you need to know before Super Bowl 50

Bigoa Machar
Arts Editor

Much like Christmas or Star Wars movies for the next few years, the Super Bowl is an annual spectacle that sports and non-sports fans can both appreciate. From the competitive action to the highly entertaining halftime shows, millions of people across the world will be tuning in on Sunday, Feb. 7. There's a lot to know going into this year's game, but I gotchu fam. Allow me to educate you on what is going to happen at Super Bowl 50 between the Denver Broncos and the Carolina Panthers.

A Tale of Two Quarterbacks

Broncos quarterback Peyton Manning is no stranger to the big dance. After winning with

the Indianapolis Colts in 2006 against the Chicago Bears and another appearance in 2009 against the New Orleans Saints, Manning brought the Broncos to the Super Bowl in 2014. Despite being his 4th time in the Super Bowl, Manning only has one ring to show for it. Regarded as one of the best Quarterbacks of all time, Manning hopes to cement his legacy with another ring before possibly retiring. With a relatively healthy offence, there's no doubt that Peyton will put up a big game. Expect large offensive numbers from the elite signal caller.

And in the red corner, Panthers quarterback Cam Newton is new to this whole shindig. This is the first Super Bowl for the five-year veteran of the league. Known for his mobility and awesome dances, the Panthers will rely heavily on Newton to carry the

team to victory. With their best receiver Kelvin Benjamin on the shelf for the entire season, Newton has made due excellently with what he was given, leading the Panthers to the best record in the regular season. Newton is definitely the upcoming face of this league, with a future brighter than his own smile (which is a gorgeous smile btw). Look for Newton to run, jump, throw and dab all over the field come Sunday.

Dollars over Cents for the defense

Both team's defenses are nothing to be overlooked in this matchup. During the regular season, the Broncos were the best defense in the league in terms of yards allowed per game, with the Panthers following closely behind at sixth. Both teams excelled at stopping the run, with

the Broncos and Panthers sitting third and fourth respectively in term of fewest rushing yards per game. This statistic slightly favours the Broncos, as the Panthers are quite reliant on the run game. Between Newton scrambling out of various option plays and Pro Bowl running back Jonathan Stewart getting more than 18.6 carries per game (good for third in the league in that category), the Panthers use the run game as a very vital part of their offense, with the second most rushing yards per game during the regular season. This will definitely be the defining match up of the game, as both teams will look to stop what the other team does best.

Final Prediction

With much speculation of this being Manning's last year in the league, winning a Super

Bowl would be the perfect ride off into the sunset moment for the first ballot Hall of Famer. This matchup is probably the most evenly matched I've seen in years, and I honestly have no idea what's going to happen on the 7th. Despite all of this, my gut tells me that Manning's retirement will be spoiled by this up and coming Panthers team. I expect a massive game out of Cam Newton, just because his mobility at the quarterback position is a powerful force that the Broncos just can't match. I expect the Carolina Panthers to win their first ever Super Bowl this year.

FINAL SCORE

Panthers 24 Broncos 17

Blue, White and Rainbow

Cougars don toupees to support cancer patients

Omar Omar
Staff Writer

"No one has to face cancer alone"

That is the vision of Wellspring Canada, a non-profit charitable organization whose focus is to alleviate the pain of cancer that people (and if need be, their families) suffer from, in its many forms, as much as possible.

Their goal at the Triple Gym in Mount Royal University's recreation centre was no different, when the Cougars Volleyball team faced Thompson River University in a special match on Jan. 9th to show their support for those suffering from cancer.

The Cougars men's team faced

a close back and forth showing off fierce court presence, and dominated Thompson River University's Wolf Pack winning in all sets, while the women's teams on both sides concluded with a split set.

The Wellspring event that took place along the game, "Toupee for a Day" was marked with both players and game attendees wearing bright, rainbow-colored toupees to show support for cancer patients, and even participating in a raffle to gather money to support Wellspring and the services it provides.

Wellspring Calgary was co-founded by John Stephure, Rita Egizii, and Barbara Cummings-Versaevell and began operation in 2007, and since then, almost

all of those who either worked or volunteered for Wellspring have, much like the founders, been personally affected by the loss or pain that cancer has brought, like in the case of Holly Logan.

Holly Logan, 23, a Wellspring volunteer who helped set up Wellspring's fundraising at the Triple Gym, has had family suffer from cancer.

"I think a lot of people don't recognize how long lasting the impact of cancer can be; its impact on people's emotions and relationships is heavy," Logan said when asked why she volunteers for Wellspring.

Wellspring's vision, that no one has to face cancer alone, is one that brings people together to fix the separation caused by the

declining state one goes through as a victim, or the family of

one; the night of Jan. 9 was no different.



The Cougars Men's Volleyball team showing their support for Wellspring's "Toupee for a day" and cancer patients by donning colourful toupees.

#S

12,859 people attended the 4th annual Crowchild Classic, breaking the record for most fans at a Canadian Interuniversity Sporting event.

20-18 was the final score between the Denver Broncos and New England Patriots, advancing the Broncos to Super Bowl 50 which will take place 02/07/2016

69th annual NHL all-star weekend will be held Jan. 30-31st with Calgary Flames Johnny Gaudreau and Mark Giordano playing for the pacific division

112-94 was the final score for the NBA Toronto Raptors against the Los Angeles Clippers, putting the only Canadian team in the league in first place for the Atlantic Division



Photo by Melanie Walsh

Mount Royal University students celebrated after the puck found the back of the Dinos net

Classic Cougar Spirit

Students bring down the house at the fourth annual Crowchild classic and break CIS record in the process

Brendan Stasiewicz

Staff Writer

If you're reading this, it's too late. The annual Crowchild Classic between the Mount Royal Cougars and University of Calgary Dinos was Thursday Jan. 21 at the Scotiabank Saddledome, and it was a hell of a night.

In fact, give yourselves a round of applause, Mount Royal students. You helped accomplish something never before seen at a Canadian University sporting event.

Thanks to the dome beer flowing all night, courtesy of the hard working Saddledome employees, graciously supplied by the Calgary Flames, many of those in attendance may not remember exactly what happened on the ice. But I'm sure you do remember what you did in the stands.

I've been perched up in the press box for each of the past three years at the Crowchild Classic. Last night's attendance number doubled from when I first covered the event in 2014.

There was a new CIS record set, with 12,859 people in attendance. That number in itself is expected to incite a lot of noise, but when most of those nearly 13,000 hockey fans are university students... Goosebumps.

Seconds before puck drop, that's what I had. The 'Dome hasn't sounded quite like that since the Flames 2015 playoff run.

After the game Mount Royal head coach Bert Gilling had the

same enthusiasm, saying that he's never been a part of anything quite like the Crowchild Classic.

"Twenty years for me in college hockey (mostly down in the states) and this is the best atmosphere by a mile," said the second year coach. "The sea of red on one side and the sea of blue on another, the energy from fans and the players, and the product on the ice was fantastic."

But that was expected going in. That was expected when I was greeted outside of EA building Thursday morning by a UofC car being smashed in with a sledgehammer (shoutout to Cowboys for the car donation). It was expected when I had this conversation with a guy in a Cougars jersey getting ready to smash the car in:

Me: Do you play for the Cougars?

Dude: Nah, but I do a lot of stuff with them.

Me: What do you do?

Dude: I fuck shit up.

As the women's game was set to get underway, fans began flocking to their Saddledome seats. The 3000 some fans who showed up early, probably more than a few cutting their Thursday afternoon classes off short, got to see one of the most exciting women's game of the year thus far.

Unfortunately goals from Cylenna Alexander and Janessa Jenkins couldn't propel our ladies past the rivals as they fell 3-2. But for all intents and purposes, Mount Royal outplayed the Dinos for most of the game, so that counts for something, right?

Unfortunately outplaying the



opponent but being met with a brick wall was the recurring theme of the night. Just ask those who tried to get into Cowboys after the game — brick wall of students at the door thirsty for the worst draft beer you'll ever have, but I digress.

Creeping closer to 8 P.M., with a few beer vendors probably nervous that their supply wasn't going to meet the City of Calgary student body's demand, Deputy Mayor Brian Pincott dropped the ceremonial face-off.

Puck drop. Remember that brick wall comment from earlier? Steven Stanford was the closest thing you'd find to a brick wall in the Saddledome that night. Probably because bricks weren't invented way back when the Saddledome was built.

Watching the highlight reel from the game was more like watching the Stanford reel, big save after big save. At one point he dove across the net making a miracle stick save that left Cougars' forward Cam MacIse on the ice holding his head in disbelief.

Both teams ended up scoring one in regulation, sending the game to four on four overtime. Looking down at my phone I had more than one text reading,

Continues on following Pg

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Photo by Melanie Walsh

Mount Royal Cougar defenseman, Jordan McNaughton braces himself during a faceoff. The Scotiabank Saddledome is a much bigger sheet of ice than the cougars are used to making the team work extra hard.

Continued from previous Pg

“why are there only four players on the ice?” I imagine they were all even more surprised when the five minutes solved nothing and the game went to three on three.

Flashback! Two years ago at the second Crowchild Classic the Cougars capitalized on an overtime power play sending the student section into a frenzy. Unfortunately there was about to be a role reversal. How’s that for poetic justice.

Less than a minute into second overtime Matthew Brown’s stick came up as he tried to get past a defender, applying a lumberjack like chop down into the face of the Dinos’ player. While it was gruesome looking, the jumbotron (or Enmax Energy Board, because they’ll put a sponsor’s name on anything) showed the dude back on the bench yanking a few teeth out and getting ready to hop back onto the ice. That’s hockey. LeBron would’ve been out 4-6 weeks after that.

I think it’s safe to say everyone in the building had a feeling the game was over when the ref put his hand up, gifting the Dinos a four-minute powerplay. A few minutes later, Max Ross scored his second of the game for the Dinos, giving the men their first ever Crowchild Classic victory.

Sure you can question the

Cougars’ bold strategy of sending three forwards out for the three on three- but they played to win, and I like it. The one thing you can’t question however was the class shown from Mount Royal students in the stands.

No fighting, no malicious comments (from what I heard, anyways), just a fun rivalry and one of the finest athletics events on the calendar in Calgary.

In the standings the Crowchild Classic is just another game, the win or the loss only means so much in the grand scheme of the season. Sure, University of Calgary students can have their bragging rights, but that doesn’t take away from the fact that we got to witness our yearly version of an NCAA bowl game.

The Crowchild Classic isn’t the only time Mount Royal students have the opportunity to cheer on Cougars’ sporting teams. With the men’s hockey team in a tight playoff race, coach Gilling says that it would be great to see the same support week in and week out.

“We’d love to see that spirit at the rest of our games this year,” said Gilling. “It’s the same teams playing. People need to give us a chance because it’s great hockey.

The kids are so passionate and have so much pride, that’s what makes university hockey so great.”



Photo by Melanie Walsh

After a close game, and double overtime the Mount Royal Cougars fell short to the University of Calgary Dinos with a score of 2-1

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Photo by Melanie Walsh

The puck became the golden snitch for the rival teams as scoring a goal at the ‘dome was on every players bucket list.