

16,000 STUDENTS
HEAR FROM MARGARET
TRUDEAU, PAULA ABDUL
AND OTHERS AT
WE DAY (PG.2)

EXACTLY HOW THIS
NBA SEASON
IS GOING TO GO DOWN,
WE PROMISE (PG.13)

THE BEST AND WORST OF
NETFLIX
(PG.7&9)

WOMEN ROCK
CALGARY'S MUSIC SCENE
(PG.7&10)



WE REMEMBER
(PG.5)

WE Day brings 16,000 changemakers

2016 Alberta WE Day event inspires youth in Western Canada

Amber McLinden
Staff Writer

What does it mean to be a changemaker? On Oct. 26, 16,000 students and teachers attended WE Day Alberta to hear key speakers talk about perseverance in the face of adversity and how they can make an impact in their communities.

WE Day is a part of WE, formerly known as Free the Children, a youth empowerment movement that brings people together and gives them the tools to change the world. Changemaking, also known as social entrepreneurship, is a growing concept with the youth of today, who according to WE, are a generation ready to change the world.

Craig Keilburger, the organization's co-founder, realized the potential youth had to make a difference. "When I was 12 years old, I was unsure if we could make a difference. When you walk into that stadium today, there are 10-year-olds and 15-year-olds and 12-year-olds who are 100 per cent sure that they can make a difference. They are proud of it, they are loud about it, there's not a doubt in their mind that they're going to change the world; they are changemakers."

Craig Keilburger and his brother, Marc Keilburger, began their changemaking journey when they were only 12 years old. They got together with a group of 12 other kids and formed a group of youth looking to make a difference. Now, in 2016, WE has grown to a global movement that is made up of 2.4 million young people. In Alberta alone, 810 schools and groups participated in WE and volunteered 600,000 hours.

Country singer and Alberta native Brett Kissel is one of those people, performing on the WE Day stage and spoke with Craig Keilburger about why he thinks WE Day is so important. "I'm proud to see that there's 16,000 people who are now inspired if they weren't before to say 'I can be a changemaker, and I can do a lot of good for my community here and the global community, which is exactly what WE Day is all about.'"

WE Day is all about celebrating that success and recognizing the importance of this generation's impact on the world. You don't purchase a ticket, instead it's earned through your school's involvement in WE projects and changemaking. Calgary hosted Alberta's WE Day this year bringing guests like Paula Abdul, Margaret Trudeau and



Tyler Shaw is a platinum selling and Juno Award-nominated singer-songwriter. Photo by Amber McLinden

Rick Hansen. Some celebrities act as WE ambassadors, talking on stage about their own personal experiences through challenges in their lives.

Tenacity was a huge theme among the WE ambassadors that spoke at the Saddledome. Paula Abdul talked about her

lifelong journey becoming a choreographer. Margaret Trudeau, mother of Prime Minister Justin Trudeau, spoke about her battle with bipolar disorder. Rick Hansen took to the stage to talk about his experience losing his legs and becoming an olympic athlete. The message across the board was the same - you can do anything if you put your mind to it.

That's exactly what today's kids are doing. Youth globally raised nearly \$2.5 million with WE to support causes such as Fort McMurray wildfire relief and welcoming Syrian refugees. Craig Keilburger explained that children aren't people to be looked down on, but rather they have the capability to do amazing things when they put their minds to it. Lindsay Ell, country singer and WE Day Performer, agrees.

"People can say that kids today are indifferent to what's going on around them, but the fact that students are filling stadiums around the world for WE Day is proof that our youth are wanting to take action in their communities," she said.

That's just what the children are doing. Madeline Clark, a 19 year old who spoke at WE Day, founded the Confidence Initiative Association at her school. Clark has struggled with mental health issues and abuse, and realized that she was passionate about preventing bullying and abuse in Alberta. The organization aims to raise awareness and initiate acts of kindness, encourage confidence, and self-empowerment in schools. Clark is just one example of the youth that have been inspired by WE.

As inspirational as WE Day was, Craig Keilburger believes it's more than that. "Twenty years ago, youth were the least likely to volunteer in this country, and today they are the most likely to volunteer of any age in this country. So, young people are changemakers, that is a fact. That is who they are, that is the change that they bring."



Award winning singer-songwriter Jully Black and ETalk reporter and EHost Chloe Wilde take to the WE Day stage. Photo by Amber McLinden.

MRU student uses coffee cups to spread cancer awareness

How you can help out on Nov. 8

Bigoa Machar

Publishing Editor

With the holidays coming up, there are bound to be one or two stupid arguments on how Christmas-y Starbucks' coffee cups are. Well here's a better idea for you, how about coffee cups that actually mean something? That's what Andrew Clark wants to do. Clark, a student at Mount Royal University, sat down with us and talked about how they'll be handing out special coffee cups at Starbucks on Nov. 8 to help spread awareness for the Carcinoid-Neuroendocrine Tumour Society Canada (CNETS).

The Reflector: How did you get involved with this cancer agency and what made you want to help them spread awareness?

Andrew Clark: I first heard about CNETS shortly after my dad was diagnosed with neuroendocrine cancer in 2006 after having a biopsy of a small painful lump he felt on his scalp. After further scans and tests, we learned that it originated from a tumour on one of his lungs. My dad didn't notice any particular symptoms in his chest, and the oncologist could not say how long it had been there. That's one of the scariest parts of neuroendocrine cancer is that he could have had these tumours for years without knowing it. Because he wasn't experiencing symptoms, the oncologist simply kept a close eye on monitoring my dad rather than providing treatment which may have caused more harm than provided benefits. A few more tumours were discovered and some were treated with various types of radiation. Eventually it was discovered that it had spread to his brain. As a family we began to notice symptoms as the tumour was affecting his personality, behaviour, and energy. He received radiation treatment which helped for a time, but eventually a neurosurgeon was required to perform a craniotomy to remove it. We were distraught to learn, the next year, that the brain tumour had grown back. This time however, the doctors couldn't offer any further treatment without causing potentially more harm than benefit. After fighting a long and courageous battle, my dad

passed away from the disease in May 2012.

During his years fighting neuroendocrine cancer, my dad felt that the disease was relatively unknown. There were lots of other cancer types that were well publicized, but not his. I want to use this opportunity on World NET Cancer Day to raise awareness for NET cancer as best I can to honour my dad, as well as raise my voice for all those, now or in the future, who will fight this 'under the radar' cancer.

TR: How many people are involved with this program and where are they located?

AC: World NET Cancer Day is truly spread around the whole world. The International Neuroendocrine Cancer Alliance (INCA) coordinates the initiative among its member organizations and the NET cancer community all over the globe, [amounting to seventeen countries]. In Canada, CNETS have several groups of people spread throughout the country, although the bulk of those involved are in the eastern provinces. There are a couple in British Columbia, myself in Alberta, no one in Saskatchewan or Manito-

ba, three people in Ontario (Fort Frances, London, and Ottawa), one in Montreal, and another in New Brunswick. Most of those involved

have either been diagnosed with a NET, or have a family member who has.

TR: How does the coffee cup awareness program work?

AC: In addition to "World NET Cancer Day" the catch phrase for the awareness initiative is "Let's Talk About NETS." The INCA website states nicely: "To make this day successful, we are seeking support from all over the world. We want to encourage patients and supporters to start the conversation about NET Cancers in their local community. We are asking people, cafeterias, cafes and others, to use our World Net Cancer Day (Let's Talk About NETs) branded coffee cups for the day."

The initiative is to get down to the level of local communities to get people talking about NET cancer. I'm promoting this at MRU, but I am just one of many initiatives that collectively we hope will make a large impact all around the world. The use of coffee cups for the awareness promotes the social element of people talking about NETS at the local community level, but once people have their coffee and leave, others will notice the cup and hopefully

will ask what it's all about. Hopefully word continues to spread in this way.

This is the first year they have used coffee cups for the awareness initiative. It seems as though it will be a great success, and hopefully it will become a highly successful global effort every year.

Also from the INCA website, "The aim of World NET Cancer Day is to:

- Raise awareness of NET cancers
- Ensure equity in access to care and treatment for NET cancer patients around the world.
- Increase funds for research, treatments, patient support
- Improve quality of life and reduce misdiagnosis

TR: How can someone donate to the cancer agency?

AC: Anyone willing to make donations to CNETS Canada are welcome to visit the donation page on their website: cnets-canada.org/support-us/online-donation/ or alternatively, they can send a cheque or money order via mail.

Be sure to check out CNETS website to learn more about the organization and how you can get involved.



Keep an eye out for Starbucks' special cups on Nov. 8 here on campus. Photo courtesy of Pexels.com



Don't Forget

Who's hyped for reading break? We here at MRU have had an extended reading break in the fall semester. A five day weekend is always welcome in my books. This break, of course, is slated for this weekend because it aligns with Remembrance Day. Now while I know we're all kind of hungover from Halloween and Christmas music is already destroying our ears, it's important to take some time to remember those who have fought and died for our country. Regardless of how you feel about war, there's no denying that anyone who is brave enough to risk their life for the wellbeing of their fellow citizens back home deserves some respect. The easiest way to support our troops and veterans is to buy a poppy. All of the proceeds you see from those little white boxes go directly to veterans charities and their families.

In addition to this, there's plenty of memorial events going on around the city. There's also a number of different memorial events and monuments around the city that you can attend. Chinook Mall always has a really nice Flandars Field memorial, with a beautiful poppy display and a giant scroll that has the entire poem written out on it.

The field of crosses is my personal favourite place to go and visit on Remembrance Day. Just off Memorial Drive, there are more than 3,000 white crosses that line the sides of the road. The crosses represent a fallen soldier from southern Alberta, complete with their names, ranks and date of death.

So do yourself a favour this Remembrance Day and wear that poppy proud.

Xoxo, Publishing Editor

"Being happy is the goal, but greatness is my mission"

—Childish Gambino

@R_W_NELSON

IN CLASS TODAY, I LEARNED THAT THE US SUPREME COURT RULED IN 1893 THAT TOMATOES ARE VEGETABLES. #MRU #MRU-LIFE #THEMOREYOUKNOW

@JBM_11

SPENT THE MORNING WITH RAS FROM ACROSS AB AND BC - HOW DID I GET SO LUCKY??? #RLPA2016 #MRULIFE #GRATITUDE #LEAVINGINSPIRED

@SKELETONGRACE

CONGRATS TO BOTH @MRUCOUGARS HOCKEY TEAMS TAKING THE W LAST NIGHT AGAINST THE DINO'S #GOCOUGS #MRU

@MOUNTROYAL4U

CONGRATS TO THE #MRU CLASS OF 2016 WHO'LL BE CROSSING THE STAGE THIS FRIDAY, NOV. 4. CEREMONIES ARE IN THE TRIPLE GYM #MRUGRAD

Protecting the environment one step at a time *Sustainable MRU committee takes over Main Street*

Robyn Welsh

Features Editor

October is sustainability month, and to show campus support, the Sustainable MRU committee set up tables along Main Street on Oct. 24 and 25. Attractions included a plant sale that sold out within a few hours, tables to drop off old batteries and electronics for recycling, and clothing and book swaps.

The event was put on by the Sustainable MRU committee - a committee made up of students, faculty, and staff. They are also affiliated with the Association for Advanced Sustainability in Higher Education - a group that promotes the importance of participating in campus sustainability month to campuses across the country.

The Sustainable MRU committee helped bring new waste recycle bins to the campus with added signs for the proper use of these bins. As of Nov. 1, the city of Calgary is beginning to charge any institutions like schools or large offices for any paper that goes into the landfill. Because of this, the committee has been pushing harder for awareness of recycling on campus and the rules that go with it. For instance, if the paper becomes contaminated by any other substance, rules dictate that the bag must go to the landfill.

"We did a waste audit and that was the number one contaminated thing - paper going into garbage," Priscilla Royan, member of the Sustainable MRU committee said.

In an effort to make events more environmentally friendly, the committee launched a Green Events initiative. Clubs and school based events can work with the committee to ensure that they are being as sustainable as possible. Small things like using reusable

cutlery and dishes can make an event green. A full list of efforts to strive for can be found on their website.

In general, MRU has been doing a lot to be more sustainable. Last March the school participated in Earth Hour. Out of fourteen Canadian schools participating, MRU came eleventh - this was partially due to the lack of awareness and participation. This march, the sustainability committee hopes to achieve a higher ranking and increase the number of pledges from students, staff and faculty.

Additionally, the school has several Leadership in Energy and Environmental Design (LEED) buildings which aim to lower energy consumption. The Roderick Mah Center for Continuous Learning building was the first built on campus with LEED standards in mind. In order to qualify as a LEED building, the following must be considered: sustainable development, water efficiency,

energy efficiency, materials selection, and indoor environmental quality.

To do your part, there are small ways you can be more sustainable. Try to bring reusable coffee mugs and water bottles to school rather than using a disposable one every day. And if you do use a disposable cup - make sure to recycle it properly in the mixed recycle bin. Even doing small things like using tupperware instead of plastic baggies when packing a lunch help tremendously.

We will be able to see the impact that our small actions have on our campus and the environment in Jan. 2017 with a waste audit. As well, the impact of installing multi-sectioned recycling and landfill bins will become clear.

If you are interested in getting more involved, SAMRU's Leaders for Environmental Awareness and Protection (LEAP) club is always looking for more student involvement.



MRU has been taking action to be more sustainable. During sustainability week this year, the MRU greenhouse held several events including a plant sale that sold out extremely quickly. Photo by Robyn Welsh

THE REFLECTOR

November 3, 2016

Issue 5, Volume 55

EDITORIAL STAFF:

Publishing Editor: Bigoa Machar
Managing Editor: Ivar Bergs
News Editor: Amy Tucker
Features Editor: Robyn Welsh
Arts Editor: Kennedy Enns
Sports Editor: Brendan Stasiewicz
Photo Editor: Melanie Walsh
Layout Editor: Nina Grossman
Web Editor: Brett Luft

CONTRIBUTORS: Dan Khavkin, Alec Warkentin, Colin MacGillivray, Amber McLinden

Cover Design by Nina Grossman

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

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

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

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

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

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

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

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

the reflector

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

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

features

Features Editor
Robyn Welch
featureseditor@thereflector.ca

Heroism and sacrifice

What does it mean to remember?

Robyn Welch

Features Editor

As you may already know, Remembrance Day - Nov. 11th - signifies the final day of World War One. In 1918, the war finally came to a close on the eleventh hour of the eleventh day of the eleventh month, and now, many individuals take two minutes of silence to remember those who died in the war.

But why is it important to remember? We remember so that the sacrifices of our fellow Canadians remain meaningful. Often, it is taken for granted the amount of freedom we have as a citizens of such a peaceful country. The very freedoms we place confidence in today are

what the soldiers in World War One fought to protect. Though we are not always conscious of it, we often forget how lucky we are to have the amount of freedom and safety that we do.

It is important to remember several notable battles during the war in order to fully comprehend the Canadian casualties. The battle at Ypres, Belgium, Canadians' first major battle, saw catastrophic casualties. German troops used chlorine gas to slow the Canadian troops from advancing, and in the span of 48 hours a third of the Canadian troops were dead, lying in pools of their and their comrades' blood.

Another important battle to

remember is Vimy Ridge. Though Canada had a major victory in Vimy Ridge, there were more than ten thousand casualties within six days, and after this the war continued on for more than a year.

During the war, poppies quickly became a symbol of remembering and the war. Popularized in Canada by John McCrae's famous poem, "In Flanders Fields," poppies became a beacon of hope - a symbol of nature withstanding the war and violence of war and man. Though the fighting continued on, poppies bloomed and thrived between crosses and continued to cover fields.

The poppies that are worn in

Canada are typically made by disabled war Veterans. Proceeds from purchasing poppies go toward The Poppy Campaign: a campaign that supports Veterans and their families if they are in need.

So take it upon yourself to pause for a couple minutes on Nov. 11th, remember the bravery, sacrifices, and pure heroism of our Canadian soldiers - not only in World War One, but every war Canada's fought in since. If you decide to wear a poppy on your lapel, remember what and who it stands for so that the sacrifices and lives of those who fought will forever live on.

ANNUAL FUNDS
RAISED BY THE
POPPY CAMPAIGN

2015
\$17 MILLION

2014
\$16.5 MILLION

2013
\$14.5 MILLION

2012
\$14 MILLION

2010
\$1 MIL.

INFORMATION COMPILED FROM:
THE STAR.COM, CBC NEWS,
OTTAWA CITIZEN, CTV NEWS,
TORONTO SUN



The Poppy Campaign raises money for war veterans and the amount of money raised has increased over the years. Photo Courtesy of Flickr user Steve R Watson.

Your music is trash

Music shaming in the 21st century

Alec Warkentin

Staff Writer

The problem with music shaming is that it perpetuates a power struggle between the elitists (those in-the-know) and what can be dubbed "the Rest" (listeners who aren't, listeners who maybe want to be, and listeners who just don't care).

It can be argued that the bulk of us fall into the category of "the Rest," specifically in the realm of "just don't care" but for some select few music-shaming is a serious thing, and nobody should have to feel bad for what they dig.

It's a tough pill to swallow, especially because it's so easy to pass judgement on one thing and much harder to recognize that another, that may be deeply ingrained in the collective societal hivemind as bad, may actually hold artistic merit. "I can't believe you listen to X."

"Why don't you listen to Y? It's way better. It's what X is trying to be."

In the age of digital media, music shaming is becoming more prominent than ever before.

Greater and more widespread inter-communication on social media and forum sites means there are just that many more people to hate on you for what you enjoy.

The online music community is a hotbed for individuals with equally hot takes on what the in-thing to like is, what the right way to think is, and what the proper artist to listen to is.

Isn't it tiring?

The oft-forgotten truth is that, as with all art, taste is subjective. What may be greatly esteemed, highly acclaimed, or generally regarded as the top form of a genre to some may be bottom-barrel swill to others.

This runs both ways of course, with some truly abhorrent acts still managing to find a fanbase dedicated enough to allow them to keep putting out some rather questionable releases, seriously,

how did Blood on the Dance Floor put out nine albums?

Now, for fear of coming off as holier-than-thou, I'm just as bad as anyone when it comes to being

critical of what others listen to (sorry to fans of Blood on the Dance Floor who may be reading this article, I didn't mean it) and there's a need to consciously

consider whatever preconceived notions of musicians and artists we may hold before passing judgement on others who may be fans.

So, the question now is where do we go from here? How do we turn the tide when it comes to the phenomena of music-shaming? Is there anything that can be done?

In short, yes. Of course. There's always something that can be done. Just be nicer to people, you dolts! But also, try not to take it personally if someone shames you for liking a certain band, song, album, person, whatever. There's almost a one hundred per cent certainty that they get down with something you might not think is so hot either.



Putting people down for their music taste is unnecessary and cruel. Be respectful and let others enjoy what they do.

Please regulate the sex toys

What I need to share about the sex toy industry

Hannah Deeves

Sex Columnist

For those who don't know, I work at a sex shop when I'm not at school. And I've learned a lot, including this little nugget that I've been fixated on since my first day in the store: the sex toy industry has no regulation!

Within the \$15 billion dollar sex toy industry (thanks 50 Shades Of Grey), there are no official material or safety regulations. What's further, there is no substantial research that has gone into these fun things we stick in our bodies. That's a little weird don't you think?

We have all heard that sex and masturbation are good for us; they are said to help with stress relief, lower blood pressure, and increase body confidence. Don't forget that orgasms are also a pain reliever. So why have we not put the same consideration into the tools we can use to gain these benefits?

It is shocking to me that other people don't seem to take into consideration all the factors that I do when I'm picking out a product for myself or a customer. This is largely due to the fact that most people just don't realize there are unsafe products. Safety is simply assumed.

Customers and friends are always shocked when I tell them about the lack of regulation, so I ventured out to find if anyone else had similar experiences. I spoke with Chris Nelson and Don

Wilheim, business partners, life partners, and sex shop owners, who have been in the game for 20 years. They said only about 10% of customers come in asking about safe materials.

Camped out in the shoe section at the back of Little Shop of Pleasures, we talked about porous materials that can harbour bacteria and cause infections, as well as phthalates and BPA plastics: materials that are in some sex toys even though they have been proven to leach toxins into the body. These materials have even been banned from baby bottles, children's toys, and dog toys.

So if we can consider the implications of different materials that go in the mouths of children and pets, why not other intimate places?

"There was one toy... and it said it was 100% silicone, and a customer came in and she said 'I had an allergic reaction'... so we brought out the toy and on the front cover it said 100% silicone, and then I looked on the back and in the little fine print it had TPR [thermoplastic rubber]... so I pulled it from my line just because it was misrepresented," Nelson explained, "don't say it's silicone and then it's not."

We noticed at the shop I work at, that a brand of water-based lubricant we sell - Fuckwater (yes that's its name) - actually contains some silicone. Yet, that information is only on the product's website.

Little slip ups like this come from the lack of regulation. By simply calling a toy a "novelty item" a company can get away with being untruthful or using harmful materials. This is because "novelty items" by definition are not intended for actual use.

Nelson says that even though the industry is not regulated, consumers are controlling

manufacturers with their buying power. Customers are willing to put their money where the quality products are, thus creating a sort of pseudo-regulation. While this is Nelson's opinion, she makes a good point and shows that we have the power to make change.

Don't let this scare you out of using sex toys. There are plenty of good quality, safe products out there, it is just a matter of being

informed about what you're purchasing and putting into your body. As long as you do your research, you will be fine.

My hope is to someday see a world where each and every one of us can walk into any sex shop and pick out any toy from any shelf knowing that it is good quality, safe, and is going to last.

BRENTWOOD VILLAGE DENTAL CLINIC

www.BrentwoodVillageDental.ca

Proud to be
your MRU
dental
provider

Don't forget,
coverage
continues through
the summer to
August 31st

DR. RONDA SALLOUM, DR. ALANA CARTWRIGHT, DR. LAURA METCALFE,
DR. TONY KIM, DR. ZAINAB BAGHDADI, DR. REKHA PARAJULI,
DR. JACK TAN, DR. DIANA KINYUA

GENERAL DENTISTRY PRACTICE

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

100% Exams, first cleanings and fillings

70% Root canals

70% Additional cleanings

We extract wisdom teeth in our office

NO NEED TO PAY UP FRONT FOR COVERED SERVICES

We bill student's insurance directly

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

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

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



Don't be blind when it comes to buying your sex toys. Be sure to check any and all safety issues and materials before deciding. Photo courtesy of Amazon.co.uk

Femme Wave 2016 brings bigger acts to Calgary

Peach Kelli Pop and Catl. headline in the festival's sophomore year

Amber McLinden
Staff Writer

Femme Wave is back and its growth over the past year means it's taking some programming risks, which means even better acts for audiences. Co-founders Hayley Muir and Kaely Cormack created the festival to "program art that is accessible and showcase the talent of women and non-binary artists in warm welcoming spaces," creating "an integrated, encouraging arts scene with opportunities for women and non-binary artists".

The opportunity to showcase and foster women and non-binary artists is something that is still a commodity in Calgary, especially in the music community. Yet just because the stage will be filled with mainly women doesn't mean you can't attend the festival. If you're looking for a new, unique, and exciting festival that makes you feel welcome and shows you a few new bands, then look no further.

The headliners this year are Peach Kelli Pop and Catl., both bands from outside of Calgary

that any audience would be able to enjoy. Peach Kelli Pop, a garage rock/pop punk band hailing from Ottawa and now based in Los Angeles, can only be described as "cute". Singing about heart eyed emojis and Sailor Moon, the band flips cute on its side and owns it. They signed with Burger Records to produce their last two albums, Peach Kelli Pop II and Peach Kelli Pop III.

Catl. is an act you won't want to miss, as well, bringing their own personal take on blues-rock to Calgary all the way from Toronto. As Femme Wave puts it, this duo brings "a little bit country and a lotta rock n' roll, all rolled into a thrilling live performance". It's exactly the kind of music you want headlining a festival. Anyone who knows them loves them, and anyone who doesn't won't be disappointed by their tunes or their performance.

The headlining acts will draw you in, but the acts hailing from closer to home are sure to make you stay. Feed Dogs is one example, straight out of Edmonton and fairly new to the scene, the band has been together

for just over a year. They played Sled Island this year, and the female fronted band is bringing grungy-punk to Femme Wave.

Looking to Calgary, acts like Foonyap will be playing this year (although no other act can really be described as "like Foonyap"). Her loop-dependent tracks create the most ethereal sound, as she incorporates her classical training into her music. Her latest album, Palimpsest, is fresh off the press and promises to shine a beautiful light on Femme Wave this year.

The amount of amazing acts are not limited to those mentioned above, but it's just a taste of the music lineup you can expect from Femme Wave this year. If you want to step out of your comfort zone and check out a festival that has way more women on stage than you've ever seen, buy your wristband for the festival and enjoy the show.

Femme Wave runs from Nov. 17-20 at various locations around the city. Wristbands are \$60 each and can be purchased on Femme Wave's website.



Femme Wave co-founders Hayley Muir (Right) and Kaely Cormack (Left). Photo by Amber McLinden

The good, the bad and the Netflix

What is truly chill on Netflix?

Colin Macgillivray & Alec Warkentin
Staff Writers

Beasts of No Nation

Beasts of No Nation is an act of gripping empathy. It's a sobering and uncompromising take on the life of Agu, a "good boy from a good family" and his descent into the horrors and atrocities that come with being a child soldier in West Africa. The film's director, writer and

cinematographer, Cary Joji Fukunaga, known best for his adept directing on the set of the first season of True Detective, delivers an absolute masterclass in dynamic storytelling and hallucinatory imagery while still giving an honest depiction of the bloody disparity of war.

Agu, played skillfully by newcomer Abraham Attah, gives one of the most mature

performances from a young actor I've seen in years, while powerhouse actor Idris Elba (The Wire, Luther) gives a titanic performance as the commandant of the legion of orphan soldiers.

Netflix struck gold with this movie, plain and simple. Buying the distribution rights for 12 million dollars was an absolute steal, as having a film of this quality in their "Netflix Originals" section bolsters their reputation

as a legitimate film and television business, rather than just a streaming service.

Narcos

"If I have to read subtitles while watching TV, I might as well read a book." That statement was a real thing that was said to me after I asked a friend of mine if they were enjoying Narcos, the brilliant biographical crime

thriller centred around the life of the notorious drug kingpin Pablo Escobar.

Unfortunately, my stupid-idiot of a friend kind of has a point. A lot of people are turned off by the idea of watching a show that is almost entirely in Spanish and having to commit to paying attention. Unfortunately for them, they are missing out on another one of the most underrated Netflix Originals.

OUT'N ABOUT

Music:

Femme Wave, Calgary's feminist music and arts festival, runs from Nov. 17-20. You can pick up wristbands and individual show tickets now!

Film:

Underground film festival's documentary series starts Nov. 17 and ends on the Nov. 20. Check out the great collection of films they're showing on their website and pick up your tickets.

Markets:

Starting Nov. 1 Calgary becomes over run with Christmas markets for all of your holiday shopping needs. There are markets everywhere including Airdrie, Chestermere, Springbank and Okotoks.

Theatre:

Potted Potter condenses all seven Harry Potter books into one 70-minute comedy show. Tickets are available online at pottedpotter.com. The show runs from Nov. 10 to Nov. 27.

Your Students' Association



DID YOU KNOW...

Your benefits plan covers up to 80% for prescription drugs at all Canadian pharmacies?



All generic drugs are covered 80% under your plan. All you need to do is show your MyBenefits Card to **any pharmacy that accept direct billing** and practices in Canada. **If you don't have local doctor**, please visit Mount Royal Wellness Services (U216). Please note that you need to activate your plan before you can submit any claims.

Questions? Please contact the SAMRU Benefits office at (403) 440-6267.

mystudentplan.ca/mtroyal

PRESENTED BY YOUR
STUDENT LIFE COMMITTEE OF SAMRU

NOVEMBER 1 & 2	TELL US YOUR STRESS. Located in Wyckham House	NOVEMBER 22 & 24	CONQUER YOUR STRESS. Located in Main Street and West Gate
NOVEMBER 7 & 8	EXPRESS YOUR STRESS. Located in Wyckham House	NOVEMBER 30	NEARLY THERE PARTY! Wyckham House from 11:00-2:00
NOVEMBER 15 & 16	SHRED YOUR STRESS. Located in Wyckham House		



Your Students' Association:
Bringing you the ultimate student experience



samru.ca

Narcos is intense, enlightening and unnerving all at the same time by offering the viewer a glimpse inside the mind of Pablo Escobar. Wagner Moura, who plays Escobar, is so unreal, that he sometimes makes the murderous drug lord an incredibly sympathetic character just due to the strength of his performance. Moura is the real star here, but the rest of the cast also deliver great performances. From the DEA Agents to Colombian Government figures and even Escobar's group of lackeys, each performance feels so real and genuine that you are immersed into the cocaine filled world of Escobar.

Bojack Horseman

If the idea of a world where humans and anthropomorphic animals live side by side sounds like a dream come true, Bojack Horseman is the show for you. I know a lot of people are justifiably skeptical about adult animated comedies because Family Guy has ruined the genre by dominating it for 15 years with its dumpster fire comedy. Rest assured folks, Bojack is no Peter Griffin.

It takes a certain amount of elegance to craft an animated television that is both incredibly hilarious and heart wrenchingly

sad. Bojack tackles themes like depression, success, failure, relationships, friendships in a serious and enlightening way, all the while satirizing Hollywood culture and our society's odd obsession over celebrities.

With Will Arnett, Aaron Paul, Alison Brie and countless other talented actors and actresses providing their voices, Bojack Horseman's cast is top tier.

Bojack Horseman is definitely my favourite Netflix Original of them all. Hidden behind all the goofy talking animals are complex stories, riveting characters and most of all, some of the most clever comedy I've had the pleasure to watch. This show is incredible. Watch it.

Arrested Development (Season 4)

The hard and fast rule when it comes to adding onto something that has developed a cult-following, especially something with a wide reception such as Arrested Development, is thus: just don't.

Although loved by fans, Arrested Development wasn't able to keep up with the ratings during its initial run, leading to its cancellation in 2006.

Through word-of-mouth, internet circulation, and a

fanbase that just wasn't ready to give up on the Bluth family after only three short seasons, Arrested Development's reputation as one of the most clever, enigmatic sitcoms to come out of the early 2000's has only increased in the decade following its finale.

Unfortunately, renewed interest means that someone is going to try and squeeze out a few more dollars from a show that should have simply been left alone to ruminate in its finite state.

Eager to build its growing repertoire of "original" programming early in the stages of Netflix's hype, the digital streaming giant snapped up the rights to Arrested Development in 2012 to film a fabled fourth season. Fans rejoiced at its return, but, as with all good things that get revived, the new season fell flat.

The Ridiculous 6

Before anything is said about the latest in a string of abhorrent films produced by Happy Madison Productions, one thing must be clarified: Adam Sandler is a good actor. Adam Sandler knows how to act. Adam Sandler is just dead inside.

Complaining about The Ridiculous 6 (a play on the titular 1960 film The Magnificent

Seven by John Sturges, and a nod to Tarantino's 2015 flick The Hateful Eight) is a little like beating a dead horse at this point, especially when it comes to talking smack about whatever the latest monstrosity featuring Adam Sandler constitutes.

It's offensive on all levels, including ideologically and to the senses, and it's another nail in the "it's-okay-we-still-love-you" coffin that's only being held open by Sandler's spectacular roles in the 2004's Punch Drunk Love (directed by Paul Thomas Anderson), and Judd Apatow's 2009 serio-comedy Funny People.

What The Ridiculous 6 essentially equates to is 120 minutes of unadulterated garbage featuring cameos from every usual suspect of the Sandler brood, along with some "good" (see: respected) actors that clearly only had eyes for the big fat paycheck signed by the Happy Madison folks when it came to featuring in this godawful excuse for a movie.

Pretty much every stand-up special

While a nod must be given to Netflix for spotlighting comics, both famous and otherwise, and giving them their chance to

shine, the recent influx of comedy specials is comprised of a whole lotta bad masquerading as good.

While there are some big names attached to the most recent releases such as Bill Burr, Joe Rogan, and Louis C.K., the overwhelming barrage of content from these alleged purveyors of social commentary makes for an atmosphere of smugness that would rival any damage done by the greenhouse gas crisis.

Of course, one must be partial to the fact that humour is subjective, and because of this it's hard to critique stand-up comedians still pushing their bits in these televised specials.

This instant "hot-take" form of comedy has essentially killed a lot of how stand-up comedians operate, most notably because what was once a slightly risqué way of collectively "sticking it to the man" through observational humour is now so vastly shared by everyone via status updates and Facebook shares that any power it held by being controversial in the first place is rendered null by the ennui of the mainstream.

But maybe it isn't necessarily that the Netflix stand-up specials are bad. Maybe it's just that we've heard it all before.

Maybe memes have killed all that's good about comedy.

Maybe, just maybe.

samru.ca

samru.ca

Wild Card Wednesdays

Variety Night YOUTUBE JUKEBOX

WEDNESDAY NOVEMBER 2ND

@ 7:00 PM



Noise 101

FOONYAP at the Ironwood

The classically-trained artist performs at the Ironwood Stage & Grill for the world release of her new album *Palimpsest*

Alec Warkentin

Staff Writer



A mark of true musicianship, FOONYAP plays to a spellbound crowd at the Ironwood Stage & Grill on Oct. 20, 2016. Photo by Alec Warkentin

Nestled in the heart of historic Inglewood sits the Ironwood Stage & Grill, a combined “dinner-and-a-show” venue with dimly-lit walls covered in paintings of iconic artists and pop culture figures.

When entering, one is immediately struck by a distinct feeling of nostalgia, a longing for yesteryear and a yearning for the time when shows were held in these cozy, intimate settings.

FOONYAP, one of the Calgary music scene’s best kept secrets, is debuting her latest album *Palimpsest* to a quickly filling crowd in a special one-day early event for her hometown before she sets off on a Canada-wide tour that will go until almost the end of the year.

The show opens with a performance by The Hermitess, pseudonym of harpist Jennifer Crighton, featuring an eclectic “Renaissance Faire” vibe complete with four-woman choir and Crighton’s boyfriend expertly rocking both the dulcimer and the hurdy-gurdy.

Crighton’s talented fingers strike each note of her standing harp with a confident certainty as she plays through her repertoire of baroque melodies.

After what seems like an

unfortunately short set, Crighton finishes up to the sounds of applause as the room continues to fill.

There is a distinct change in atmosphere the moment that FOONYAP enters the stage.

The air in the venue seems to stand still, all movement is ceased, and a hush falls over the crowd.

Her movements are calculated and deliberate, displaying an eloquence that exemplifies the essence of true showmanship as she picks up her miniature electric guitar and begins to play through her yet-unheard album for the first time in a live setting.

Her voice begins soft, barely louder than a whisper, sharing for the first time the opening bars of what will undoubtedly prove to be a spirited performance, and to which the audience hangs on intently to every sung lyric.

This quiet foray changes, however, as she begins “THE FUN MACHINE,” an older song that’s been reworked for a place on *Palimpsest*, which showcases FOONYAP’s gifted and powerful voice as she belts out line after line regarding the mechanical subject featured in the heavy tune.

A talented multi-

instrumentalist, FOONYAP switches between guitar, synthesizer, and violin (in which she’s classically trained) effortlessly as she traverses through her minimalistic blend of electronic and folk.

The only issue with the translation of FOONYAP’s album from studio to live is that there is a necessary reliance on loops to capture the layered sound that is achieved on *Palimpsest*.

Looping does prove to be problematic at points, and there is the occasional misstep, but FOONYAP pushes through as though unaffected, and manages to keep the crowd spellbound as she explores the textured complexities of “THE FUN MACHINE” and “*Palimpsest*.”

She ends the show with “Me + You,” a heartbreaker of a love song that best encapsulates the feeling emanating from the crowd to the performer, and it’s with a final “thank you” that the audience fills the space FOONYAP commands with thunderous applause.

A FOONYAP performance is one you definitely won’t want to miss, and if you’re interested you’re in luck. FOONYAP is set to perform at the Femme Wave festival on Nov. 17.

Lady Gaga

Joanne

Streamline/Interscope

Score: B-



Photo Courtesy of Wikipedia

To many, the statement “Gaga does country” doesn’t necessarily sound appealing, and in short, it isn’t, however, Joanne, the latest from the contemporary pop idol, does mark a change from the sound of 2013’s *Artpop* which left Gaga shying away from the limelight following a lukewarm reception. Supported by massive single “Perfect Illusion,” which has a distinct, pulsating 80’s New Wave feel, the only real “country” vibe from Gaga stems from the occasional emphasis on her R’s and her Springsteen-esque affinity for

American South patriotism.

While the album starts off strong with catchy ear-worm “Diamond Heart,” and explores some angry-Baptist Gaga on tracks like “Angel Down,” it ultimately misses the highs found in abundance on her previous albums *The Fame* and *Born This Way*. In essence and execution, Joanne is unfortunately another middle-of-the-road album from a pop phenom who’s trying to do something new in a genre that’s so cemented in its conventions.

-Alec Warkentin

Meek Mill

Dreamchasers 4

Dreamchasers/MMG

Score: A-



Photo Courtesy of Wikipedia

Meek

Mill turned

his Twitter fingers into middle fingers and pointed them straight at the keyboard warriors of the internet after they all claimed he took an “L” in his rap beef against Drake. *Dreamchasers 4* is a certified banger and really brings out what Meek does best. At his best, Meek can hype up anyone to run through a brick wall. Personally, the best song on

the album is *The Difference* because Desiigner adlibs are the greatest things in hip hop right now. Litty is also good because Meek and Tory Lanez come in like the hottest tag team since the New Day and body slam Drake into hip hop tomfoolery. All in all, Meek Mill returns to his roots at the most crucial time in his career, and boy did he ever deliver. —Bigoa Machar

Painted in Exile

The Ordeal

Painted in Exile

Score: A+



Photo Courtesy of Wikipedia

The Ordeal by Painted In Exile is a debut album in the making for seven years – if not more. It’s finally here, and I have to say it’s worth the wait. To describe Painted In Exile to somebody that hasn’t listened to them before is a bit difficult, but here’s a shot: imagine you took a blender and threw in black metal, death metal, jazz, hip hop and Classical music. Weird, right? Well, it works. *The Ordeal* starts with a single rimshot and takes things to a dark place really quickly. As the album progresses, it brings its audience on a journey – much like a rollercoaster adventure of music – filled with plenty of “OMFG” moments. With a genre

plagued with the same repetitive elements – such as simple breakdowns and djent riffs – *The Ordeal* somehow manages to do things differently than the other players in the game. I haven’t listened to a progressive metal album this good since *Between the Buried and Me’s Colors*, which is fitting because it was recorded and mastered at the same studio. If I had to pick one element that is worth listening to *The Ordeal* for, it would be those dope keys.

-Brett Luft

sports

Kings of the court

A look ahead at this year's NBA season



Sports Editor
Brendan Stasiewicz
sportseditor@thereflector.ca

Bigoa Machar
Publishing Editor

While it may seem like yesterday when Steph Curry and the Golden State Warriors blew a 3-1 series lead against the LeBron James led Cleveland Cavaliers, ending the city's championship drought spanning all the way back to 1964, a brand spankin' new NBA season is upon us with a new set of storylines and questions. Will the Cavs repeat? Will Kevin Durant thrive with the Warriors? Whose good enough to knock one of these two teams off the podium? Well, let's take a look at some storylines from each division and who will win what in the Association this season.

Atlantic

Let's start right here at home, shall we? #WeTheNorth season is now in full affect, with the Raptors looking like the early favourites to win the division yet again. Starting backcourt and the #CoupleGoals role models DeMar DeRozan and Kyle Lowry look as good as ever, with Lithuanian mammoth Jonas Valanciunas finding his strengths in the post and on defense. Factor in new starting Centre Jared Sullinger and a young bench squad; the Raptors are primed to challenge the Cavs for best team in the east.

The Raptors aren't the only team in the Atlantic coming in with a lot of hype. With new faces like Al Horford on the Celtics, Derrick Rose on the Knicks and Jeremy Lin on the Nets, the Atlantic won't be the most competitive division, but definitely one of the most interesting to watch.

Southeast

Nope, I refuse to believe that Dwyane Wade is wearing something other than his classic #3 Miami Heat jersey this season. There is no Miami Heat without Dwyane Wade. Everybody

needs to go home now, which is exactly what centre Dwight Howard did after he signed with his hometown Atlanta Hawks this summer. Replacing the aforementioned Horford, Howard will look for a fresh start after two disastrous campaigns in Los Angeles and Houston. Howard will be surrounded by more talent than the mass of his two astronomically large shoulders put together. Seriously, look them up. He should need a permit to carry around those weapons of mass destruction.

Speaking of big shoulders, Charlotte Hornets guard Kemba Walker might need to work his out for all the carrying he'll have to do for his team this year. After the departures of both Al Jefferson and Jeremy Lin, Walker is undoubtedly the best player on tis team and it'll be up to him if he can be the face of Michael Jordan's team or donne Jordan's face in the crying meme fashion.

Central

Much like the Southeast, the Central division will consist of a bunch of other teams fighting for second best to the Cavaliers. The new look Bulls, featuring a new backcourt of Dwyane Wade (gags) and Rajon Rondo already joining All-Star Jimmy Butler, will look to make noise in the eastern conference. The only thing they have to worry about is their poor outside shooting, which rivals that of the poorly trained lovechild of a Stormtrooper and a James Bond evil henchman.

The Indiana Pacers and Detroit Pistons are also interesting teams to keep an eye on. The Pacers hope that



Photo Courtesy of Flickr user Keith Allison

Paul George will get the help he needs to make some noise in the playoffs. Forward, and Rae Sremmurd stunt double, Myles Turner is primed for a big year and veterans Monta Ellis and Al Jefferson will look to be the above-average players the Pacers need them to be. The Pistons are a tricky team, all because we don't know how good their supporting cast is. Beyond Andre Drummond and Reggie Jackson, players by likes of guard, and best name in the league, Kentavious Caldwell-Pope and Tobias Harris will have to play really well to bring the Pistons into the Promise Land. I expect the Central division to send four teams to the playoffs.

Southwest

Picture this. It's 10:30 P.M. The New Orleans Pelicans have just lost their sixth game in a row, this one by 40 points. Anthony Davis sits alone in the locker room with Drake's Marvin's Room playing softly. He grips a framed picture of his NCAA-winning Kentucky Wildcats team. "Where did I go wrong?" he whispers into the picture before a single tear runs down his cheek.

Look, this may not be exactly what happens, but let's be real. The Pelicans are terrible, but they're worth watching for Davis and Davis alone. There's not much to say about his division. The San Antonio Spurs are gonna win 65 games and rest their starters in March. James Harden is going to score a billion points for the Houston rockets for Mike D'antoni and the Memphis Grizzlies are gonna be good enough to squeak into the 8th seed.

Pacific

THE WARRIORS BLEW A 3-1 LEAD IN THE FINALS. Okay now that I have your attention, this division is going to be a mess. Spoiler alert, Golden State is going to cruise to the finish line, with dual-MVP threat Steph Curry and Kevin Durant

prepared to shit on the rest of the league. Sacramento, Phoenix and the Lakers will all win under 40 games this year, so expect only the Warriors and Clippers to make the playoffs here.

Northwest

We finally have a competitive division in the West! Everyone celebrate! Coming off a fantastic statistical year and one of the hottest rap albums of 2016, Portland Trail Blazers' Damian Lillard will look to cement himself as a top-5 point guard in the league. Trying to stop him is OKC Thunder guard Russell Westbrook, who will look to carry the Durant-less Thunder to the playoffs. With many considering Westbrook as the early MVP favourite, Westbrook will hope to deliver on the court as much as he kills it in the fashion game.

In addition to these two teams, many experts are predicting the Utah Jazz to make some noise this year. With the return of Aussie phenom Dante Exum from a torn ACL and the continued development of youngsters Gordon Hayward and Rudy Gobert, the Jazz will look to build on the limited success they had last year. When they were all healthy, the Jazz had one of the best statistical starting lineups in basketball, and I'm excited to see what the Jazz will do this season.



#s

8 wins by the Edmonton Oilers to start the season compared to just one loss.

35 points DeMar DeRozan is averaging through three games.

5 TDs thrown by MVP candidate Derek Carr last Sunday.

4 Majors Tiger Woods needs to catch Jack Nicklaus' record.

Cougars off to strong start

MRU's hockey team ignites crowd at home opener

Dan Khavin

Staff Writer

The Mount Royal Cougars men's hockey team returned home on Oct. 22, after a successful trip in Manitoba, winning both weekend games and rising to eighth place in the national rankings prior to the home opener. The men prepared for a home-and-home against their crosstown rivals, the University of Calgary Dinos. Both teams came into the contest 2-0.

The game also marked first edition of the Crowchild Classic. In front of a packed electrified home crowd of 525, the Cougars put on a show, taking down their rivals 5-2.

Cougars' Captain Matt Brown put on a show of his own in his final home opener, scoring a hat-trick with the help of his linemates Olsted and Watson. Mount Royal kept frustrating their opposition with swift puck movement and quick feet drawing penalties throughout the game, going two for four on the power play.

One of the goals scored by the Dinos was a five on three. Colin Cooper did his job at the back end, stopping 21 of 23 shots for a third straight game with a save percentage above 90 to start the season.

An overall solid team performance on both ends frustrated a Dinos team that couldn't get anything going all game. Attempting to throw the Cougars off their game, the Dinos set the tone early on physically by throwing their bodies around and starting skirmishes at the end of whistles. By the end of the game tensions had run high between the two teams and a bench-clearing brawl was narrowly avoided after two Dinos took a run at a gliding Cougars' player with less than two seconds left.

The Cougars however kept composed, hitting back just as hard and more importantly potted more in the back of the net before hitting cruise control and maintaining their tempo on the way to a third straight win.

The two teams met again the next afternoon at the University of Calgary, which would be the final matchup between the two teams until they meet in February at the Scotiabank Saddledome. For a second straight night the Cougars left the Dinos with a disappointing loss. Despite the Dinos scoring a couple of late ones, the Cougars three goals in the final period was enough to come away with a 4-3 victory, starting the season with four



Goalie Colin Cooper propelled the Cougars to their third and fourth straight wins of the season last weekend, and improving his personal record to 4-0. Photo by Zenon Andryo.

wins and zero losses for the second time in five years.

The goals in the second game came from Brown, whose goal gave him four in two nights, Luke Simpson, who potted two, and Cam MacLise.

Tempers were still flaring as both teams put up 59 minutes worth of penalties with a Dinos player even receiving a game

misconduct. The power play didn't perform as well in the second contest, going one for nine, but it was enough to keep the Dinos pinned in their zone for almost a period worth of penalty killing.

Head coach Bert Gilling was able to roll his four lines and the deference also put up some points on the score sheet. Cooper

stopped 26 of 29, leaving him as one of the few undefeated goalies in the nation. The Cougars are on a roll for sure and are ranked 4th in the country going into a home-and-home against the prestigious University of Alberta Golden Bears away then home.



Ex-Ex-Cougar Devin Gannon (He returned to the team after a two year hiatus), has four points in six games for the team this season. Photo by Zenon Andryo.



Multi Faith Chaplaincy

Mindfulness Meditation

Catholic Mass

Interfaith Dialogue

The Well

Drum Circle & Conversation Cafe

Latter Day Saints Institute

Catholic Faith Study

Friday Prayers

mtroyal.ca/multifaith

F122



Diversity and
Human Rights