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news

I believe you

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Campaign to support victims of sexual assault is back for year two

Amy Tucker
News Editor

Imagine keeping silent about a life changing and devastating experience for your entire life because there was nowhere safe to disclose.

That's what Danielle Aubry, the executive director at Calgary Communities Against Sexual Abuse, challenged her audience to envision at the "I Believe You" campaign kick off.

"I'd like you to think for a moment about the profound isolation and loneliness that results from keeping a secret like sexual assault or sexual abuse," said Aubry.

"Think about a nine-year-old child experiencing ...sexual assault in their home by someone they love, who they trust and, because of so many things, they don't tell anyone."

The Albertan campaign, aimed at supporting victims of sexual assault, is returning for a second year after its successful launch one year ago. Last year, the "I Believe You" campaign aimed to educate Albertans on how important it is to give a positive

response to a disclosure of sexual assault. This time, the campaign is making its focus to celebrate Albertans who are believing and supporting victims of sexual assault.

"Sexual assault is the most under-reported crime in Canada" said Debra Tomlinson, the chief executive officer at the Association of Alberta Sexual Assault Services - a provincial network made up of 12 sexual assault services across the province. "Even conservatively speaking, less than 10 per cent of survivors report to the police. One in ten actually reach out to a helping professional."

Tomlinson says that for generations, victims stay quiet about the incident and so the crime remains underground. Now, victims are finally coming forward.

"That's what we want to shine the light on, so survivors know that there are lots and lots of people out there who if they disclose, would give them a compassionate and supportive response," said Tomlinson.

After over 20 years working in the field, Tomlinson says that the most positive change around

public attitudes and public sentiment towards survivors of sexual assault has been made in just the last two years.

"I think it's a result of a lot of publicity around the high profile cases that we've seen. The social media response like Facebook and Twitter that can carry the voices of survivors forward," said Tomlinson.

Tomlinson also points out the celebrity icons that have made waves in the issue such as movies like *The Hunting Ground* and Lady Gaga who at the Oscars performed *Until It Happens to You* a song dedicated to survivors of sexual assault.

When the campaign initially kicked off over a year and a half ago, it reached out to post secondaries across Alberta and was responded to with enthusiasm - today, "I Believe You" is partnered with every post secondary in Alberta. The initiatives some campuses are taking include hanging posters about the campaign, hosting information booths on orientation day and promoting the "I Believe You" message through social media.

Indeed the message is

spreading among university students in Alberta. An event was held in Edmonton, Sept. 23, to film a video for the "I Believe You" campaign, part of AASAS. The video featured two female hockey players supporting each other as well as an arena filled with people who would show their support and love for survivors. The majority of the people involved were students. The video was filmed at Kenilworth Arena in Edmonton, an arena which can hold 325 spectators.

"We even had buses of students coming from Calgary," said Tomlinson.

Opening up the conversation about sexual violence and relationship health has

increasingly become a priority at Mount Royal University. Last winter, the event "Who is Frank?" an initiative for frankly speaking about the elephant on campus - sexual violence among students, was hosted at MRU.

The number of students affected by sexual assault is staggering according to an internationally recognized student survey by The National College Health Assessment (NCHA) - an organization which collects data on students' health and behaviour. The results say that one third of Mount Royal students had experienced some kind of violence in one or multiple relationships.



The #IBelieveYou campaign returns for a second year after a successful inaugural year.

Open Studies is a good idea

Worried you're not in the right program? You're not alone

Riley Nerbas
Contributor

The leaves crunch under your boots as you walk to campus, your homework is piling up and you're certain the student just ahead of you is sipping a pumpkin spiced latte. The fall semester is kicking off and hundreds of new and returning students just like yourself are grappling with the heavy plate of being a student - planning out academic careers, paving a path to eventually join the workforce and juggling tuition costs.

While some know exactly the career path they aim to pursue, others are justifying pouring their dollars into tuition only to find out their program isn't the right fit for them. So how do you pick a program? Four

students share their thoughts on the importance of open studies.

Stephanie Nolan, a Drama major at the University of Alberta, believes that her ability to take open studies helped in her decision to pursue her passion. It also helped her explore other avenues that she may not have taken if she had focused solely on a major when she registered. "The benefits of taking open studies is that you can try out different things and it may spark your interest in a field that you'd never thought you'd want to pursue," she says.

Jody Li, a fourth year General Sciences major at Mount Royal University, said that open studies helped her adjust properly to post-secondary education, helping her adjust to homework demands that were

not so heavy in high school when she first came to Calgary. Though the courses Li took were put against her major that

"It may spark your interest in a field that you'd never thought you'd want to pursue."

-Stephanie Nolan

she knew she was going to be taking, it gave her a little bit of breathing room to adjust.

"I feel that the courses I took in the semester of open studies helped lead the way into my major, identifying myself with the professors and students I would have classes with later in the program," says Li.

Matt Warren, a fourth year Business Administration major at Mount Royal University, believes that if he had taken open studies right out of high school it would have lead him in a different direction than what he decided on straight out of high school.

"The great thing about open studies is that you are allowed to explore classes that are common to your interests," says Warren. "Open studies helps build your academic experience around what your interests are and helps you find out what your main interests are as you

grow as a student."

Warren spent five years at Queen's University earning a Life Sciences degree, only to find out after graduation that it was something he did not wish to pursue outside of academia - a difficult realization for him. When he decided to return to University he chose open studies because he wasn't restricted in the courses he could choose.

"I wanted to raise my GPA and have some options," says Warren. He also found the experience refreshing that he could take a wide and diverse course workload and figure out what he was passionate about and what he wasn't.

Blackfoot mural unveiled on Main Street

Meet the artist behind MRU's new artwork

Nina Grossman

Layout Editor

On Sept. 22, the same day Treaty 7 was signed 139 years ago, Main Street lit up with indigenous drums, songs and dancing to celebrate the unveiling of Blackfoot artist Ryan Jason Allen Willert HeavyShield's mural located between Tim Hortons and the library.

After speeches from involved faculty and student volunteers, traditional chicken dancer Yancy EagleSpeaker and fancy dancer Nikkole HeavyShield performed for students and faculty who had gathered to watch.

The celebration was the fruition of the "Campus Transformation Challenge," a social innovation tournament co-sponsored by the Institute for Community Prosperity. Student groups competed with creative solution proposals for some of MRU's challenges and in February, Human Resources Coordinator and Business Student Ravi Chung and his team won the challenge with a proposal to revitalize MRU's campus using indigenous art.

Chung chose the Treaty 7 anniversary for the mural unveiling because of the document's historical significance in Southern Alberta.

Treaty 7 was signed by the Blackfoot Nations Kainai, Piikani and Siksika, the Stoney Nakoda Nation, the Tsuu T'ina Nation and the federal government. The intent of the treaty was to allow Europeans to settle on indigenous land, offering an assortment of benefits in return like healthcare, education and economic development.

Longstanding issues and injustices have arisen as a result of competing interpretations over the treaty, with many feeling the Canadian government has not held up their side of the agreement. Despite failings since, the treaty



Ryan Jason Allen Wilert HeavyShield, the artist behind the mural for Treaty 7, explains his work to an audience of students, staff, and faculty at MRU. Photo By: Nina Grossman

is still widely regarded as a historical document promising peaceful coexistence and prosperity for everyone living in Treaty 7 territory.

Because MRU is on traditional Niitsitapi territory, or traditional Blackfoot land, Chung put out a call for artists with Blackfoot backgrounds. Ryan Jason Allen Willert HeavyShield from the Siksika nation answered that call and spent weeks at the end of summer crafting the mural now displayed on Main Street.

"It is really reflective of Mount Royal's heritage and who we really are," Chung says of the artwork. "It's incredible; the art, the history and the culture that existed before (European settlement) and it's imperative that students understand that."

HeavyShield was born in Olds and raised in Red Deer and Innisfail before ending up in Calgary in his late teens. He says art has always been a part of his life, but he became more

engaged as an artist when he lived on the streets with his father, cousin and uncles, who panhandled and sold their original indigenous artwork around the city.

"My dad, he called himself the president of the panhandlers association," HeavyShield says, adding alcoholism played a large part in the street life they lived.

HeavyShield helped his family sell their art on the streets until he was 19 and decided to sell his own work.

"I started to feel a bit guilty about selling their artwork, so I worked on making my own," he says. "I went all over the city. I would take the bus to different spots. I would sell (art) in front of stores like Staples, Michaels, and Safeway..."

Creating art became a mode of survival for HeavyShield.

"I got into artwork to survive, to eat, to get my tobaccos, to go and do things with people," he says. "I needed a little bit of support still, but eventually, by

doing that, art took me off the streets."

As HeavyShield began growing as an artist, taking classes and displaying his work in shows around the city, he also started learning more about his indigenous roots.

Today HeavyShield teaches art at the Native Friendship Centre in Red Deer. He has joined a Sun Dance society, The Path of the Buffalo, and has changed his way of life.

HeavyShield says the art he creates now comes from Naato'si; the Sun, which traditional Blackfoots regard as one of the creator's most powerful beings.

"I can't take ownership of the art now," he says. "I'm just a tool, I work for Naato'si."

All of the family that HeavyShield used to live with on the streets has passed away.

The artist says he will continue to sell his art on the street, and has no plans to stop. He enjoys making connections with people and

feels strongly about helping people understand indigenous culture and history.

"I don't know a lot, but I know enough that when I speak to people and they ask questions, I can answer them and help build awareness within their spirits and themselves," he says. "I help (people) see our culture in a better way and (learn) the significance of Treaty 7."

HeavyShield's art has been showcased at the Glenbow Museum. He has done a number of live performance storytelling and art installations in Calgary and Victoria. He currently lives in Red Deer working as a full-time artist.

HeavyShield says he invokes the gratefulness of the Sun Dancer in his everyday life.

"Whatever I create and whatever work I do for the community is from my heart."

To check out more of HeavyShield's art, visit stonegrowth.yolasite.com.

Blackfoot artist and storyteller Ryan Jason Allen Willert HeavyShield explains the meanings behind the symbols in MRU's new mural:

Blackfoot Medicine Wheel:

"It has to do with healing, with how you were raised. What you were missing as a child, into adulthood (and) going back and trying to reclaim those things in order to build a healthy spirit and a confident person."

The Buffalo:

"The buffalo is the spirit animal of the Blackfoot. The buffalo will always run towards the storm instead of away from the storm. So we put that into our life."

Sun Dancer:

"The Sun Dancer is a grateful painting," HeavyShield says. "It's being grateful to see, speak, smell, hear (and) use your hands and arms and legs to walk the path. (It's) being grateful to see from your heart (and) speak from your heart."

Being Thankful

Hot take alert: I personally think Thanksgiving is a better holiday than Christmas, but that's probably the disgruntled retail worker inside of me talking. Everything that we normally associate Thanksgiving with is just awesome: Turkey, mashed potatoes, gravy and pumpkin pie. All of the above are good as fuck and are usually frowned upon, but this week we live it up friends. From a student's perspective, Thanksgiving is also a great time to let off a little bit of early-year steam. Taking time off and, for some of us, travelling back home for a bit is definitely a welcome situation for everyone.

Now I know you've already heard the "be thankful for what you have and for those around you" talk, which I'm not here to tell you. Instead, I'm going to tell you something new: Be thankful for what you don't have.

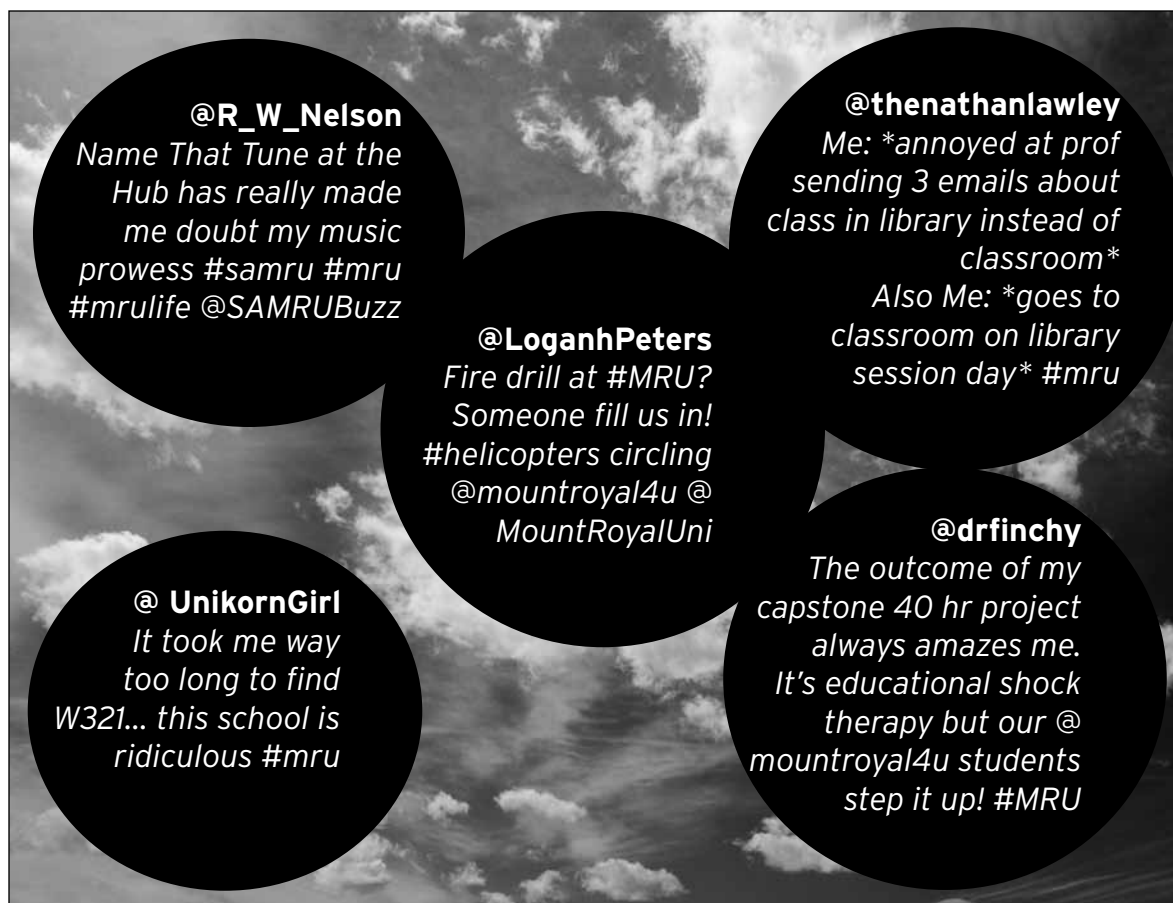
Hear me out. Sometimes the best part of life is how simple it can be at times. Staying away from things that are known to cause stress or sadness is one of the best things that you can do for yourself, even if those things may seem sweet at times. Why do you think suicide rates are higher in wealthy communities? It's a complex issue that goes way deeper than what we can imagine, but things like money aren't guaranteed to bring happiness.

So think about that when you see someone driving a fancy car or rocking a really expensive Supreme hoodie. Just because someone may have money or status, doesn't mean they're necessarily happy. So be grateful for what you don't have, and bask in the glory of taking it slow while you aim for bigger things.

"The darker the nights, the brighter the stars."

-Braum, League of Legends

#MRU TWITTERSPHERE



Anti-Muslim posters spark shock and gather support on UofC campus

University president "Angry" and "Disturbed" by hate messages

Bigoa Machar

Publishing Editor

Students at the University of Calgary were greeted with shock Tuesday morning when more than 40 anti-muslim posters were found around across campus.

"Fuck your beheadings, fuck your Sharia," read some of the posters across campus, at the same time calling Muslim beliefs "barbaric."

"We were all very shocked today," said University of Calgary president Elizabeth Cannon. "I don't think these posters reflect at all the University of Calgary, we're a very diverse, inclusive and respectful campus...to see something like this is truly disturbing."

The school is working with campus security and Calgary Police to find out where these posters came from and to make sure something like this doesn't happen again.

Students and faculty gathered in front of Macewan Hall at noon in solidarity for their

Muslim colleagues.

But really, we're here today to support our Muslim students," said Cannon. "It really is a community coming together and saying the University of Calgary is strong and we respect one another, regardless of where you come from."

In addition to hateful messages, the posters included links to Facebook pages calling for the removal of Islam from Canada and calling those to "celebrate Canada's European culture." Other pages included links to pages filled with posts on Donald Trump, the Black Lives Matters movement in the United States and a variety of other pages made to single out certain groups.

Events like this have become too common here in Alberta. Earlier this month, anti-Sikh posters were spread across the University of Alberta campus. Premier Rachel Notley says

these kinds of things are not acceptable in the province.

"It's very important for the vast majority of Albertans, who I believe join me in being offended by those kinds of posters, those kinds of statements, for all of us to speak out and say that it is not acceptable," Notley told reporters Tuesday when she was asked about the latest incident.

"We embrace inclusion and acceptance and mutual understanding. That's the kind of province that we're building and, you know what? It makes our province stronger when we commit to building that."

In addition to Islamophobia finding its way onto University campuses, residents of some northwest neighbourhoods in Calgary have reported anti-Muslim flyers delivered to their doors.

Calgary Police are asking those with any information on the incident to come forward.

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features

Beer, lederhosen and culture

Oktoberfest brings German beer culture to Calgary

Paul McAleer

Contributor

The economy has its ups and downs, but beer? Beer is eternal. Although times are undeniably tough in Alberta, you wouldn't be able to tell if you were at Oktoberfest on Sept. 23 and 24.

"For me, it's the friendliest and funnest beer event in Calgary," says Vince Gilligan, fully clad in lederhosen with a glazed smile on his face.

Stepping into the Big Four building and being greeted by a massive crowd of people, it's impossible not to notice: there isn't a frown in sight. Young and old; everyone is getting a little bit schnockered to celebrate Oktoberfest.

Oktoberfest originated in Munich, Germany, more than 200 years ago in celebration of the royal marriage between King Ludwig I and Princess Therese of Saxe-Hildburghausen during the October of 1810. Now it isn't exactly known why they decided to have another festival in 1811, but it's probably because the first one was such a rager that they thought it should be engrained in Bavarian culture forever. Currently, Oktoberfest attracts over 6,000,000 people yearly in Munich.

While Calgary Oktoberfest is tiny in comparison to the real

deal, it's getting bigger each year. Alberta Beer Festivals started organizing the event in 2013, but there's no need to wait until 2213 to attend. With over 50 breweries, 10 restaurants and live entertainment, chances are you're never going to feel thirsty, hungry, or bored at the festival. But the best part for some is that it's so affordable.

"I heard it was a cheap [place to] turn up," says Mary from Montreal, who refused to reveal her last name. "Alberta's too expensive right now with the economy... I like to turn up and it's a good price."

This year, getting into Calgary Oktoberfest cost \$19 in advance, \$25 at the door and \$30 for a weekend pass. When you enter the festival, you receive a sample mug to keep your beer safely caressed and contained before its eventual ingestion. The entertainment is free, but in order to buy food and beer, you need to purchase tickets that cost a dollar a pop. Generally, it costs two tickets to sample a beer and three to nine for food.

Even though prices are affordable, some proceeds are also donated to various local charities. Originally from Germany, Lukas Ptaszynski of the Banff Ave Brewing Company says that his brewery

is helping the Banff Food Bank, one "shotski" at a time. When asked if he got to enjoy any of his brewery's delicious beer while on the job, Ptaszynski simply responded with: "Oh, I'm happy!"

Even if you don't like beer, Calgary Oktoberfest offers games, dancers, and most importantly, live music. The German Knights Band, created over thirty years ago, is responsible with filling the halls of the Big Four with jolly polka music. The band is no stranger to crowds of beer-drinkers, as they have been performing at Wurst, a popular local pub, on every weekend for the past five years. The band's routine often involves audience participation.

"It's good to be on stage, but when you get right in [the audience's] faces, they can't escape," says Arthur Lapp, the tuba player and lead-harasser of the group. "They love it."

Lapp will make you waltz with him if you're pretty, and if you're thirsty looking, he will make you chug two beers at once. Other than to see his band, one of the main reasons Lapp thinks people should attend Calgary Oktoberfest is "to forget their troubles."

Features Editor
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Arthur Lapp, de facto leader of the German Knights Band, most likely chiding beer drinkers into lining up for the tapping of the cask. Photo By: Alec Warkentin



Oktoberfesters share a laugh with members of the German Knights Band, who have been performing polka for over 30 years. Photo By: Alec Warkentin



The Honourable Joe Ceci celebrates after successfully tapping the first keg, courtesy of Big Rock, on September 23rd. The Minister of Finance for Alberta rewarded himself with a couple glasses of beer after he completed the task. Photo By: Paul McAleer

"Alberta's too expensive right now with the economy... I like to turn up and it's a good price."

-Mary from Montreal

MRU's hidden oasis

On campus greenhouse home to plants and projects

Robyn Welsh

Features Editor

Many students walk through the halls without the knowledge that there is a hidden oasis on the third floor: MRU's very own greenhouse, home to numerous plant families. Years ago, the area where the greenhouse is located was merely a walkway. Since then, it has blossomed into a five room plant paradise with a pond for water plants, praying mantises, and even some mesozoic era plants that date back to the dinosaurs.

The greenhouse has been through a lot. After many plants died in a construction project to fix leaks, Diana Fletcher, an MRU professor who is passionate about

the beautiful space applied for a grant. A grant of over \$21,000 was given to the school to bring life back to the greenhouse. Barry Moench, the staff member responsible for nourishing the plants, began to build up the collection. "Barry transformed the greenhouse from a mess to the beauty you see today," Diana Fletcher said.

Moench has been working with plants nearly his whole life and began work at the greenhouse in February. By strategically buying plants with numerous seedlings, he was able to split them into several pots and allow the plant collection to grow more quickly. While many plant collections only have one of each plant, Moench



Stretching over five small rooms, the greenhouse contains exotic plants that can be hard to find elsewhere. Photo By: Robyn Welsh

likes to collect at least two of every plant when possible.

When Barry Moench isn't taking care of the plants, he is a resource for helping students with projects or experiments

involving plants. "I want more student involvement and I want more labs done up here. Because that's what this place is all about," Moench said. And as far as he is concerned, the greenhouse is a success when many students are getting involved in projects. Almost anything surrounding growing plants is fair game, and any students with ideas can get in contact with him.

SAMRU, MRU's student association has also been involved with the greenhouse. They will be hosting a plant sale where they will be selling coleus, ivy, begonias, ponytail palms, violets and some succulents. Anyone interested should keep their eyes peeled for the sale, as the date is not yet set.

One of the most unique things that MRU's greenhouse has to offer is Praying Mantises. While they can often act as a good pest control option, there are not enough large insects for them to eat so they have become an attraction for students and an interesting addition to the greenhouse. Sadly, the male praying mantis was eaten by crickets when in its vulnerable state after shedding its skin and now only females remain.

The greenhouse also refrains from using pesticides because of the close proximity to classrooms

and air vents. Taking into account this lack of pesticide use, there is no food being grown currently. As well, it is difficult to get approval for growing food, and one of the rooms would need to be closed off because of food and safety standards. "No one wants bee's knees in their lettuce leaves," Barry Moench said, and the lack of pesticides could make avoiding bugs in food more difficult.

The greenhouse's main function is as a learning facility for students. In my brief time walking through the greenhouse, Barry Moench taught me that orchid pups can take up to 3 years to flower. Patience is key when caring for plants, and a few simple tips can go a long way.

There is no shortage of amazing plants in the greenhouse, from pineapple, to mesozoic era plants, to the stapelia hirsuta - a plant that's flower smells like dead bodies - you are bound to see something you never have before when visiting the greenhouse.

If you wish to get involved with the greenhouse, you can email Barry Moench at bmonech@mtroyal.ca with any questions and to set up a date. And remember, if you end up visiting, you will be able to meet the praying mantises!

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MRU's greenhouse is home to praying mantises that act as an attraction for the green paradise. Photo By: Robyn Welsh

So you want to buy a sex toy?

How to choose your first toy

Hanna Deeves

Sex Columnist

Alright, so you have decided it's time to see what the world of adult toys has to offer. It's a large, incredible, and sometimes questionable world with so many possibilities. Don't be afraid to spend a little bit more - good quality goes a long way.

Read the packaging!

You will want to look for non-porous materials (porous materials can hold onto bacteria and cause infections) such as the following: medical grade silicone, ABS plastic, phthalate free plastic, elastomer, glass, and medical grade metals.

Electronic toys come in more flavours than just vibrate. Pulsation, thrusting, suction, "licking", are all options and toy manufacturers are just going to keep getting more creative with the tiny motors they can come up with.

For Vagina Owners

Luckily, you have the most options. First choose the stimulation you like: shallow internal/G-Spot, deep internal/

A-spot, external/clitoral, or dual. Internal toys can be used externally, but external toys should not be used internally. Toys come in so many shapes and sizes. Small, large, short, long, thin, thick, realistic, unrealistic, colourful, skin tone, smooth, textured, you name it!

If you want to go for a rabbit style, or a dual stimulation vibrator, I recommend one with two motors and the ability to control them individually so you can play around and find exactly the vibe you like. If vibration isn't your style, dildos are a classic and a great addition to anyone's nightstand.

For Penis Owners

You may think there are no options for you, but toy manufacturers are coming up with more male toys all the time. The main thing for you to keep in mind is finding toys that are easy to clean.

Many have heard of Fleshlights and many think it's the only toy for men, but male vibrators are coming into the spotlight. If you're new to it keep an open mind! And remember, your

penis isn't your only pleasure centre. Your G-spot is in your butt gentleman!

For Your Butt

Men, there are plenty of anal prostate toys that are designed just for you. The prostate is said to produce more intense orgasms. Women, you have a bunch of nerve endings in that area too, and can most definitely orgasm this way.

You can't just use anything as an anal toy - it needs to have a flared base because you can actually lose items inside your body. Scary, I know!

Toy Care

Now that you have picked the toy that is best for you, you need to know how to take care of it.

If you are using lube with a silicone toy, the lube must be water based so the material of the toy does not get degraded. Other materials are fine to use with the lube of your choice. I recommend staying away from oil based lube at all times because it can cause infections and it breaks through condoms.

There are plenty toy specific



Sex toys can be fun to play with, just make sure to find the best one for you and to clean them properly after each use!

Photo By: Kate Holowaty

cleaning products you can buy, if you don't have any on hand, use unscented anti-bacterial soap. For non-waterproof toys, use a warm soapy washcloth and wipe it down. You can rinse and submerge waterproof toys in warm water to wash with soap, and towel dry or leave to air

dry. For toys with no electronic components: boil them for five to ten minutes or put them in the dishwasher without soap.

Try to clean your toys after each use, keep toys in a clean place and avoid over-charging to prolong battery life.

Happy Shopping!

Book it: The advantages of recreational reading

Pleasure reading should be a priority

Riley Nerbas

Contributor

For us students, pleasure reading outside of class material can be a harrowing experience of never finding time. We have projects to finish, friends to see, and events to attend: who has the time for reading a book of 200 pages or at the very least a ten page short story? I am here to tell you the advantages and the reasons why we should take time out of our busy schedules to sit down and get lost in those white pages filled with black script.

Reading can help reduce stress.

Reading before a big event or an essay or a test helps shift the mind away from the upcoming task, reducing anxiety. Reading has helped me shift my focus from a future unknown and focus it on the present with a story before my eyes. Books reduce the clutter in a student's brain, making it easier to write an exam or essay.

For the brain, pleasure reading reaps the same benefits as going to the gym. It can help with

concentration, memory, and kick starting your day. Personally, I became an avid reader in my late teens, and I can tell you my grades and focus have steadily improved since then. I found myself sitting in front of exam booklets (even math ones) without my mind straying from the problems that sat before me. I now wake up early and read a chapter in a book before I start my day.

Reading improves your vocabulary.

I've found the number of words that I now use in everyday conversation has increased exponentially. I went from describing things as gross, lovely and dark, to grotesque, exquisite and somber. Of course, you could use a thesaurus to find those words, but they have always seemed like unexpected surprises to me when I find them. You might even end up using a new word consistently throughout the school papers you write in a given period.

Reading and writing skills improve through pleasure reading.

This will cut down on the amount of time you spend reading a textbook, which leaves more time for friends or further pleasure reading. Once it took me five minutes to read a page, now it only takes me two and half minutes. The ideas I have while writing a paper have also improved. They become more concise after I have read during the day, making the writing of essays easier, shorter, and sometimes enjoyable.

It's hard to find time for reading, though there are ways to set time apart from your schedule for a book. Setting a time for reading, a goal of a chapter a day or a certain number of pages can help accomplish taking time out to read. A student can read during television commercials while catching their favorite show or read for thirty minutes before they go to sleep. And if you feel it's a solitary act, you can establish a book club with other

like-minded students.

As for the students who are reading this, getting your hands on a book is also very cheap thanks to the community libraries we have in the city. Membership is free and you have access to pretty much any book you can think of. And if you are feeling

stressed, take 30 minutes and read a chapter in a book, I know it will help you calm down. So pick up a book sometime, whether it's Dr. Seuss or the Communist Manifesto, it has the chance to change and improve your life!

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**Reflector Publications
Society of Calgary**

**2016 Annual General Meeting
Monday, October 31, 2016, at 12:00 noon
Reflector Office, Z002 (basement) Wyckham House**

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

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YYC Music Awards attempts to honor local musicians

Calgary's first awards night has shaky start

Paul McAleer
Contributor

A quick Google search on famous musicians with Calgarian origins yields embarrassing results. There are only a handful of names, most notably Paul Brandt, Tegan and Sara, and Feist, yet sometimes even these artists are forgotten in the grand scheme of the music industry. Names like these can make you wish that Calgary produced more artists that were truly substantial.

On Sept. 25, Calgary awarded a bunch of musicians that you probably haven't heard of. No, that doesn't mean the YYC Music Awards predominantly focused on hipster bands with dedicated and ironically vast fan bases, but rather on artists that were truly unknowns. While it is great to shine the spotlight on these artists, critics of the YYC Music Awards wondered if such an event was even necessary.

The answer depends on whether or not the organizers

make critical improvements to the awards show. There needs to be a greater variety of artists and not just the generic ones that play the type of music that's expected of them. There needs to be more seating for the general public as 90% of people at The National Music center were artists and their family and friends. There needs to be rehearsals to minimize the hiccups that disrupted the flow of the event.

Most importantly, there needs to be an effort to be more innovative than the Juno Awards or even the Grammys, regardless of budget. It would have been great if the YYC Music Awards opted for a different formula other than live performances followed by the presentation of awards. The least they could've done is made a short montage of the nominated artists instead of just reading out the names.

That being said, it wasn't terrible.

Held at the beautiful, recently birthed Studio Bell, the YYC

Music Awards featured over fifteen award categories and six live performances ranging from jazz to metal. It also featured an awkward video from Naheed Nenshi, who was obviously too cool to attend, basically saying: "Music is great! Calgary is great for music and things!"

Thanks, Nenshi.

The whole event was live-streamed by Shaw to an audience of less than 1,500 people at the time of writing. At the beginning of the show the host instructed the crowd of when to clap and to remain in their seats until the intermission, making the entire event feel very legitimate if only for a couple of fleeting moments.

The best parts of the show were the unexpected acts performing and taking home awards. The metal group Divinity delivered a loud and energized performance that is probably still echoing through the corridors of Studio Bell. On the other side of the spectrum, Al Muirhead and crew showed a tremendous



Pop group The New Electric took home the final honour of the night, beating out several other artists for Group of the Year.



Although Al Muirhead is 81 years old, it sounded like he could play his trumpet for the rest of the night and still could keep going.

amount of skill with their jazz performance, featuring brilliant solos from each member of the group. The Static Shift thanked their producer (A.K.A Their Dad) and couldn't believe they won Rock Recording of the Year when none of them are over 18 years old. Debra Power, an older lady, was speechless when she won Blues Recording of the Year and her acceptance speech was

extremely endearing.

Although the impact and the influence of the YYC Music Awards is limited now, it is the start of something that could be amazing for local artists if it makes the effort to be. Who knows, maybe the event will find a way to launch a name or two onto that list of notable artists from Calgary. God knows we need some more.

OUT'N ABOUT

Books:

Wordfest brings the best of international and Canadian writers a like to Calgary, with standouts including Emma Donoghue author of *Room* and Yann Martel author of *Life of Pi*. Wordfest starts Oct 7 and runs until Oct 16.

Theatre:

From Oct 14 to 16 The Calgary International Burlesque festival is back for its third year, this time bigger than ever. With even more acts and still hosting its famous Burlesque brunch, it is not an event you want to miss.

Culture:

Illuminasia Lantern and Garden Festival returns for its second year at the Calgary Zoo. This time with 145 brand new lanterns highlighting the culture of Korea, Vietnam, Japan and China.

Dance:

Just in time for Halloween, the Alberta Ballet is performing *Dracula*. Starting Oct 27 and running until the 29, this show promises impressive special effects, costumes and of course amazing performances. Tickets start at \$24.

Zelda Symphony dazzles Calgary's video game community

New venue, same great show

Brett Luft & Bigoa Machar
Web Editor & Publishing Editor

It isn't every night that you walk into the Jack Singer Concert Hall and you're greeted with not only the typical suit and tie, but an unexpected sword, shield and green tunic. But that's the Legend of Zelda: Symphony of Goddesses in a nutshell.

The Zelda Symphony arrived in Calgary for its nearly annual one-night show on Sept. 22, courtesy of Nintendo and Jason Michael Paul Entertainment. The four movement symphony celebrates the legendary Nintendo franchise by blending visual elements from the series with the stellar soundtrack from the games.

Jason Michael Paul, executive producer of the Legend of Zelda: Symphony of the Goddesses, says the show has become

"This is everything, right," Paul says. "You can feel the energy; you can feel the enthusiasm – it doesn't get better than this."

Paul says him and his team are looking to bridge the gap between people that normally wouldn't watch a symphony and the older audience.

"It's very diverse [in terms] of social-economic crowds, and of course the age [of our audience]," Paul says. And he's right, too. The Zelda Symphony has become a

generational experience, with some attendees bringing their grandparents, parents and own children to the event.

Some might find the symphony overwhelming, because it is unusual in the traditional sense of viewing an orchestra. The audience cheers when their favourite track gets played, and as the show wraps up others scream for one more song.

But it's this abnormality that gives the Zelda Symphony its character. Video games have often been a medium of protest against societal norms, as much of the technology industry was built on the backs of individuals trying to prove their superiors wrong.

The Legend of Zelda: Symphony of the Goddesses embraces its weirdness as its greatest strength. During the movement dedicated to the Legend of Zelda: Wind Waker, the conductor uses the titular prop from the game to command the Calgary Philharmonic Orchestra.

The result is a cheesy fan-service moment that gets the crowd excited about what comes next. The prop has become a symbol of sorts for the Zelda Symphony brand, and concert-goers even seek the opportunity to take it home.

Paul hopes that the Zelda Symphony inspires more events like it, because he understands the need for changes in the what young people are interested in. As

time progresses, a stronger need develops to connect with new generations.

"At the end of the day [the goal is] to really create a project

that bridges the gap," Paul says. "And make [symphony] more accessible to a younger audience."



Calgary Philharmonic, in association with Jason Michael Paul Entertainment, plays tracks from the Legend of Zelda franchise at Jack Singer Hall.

"Da Kink In My Hair"

Calgary performances showcases the many facets of womanhood

Mackenzie Gellner
Contributor

All your secrets live inside your hair. At least that's what the women in the smash hit play "Da Kink In My Hair" believe. In this play that has inspired its own television series, eight different women confess their deepest struggles to the welcoming hands of the hairstylist at a particular salon in Toronto. These women have spunk, sass, and overall confidence that oozes with every step they take; however, when they are in the hands of the hairstylist, nothing can be hidden. The actors in "Da Kink In My Hair" portray the various struggles different women deal with on a day to day basis, including, racism, homophobia, finding love at an older age, and becoming successful in the workplace against stereotypes. While hitting many relevant topics in today's society, the play still intertwines a comedic and joyful undertone throughout the performance.

During the performance, one actress portrays living in the limelight of Hollywood while struggling with her love for another woman. She deals with the judgment from the rest of the world, as well as her own mother. Her mother used to cheer for her in her school plays as she had one line as a star in the night sky, but once she realizes her daughter is not going to fit into the standards society has enforced, she begins to cut her daughter off. The actor shows how even though her mother delegitimizes her feelings, she chooses to love whoever she wants to. Although her specific story is fictional, it relates to lives of many within the LGBT community. This creates a connection to not only those who suffer in similar situations, but also those who do not have to deal with it personally.

Another performance by one of the women explores the struggle she is forced to live

in when her son is shot in a parking lot after a school dance. The boy was shot because of the color of his skin and the shooter was never found. Black Lives Matter is a movement against the virulent anti-Black racism that permeates society today, and through artistic expression, this woman is able to tell an accurate memory of someone's own life that has been affected by society's behavior. Watching this play, one can feel the immense emotion and injustice over the fact of how racial stereotypes are still explicitly relevant in everyday life, which needs to end.

"Da Kink In My Hair" attempts to portray the different lives of both women and men, even with having an all female cast. The play creates a better understanding for the audience on how it feels to live in those particular situations in only a short period.

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Less than Magnificent

The problems that come with re-making a movie

Colin Macgillivray
Contributor

It's never an easy task to remake a movie. That task's difficulty increases tenfold when you are remaking a remake, but that is exactly what director Antoine Fuqua decided to do with his newest project, *The Magnificent Seven*, a film about an eclectic group of 7 gunslingers who gradually come together to defend the Old West town of Rose Creek from the greedy, industrialist Bartholomew Bogue, and his ruthless henchman. With a talented ensemble cast which includes the ever reliable Denzel Washington and Hollywood's newest golden boy Chris Pratt, Fuqua delivers a slick and stylized update to the 1960's original, but is unfortunately unable to capture the same magic the original was able to produce.

The *Magnificent Seven* seems tailor made for audiences who are so used to their heroes travelling in packs. The Avengers or *Suicide Squad* approach may seem worn out at this point,

but Fuqua's saving grace is just how incredibly charismatic each of his major players are. From Washington's black clad bounty hunter, Sam Chisolm, to Pratt's witty, whiskey loving Josh Faraday, each character shines whenever they are on screen.

Unfortunately, the problem with an ensemble cast with so many talented actors is that they all fight for screen time. Clocking in at just over two hours, *The Magnificent Seven* seems like it would have plenty of time to flesh out all of it's characters? Wrong. My biggest gripe with this movie is the fact that we really learn nothing about most of the characters. All of them are well acted, but unfortunately there is relatively no character development to speak of.

It's a shame that Fuqua decided to dedicate so much time to action sequences, because as fun as they may be, there is only so many times I can watch nameless cowboys be shot by Chris Pratt. However, the few times Fuqua does decide to flesh out his characters, it's golden. Washington and Ethan Hawke, who plays the infamous

marksman, "Goodnight" Robicheaux, recapture the incredible chemistry they had on the set of *Training Day*, another one of Fuqua's films. Peter Sarsgaard's portrayal of the nefarious Bartholomew Bogue is an incredible performance, but it is marred due to the fact that his henchman appear on screen more than he does.

With a more dialogue driven film, Fuqua might have delivered more nuance. Story elements are missing as well, which was never more on display than when Manuel Garcia-Rulfo's Vasquez, a notorious Mexican outlaw, agrees to help defend the town because he has "nothing better to do."


The *Magnificent Seven* is not a bad film, but it's not a great one either. It brings some subtle differences from the 1960's original, an incredibly charismatic cast, and some exciting action sequences, but the lack of character development and story really keep *The Magnificent Seven* from being magnificent.



Courtesy of Warner Bros.

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Summer Sixteen tour worth travelling for

Drake's Edmonton stop leaves fans hyped

Amber McLinden
Staff Writer

It's a safe assumption that most people in Calgary have experienced disappointment at the hands of an artist who decides to stop in Edmonton and not here at home. As a die hard Drake fan, I was ready to fly to Vancouver to see him, so Edmonton was a pretty good consolation. As part of his Summer Sixteen tour with Future, Drake's Edmonton show was placed in between Vancouver and San Jose, but to the fans in attendance, it felt like the only stop on the tour that mattered.

When I say Drake fan, I mean it. I've been listening to Drake since *Thank Me Later*, and was not surprised that *Views* was just as amazing, literally representing Aubrey Graham's appreciation for his hometown, Toronto, and more figuratively representing his transformation since his role on *Degrassi*. With that being said, you can imagine my expectations were astronomical. A vital part in my investment in

hip-hop music, I expected the 6 God to be just that.

I can honestly say my expectations were met. Visually, the concert was more than impressive. Pyrotechnics were part of the show, with flames shooting up every time the beat hit hard or Drake fist bumped. During "Hotline Bling", pink-lit balls dropping attached to strings flowed in a wave above the floor seats. At one point he made it clear he appreciates everyone in the audience, and did so by hopping on a moving platform to greet the rest of the crowd.

Yet the best part of seeing any long-running musician is getting to listen to their newest album, as well as all their past hits. So while Drake played newer songs like "Feel No Ways" and "Faithful", he also took us back to the early days with "Headlines" and the "The Motto". Heading the show with "Summer Sixteen", fans could immediately tell that it was going to be one to remember.

Future made an appearance, but definitely not for long enough

that the show could be referred to as "Drake and Future" when it was more "Drake featuring Future". Yet nobody is as better hype man for Future than Future, so for the short amount of time he did appear, the crowd was even more pumped up when Drake came back out. Arguably some of the best collaborative work Drake has done is with Future, so to see songs like "Jumpman", "Big Rings", and "Grammys" performed by the duo was absolutely unreal.

Drake loved Edmonton as much as we loved him. Playing in the Roger's Place, or as he put it, "this fancy new stadium," Drake claimed this stop had the best energy so far on his tour. While most musicians say that to just about any crowd, he stayed way past the set time and instagrammed later that night with the caption, "EDMONTON LIKE NO OTHER". I'd like to believe every person in the crowd was just as big a Drizzy fan as I am, and that he was a fan of Edmonton.

Peaches brings dancing vaginas to Commonwealth

Electro-pop star Peaches' live show never disappoints

Amber McLinden
Staff Writer

Let me start off by asking a question. How many shows have you seen that involved dancing vaginas? If the answer is more than zero, you've likely had the pleasure of seeing Peaches perform live on tour.

The last time Peaches visited Calgary was to guest curate the ever-exciting Sled Island. With impeccable taste she brought some of the best acts of the year to Sled, including TT the Artist and Junglepsy, some of Calgary's favourites of this years showcase. She headlined the festival with a show at Flames Central, packing the venue right to the brim with screaming fans.

It's hard to not love Peaches for all that she is. Her music is filled with the kind of raw sexuality that we can only dream of using outside one of her shows. Iconic songs like "Fuck the Pain Away" and "Operate", she offers lyrical genius through electro-pop that sound a little bit like a sext. But it isn't just a gimmick; Peaches has been making music for more than 20 years and she's perfected her

brand so that fans know exactly what to expect when they step into a Peaches show.

So of course, the crowd was expecting an equally as shocking show at her second appearance in Calgary this year. At Commonwealth this time, a considerably smaller venue, fans wondered what the vibe would be and they were not disappointed. Coming onto the stage in a full suit of hair, resembling the abominable snowman, she opened with "Rub", the title track of her most recent album. The costume changes were at an impressive high, considering she was on stage by herself, both singing and DJing.

Besides the hair suit, Peaches also had an underwear and bra combo that consisted of fake silicon breasts, nipples and all, as well as a hair shawl that was added on part way through the set. A bondage-inspired theme was channeled through her back-up dancers, using tall boots and handcuffs. Eventually, Peaches just took off her top all together and put on a jacket with huge shoulder pads and even bigger spikes. Between herself and her

backup dancers, the show really played out more like a stage production than a music set, which is exactly what fans have come to expect of Peaches.

The show started out relatively slow, yet somehow, she managed to still have the crowd chanting "dick" repeatedly by the end of the night. If you've never seen a Peaches show, I highly recommend it. There's nothing like ending a night with some scantily clad backup dancers pouring cheap champagne into your mouth.



Peaches sports a costume made of multiple inflated boob shaped balloons.

Bon Iver
22, A million
Jagjaguwar
Score: A



Photo Courtesy of Wikipedia

Five years of myriad side projects, multiple collabs with Kanye, and a tentative break-up have left listeners wondering if Justin Vernon and Bon Iver would ever re-enter their cabin in the woods and return with a follow-up to their highly acclaimed 2011 release *Bon Iver, Bon Iver*.

Supported by heavy singles "22 (OVER S ∞ N)", "10 d E A T h b R E a s T ð ð", and "33 "GOD"", their latest album 22, A Million pairs Vernon's iconic falsetto with dark, cavernous electronics in a brave departure from their influential indie-folk origins which spawned a scattershot of lacklustre imitators.

Tracks like the heartbreaking "29 #Strafford APTS" and anthemic closer "00000 Million" stay true to their more-folky *For Emma, Forever Ago* roots, but 22, A Million takes the strongest aspects of Bon Iver's previous successes and amplifies them tenfold.

There's a hesitance to draw the easy parallel between this album and *Kid A*, but there's one thing that can be said for certain: much like Radiohead's opus, 22, A Million has everything in it's right place.

—Alec Warkentin



Photo Courtesy of Wikipedia

Of Mice and Men
Cold World
Rise
A-

Cold World is *Of Mice & Men*'s second album since the departure of guitarist and vocalist Shayley Bourget. Unlike *Restoring Force* – the band's previous album – *Cold World* is an evolution, rather than a revolution. *Cold World* scraps what didn't work with *Restoring Force* and fine tunes what worked on the last album. The result is a solid nu-metal album with metalcore and alternative elements sprinkled throughout. *Cold World* opens with a movement of lighter tracks, starting with the relatively peaceful

sounding "Game of War," before throwing its audience into the more aggressive tones that *Of Mice & Men* is known for in "Pain."

Although the album seems a bit too long in places, *Cold World* is this year's equivalent to *Bring Me the Horizon's That's The Spirit*, as it represents a band ending its struggle and finding its new voice following a few years of unexpected events. If you're a fan of metal music, *Cold World* is unlikely to disappoint.

—Brett Luft

Mac Miller
The Divine Feminine
Warner Bros.
Score: B+



The Divine Feminine is definitely Mac Miller's best (not to mention how amazing the album art is), and surprised many listeners because of how soft and unique it is. By juxtaposing brilliant piano melodies and hip-hop beats that are easy to dance to, Miller creates an album that is the best of both worlds: relaxing while keeping your foot tapping. Horns are utilized throughout the album as well, to give the album more of

a soulful jazzy feeling in tracks such as "Stay". The album title is misleading for some as the album does not tackle feminism throughout. Miller referred to the album as encompassing, "the feminine energy of the planet." It is clear that the rapper's girlfriend Ariana Grande had some influence on the album.

—Robyn Welsh

sports

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The do's and don'ts of fall hiking

10 tips for success

Kourtney Meldrum & Andi Endruhn

Contributors



Alberta is home to many trails varying in both difficulty and length. Driving West there are a plethora of stunning hikes around the Canmore, Banff and Kananaskis area.

It's fall, and weather may be starting to turn but that doesn't mean that everything that the outdoors has to offer needs to be pushed onto your spring to do list! Fall hiking can take a bit more planning and effort but is worth it when done right! Here are our tips for exploring the mountains this fall:

Weather

During the fall, weather in the mountains is often unpredictable. Remember to check the weather of the area you plan to be going in the morning, because forecasts change on a daily basis. It's also important to be aware that as you gain altitude during your hike, the weather will most likely drop in temperature and there's a high possibility that you could encounter snow on the ground or in the air, and sometimes even rain during the fall months.

Gear

Since you'll most likely be hiking in varied weather conditions, it's best to be dressed and prepared for any and all kinds of weather on your hike. Light layers are the easiest to hike with since you will most likely work up a sweat at some point on your hike, but have the option of adding on layers if the weather turns. When it comes to footwear, running shoes won't always cut it this time of year; the terrain on a fall hike can be slippery from rain, snow, or ice so hiking shoes or boots are recommended for a sure step, and warm and dry feet.

Know what you're getting into

Before heading out to hike, do some research on the trail you're doing. There are lots of websites such as <http://www.trailpeak.com> that will allow you to look up hikes. Be careful when choosing your trails, many hikes that are

labeled as "moderate" on official websites, can still vary in degrees of difficulty. Pay attention to the altitude gain over the amount of hours that you're estimated to be hiking. Since weather will not always cooperate in the fall, and daylight hours are shorter, it is often smartest to choose an easier hike rather than overestimate your abilities with so many variables at play.

Know your abilities-

It goes almost without saying that when choosing a hike to know what you're capable of, but in the fall it's best to choose a trail based off of your ability, not your ego. It can be tempting to go for the higher peaks, and the longer trails for the bragging rights (perhaps to impress that certain someone), but with increased wildlife activity, shorter days, and inclement weather, the opportunities for risk can quickly outweigh the Instagram photos.

What to pack

If you're trekking your way up a mountain, always remember to bring a backpack with you. Pack your bag with plenty of snacks and water bottle or two depending on how long you're hiking. If you're not going to wear mittens and a hat, throw them into your bag, the walk down is almost always colder, and it's worth having them along. A first aid kit is always a good idea in the case of any adventure injuries, as is hand sanitizer, and a small package of kleenex

Wildlife

You should always be mindful of the fact you're in the habitat of wildlife when you head out onto the trails, this is especially true in the fall when bear sightings are high. During the fall months, bears are actively feeding as they ramp up for their hibernation period. Before you head out, check online to see if there have been any bear sightings in the area recently or if the trail you're planning to hike has been closed because of wildlife encounters. It is important to be prepared and know what to do in case you come across a bear or any other wildlife on the trail. If you encounter an animal, never approach it; Parks Canada suggests staying 30m (3 bus lengths) away from Elk and 100m (10 bus lengths) away from bears if sighted. Hiking in large groups, and making lots of noise with a bear bell or by talking or shouting helps to let wildlife know of your presence and will usually keep them away. Before heading out, pick up a can of bear spray and hike with it at an accessible location and know how to use in case you need to.

Daylight hours

When picking your fall hike, make sure to take into consideration the length. Remember that the days

aren't quite so long as they were through summer, so longer hikes aren't as feasible; this is especially true if you need to drive hours into the mountains to get to your hike. If you aren't sure if a hike might be too long, or too hard, it's probably a good idea to opt for an easier one - you don't want to be stuck on the peak of mountain or in the woods as the sun is going down. Save the longer hike for the spring or the summer, the mountains aren't going anywhere!

Tell other people

When heading out into the mountains make sure to inform at least one (if not more) individual of what trail you're planning to hike and when you're planning to be back. Make sure they know the name, and a general idea of the area you'll be in, and how long it should take. This ensures that if something is to happen on the trail, someone is able to notify a park ranger on your whereabouts in order to find you.

Travel with others

You should always hike with at least one other person, but in the fall when bear sightings are more prominent, it's recommended to hike in larger groups. By hiking with others, not only will you likely be louder, and able to ward away wildlife, but if something goes wrong, you have someone to help you out. Some trails even enforce a 4 group minimum, so check into your trail information before heading out!

Reward yourself!

After packing, driving, hiking, bear prevention, and probably going through four different kinds of weather, switching out of multiple layers of clothing each time, it's time to sit down and warm up! Go grab a hot chocolate and go through your pictures and maybe take a nap because you deserve it!

#S

89 wins by the
Toronto Blue Jays
this season

1992 The last time
the Blue Jays
won the World Series

7 majors won by Arnold
Palmer

4 drops in 4 games for
Rams WR Tavon Austin

Cody Cartier's road to professional hockey

A dream turned into reality

Brendan Stasiewicz
Sports Editor

There comes a time in nearly every young Canadian's life when they must accept the inevitable, perhaps writing "hockey player" on that grade one "what do you want to be when you grow up?" questionnaire wasn't exactly feasible.

However, for a very select few, usually the few willing to work their asses off day in and day out, dreams can be achieved.

While Mount Royal alumni Cody Cartier realized at a young age that the NHL was a little farfetched, he never doubted that someday he would have the job title of 'hockey player.'

"My sole goal for hockey

was to play in Europe and experience new culture," said the former student/athlete who spent three seasons studying and playing at Mount Royal. "This could be my only season of professional hockey but after 22 years of playing the sport I love, I can officially say I have accomplished one of my lifelong goals."

Hockey and the U.K... not

exactly synonymous.

It's hard to associate hockey with a place whose first line all-time team would consist of Owen Nolan, Ken Hodge and Steve Thomas. However, just because talents from across the pond haven't yet made a mark in the NHL, it doesn't mean there are not elite hockey players in the U.K.

Cartier started his career three years ago with the Cougars' and quickly becoming a point per game player. In his second year he managed 39 points in just 28 games and became a fixture on the top line along side his friends Tyler Fiddler and Matthew Brown.

Though his final year with Mount Royal was shortened by injury, when in the lineup Cartier was one of the most dynamic players on the ice, and it came as a surprise to nobody when he got the call to play for the Manchester Storm of the U.K's Elite Hockey League.

It may, however, come to the surprise of many that the notion of hockey not being popular in the U.K is false. Maybe we just can't conceive that their love of football leaves any room for another sport. It even caught Cartier by surprise when he first saw thousands of fans at Storm games repping the team's sweater.

"Each game we have around 2500-3000 fans, each wearing a jersey of their favourite player," said Cartier, who lives just 10 minutes outside of Manchester's city center. "Our rink sits 3000 people so it's a very entertaining spot for the weekend. During games our fans have several chants that they sing, there's never a silence of more than three minutes or so of play."

"It's fun to play in that type of atmosphere every weekend.

In North America in between play you just hear the game, whereas here it's nothing but fans screaming chants for their favourite team"

Cartier's already been giving the fans something to cheer about. Quickly adjusting to the new style of play, the forward has already lit the lamp twice through the first four games of the season.

For Cartier, the on ice business was the easy part. As is the case for any student athlete, having to leave behind the school where they both competed and graduated can be a tough transition.

"My biggest initial struggle was when everyone was going back to school and the team was getting back together, those were the best years of my life," said Cartier. "With professional players you're literally fighting for your job. There were so many unforgettable moments during my college career."

"Once you're a Cougar, you're always a Cougar."

He'll always be a Cougar, but now he's a Cougar who has screaming European fans with "Cartier" on their backs.

**"Once you're
a Cougar,
you're always
a Cougar."
-Cody Cartier**



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By his last season with the club Cartier solidified himself as a leader.

MRU hockey preview

Can the men continue their success?

Daniel Khavkin

Contributor

The Mount Royal Cougars Men's Hockey team enters their 5th year of CIS hockey, and will once again try to make a run at the national championship. The Cougars lost nine players from last season's squad, where Mount Royal finished with their best final record in their very young CIS history, going 17-8-3. The Cougars recruited nine players to replace those who have either graduated or moved on with their careers; such as notables like: Cody Cartier, Tyler Fiddler, and filled their roster spots with:

4 WHL players including

- Goaltender Wyatt Hoflin: who played four years in between the pipes for the Kootenay Ice.

- Jamal Watson, a Calgary native who played in the AAA ranks in Calgary and has five years of experience in the WHL, being named captain of the Lethbridge Hurricanes in 2014-2015 before being an assistant captain for Seattle.

- Colton Waltz, who was a veteran player for the WHL's Brandon Wheat Kings, and was an assistant captain for his last three years before being traded to the Blades and even suited up for an AHL game for the Oilers affiliate once last year.

- Jesse Lees, yet another Calgary native who played

among the AAA here in Calgary, spent 5 years in the WHL, and was an assistant captain his last two seasons for the Prince Albert Raiders.

2 NCAA Div 1

- Canmore native Luke Simpson, who is also coming home. After playing a year for the University of Minnesota Duluth, Simpson has made the decision to join the Cougars for the 2016-17 season.

- Airdrie native Madison Smiley, who played his whole junior career in the AJHL, transitioning to the NCAA ranks for two seasons before being recruited by Mount Royal.

2 BCHL

- Dominic Thom, a Calgary native who played AAA in the city before becoming a nomad throughout his junior career, bouncing from the AJHL to the WHL and finally to the BCHL before getting recruited.

With 2 full WHL season under his belt, Taylor Greene played his last 3 years in the BCHL before joining Mount Royal.

France

- No stranger to the Cougars, Devin Gannon returns after a year abroad playing pro for Ammes of the French League before deciding to return back to Calgary.

The men are currently in pre-season action before the CIS

season begins on October 14th. In two tune up games thus far the Cougars have beaten both Alberta Rivals; crushing the Dinos 5-2 and then doing the same to the Golden Bears, beating them 4-2. Next up is a trip south of the border into Colorado where the Cougars will face the NCAA Frozen Four semi-finalist Denver Pioneers, who have seven national championships in the books, with the most recent one coming in 2005. The Pioneers have made an appearance in the final tournament every year since 2008. The Cougars will also take on the Colorado College Tigers, the weakest team in the NCHC conference under the guidance of former Chicago Blackhawks assistant coach Mike Haviland, who won the Stanley Cup back in 2010. Mount Royal will finish off their trip against Air Force College, who's bench boss Frank Serratore will take part in his 20th year. Air Force was conference champions in five out of six years from 2007-2012.

Looking at the numbers, the Men's hockey program at Mount Royal has gotten better every year since their inaugural season in 2012. The Cougars have been achieving new point totals each year, starting with 16 before following it up with years of 25, 35, and last year's total of 37. They've also scored more goals in each season, starting off with 72 in year one and reaching 80,



Devin Gannon was a point a game player for the Cougars during the 2013-14 campaign. He returns after a year playing in France.

84, and then last year's high of 100.. Ever since Head Coach Bert Gilling took over the reins in 2014, the Cougars' team defense also improved only allowing 73 and 75 goals a season compared to the two season prior where the totals were 114 and 111. Losing Cartier and Fiddler will be a huge loss, but Nathan Higgins, Director of Operations for the team, did a great job picking the best out of the recruiting lot and the pre-season team looks stellar. The weekend trip will be a good test against strong teams such as Denver who've made four national championship appearances. The final match-up against Air Force could go either way, like any hockey game at this level, and it will be interesting to see how the Cougars fare against such a structured team.

Mount Royal's season opener will be against the Manitoba Bisons, who've had a pretty easy pre-season facing favourable matchups such as Canada

West's last ranked Regina Cougars and the University of Jamestown Jimmies: whom the Bisons routed 6-0 and 9-0. The Bison's, however, beat Canada West's top ranked University of Saskatchewan Huskies and lost to the University of Calgary Dinos and will soon face the NCAA champions North Dakota before finishing the pre-season against Lakehead.. The Bisons themselves finished tied for 4th place with the Dinos last season.

If the Cougars fare well against the American teams, this will give them confidence coming into the CIS season where again Mount Royal will look to break their records in points, goals, and goals against. With many additions and losses to the roster it will be interesting to see if the new look Cougars will gel with coach Gilling's system as he looks to put the Mount Royal hockey program in an even better spot than the successful year prior.

Flying high with Gravity Fitness

What is Aerial Yoga and how is it good for you?

Kourtney Meldrum

Contributor

If you want to learn to hang upside down, increase your flexibility, and have a little bit of fun, all while sitting in silk hammocks that hang from the ceiling, then AntiGravity Fitness might be just what you need.

The brand of AntiGravity Fitness comes from Christopher Harrison, who originally established the techniques through his entertainment company. The company is world-renown and has worked with a long record of A-List celebrities (including Gwyneth Paltrow), and even performed at the Presidential inauguration of Barack Obama. Harrison discovered that his AntiGravity Hammock also held many health benefits that could be shared with the general public, which led to the creation of AntiGravity Fitness.

Though classified as a workout, AntiGravity Fitness allows for a lot of fun. While engaging your core and working to tone your upper body, you're also swinging in your Harrison Hammock and forgetting about the world that exists outside of the walls of the studio. The workout is innovative and is more spirited than most other workout routines.

"It's fun, you get to play a bit, you get to feel like a kid a bit. It's finding that playfulness, that levity, the laughter, and that's lots of fun," says Alison James, owner of InFlight Fitness, a new studio that specializes in AntiGravity Fitness and Gracie Brazilian Jiu Jitsu in Calgary.

The workout may seem intimidating, but instructors cue and demonstrate every move and each Harrison Hammock is tested to hold over 1,000 pounds

(equivalent to that of a baby elephant).

"Everyone is always successful," says James. "We say the hardest part is showing up to AntiGravity, just getting yourself here, in the room, in your hammock, that's the hardest part. The rest comes easy after that."

James also says that beyond the enticement of fun and a new way to workout, the benefits of AntiGravity Fitness are numerous as Harrison guarantees each and every person will leave the class feeling happier and healthier.

As for the science being the workout, one of the biggest benefits comes from the spinal decompression that is created, as physical space is created in between the disks in your spine and synovial fluid is allowed to move more freely. This decompression allows for

individuals to grow typically between a quarter to one half an inch taller in a class. However, gravity will compress your spine after the class and bring you back to your normal height once again.

Classes always begin with room orientation so that when you're upside down in your hammock, your instructor is able to successfully cue you out of the pose. The classes also incorporate aspects of mindfulness and the connections between mind and body.

InFlight Fitness offers different types of AntiGravity Fitness classes that range from Aerial Yoga to AIRbarre to even AntiGravity Fitness for kids. All classes include inversions (poses upside down), but will pull influence from different backgrounds that make each and every one unique.

Each class ends in a cocoon, as you lay suspended in the air completely surrounded by your silk Harrison Hammock. You may even lay suspended in the air wondering how on earth you can have that much fun and still be working out.

InFlight Fitness just recently opened in 2016 and is continuing to build their schedule and add new programs as they grow as a studio and integrate into the community. They are one of the only studios in Canada who host teacher training for those interested in becoming certified in AntiGravity Fitness techniques.

InFlight Fitness is located in the West Springs area of Calgary. More information about their class schedule, studio, instructors, and AntiGravity® Fitness can be found on their website at inflightfitness.ca.

Wrestling for dummies: A review of WWE RAW's Clash of Champions

"Wrestling is dumb, but I love it."

Colin Macgillivray

Contributor

I'll be the first to admit it; Professional wrestling is ridiculous. The idea of big, sweaty men hitting each other with maneuvers such as "The Attitude Adjustment," or the infamous "People's Elbow" sounds ludicrous to most. But to me, it's absolutely magical.

For those who don't know, WWE stands for World Wrestling Entertainment, and that's exactly what it is: entertainment at it's finest. It's a guilty pleasure, and I can't get enough of it. It's the same reason why my mom can't get enough of *The Real Housewives of Orange County*.

Even though it is scripted,

watching a WWE pay-per-view is an absolutely invigorating experience. Clash of Champions, WWE's first RAW-Brand PPV is a perfect example of why WWE is so incredibly entertaining. So, bear with me folks, as I try and review and explain a professional wrestling event for people who may have never seen a wrestling match in their lives.

First off, we have the Tag Team Championships, which is where big sweaty men team up with one another to fight other teams of big sweaty men. The current champions are known as The New Day, and they are silly. They love to gyrate their hips, wear unicorn horns on their heads, play trombones, and promote

their cereal called "Booty-O's." The New Day defeated the evil, dastardly, team of bald men, known as The Club, after hitting one of them over the head with a trombone. Wrestling is dumb, I know.

Next up on our super fun list is the Cruiserweight Championship. In WWE, cruiserweight means you are under 205 pounds, so in their mind, you are a small sweaty man instead of a big one. These guys are known for their flippy maneuvers and highflying acrobatics.

It is actually incredible what some of these guys can do, and they really show how athletic professional wrestlers are. The champion of the "small, sweaty



While John Cena has quickly become the most popular professional wrestler, mostly based off of an internet meme, wrestling has many other zany characters.

men" category is T.J Perkins, a Taylor Lautner look-alike who loves to dab and wear Air Jordans, because WWE is hip with the kids. T.J Perkins retained his championship by beating The Brian Kendrick, a man who insists on having "The" in front of his name, and for that, I guess he deserves to lose.

Moving on, we have the WWE Women's Championship, where Charlotte reigns supreme. She is the real life daughter of the limousine riding, jet flying, kiss-stealing, wheelin' n' dealin', son of a gun, Ric Flair, one of the greatest wrestlers to ever live. She's the champion because she is "genetically superior" to all the other women due to her lineage. Charlotte also retained her title against Sasha Banks, who is Snoop Dogg's cousin, and Bayley, who really likes to hug people. I think the best woman won.

The penultimate championship on our list is the United States Championship. Here's the kicker, folks: the United States champion is not American! The champ's name is Rusev, also known as the Bulgarian Brute. Rusev enrages the American populace by saying that the U.S title is beneath him, and that America sucks. This usually elicits "USA!" chants from the crowd and some not so PG language directed at Rusev, because in America, foreigners are always the bad guys. Long story short, a big Samoan man named Roman Reigns beat Rusev for the title, and the crowd went nuts.

Before we get to our final title and the main event, there were some other matches on the card that were not for championships. In one of them, I saw a large, milk-skinned Irishman named Seamus, and a yodelling, Swiss superman named Cesaro beat each other to a pulp. Wrestling

may be scripted, but these two guys put their bodies through hell to entertain, something all professional wrestlers do, day in and day out.

In the other match, I watched good ol' Canadian boy (as Don Cherry might say) Sami Zayn face his idol, the 45 year old wrestling legend from Winnipeg, Chris Jericho, in a great match. Jericho won the match, but a rematch down the road will definitely lead to a heart-warming passing of the torch moment between the two.

The final match, and our main event, was for the WWE Universal Championship. Not just the World Championship, but the Universal Championship, because WWE transcends our human world and stretches to the outer reaches of the Universe. This slobber knocker of a match between the champion, Kevin Owens, and the pesky challenger, Seth Rollins, was incredibly entertaining. It had everything a wrestling fan loves. It had a guy getting thrown through a table. It had crotch-chops. It had men yelling, "Suck it!" at each other. It was good old-fashioned family fun.

In the end, Kevin Owens managed to squeak out a win thanks to interference from his best friend, the aforementioned wrestling legend, Chris Jericho. The show ended as BFF's Kevin and Chris embraced, and if you can't get behind friendship, I don't think wrestling is for you.

As a wrestling fanatic, I could have dissected each match using insider terms and wrestler lingo, but at the end of the day, what I truly judge a wrestling event on is its ability to entertain, and Clash of Champions managed to do that in some completely ridiculous ways.



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