

# the reflector

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## Calgary Zoo Welcomes Baby Gorilla

*First-time mom Kioja taking well to her new role*

**Kennedy Enns**  
Staff Writer

On the evening of March 8 the Calgary Zoo welcomed its first baby gorilla in eight years.

New mom Kioja and other members of the troop were put into baby boot camp to prepare for the new arrival. Kioja herself was partly raised by zookeepers and had never observed another baby grow up in a troop. Zookeepers were anxious about her mothering tendencies due to her inexperience. In preparation for the baby Kioja was trained

to hold and feed a handmade “dummy baby” named Chucky.

All of the hard work paid off when she went into labour Wednesday night.

Due to the possessive nature of new mothers, zookeepers won't know the gender of the new baby for at least a few weeks, but gender doesn't matter when the baby is happy and healthy.

Kioja and the unnamed baby have bonded nicely and zookeepers are happy with how well Kioja has taken to being a mother.

A newborn gorilla is incredibly important for the captive

population as it's estimated there are fewer than 100,000 left in the wild. All western lowland gorillas at the Calgary Zoo are part of the Species Survival Plan which aims to help ensure the survival of species that are threatened or endangered in the wild. With only 350 or so western lowland gorillas in the North American captive population, every new addition counts.

To give the mom and new baby some rest the TransAlta Rainforest building won't reopen to visitors until next week.



The gender of the new gorilla baby at The Calgary Zoo remains unknown until parents become less protective

## City of Calgary Strives to be More Pedestrian Friendly

*New strategy proposed to council in May hopes to combat high number of pedestrian collisions*

**Courtney Ingram**  
Contributor

The number of pedestrian collisions in Calgary has gone unchanged for almost a decade and civilians are beginning to question how safe the city is for walkers. However, the city of Calgary's new pedestrian strategy hopes to see change by 2025.

Lately it seems like there's daily stories about pedestrian collisions in the newspaper. Just in the past two weeks, there were four. According to the City of Calgary, 30 collisions happen

per year, per 100,000-person populations.

Calgary has a yearly average of 500 pedestrian collisions, with an average of 300 injuries and nine fatalities. According to Calgary police statistics, these numbers have not changed in at least five years.

This year, there have already been 70 pedestrian collisions.

Julia Semeniuk, a high school student who walks to school from her home everyday, says she doesn't feel safe at night or after school, “because people are usually really reckless drivers.”

Semeniuk says she would feel

safer if there were more lighted crosswalk systems and neon signs that read “pedestrian crosswalk.”

Another pedestrian, Laura Combden, has taken to her blog to write about her frustrations.

One blog post called ‘The 7 Day Pedestrian Challenge,’ encourages readers to take the dangerous routes she has designed to show how difficult it is to get around the city safely without a car.

Combden has become very passionate about this issue after losing her boyfriend six years ago when he was hit by a car.

She says that a big issue in

the city is a lack of sidewalks. According to Combden, from ninth avenue downtown to Inglewood, there are no sidewalks on one side of the road.

“Just basic things that every other city would have had in place by now just doesn't seem to be a priority here for some reason,” her blog reads.

In regards to her boyfriend's death, she argues that there is often too much blame placed on the driver or pedestrian instead of focusing on solutions.

Andrew King, the project manager of the Pedestrian Strategy for The City of Calgary, called STEP FORWARD, hopes that the new strategy will offer those solutions.

The plan, which will meet with the Transportation and Transit Committee on April 20, has 50 action plans laid out. There are four focus areas that the city hopes to improve by 2025: More people walking, fewer pedestrian injuries and deaths, better winter conditions for walking, and more walkable communities.

Once approved, the plan will then move on to city council on May 2. King says that after it's

finally approved, they will act quickly to create a pedestrian program to monitor the success of the strategy.

The plan will cost approximately \$15 million between now and 2018, with an extra \$60 million estimated for long-term projects, which could create setbacks when discussing with council. However, without it, King argues that the trend of pedestrian collisions will continue.

“These trends of decline in walking as a mode to get around have really burdened the road system,” says King. “Because that simply means more cars are on the roads...so there's more danger, which then is reducing the likelihood that people are going to walk, so it's sort of a vicious cycle.”

Combden is optimistic about the new solution-oriented strategy and says, “At the end of the day, the whole point is just to lower the numbers because there will always be pedestrian vehicle accidents but if we can lower the numbers, it's a step in the right direction.”



Photo by Omar Omar

New pedestrian strategy called STEP FORWARD will hopefully bring pedestrian collision numbers down.

# Get to Know Your New SAMRU President!

*Newly elected Shifrah Gadamsetti shares what she plans on improving in the upcoming school year (hint: it involves wi-fi and saving some pennies on textbooks.)*

**Amy Tucker**

Staff Writer

**The Reflector: Tell me about you, What are your quirks?**

Shifrah Gadamsetti: I like shoes, a lot. I have over 100 pairs. And [I like] home decor, and human anatomy.

**TR: What do you like to do with your spare time? Any pets?**

SG: I do not have pets, but I lust after them a lot. I spend a lot of time on Pinterest looking at pictures of cats. I really like reading, I really like coffee.

**TR: What are you most excited about for the following school year?**

SG: I'm excited to just jump in. I've had a huge interest in politics so getting to know that fear when it comes to post-secondary education can be a lot. A huge challenge, definitely, but I'm

pretty excited about it. Learning how to negotiate with a lot of different people. I mean you work on a municipal level, federal level, and provincial level. So I feel like it's a lot of responsibility to take on, but I'm really excited about it.

**TR: What made you decide to run for student body president?**

SG: I was on the board of governors for two years and I worked pretty closely to the executives. I was actually considering it last year but I wasn't 100 per cent sure. Then this year I just decided. You know I looked back and was like if I didn't take this opportunity would I regret it and I thought that I would.

**TR: What do you see as the biggest issues the student body faces presently?**

SG: Funding. Definitely funding on a lot of different levels. Our tuition has gone up quite a bit and it's not just necessarily our instructional fees, we're paying

into a lot of different things. You know like services we're given as students and we're not seeing exactly where that money goes. And we're having problems finding funding in the most problematic area like whether it comes to mental health, or it comes to accessibility, and things like that, I think across the board funding is a huge issue. Right now everyone plans to go back to school but going back to school is almost becoming unaffordable. So where can we help that?

**TR: What are you three biggest projects or goals you'd like to achieve for SAMRU?**

SG: I have a summer project that I've already started working on because one of the things I promised is better wi-fi, so I'm going to spend the summer working on that. Also working on the free textbooks initiative. Erik Queenan put a lot of work introducing it to the faculties and general faculties counsel. I want to push to educate a lot

more profs, get a lot more people involved feeling more positive about it. Right now it's only in two or three classes, I'd really like to see it across at least 10.

**TR: Summarize the purpose of your presidency in one sentence?**

SG: To just really try something new!

**TR: What is one piece of advice for the incoming class?**

SG: Really take time for yourself and your personal life.

## Gwynne Dyer For Dummies

*A watered down synopsis of author Gwynne Dyer's lecture on pressing global issues*

**Logan Peters**

Contributor

"I'm back," says Gwynne Dyer as he takes to the Wyckham House stage at Mount Royal University on March 9. The bustling Wyckham House audience listens intently as Dyer begins his humour-laced dissection of issues that scare most of us to death.

Dyer is an author, historian and independent journalist who has written over five books about terrorism, ISIS and climate change, among other issues. Dyer's talk consisted of four main topics AKA the "whoops" that he feels would be catastrophically bad for the world if they did indeed happen.

The first "whoops" he talks about is the unlikely potential for a new Cold War. He explains that Russia no longer has the military needed to participate in such a war. The conflicts between Ukraine

and Russia have been all over the news in recent years but Dyer says we shouldn't worry about that too much either.

Terrorism earned the second spot on Dyer's "whoops" list but he says that the threat of terrorism looks way bigger than it actually is.

There is a high level of fear about terrorism after the 2015 Paris attacks and the lingering effects of 9/11, but Dyer called 9/11 "an enormously well produced show" because the reaction by the United States was exactly what the extremists needed in order to fulfill their agenda.

Climate change is another "whoops" that Dyer brought to the table. Everyone would freak out if the sky began spitting fire and raining chunks. However, the sky is not likely to erupt in such a way. If it did, our government would have to find a solution for environmental destruction immediately.

But this is not the case and the issue of climate change is not being dealt with as urgently. Bird migration and Calgary's early spring are just a few of the subtle ways we see climate change today.

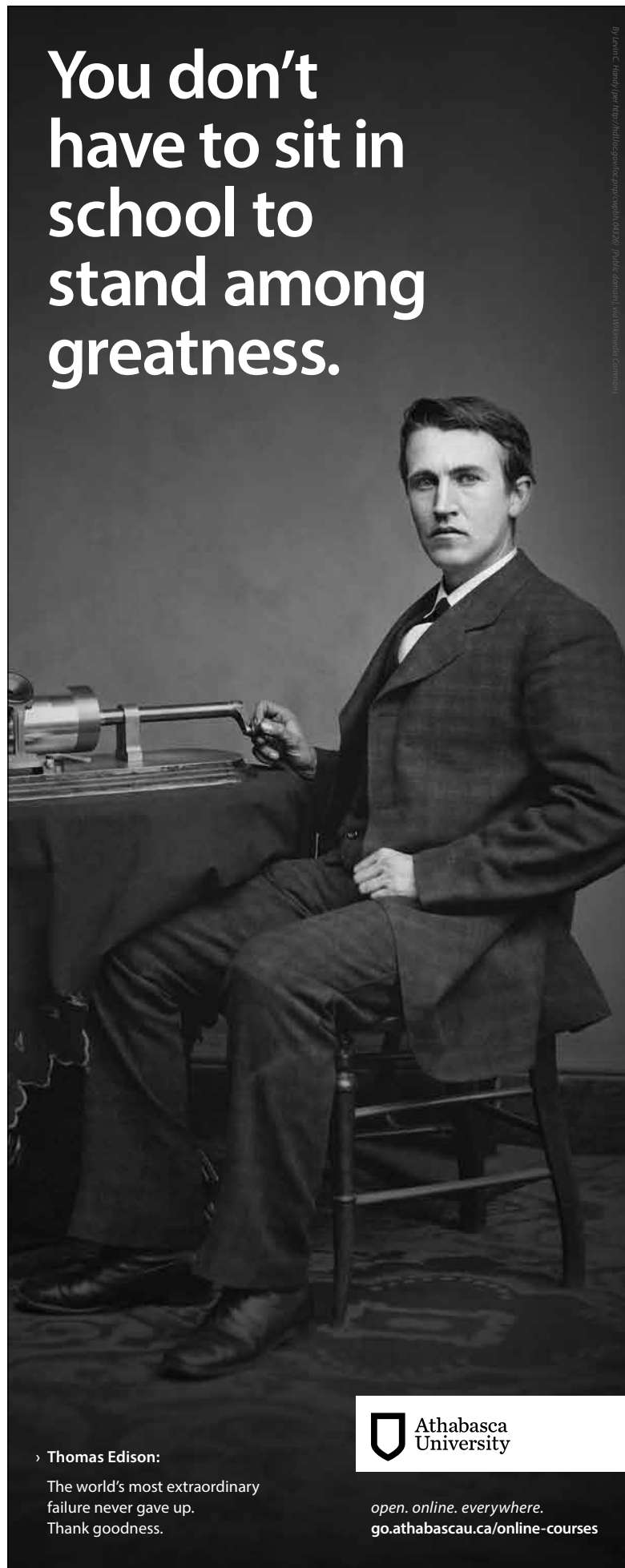
The last and perhaps most serious of all the "whoops" Dyer talked about was a military confrontation between China and the West. Dyer said that China wants to be more powerful than the United States yet evidence is emerging that despite outward appearances, China's high-speed growth may be on the decline.

According to Dyer, China has been investing in infrastructure like freeways and apartment towers that no one lives in, possibly to create the illusion of prosperity and essentially wasting their money.

If the Chinese economy is doing

**Continues on Pg 4**

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› Thomas Edison:

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## REFLECTORIAL

## The Final Push...

It is almost the end of the school year, yes, I know it doesn't feel like it, but it is true. The last day of classes is a month away, and there is only one issue of the Reflector left. For many of your Reflector staff that'll be it for their University Career, with more than half of us graduating. It is a crazy feeling, but it is really time to focus on this final push.

1. Our first tip is to go to class, I know I know, we say this all the time, but it is more crucial now than ever. Getting to the point of preparing for your finals and final projects is so important. Going to class and hearing with your profs have to say about their expectations will only help you prepare.

2. Spend time with your school friends. We all know there is a divide between our "school friends" and our "life friends" as in those people you knew before MRU came into your life, and the people you spend most of your time with. But why not take some extra time to spend with your friends that you met at MRU. If you are like many of us and in 4th year, that time is dwindling, and you may lose touch after this semester.

3. Give it your all. Try to up your grades for this last month. There is nothing that you can't accomplish if you put your mind to it, and for only four weeks? That is not a lot to ask. So try on your assignments and papers, don't procrastinate and do your readings, because in a month you will have all the free time in the world.

Most importantly, enjoy these last four weeks. They are going to fly. The real world comes soon enough and trust me, this will seem easy compared to the work you have to do when you can't procrastinate or "skip." Good luck Cougars! We are almost there.

-The Reflector Staff

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

## Summer Employment

Our family is looking for a responsible student to care for our 3 children (2 school age, 1 toddler) 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!!

## Continued from Pg 3

poorly, their government may look for an alternative solution to their citizens unrest through a military confrontation with the United States.

One way to avoid violence if this happens is to remain calm. If China does attack the United States it

would be wise for the U.S. not to invade and dismiss it altogether.

Gwynne Dyer's thought-provoking, alternative theories and ideas never fail to illicit interest, curiosity and some level of shock from listeners. We're looking forward to his next talk at MRU.



Author, historian and independent journalist Gwynne Dyer stands centre stage in Mount Royal University's Wyckham House as he speaks enthusiastically to the crowd about issues such as ISIS, terrorism, and The Middle East.

“These Wildcats may need Troy Bolton to get them all in this together.”  
-Pg. 12

## What is your dating deal-breaker?

“Don't stalk me while we are together.”

– Lauretta John, 3rd year Communication

“Shadiness and not being honest even lying about the small things.”

– Georg Pasca, 4th year Accounting

“Telling me to chill”

– Natalie Holland, 3rd year Communication

“If they just talk about themselves the entire time and they are self-indulged.”

– Reid Cordelle, 3rd year PR



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## THE REFLECTOR

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# features

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## Your Guide to Orgasms

*What to know to get your 'O'!*

**Hanna Deeves**

Sex Columnist

Ah, the sometimes elusive orgasm. We all want to have one but why doesn't it happen every time? The process to reach orgasm starts at arousal. The amount of time it takes for each person is different, but this is what makes foreplay so important. After arousal, you work your way up to plateau. This is the height of pleasure, and then orgasm is when you push even further than that. Directly after, you crash right down to where you started. That's where the refractory period starts, and it is generally shorter for women than it is for men. That's why it's easier for women to have multiple orgasms. Orgasms vary in their intensity. They can be short, sweet, long, intense or come in rolling waves. So here are some different ways to reach orgasm. All can work on their own or in any combination, depending on the person.

### Clitoral

The go to way for a majority of women to get to their happy place, the clitoris itself has 8,000 nerve endings, and although it is small, the sensations affect 15,000 other nerve endings in the pelvic area. Meaning it is very sensitive, and gets more sensitive with more stimulation. The clitoris is actually more than just what you see from the outside, there is actually quite a bit of clitoral tissue that runs inside the body and around the vaginal canal. It can be stimulated with fingers, the tongue or toys.

### Vaginal Penetration

Don't get this confused with G-spot stimulation, for some women, simply being penetrated deeply, is all they need. You probably won't reach this with fingers, but a penis or toy can be inserted up to the cervix, which, given it doesn't get any contact in day to day life, can be very sensitive, and pleasurable. However, it could be painful, so start slow to see what you or your partner likes.

### G-Spot

The G-spot, has special skene's glands and is partially connected to the clitoris. Though it varies on every woman, it is an area you can feel through the anterior vaginal wall about an inch or two from the vaginal opening. Not all women have these glands and each woman has a different number of these glands, so the area will be more sensitive for some ladies and not so much for others. To find it, insert a finger or two to about the second knuckle and make a 'come hither' motion, it should feel spongy. The G-spot can also be reached by a penis, toys and sometimes tongue.

### Anal Penetration

Men and women can also achieve orgasm through anal penetration. Some might find it extremely pleasurable, painful and some might be indifferent. If trying it out, go slow with someone that you trust. Use fingers, small toys and lots of lubricant before diving into anal penetration with a penis or large toy.

### P-Spot

Also known as the male G-spot, is the prostate or P-spot. It is located about two inches deep in the anal cavity and will feel like a chestnut sized lump. Stimulating the prostate can provide very intense orgasms. It can be stimulated by fingers, toys or a penis. It can be stimulated during oral sex as well for an intense combination.

### Help I can't cum!

Unfortunately, there are people that despite being sexually active have never had the pleasure of experiencing an orgasm. If this is you there is nothing wrong with you. You just haven't found what works for you yet. The key to any orgasm is consistency. Find what feels good and don't stop. Get yourself to that plateau I mentioned earlier, and keep going with it. Really focus in on the moment and the pleasure you're feeling. Try to let go of all the stresses of the day or any anxiety you might be feeling in the moment. Stress is going to make it harder to orgasm.

### Orgasm Aids

Use toys! There are easy to find and affordable options out there, that can open up a whole new world of pleasure. Use them on your own, or use them with a partner. Toys are not meant to replace the sensation of being with another person, but they can

be a great addition. Your partner should not be intimidated by the fact that you need a little extra help to achieve orgasm. Simply explain that we are all different, and it has nothing to do with their performance.

We all get there differently. If none of the above works for you, maybe you need extra

stimulation so get in touch with what you like. Maybe dirty talk is what you need. Experiment and try new things. Figure out just what it is that gets you there, and be able to verbalize it to your partner. You both just want to have the best time you can have, that's the whole reason we do this sex thing in the first place!



The world record for the longest time spent masturbating to orgasm is 6 hours 30 minutes for a woman, and 8 hours 30 minutes for a man.

# Being a Solo Student Chef

## Tips and recipes to cook for one

### Robyn Welsh

Staff Writer

Whether you're new to cooking, looking for new recipe options, or simply can't figure out how to go from cooking for a large family to cooking for just yourself — don't fret, here are a couple recipes and some tips and tricks to help.

### Fresh Ricotta and Spinach Ravioli

This meal feels like a fancy Italian meal, but for way cheaper. The Olivieri ravioli is about \$10 for a bag and can be found in the refrigerated pasta and pasta sauce section of your grocery store. This is a bit pricey for pasta — but one bag will last for about three meals and it is stuffed with cheese and spinach. Just make sure to pop what you don't use in the fridge!

#### Ingredients:

- 1½-2 cups of Olivieri ravioli (about 20-25 pieces)
- ½ a cup of spinach
- 1 cup of Classico vodka sauce (or any sauce of your choosing)
- Parmesan cheese

1. Bring a small pot of water to a boil
2. Salt the water and put in the ravioli
3. Let the ravioli cook for about 3-5 minutes
4. Add in the spinach into the water during the final two minutes and drain the whole pot into a strainer
5. Warm up your sauce for 30 seconds in the microwave
6. Put the spinach and ravioli back into the pot and stir in your sauce
7. Put in a bowl and sprinkle with parmesan

Enjoy!

### Asian Style Stir Fry

The good thing about a stir fry is that you can throw in whatever vegetables you have on hand and substitute any kind of protein in. Also they are quick, easy to make and super tasty.

#### Pick your protein:

For chicken, chop up one breast and cook it for about 10 minutes until there is no pink and it is beginning to brown slightly. For shrimp you can buy cooked, frozen, tail-less shrimp to be sure that they are cooked

properly. These take about five to 10 minutes to warm thoroughly at medium heat. Tofu is also an amazing option if you are unsure about cooking meat. Drain it, cut it up and make sure to marinate it in teriyaki with a bit of pepper, garlic powder, dried basil and sesame oil for an hour or two before cooking. Cook for approximately five minutes or until you reach your desired brownness.

#### Ingredients:

- About 1 tbsp of olive oil, margarine, or butter for pan
- ¼ cup of red bell pepper
- ½ cup of chopped broccoli
- ¼ cup of onion
- ¼ cup of frozen edamame
- ½ cup of rice or a pack of udon noodles
- ½ cup of teriyaki sauce
- 1 tsp garlic powder
- 3 generous tbsp sweet chilli sauce
- Hot sauce to taste (Sriracha)

1. Chop up all vegetables
2. Put olive oil, margarine, or butter into the pan on medium heat and place in the onions
3. Stir until onions are golden brown around edges then add in the protein of your

- choice
4. Once your protein has browned to your liking, add the vegetables and a tiny splash of water (only about two to three tbsps to create steam to cook broccoli) and cover pan
5. Cook until vegetables are soft
6. Add teriyaki sauce, garlic

powder, sweet chilli sauce and hot sauce (depending on how much sauce you like, you might want to add a bit more teriyaki and sweet chilli sauce), stir, and cook for approximately two more minutes.

Serve with noodles or rice and enjoy!

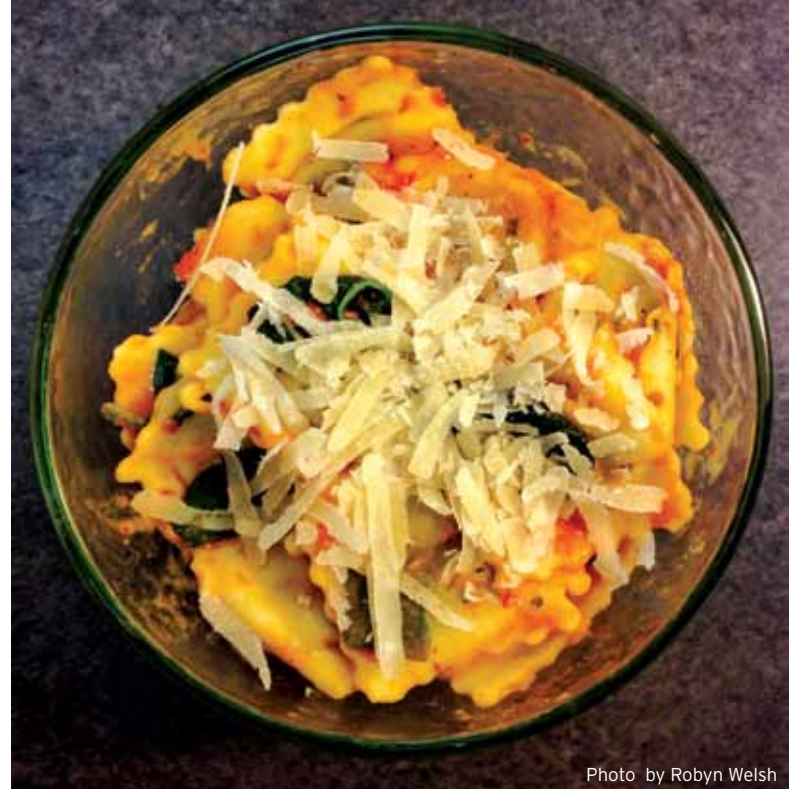


Photo by Robyn Welsh

**Cooking for yourself can also be a form of self-care and give you some therapeutic alone time. Preparing food and making something delicious for yourself can make you feel awesome and set for the day.**

### Groceries for one:

#### What to buy in bulk:

- Most dry things will stay good for a long time
- Pasta, noodles, rice
- Cans of soup for when you don't feel like cooking
- Granola bars and trail mix
- Easy meals like ramen and mac and cheese (Annie's white cheddar is super good)

#### What to buy sparingly:

- Buy a small/medium milk depending on how often you drink it so that it doesn't spoil
- Rather than buying the value-packs of vegetables, or big bags of fruit, stick to grabbing a few at a time so that they don't go bad
- Bread and baked goods
- Yogurt! If you don't eat it often, buy a small tub to save you from having to throw it away
- Fruits and vegetables that last a relatively long time:
- Carrots (start to get dry after two weeks but are usually alright for about a month)

- Apples (stay crisp for about 2 weeks)
- Onions
- Potatoes (not sweet potatoes - eat those within about a week of purchase)

#### Other Tips:

- If you don't eat bread or bagels very often, and you think you've bought too much, simply freeze, defrost, and toast them when you're ready to eat
- Eggs don't go bad very quickly, so if you eat them every morning, consider getting a large carton
- Putting apples in the fridge will keep them crisper longer
- It's always nice to have freezer meals on hand for days when you want to have a quick meal
- If you have a slow cooker and extra vegetables, throw them into a slow cooker (at a low setting) with a bit of water and a Bouillon flavouring packet/cube, pepper, and garlic powder for an overnight stew and enjoy over rice.



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## 'Juno' What I Mean?

*A look at all the events leading up to the big show*

**Bigoa Machar**  
Arts Editor

Oh boy, the city is in full on Juno fever with the ceremony just weeks away. If you're like me and can't wait to see who wins what on April 3, don't worry, there's a bunch of really cool stuff happening around the city leading up to the event. Here's some of the few I recommend checking out.

### Juno Tour of Canadian Art

**When:** Saturday, March 19, 2016  
**Where:** Glenbow Museum

This event invites Juno award nominees and winners to select a piece of Canadian art that resonates with them and explain why it does so. Viewers are welcome to see where their favourite Canadian artists gain inspiration from in their everyday lives.

### Juno Cup Jam

**When:** Thursday, March 31, 2016  
**Where:** Flames Central

The Juno Cup Jam is a charity event which will feature a handful of big name Canadian artists collaborating and covering each other. Some of these performers include Brett Kissel, Paul Aucoin and Mike "Beard Guy" Taylor from Walk

off the Earth. All proceeds from this event will go towards MusiCounts, Canada's music education charity whose main focus is to make music lessons and activities available to all Canadian children, regardless of their socio-economic status.

### Juno Cup

**When:** Friday, April 1  
**Where:** Max Bell Arena

While we're at it celebrating Canada's best music, let's throw in a little bit of Canada's favourite past time: Hockey! The Juno Cup is a celebrity fundraising hockey game in support of MusiCounts. The game will feature some of Canada's best rockstars pitted against some sports legends, including former Calgary Flames player Curtis Glencross and former CFL running back and Olympic bobsledder Jesse Lumsden.

### Junofest

**When:** Friday, April 1-Saturday, April 2  
**Where:** EVERYHWERE

Some of the best artists coming to the show will be tearing it up at some of Calgary's biggest events once the weekend kicks off. Broken City, Commonwealth, Ranchman's and Flames Central are all hosting different artists on both nights. To check out who's playing where, visit [www.junoawards.ca](http://www.junoawards.ca) for a full list of performers.

### Junior Junos

**When:** Saturday, April 2  
**Where:** Calgary Public Library, Central Library

If you're looking for something a little more family friendly, then this is the event for you. All of the Juno nominees for the 2016 Children's Album of the Year will be putting on a concert for young and old to all appreciate.

### Juno Fan Fare

**When:** Saturday, April 2  
**Where:** Chinook Centre

In what is shaping up to be one of the biggest events of the Juno weekend, the Juno Fan Fare is your opportunity to mix and mingle with some of the best musicians Canada has to offer. Hosted by eTalk reporter Liz Trinnear and Much Music's Tyrone Edwards, the event will feature prize giveaways, autograph sessions and even live performances. Some of the artists that will be there include Alessia Cara, Dean Brody, Mariana's Trench and Walk off the Earth. Tickets for this event are free on a first come first serve basis from [www.junofanfare.com](http://www.junofanfare.com)

All this, of course, leads up to the big show on Sunday, Apr. 3. The red carpet ceremony is set to start at 5 PM on CTV, with the award ceremony starting at around 7 PM.

These are some of the events that will be going down over the course of Juno weekend here in



Photo courtesy of Facebook

**Alessia Cara will be one of the many big names headlining JUNO Fan Fare at Chinook Centre on April 2**

Calgary. For more information on the events and to buy tickets, visit [www.junoawards.ca](http://www.junoawards.ca) for more

information and don't forget to tune into the Juno Awards ceremony on Sunday, April 3.

## OUT'N ABOUT

### Dance:

*In collaboration with the Truth and Reconciliation Commission of Canada, the Royal Winnipeg Ballet is putting on Going Home Star, a story about a young First Nations woman living in the city. The event is on March 26 and tickets are starting at \$30 a students at [www.banffcentre.ca](http://www.banffcentre.ca).*

### Art:

*The world famous Disney on Ice is coming to Calgary from March 24 to 29. Scenes from some of your favourite Disney films will be recreated on ice in front of your own eyes. Tickets are starting at \$30.*

### Travel:

*The Calgary Outdoor Adventure and Travel Show is happening on March 19 to 20 at the BMO Centre. Take this opportunity to get some good deals on camping and kayaking gear before outdoors season begins. Tickets are going for only \$8.*

### Sports:

*The Calgary Hitmen look to get ready for the WHL playoffs as the Kootenay Ice come to town on March 20. Visit [www.hitmenhockey.com](http://www.hitmenhockey.com) for ticket information.*

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## Hands Like Houses

Dissonants

Rise Records

Score: A



Photo Courtesy of Facebook

While Dissonants stays mostly true to the band's roots, it also promises a lot more from the band in the near future. This is because in between the classic post-hardcore riffs and alternative rock vocals, the band is also exploring new sounds. The track "Colourblind," for example, includes a breakdown that would be familiar to any metalcore fan, while "New Romantics" and "Glasshouse" include a bass line that is reminiscent of nu-metal. The band has really solidified the variety of sounds that they've been exploring in past albums. Dissonants is worth a listen for

twofold: it's a great album, and it shows great potential for future albums by Hands Like Houses. If you're like me, and you often refuse to fully invest yourself into a band before they've released a couple of albums, Dissonants is the perfect opportunity to hop on the Hands Like Houses hype train.

—Brett Luft

## Kendrick Lamar

Untitled

Top Dawg

Entertainment

Score: A



Photo Courtesy of Facebook

This was honestly the best surprise I could have asked for. Out of nowhere, King Kendrick decided to lay it on us give us this blessing. Now the album may be a little confusing upon first glance. All of the tracks are named "Untitled" with a number after them. But what these tracks lack in name, they make up for in musical prowess. Most

of the tracks have a very heavy jazz influence, with strong instrumentals throughout. Kendrick also does what he does best, spit some A1 lyrics with meaning and message behind them. Much like this surprise drop, I was very surprised that such a quick project delivered in every way I expect a Kendrick Lamar project to. Untitled is definitely a must listen for all hip hop fans everywhere.

—Bigoa Machar

## Macklemore & Ryan Lewis

This Unruly Mess I've Made

Macklemore LLC

Score: B+



Photo Courtesy of Facebook

For the longest time, I looked at Macklemore as the calzone of rap music: he's not great, but if it's there, I'll enjoy it. Would I rather have pizza over a calzone? Hell yeah, but that doesn't discount the calzone by any means. Going into this album, it's exactly what I expected it to be. Macklemore gives off a goofy vibe when he raps and always has some really strong instrumentals from Ryan Lewis. This album was much better than that compared to his last album, and his "Every white guy in America went to

the barbershop and asked for the Macklemore haircut" off the track "Brad Pitt's Cousin" made me really laugh. Macklemore also caught a lot of flack for the "White Privilege" song off this album, but it actually does a really good job of sharing his point of view on the current race situation in America. All in all, I was happy with this album and I recommend it to anyone looking for some new music to listen to.

—Bigoa Machar

# YYC Music Awards

## Rewarding Calgary's best musicians

Bigoa Machar

Arts Editor

Submissions are now open for the first annual YYC Music Awards. Happening on Sept. 25, the YYC Music Awards is a celebration for finding the best artists and bands across the city. In total, there's 19 different awards up for grabs at the show.

Some of the categories include Artist of the Year for both males and females, Music Video of the Year and Recording of the Year awards for Pop, Rap/Hip-Hop, Country, Rock and Jazz. "With 2016 proclaimed as Calgary's Year of Music, we felt it perfect timing to announce the YYC Music Awards to take place this September. We think it's deserving to shine the spotlight

on Canada's third largest city and its vibrant music scene," says Shannon Ambrose of The Portal Magazine.

Submissions are open to anyone and everyone who has a passion for making music here in the city, regardless if they're a big name or just starting out. Submissions can be made until April 16 at [www.ymusicawards.com](http://www.ymusicawards.com).

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# YYC Girl Gang Hang

*Women, pie and a whole lot of Instagram*

**Robyn Welsh & Kari Pedersen**

Staff Writer & Publishing editor

Imagine 60 creative and amazing women together in one room with hundreds of slices of pie. At the February YYC Girl Gang Hang (which was held at Pie Cloud in Kensington) women learned about marketing themselves, their businesses and using Instagram as a tool for a successful blog or company, all while enjoying amazing happy-hour priced pies.

Throughout the night, women conversed with each other and were challenged by the creators of the Girl Gang Hang to find others to collaborate with. On top of it all, there were contests throughout the night. The first contest winner got a session with Bree Johnson (@breejohnsonphoto on Instagram), a local photographer who puts a colourful twist on everything she captures, while True Buch (@true\_buch on Instagram) gave away two giant bottles of kombucha.

Bree Johnson spoke to the crowd about how having a visually pleasing Instagram can lead to increased traffic to blogs, more exposure for any products made by the instagrammer or simply more followers. Having an amazing Insta-aesthetic will interest people and make them want to learn more about you and your brand. Johnson mentioned that Instagram has changed a lot since it first came out, and hashtags have become useful for consumers to search for products that are of interest to them.

Local businesses are booming, and having a community that can work together to uplift each other rather than pull each other down is very unique. Creating an outlet where woman can meet a find support with one another is an important way to get your business moving. These connections inspire a strong female community in Calgary.

Overall, the night was fun and an amazing opportunity to meet interesting, local women. Plus, there was pie, and pie is always good.

By heading to the Girl Gang blog you can find out more about the organization and minds behind YYC Girl Gang Hang, and learn about other local entrepreneurs. All of the women who founded the YYC Girl Gang Hang have an interest in local business themselves and know the importance of networking and finding a community of support. Plus what is better than a girls night and making new friends? Nothing.

Most of these women can be found hanging out at Market Collective in between the YYC Girl Gang Hangs, which is a great way to introduce yourself and get yourself out there before the next hang. Introduce yourself to them, and get ready to mingle.

The March Girl Gang Hang is currently sold out, but a simple email to the creators can get you on a wait list. After March the founders are switching to meeting once every two months instead of every month. Keep an eye out for the next hang in May! The YYC Girl Gang Hang website can be found at [www.yycgirlgang.com](http://www.yycgirlgang.com).



Photo By Robyn Welsh

**Bree Johnson gets passionate talking about Instagram**

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These outdoor fitness machines behind the Louise Riley Library next to North Hill Mall are a great way for you to get some Vitamin D, fresh air and get in a killer workout.

## How to Get the Spring Back in Your Step

*Fitness guru, Jessica Power-Cyr weighs in on the benefits of outdoor workouts*

**Heather Macarone**  
Staff Writer

If you're like a lot of people, you spend the winter in a hoodie on the couch under a blanket. It's tough to get yourself motivated to stay active when it's cold and snowy outside. It's a lot easier to go on a Netflix binge than it is to get yourself to the gym. Now that it's springtime, here are some tips to get yourself outside and active.

When it comes to getting started, Jessica Power-Cyr, a personal trainer and group exercise instructor, suggested slowly integrating regular fitness into your routine. "The best way for people to get started is with baby steps. Often I see people decide to get more active again by starting with a really great intention like a run and being so sore the next day, they never go out for a run again. Start by going for a walk. It will be more realistic and enjoyable. You are likely to do something again if you have a positive experience. Life is too short to do stuff we don't enjoy. So make it fun," said Power-Cyr.

When asked about the

advantages of working out outside, Power-Cyr had a long list. "Fresh air, sunshine and much more! More and more research is discussing the benefits oxygen has for our cells. If you have more oxygen to your cells, your cells can do their job better and you'll feel better. Also, as Canadians we tend to be Vitamin D deficient. Sunshine helps our body produce Vitamin D, which supports our immune system," said Power-Cyr.

While the temperatures heat up, it is important to remember that Calgary weather fluctuates. Spring in Calgary can be a toss up when it comes to the weather. It can be warm or hot, wet or dry. One day it's 12 degrees, the next there's snow on the ground. No matter what the weather is like, make sure that you're dressed for it. Don't forget that while you're out there you'll most likely get warm, so make sure to wear layers so you could cool off or have a backup sweater in case you get a chill. Body temperatures are important to consider when you are focusing on being healthy. Exposing yourself to an unkindly temperature could subject you to a cold. Be ready

to face the elements, wear a windbreaker, proper footwear and sunscreen if the rays are out. Your overall health and wellbeing is just as important as toning your physique.

**"Life is too short to do stuff we don't enjoy. So make it fun."**

—

*Jessica Power-Cyr, personal trainer and group exercise instructor*

Getting fit and in shape means so much more than just having an ideal summer body. There are many major health benefits to working out besides the physical appearance of bulkier muscles or slimmer waists. "Physical activity has been proven to help boost your mood, burn more

calories which creates a healthier body composition and helps you maintain activities of daily living to name a few," said Power-Cyr.

Take full advantage of the great outdoors and check out some outdoor fitness equipment. There are 10 parks throughout the city that have a variety of equipment from bikes to leg curl machines. These parks are free to use, so they are perfect for people on a budget. They're located in all four quadrants of the city; Edgemont, Dover, Hawkwood and Applewood, just to name a few locations. Check out the City of Calgary ([www.calgary.ca](http://www.calgary.ca)) website to find one near you. If you have little ones, their favourite playground could serve as your unconventional gym as you can do some pull-ups and use the bars and equipment in other ways.

Calgary also has close to 900 km of pathways and trails. The City even clears snow off 350 km of them, so they are usable even when there is snow lingering on the ground. Take advantage of any hills to really get your legs going and feel the burn. Enjoy the views while you're out there too — exercising outside isn't

just good for you physically, but also mentally. From Fish Creek Park to Bowness Park, you can find beautiful pathways near you no matter where you live in the city. You'll find you will be much more relaxed as you marvel at the distance you covered when you recall all the sights you took in as opposed to the digital kilometre counter on the treadmill.

With one of the hottest winters on record, spring is setting up to feel more like summer and you'll be rocking your tank tops and shorts in no time. Make sure that you utilize your season pass and hit the slopes. The snow tends to stick around a little longer on the mountains and being able to wear less winter gear gives you even more mobility. "I love spring skiing. It reminds me of my childhood," said Power-Cyr. Fresh mountain air mixed with the coming of spring is enough to energize and rejuvenate anyone.

However if you decide to come out of hibernation and get active this spring, take one step at a time and stop and smell the flowers. By doing something you enjoy and spending some more time outside you'll find tons of health benefits.

# #s

**68** teams will be going mad this march in the 2016 NCAA college basketball tournament

**2016** Tim Hortons Brier was awarded to team Alberta Koe in the 22 Draw against Newfoundland and Labrador

**6-1** was the score for the Toronto Blue Jays against the Tampa Bay Rays during their spring training camp matchup

**900** km of pathways and trails can be found within the city of Calgary, for you to run, bike, rollerblade, longboard and get in shape on

# Beauty Behind the Madness

## What you need to know ahead of the NCAA mens basketball tournament

**Bigoa Machar & Brendan Stasiewicz**

Arts Editor & Staff Writer

College basketball has always been rather predictable. For years, you could choose between two or three schools that have a chance to win it all, and you'd usually be right. This year, the entire league was flipped on its head, with many of the large schools falling short of expectations and underdogs coming up big when you least expect it. Picking your bracket will be much harder this year, but don't worry, we're here to make you feel a lot less stupid come bracketology season.

### How the mighty have fallen

In past years, there have been certain schools that have straight up dominated the field. With the exception of their shocking defeat to number 15 seed Lehigh in 2012, Duke's tournament presence has always been felt over the past few years. However, the reigning champions come into this year's tournament looking their weakest in recent memory. Gone are dominant players Justise Winslow and Jahlil Okafor, who are now enjoying NBA success. Outside of their star guards Grayson Allen and Brandon Ingram, the Blue Devils don't have as much offensive firepower. Defensively, Duke as a team averages less than five blocks per game. With trouble on both ends of the floor, it'll be interesting to see if they can have the same success they've had in years past.

Speaking of years past, Kentucky has always fielded some of the strongest teams I've ever seen, most notably their 2012 squad that featured now NBA players Anthony Davis, Michael Kidd-Gilchrist and Terrence Jones. Much like Duke, the majority of their scoring comes from the backcourt, with Canadian Jamal Murray leading the way with 20.1 points per game (PPG). With sophomore guard Tyler Ulis also chipping in with a respectable 16.6 PPG, nobody on the Wildcats averages more than 11 PPG. Murray has also had more turnovers than assists this season, which is unexcusable for a guard. With the midwest region looking pretty strong, these Wildcats may need Troy Bolton to get them all in this together.

What about last year's runners up over in Wisconsin? They have to be a decent pick, right? Not so fast. Wisconsin fell off the map faster than Frankie Muniz's acting career. The past kings of the Big 10 aren't even a top five team in their own conference this time around. Being upset in the second round of the Big 10 tournament by Nebraska, it would be a shock to the world if the Badgers made a run anything close to 2015's outside shooting squad.

### Teams to watch

Sticking with the Big 10 theme, Michigan State has looked impressive and are undefeated against teams outside of their own conference. While a couple losses to Iowa, Purdue and Wisconsin looked to partially derail the Spartan's season, the team still holds a 27-5 record and a conference title may be enough to give the Tom Izzo lead squad a number one seed when the brackets drop. In fact March may see a few "Valentine's Days" of their own as Wooden Award favourite (an award for the most outstanding college basketball player) Denzel Valentine has taken the NCAA by storm this season. The 6-6 guard projected to go in the middle of the first round of the upcoming NBA draft has averaged 19.6 PPG to go along with 7.5 assists. Valentines' ball moving abilities along with Izzo's leadership may just give the Spartan's the jump needed to win their third national championship.

With a lot of teams relying on their guard play to carry them to victory, North Carolina power forward Brice Johnson has been money all season. Like a Tim Hortons coffee, Johnson's been averaging a double-double all season, putting up 16.7 PPG and pulling down 10.7 rebounds per game. Unlike Tim Hortons however, the Tar Heels actually have a good chance of winning this year's tournament, which is the opposite of my Roll-Up-The-Rim chances. Might as well call me the Meek Mill of coffee.

While there's no undisputed number one this "madness season", like usual the Kansas Jayhawks have been steady and are the number one ranked team in both the AP poll and the coaches poll. Senior forward Perry Ellis, blessed with a 6-8 frame and probably an easy endorsement deal from the Perry

Ellis clothing company once he turns pro, has averaged 16.7 PPG and looks to be a fringe second round NBA prospect. A deep tournament run by the 29-4 club would surely help Ellis' stock and would just add to Kansas' rich basketball history. While the first round games day this year will be known as national "call in sick to work day" we will once again see anxious basketball fans watching for the first ever upset of a number one seed but don't look for Kansas to be the first to fall.



The 2016 NCAA mens basketball tournament, known as March Madness tips off this week.

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