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Voting Just Got Easier for Students!

Elections Canada opens office at MRU

Brady Grove
Contributor

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

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

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

The new office at Mount Royal is located in Room 2236 of the Wyckham House. They will be open Monday, Oct 5 to Thursday Oct 8 from 10 am to 8 pm.

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

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

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

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

The Canada of 100 years ago would be unrecognizable to many of us living here today. Large swaths of the population were legally excluded from voting or were disenfranchised by differing provincial and federal legislation. One either needed to own, rent, or have a significant annual income for their vote to be considered worthy in a federal election.

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

A Brief History of Voting Rights

It was not until 1970, for example, that university students under the age of 21 were able to mark a ballot in a federal election. It could be a difficult path for students. To be able to identify and explain how the rules are written, or in what ways people and politics were linked historically, thus reminds those of us living in the present of our privilege to take our suffrage seriously.

Arguably, gender, race, and property were the three main categories of difference that established hierarchies among Canadians and limited their access to the politics of the past. The much-celebrated British North America Act explicitly barred women from voting in 1867, and led to a 40-year social and political movement that demanded women be allowed to have their voices heard on the Hastings (what we would today call a polling station). Property restrictions, complicated by differing provincial and federal legislation, further limited the number of men able to vote.

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Continues on P6

Who should I vote for?!

An overview of federal party platforms

Sam Ridgway
Staff Writer

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

The CPC, led by Stephen Harper, has made many promises and introduced many party goals, especially regarding the economy. The Conservatives have promised to balance the budgets this fiscal year, and are interested in reducing government spending, which also means cutting subsidies to balance the budgets this fiscal year, and are interested in reducing government spending, which also means cutting subsidies for the arts, and is dedicated to create a national infrastructure and transit plan.

At the next election, the Liberals intend to decriminalize marijuana, and plan on approving the Enbridge oil sands pipeline in Alberta; they also plan on continuing enforcement of the criminalization of marijuana. Harper’s CPC is planning to invest $5.3 billion per year into the New Building Canada Plan, and are also planning to introduce online voting and implement proportional representation in the House of Commons. The Liberals intend to meet with premiers to discuss improvements to national healthcare, and want to provide additional funding for affordable housing and transportation. The party intends to keep Bill C-51, but will likely make some amendments to it. The Liberals also oppose the Northern Gateway pipeline, but support all others.

Each party speaks to a variety of issues, often overlapping in their intentions. Partisanship has become a large part of election campaigns, so try to separate the politics from the policies when you are doing your research! Visit VoteCompass.CBC.ca for a quick check-in of where you stand, or look at each party’s individual website for more information about their goals, plans, and values.

Reflector Publications Society of Calgary

2015 Annual General Meeting
Thursday, October 22, 2015, at 11:00 a.m.
Reflector Office, Z002 (basement) Wyckham House

Members of the Reflector Publications Society will be presented with the audited financial statements for review and approval, will be asked to appoint auditors for the next year, and will be asked to elect two (2) students at large who will sit as directors on the Reflector board of directors. For information on Student at Large nominations, contact The Reflector at 403-440-6256.

Please visit our website at www.TheReflector.ca for more information and details
On Having A Voice...

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

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

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

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

-Masha Scheele

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

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

Nina Grossman
News Editor

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

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

Education

All three candidates agreed that changes should be made to Canada's education system. Both Ratti and Boonlert spoke of personal student debt that continues to hold them back financially. "(Student debt) is shackling," said young people and increase funding to paid internships to try and get students in to jobs in their own fields," she said. “The NDP is totally against unpaid internships.”

Boonlert said he understands that “to get that initial first job in your field is really tough.” He explained that the Green Party would like to create a $100 million dollar fund for municipalities across the country to hire Canadian youth. Crockatt had little to say on the topic.

structure here in Calgary and other places.”

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

of a police state.

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

“There’s neither a terrorist hiding behind every tree or a spy under every rock," said Hehr. “In the next three years (the Liberals) will decide whether we need the bill (C-51) or not.”

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

Crockatt remained mute on the subject.

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

Photo  illustration by Kari Pedersen

“Everybody deserves equality and a chance to expand their knowledge”

Thana Boonlert, Green Party

Ratti. “It’s holding us back as a nation. We cannot move forward if everybody is trying to pay off massive loans into their 30s and 40s. The NDP has proposed a post-secondary education act which would stabilize tuition over the long term, promote academic freedom as well as ensure public delivery of education in general.” In a phone interview, Ratti told me that her party plans to implement $250 million dollars in grant tuition, and their post-secondary education bill would ensure “long-term stable funding to post secondary.” “I think the NDP has a pretty good plan when it comes to eliminating student debt and increasing accessibility,” she said confidently.

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

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

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

Jobs

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

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

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

Economy

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

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

“And I think that’s a common misconception about the NDP party.”

Boonlert laid down the specifics of the Green Party’s economic plan, which was not dissimilar to their orange competition. “Like the NDP, we would like to decrease the small business tax from 11 to 9% and we would like also to increase corporate tax back to 2009 levels, to 15%,” he said.

Crockatt had no comment at that time.

Bill C-51

The controversial anti-terrorism bill introduced by the Conservative Party has many Canadians concerned. Vague and ambiguous language in the bill could leave the door open for unconstitutional investigations and some people worry even moves Canada in the direction
Don’t let the colder weather this season stop you from looking and feeling HOT!

Emily Thwaites
Contributor

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

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

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

Remember that cringe worthy photo of you in that turtleneck sweater your Mom forced you to wear as a child? Well, it’s back – only this time you’re going to want to show it off! Turtleneck knits are making a huge comeback, and are perfect for the Calgary weather because they are transferrable into the winter months. Paired with a patent leather skirt or your favourite pair of skinny jeans, this is a fall essential! Try our bell sleeves, flared jeans, suede or fringe and you’ll be looking wonder-fall!

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

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

Fourth year Marketing major and musician, Bryton Udy, shows off a great combo to be on top of your game this season for men’s fashion! Udy wears a pair of ABC pants (Lululemon Athletica, $130) that he scored for free after performing a show for staff. Shoes can make or break an outfit, and Udy’s Oxford Brogues (DGW, $150) look incredibly suave. Layering a simple grey t-shirt (Bluenotes, $10), hoodie (Express, $25) and denim jacket (Forever 21, $25) and you’ll want to try this season!

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

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

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

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

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

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

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

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

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

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

Angie Lang
Features Editor

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

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

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

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

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

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

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

If that’s not really your style, Wallow beautifully alone! Take the booze part of Friendsgiving and take away everything else. No wasted assholes running around, no laughter over old stories, just you alone, on your couch with a highly alcoholic drink, mumbling at Netflix. If you’re feeling down, just give into it.

The best part about thanksgiving is giving and maybe you should really give into it. Hit up Instagram and leave menacingly wonderful comments, put on an accent and order one of everything from a Chinese restaurant and roll up in to a ball and sleep for 18-hours, hell, sleep for 48, why not! You, do you!

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

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

To put that in perspective, that is one million fewer votes than the total number of millennials enfranchised in Canada. It is in the very act of voting, then, that our power to have a voice in how our country operates rests.

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

To understand why Rick Mercer rants about voting, why grass roots campaigns like LeadNow hope to mobilize young Canadians to take the time to mark an “X” on their ballot, and why SAMRU and students’ unions across the country are participating in Get Out The Vote campaigns – we need to know that there was a time when many of us wouldn’t have been able to vote.

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

Our Chance to Influence History

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

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

But this history is important. To understand why Rick Mercer rants about voting, why grass roots campaigns like LeadNow hope to mobilize young Canadians to take the time to mark an “X” on their ballot, and why SAMRU and students’ unions across the country are participating in Get Out The Vote campaigns – we need to know that there was a time when many of us wouldn’t have been able to vote.

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Turning lemons into limes
How to use someone’s physical quirks to your sexual advantage

Kate Holowaty
Sex Columnist

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

1. The Crooked Appendage

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

2. The Werewolf

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

3. Mane Squeeze

Your girlfriend has some truly exquisite locks, like Blake Lively’s hair in Gossip Girl. Now this is a classic, you’ve been seeing a guy, things are going great and then when things start to heat up—BAM! he whips out an exaggerated banana esque shlong. Do people still say shlong? I don’t know. Anyways, despite this attribute getting a bad rep it can really help to get you off. Here’s what you do – Study it; really take in the way it moves. You could look at it as working out your bodyparts. The curve could help with your partner. Try different angles, curves etc. and then experiment with your partner. Try different positions. The curve could help out in ways a straight penis never could.

4. Mane Squeeze

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

5. Bearded Bang

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

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

“Dear Self Series”

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

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

Come Out and Play:
The Motorola Moto X Play reviewed
How the new Motorola Moto X ranks against its higher priced siblings in the phone family

Logan Krupa
Tech Columnist

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

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

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

The build quality of the phone feels surprisingly solid. Upon seeing pre-release photos of the phone, I thought the rubber plated back would feel “cheap” compared to its more premium siblings. Alas, the grip actually feels great! The phone feels solid enough that I would almost be willing to go without a case. My only complaint build quality wise, is that the power button on my unit does seem to have a bit of wobble to it. I do think it could be a bit more solid, but otherwise I’m really happy with the build quality of the Moto X Play.

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

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

**Citizenship & Leadership Series**

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

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

**Research Your Aboriginal Roots with Robin Karen Kirk**
WEDNESDAYS FROM 10AM-2PM
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All Time Low hitting an All-Time High

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

Nicole Angus
Staff Writer

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

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

There is nothing grass roots about this band, as noted by Barakat on Sept. 25. “Last time we were here we played in a small ballroom upstairs, so thanks to all you little bitches for buying tickets and coming out to see us every time we are here” Barakat stated enthusiastically to the crowd of 1000. But as they grow they don’t leave fans behind, as All Time Low has always been active on social media and connecting with fans. “We’ve always been apart of that ever since Pure Volume and My Space kind of came along and started that whole thing with bands. We jumped on board really early, we realized it was a great way to reach out and connect with our audience and get them familiar with not only the music but also who we are as people. I think that’s a really cool, unique place that music is in right now. It didn’t used to be like that, and I really appreciate it,” says Gaskarth.

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

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

- Alex Gaskarth

“Continues on Pg 12

OUT’N ABOUT

Theatre:

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

Art:

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

Food:

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

Music:

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

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

Robin Welsh
Contributor

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

The Reflector: How long have you been making films?

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

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

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

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

TJ: It’s always a little bit different. For “The Interior,” I had thought of the film a few years ago and I had written a script way back when, but it was very cliché. It started out as a man and a woman in the woods, they were a couple and they were fighting. The guy didn’t want to look at directions and there was all this cliché stuff happening - so I abandoned that idea. So then I kept the film brewing in my head for the next few years and I went to a weekend film seminar, which really inspired me. I ended up finding someone who wanted to produce it with me. Before I even wrote the script we booked the plane tickets to BC, and just shot the rest in Toronto. But we booked the tickets so there was no turning back, and then I quickly rewrote the script. Next we took it to set and when I’m on set I like to be pretty spontaneous, so I made a shot list and we didn’t have locations picked out, we just went to places in the wilderness and picked spots depending on what we needed. We shot really quickly, about 10 days in BC and then another 3 days in Toronto. From there it was just me and my computer editing it, which took a few months.

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

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

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

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

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

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

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

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

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

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

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

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

Emily Thwaites
Contributor

The fifth and final day of Beakerhead’s brilliant showcase of engineering and art took place on Saturday, Sept.18, with exhibits situated at various locations across the city (and province)! “Intrude,” was a popular feature this year, celebrating the wonderful diversity of our neighbouring urban wildlife. Designed by Australian artist Amanda Parer, this exhibit explored the fragility of our environment and our role within it. A social media challenge, it was pointed out that there are possible legitimate concerns with the idea of every bathroom being “co-ed,” but even making a couple of them into gender-inclusive spaces would be a start.

One of these unique workshops was ‘Toilet Tank Buddy,’ an opportunity for children to build their own ‘buddy’ to take home and help make a difference. Youth of all ages enjoyed building their buddy out of clay, glitter, googly eyes — you name it! — before securing him inside a mason jar filled with water. Toilet tank buddies work by displacing a given volume of water in your toilet’s tank, so each flush uses less water, consequently saving thousands of liters of water every year! In addition to ‘Toilet Tank Buddy,’ children could also test their strength carrying gallons of water, whilst learning about the thousands of children globally who are forced to do this every day in order to survive.

This exhibit seemed to work very well because it wasn’t just a surface-level informative piece. The primary focus of a hands-on learning experience was an effective way to raise awareness and get the whole family directly involved. By introducing the issue of water sanitation and conservation to a young audience through play and exploration, it engages them to think critically and constructively about this international concern.

A citywide showcase of work by 148 local and 30 international artists and engineers, one thing’s for certain – the third year of Beakerhead was an event impossible to ignore!

Do you believe in magic?

How Calgary plays the most popular card game

Lexi Wright
Contributor

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

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

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

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

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

That’s not enough.

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

This exhibit seemed to work very well because it wasn’t just a surface-level informative piece. The primary focus of a hands-on learning experience was an effective way to raise awareness and get the whole family directly involved. By introducing the issue of water sanitation and conservation to a young audience through play and exploration, it engages them to think critically and constructively about this international concern.

A citywide showcase of work by 148 local and 30 international artists and engineers, one thing’s for certain – the third year of Beakerhead was an event impossible to ignore!
Alex Gaskarth sings to a sold-out crowd at MacEwan hall.

Continued from Pg 9

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

Gaskarth goes on to further show how they found themselves as a band with their most recent albums. “There’s a big realization once we get to the album “Don’t Panic” where I think we sort of honed in on what it is that we wanted to do. I sort of equate it to the reboot of a franchise – it’s our Jurassic World vs. Jurassic Park and its sequels. It put us in a new place, it still sounds like All Time Low but I think once we hit “Don’t Panic” it was the fully realized version of the band.”

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

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

– Alex Gaskarth

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

All Time Low has always been known for their crazy antics on stage, as they demonstrated perfectly on the 25th. Watching them perform, viewers can tell that they are four guys who genuinely enjoy what they do. From the bras thrown on stage, which is a classic All Time Low concert occurrence, Barakat happily chanting “TOGA, TOGA, TOGA” (because of a toga party happening at the Den), all the way to the discussion of what the correct pronunciation of gif is. Barakat argued that it was “pronounced jif, because it’s when you dip your wiener in peanut butter and lick it off”.

One highlight of the show antics was actually when the show was completely over, after the encore. Barakat decided to put on one of the bras thrown on stage, and dance on a speaker to Uptown Funk, while front man Gaskarth danced and kept the crowd amped up even after the show had ended. It’s entertainment like this that keeps All Time Low fans coming back to see them, show after show.

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

While not all their fans are university students, Gaskarth had some sound advice for university students saying “this is a really interesting time in your life since you’re young and you’re still figuring out what it is you want to do or where you want to go in the future. I think it’s one of those things where it feels like it’s everything at the moment. I think it’s also important not to completely burn out trying to get good grades and things like that. It’s important not to worry about it too much. I think there’s a lot of fun to be had and a lot of people to be met, you might not see these some very important years – you’ll meet some of your best friends for life in this time so I think my biggest piece of advice would be go out and still make sure you’re living your life”. Fans will definitely welcome back All Time Low when come back to Calgary, but until then you can get their music, including their newest album “Future Hearts,” on iTunes.

Lana Del Rey’s new album Honeymoon, was released Sept. 18, and is her best yet. Musically, the artist uses a variety of vocal techniques, orchestral elements and strong bass to keep the listener interested. Several portions of the album even seem to sound distant and as if we were being played on a vintage gramophone record player. Through her artistic expression of romance, Lana Del Rey’s passion comes through song after song, making her lyrics believable and relatable. It is refreshing how the subject matter and emotional feeling varies from song to song, especially since they have to do with love. The song titled ‘Religion,’ expresses the feeling of being dependent on love, while ‘The Blackest Day,’ illustrates the darkness and heavi- ness of breaking up. ‘Salvatore,’ feels like youthful longing and ‘Swan Song,’ is an expression of freedom and making sacrifices for love.

— Robyn Welsh

One of Hip Hop’s most unique personalities came back after a bit of a hiatus. Upon first glance, Mac Miller is the last person you’d expect to be a professional rapper, but this latest album shows why he’s been able to stay in the game for so long. On GO:OD AM, tracks like “100 Grandkids” and “Brand Name” show his ability to flow rhymes over chill laid back beats. The change of pace is something that helps balance Hip Hop as a genre. With features like Chief Keef and the Almighty Based God himself gracing Mac’s tracks, this is a very well put together album that was a joy to listen to from front to back.

— Bigoa Machar

Photo by Kari Pedersen

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

“Honeymoon” Lana Del Rey
Interstope
Score: B+

“Honeymoon” is an expression of breaking up. ‘Salvatore,’ illustrates the darkness and heaviness of breaking up. ‘Salvatore,’ feels like youthful longing and ‘Swan Song,’ is an expression of freedom and making sacrifices for love.

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

 Advances in technology could affect sports fundamentals

Logan Krupa
Tech Columnist

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

Some might argue that technology can be detrimental to a sport if that given technology allows athletes to win solely because of the technology, and not because of fitness level or strategy. Accessibility to a given technology is also a factor in determining fairness. If a technology is so exorbitantly expensive or rare that only a few athletes can access it, that technology may arguably provide an unfair advantage.

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

Suiting Up

A prime example comes from the world of swimming. Full body swimsuits were a common sight on professional swimmers six years ago. The sleek, buoyant suits offered an up to 8% reduction in drag compared to those swimming in more typical swim trunks or swimsuits. That is a substantial difference when competitive swimming is measured down to thousandths of a second. At the 2009 World Championships in Rome, an astounding twenty world records were set. FINA (the international body governing competitive swimming) banned full-body polyurethane swimsuits and placed an asterisk upon existing records accomplished by those wearing full body swimsuits. The suits were very expensive, costing $500 each, even though they only lasted a few swimming sessions. The suits also allowed wearers to float above the water more easily, with the air offering less resistance than being deeper in the water. Certainly, full bodysuits offered an unfair advantage over swimmers who relied more upon their athleticism.

The “Real” MVP

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

A breath of fresh air

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

Light on the feet

What happens when training technology does make its way into the field of play during competition? Oscar Pistorius participated in the London 2012 Olympics on carbon-fibre prosthetic legs. Some argued that Pistorius could have an unfair advantage because his prostheses were lighter than human legs and were optimized for running on all surfaces. Pistorius certainly didn’t perform in the Olympics like he had an unfair advantage. Inevitably, the materials and design of prosthesis will get better, and the question of athletes in similar situations possibly “technodoping” may be raised with more validity in the future.

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

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

Melanie Walsh
Sports Editor

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

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

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

You are what you eat:
We all know that it’s what’s on the inside that counts. Same goes for keeping warm. If you fuel your body with hot eats, your body will begin to radiate that thermal goodness. Hot chocolate or coffee in a thermos will keep you warm for the duration of the game as you sip on your favourite beverage. Chilli or a nice bowl of soup are also great meal options to indulge in during half time.

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

Go overboard:
You are never going to regret being too warm, it’s much easier to cool your body then warm yourself up. You can always remove a layer or two if your team is making some impressive plays and things are heating up. Go into your local sports store and get some snow essential accessories. My personal favourite are grabber warmers, http://www.alpineaccessories.com/Grabber-10-Pack-Hand-Warmers/productinfo/GRHW10/ for $10 you can get a pack of 10 warmers. These little packs are a source of portable heat that last up to seven hours and are great to stick into your gloves or shoes. You don’t want to miss any of the action this fall and winter so be sure to keep warm.

Melanie Walsh
Sports Editor
Photo by Melanie Walsh
Hand warmers are a great accessory to bring along to any sporting event to help keep you warm while cheering in the stands.
Mount Royal Cougars Season Outlook

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

Hockey

2014-15 record:
Men: 17-11
Women: 6-22

Season opener: Oct. 9

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

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

The record doesn’t tell the entire story of last season for the Mount Royal women. The team was plagued during the first half of last season with the inability to score goals, leading to a 1-12-0 record to start the year. During the home stretch the women’s team showed lots of improvement and potential, and behind strong goaltending from rookie Emma Pincott finished the season 4-6, beating the Dinos at the Crowchild Classic in the process. Unfortunately the team is without two out of their top three leading scorers from last season, Tanika Dawson and Janessa Jenkins. It will take solid goaltending and strong play from 2014-15 leading scorer Reanna Arnold to lead the team towards making the playoffs.

Soccer

2014-15 records:
Mens: 2-8-2
Women: 4-7-1

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

Basketball

2014-15 records:
Men: 10-10
Women: 6-14

Season opener: Nov. 6

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

Volleyball

2014-15 records:
Men: 11-13
Women: 5-19

Season opener: Oct 16

A big story for the men’s volleyball team in the offseason was the recruitment of PACWEST dig leader Alex Protc from Capilano University. The former U18 national champion joins a veteran roster coming off the school’s best finish in their CIS West history last season.

Standing at 6ft. 3in., middle hitter Grigor Kartev from France is a player to watch, mostly because it’s nearly impossible to miss him when he’s on the court. In his last year of eligibility Kartev and his teammates have a good chance to improve on last year’s record and perhaps achieve the team’s first finish above .500.

The women’s team has proven that they can win games. Last season the team knocked off the country’s top seed, the UBC Thunderbirds, in a five set thrill ride. The rest of the season didn’t go as planned but Mount Royal does have a winning history, going 14-4 just a few years ago. If the team plays to their full potential and recruits Carolina Alongi and Chanel Park turn out as well as the team hopes then there’s no reason to not believe in this women’s team.
Tennis, although widely accessible doesn't seem to have lots of athletes picking up a ball and racquet. Barbara Streibel is taking it into her own hands to share her and her family's love for tennis. Streibel's mother was an avid tennis player and instructor and taught her husband how to play and then their children. Streibel fell in love with the sport, “It’s outside, it’s very social and if players have a nice style then it’s a pleasure to watch,” says Streibel. She played competitively all her life and was once ranked number two in Canada and number 111 in the world. Now with a family of her own Streibel is passing down her family's tradition of playing tennis by offering lessons.

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

Tennis ball and racquet which most recreation facilities rent or lend out to you, athletes can really build on their technique in the winter and then they can go out to the courts in the spring. The first four lessons can be really challenging because the players are having to stop and pick up the ball many times. After lesson four is when they start to really build up their strides and hit the ball 60 or more times in a row without dropping the ball and having to stop and go retrieve it.

She really encourages her students to focus on their technique in the winter and then they can go out to the courts in the spring. The first four lessons can be really challenging because the players are having to stop and pick up the ball many times. After lesson four is when they start to really build up their strides and hit the ball 60 or more times in a row without dropping the ball and having to stop and go retrieve it.

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

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

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

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

“It’s outside, it’s very social, and if players have a nice style then it is a pleasure to watch”

Barbara Streibel