

the reflector

FREE
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OTAHPIAAKI FASHION SHOW

MRU CELEBRATES
INDIGENOUS BEAUTY
(PG.2 & 3)

MEMORIAL FOR VICTIMS
ANTI-TRANSGENDER
VIOLENCE
(PG.3)

QUEER UKULELE
COMEDY TRIO TAKES
ON CALGARY
(PG.10)

MOUNT ROYAL COUGARS
MID-SEASON
REPORT CARDS
(PG.13)

Otahpiaaki fashion show highlights indigenous designers

MRU business classes come together to showcase entrepreneurship

Melanie Walsh

Photo Editor

Mount Royal University's Bissett School of Business, located on Treaty 7 land, is finding opportunities in the curriculum and with their students to educate and honour treaty agreements. During this era of truth and reconciliation the marketing students have devoted some of their large projects to honoring that relationship and talking about the truth of our history.

This year they wanted to bring awareness to the cases of the missing and murdered indigenous women (MMIW) and the erosion of culture that could put these women in peril.

To do this, Patti Derbyshire, the chair of entrepreneurship, marketing and social innovation from the school along with her marketing design students, literacy students and the senior brand studio came up with the idea to professionally execute a fashion show. While bringing the issues of the MMIW to light they also decided to focus on some positives and highlight true beauty. They were inspired by Aboriginal People's Television Program, "Princesses" which highlights indigenous beauty in all of its forms.

Many women face self esteem issues and vulnerabilities and for indigenous women who have been so marginalized in Canada's history or have had their loved one's impacted by MMIW those feelings are only heightened. The fashion show was a chance for indigenous people to come together with

non-indigenous students and showcase some authentic fashions and work towards mending their relationships.

The name otahpiaaki is a Blackfoot term that refers to sewing together, or coming together. Specifically, sewing the vamp of the moccasin to the base. This made it the perfect title for the event with many people coming together to make the show a success. All of the models on the runway were indigenous; many were students from Mount Royal University. Calgary's own design company, Park, also helped put on the show.

The show opened with a song by A Tribe Called Red blasting through the speakers as Justin Lewis' street wear from his company Section 35 made its way down the runway.

What really grabbed my attention the most was the "Kill the Mascots" line. On the website this line is dubbed as "creating a mindset based on diversity. Clothing designed to be a medium for change." These designs highlighted the commercialization of indigenous art, cultural appropriation at its finest and a hot topic that has been in the media of late – sports teams. In place of the face logo of the NHL's Chicago Blackhawks was a skull and around it the words "Kill Mascots, Save the People." The clothes were trendy especially amongst the millennial generation and with the use of army patterns really emphasize the strength of the indigenous people in fighting for fair treatment.

Next we had designer Tishna Marlowe's Formal wear and REDdress movement collections.

Marlowe was more than happy to send both collections to be apart of the show but she wanted to be involved more. She proposed a project to Derbyshire – MRU's first red dress. Indigenous students from all over campus were invited to take part in sewing and beading together a red dress and each made a flower to be put on the dress, commemorating the women in their families and those who have been affected by MMIW. That red dress was the final piece to walk down the runway and will be permanently on display at Mount Royal sometime next semester along with a pop-up exhibit of the fashion show.

"What's really beautiful of that is that many students came to me to be apart of it," said Derbyshire.

Marlowe was more than happy to have them be involved, as long as they too made a flower. There will be other opportunities for students, faculty and staff to continue to add to the dress and honour the MMIW and their families.

The fashion show was a huge success, especially for Derbyshire and her students.

"I think that it's so exciting that we can bring both our students intellectual resources, to pull together a program like this and to support it with professional execution," said Derbyshire.

This is a great way for those students to be able to fill their portfolio and get this experience for after they graduate. Many other students came to the show to either photograph it or participate in some way.



Tishna Marlowe used traditional methods to make her collections including fish bones, scales and berries from her community to make the dyes. Photos by Melanie Walsh.



Justin Lewis's Section 35 collection kicked off the show linking pop culture to cultural appropriation especially amongst sports teams. Photo by Melanie Walsh.



The grand finale of the show was Tishna Marlowe's REDdress collection made to commemorate the Missing and Murdered Indigenous Women. Photo by Melanie Walsh.



MRU student Veronica Marlow stunned the runway and as she looked right into the lights and walked for her family wearing a piece from her cousin Tishna's formal collection. Photo by Melanie Walsh.

Raising awareness, spreading love and memorializing

Second Transgender Day of Remembrance ceremony held in Wyckham

Nina Grossman

Layout Editor

A small group of MRU students came together in Wyckham House Nov. 18 to recognize the 17th annual Transgender Day of Remembrance (TDoR) recognized globally Nov. 20.

SAMRU volunteer and Relationship, Sex, Identity planning and Implementation Committee (RISPIC) member Nathan Lawley spoke at MRU's TDoR ceremony.

"Public education, policy change and community efforts are needed more and more to address the complex causes of anti-transgender violence and to help create a world where we are all safe to be our true selves," Lawley said to the audience.

Attendees were invited to join the ceremony hosts in reading off the names of transgender individuals who have been murdered in hate crimes around the world.

"We recognize that this list is, in reality, much longer than the 87 [names] we will be reading out loud today," Lawley said. "During our ceremony we [will]

honour, not only the 87 on this list, but all the people that have been killed due to anti-transgender violence in the past year who may not be named here today."

"These names, and these people, are those who have been lost to [the] bigotry and hatred that transgender and gender-nonconforming communities face every day just for exercising their right to be themselves in the world," Lawley said, adding that 25 per cent of transgender people have faced some type of assault, and that the numbers are even higher for trans women and people of colour.

Transgender activist Gwendolyn Ann Smith started TDoR in 1998 after Rita Hester; a black transgender woman, was murdered in her apartment. Hester's death followed the highly publicized murder of Matthew Shepard, a young gay man murdered in Wyoming.

When Hester's murder received little media attention and public awareness, Smith started TDoR to honour Hester's life and the lives of hundreds, possibly thousands of victims of anti-transgender violence.

TDoR aims to raise "public

awareness of hate crimes against transgender people," express "love and respect for our people in the face of national indifference and hatred," and publicly mourn and honour "the lives of individuals who might otherwise be forgotten."

"[TDoR] is important because it brings awareness to the fact that these are men and women who are being murdered for just being who they are," says SAMRU volunteer and RISPIC member Aalayna Spence.

"It's important for people to realize that these are lives that are being lost... because of ignorance and bigotry and hatred...and it's about time that people start understanding that... we are human, we are all human and we all deserve to be treated with respect."

Spence says it's important to stand in solidarity with transgender people in the United States, where political developments have created a tumultuous social climate for a variety of minority groups.

"These are human beings that are being marginalized and discriminated against," she says. "And it's not just the queer community, it's African-American

people, Muslim people... Hispanic people...I feel that we, as Canadians, should stand in solidarity with our siblings down in America, because they need us most now."

"[It] just makes me want to stand up and speak louder," she adds.

During the ceremony, Lawley's voice wavers slightly as he addresses the group.

"...In the current world climate, anti-transgender

violence is on the rise, and our situation will likely get worse before it gets better," he says. "As we leave the ceremony today, please consider ways we can use the space we have in the world to help those who may fall victim to violence."

To learn more about TDoR, visit tdor.info.

Show your support by your using #TDoR on Twitter or Instagram.



Volunteers and RISPIC members Aalayna Spence and Nathan Lawley speak to a group gathered to recognize the annual TDoR in Wyckham House Nov. 18. Photo by Nina Grossman.

How to handle the holidays

Let me tell you, nothing gets me slightly irritated like stores and houses that set up their Christmas decorations way to early. Like I know it's winter, but there should be no reason to throw up some Christmas lights at the beginning of November and act like this is a totally normal thing to do. Like c'mon, is it really necessary to be that extra? This is like that one person who turns their birthday into a week long event. Let me tell you, there is nobody in the world that is important enough to have their birthday longer than a week. Do you seriously think you're better than Passover? More important than NBA All-Star Weekend? Didn't think so. Nobody should celebrate their birthday for more than a week, let alone celebrate Christmas for a month.

Now that I'm done ranting, let's talk about Christmas. Now that we're at a good point to start celebrating Christmas, let's talk about how to keep a level head during the holiday season. In theory, Christmas isn't something one should be stressing over. In most cases, spending time with family and having no school is pretty cool, right? If only it were that easy. If you're anything like me, giving gifts is one of the most stressful things ever. I'm more of a gift card person myself when it comes to giving because making that big of a decision for someone is stressful. Regardless of what you buy, the best place to buy it is online. Seriously, malls are not worth the effort this time of year. Long lines, crowded parking lots and crying children make malls unbearable. Amazon exists for a reason, so you better use it. Nothing like finishing your Christmas shopping in 30 minutes from the comfort of your own bed.

"I find that the stranger life gets, the more it seems to make sense."

-Ivern, League of Legends

New wifi on Calgary C-Trains

Amy Tucker
News Editor

Getting through your daily commute via Calgary transit just got a whole lot better.

Since Nov. 16 commuters can now connect to free WiFi at 18 C-Train stations through the Northwest and the Northeast lines.

"In keeping with our customer commitment, we want to make life better for our customers every day," said Doug Morgan, Calgary Transit director in a news release. "We are always looking for more ways to better serve Calgarians."

This comes after Calgary Transit launched free Wi-Fi first at City Hall Station back in 2014 which sees 36,000 connecting to the ShawGuest hotspot per month. It then expanded to all downtown locations in March

2016.

Back in 2013, the city of Calgary awarded Shaw Communications Inc. with the contract to provide public Wi-Fi at City-owned locations. The service is used in at least 40 public owned locations in the city and is available to any member of the general public. Having a Shaw account is not a requirement either.

The service is user friendly too. Simply select ShawGuest on the list of Wi-Fi networks. Users can get up to 500MB of data for 30 days, after which the user will need to sign in again.

The new service is set to be expanded to west LRT stations next and are now available at the following stations:

Northeast:

- Bridgeland / Memorial
- Calgary Zoo
- Barlow / Max Bell
- Franklin
- Marlborough
- Rundle
- Whitehorn
- McKnight / Westwinds
- Martindale
- Saddletowne

Northwest

- Sunnyside
- SAIT / ACAD / Jubilee
- Lions Park
- Banff Trail
- University
- Dalhousie
- Crowfoot
- Tuscany

MRU students to get more time off

Stressed out students to receive weeklong reading break in fall 2017

Jennifer Dorozio
Contributor

Mount Royal University (MRU) has made a long-discussed decision this month to give students a full reading week in the fall term of classes in order to support students' mental health.

MRU will allow students a break for a full five days in the fall semester coinciding with the Thanksgiving Monday that already exists as a statutory holiday. The four days off of classes will fall after Thanksgiving Monday in October of 2017.

"The decision to add a fall term reading week reflects our commitment to student success," says MRU president David Docherty in a release. "We feel strongly that the timing of this break will be extremely beneficial to students' mental health and well-being."

The concept for the fall break was birthed from the President's Task Force on Student Mental Health that was created in 2013. It is intended to allow students not only a reprieve from classes but an opportunity to meet with their professors and engage in the support services on campus

earlier on in the semester.

The university could also have been following suit from the University of Lethbridge Calgary Campus who held their first week-long reading break this fall. Additionally, St. Mary's University announced that they too would move towards having a full week off for the fall term next year.

When the information of a fall reading week for MRU was released on Facebook there were a mixed bag of reactions, some positive and others questioning why students would want to get less for what they are paying.

One Facebook commenter, Darren Davies, says "Education, the one paid service where the customer gets excited by a reduction in the service."

Others however, especially MRU students, seem to be elated at the chance to have more reading days. Ashley Beal, a MRU Nursing student, who says in a Facebook comment that the fall reading break, "is simply a smart way to prevent burn out and gives students an opportunity to reassess their time management

strategy for the rest of the term." She maintained that reading break is "not a vacation", but to be used to address the many classes that students juggle, and that, "the nursing program definitely needs this."

Robert Nelson, Vice-President Academic of The Students Association of Mount Royal (SAMRU) hopes that the weeklong break will address concerns like these, "Giving students a chance to prioritize their well-being will undoubtedly improve their chances at academic success."

Nelson, in the release, said that this decision was a long time coming, "initiatives like this show our institution's dedication to putting students' mental health first and addressing needs that have existed for a long time."

Other universities in Calgary have fall reading breaks modeled more closely to what MRU has up until recently done. Ambrose University and the University of Calgary give their students classes off for about two days, coinciding with weekend days.

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Twitter to shut down Vine

Video sharing app bites the dust after four years of viral content

Amber McLinden
Staff Writer

After four short years, Vine is getting shut down. You heard correctly, folks. The looping video app announced on Oct. 27 that the service would be discontinued. While users can still view and download vines, no new updates will be provided and nobody will be able to post content. In the past four years, Vine has created several iconic memes that influenced popular culture in an unchangeable way.

So what happened to the beloved meme incubator that birthed such iconic videos like “Why the f*ck you lyin” and “Peanut butter baby?” To put it simply, it just wasn’t making any money. Twitter, the owner of Vine, is already struggling to fund itself let alone Vine. Advertisers

simply didn’t see the value of selling ads to Vine and therefore the app was unable to keep itself up and running.

Vine stars came to this realization as well. Big Vine names like King Bach, Brittany Furlan, Logan Paul, and others started signing contracts and advertising with platforms like Facebook where they knew they could make money. In fact, top viners realized the app was dying and drew up a contract to try and save it.

Mic Network reported on Oct. 29 that Marcus Johns, one top viner, and a group of 21 others held a meeting with the company explaining that they were driving almost all the app’s traffic and demanded to be compensated. Unfortunately, Vine was not generating the revenue that they thought. So began the end of an era.

“We were driving billions of views - billions - before we left,” Vine star DeStorm Power told Mic. “The word Vine became shorthand for short sketch-comedy videos. We did that. Vine didn’t do that. We changed culture by making videos on this six-second app.”

Vine generated cultural significance for a while, and slowly phased out of relevance. Many careers were actually born on Vine, like popular Canadian singer/songwriter Shawn Mendes. By capitalizing on the fact that no other app had included short video posting at the time, they created a unique purpose. Now, Instagram has the feature as well as Snapchat, and the app has done nothing to stay innovative.

Constantly innovating is part of playing the game, as other platforms have demonstrated.



Video sharing app Vine announces that there will be no new content uploaded from now on. Photo by Melanie Walsh.

While sites like Twitter have not been as profitable as traditional corporations, they manage to stay afloat by constantly moving forward and progressing, but couldn’t do the same for Vine.

That’s definitely not “on fleek”. As most millennials can attest to, Vine has at least established its cultural importance, regardless of your opinion on the internet anomaly that is memes. If you’ve ever been the victim of a “What are those!” or laughed at a 6 second video on Facebook of Drake doing his Hotline Bling dance, you can thank Vine.

So while Vine is ending, people can look to Instagram, Facebook, and Youtube if they want to keep up with their favourite Vine stars. Most Viners have been posting links to alternate forms of social media so that their fans can continue watching past the demise of Vine. Thanks for four years of hilarious jokes and terrible trends (anyone remember Magcon?). You will be missed.

Holiday shopping for sex toys!

Sex toy review: A treat for the holiday season

Hanna Deeves
Sex Columnist

The holiday season is here and you may not know what to get for your significant other, siblings, parents, grandparents, or friends yet. Personally, I highly recommend getting everyone sex toys for the holidays. And Lelo agrees.

Lelo was lovely enough to send me the gift set The Intent to review for you. This set included two vibrators and a bottle of standard personal lubricant. I hope this helps you with all of your obligatory holiday gift giving!

Lelo Siri 2

This waterproof clitoral vibe comes with a USB charger, a satin storage bag, a sample of lube, and instructions.

The Lelo Siri 2 is a great vibe for beginners and experienced

toy users because of its range of intensity, from a dull buzz to intense vibration. There are pulsation settings that are fun too, but personally, I prefer to stick to the vibration settings. The four control and intensity buttons make it very easy to use. The fact that the controls function and intensity setting are separate is a definite plus. The medical grade silicone is very soft, but the toy itself is hard which is great in this kind of vibe.

The one thing that sets this toy aside from others like it is that it has a sound responsive function. Once activated, the vibe will buzz to the beat of a song that is playing or even to the pattern of speech or other sounds that you or your lover might be making. This is a nice novelty, and is quite entertaining, but not entirely practical as it is a little finicky. It might be better for someone who doesn’t just like a continuous vibration.

Lelo Ina 2

This rabbit style vibe comes with a wall charger (it will have a European plug-in because of production location), a satin storage bag, a sample of lube and instructions.

My first thought was: wow. I am legitimately impressed. This is not just a standard rabbit vibe, there is just something about this little device. I’m not sure what it is, but I definitely like this toy.

Armed with the same four button controls as the Siri 2, this vibe has two separate motors for extra variation and control. This vibe is also waterproof.

The medical grade silicone on the exterior is very soft, but the actual toy is quite firm and rigid. Meaning the clitoral rabbit vibe doesn’t have much flexibility. If soft silicone and jelly type toys are more your style, you might not like this

one. Now as with most rabbit vibes, there isn’t much variation on positioning, but once you find the right spot you can just ride it out until sweet sweet orgasm.

This toy does focus on girth more than length, so take that into consideration. I can see how the shape of this toy might be a bit much for some people.

The pulsation settings on this toy are definitely fun. I’m a big fan of dual motor toys that have a staggered pulse function.

All in all, definitely a new favourite! And I highly recommend.

Hope this review helps you pick out something for a loved one, or just to treat yourself!



The Lelo Siri 2 (black and white), Lelo Ina 2 (purple and white), and Lelo Personal Moisturizer (black bottle) come in the holiday gift package: The Intent. Photo by Hanna Deeves.

Christmas treats

Recipes to make your holiday season more festive!

Kourtney Meldrum
Food Columnist

The Christmas season brings me so much joy, and the memories that I have made with my family and friends always makes this a special time of year for me. Even though I hate the snow, there's something about skating around for hours at Olympic Plaza and then coming

home for hot chocolate next to a nice fire as Bing Crosby serenades you in the background.

But would it be Christmas without Christmas cookies? For me it wouldn't. Every year, I gather with my family to decorate sugar cookies (sometimes there is more eating than decorating), and this is the ultimate signal that my favourite holiday is just around the corner.

This year I tried a new sugar

cookie recipe and it was the best one I've used yet. To make the cookies you'll need:

- 1 cup unsalted butter (softened)
- 1 cup granulated white sugar
- 1 teaspoon vanilla extract
- 1/2 teaspoon almond extract
- 1 egg
- 2 teaspoons baking powder
- 3 cups all purpose flour.

To begin, preheat your oven to

350° F. Next, in the bowl of your mixer you can combine the butter and sugar until it is smooth and then add in the extracts and the egg.

In a different bowl combine the baking powder and sugar and then slowly add it into the mixing bowl. The dough should be stiff and not very sticky once everything is mixed together. With this is recipe, you do not need to chill the dough. The recipe says it should make three dozen, but I ended up with a lot more than that.

Now we get to the fun part! Take sections of the dough and on a floured countertop roll out the dough and cut out our seasonal cookies! When rolled out, the cookies should be about 1/4 of an inch thick. These can be placed onto a baking pan and into the oven for 6-8 minutes. Let your cookies cool and become firm before you transfer them off of the baking pan - at this point you should also taste a few just to make sure they're okay.

The best thing about sugar cookies - other than the fact that they're delicious - is that they're so easy to decorate! I usually pick up a few tubes of pre-made icing because they're good for details, but when it comes to the base coats, my go to is always royal icing.

To make royal icing all you'll need is:

- 2 tbsp meringue powder
- 1/4 cup water
- 4 cups powdered sugar
- 1 tsp vanilla extract

In a bowl, mix together the meringue powder and water and then add in the powdered sugar and vanilla until the icing is light and airy. Add more water if the mixture is too thick, and use food colouring in order to colour the icing for beautifully decorated cookies.

Once you're icing is made, let the fun begin and get creative. Call over your friends and family to help you decorate - make a fun festive night out of it. Since baking can be exhausting, and you're really wanting to let loose with your friends and family coming over you might want to try out a new Christmas sangria.

To make this seasonal white wine drink you'll need:

- 3 granny smith apples
- 1 large orange
- 1-1/2 cups fresh cranberries (I used frozen and it worked fine)
- 1 cup fresh raspberries
- 2 bottles dry white wine (I used Bodacious Smooth White)
- 1 cup white cranberry juice
- 1/4 cup sugar
- 16 ounces ginger ale or club soda
- 2-3 sprigs fresh rosemary.

To make this you'll chop up the apples and orange, and add them plus the rest of the fruit into the pitcher or bowl. Next pour in the white cranberry juice, sugar, and wine. Let the mixture sit for about half an hour and then when you're ready to serve it add in the ginger ale and fresh rosemary!

This sangria is very festive, and you can always substitute in your own favourite fruits to personalize it. It's a perfect holiday cocktail that is a great pick-me-up for long hours of gift wrapping and lovely to sip on Christmas day.

So you've got the cookies, you've got the icing, you're sipping on a glass of festive sangria, you're favourite Christmas song is playing, all of your friends and family are around, and the snow is hopefully lightly falling outside your window as you read this. Isn't Christmas the most magical time of the year?



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Sugar cookies are perfect for decorating with friends and family this holiday season! Photo by Kourtney Meldrum.

Happy Hanu-kwanz-mas!

Jennifer Dorozio
Contributor

If December isn't the perfect season to pretend to be a little bit religious, I don't know what is.

There are nativity scenes speckled about the city, vaguely baby-Jesus-centered lyrics fuzzing through your car radio, and religious services woven into some of your favourite Christmas movies.

You may even toss around the idea of attending a candlelit Christmas Eve reading of the nativity story or heck if you want to get even crazier consider participating in advent.

If you think of yourself as a bit of an innocent-undercover-religious-faker and are more than a little curious as to the history behind some of the celebrations of religion that go on in December the list below is here to help:

Christmas Day, Dec. 25

For me, growing up in a Christian family, Christmas day always began with a big family breakfast and a reading from the Bible in Matthew chapter two. It wasn't until recently that I realized the story of the birth of Jesus is actually kind of epic in nature. According to the Bible, God saw that the world needed a saviour, so he sent his son down to earth in the form of a baby. Yes, the story does involve a young teenage girl getting pregnant sans sex, but that's not even the most interesting part. Due to the holiday rush, every room had been booked in town so baby Jesus ended up being born in a stable. This didn't stop people from finding him the night of his birth. All manner of important guests closed in on that stable, they were following a star that had been placed in the sky to guide them to the birthplace. The list of attendees included but was not limited to wise men, shepherds and an

angel of the Lord. It is contested whether Jesus was actually born on Christmas day, let alone in December. Still, the birth of Jesus Christ is celebrated by those who believe in the Bible as a holy day to give to others and reflect on when the world received the "greatest gift of all;" Little baby Jesus.

Kwanzaa, Dec. 26-Jan. 1

Although technically Kwanzaa is categorized as a cultural holiday and not a religious one so as to be more inclusive, it still makes this list as a large focus of it is spending time in reverence for the creator, according to the officialkwanzaawebsite.org. That same website states that the name 'Kwanzaa' is derived from the original Swahili phrase 'matunda ya kwana' which translates to 'first fruits'. At the time of Kwanzaa many things are celebrated but the main goal is to, "reaffirm and restore our rootedness in African culture."

Hanukkah, Dec. 12-20

Hanukkah, "remembers the rededication of the second Jewish Temple in Jerusalem," after a time when it was defiled by a former ruler, according to whychristmas.com. This fits in with the meaning of the word Hanukkah that is 'dedication'. Every night during the eight days of Hanukkah, "a candle is lit in a special menorah (candelabra) called a 'hanukkiyah.'" Along with the lighting of these candles special prayers are said thanking God. Similar to a Christmas tree, the menorah is often placed in front of windows in the hope that those walking by see the candles and think the story of Hanukkah. Even better than Christmas, gifts are exchanged throughout the week as giving and receiving are encouraged.

Up in the air

A long and difficult flight for one young man trying to find his passion.

Paul McAleer
Contributor

Up in the air, there are rarely quiet moments. Air traffickers spew information through your headset while you try to concentrate on the endless mental checklist of steps and regulations to follow. Focus is key, and if flying were easy, we would have done it a long time ago. There's no relaxation -at least not yet- for Will Smit when he is soaring alongside birds and drones alike, scrambling around his mind and searching for the lessons he learned in class. Mentally, quiet moments are scarce, but when he is flying in unregulated airspace, sometimes he rockets past the thick cloud of noise and finds silence. Time where it is just him, alone with his own thoughts. Those are the moments that Smit loves the most when he is flying.

Smit is currently enrolled in the Aviation program at Mount Royal University, finishing up his first year with around 150 hours of flight time under his belt. With a year left of school, Smit's heart is racing with the chance of being a commercial pilot, but lifting off proved to be a challenge for him. The road curved and winded, offering no straight and easy path for the young pilot to soar away into his future. His determination, however, carried him where others would have stumbled.

"Will's best qualities are wanting to finish the things that he starts," says Mitch Barnes, a childhood friend of Smit's. "So if he's given a task or has assigned himself a task, he'll push through it even though it's a shitty thing, but he's focused on the end goals so he tries to get it done."

Barnes and Smit have been friends since they were eight years old, but it wasn't until high school where they truly connected. Although Barnes isn't surprised that Smit is becoming a pilot, he jokes that the idea of his childhood friend chauffeuring him around in the sky is terrifying. Smit laughs in response, saying that the fear stems from Barnes "Knowing him too well," but there is both eagerness and excitement in his voice. It's clear that Smit can't wait for the moment he can show off his piloting skills to



Smit loves to fly in uncontrolled airspace by himself. He says if you have a decent headset, it can be extraordinarily quiet despite the roaring engines in the air. Photo courtesy of Will Smit.

erase the fear from his friend's mind.

Even though his father was a pilot, following in his footsteps was never part of Smit's plan. When he graduated high school, he didn't know what he wanted to do with the rest of his life; after all, he was only eighteen, but he had to make a choice because he didn't want to sit around and do nothing. So, to make his parents happy and perhaps for himself, he enrolled in the communications program at the University of Calgary.

He regrets the decision, saying that he wish he took more time after high school to discover his interests and passions. Sitting in a lecture hall with no interest in what he was being taught, Smit couldn't survive in that environment. He stopped showing up for classes, but he still went to school or left the house to keep the illusion alive to his parents. He taught himself the course material online, opting to spend the majority of his time partying with his friends.

"I would not hesitate to go out on like a Monday night because I didn't care if I missed class in the morning," says Smit. "Honestly, I would just look at the slides and it would be gravy."

That gravy wasn't the homemade good stuff, but

rather the store-bought, hard to digest mush. He was barely "scraping by" academically, but he was having a pretty good time otherwise. He didn't feel motivated to do well and the odd time he went to class, his suspicions were reaffirmed: there must be something else that he was more interested in.

He started checking off the boxes, ultimately deciding to go for a discovery flight. True to its name, a discovery flight helps a budding individual decide if the profession is right for them. With an instructor flying him up, the experience removed some of the haze surrounding Smit's career path, but not all of it. The instructor letting him "mess around" with some of the aircraft controls was fun, but not enough. Smit yearned to be in full control of the plane.

"I think when I decided I actually wanted to do [flying] as far as a career and everything, is when I did my first solo. So I went flying, like by myself, without an instructor there and it was an absolute blast," says Smit.

When he decided to switch programs from communications to aviation, Smit thought it would be an easy transition. After all, his high school grades were impeccable, allowing him to go into nearly any program he desired when he



The Jewish dreidel is played with during Hanukkah, candles are lit during Kwanzaa symbolizing the seven principles and trees are decorated for Christmas. Dreidel by Mike Wirth, candles by Stanislav Levin and tree by Yeoul Kwon from noun project.

first graduated. But since he had been in university for a couple semesters, Smit's prior academic achievement was nullified and he had to apply to Mount Royal using his current, less studious grades, which flew well below the minimum bar for admission.

Instead of circling back and spending valuable years of his youth upgrading, Smit set up a meeting with Leon Cygman, the Aviation program's chair.

"I pretty much just sat down, I said: "Look, I have done well in other academic settings before as far as marks and everything," says Smit. "I'm not a stupid guy. Just maybe one who doesn't perform so well without any motivation."

Pleading his case worked in his favour, as Cygman accepted Smit into the program after their meeting. The two saw "eye to eye," and they still maintain a good relationship today.

Mount Royal's Aviation program offers a unique opportunity for graduates of the program: the opportunity of getting a great job right out the gate. Major airlines require pilots to have 3,000 hours of flight hours, while intermediate airlines require 1,500. Although Mount Royal students only graduate with over 200 hours, an intermediate airline like Jazz

can hire prestigious students as soon as they are finished with school.

Although Smit's father was worried when his son told him he wanted to be a pilot, Mount Royal's program and its benefits changed his mind. In his time, Mike Smit was fortunate to make a career out of the profession and didn't have the same opportunity Will had. Once he realized how passionate Will was about flying, Mike switched his stance and became onboard with Will's decision to become a pilot.

Smit says that growing up with his dad was "interesting" because one week he would be home and the next he would be gone. During the week his dad was home, they would work on projects together, things like building a treehouse, devoting their efforts with a heavy concentration rarely achievable with a normal work schedule. But during the week his dad was gone, Smit had no one to turn to when he had questions only a father could answer, like how to ask out a girl. He gained on some things and lost out on others.

Smit isn't considering how the pilot lifestyle will affect his own family life. He is ready to hop into a career flying around

the world.

"I am almost done my first year and then I just have one

more," says Smit. "I'll be all done, and then after that I'll be going on, getting a job, and

then actually being a pilot so that I can start telling girls that because I don't yet."

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Market Collective puts local spin on holiday shopping

Co-founder Angel Guerra encourages shoppers to support the local economy this season

Amber McLinden

Staff Writer

Market Collective is bringing the holiday cheer to their independent markets this year, showcasing local vendors and arts and culture in Calgary with four holiday markets.

This is the ninth consecutive year they are running markets during the holidays, encouraging people to buy local and support the Calgary arts and culture scene. This year they're offering 200 artists and designers, 70 of which are new to the markets, 58 food vendors, an interactive Choir Collective and cocktails from Sugar Water Cocktail Bar.

Angel Guerra, Market Collective co-founder, says that the holiday season is the best time to run the markets.

"I just think it's such a good time to do it because people are out purchasing different gifts for people anyways so if you can

support the creative class in your city and help the local economy, all the better," says Guerra.

Market Collective was founded in 2008 by Guerra and Angel Dione to promote local arts and culture and engage the community in the local economy. Market Collective hosts independent markets at the Chinese Cultural Centre in Eau Claire.

"I really like the community aspect of it and it just gives people a space to gather and support all those people," Guerra says.

This holiday, Market Collective is also giving space for other local organizations that are giving back to the community. TreeEra, for example, is an initiative started by Michael Bernard Fitzgerald that aims to plant trees to offset your carbon footprint. MakeItMerry is another



Calgarians shop the work of local artisans. Photo by Amber McLinden.

project that is seeking to provide and deliver holiday cards to the homeless.

"Market Collective has grown

so much over the years and we have such a big community," Guerra explains. "We feel like it's important to use that voice

that we have to support other initiatives that are starting up in the city and to donate spaces to them and to kind of give them a footing because that's what helps other things thrive. Things like Market Collective really thrive when all the other organizations in the city are thriving as well."

Guerra says that there is something at the market for everyone, especially over the holidays.

"I'd encourage [people] to come out this holiday because it's a great place to do shopping for the holiday season, it's a great place to get unique gifts, and even for those that don't really enjoy the shopping, you can just come and experience some of the local arts and culture that Calgary has to offer."

The holiday markets will be running Nov. 25-27, Dec. 2-4, Dec. 9-11, and Dec. 16-18 at the Chinese Cultural Centre in Eau Claire. Check out the vendors for each market on their website at www.marketcollective.ca.



Calgarians shop the work of local artisans. Photo by Amber McLinden.

Hanukkah:

Begins Dec. 24 and ends Jan. 1. The Jewish holiday celebrates the rededication of the Holy Temple in Jerusalem.

Christmas:

Dec. 25 is the annual Christian festival celebrating Christ's birth. Also the commercialization of Santa Claus and gift giving.

Kwanzaa:

Observed until Jan. 1, Kwanzaa is a week-long African heritage tradition culminating with a feast and gift giving.

Winter Solstice:

Dec. 21 marks the shortest day of the year and also a non-denominational or sometimes pagan holiday.

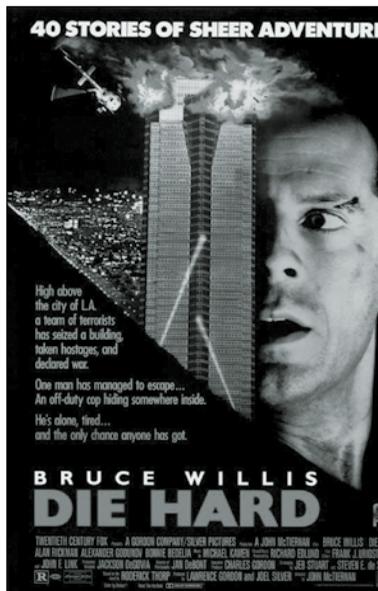
OUT'N ABOUT

Snow business

What better way to drown out annoying relatives than with some great Christmas movies?

Colin Macgillivray
Staff Writer

Ho-ho-holy heck! It's almost Christmas! You know what that means boys and girls, the time of year where every television channel is flooded with countless terrible Christmas movies about friendship powering Santa's sleigh. We've all seen *Home Alone*. We've all seen *Elf*. You don't want to watch those any more! What you do want to do is sit back, make yourself a nice glass of piping hot cocoa, grab your favourite fuzzy Christmas socks, and check out three of the all time greatest Christmas movies according to a Christmas expert.



Die Hard

The definitive Christmas movie in my household, *Die Hard* is the perfect blend of super cheesy but awe inspiring one liners, super wild explosions and guns and obviously the coolest villain to ever grace a film screen in history. If you are someone who has never seen *Die Hard*, you should be ashamed, as it truly is a good old story of good beating evil. Bruce Willis, who portrays the charismatic, off-duty, cowboy policeman, John McClane, is on his way to Los Angeles to visit his estranged wife and daughters with presents in tow, similar to our old friend jolly old Saint Nick. McClane sure is in a giving mood this

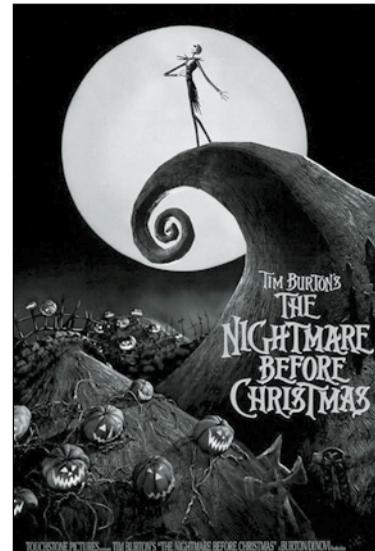
Christmas, but the suave and stylish Hans Gruber, played absolutely spectacularly by the late, great Alan Rickman, is unfortunately in a taking mood this Christmas. Gruber's plan to steal over \$600 million from the business that McClane's wife just happens to work for sets the scene, as John McClane must not only rescue his wife from the clutches of the devilishly handsome terrorist, but must also rescue hostages, stop the heist and in the end, save Christmas. Die Hard is an incredibly pre-

dictable

film with basically no cerebral moments involved, but the acting from both Willis and Rickman is absolutely fantastic. The action and banter between the characters is legendary and it is by far one of the most fun and original Christmas movies out there. If your family is missing a Christmas miracle this year, put on *Die Hard*, and you can

all reminisce on the days where Bruce Willis still had hair, which truly is the biggest Christmas miracle of them all.

for the fifteenth time. Ever felt like switching things up? If that's the case, you sure do have a lot in common with the quirky protagonist from Tim Burton's imaginative animation film *The Nightmare Before Christmas*. Jack Skellington has also grown bored of the same



routine of Halloween that the residents of Halloweentown share, and wants something new. Upon stumbling upon a spooky door that leads him through a portal into the cleverly named Christmas-town, Jack Skellington soon finds himself enthralled in the Christmas spirit. Just like *Die Hard*, Jack Skellington's adventure is a true Christmas

classic, due to its incredibly inventive characters, incredible visual effects, and its ability to transport us into a imaginative new world.

The sense of wonder and awe that is captured by *The*

Nightmare Before Christmas is very similar to the childlike wonder many of us feel throughout the Christmas season. If you haven't seen *The Nightmare Before Christmas*, do yourself a favour and watch an extraordinary holiday movie about spooky skeletons and ghastly ghouls.

The Nightmare Before Christmas

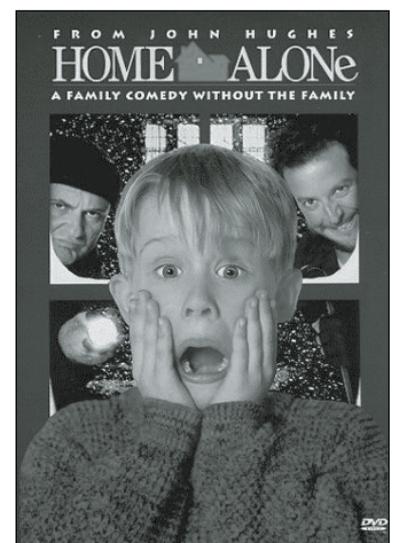
Have you ever felt weary or sick of having the exact same routine every Christmas? The same food, the same decorations, the same obnoxious relative who insists you watch *Home Alone*

THIS HOLIDAY, DISCOVER YOUR INNER ELF



Home Alone, Elf and other classic Christmas movies

Okay, so maybe I lied. Sometimes you do want to watch these, even though you've probably seen them at least thirty times like I have. Watching a young Macaulay Culkin plant dubious traps in *Home Alone* or Will Ferrell guzzling down bottles of maple syrup in *Elf* brings back countless memories of when I was just a young lad. Isn't that what Christmas is all about? Coming together with friends and family and spending time together, reminiscing over the past year and looking forward to things to come? Classics like *Home Alone* and *Elf* might have lost some of their original charm for me personally, but the memories that I have made sitting around with people watching these movies are unforgettable. In the end, Christmas movies are about capturing that magical feeling we are all longing for, and some of these movies might help make your Christmas just a little bit more magical.



Gay for the holidays

“Wrong Kind of Girls” brings queer feminist ukulele comedy to Calgary for the holiday season

Amber McLinden

Staff Writer

The holiday season often isn't the easiest time to be around family, especially if you identify as a part of the LGBTQ+ community, and the Wrong Kind of Girls understand this.

“There's some holiday space for [people] to not feel like there's only one way to enjoy that time of year.” Shirley Payne, a member of the group, explains.

The Wrong Kind of Girls are a self-described queer feminist ukulele comedy group consisting of Easy Annie, Shirley Payne, and Anne of Green Gaybles, who have played events in the past like Calgary Pride and Femme Wave. The trio writes original songs but also does parodies of existing songs. Their holiday show will include more parodies, like a feminist spin on “Baby, It's Cold Outside”.

“Holidays can be I think a really hard time for queer people in particular because of not having really great connections with our families sometimes, and so I think it's really nice all of our concerts are really community events where you can kind of come and see people you are acquainted with or meet new people, find some connection with others who maybe share some things in common.” Easy Annie adds.

That's why they think it's important to create an event that everyone can come and enjoy.

“Lots of people are looking for entertainment in December, but if you don't want to hear organs and church music there's

not always space for you to find something else.” Easy Annie explains. “So this is just trying to make some space for us as queer feminist people who want to feel included in that.”

Shirley Payne explains that many people have ambivalent relationships to the holiday season in general, resulting from traditions that weren't necessarily taken on by choice. “We wanted to have a space where people could come and feel okay in that ambivalence and be in a space that's a little bit ambivalent in a really fun, hilarious, queer and feminist way.”

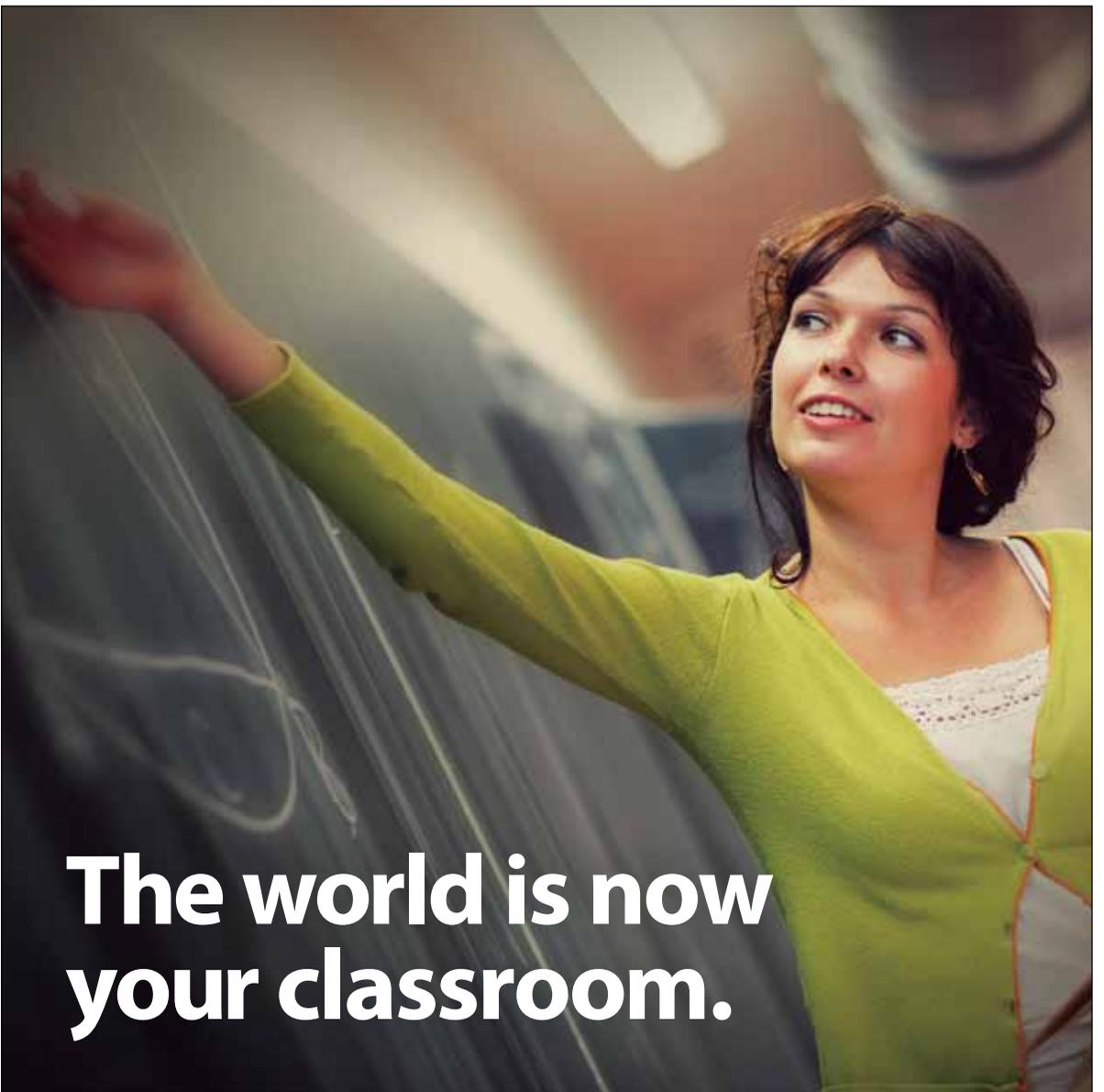
The trio has a whole slew of new music for attendees, with various parodies and new tunes related to the holiday season.

“Some of those songs that we use existing tunes to, people have a certain expectation of what the song is going to be about and us singing three part harmony and talking about something completely different than that is really fun for us to play with.” Pam of Green Gaybles says.

The group is also going to be collecting donations of menstrual products for the Women's Centre of Calgary, so they encourage everybody to bring donations of pads and tampons. The group recommends a PG-13 rating due to adult content. You can buy tickets online on their Facebook page now.



Wrong kind of girls Shirley Payne, Easy Annie, and Anne of Green Gaybles. Photo by Laura Henderson.



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All I want for Christmas is queer, ukulele comedy. Photo by Laura Henderson.

Noise 101

Someone died crowd surfing (probably)

Nathan Kunz

Contributor

On the 88th day of their 'Sorta Kinda World Tour,' PUP's opening song "If This Tour Doesn't Kill You, I Will" held a certain amount of reasonability in its performance.

The Toronto melodic punks packed Commonwealth Bar and Stage on Thursday night for an evening of high energy mayhem to the sound of blaringly urgent guitar riffs and scream-your-heart-out choruses. Through a bombardment of beer cans and lost footwear, the four-piece blasted their signature sound of melded pop-punk and hardcore elements for over an hour, splicing their set with picks from both their self-titled debut as well as their most recent LP, *The Dream is Over*.

In performances of tracks such as "Mabu" and "Sleep in the Heat," PUP showcased their ability to draw the crowd in with a building melody, only to throw them into chaos as they crash into a wall of sound. Songs like "DVP" and "Guilt Trip" opt to skip the build and punch into frenzy immediately. The result

of the high sonic energy caused numerous fans to submit to their stage-crashing desire in order to crowd surf, an action that resulted in mixed success ratings.

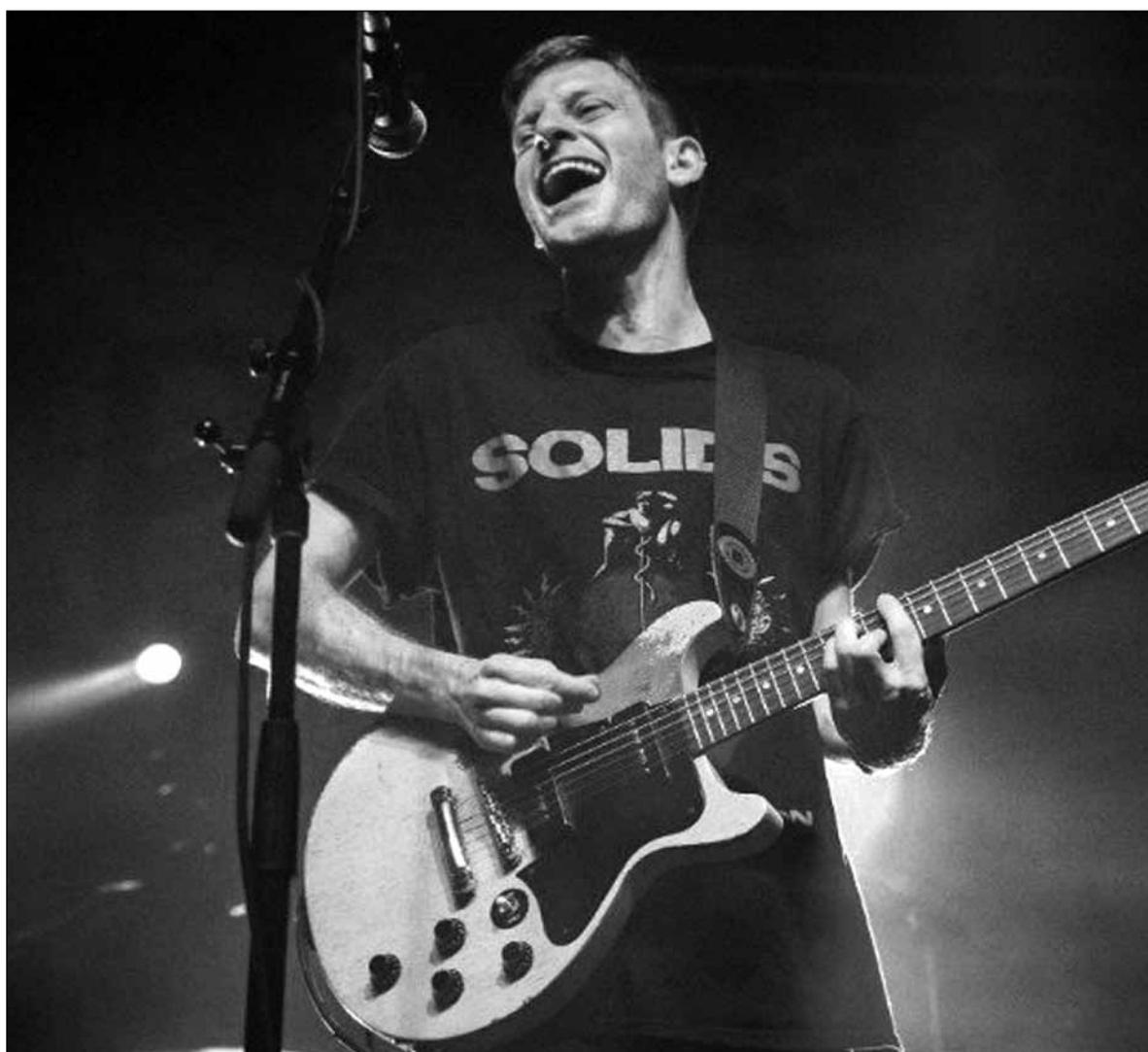
Fighting through crowd induced technical difficulties in the form of a constantly swaying microphone stand and mysteriously unplugged monitor, lead singer Stefan Babcock remained positive and professional, thrashing onstage before deciding to join the crowd for the a brief moment during the last song of the set, "Reservoir." Bassist Nestor Chumak and drummer Zack Sladkowski acted as a fail-safe throughout the night, punching through the low-end as a solid rhythm section, while joining Babcock and guitarist Steve Sladowski for gang vocal attacks periodically. Acting as a unit, the four were an unstoppable force, pounding out song after song, rarely pausing in between in order to ensure a continuation of the communal energy.

As the evening drew closer to an end, Babcock took a moment to thank the crowd, praising them for their contribution to the experience of the show while

also flaring a bit of national pride, declaring his admiration of Canada. Sladkowski followed the statement by earnestly asking the crowd to keep it that way by remaining respectful to one another. Though it could have easily fallen into pandering, the pleadings genuine tone tied the evening together nicely, as the tightly packed crowd cheered on the words of encouragement with a homecoming style applause.

Returning to the stage after their set, PUP denounced the now ritualistic 'encore' tradition, then admitted to being "part of the problem" as they blasted into a cover of Weezer's "El Scrocho". The tribute led to a sweaty 'end of the evening sing-along', satisfying the stragglers, who then proceeded to file out of the venue, exhausted from the energetic showing.

After nearly three months on the road, PUP refused to mail it in, offering the packed Commonwealth crowd a showcase of genuine, high energy punk rock that won't soon be forgotten.



PUP: not a dog, but a punk rock band! Photo by Rick Clifford via Exclaimc.

Starboy
The Weeknd
Xo/Republic
Score: C+



As soon as I heard the singles off this album, I was hyped. Sure, the Weeknd had adopted a new, pop-friendly sound, but new Weeknd is still good Weeknd. Or so I thought. Outside of the singles, the majority of the album sounds pretty generic and plain. Lyrics have never been a strong point for Abel, and it shows on this project. There are no memorable lines on anything, making the entire project that much worse. Sidewalks and Party Monster are the highlights of the album, while other

tracks like Rockin sound like something they would play too loud inside of an Abercrombie & Fitch. Overall, The Weeknd tried too hard to change his sound on this album to match the mainstream rather than his hardcore fans. This album is really forgettable and probably won't stay in my rotation for much longer.

-Bigoa Machar

Jeff Rosenstock
American Football
Polydor
Score: B+



punk schema.

On WORRY., Rosenstock adopts a sort of nouveau-frat approach to dissecting societal issues: each song features his frantic-yet-crystal-clear vocals (sometimes shouted, often off-key) that manages to come off as both exultant and anxiety-laden simultaneously.

From the opener "We Begged 2 Explode," through the story of "Pietro, 60 Years Old," the protest of "HELLLLHOOOLLE," and the ultimate end of "Perfect Sound Whatever," WORRY. is undoubtedly one of the most relevant albums this year and the anthem by which we can watch the end of the world.

-Alec Warkentin

Pacific Myth
Protest the Hero
Independent and
Razor & Tie
Score: A



Much like Volition before it, Protest the Hero's Pacific Myth is a softer take on the bands hard-hitting metal sound. Where Volition was a revolution that made us wanting more, Pacific Myth refines the "softer" tones the band has been searching for, while still delivering a great metal album. Even though the band doesn't seek to reinvent the wheel, it's still an incredible ride — take a listen to the ultra-technical "Cold Water" or the melodic piano tones of "Harbinger" to see how the band

is still pushing the barrier. While not necessarily a "new release," as Pacific Myth was released serially over several months, a remixed and remastered physical release hit store shelves on Nov. 18. Pacific Myth is exactly what you'd expect from a Toronto-area progressive band, even though it's EP designation makes it a little short.

-Brett Luft

sports

Cougar's Corner

Mount Royal's mid-season report card

Sports Editor
Brendan Stasiewicz
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Brendan Stasiewicz
Sports Editor

December is finally here and that can only mean one thing. That's right, it's time for the Mount Royal Cougars mid-season rankings!

With six of the team's seasons well underway, it's a good time to look back and revisit the first half to see which teams lived up to expectations and which are going to have their work cut out for them in the second half.

Being in my fourth year I'm very happy to have had the privilege to follow along with all of Mount Royal's CIS level sports teams. If you haven't had the chance to get out and represent your school, I highly recommend you take advantage of the opportunities in January and February.

Let's get started

Men's hockey:

Let's discuss the pinnacle of the Mount Royal sporting universe. Year in and year out the men's hockey team seems to give the school their best shot at a national title. Thanks in large part to head coach Bert Gilling, the team has a "must-win" aura around them.

The first half of the men's season reminded me a lot of Kanye West's latest album, "The Life of Pablo". Everyone expected huge things, but for various reasons the result was "just good" rather than G.O.A.T. worthy. For Kanye this may have been because he's a little bit off his rocker. For the Cougars it's because they've struggled to even be able to dress a full lineup due to injuries.

A testament to their will to win, with key players like Matthew Brown and Tanner Olstad (just to name a few) missing important games, the fact that the team has jumped out to a 9-5 record is exceptional.

Ex-Calgary Hitmen standout Connor Rankin has filled the shoes of Tyler Fiddler, leading the team with 16 points while Colin Cooper has stolen more than a few games in net.

While the men are just 5-5 in their last 10, expect them to have a lightning second half of the season and again be competitive in the Canada West playoffs.

Grade: A

Women's hockey:

October is just not the women's month. Last season they opened with four straight losses, this season they opened with five.

The women are an anomaly. Although they're 4-10, they've never truly been out of a hockey game. They've yet to give up more than four goals in a game, a testament to their tenacious defensive play but, like a mirror image of last season, finding the net has been their biggest issue. In 14 games they've scored 21 goals... Yikes. It's hard to win games when your goaltenders, Emma Pincott and Zoe DeBeauville, who've both played exceptional this season, know that giving up even a single goal could prove costly.

The defencemen have played their hearts out. You have to give it up for Shawni Rodeback, Devonie Deschamps, Maggie Shykula-Ross and Channia Alexander, just to name a few. They've been throwing their bodies in front of pucks all season and, along with the goaltenders, have kept the Cougars in hockey games.

Last season at the midpoint the Cougars were 7-7, leading many to ask the question of whether or not it was the best Cougars' women's team ever. They finished the last half 3-9.

If we take out their 0-5 start to the season, the women have gone 4-5. They're playing much better and always find a way to play up to their competition, like last weekend, when they came close to taking down UBC, the top team in the nation.

The women have heart. You can tell that teammates truly care about one another and they always stick up for each other on the ice. They have the right tools, they just gotta find a way to score.

Grade: B-

Men's Volleyball:

These guys are fucking good. Flat out. In their last five games they've dropped just one set. That's not a typo, it's just plain ridiculous.

One of their two losses on the



Captains from the Mount Royal sports teams, (left to right) Matthew Brown, Devonie Deschamps, Josh Kirkham, Amy Gordon, Derek Wolf and Michelle Tiffany. Photos by Adrian Sheldard .

season came to the 7-1 Manitoba Bisons, with the other coming when the winless Thompson River Wolfpack came to Kenyon Court and upset the Cougar's in their only poorly played match of the season.

Leading the Cougars this season has been Tyler Schmidt and Riley Friesen. This duo has been the Cougars' wrecking crew all season. Let's just say these two are a better defensive wall than anything Donald Trump could build.

Their numbers would be higher if not for the lack of sets the Cougars have actually had to play this season.

Matt Saly has also come into his own in his second year with the Cougars. An occasional player last season, Saly has stepped up his game in his sophomore season and has been a dependable player on the court all season long.

Coming off a 13-11 season last year, the team is much improved and should be in store for an exciting last half to the season.

Grade: A+

Women's Volleyball:

In terms of heart and comradery, few teams come close to matching the women's volleyball squad.

Last season they went 11-13, a drastic improvement from the year before, and they look to be

on the right track to improve this season.

Unlike the men, the women have had many hard fought battles with four of their contests going to five sets.

After starting out 4-2, the women dropped a pair of games to the crosstown rival U of C Dinos last weekend, but are still in decent position in the Canada West standings.

Setter Amy Gordon looks to be a great leader on the court and Taylor Pelland is one of Mount Royal's most clutch athletes. In the fifth set against UBC Okanagan a few weekends ago, Pelland accounted for near a third of the Cougars' points on their way to a victory.

The women play their final two games of the fall portion of the season this weekend against the 7-1 team from Trinity Western. If the women can take one out of these two games they'll have some great momentum going into the last half of the season.

Grade: A-

Mens Basketball:

What do ya know, things aren't all doom and gloom for Mount Royal basketball anymore.

Solidifying themselves in the CIS last year with a .500 record, the Cougars have stormed out to a 4-2 start, with all four of their wins being blowouts. They've also scored 90 or more points in

each of those four wins with Josh Ross leading the way with an average of 19 points per game.

Guard Derek Wolf has also done his part, knocking down 31 per cent of his three points attempts this season. Brett Layton has contributed close to the basket making 53 per cent of his field goals, accounting for an average of 16 points per game.

It's hard to know for sure just six games in, but so far so good for men's basketball.

Grade: A

Women's Basketball:

This is going to sound weird for those who haven't followed along with the women's basketball team for the past few years. We can applaud the 2-4 start. The team didn't get their second win last season until February 12.

Becky Nash is leading the team averaging just over 13 points a game and the trio of Angela Driscoll, Drew Knox and Michelle Tiffany have done an excellent job filling in the guard positions.

Again, it's hard to get a true feel after just six games but this team has put themselves in a position to be one of, if not the, best CIS women's basketball team the school has seen.

Grade: B+

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Reflector rumbles

Mike Tyson meets YYC Cycle

Kourtney Meldrum & Brendan Stasiewicz

Staff Writer and Sports Editor

“We’re revolutionizing the fitness experience in Calgary.”

Or so says the Rumble Boxing’s website, Calgary’s newest club inspired boxing studio.

But are they really? What do they do to deserve that five star rating on Facebook? With all the hype we decided to put the 17th Ave studio to the test. It’s safe to say they didn’t disappoint.

You start out in a dark room with coloured lights, the music is blaring, surrounded by sweaty bodies, but no, this isn’t just another night on the town.

Walking into Rumble we felt intimidated by its ridiculously cool looking appearance matched with our lack of boxing experience, but the staff were willing to help and answer every question. As we wrapped our wrists, boxing gloves sitting beside us and the music blasting through from the class going on before, we felt seriously excited to hit some heavy bags and get a

killer workout in.

Walking into the group class area is something else - a room with 36 heavy bags, dim and color changing lighting, and pop music playing. We put on our boxing gloves and look in the mirror feeling like a total badass.

Our motivator, Amanda goes through the moves to be incorporating into the combos during the class. The warm-up begins and we’re feeling pretty good. Definitely starting to sweat but it’s manageable.

Starting out the class you feel a little bit like Rocky Balboa, ducking left and right, making swipes at the heavy bag. In reality it’s probably a good thing that the bag doesn’t hit back.

Having a motivator that makes you want to work hard is one of the most important parts of any group class. If Amanda is a testament to the staff at Rumble then they can expect a lot of sweat to be dripping onto the floor of their brand new studio. You just don’t want to let her down.

All of a sudden the music

changes tempo, Amanda becomes your biggest enemy. “Jab, jab, jab jab”, she says along to the beat of the music. “Cross, cross, cross, cross.” Alright. This was more than we expected.

Honestly at this point none of your punches look like anything she taught you at the start of class, and they’re definitely not matching the tempo of the music anymore. And we were just getting started.

Amanda constantly dropped us into a squat position too, sometimes holding it and sometimes going into a quick jump squat. In fact when I write the word ‘jump squat’ I think I can still feel my hamstrings tighten up just a little bit.

You end up just telling yourself that the pain is almost over, drenched in sweat, small tears possibly falling from your eyes but you know it will all be worth it. Finally Amanda relieves you of your pain, and in your head you thank her- she’s your best friend again.

Until the next exercise proves to be even harder than the last.



Don’t worry about buying your own gloves, you can choose the option to rent gloves at Rumble when you book classes on their easy to use website. Photo by Kourtney Meldrum.

Half an hour into the workout Amanda is hardly even worrying about your elbows dropping a little bit, encouraging everybody to push as hard as they can. “We don’t quit here” she says as you throw punches until your arms literally feel like they might fall off.

After about forty-five minutes of this we realized we were in the home stretch, the final song comes on. Since pacing yourself no longer applied, you can see everyone in the class giving all they could to burn those few extra calories, and work those arm and leg muscles just a little

bit more. And then... Finished. The pain for the day was over.

Was it hard? Yes. Rumble lived up to their guarantee of giving a good sweat. But as much as we say we hated every minute of the class- that’s probably a good sign that it was an A+ class. As much as the cardio hurt, it was fun getting to systematically hit a bag as hard as you could for close to an hour.

One question came to our mind as we walked out of the studio into the cold Calgary air: “When should we book another class?”

Your holiday turn-up guide

Beer Pong, the college phenomenon

Alec Warkentin & Paul McAleer

Staff Writers

It’s a late Thursday night, the semester just ended. You’re at home with friends, having some drinks, but you’re bored. Pounding back beers just ain’t the same as it used to be. You go through a mid-college-life crisis. Maybe it’s time to quit this lifestyle, get a real job, maybe start a family. You’re getting too old for this. Your friend proposes an idea: let’s get the beer pong table out. Suddenly you’re revitalized. That’s just what beer pong does. “I think I’ve got some red solo cups up in that cupboard, and some ping pong balls somewhere around here.” Everybody gets energetic, a flurry of movement as the partygoers hustle, excited to get the game setup.

The night is saved... or so it seems, until it finally comes time to play the game.

“Alright, everybody know the rules?” asks one beer-pongee. A bunch of noncommittal yet positive replies answer back, followed by one or two negatives. “Okay, well can someone explain them? Just so we’re on the same page?” And that’s where all hell breaks loose.

The “icing” rule, “elbow” rule, “island” rule, “explosion,” all the things people have picked up in their pong travels have everybody either arguing or attempting to learn these new rules half-drunk. Shouldn’t we just be playing for the love of the game anyway? So to make it easy, here is the one and only guide on how to get the most of your beer pong experience:

The Rules

Talking about the rules of beer pong is like hearing Donald Trump changing his stance every two minutes: it’s annoying, sometimes confusing and always going to be protested by old school players. While new rules seem to be created by the second, there are some pong rules that never change in our opinion.

Quick games are generally played with six cups, but it is possible to play with ten cups and beyond. Unless you dedicate your life to throwing ping pong balls in cups from a short distance, you and your team should not hold up the que by playing with more than six cups.

The game is played with two balls, and first shot is determined by whichever player sinks the ball while looking into their opponent’s eyes.

Don’t lean, shoot from the end of the table.

If you shoot and miss but the ball rolls back to your side, you are allowed to do a trick shot if you obtain possession of the ball. When one team sinks both of their shots, they get the “balls back” and get to shoot again once their opponents remove the already sunken cups. When one team sinks both of their shots in the same cup, it’s called an “explosion” and every cup touching the double-hit cup is removed from the game.

Once one team effectively sinks their opponents last cup, the losing team gets a chance at “redemption.” If the winning team only sunk their opponents last cup once, the losing team has to make one of their two shots to bring the other team’s cup back.

Here’s a few of our favourite bonus rules:

“Island shots” are when one cup is separated from the rest. Before shooting, a player can declare “island” and if they sink the separated cup, you can choose another cup to go along with it. You can do this once per game. If a player sinks two cups in a row, he or she can say they are “heating up,” and if they land a third consecutive shot, they can continue shooting until they miss.

It’s important to know that these rules are interpreted differently in every house, so it’s always better to discuss some of the more controversial rules before the game starts.

Note from the editor: While many consider alcohol to be part of the college experience, please drink responsibly. There is no excuse for drinking and driving.

#S

1199 rushing yards by Ezekiel Elliot this season.

29 points by Connor McDavid, good for the league lead.

16 months since Tiger Woods’ last competitive tournament.

3 teams have won the Grey Cup with a record under .500, including Ottawa.

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