

the reflector

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MRU'S IDEA CLUB HAD A BAKE SALE ON CAMPUS, BUT THE CLUB IS MORE THAN JUST SWEET. THE GROUP IS RAISING MONEY FOR WOMEN'S EDUCATION IN AFGHANSTAN.

CHANGE-MAKERS

(PG. 2 & 5)

NEW GOVERNORS HAVE BEEN ELECTED... BUT **DID YOU VOTE?** (PG. 3)

CALGARY **RECORD STORES** TELL YOU WHICH VINYLs TO INVEST IN (PG. 7)

TREVOR SOLWAY



A CURRENT MRU STUDENT IS MAKING WAVES IN THE FILMMAKING COMMUNITY. BY PORTRAYING FIRST NATION PEOPLES IN A GENUINE WAY, HE HOPES TO CHANGE MISCONCEPTIONS ABOUT THEIR COMMUNITIES. LEARN MORE ON PG. 5.

IDEA Club hosts bake sale for big change

Local club raises funds to help women and children in Afghanistan

Riley Nerbas
Staff Writer

Do you like doing good deeds while eating baked sweets? Then look no further than the Initiative for Development of Education in Afghanistan, or IDEA Club, at Mount Royal University. The club, founded in the halls and classrooms of MRU, carries out seasonal bake sales for the students on specific holidays during the school year.

The club was founded by Shahdukht Hussaini in co-operation with students from the University of Calgary. IDEA organizes fundraisers to promote the goals and identity of the club.

"I wanted to help people from where I came from," Hussaini says. "I would watch what was going on in my country on the news and feel helpless."

She says things changed when she attended a public lecture by Janice Eisenhauer.

"She is really great. She has inspired me to do something about the way I was feeling and about the people I wanted to help."

The funds raised through their fundraisers are donated to NGO Canadian Women for Women in Afghanistan. The NGO trains teachers in Canada and sends them to Afghanistan to help teach women and children. The organization has sent 25 teachers to cities

and towns of the central Asian country. Canadian Women for Women in Afghanistan helps by paying salaries of teachers, rent for school buildings, wells, school bags and mini libraries, according to their website. IDEA raised over \$1,000 last year through their fundraising by bake sales and a banquet celebrating the Persian New Year, Nowruz.

For these cousins who grew up in Afghanistan, a country that has seen its fair share of war and conflict, giving back has become a big part of their lives.

Hussaini remembers when she first attended school with her sister and brothers. She and her sister were the only girls who were attending school. At their father's urging and approval, the rest of the community soon followed. The children walked an hour to school and an hour back for three hours of education.

"We were set up in a tent with no desks and a small blackboard the teacher used for notes," says Hussaini.

Hussaini relocated to Pakistan at the age of 10 and again to Canada in the seventh grade, where she struggled to learn English, teaching herself with frequent visits to the library. She has since graduated with a Bachelor of Science, minoring in Chemistry and Biology and hopes to continue with her education to become a doctor.

Current president Bahara Niazi, a first year Business major and cousin of founder Hussaini, has big plans for the club in coming years.

"We would like to expand to other campuses," she says. "Eventually we would like to spread our donations to other central Asian countries, or any country where we could help the women and children get a better education."

They plan to keep their headquarters at MRU for the time being, but don't rule out expanding to other campuses with fundraisers and clubs.

An upcoming fundraiser with the club from U of C will take place later this year. Students of Mount Royal can also check out the clubs page on Facebook.

"I would watch what was going on in my country on the news and feel helpless."

- *Shahdukht Hussaini*



Shahdukht Hussaini, founder of Mount Royal University's IDEA Club. Photo by Ingrid Mir.



Bahara Haroonshah Niazi serves as the president of Mount Royal University's IDEA Club. Photo by Ingrid Mir.



From left to right: Sodaba Niazi, Shahdukht Hussaini, Bahara Haroonshah Niazi, Ikram, Mehza Sikandar and Fariyah Khalifa. Photo by Ingrid Mir.

New SAMRU governors, low voters

Low turnout for SAMRU Governors' election

Riley Nerbas

Staff Writer

The elections for the new student governing board came and went with a jarring total of 511 students who voted, about 22 per cent of the eligible voters at Mount Royal University.

The newly elected governors are: Olga Barcelo, Cordelia Snowdon (retuning), Ed Hale, Amanda VanNest, Nathan Lawley (returning), Aaron Horne, Priyanka Dutt, Andrew Nguyen and Alex Wright.

These individuals are responsible for making funding decisions for the future of Mount Royal University such as building expansions needed in the future.

The elections were held on Oct. 16-17. Jason Droboth, board speaker, hopes to see more participation from the student body in future elections as he believes the results make a very large impact.

"The Student Governing Board is arguably the most influential body in the direction of the Students' Association," says Droboth.

The election was overseen by Shauna Hunter, who has returned to the position of Chief Returning Officer for elections for the eighth straight year. Hunter has worked outside of MRU for provincial and federal elections as well as Presiding Deputy Returning Officer in municipal elections.

"Voter turnout was low. Of 11,231 eligible voters, 511 votes

were cast," Hunter says.

The elections for the Governors and the Representation Executive Council (REC) used to occur together during the winter semester but switched last year. The Governor elections now happen in the fall while the REC elections continue to happen in the spring or winter semester.

These changes may have had an impact on the low voter turnout for the elections. Voting has also moved online rather than by paper ballot, resulting

"Voter turnout was low. Of 11,231 eligible voters, 511 votes were cast."

-Chief Returning Officer for Elections Shauna Hunter

in greater responsibility on the individual to vote.

"Last year marked the first time all votes were done online," Hunter says.

"Interest on the Student Governor election tends to be much lower than the executive election, although the highest ever voter turnout for an executive election was 23.2 per cent," she added.

The new governors elected are preparing for the new

adventures ahead in leading their student body into the future.

"The board is most concerned with training, integrating and empowering the new board members, so that the board can quickly become more informed and empowered in working for the benefit of the students," says Droboth.

The future activities of the Governing Board members involve events held around the Mount Royal campus. The Governors will be seen supporting clubs and events put on by students for students. They will also be active in the Annual Governors Meeting.

"It is incredibly important that students come to this meeting to better become involved in SAMRU," says Droboth.

The current AGM meeting has been postponed, with a new date being planned for the near future.



Jason Droboth, Board Speaker, is a geology student and co-founder of two MRU clubs. Photo Courtesy of SAMRU website.

"The Student Governing Board is arguably the most influential body in the direction of the Students' Association"

-Board Speaker Jason Droboth

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Trump's triumph

I think I speak for all of us when I say thank goodness the U.S. presidential election is over. Almost two years of campaigning from over a dozen candidates and here we are with Donald Trump as the new President of the United States. Let me tell you, I have never seen a campaign as wacky as this one. After all the bickering, crying, insults and, most importantly, the memes (shoutout to 4chan for all the rare election Pepes), we can finally put the process behind us.

But I'm not here to reminisce over what has been, but to look forward to what is ahead for us as a continent and as a society. There seems to be no middle ground for opinions on Donald Trump. Almost everyone you talk to either hates the guy's guts or a first-class ticket holder for the Trump Train.

Whether you like it or not, differences in opinion and having perspectives from both sides of an argument is vital for a society to move forward and progress. Conservative, liberal and centrist values all have a place in society, with neither being right or wrong. But in order for the variety of opinions to aid society in its forward movement, we have to accept and embrace opinions that are different from our own. Every election, there are bad apples from each group that slander the other side for simply thinking differently from them.

Regardless of your opinion on Donald Trump, the electoral college or the U.S. in general, democracy has spoken and it is up to us to give him a fair chance. We've come too far as a society to allow something this small take us back any further. So to all of you, may you show tolerance, acceptance and humility as we put aside our differences and celebrate our similarities.

Xoxo, Publishing Editor

I'm cool with failing so long as I know that there are people around me that love me unconditionally

-Dave Chappelle

@CAROLYNWEE

THANKS AGAIN TO THE GIRL IN THE RED SHIRT WHO PICKED UP MY PINK PEN AS IT FLEW OUTTA MY POCKET TODAY :'''-) U R AN ANGEL!! #MRULIFE

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Student leaders convene at parliament

Post-secondary talks in Ottawa with student and federal leaders target access for all

Amy Tucker
News Editor

Throughout the week of Nov. 14, students association leaders met together at the nation's capital to discuss ways to further improve Canada's post-secondary education system.

The event, held by Canadian Alliance for Student Associations (CASA), presented students the opportunity to meet with over 140 of the country's top leaders. Students were also encouraged to attest the student perspective on post-secondary issues.

"This year, student leaders want to make sure that no student in need is left unsupported and that all students can access an innovative education to help them succeed later on," says John Rix, CASA Board Chair and UPEI Student Union VP.

Student assistance received a major boost in the previous year through expansion of the Canada Students Grant Program and increased access to repayment assistance.

"Our vision for post-secondary education is that it should be inclusive of all diverse Canadians and provide innovative learning opportunities for students," says Rix.

CASA is a not-for-profit, non-partisan student organization

composed of 21 student associations representing 250,000 post-secondary students from coast to coast. Their aim is to advocate for high-quality and accessible post-secondary education.

Recommendations by students this year included:

Increasing support of First

"So humbled & honoured to participate in a blanket ceremony with @casadaily today. The experience is a necessary one for all Canadians."

-SAMRU president
Shifrah Gadamsetti

Nations students to address the loan repayment grace period to reflect the current job market, utilizing open-educational resources to cut down on teacher prep time and student textbook prices and

increasing the number of paid experiential learning opportunities, such as co-ops, internships, and

apprenticeships.

"The recommendations we are bringing forward this week provide a means for government to turn this vision into a reality," added Rix.

Participants had the chance to take part in a blanket ceremony, an indigenous tradition which uses blankets to visually tell Canada's history through the eyes of Canada's First Nations.

The idea of the ceremony is to trace the history of the relationship between settlers and Indigenous peoples in Canada as well as bring light to the ongoing colonialism and Indigenous people's resilience.

Both Mount Royal University Student Association (SAMRU) president Shifrah Gadamsetti and University of Calgary Students' Union (U of C SU) president Stephan Guscott attended the event in Ottawa.

To learn more about the recommendations that students are bringing to Parliament Hill this week, please refer to our Advocacy Week publication.

To see student leaders in action throughout Advocacy Week, follow us on Twitter @casadaily.

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Telling stories with a purpose

How one MRU student uses filmmaking to alter perceptions

Jennifer Dorozio
Contributor

It had been more than two hours and Trevor Solway was still holding onto the umbrella he had been given to protect the camera equipment on set. Although it was so cold, he wondered if his hand would be frozen in that grip he didn't really mind. It was one of Solway's first movie sets he ever worked on and completing tasks like running people tripods and getting the production team coffee were certainly not below him.

Now Solway has produced, written and directed a number of his own short films, and has just returned from the Toronto film festival 'ImagineNATIVE' where his short film titled 'Indian Giver' was presented.

Solway is a fourth year journalism student, director and creative youth mentor. However, he prefers not to label himself by just one or two titles.

"I'm a life long learner, I don't like to be idle" says Solway. "Film is cool but when I have an idea and want to express myself and films not the best way then I do a photograph or a story or an infographic or something."

Where it all started

Solway's creative journey began as early as childhood when, if he would finish the chores his grandfather had left for him to do at the ranch, he would recreate movie scenes with his family and friends.

After a short time at Lethbridge College

communication arts, and a stint at Mount Royal University, he discovered a love for film and applied to three film schools. While getting into the Indigenous Independent Digital Filmmaking at Capilano University wasn't his first choice it ended up being a crucial experience for him.

"I kind of define my life before Vancouver and after Vancouver," says Solway. He says that the people around him really dictated who he was and that, "When I went to Vancouver and all of that got taken away from me...I had to redefine myself."

A part of this process was appreciating his heritage as a Blackfoot. In Vancouver, he came across many Blackfoot people and was able to collaborate and learn from them in shoots and productions.

Upon completion of his certificate program, however, he found himself back in Alberta and not really sure where to go from there.

"I came back, I was a little disappointed with myself," says Solway. "In my mind the two films I made in film school were going to be the only films I ever made and I was kind of sad thinking about that."

Alberta Floods

As the universe would have it, Solway was not finished with his filmmaking career. It was the summer of 2013 and the deluge of rain that hit Alberta caused flooding in multiple communities across the lower province.

At the time Solway was working a summer job when he learned that the Siksika Media department needed someone to capture footage of the floods-his next film lay waiting to be created.

"It was like a post apocalyptic world at my reserve and during my time there," says Solway, who had

shoot the footage.

The project, while daunting, didn't really phase Solway. He laid out plans for what he would shoot while moving his grandfather's lawn and wrote out interviews and treatments while riding shotgun on the way to pick up bulls.

By the time it came the moment to film, he was sitting in his tiny silver Grand Am all loaded up with gear asking himself, "Where do I go now?" before deciding to just begin talking to people.

He says the short amount of time he had and unsophisticated gear he used only added to the whole challenge of the filmmaking experience.

"I filmed almost 19 hours in two days, on 90's tape," remembers Solway. To him it wasn't the sophistication of gear that matter but rather, "It's the story that is important to me. I will work on a shoestring budget if I have to."

Focusing on the heart of the story is something that Solway chooses to always keep as the driving factor of his filmmaking.

"Something I try to hold onto is to always have good intentions," says Solway. "Think about the story and why you're doing it before all else, if you focus on only the technical you're going to get a piece that doesn't have your heart in it."

Film Camps

Solway's documentary film covering the Alberta flooding in Siksika was titled "Siksika Strong." The film caused him to attract the attention of Canada Bridges, a non-profit organization that among other things, mentors and supports leaders in journalism.

While working on completing his Bachelor of Communication-Journalism at MRU, Solway worked part-time with Canada Bridges. Eventually he pitched the idea to his boss to create a film camp in order to build a community of filmmakers in Siksika.

"I told my boss I want to start being in charge of our own stories and that starts with having our own filmmakers."

Solway says this desire to have himself and other young



Solway helps two of his students at the film camp he created to help build a community of filmmakers in Siksika. Photo Courtesy of Trevor Solway.

people tell their own stories creatively stems from the fact that, "you see a lot of films in Hollywood with Native people who look like they are stuck in a time capsule with the headdress and the feathers."

To Solway, this speaks to a larger narrative he hopes to rewrite. "If the only time people see us in films is with beads and feathers and headdresses people start to think that we're like dinosaurs, we don't exist." When in reality, he says, "we don't live in teepees we're just like you."

Solway hopes to change this misconception in some way by giving youth in the Siksika and Morley communities the tools to tell their own stories.

Another reason he runs these camps is to provide a positive way for young adults on his reserve to spend their time. Growing up he remembers there were often, "not a lot of opportunities," for extracurricular activities.

"My film camps in a way are a response to that, to have an avenue on Reserve for people who are tech-heads to do something productive and fun," says Solway. "It could be a career, keep them out of trouble, validate them-the opportunities are endless."

The film camps have been very successful, often the students who enrol are returning after having attended his previous camps. Some of the participants have gone on to do film school or work in media.

"If you tell someone, 'Hey you're good at that', it could really take off," says Solway.

"Something I really emphasize is to give them creative freedom, they make all the decisions."

By the end of the five-day camps the youth have brainstormed, written, directed and filmed their movies. Solway says it always finishes with a screening for an audience, which he says for them, "can be really nerve-wracking but rewarding."

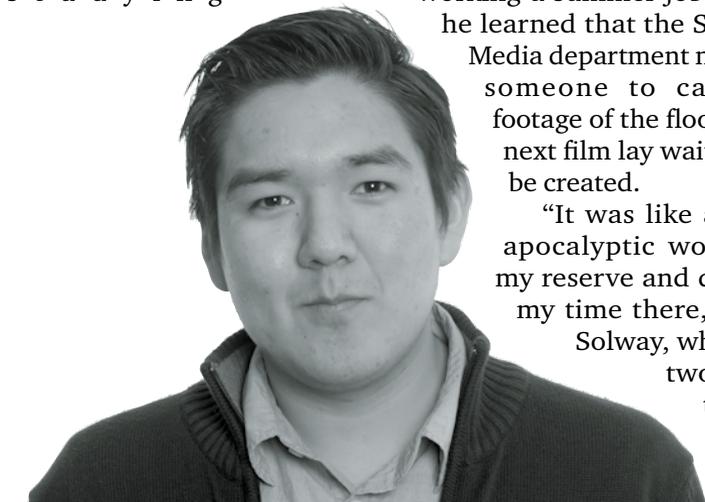
Looking ahead

After winning the ImagineNATIVE and CIF mentorship program in March, Solway was able to reorient and develop himself further in the world of narrative film.

"I didn't want my knowledge to get stale and get to a point where I could offer them (his students) anything anymore so I took on this mentorship to be a better mentor myself," says Solway.

He did so by working on the set of 'Cowtown,' which premiered this month, and writing and filming 'Indian Giver'.

Having just returned from his film screening in Toronto he is now preparing for a trip to Los Angeles. He will be attending LA Skins Festival and is up for an award in best achievement in short filmmaking.



Trevor Solway, a fourth year journalism student, director, and creative youth mentor has produced, written, directed a number of his own short films. Photo Courtesy of Trevor Solway.

A couple of clowns

Buddy and Button have been clowning around Calgary for over 30 years

Nathan Kunz

Contributor

Bud 'Buddy' Edgar's 33-year career all began because he needed to keep his hands occupied.

Edgar was trying to kick his habit of smoking and needed something to replace the cigarette in his hand. Having seen a young Steve Martin juggle in his routine, Edgar decided to give it a shot as well.

"I would go take the dog I had down to the corner, he'd run around and I'd have a smoke" Buddy recalls. "Instead of that, I'd start juggling."

After adding a borrowed unicycle and a second hand clown costume to his repertoire, Bud Edgar became "Buddy the Clown." In October of 1983, his wife Sheila donned the makeup to become "Button the Clownette" two years later in order to fill overlaps in Buddy's schedule.

The couple's transition to clowning was a natural one, with Button taking after her entertainer father, and Buddy always having a knack for being the centre of attention.

"My family's not surprised that I do this," Buddy says. "They just wonder what took so long."

Buddy and Button were married in 1980 after meeting at a ski club. Nine years later, their daughter Amy was born. Following the entertaining route of her parents, Amy has since become a stand up comedian who performs with the Crash Test Comedy club in Calgary.

Though the couple share an occupation in full-time clowning, they don't perform as a duo. Instead opting to create separate acts, each including a different set of showcased talents.

Button's central act, for example, is ventriloquism, a skill she acquired from a clown school attended in 1987. The minute she read the ad, she was positive it was something she wanted to pursue, and her faithful sidekick puppet, Monkey, has since become a staple in her act.

Monkey, decked out in a banana vest and red fez style hat, was purchased in 1989. When present, the puppet interacts as an individual in conversation, swapping conversation points with Button and reminding her of anecdotes she has seemingly forgot.

Buddy and Button's 30-plus year career has meant the enduring of certain fads within clowning, most prevalently with

the widespread "creepy clown" movements, popularized first by Stephen King's 'Pennywise' in the novel *It*, and recently with the public appearances of "killer clowns" in North America.

"It comes and goes," Button says of the passing fad. "My theory is if people would just stop reacting, it would go away."

Despite the recent movements departure from the mainstream, the concept of creepy clowns is nearly certain to endure into the future. It's persistence, as explained by Button, is thanks to its absurdity in concept.

"It's like the killer bunnies in *Monty Python*," says Button, "You take the diametric opposite of what you think, make it scary, and that's supposed to be impactful."

The pair's lasting devotion to their craft has now spanned three continuous decades, offering them the unique opportunity to perform for multiple generations of the same family.

"We've come an interesting circle because people will say 'I want to hire you because you did my birthday when I was a kid,'" says Buddy.

After 30 years in the field, Buddy and Button's love of performing has endured through tough economic times, mainstream fads and countless bandwagon clown careers. The trick to keeping it fresh, according to the two, is always putting the audience first.

"I can do my show 300,000 times, but it might be the only time they see it," Button says. "So do I just go through the motions? No."

"The focus is not on your problems or what's going on in your life," Buddy added, "The focus is entertaining the people."

Though the tough economy has taken a toll on business, the Edgar's are reluctant to prophesize an end to their clowning days.

"We're at a point now where it's pretty slow and we could just go 'meh,'" says Button, "But you know what? It's so much fun. You'd be ending something that you don't want to end."

"I was in here a while ago and I rode my unicycle and I did the Texas Skip, and I filmed it and put it on Youtube," Buddy says of his rehearsal space in the Rosemount Community Centre. "The reason I did it, and this is true, is I just turned 69 in October. My point was I'm pretty spry for an old guy. And now I look forward to be 70 so I can do it again and be better at it."

Monkey, Button and Buddy pose for a unique family portrait. Buddy and Button have been clowning full-time since 1985, with Monkey becoming a lasting mainstay in Buttons act in 1989. Photo by Nathan Kunz.



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Why you should invest in vinyls

A more interactive way to showcase your music library

Melanie Walsh

Photo Editor

Many music lovers and millennials alike have been vamping up their vinyl collections. Whether you are the owner of a classic Genexxa Lab 1000 turntable from the 1980s or a brand new Crosley from Urban Outfitters, a record player is a great accessory for your home and arguably one of the best ways for you to really engage with music. It involves a little more effort than simply logging onto YouTube and putting on a playlist. It is also a great conversation starter as your guests can marvel over your collection and it's a great way to actually pay for your music and give back to your favourite artists. When asked why buy vinyls over any other music format, owner of Sloth Records Dave Muir says, "they look better, sound better, and are so much more interesting to show off than an MP3 file!"

So what records should you be spinning at your table? Well that all depends on what kind of

vibe you are going for and what music you are into but there are several chart toppers and classics that you might want to consider adding to your collection.

Calgary has a handful of stores for you to choose from, apart from HMV and your grandparents attic.

Currently Sloth Records Top 5 best selling records are:

- **Bon Iver - 22, a million**
- **Preoccupations - S/T**
- **John K. Samson - Winter**

Wheat

- **NOFX - First Ditch Effort**
- **Lee Fields & the**

Expressions - Special Night

And the records that Melodiya Records consistently sees flying off the shelves include: (in no particular order)

- **Arcade Fire - Funeral**
- **Bob Marley - Legend**
- **Fleetwood Mac - Rumours**
- **Taylor Swift - 1989**
- **Death from Above - You're a woman, I'm a machine**

Revival tours, deaths and topping charts are all contributing factors that can be seen in these two sets of tunes and determine why so many

copies are sold. Ultimately the beauty about listening to an album via turntable and placing the needle on the vinyl gives you the ability to relax and really listen to the piece in its entirety.

The industry is unique with some mass produced albums selling at markets or garage sales for a couple of bucks. On the flip side, if you find yourself shelling out a little more for a rare find or a hot new release, you have the beautiful cover that you could frame and display.

Eddie Dalrymple from Melodiya Records says "almost all the new stuff that's coming out is worth 25 per cent of what you paid for it the moment you crack the shrink wrap." I myself have a few priceless gems in my collection, a birthday gift from my best friend, the album from the first concert I've ever been to and the complete collection of The Beatles handed down to be from my late uncle.

Plus going to the store and flipping through piles and bins and stacks of records could bring back that old familiar feeling of going to the movie store to

rent a flick, (remember those days?!) And in the words of the beautiful Penny Lane from the classic Almost Famous, "I always tell the girls, never take it seriously, if you never take it seriously, you never get hurt, you never get hurt, you always have fun, and if you ever get lonely, just go to the record store and visit your friends."



Photos Courtesy of Pexels.



OUT'N ABOUT

Dance:

The Moscow ballet brings the holiday classic, *The Nutcracker*, to the Jack Singer Concert Hall. Tickets can be bought online through artscommons.ca

Film:

GIRAF Calgary's animation film festival runs from Nov. 24-27.

Music:

The National Music Center is hosting multiple artist showcases and workshops with their artists in residence. Entrance is free with admission.

Christmas:

The Calgary Comic Expo's two day holiday market is the perfect place to get gifts for your comic book loving friend. Lasting Nov. 19-20.

Arrival leaves audiences awestruck

A new kind of science fiction film

Colin Macgillivray
Staff Writer

As I walked out of the theatre after my first viewing of the stunning science fiction film *Arrival*, I was awestruck by two things. The first was a teenaged boy behind me angrily muttering to himself that, “this movie was nothing like *Independence Day*.” My second revelation was just how incredible director Denis Villeneuve’s first foray into science fiction was, and how incredibly glad I was that this film was nothing like *Independence Day*. I have nothing against Will Smith killing alien invaders for my entertainment, but *Arrival* takes an extraordinarily different approach to the first contact with extraterrestrials. Not only is it different, it’s better.

Villeneuve, originally from Gentilly, Que., is one of the best directors to break into the mainstream within the last five years. Known for the haunting thriller *Prisoners* and



Amy Adams shines in *Arrival*. Photo Courtesy of Paramount Pictures.

the exceptional crime-drama *Sicario*, Villeneuve has delivered a must see experience for those who are a fan of science fiction. The story focuses on the expert linguist Louise Banks, played masterfully by Amy Adams, and her attempt to communicate with the alien lifeforms that have touched down in twelve different locations around earth. Set to Jóhann Jóhannsson’s evocative orchestral score, Villeneuve

crafts a mood of unease and lingering mystery, all the while presenting a film that seemingly transcends the science fiction genre.

Those expecting a shoot-em-up, kill those alien scum type of movie should be prepared for a more cerebral and emotional experience. It is one of the few alien flicks that shys away from the invaders and shines the spotlight directly on the

human character and psyche. It’s an incredibly ambitious take on a film genre that is usually worn out with classic alien film tropes and hokey clichés, but *Arrival* manages to steer clear and remain a refreshing take on science fiction.

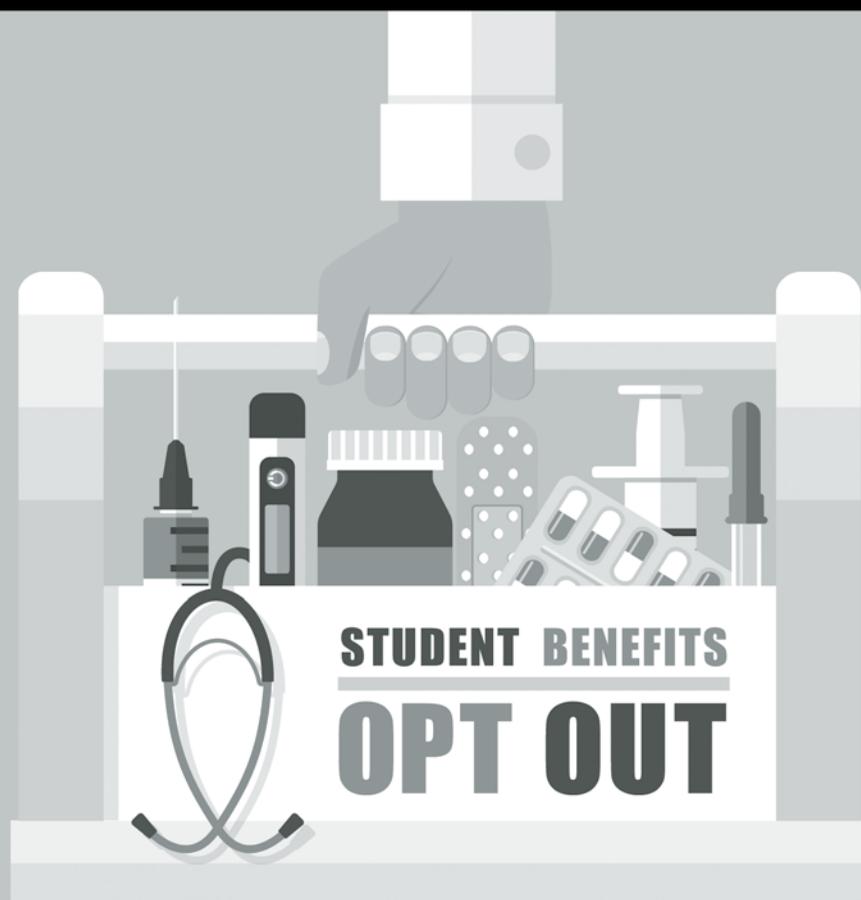
The poignant themes in *Arrival* are incredibly relevant, especially after the United States election has left so many lost and divided. It asks

the questions of what might happen if we work together and try to communicate with each other rather than immediately resorting to violence, separation and brute force. Instead of portraying Americans as cigar-chomping, flag-waving mega patriots, *Arrival* welcomingly portrays them as real people, with real emotions who are desperately trying to figure out what does the presence of aliens really mean.

By far my favourite film of the year, *Arrival* was a movie about hope in a time where hope seems so far away. Amy Adams conveys an incredible sense of realism to a movie about aliens, while Jeremy Renner and Forest Whitaker are both excellent additions to any cast. Under the guise of a science fiction film, Villeneuve has created a piece that questions humanity and our priorities, all the while delivering a wholly satisfying film that pushes us to think about how we can come together as a community in harrowing times.

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Noise 101

Cowpuncher takes on the Gateway

Local rockers light up the crowd at SAIT's campus Bar

Riley Nerbas

Staff Writer

The majority of post-secondary students have a hard time budgeting for entertainment, or they budget everything on entertainment and eat instant noodles for eight months. If you are either of these two types of students you are in luck with the music at the Gateway, the local bar at SAIT Polytechnic. The Gateway has a penchant for low priced music that is thoroughly entertaining, and on Nov. 4 local music act Cowpuncher dropped by the venue with opening acts League of Wolves and Amberwood.

League of Wolves opened the night playing a crisp solid southern style rock that has flourished in their hometown of Saskatoon. The band started off with an empty dance floor, but quickly gained a loyal following of dancers through to the end of their set. Amberwood, a band from Waterloo, Ont., carried on the flow of dance music with their Nickelback-esque sound. The band wasn't able to capitalize like their predecessors on gaining a following, but a handful of girls and a single dedicated male fan thoroughly enjoyed the set.

The crowd at the Gateway welcomed Cowpuncher with loud cheers and a huge gathering on the dance floor, taking hold of the crowd and not letting them go until the end of the set. The crowd sang



Calgary natives Cowpuncher played the Gateway, Nov. 4. Photo by Ingrid Mir.

along to favourites Later On and Crumble. The chemistry that flowed from the relationship between lead vocalist Matt Olah and bassist Shari Rae mobilized the crowd like neither of the previous acts could pull off. Rae stood to the left of Olah and kept a steady rhythm, shrugging off the beats like an

old professional, while Olah crooned and waltzed around the stage like a young Jagger. The band released their fourth studio album, *Hustle*, in early 2016 and is touring sporadically. If you get a chance to see the Calgary band at another hometown show, I'd highly recommend it.



The Live show gets dedicated fans dancing. Photo by Ingrid Mir.

SAD13

Sluggger
Carpark Records

Score: B+



Speedy Ortiz's Sadie Dupuis solo record is fuzzy, feminist fun. With *Sluggger*, Dupuis moves towards a more pop and electronic influenced sound, but the harder grunge elements of Speedy Ortiz are still present. If you're looking for something a bit more dreamy but with similar lyrical content *Sluggger* offers it. Her songs expertly combine personal narratives with political commentary. Confronting the sexism in the music

industry and in life while still sounding like the next radio hit is a difficult balance. But, in light of the recent election, it really helps to hear dance ready songs about consent, like "Get a Yes" when the next President threatens to grab women by the pussy. Overall, *Sluggger* is a great start for Dupuis' solo career. —Kennedy Enns

American Football

American Football
Polydor

Score: B+



It's been 17 years since their last release, and the quintessential starter-emo band American Football have developed a grandiose reputation among emo revivalists following little fanfare after their initial run, just before the turn of the millennium. Partly eager to capitalize on this renewed hype, their latest foray into the quasi-emo/math/indie-rock genre (that they encapsulate so well) is certainly a softer, more full-sounding change from Mike Kinsella's polyrhythmic guitar

sections and vocal-yelps of their last work. However, most of the poignant beauty of the original is still there. It's just not as "in-your-face" as it's previously been. In short, American Football's latest takes a few listens, but for those willing to take the time and sit with the band who scored the soundtrack to a thousand late summer nights, they will not be disappointed. —Alec Warkentin

MONA

In the Middle
Bright Antenna
Records

Score: B+



Having reached quite heights with their 2011 debut (including multiple accolades from the BBC and MTV), Nashville-based alt-rockers Mona have been relatively mum when it comes to breaking into the paradoxical "indie" mainstream. Their latest EP, *In the Middle*, aims to remedy some of the purgatorial limbo that the band seems to exist in by offering up six tracks of wild energy with only the occasional misstep. This is prevalent on the massive opener "Don't Shave My Coin" which has the group channel-

ling a pseudo Future-Islands-meets-Arcade-Fire kind of vibe, complete with shimmering guitar chords and wavering-to-all-enveloping vocals at the drop of a hat. If Mona wants to reproduce the success of their debut self-titled, they're certainly heading in the right direction. All the framework is certainly there, all we can do now is wait. —Alec Warkentin

Mount Royal Remembers

Cougars put on a show for veterans

Dan Khavkin

Staff Writer



The Cougars gave a solid effort on Mount Royal Remembers night, lighting the lamp six times en-route to a win against a formidable Saskatchewan team. Photo by Zenon Andryo.

Coming off back-to-back defeats against the prestigious Alberta Golden Bears, the Mount Royal Cougars faced off against the Saskatchewan Huskies, the second ranked team in the nation, on Nov. 4-5.

This wasn't any regular ol' game for the Cougars. It was the annual Mount Royal Remembers Night. Both teams took part in a Remembrance Day ceremony prior to puck drop where soldiers were commemorated, a live marching band played the national anthem and a ceremonial puck drop ensued. To top it off, the game featured the Cougars coolest looking jerseys, their exclusive once-a-year digital camo jerseys.

Ironic, since the theme of the game was the Huskies unable to find Cougars players to cover for most of the night. A strong second and third period propelled the Cougars to a commanding

6-0 win, backstopped by Colin Cooper who managed all 25 shots for his first shutout of the season.

The tone was set early, as both teams flew out of the gates as the young and quick U of S team started controlling play early and kept Mount Royal pinned in their own end. The Cougars didn't get their first shot until six minutes of play had passed.

The first period however, ended in serious controversy as Cougars' defenceman Emerson Hrynyk hit a Huskies' player from behind as he turned his back in the dying seconds of the period. Hrynyk was automatically ejected from the game and gave the Huskies a five-minute power play to start the second frame.

The misconduct was met with a huge outburst from the Cougars' bench and the crowd. The referees were not shy to use their whistles throughout the game, mostly in the favor of the

Huskies.

The aggressive and dirty play picked up from there, the players were chirping at each other any chance they got and the mouthing of expletives only progressed throughout the game.

Mount Royal stuck together and kept their focus, slowing down the red hot Huskies. Mount Royal managed to kill off all five Husky power plays while lighting them up on the other end not once, not twice but a total of six times. Four of which came in the second period.

Every goal came more exciting than the last. Most goals came from quick breakouts and counterattacks, such as the first of the game when Jamal Watson started a second period breakout, picking the puck up and moving it up to ex-Hitmen Connor Rankin who sent a bullet of a pass over to Cam Maclise for

an easy tap-in.

The second saw Luke Simpson pick apart the Husky defense, splitting two defencemen after pick-pocketing them deep at the oppositions blue line. He came in and snapped the shot home before the goalie could react.

Jesse Lees stepped up to score a goal of his own after a gritty fore-check and good team movement. The puck landed on the defenceman's stick and snapped it to the top corner.

Jamal Watson took matters into his own hands, scoring a spectacular solo goal, holding the puck for close to 30 seconds and shielding off players before walking into the slot and going bar-down.

The fifth goal was all Colin Cooper who denied a Husky 2 on 1 with a highlight reel splits save which lead to a 3 on 2 rush on the opposite end finished off by David Stephens. Cooper's reaction was one where he thanked the Man upstairs, kissing his glove and pointed upwards, shades of James Reimer.

Captain Matt Brown finished off the rout with a goal, giving him five on the season as the Cougars looked forward to the rubber match scheduled for the

next night.

Cooper was named first star of the game, improving his record to 5-1-0 and finished the contest in fourth place in the country in terms of goals against average.

The next game was one to forget for the Cougars.

As expected, the Huskies came back harder and stronger than the night before, looking for some revenge after suffering their worst defeat of the season.

After a tight first period, where Brown chalked up another goal to his name, the Huskies scored five in a row, beating the Cougars 6-2 and created some separation between the rest of the pack in the Canada West conference.

Cooper got the yank at the start of the final frame, being replaced by Cam Lanigan who didn't have the greatest relief appearance, stopping five of seven shots.

The Cougars now sit 5-3-0, good for third place, as the Golden Bears picked up a W, while the two Crowchild schools dropped their return matches.

Mount Royal are now set to face favorable match ups on the schedule, next on the list is another weekend set against the other Saskatchewan school, the Regina Cougars, who are sit in Canada West's basement.



Looking no worse for wear after some hockey-associated dental work, David Stephens celebrates a Cougars goal. Photo by Zenon Andryo.



2004 was the last time the Flames won in Anaheim.

3 years before the first iPhone

1 month before Facebook launched

18 Flames goalies have started in Anaheim since

What's with the pro-wrestling hate?

Olympic wrestling vs. professional wrestling

Colin Macgillivray
Staff Writer

“You know it’s fake, right?” It’s the infamous phrase that professional wrestling fans around the world have heard a countless number of times from their judgmental room mates, their confused girlfriends, and most of all, by their parents who just wish their darling boy would “grow up”.

As the biggest professional wrestling fan I know, I’ve heard that notorious sentence spewed my way hundreds of times. There is a certain stigma that surrounds professional wrestling fans, as they’re often viewed as the lowest common denominator of sports fans.

The thing that has always bugged me is that Olympic wrestling is revered as a true sport, rather than reviled like its counterpart. I understand that World Wrestling Entertainment serves up some cringe-worthy moments that would feel right at home in a soap opera, but that doesn’t take away from the absolute incredible athleticism that is involved in professional wrestling.

Then why is one touted as a fake sport? That’s the question, folks, and throughout this article, I’m going to attempt to decipher and deduce the truth behind pro wrestling, Olympic wrestling and maybe even sprinkle in some mixed martial arts comparisons, too. You, my sweet reader, will just have to find out the answer to the immortal question: Olympic wrestling or professional wrestling?

Caliber of Athletes

While I realize this is completely subjective, and maybe I’m a little biased as well, but I think I’m going to have to give this one to the professional wrestlers. I just don’t see many Olympic wrestlers hitting their opponents with Attitude Adjustments. Just kidding.

Comparing pro wrestlers to Olympic wrestling in terms of athletic ability is like comparing LeBron James and Josh Donaldson. Both are incredible athletes, but they are both good at different things. It’s the same with wrestlers.

Due to the scripted nature of pro wrestling, athletes are able to show off their athleticism through grand showcases of power, (see John

Cena lifting a 500-pound man AND a 250-pound man on his shoulders at the same time) as well as gravity defying aerial acrobatics (see Rey Mysterio Jr. doing flippy Lucha Libre things).

Olympic wrestlers do not have the luxury of being able to work with their opponents to pull off incredible maneuvers, but that doesn’t discount how athletic they are. Seeing a suplex from an Olympic wrestler is an extraordinary thing to see. One thing I do know for sure is that Olympic wrestlers make incredible professional wrestlers.

Olympic gold medalist Kurt Angle is one of the best professional wrestlers of all time. Jeff Cobb, a wrestler who competed at the 2004 Olympics in Athens is thrilling as a masked professional wrestler. While Chad Gable, a wrestler who had competed at the 2012 London Olympics, has had a career rejuvenation through professional wrestling.

On the other hand, Brock Lesnar has found success not only as a professional wrestler, but as an amateur wrestler and a mixed martial artist as well.

It really shows just how athletic all these men and women are, and they should be regarded as some of the best athletes in the world.

Entertainment

I think my bias is running wild all over this article like Hulkamania, brother, because I really don’t think there is a feasible argument that one can make regarding which variety of wrestling I think is more entertaining.

Greco-Roman wrestling, a style of Olympic wrestling that forbids holds below the waist, is honestly one of the most boring things in the world. There are moments where one competitor will achieve an incredible slam of grand amplitude but other than that, it is mostly just people slapping hands in hope of grabbing the waist of their opponents.

Even the UFC struggles with constantly having entertaining fights at the helm of their pay per views. The beauty of pro wrestling derives from the athletes being able to do whatever they want creatively, all the while not having to

worry about their opponent trying to hurt them.

Risks and Injuries

To clear something up, professional wrestling is not fake. It’s scripted. The winners are predetermined and the performers often aren’t truly punching each other, but in any circumstance, being slammed onto a “mat” that is made of wood is painful.

The most ironic thing I think regarding the whole “pro wrestling is fake” topic is that a lot of professional wrestlers end up with some of the most gruesome and horrific injuries in sports. Although they are not subject to painful cauliflower ears and the constant battering Olympic Wrestlers endure, there is definitely a reason why WWE insists that we “don’t try this at home.”

The best pro wrestlers in the world are wrestling almost 300 days of the year, and that kind of punishment adds up. Many pro wrestlers in the past have admitted to being completely dependent on pain medication just to get around, while others are being diagnosed

with chronic traumatic encephalopathy, which is a progressive disease directly related to concussions.

Olympic wrestlers often aren’t being slammed down onto a mat 300 days of the year, but their training is rigorous nonetheless. Still, I do believe pro wrestlers should get more credit for the risks they take and the out of this world athletes that they are.

I might seem incredibly biased towards pro wrestling, which definitely has some truth to it, but I just believe that professional wrestling gets shafted by the public. Sports and athletes around the world should all be commended on their ability to compete at the highest possible level, to entertain and have the resilience and the drive to get better.

It’s what sporting events are all about. Olympic wrestling and professional wrestling are both great, but maybe next time you’re flipping through the channels and you come across some sort of wrestling, stop and appreciate just how incredible these athletes truly are.

Wrestling for the presidency

Colin Macgillivray
Staff Writer

I find it incredibly fitting that Donald Trump has appeared on WWE programming countless times. He is in their notorious wrestling “Hall of Fame,” and hell, he even had a “Hair vs Hair” match against Vince McMahon at Wrestlemania 23. Trump won. This little tidbit is fascinating due to how much the American presidential election resembled a feud you would see while watching World Wrestling Entertainment.

Hillary Clinton basically played the part of John Cena. Cena is in incredibly polarizing figure in the wrestling world, with half the fans praising him like he is some sort of chiseled demigod, while the other half have such disdain for a man who is just doing his job. Clinton and Cena have a lot in common. Hillary might not be able to lift a 500 pound man above her shoulders, but they both preach the mantras of “never give up”, and they both believe their opponents need an “attitude adjustment”.

Trump, on the other hand, is a lot like the WWE superstar Edge. Edge was given the moniker of “the rated-R superstar,” and you could say Trump is incredibly similar due to some of the absolutely heinous things he has said. Edge has also been labeled “the ultimate opportunist,” and again, Trump fits that bill as well, due to him jumping in and taking control of a political party while having absolutely zero experience. Even though Edge was mostly a bad guy during his WWE tenure, many loved him for it. Sounds familiar to the new president elect.

Then we have the Bern-man, Bernie Sanders, the ultimate underdog, who the crowd loves to root for, but they know he will never really grab that brass ring and win the big one. Then there’s Ted Cruz who is a lot like a wrestler named Ryback. Ryback sucks.

The election truly did mirror WWE programming in many ways, but unfortunately, just like in WWE, sometimes the bad guy does win in the end.



It’s no secret the athleticism that professional wrestlers such as John Cena, who doubles as a famous internet meme, possess. Photo Courtesy of Wikipedia.

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