

**Paul Brandt begins
two-year stay at MRU
page 2**

#TheFinalPush #ForeverSummer

Check out our new publishing editor on page 4



News

Learn more about the “W: at MRU” exhibits around the school

Pg 3

Features

Save your money with a breakdown of the best drugstore beauty products

Pg 7

Arts

Calgary’s premiere menswear store is expanding beyond the fashion world.

Pg 9

Sports

Holistic nutritionists take care of more than just your physical needs.

Pg 16

Paul Brandt Becomes Mentor at MRU

As new Storyteller-In-Residence, the country singer hopes to help students make a difference

Kari Pedersen
Publishing Editor

Mount Royal University has acquired a new Storyteller-in-Residence, but what exactly does that mean to us?

Paul Brandt, Canadian country crooner and humanitarian is joining MRU for a two-year period, working as a supporter and motivator of students who are trying to assist in social change. This semester, students worked with Brandt to launch a campaign called “W: at MRU” which aims to bring awareness to human trafficking and missing and murdered indigenous women, two causes close to Brandt’s heart.

As many have seen around MRU the campaign aims to bring awareness to these serious issues in ways that really stick with you. The exhibitions happening around school include an exhibition with powerful statistics about missing and murdered indigenous women, a sycamore forest representing new growth, and a forensic reconstruction of a rape cubicle juxtaposed with “The New Home,” illustrating the journey to safety for those who have been rescued.

So how exactly has this all

come together? For Brandt it was as simple as a connection at his alma mater of MRU with Patty Derbyshire which led to a proposal of social and business enterprise projects to students to see what they could come up with. Since coming up with the idea, Brandt has been spending time in classes and working with students.

“I get to take my experience, not only my experiences working in hospitals (as a nurse) but now my experience over the past 20 years of travelling around the world to meet people, and bring that knowledge to the students,” Brandt says of the project.

“Hopefully we can make a difference not only in our local community but even internationally, I think that really the sky is the limit.”

Fourth year marketing student Bryton Udy has been working with Brandt all semester.

“I feel that students will be taken back by some of the exhibits and the stories told throughout the campaign,” he says. “It is a sensitive subject, but one that we all need to stop turning a blind eye to, so I feel students will think about it with more care.”

Brandt’s passion about these issues stems from a trip to



Photo by Nina Grossman

A few of the faces behind the organizing of “W: at MRU:” Melanie Gow, MacKenzie Strong and Ariane Terado. Students had the opportunity to create their own tiny doll for the display: each one represents approximately 200 missing and murdered aboriginal women, but as the federal inquiry continues, that number is rising.

Cambodia over seven years ago, where he watched a six-year-old girl being trafficked without being to do anything to stop it. It was at that time in his life that he realized he had to do something, whatever it may be.

“You hear about these things, but if you don’t see it, it is so hard to sink in, so I think as a society it is really important to take these issues and dive in, ask ourselves ‘what do we think about this, and how does this make us feel.’” Brandt goes on to say that the shock of connecting with a young girl and watching her be taken to a brothel was eye-opening and something he never thought possible. That was the moment he asked himself, “What am I going to do about it?”

The issue may seem enormous, but Brandt encourages students and society to push against this, and be on the right side of the line, saying “this is wrong” and really doing something about it.

Udy echoes Brandt’s point as this semester has made him passionate about making a change, and it has allowed him to see how he can affect change with

his peers.

“If we can help one young woman or girl, help change one man’s mindset towards this issue, we have done our job. For sure we want to have a larger impact than that, but we want to instill change in others, the way we as a class have shifted our mindset to the issue,” says Udy.

Valeri Kinnear, dean of the Bisset School of Business is also helping support students in this marketing class on their quest for social change.

“I think this is important for all of us to be aware of, and understand what is going on, and understand that these issues are happening in Canada and right under our nose, too often we brush them off as ‘these are happening in other countries’ but we have to be aware that they are happening here.” Kinnear says.

Kinnear believes that if we were all more aware of these issues, then maybe we would be aware of how to help, and the impact society can make on these important and often devastating situations.

Kinnear says the aim of the

“Storyteller-In-Residence” position is to get Brandt involved across the university by using his mentorship and entrepreneur skills to make a difference across campus and give future classes the opportunity to work with the Juno award winner.

Udy says that from his perspective the most important thing for students to be aware of is that they don’t need to be a super hero by physically saving a girl in the sex trade. But to stand against verbal, emotional and physical abuse against women is enough.

While many of the W: At MRU events have passed, “The Deal” runs from April 5 to 7 and will give participants the opportunity to experience life if you were “dealt a different card,” and as the W campaign states, “you are not going to want to see this, and that is why you need to.” For more information on the W: at MRU campaign visit www.mruimpact.com and learn how you can get involved with social change. Also stay tuned for what is next for Brandt as MRU’s new Storyteller-In-Residence.

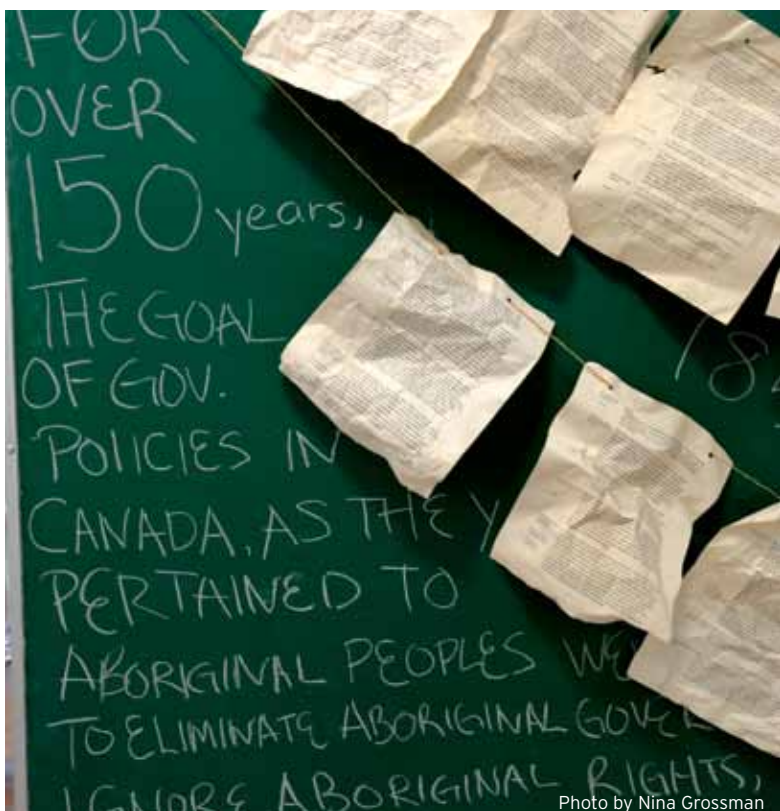


Photo by Nina Grossman

A display in the EA building is a shocking example of the slogan of the campaign: “You are not going to want to see this, and that is why you need to.”

Heading for the Finish Line

How to enjoy your final weeks of school

Sam Ridgeway

Staff Writer

Congratulations on surviving another school year amazing humans! Classes are ending, the sun is shining and... a series of terrifying exams loom on the horizon.

For many of us, this is the close of the first year of our university career while for some these exams will be our last. No matter how experienced you are with university exams, end-of-semester stress can be exhausting, and surviving them can be hard.

More than anything, it is important to take care of

yourself. It's easy to run on caffeine and chocolate bars when you're stressed, but your brain works a lot better when you feed it healthier things. Keep your backpack well stocked with healthy foods like nuts, sandwiches, and water and always one little treat to console your broken soul after an exam.

Ensure you are always stocked with your favourite pens and keep your study materials with you all the time – you never know when a study moment can arise – and make flash cards galore! Keeping a few positive reminders in your daunting stack of notes can also be a really helpful way to keep your head on straight during this stressful season.

Once you rock your exams it is time to celebrate! There are always lots of events with friends, on campus and off, that you can attend to celebrate your success (or white-knuckle survival) in this academic year. Enjoy, and live it up – you made it through another year, this summer will be great, and next year will be even better.

If this was your last year at our beautiful school, goodbye! Thank you for being a part of so many peoples' memories and for bringing what only you could bring to this campus. Good luck in the big bad world. You've made it!



Get ready to wind down and enjoy your summer! And maybe some dessert in bed?

Fentanyl in Calgary

What's being done by the government

Georgia Longphee

Staff Writer

In the last few years fentanyl, an opioid that is up to 100 times stronger than morphine, has hit Alberta like a tidal wave. The province's death toll, which has risen from 120 to 272 in the span of a year, has created concern from the provincial government.

Calgary is one of the biggest areas of concern, where the death toll in 2015 alone was 81 people, all of differing demographics. Two of these people were only 19-years-old, who died in September and December of last

year.

Due to this rapid increase in overdoses, Alberta Health officials are looking into opening clinics and rehab centres in Southern Alberta; specifically in Cardston, due to its proximity to the Blood Tribe, which has been hit hard with many overdoses in the last year. The main goal of these clinics is to offer access to suboxone and methadone, two types of replacement opioid drugs that are used for morphine addiction. Another step that has been taken is to allow Naloxone, an antidote drug that reverses fentanyl overdoses, to be more readily available.

The Calgary Police department has made some arrests in February of individuals who have been suspected and caught in possession of fentanyl with intent to sell. It is suspected that the supplier is located in Kelowna, and there have been some arrests in connection to this development.

Drug use is tempting to younger demographics. Fentanyl is sometimes disguised in other "party drugs" and can have disastrous effects. If you or someone you know has a problem with drug use, there are links and resources available through www.canadadrugfree.org.



The National Institute of Drug Abuse defines fentanyl as a powerful synthetic opiate analgesic similar to but more potent than morphine.

MRU Entrepreneurs Face Off

This Year's Innovation Tournament challenges entrepreneur students

Nina Grossman

News Editor

"How do you create value from an every day object?"

That's the question facing students from ENTR 2301- Innovation and Entrepreneurship. Using only bobby pins, sandpaper and the word "fearless" students have to create value in the most creative and impactful way possible.

The "Innovation Tournament" started in the fall of 2008 and was inspired by Stanford University. Since then it has evolved to a national scale, now called the YOU Innovate Canada Tournament.

An event held on March 31 in the Wright Theatre culminates a smaller version of that tournament; one that is just for MRU students. Five different sections of the entrepreneurial course, with roughly five groups

per section are competing.

Finalists and winning groups will be announced at the event on Thursday. The event is a "film festival" style; premiering short videos that illustrate student's journeys to create value from simple objects.

Hats off to MRU for spearheading a cool initiative that encourages creative thinking and resourcefulness. Good luck to all competitors!



Students Andrea Janish, Alex Blackwell and Bridgette Slater stand beside their creation: a poster asking MRU, "What makes you feel fearless?" For answering, students receive a box of matches held together with a bobby pin.

REFLECTORIAL

Adios Amigos...

Well my time at MRU has come to an end, and I'm actually more upset about it than I thought I would be. My time at Mount Royal has been super rewarding. I have made some amazing friends that will definitely last forever, I have learned a ton about communications and myself and I have memories that are irreplaceable.

One of my favourite things about my time at MRU is the time I have worked on The Reflector. I have been a part of the staff at this little newspaper that could for three of my four years here at the University, and all of those three years have been amazing.

Not only have I been fortunate enough to go on some amazing trips but I have also had the opportunity to work with staff members who are so unbelievably talented, intelligent and creative. Although every year that the editorial staff changes The Reflector changes, you can definitely expect those changes to be positive, and I am so excited for what the new team will bring to the paper.

Keep in mind when you are reading that this is YOUR campus newspaper! So tell us what you want to hear, tell us what you're tired of hearing and tell us what you are loving! Because we read all of your comments, and our tiny office in the basement of Wyckham is always hear to listen to your thoughts or suggestions.

I never thought I would be saying that I would miss this place, and I never thought that this day would come where I was saying goodbye, but trust me it came faster than you could ever believe! So enjoy it, I swear you miss it when you're done. If I could give any piece of advice to those of you who are just beginning your university career it would be this, don't take any of it for granted, because you will only get this experience once, unless you come back. University is such a privilege, and sure when you are piled under all of your assignments it may not seem like a privilege there are so many people who are not fortunate enough to get a University education, so we are the lucky ones. Good luck fellow students, I hope you all find all of the success you hope for!

As I said, Adios!

-The GRADUATING Reflector Staff

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

Hopefully, we can make a difference not only in our local community, but even internationally, I think that really the sky is the limit -Pg. 2

What was the highlight of this year for you?

"The variety of courses that were offered. I took Japanese with my HR courses."
- Hannah Thomson, HR certificate

"3.5 GPA last semester. It was great."
- Lad Khateb, 3rd year Psychology

"All of the new people that I met."
- Madyson Schmidt, 2nd year Business

"My professors, they were really interesting and they provided a good environment."
- Taylor Shiok, 2nd year History



2016 Reflector Publishing Editor

Congratulations, Bigoa Machar!

The Reflector is pleased to announce Bigoa Machar as the new Publishing Editor. The current Publishing Editor, Kari Pedersen, is graduating from MRU with a degree in Communication, Majoring in Journalism and is on her way to new things. Taking over is Bigoa who has been the Arts Editor for the past year. Machar is excited for the opportunity to lead this wonderful publication and bring news to the students of MRU.

Over the past year, Machar has brought a lot of flare to the arts section, and previously wrote content for arts and sports, with his much appreciated wit Machar will be a leader made to conquer. Machar ran uncontested for the position at the March 21 election. Machar is known around the office for his quick wit, style and impression of Sebastien from the Little Mermaid. Congrats Bigoa!



THE REFLECTOR

March 31, 2016

Issue 13, Volume 54

EDITORIAL STAFF:

Publishing Editor: Kari Pedersen

Managing Editor: Ivar Bergs

News Editor: Nina Grossman

Features Editor: Kate Holowaty

Arts Editor: Bigoa Machar

Sports Editor: Melanie Walsh

Photo Editor: Zana El-Youssef

Layout Editor: Masha Scheele

Web Editor: Josie Lukey

CONTRIBUTORS:

Brendan Stasiewicz, Kennedy Enns, Robyn Welsh, Brett Luft, Hanna Deeves, Logan Krupa, Sam Ridgeway, Georgia Longphee, Ashley Grant

COVER PHOTO: Universal Pictures - The Breakfast Club

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

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

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

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

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

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

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

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

the reflector

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

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

features

Features Editor
Kate Holowaty
featureseditor@thereflector.ca

A 'Sort-Of' Christian Girl's View of Faith

How I developed my own definition of faith

Kari Pedersen
Publishing Editor

I was raised Catholic, baptized, received Holy Communion and was confirmed all by age 12. I always believed that being Catholic was just a part of who I was, as in my mom taught me I was Catholic, so I was Catholic. I didn't really ask questions, I just lived my life as religious as I could.

Around the age of 14 I did start to ask questions, things in the Catholic church just weren't really adding up to me. Nothing significant ever happened, I just started to wonder if everything I had drilled into my brain was real, or if it was all just a bunch of stories put together to make me act a certain way.

I remember going to my Grandma one day and saying to her, "Grandma, I don't believe in God, I think it's all stupid." Now this may not seem like a big deal, but to my Grandmother who was raised in a convent and probably the most religious woman you could meet, this was definitely not something to be taken lightly, but she responded to me in the most eloquent way, and her words have stuck with me for the past decade.

My Grandma looked me in the eyes and said, "That's okay, because even when you don't believe in God, he believes in you."

At 14 I kind of brushed this off, but at 18 when I was going through a difficult time her words came back to me, and I thought maybe I would give God a second

chance. I started going to Young Adults night at my local church, and I loved it, for a while.

Eventually the newness of the hip music and the fun of conversing with new people wore off, and I was back at square one. I moved on with my life for about another year, that's when I took my definition of faith into my own hands.

I started praying in my own way, and reading my Bible. But this time there was no pressure, I did everything on my own, and I loved it. I started to find my own connection with God, and I talked to him about everything, I still do in fact. For me, there is something so serene about being able to just get everything off your chest. Sure, I may be "talking to myself" but in my opinion, I have faced too many

challenges and overcome too many roadblocks to feel as though I am talking to myself.

After about three years of this new form of Christianity I got a tattoo in memory of my Grandma, and in recognition of my new faith. I have a cross and the word "believe" written in French on my wrist, and I get asked all of the time, "Oh is that because you're Christian?" And my response is always the same, "No, it's because I have a relationship with God." That tattoo has more to do with the words my Grandma spoke to me than any type of belief I have in God.

When I think back to the words my Grandma said 10 years ago, it makes me somewhat envious of her unwavering belief, but before she passed away, I

realized that what she left me with when she said those words was the opportunity to find that unwavering belief, and a sense of comfort I have always relied on, knowing that there is always something out there that believes in me, and that comfort is unwavering.

So if you are confused about your own faith, don't let society or what you grew up knowing define it for you. Define your faith on your own, build your own spiritual relationships, because as we know with our tangible relationships, every single one is different for every single person. So embrace those differences when it comes to faith, and find your own meaning behind the word.



Religion Doesn't Have One Name

Seeing the beauty of several belief systems

Kate Holowaty
Features Editor

I was born and raised in a casually Catholic household. I went to catechism, church every few Sundays and was confirmed in grade seven. I never had an overly negative experience with the Catholic faith apart from not wanting to sing the cheesy songs at catechism and thinking the wine during Eucharist was gross. My priest when I was older was awesome, down to earth and would crack jokes during his sermons. But eventually I distanced myself from my faith, going to church less and less

and questioning whether or not I believed completely in God. When family members have passed away I've found great comfort in having my faith to fall back on for strength but whether or not I was putting my strength into one God is where my beliefs started to get confusing.

I decided to take an eastern religions course in my second year of university and it really helped me to have a better understanding of Hinduism and Buddhism and a bit of Daoism as well. We went on field trips to Hindu and Buddhist temples in Calgary and hearing the speakers at those temples discuss and share their views on faith really

opened my eyes to how different worship and belief is from person to person. A Hindu woman spoke about how she didn't feel it necessary to go the temple to worship very often because she felt that her own temple resided in her heart. This clicked with me because I don't think that if you go to church every Sunday it necessarily means that you are a superior Christian or have a better relationship with God. It just means you show up physically. What matters is what messages speak to you within your spirituality and the intentions you want to sincerely employ into your day to day life.

Two years ago my Uncle Dean

was tragically killed in a road rage incident three days before I was set to travel to India on a school trip. I was in shock and I didn't know what to do. I didn't want to miss the funeral and I wanted so badly to be there for my family and my Uncle Dean's daughter Pearl who was only eight years old at the time. But I remembered my Uncle Dean and his extensive travels, always coming home from a different corner of the world with new, beautiful gifts for my siblings and I, chatting away about his adventures and how I had to go out and see as much of the world as I could. I remember him giving me bracelets from monks

in Thailand and small Buddha statues from China. And I knew then that he would want me to go. The trip was hard but there many times when I felt my Uncle Dean with me, coincidentally it always seemed to be in a place of worship like a Hindu or Buddhist temple or when I let my flower boat go on the Ganges River. As I watched my boat's little flickering candle float into the distance I knew that I believed in something, maybe it wasn't the traditional God that I grew up learning about but I was sure there was something more.



You Probably Have a Fetish

A quick look at sexual desires from the mild to the crazy

Hanna Deeves

Sex Columnist

Fetishes. We laugh about them and make jokes. But what we don't realize is that pretty much each and every one of us has at least one fetish that we didn't even know counted. Fetishes don't have to be crazy and out there. Fetishes are actually quite normal to have.

What exactly is a fetish? It's a sexual desire that influences gratification. In other words, it is that something that gets you off. Interchangeable with the word kink, there are a whole lot of things to explore that could get you going.

A lot of fetishes are actually quite common, and very normal. Like, pygophilia which is a butt fetish. And who doesn't like a nice booty? Or stigmatophilia, which is the attraction to tattoos and piercings.

For some, fetishes or kinks can be just an added bonus to sexy time. Like wearing some sexy lingerie or bringing handcuffs

into the bedroom. For others, fetishes can make or break the sexual experience.

Tinder user Jerriitt is very open and up front about his foot fetish. "Not to sound selfish, but it is a must have for me," he says.

Jerriitt realized he had a foot fetish when he was 13-years-old. He believes that him having a foot fetish was never a choice. "It's not something that you can just get or turn on and off. It's something you're born with," he says.

Being open and up front about a fetish or kink is important, especially if it's a make or break one. There is no point in hiding what you like. You have every right to enjoy whatever it is you enjoy. However don't be surprised if not everyone shares your interests in the bedroom.

Jerriitt took being open about his fetish a step further by putting himself out there using "How do you feel about foot fetishes?" as his opening line. He decided to conduct his own survey tracking the reactions from 50 different women.

- Thirty-three women had



Independent UK mentioned a result from one of the biggest studies regarding sexual kinks. It said that "Asked to name their favourite body parts, sexually speaking, 47 per cent of those asked named feet and toes; where objects related to the body were concerned, footwear polled 64 per cent."

negative reactions saying things like "Hate it" and "Eww wtf"

- Twelve women had more neutral reactions saying things like "I don't judge but it's not for me"
- Five women had more positive reactions saying things like "That's interesting, I would like to try it"

It doesn't have to be a foot fetish to get mixed reactions. Not everything is going to be everyone's cup of tea. From seemingly normal to the totally outrageous, you're never going

to know how someone might react. Open a healthy line of conversation about it and see what each other is comfortable with.

Some slightly more intense fetishes that might need a little more easing into with a new partner include BDSM (Bondage and Discipline/Dominance and Submission/Sadism and Masochism), forniphilia (using people as furniture), symorophilia (staging or witnessing disasters, such as car accidents), dendrophilia (sexual attraction to trees), furies (people who dress up in

animal costumes), attraction to undergarments or shoes, older women, younger men, older men, younger women, people that don't fit into a specific gender, food and many many more.

Fetishes can be different for everyone so it's hard to say outright exactly what it's like. If there is something that you have always wondered about, but were unsure if you should give it a try, maybe you should consider it. That inkling of curiosity is probably spot on. Find someone you are comfortable with that shares that interest and do some experimenting.

samru.ca

samru.ca

DID YOU KNOW...

Your SAMRU benefits plan provides you with coverage throughout the spring and summer until August 31st?

Full-time students in the winter semester are covered until August 31st. The benefits office will be open Monday to Friday 9am to 4pm until June 24th 2016 and will reopen on August 2nd 2016.

Please Note: That you need to activate your plan, before you can use your plan.

www.mystudentplan.ca/mtroyal

Drugstore Beauty Standouts

Tried and tested best products from affordable brands

Kate Holowaty

Features Editor

Ever find yourself standing in the cosmetics section of the drugstore completely overwhelmed by the variety of products? How do you know what will work and what won't? And whether you're a student or not it still isn't ideal to waste your money on products that aren't that great. Lucky for you and your wallets, I have lived a life of financial debauchery and have tried a significant amount of drugstore beauty products and can give a general overview of the standout hits and misses within each brand.

Milani:

Milani is a brand typically carried at Walmart and Superstore. Their baked blushes are awesome especially the shades Luminoso and Rose d'Oro but they're all great. Their lipsticks and lipliners are also very good quality but they don't last for an overly long amount

the shades Get to the Poinsettia and Tender Tuberose. The shiny formula of the lipsticks isn't as good because they are so creamy that they can get really messy quick. Other standouts are their crème eyeshadows and lip balms. I tried their loose powder in the lightest shade and it was still too dark for me so if you have more of medium skin tone with yellow/neutral undertones then it might work for you. Their crème blush was just okay.

Revlon:

Revlon is a classic drugstore staple and it's for good reason. Their lipsticks are also really nice especially Plum Velour and Black Cherry. Their original Colour Stay Foundation is nice and their powders are okay. I rub my eyes a ridiculous amount and their 24Hour black eyeliner tube is amazing and will stay on all day without smudging.

Covergirl:



Pictured are the Flower lipsticks in both the creamy and matte varieties, the L'Oreal limited edition Blake Lively red lipstick, Milani's Teddy Bare lipstick, the Colour Whisper from Maybelline and NYX eyelash glue.

of time on the lip. Their individual eyeshadows and recently released eyeshadow palettes are also very good in terms of pigmentation and colour selection. For foundation and face products though, I would opt for a different brand.

Flower:

Flower cosmetics are sold exclusively at Walmart. The line's packaging is particularly eye-catching with a sort of white with gold accent theme that is loved by *les basiques* and of course I had to try out some of their stuff. The matte lipsticks are stunning and build up beautifully especially

I used to be obsessed with the OG Lash Blast in the orange tube and it is still a good option. I also used their cover up (with the blue cap packaging) for years. They don't make it anymore but their Ready Set Gorgeous concealer comes in the same packaging but just with a pink cap and it's very similar. Their lipsticks and lip glosses are also pretty good but I tend to reach for other brands when it comes to those types of products.

L'Oreal:

L'Oreal is bomb. I love their original True Match foundation and the Luminous version as well.



Photo by Zana El-Youssef

Pictured are the Milani blushes in the shades Rose d'Oro and Corallina, the Perfect Bronzer from Annabelle and two face brushes from Real Techniques.

Their eyeshadows are all really great, their lipsticks are nice even though they're a tad over fragranced. I use their setting spray because I just can't justify the price of more luxury setting sprays and I also recently discovered their Brow Stylist Definer (around \$10) and it is an extremely close dupe for the Anastasia Beverly Hills Brow Wiz which runs around a cool \$30. Their Voluminous Butterfly Mascara is my current ride or die, it's awesome. Their Infallible Silkissime eyeliner is also super smooth and nice. Their Colour Riche lipliners are very long lasting.

Annabelle:

My favourite bronzer from the drugstore is definitely the Perfect Bronzer from Annabelle. It comes in matte and shimmery shades and is beautiful for the price. For how much I use bronzer it makes sense to spend less. I didn't like their individual eyeshadows that I tried and I found their eyeliner a little hard to apply.

Rimmel:

Rimmel has some great matte lipsticks called the Lasting Finish Matte by Kate Moss line and their Stay Matte pressed face powder is my continued go to pressed powder to set my makeup. Their lip glosses are all really great and their Scandaleyes Water Proof Kohl Kajal eyeliners are awesome quality for the price.

Wet n Wild:

Wet n Wild is arguably the

most affordable line at the drug store and it is a hidden gem. Their eyeshadows are super pigmented, their blushes are beautiful and their MegaLast lipsticks are great for an inexpensive option. I also recently tried their MegaLast Liquid Lip Color and the colour was beautiful, it felt a little heavy on the lips but it lasted an eight hour serving shift. I was impressed.

Maybelline:

The FitMe concealer is amazing from Maybelline as well as their FitMe foundation. I always get compliments that I have beautiful skin, not makeup when I wear the combo of the two so I would

definitely recommend it. The pressed powder from the FitMe range is also really nice. The lipstick selection from Maybelline is also phenomenal. I would pass on their eyeshadow palettes, the pigmentation isn't that great and they're hard to blend. Their Colour Whisper lipsticks are also really great. Their Instant Age Rewind® Eraser Dark Circles Treatment Concealer is also really good for the under eye.

So there you have it, that's a run down of some stand out drugstore beauty products tried out by yours truly. Go forth and save your money so you can have some cash to do something fun.

Pictured are the FitMe concealers in shades 10 Light and 20 Sand and the FitMe foundations in shades 110 Porcelain and 120 Classic Ivory. The black sponge is a dupe for the Beauty Blender from the Joe Fresh Brand and the other brush is a foundation brush from Real Techniques.



Photo by Zana El-Youssef

Apple gives the iPhone 5S form factor a SE-cond try

Apple's latest smart-phone may look familiar, but it's what's on the inside that counts

Logan Krupa
Tech Columnist

Smartphones have grown in size considerably in recent years. Not long ago, an iPhone 6S Plus would have been considered absurdly large. Now, phones with five-inch and up screens are not uncommon.

At a press event on March 21 Apple announced it was looking to the past for inspiration for its latest iPhone. The iPhone SE is essentially an iPhone 6S within the body of the former, smaller iPhone 5S. The only notable feature missing from the iPhone 6S would be the "3D Touch" function, that gives users various functions depending on how hard they press on the screen. In the grand scheme of things, that's a small loss.

The four-inch display gives the iPhone SE great portability and ease of use. The smartphone features Apple's latest A9 processor and excellent 12-megapixel rear camera, which also shoots 4K video.

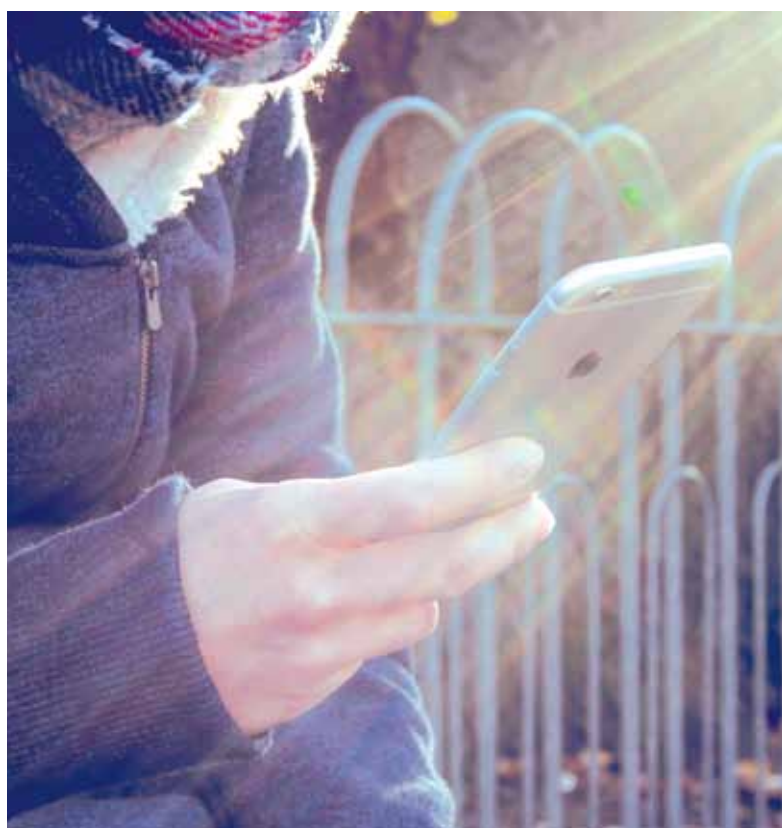
The iPhone SE also comes in Apple's vibrant colour selection, including the striking "Rose Gold" tone.

Apple was eager to proclaim that the iPhone SE was "the cheapest iPhone ever" at the press event, but the weak Canadian dollar dampens the enthusiasm for the price on this side of the border. In the US, the base 16 GB iPhone SE starts at \$499 USD. In Canada, that price jumps to \$579. The top-end 64 GB model will cost Canadians \$709 unsubsidized.

All major Canadian carriers will carry the iPhone SE. The subsidized pricing will range from \$99 to \$229 on a two-year contract.

Anyone yearning for a smaller smartphone may find the iPhone SE to be the perfect choice. The phone's pocketable size, familiar form-factor and high-end specs should prove to be a great combo.

Apple might be releasing a smaller phone with the iPhone SE, but one can bet it may make a big splash in a world of oversized "phablets."



Chris Velazco said in an article for Engadget, "The iPhone SE has the exact same screen as the one in the iPhone 5s. That means it still runs at a resolution of 1,136 x 640, which also means the math still works out to a pixel density of 326ppi (same as the iPhone 6s)."

Less is More

Calgary clothing store keeping it real and aims to branch out

Bigoa Machar
Arts Editor

One may not expect a whole lot when they see Less17 from the outside. A plain white building with a sign doesn't make it look like the rest of what's on the Uptown 17th Ave strip, but those who know what's going on inside know what's up.

Heralded as one of Calgary's premier locations for high-end men's and urban wear, Less17 has catered to the hype beasts and those who appreciate fashion in general since they opened up shop back in 2014. Now, the minds behind Less17 are looking to expand their influence beyond the fashion world. Zev Klymochko, the owner of Less17, says he hopes to market the store in a way to push past those barriers.

"I think it's the aspiration of anyone involved in retail or more generally in marketing. You want to be more than what you're selling," says Klymochko. "You want to have cool stuff in the store, but you also want to give people a really good feeling when they come into the store. Whether it's through good customer service or the cool events we've done, it really all ties together and makes it a good combination."

One of the large components of doing this is working with local events and businesses in promoting one another, all while making everybody happy.

"It's been good. We've done some stuff with Sled Island. We've hosted bands here and the art show that coincided with it was held in our art space. We also have partnered with Big Rock to produce our own beer,"

says Klymochko. "We've had something with Café Rosso where they've come into the store and served coffee to our customers."

In addition, Less17 decided to take to the Internet to promote themselves. After the launch of their online store, Klymochko says the store has reached new audiences, both here and abroad.

"Our customers in the States are using their dollar here and it's really surprising how little they know about their currency versus ours," says Klymochko. "We get hit up from people from the States all the time and the first thing they ask us is if we have any discounts or promo codes, and we'll let them know that everything is basically 30% off for them because of the dollar."

The Internet has been kind to Less17 so far, with social media aiding the growth of their online store and bringing new customers into the store. Most recently, the store had a draw for the highly-coveted Yeezy Boost 350's, designed by resident bad ass Kanye West.

"The raffle with the Yeezy's was pretty huge for us. We did a couple of those that helped bring people in," says Klymochko. "It is getting harder and harder to make noise online because there's so much content and people are being bombarded with stuff every day. We're just trying to keep a really consistent method to our marketing and the store as a whole."

Despite the amount of success in the short year and a half of business, Klymochko says he wants Less17 to stay unique and fun for Calgarians to enjoy.

"We want to vibe with businesses that are on the same wavelength as us. We don't want to come off as fake of trying

too hard. We just want to keep everything genuine."

Be sure to check out Less17 on Facebook, Twitter and Instagram

(@Less17) to keep up with what the store has to offer.



Photo courtesy of blog.less17.com

Less17 is known for carrying some sweet brands and products that you can't find anywhere else in the city.

OUT'N ABOUT

Arts:

Mark your calendars for Apr. 7, as *Free First Thursday Night at Glenbow* is back. Take in all of the attractions of the Glenbow museum, all for free.

Theatre:

Theatre Calgary is putting on Joshua Harmon's *Bad Jews* until April 10. The story follows three young Jewish cousins as they're forced to all live with each other after the death of their grandfather.

Culture:

Born and raised Calgarians are familiar with *Aggie Days*, the yearly event where you can get up close and personal with a variety of farm animals. The event is free and will be taking place at the Agrium Centre in Stampede Park on April 9 and 10.

Sports:

While their season didn't quite go as planned, the final home game for the Calgary Flames is on April 7 against the Vancouver Canucks. Head down to the dome to cheer our boys on one last time before their summer break.

No 'Bored' in Board Games

Calgary's newest board game café had us expecting nothing, but we enjoyed everything

Robyn Welsh

Staff Writer

Being the kind of person who enjoys board games but doesn't play them very often, I walked into Pips Board Game Café feeling slightly inadequate. Did I have to have a plethora of triumphant board game wins under my belt? No. Would people judge me for choosing a "lame" game? I wasn't sure. To put it bluntly, I had no clue what to expect. All I knew is that it was my first time at a board game café and I was determined to have a good time.

Pips was small but bustling. There were about 10 tables around the room, and only one — much to our luck — was available. I sat down with my friend Will at the two-person table beside the board game library. Over 400 games were packed into about five bookshelves that reached up to the ceiling.

At first, the abundance of games to choose from was daunting, so I looked to Will for help. He was equally overwhelmed by the game library so we stood silently, staring up at title after title. When I looked

down there was a man outfitted in a Pips t-shirt who had come to help us choose a game. He showed us his favourite two player games and answered questions we had about the ones on the wall until we finally settled on Kulami. The amount of knowledge he had about the games was amazing.

The wonderful Pips man knelt down by our table and began helping us set up the game board while he explained the rules. Rather than having a standard board, there were about 15 wooden pieces with dips in their surfaces — kind of like dominos — that we could put in any pattern before starting to play. Each of the dips fit a marble, and we were to take turns placing ours in the board. Thankfully, this game only had two rules and didn't involve too much thinking.

Before starting, we looked down at our menus and went through salads, sandwiches and other home-style meals, regretting the fact that we came with full stomachs. We ordered some drinks and yam fries to share then began to play.

Kulami was very easy to get the hang of. Though it was straightforward, I found myself exploring new thrilling strategies as each game went on. If I placed my marble in one spot, it would dwindle the number of options that Will had in his next turn. Experimenting with different options for each move was exhilarating and made me consider my subsequent turns as time went on.

Time passed extremely quickly in the café. Before I knew it, we had finished three rounds and the ice in my Vanilla Coke was melting. Sadly we had to pack up the game and head out, but we vowed that we would return.

Overall, the experience was amazing and I would recommend that anyone who remotely likes board games make their way over to Pips. If it is a weeknight, call them and reserve a table so that they will be ready for you when you arrive.

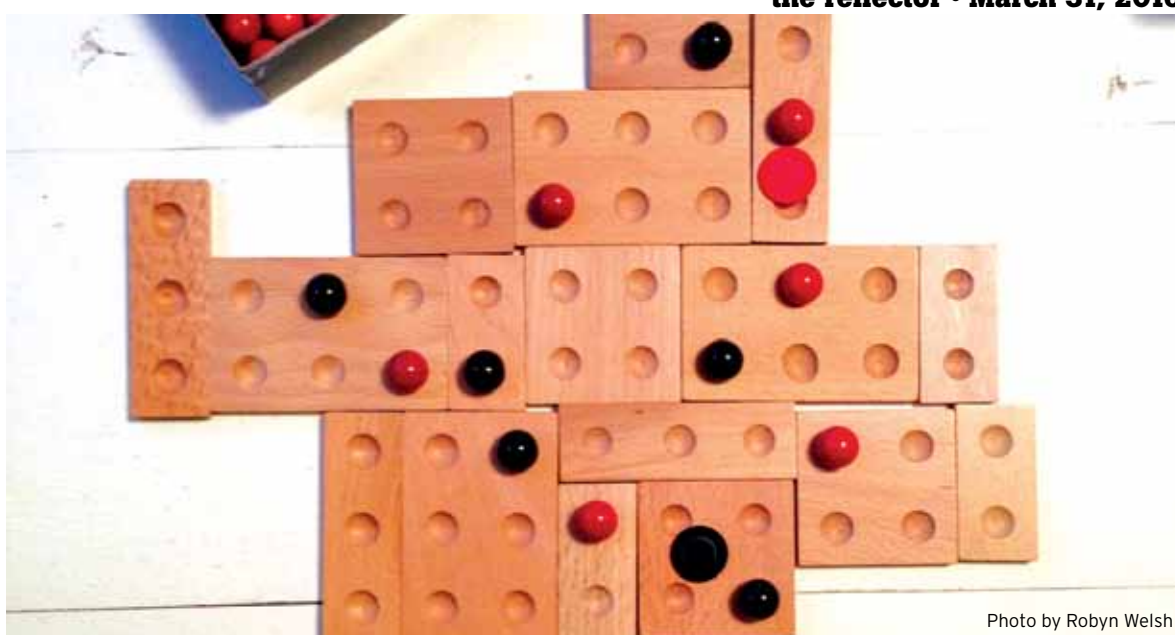


Photo by Robyn Welsh

"Kulami is one of the many board games they have at Pips"

BRENTWOOD VILLAGE DENTAL CLINIC

www.BrentwoodVillageDental.ca

Proud to be
your MRU
dental provider
every year
until August
31st



DR. RONDA SALLOUM, DR. CHRISTOPHER ORR, DR. AMREESH KHANNA,
DR. REKHA PARAJULI, DR. ALANA CARTWRIGHT, DR. LAURA METCALFE,
DR. ZAINAB BAGHDADI, DR. JACK TAN, DR. ALEX KO

GENERAL DENTISTRY PRACTICE

MRU students enrolled in the SAMRU health and dental plan are covered at Brentwood Village Dental Clinic—if you're a full-time student, you're already covered, why not just use it?

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

We extract wisdom teeth in our office

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

NO NEED TO PAY UP FRONT FOR COVERED SERVICES

We bill student's insurance directly

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

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



Photo by Robyn Welsh

"Hundreds of games line the shelves"

The Locked Room

A fantastic way for groups to have fun

Bigoa Machar & Kennedy Enns

Arts Editor & Staff Writer

You have board games, video games and board game cafes and now you can play a board game in real life. In our own attempt to be like Mr. Green and Professor Plum, some of the Reflector staff went to the Locked Room's newest location to see if we could escape, and we did with only two minutes to spare.

In operation since August 2014, The Locked Room's newest location in the southeast Calgary features four different escape rooms, The Sinister Study, Hipster Hangover, The Lair of the Minotaur and The Great Train Heist.

Some rooms are more difficult than others with the "easiest" room boasting a 50 per cent escape rate and the northeast location's Dead Meat, a cannibal themed room having only eight per cent. Each room features an assortment of puzzles and clues and you're given one hour to escape and find the one way out. So whether you're a beginner at locked rooms or the real life version of Sherlock Holmes, there's a room made for you and

your friend's skill level.

Rooms have logic, mathematical and word puzzles as well as puzzles you can only figure out by interacting with the room itself. Puzzles are almost impossible to solve on your own making teamwork and good communication a necessity. I mean, would Scooby Doo and the gang ever solve any of their mysteries on their own? Of course not, so while you may not have the hippy van, you definitely have the squad to do so.

While the majority of the time is spent yelling at your friends or desperately trying to figure out the various riddles, The Locked Room is a cheap way for you and your friends to all hang out and do something. Perfect for team building, birthday parties or just another excuse to get together.

Get anywhere from two to ten of your friends and see if you can find the cure to the zombie apocalypse, or rob a train or escape a pirate ship together. Rooms cost \$24.95 per person and there are three locations for the Locked Room in Calgary. For more information about The Locked Room or to book a room for yourself, visit www.thelockedroom.ca



Do you have what it takes to escape the locked room?

Sound of the Underground

Thirteen years of underground film

Bigoa Machar

Arts Editor

In what's been the best thing going on in the city that you have yet to hear about, the Calgary Underground Film Festival (CUFF) is set to take place April 11-17 at the Globe Cinema. CUFF has been a staple in Calgary culture for many years, this will be the 13th year the festival is taking place, and the lineup is as strong as ever. Stuffed full of Canadian

cinema and other content, the one film I'm looking forward to seeing is Patchwork, which is the story of three women who get kidnapped by a psycho killer/surgeon who butchers them and puts parts of their bodies back together as one person. It's creepy, it's dark and it's the type of movie that would be outlawed just about anywhere but here. If blood and guts aren't your thing, one of the most anticipated movies showing is The Dwarvenaut, which is about a Dungeons and Dragons enthusiast

looking to bring his favorite game to life. Regardless of your taste, be sure to check out the full lineup to see what the people have at CUFF have prepared.

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!!



Dan Choong
Master Stylist / Colourist

**50% OFF
ALL SERVICES**

until September 1, 2016
Wednesday to Friday before 3 P.M.
Valid student ID required

#323 17 ave. S.W. (Shag Salon)
Phone: 403.777.9949
Email: choongsalon@hotmail.com



Bombargo's Nathan Thoen (centre left) rocks the vocals as hard as he rocks that sweet haircut.

It's All a Go With Bombargo

Saskatoon band aims to make music while staying themselves

Bigoa Machar
Arts Editor

While spontaneous road trips are something usually reserved for cheesy teenage comedies, Nathan Thoen's life was completely changed by one shortly after he was introduced to his new friend Spencer Chilliak.

"Spencer and I met when he asked me to go to a music festival because a friend of his had backed out on going to Sasquatch last minute," says Thoen. We got to know each other pretty well on our long drive down to Washington State and we took in a ton of amazing bands. We were stoked on seeing so many bands we idolized for so long."

Like any music festival, the surreal atmosphere of everything got Thoen and Chilliak excited and after a day full of seeing famous bands, the two decided to take matters into their own hands.

"After seeing all this, we were sitting around a fire and thought 'Hey we should totally start a band.'" Says Thoen. "I play guitar and sing a little bit and Spencer decided 'Hey, I'm going to get really good a guitar too' and started practicing a ton."

The two wasted no time when they got back to Saskatoon, and Thoen says the flow of everything really just took off after then.

"When we finally got around to writing, we liked the way it all sounded. We wrote like four songs the first day we started writing and it was all super rad. We still play some of those songs to this day."

With the effort obviously there, Thoen and Chilliak were still a little short-handed. After an unexpected coincidence, the band Bombargo was born.

"One day, Spencer was telling me how he wished his best buddy Phil Kashap was still living in Canada at the time," says Thoen. "He had been living in California until one day he kind of just showed up at Spencer's door and was like 'Hey you wanna play some tunes?' The three of us started jamming and really enjoyed that for a long time."

Kashap, who filled the void of drummer for the band, was now on board to join full time. After the trio released their first sampler, another one of their friends hopped on the bandwagon.

"Graham Tilsley officially joined the band after our first EP. We were doing some side projects at the time, but after that he joined the band full time. His experience in the music scene really helped us out. He knows how to tour and play every instrument."

With the expertise of the technical side of music now on their side, Thoen says the band is now more diverse and motivated as ever, with all of their ideas coming to life.

"Being in a band is like painting on one canvas and every guy has a paintbrush. You have a few different ideas going on but it's all art when it comes together if you have four guys who are all determined."

Despite their new found success, Bombargo proudly chooses to stay as an independent band, with everything from their tour schedule to their album prices all determined on their own. Thoen says that this lines up with the original ideology of the band.

"We don't want anyone to tell us to sound a certain way. We want to play the songs we play because they sound good and make us feel good," says Thoen. "At the end of the day, we really want our music to come from an authentic place. That's really the best way for a musician to stay grounded and true to themselves."

Although they haven't completely ruled it out, Thoen also mentions that he's fine with anything as long as Bombargo is able to stay as happy and free flowing as possible.

"It's really tough to say. You hear some of the good and some of the bad. I think record labels are fantastic for exposure but as soon as they get in the way of your creative process, then I don't know if that's something you want to be dabbling with."

MONKEY MAJIK
Southview
Universal Music Japan
Score: A



Photo Courtesy of Facebook

"Southview" is the 10th studio album by Japanese-Canadian electro-rock band MONKEY MAJIK and because of the bands Japanese roots, it's probably flying under most of our radars. "Southview" often infuses classic sounds still prominent in Japan, such as jazz, while paying homage to less prominent — but equally important — sounds, such as disco.

The track Undercover, for example, fuses the rock sound with something that sounds like something straight off of Random Access Memories, but a

track like Delicious pays homage to '80s disco with Maroon 5 and other genres scattered throughout the track. "Southview" has some great inspiration behind it. MONKEY MAJIK's Southview is a pleasant change to an electronic scene plagued with little diversity, and this is partly because the band is trying to capture a completely different audience overseas.

— Brett Luft



Photo Courtesy of Facebook

2 Chainz
Collegrove
Def Jam Records
Score: C

Listening to 2Chainz is kind of like watching an episode of Spongebob Squarepants. You know there's not much substance to it, and what's there is kind of immature and repetitive, but it's funny and enjoyable in its own way. Mr. Chainz's third studio album takes what he's best at and really puts it in the limelight. He

makes some lines that make you go "Wait, what the fuck did he just say?" The line "I get pulled over for swerving like 'Hi officer.' He asks why I was swerving I'm high officer" made me cringe and laugh at the same time. It's not new by any means, but it's funny coming from 2Chainz, so I'll allow it. Don't expect much from this album, but it's worth a listen if you're a fan of rap.

— Bigoa Machar

ZAYN
Mind of Mine
RCA
Score: B



Photo Courtesy of Facebook

Now that the tears of One Direction fangirls around the world have dried up after Zayn Malik's departure from the band, his debut solo album isn't terrible, but it's nothing special. It was kind of all over the place, with the few good songs being stuck between some really bad ones. The third track iT's YoU (yes, he types like that) is one of the worst excuses for a song I've heard in a while. But songs like rEaR vIeW and dRuNk I can really vibe to. The instrumentals are nothing special, but Zayn's voice sounds

so much better when he's by himself than when he's performing beside a bunch of other dudes. So while this album isn't spectacular, it's a good start for ZAYN, so go ahead and do you man. But please, sToP tYpInG LiKe ThIs. YoUr GiViNg mE A hEaDaChE.

—Bigoa Machar

The 2016 Golf Season in Calgary Starts Early

Top places to tee off in YYC

Brendan Stasiewicz
Staff Writer

While it's usually assumed that the Calgary golf season begins in late April, the mild winter has led to smiles among Calgary's middle aged business class — busting out their cotton golf outfits to hit one of the many Calgary courses that have already opened. However, as these courses place starters on their first tees welcoming Calgarians to shake the rust off their irons, it's not only middle aged men nowadays who can be thankful.

Starting with Tiger Woods in 1997, the stereotypes of good golfers being un-athletic has seen a reform. With videos of Rory McIlroy squatting close to 300 pounds and Adam Scott's biceps taking over the Internet after his 2013 Masters win, golfing is becoming cool for more and more athletic young people.

Thankfully for the avid golfers in Calgary, the city has a plethora of world-class courses to test your talents against (and probably storm off angrily on). Here is a list of the top three courses in both the private club category (however, if you should have the chance to play any private in the city you should highly consider it) and the public category, which have no tee time booking restrictions.

Calgary's top private courses

The Glencoe Golf & Country Club

The largest of Calgary's golf facilities, Glencoe, located just

west of the city in the Springbank area, offers 45 spectacular holes as well as a world-renowned practice facility. While the first 18 holes, The Meadows, is spectacular in its own right, The Forest (Glencoe's championship course) looks to someday host a large-scale professional event. Measuring out at a jaw dropping 7505 yards (for comparisons sake Augusta National measures out at 7435) and a course rating of 76.9 (Augusta is 78.1) The Forest stands alone as Alberta's toughest test.

Calgary Golf & Country Club

Purchased all the way back in 1897, the club went through massive renovations from 2005-2007 and is known to Calgary golfers as one of the nicest (and most exclusive) courses. In fact, Score Golf ranked the course as the 31st best in Canada in 2014. Located on the Elbow River and just a five minute drive from Chinook Mall, once you get past the front gate (and the no cellphones allowed sign) you immediately forget there is a massive city on the other side of the massive trees. The undulating greens and vast elevation changes along the way make you feel all of the 6400 yards read on the scorecard. The par 4 9th hole is one of the most beautiful in the city, driving the ball downhill with the clubhouse and a large water hazard serving as the backdrop.

Priddis Greens Golf & Country Club

Ranked at number 42 in Canada by Score Golf in 2014, you'd be hard pressed to find



Photo by Brendan Stasiewicz

Local golfer Ryan Hounjet stares down his second shot at the par 5 18th hole at Priddis Greens Golf and Country Club.

a course as well maintained as Priddis Greens. The 36-hole facility is well worth the 10-minute drive down 22X after merging from Mcleod Trail. If you can't make it onto the course to play, you can have the chance to see the course when Priddis welcomes the top female golfers in the world as the club hosts the LPGA's CP Women's Open for the third time in August. The course offers its own version of "Amen Corner" on the Hawk between holes 9-11. The three-hole stretch has golfers pleading for an easy par, which is far in between on the back nine.

Calgary's top public courses

Heritage Pointe Golf Course

Located on the southern outskirts of the city, the public course remains a favourite among many Calgarians and features three distinct nines: The Pointe, The Desert and The Heritage. The Desert stands out to me as

the best of the bunch, measuring out at 3550 yards there are very few approach shots that don't give you an unsettling feeling. Especially in mid summer when the greens stimp as fast as any other local course, delicate chip shots can seem nearly impossible.

Redwood Meadows Golf and Country Club

Located in a well-forested area near the town of Bragg Creek, Redwood Meadows is as much of a test as any public course in Calgary. The club hosted the final two rounds of the 2014 Calgary Amateur, and when I blew up the final day after having a chance to win all I could think was, "I hate that course." But maybe that's the sign of a good course — a fair test that rewards accuracy and punishes bad shots. And it's easy to get off to a wayward start, the first hole, a dogleg left measuring out at 447 yards, followed by a long par 5 with a tough tee shot makes it easy to be over par quickly.

The Links of Glen Eagles

The back nine at Glen Eagles is perhaps the best stretch of golf Calgary has to offer. Located in Cochrane, Glen Eagles provides a linky feeling course with par 3s that will surely take your breath away. Tough enough to host a Canadian Tour event last summer, the signature hole, the par 3 15th goes miles downhill with the valley below it. Ending on a hard 535 yard par 5, from the first tee to the 18th green there isn't much time to take your mind off the game as a momentary lapse of focus can easily lead to a double.

With The Masters just weeks away, (and this information at your disposal) grab your sticks from the basement and get ready to hit the links. If you've never played before, now is a better time than ever to go to the range with some buddies to see if you have some hidden talent tucked away. If not, there's no better place to crack a cold one with friends on a warm spring day than one of Calgary's fine courses.

#s

6 PGA Tour wins for Jason Day in his past 13 starts with the Masters right around the corner

0 Canadian NHL teams will be playing in the Stanley Cup Playoffs for the first time since 1970

72 wins is the record for best regular season in NBA history. The Golden State Warriors have a chance to best the mark achieved by the 1995-96 Chicago Bulls

5 NCAA National Championships belong to the University of North Carolina Tar Heels basketball team, making it to the final four for the 19th time

A 'Cuple' of Predictions

How will the Stanley Cup playoffs pan out this year?



The Stanley Cup was established in 1893 and has been awarded annually to the National Hockey League playoff winner. For the first time since 1970 it looks as if no Canadian team will be in the running to hoist and kiss the coveted prize.

Logan Krupa
Staff Writer

The Stanley Cup playoffs are arguably the greatest spectacle in team sports, as no other league forces players through such an incredible gauntlet to win a championship. After 82 games, NHL teams face up to an additional 28 games that are each likely longer, and certainly more physical than those of the regular season. Predicting how the playoffs will transpire is notoriously difficult, but I will give it my best shot...

It's not Canada's year

It's been known this might be the case for months (I certainly am not Nostradamus here!), but it certainly seems like no Canadian teams will make the playoffs this year for the first time since 1970. As of publication time, the Ottawa Senators are the closest

Canadian team to making the playoffs, and they are a daunting nine points back of a wildcard spot after 75 games.

Jagr's magic runs out

I feel uncomfortable making this prediction, but I think the Florida Panthers' playoff run will be short-lived. It's true that Jaromir Jagr is a living legend, and the Panthers might win the Atlantic Division. It would be fun to see Jagr scoring countless goals in the playoffs, with his famous hair flowing from under his helmet as Panthers fans pelt the ice with their celebratory plastic rats.

Jagr does currently lead the Panthers in scoring. However, he is also 44-years-old. Despite even his exceptional fitness, it's difficult to conceive of Jagr maintaining his scoring pace over the playoffs at his age. If a team's leading scorer isn't succeeding, the rest of the team will likely follow.

The Wings stop flying

The Detroit Red Wings are synonymous with playoff hockey, qualifying for the playoffs for the past 24 seasons in a row. Despite being only one point back of a playoff spot at time of publication, I think this is the year they don't make it, because...

The Flyers will be dark horses

If Philadelphia squeaks into the playoffs past Detroit, I have a sneaking feeling they could do some damage. With the veteran Claude Giroux leading the team in scoring, and 22-year-old Shayne Gostisbehere turning heads on the blueline, I think the Flyers might have the right mix for some playoff success, winning a couple rounds.

Stanley Cup Final prediction: Dallas Stars versus New York Rangers

Is there any more terrifying an offensive duo in the NHL than Jamie Benn and Tyler Seguin? The Stars have a superb goaltending duo as well in Antti Niemi and Kari Lehtonen. Goaltending is so critical in the playoffs, I think that will be the key to why the Stars will represent the West in the Final.

Out of the East, the Rangers are not lacking in goaltending either. Henrik Lundqvist is "King Henrik" for a reason. And the Rangers have a lot of playoff experience on their roster. I think that experience will be key to why the Rangers will storm out of the East.

The Rangers will win the Cup

The Rangers experienced roster will prove to be too much for Dallas to handle, and my bet is they will be Stanley Cup Champions. Get ready for a ticker tape parade down Broadway!

Chalk Up an Error for Overpriced Tickets

'Take me out to the ball game' will have to wait for regular season

Ashley Grant
Staff Writer

Winter is officially over and there is definitely the feel of baseball in the air, well in Arizona and Florida anyway, where the major leagues spring training is currently taking place.

Yes, we are quickly approaching the start of the 2016 season and getting a look at some of the star players that will be on display during the summer.

Like all other pre-season games, no one really takes them too seriously or puts that much weight on them. After all they are simply for players to scrap off the rust and for management to get a better feel for who and what they are dealing with, who the contenders for full-time spots on the team are and so on.

As for the fans, well it's still baseball, but it may be becoming more difficult to take in a game in person. Ticket prices for spring training games are skyrocketing, with some tickets going for over

\$150 US, as seen with the game between the San Francisco Giants and Chicago Cubs. Yes, we get to see young players competing for spots on the team and occasionally the stars take the field, but these games mean absolutely nothing. Winning a bunch of games in March does not mean you start with a better record when opening day comes.

There could be the argument that tickets are worth whatever someone is willing to pay for them, but when tuning in for the odd game that is broadcasted there are a lot of empty seats. Maybe that means that asking for over \$100 is a little too steep, especially when you are not offering even half the drama that regular season games provide or seeing players selling out to make plays. We're looking at you Justin Verlander and Yoenis Cespedes.

Due to the Detroit Tigers opening their season in Miami against the Miami Marlins, they will be without their designated hitter or DH. So Verlander, the Tigers' pitcher, was tuning-up

with some at-bats. Verlander laid down a bunt, but couldn't be bothered to run it out, which gained the ire of the crowd.

As for Cespedes it gets even worse. The New York Met felt like it was too much effort to bend over and retrieve the ball after it rolled under the wall and as a result gave up an inside-the-park home run to A.J Reed. Now to say that Cespedes thought that picking up the ball was too much like trying may be a little bit exaggerated, as he claimed that the ball was lodged under the wall and he couldn't. But when the umpire meandered over he easily flicked it from under the wall with his finger, you might just need to look up the video to do this justice.

Anyway the point is, this is the type of baseball on display. This is not taking a shot at the players or the league, you guys get ready for the season however you want. This is just to say, over \$100 for a ticket to a spring training game is a little out of the park!



As the Major League Baseball teams step up to plate for spring training, more fans will be waiting till regular season to take in a game as some tickets are selling for over \$150 US this pre-season.

Your Students' Association







Use your **myBenefits** with us.
Convenient campus location.
Enhance your coverage!

In order to access the select savings,
you must present your
myBenefits Card each visit.

STUDENT RATE

(403) 685-3210 • 4825 Mount Royal Gate SW . Z006 Wyckham House

-  **MRU benefits plan**
-  **Prescriptions**
-  **Flu shots**
-  **Travel shots**
-  **Professional Pharmacist**





WYCKHAM PHARMACY

Located in Z004 in the basement of Wyckham House

Visit us online at www.wyckhampharmacy.com

Wyckham House Food Court

Check out the food court area in Wyckham House for a variety of delicious breakfast, lunch and dinner possibilities to satisfy almost any palette at reasonable prices!



* Summer hours may vary. Please visit www.samru.ca for contact information and hours of operation. *





The Hub is open in the spring,
check our website for the hours!
www.samru.ca/thehub



Holistic Nutrition Goes Beyond Physical Fitness

The key to a healthy lifestyle is more than eating clean and training dirty

Melanie Walsh
Sports Editor

In today's world, people are used to getting information at the touch of a button. Now more than ever, we live in a fast-paced society and therefore we want it all, and we want it now. When it comes to getting in shape and moving towards a healthier lifestyle people often look for quick results and become discouraged when they don't come in. Training as a holistic nutritionist, Alana Coote is studying physical literacy and pursuing a degree in health and physical education while she uncovers some of the answers to help people stay on track and meet their fitness goals.

A holistic nutritionist differs from a regular nutritionist in that they look at the individual as a whole while realizing that each person is unique and what works for one person might not work for the other. "It's not just nutrition that makes people healthy, it's lifestyle, it's their psychological well-being, it's their spiritual well-being and we take all of those into consideration," says Coote.

Our mental state is very important to our overall health as our emotions affect our physical

well-being. Holistic nutrition takes this all into account whereas a personal trainer tends to solely look at the physical aspect.

Coote chose to get involved in holistic nutrition after looking at nutrition as a whole and seeing some flaws in the system. Notably, the Canadian Food Guide which has been known to alter information to increase sales of meat and dairy, not to promote health for Canadians. She notes that holistic nutrition is not just about your diet or a "one size fits all" mentality.

Looking at movement as a whole rather than a large umbrella of exercise has helped Coote focus in on some key factors to living a healthier lifestyle. "People focus too much, they think they need to go to the gym for an hour, do a certain workout and don't incorporate movement into their daily life." People may go to the gym for an hour and have a killer workout however the rest of the 23 hours in their day aren't supporting that.

"People are more likely to stick with being active if they are doing something they enjoy," says Coote. "Movement doesn't have to be an hour in the gym. It could be gardening or playing with your kid. If you look at movement

as you would nutrition, just because you're eating the same things everyday, although that may be healthy, you're not getting everything you need in that meal. The same goes for working out, doing the same things every day isn't going to improve your overall health."

To take a holistic approach to your own nutrition, Coote notes that it doesn't have to be all or nothing. The last thing you want is to become worn out or injured early on and discourage yourself from going further down

the path. Small maintainable changes like going for a short walk, taking up a sport you love or instead of going out to eat with a friend, do a physical activity. The more you enjoy what you are doing, and having a variety of activities to keep you stimulated the more you'll do it and soon enough it will become habit.

The same goes for changes in your diet. Coote recommends adding in a green smoothie to your breakfast meal, initially if you start with lots of fruit and add more and more greens as

you go you'll really be able to stomach the flavours and enjoy the nutritional benefits. "I think people focus too much on what they can't have, and restrict their diet and end up binging," says Coote. "What I found helps is adding in the good things."

Some of Coote's favourite healthy swaps include kombucha instead of soda, green smoothies instead of skipping breakfast and getting outdoors instead of hitting the gym.

Respiratory Therapy

*A passion for technology ...
...compassionate patient care*



**College and Association
of Respiratory Therapists
of Alberta**

www.carta.ca



CANADIAN SOCIETY OF RESPIRATORY THERAPISTS
SOCIÉTÉ CANADIENNE DES THÉRAPEUTES RESPIRATOIRES

www.csrt.com

2016

Calgary Transplant Trot

Help us celebrate life after transplant for organ and tissue recipients and increase organ & tissue donation awareness in Alberta and across Canada!

DATE : Saturday, April 30, 2016

EVENTS : 3KM Awareness Walk, 5KM Run/Walk, 10KM Run/Walk

WHERE : Confederation Park 55+ Activity Centre
2212 - 13th Street NW, Calgary

RACE START : 12:00 pm



Register today!

transplanttrot.ca/calgary

**Organ & Tissue Donors
Save Lives!**
Please talk to your loved ones
CanadianTransplant.com

