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IN D.C. & YYC: WOMEN'S MARCH ON WASHINGTON (PG.2-3)



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INDIGENIZING MRU



MRU'S NEW TEEPEE RECIEVES
BLACKFOOT BLESSING (PG.3)

MRU prof descends on D.C. for Women's March on Washington

Love not Hate, Make America Great

Anna Junker

Contributor

Renae Watchman, a professor of Indigenous, english and film Studies at Mount Royal University, made sure she absentee voted in the recent American presidential election. As Watchman, originally from the Navajo Nation, watched the results come in, she felt absolutely devastated.

"I was upset to see what the U.S. had done," says Watchman. "So within a day or two, I think the outrage that I felt, really the numbness that I felt, was sort of a collective feeling."

What bothered Watchman the most about Trump's platform and campaign, she says, was the racist and violent rhetoric, the normalization of racism along with violence against women.

Not long after the results were announced Watchman decided to take part in what would eventually be coined the Women's March on Washington after first learning of the idea via twitter.

She thought, "I can't just be sitting up here in my in my secure job and fairly secure politics, I need to do some things. I want to participate in this march."

Discovering like-minded individuals, Watchman made plans with another colleague at MRU to attend the Women's march and the pair arrived in the States the day before the

inauguration.

Women's March on Washington

Looking around at the sheer volume of people Watchman said that, "I was really proud of people, like humanity, because you know everyone from all walks of life, multi-gender, multi-age... it was beautiful."

They made their way towards the National Museum of the American Indian because Watchman wanted to march with an Indigenous women's group called Indigenous Women Rise. However, due to the sheer amount of people - nearly half a million people attended - they couldn't reach the Indigenous group.

"We literally could not make it. There was nothing we could have done because suddenly everyone just stopped. All of the whole city was clogged, we couldn't even march. So we stood there in this one spot for three hours."

The amount of people concentrated in one area blocked cell phone services. There were no loud speakers set up, so any news they heard was passed down through word of mouth.

Eventually they found out that the original march route couldn't happen.

"This sort of natural march just developed, somebody just took the lead. So we walked right

in front of the Capitol building and all around and found another street," said Watchman. Eventually the march led to the Trump Hotel, "which got lots of negative press and vibes," said Watchman.

When the crowd passed the Trump International Hotel, Watchman saw a woman wearing a bandana over her mouth so that only her eyes were showing, who boldly held up a sign that read, "Burn it the f--k down."

She says attending the march was a learning experience that still allowed her to be angry. She wanted to make her presence known to Trump, even if it was just her and her colleague amongst thousands.

But what comes next?

If the march becomes a yearly event, Watchman says she would go down to Washington again, or find some other way she could be useful as there were criticisms to the Women's March on Washington.

"One of the complaints that came out afterwards, and I want to research this a bit more, was that this is all white America, erasing Indigenous peoples."

Watchman says this isn't true. There was an argument that nobody in the speeches mentioned Indigenous peoples, but according to Watchman



Renae Watchman, (bottom right) amidst the Women's March on Washington crowd on Jan. 21, 2017 in front of the Capitol building wearing a 'pussy toque.' Photo courtesy of Renae Watchman.

two speakers, Angela Davis and another did.

"I'm defending [it]. I don't want to argue with my own people but I feel like the criticisms are coming too quick," said Watchman. She was also unsure if these critics had even marched themselves. "Are you even there? are you even doing anything? instead of criticizing those of us that take the time and the space to try to fill in those voids?"

Watchman says that even if she is just one Indigenous woman, that's the point.

"We're always erased, we're always the minority of minorities, as far as a number and visibility goes. And so yes it really meant something to me." In future marches she said she may try to have a more visible presence.

For Watchman, protesting Trump had to do with his racism, sexism and misogyny and how he is not protecting the people that she represents, such as Indigenous and low-income people.

"It wasn't just D.C., it was worldwide and every continent was represented. I think that really speaks volumes that this is bigger than the woman, it's essentially not wanting to go backwards," said Watchman.

Watchman heard many chants in the march but one, she says, stood out: 'Love not Hate, Make America Great.'

"I think that we need to hear that more and maybe by hearing, we will believe it and by believing it, we will enact it."



One protester within the Women's March on Washington crowd holds a sign that references President Donald Trump's 'tiny hands' on Jan. 21, 2017. Photo courtesy of Renae Watchman.



Protesters stand in front of Trump International Hotel as part of the Women's March on Washington on Jan. 21, 2017. Photo courtesy of Renae Watchman.

Indigenizing the world around us

How MRU is unrolling its Indigenous Strategic Plan

Tawnya Plain Eagle

Contributor

Staff and students embraced the cold temperatures on Wednesday afternoon as Mount Royal University welcomed the Minister of Indigenous and Northern Affairs Canada Carolyn Bennett, to the traditional Blackfoot blessing of the school's new teepee.

As Canada begins to celebrate its 150th birthday, many Indigenous people feel that this country still has a long way to go in terms of reconciliation.

Minister Carolyn Bennett says events like this signify the people who were here prior to the non-Indigenous people.

"During their lifetime they haven't learned the real history of this country," she said.

As part of reconciliation, MRU recently launched its Indigenous Strategic Plan that works towards building the broken relationships between Indigenous and non-Indigenous people in the community. One of the goals the Indigenous Strategic Plan has is to host more events that will incorporate cultural practices and offer more knowledge of Treaty 7.

Steve Kootney-Jobin, the Indigenous housing events coordinator for the Iniskim Centre, said the First Nation people have faced so many

obstacles when it comes to seeking their education that it's good to see post secondary institutions recognizing First Nation students.

He adds when the Indigenous flag and Metis flag were permanently flown on campus last November the students felt a sense of pride, identity, and belonging.

"Still to this day students come in and say 'I see your flags rising high [and] that is so amazing,'" Kootney-Jobin said.

Prior to November, Kootney-Jobin said the Indigenous flags were only brought out during convocation and other events where the Iniskim centre was present. Assistant manager of security service at MRU, Candice Merrill, saw that the City of Calgary had flags year-round City hall and she wondered why MRU hadn't done the same, considering it has a large population of Indigenous students.

"I didn't realise the importance these flags would have, and I think that it's not being done because people think it is just a flag," Merrill said. "It's a step towards reconciliation."

Mount Royal is one of the leading post secondary institutions in Canada that has made efforts to acknowledge the Indigenous community and put programs in place that will



On Jan. 25, 2017 Carolyn Bennett, Minister of Indigenous and Northern Affairs Canada, was at MRU as part of the measures being taken to Indigenize MRU. Photo by Tawnya Plain Eagle.

help benefit their students.

However, the University of Calgary isn't far behind MRU when it comes to indigenizing their campus.

Shawna Cunningham, the director of The Native Centre at the U of C says they are just in the process of developing their Indigenous strategy. One thing they are doing is getting ideas and feedback from the community and Blackfoot Elders as to what kind of

implementations will be put in place.

"That might include flags, but were waiting to see what the community will say," Cunningham said. She said that they have been working closely with Treaty 7 Elders to help guide the university through this process, "we want the content to be driven by the community,"

This kind of engagement is important to Spirit River

Striped Wolf, a Mount Royal student who began attending MRU two years ago.

"It's really inspiring and makes school really easy since I came straight from the reserve, it's really nice to have that sense of home with me," Striped Wolf said. Striped Wolf said as a First Nation student he is affected by Bennetts department and seeing institutions Indigenizing their campuses this way is inspiring.

Calgary marches for women's rights

Robyn Welsh and Kennedy Enns

Features Editor and Arts Editor

The Women's March on Washington on Jan. 21, 2017 at the National Mall in Washington D.C. attracted between 440,000 to 500,000 participants. According to the New York Times, the march was estimated to have three times as many participants than Donald Trump's inauguration.

Satellite marches occurred in over 650 cities across the globe. In Calgary, the sister march saw participation from approximately five thousand activists.

According to the platform shared by the organizers of the event, the suggested reforms include access to affordable reproductive health care, paid family leave, a living minimum wage for all, the end of police targeting communities of colour and Indigenous communities.

The march also stood for equal rights for the LGBTQ+ community, immigration reform that would make citizenship more attainable, and protection of the environment - all this was listed under the "Unity Principles" on the womensmarch.com website.

Cheryle Chagnon-Greyeyes and Chantal Stormsong Chagnon, two Status Indian Cree women and members of the Muskeg Lake Cree Nation in Saskatchewan led a drum circle before the event. This mother and daughter duo raise cultural awareness of First Nations and Indigenous people and their traditions.

On Jan. 21st, the Calgary march began at 1 p.m. beside the statues of the Famous Five.

A tremendous feeling of fortitude and empowerment filled

the air as activists marched the short distance from the Famous Five statues to the Municipal building. Cold January air bit at marcher's toes. The crowd was buzzing with talk about the various signs people had made and the reasons they were at the march. Several times, the crowd burst into chanting, 'women's rights are human rights.'

One attendee of the march, MRU student Mariah Blanchard said the march was an amazing experience. "I found the Women's March to be empowering. Not just the idea of the march, but the experience itself. Seeing all these women and men in one place with the same goal in mind really brought tears to my eyes," she said.

Activist and Calgary comedian Adora Nwofor, participated in

the march and emceed outside of the Municipal building that afternoon, using her energy and inclusive language to bring the crowd together.

"We need more women's voices, more nonbinary voices, more disabled voices," said Nwofor as she emphatically addressed the crowd.

The march included speeches from Mount Royal University professor and Calgary Library author in residence, Micheline Maylor as well as Anita Lee Yuen, the CEO for the Centre for Newcomers.

There was some backlash from the global community. Conservative news media, anti-feminist groups and Trump supporters made attempts to delegitimize the march's progress.

While some would consider the march a success, that doesn't mean that it was without issues.

Pussy hats', homemade pink hats with cat ears, were made in response to Trump's "grab her by the pussy" rhetoric but the overwhelming association with female genitalia being superior contributed to alienating transgender individuals.

The prevalence of a white, cis, straight feminist attitudes ignored the intersectionality that the march was trying to create. It's important for modern feminists to understand that genitalia in no way equals gender. As feminists, we must learn from these mistakes and actively work towards growing and changing to create a movement based on diversity and inclusivity.

After the Quebec City shootings: Turning Trudeau's speech from words to actions

Six people are dead following a mass shooting at a mosque in Quebec City orchestrated by a single gunman Sunday night. Along with law enforcement, Prime Minister Justin Trudeau has called the incident a terrorist attack. His speech in the House of Commons on Monday condemned the attack as he grievously declared that “such senseless violence has no place in Canadian society.”

When an avoidable, hate-driven tragedy occurs, we all expect a speech or at least a comment from the PM. But Trudeau's words have more merit than most obligatory, rhetorical speeches from politicians.

No matter how you align politically, there is wisdom in Trudeau's speech that every Canadian should internalize and emanate with everyday words and actions.

“Canada has long been a diverse and accepting nation,” Trudeau said. “We are kind. We are generous. And we embrace one another, not in spite of our differences, but because of them.”

Let's embrace Trudeau's words and seek to acknowledge, appreciate and celebrate the differences that make us so uniquely Canadian. As the western world pushes for solidarity in a society that feels like it is ripping apart at the seams, let's find solidarity in the things that make us different.

Like Trudeau said on Monday: “We will not close our minds. We will open our hearts.”

Xoxo

Publishing Editor



Prime Minister Justin Trudeau addresses the crowd Jan. 24 at the University of Calgary town hall.

Welcome to the lion's den, Trudeau

The prime minister visited the University of Calgary in his cross-Canada town hall tour

Anna Junker
Contributor

We need to “phase out” the oilsands. This was a comment made by Prime Minister Justin Trudeau on Jan.13 at a town hall in Peterborough, Ont.

That single comment created outrage in Alberta and has plagued him since.

On Jan. 24, Trudeau had a chance to explain himself in a Town Hall at the University of Calgary, the Town Hall tour has taken him across Canada to discuss hot button issues with Canadians.

Bouncing into the Jack Simpson gymnasium with a smile on his face and waving to a crowd of an estimated 1,700 people, most of whom were students, Trudeau was greeted with both cheers and jeers.

Off the bat, the prime minister faced vitriol from two outspoken individuals sitting higher up in the bleachers of the gym.

One man, Merle Terlesky, was wearing an “I love the oilsands” t-shirt and a “Make America Great Again” hat, which he waved around in the air. The other, an elderly man, would consistently stand up and heckle Trudeau as he tried to speak.

The prime minister responded to their leers, saying, “As a teacher, I try not to reward bad behaviour by giving them too much attention.”

One audience member acknowledged the risk for the prime minister to speak in Alberta, especially after the oilsands comment.

“Thank you for stepping into the lion's den... I know I appreciate it,” he said.

For the most part, the so-called “lion's den” was fairly tame. The questions fielded from the prime minister hit on some big topics:

what Canada's role will look like with peacekeeping, how President Trump pulling out of the TPP will impact Canada, engaging with young voters, and violence against murdered and missing Indigenous women and girls.

Throughout the night the two most vocal individuals would yell over Trudeau's answers. At some point other audience members yelled right back for them to sit down and be quiet. Again, the prime minister repeated that he does not reward bad behaviour.

The environment in the Jack Simpson Gymnasium then became a guessing game of ‘will he or won't he?’ answer the concerns these individuals had in regards to Trudeau's previous oilsands comment.

As the night was drawing nearer to a close, Trudeau still had not answered any question regarding the oilsands. When he announced he would be taking his last question, Terlesky, the man with the oilsands t-shirt, stood up angrily and demanded the prime minister address his comment.

Trudeau conceded and took Terlesky's question after much urging from other members of the town hall audience.

Terlesky then accused Trudeau of being confused and demanded a retraction. “There is one of two things Mr. Prime Minister. You are either a liar or you're confused. And I'm thinking it's both,”said Terlesky. “You cannot come down to this province and attack the single biggest employer, that employs hundreds of thousands of people.”

He continued, “Over half this crowd, I'm thinking 80 per cent in this room are university students. They are going to depend on a

job that relies on what this shirt says — I love the oil sands. And yet you are attacking their future. Would you...tell Albertans that you are not here to attack Alberta oilsands, that you will support it and you will do nothing to stop the Keystone pipeline?”

Trudeau had stated earlier in the day during a press conference for his cabinet retreat that he had “misspoke” during the town hall in Peterborough.

The prime minister responded, “I have repeatedly said that yes, the responsibility of any Canadian prime minister is to get our resources to market, and yes that includes our oilsands' fossil fuels...I have also said that in a responsible, sustainable way, that you cannot separate what's good for the environment and what's good for the economy.”

At one point, Trudeau asked for a show of hands as to who believed in climate change in which virtually every hand in the audience shot into the air.

“If you know the oilsands sir, you know the kinds of innovations, the kinds of advances, the kinds of high technology, the kinds of research that is being done right here at the University of Calgary and up at the oilsands. To be more innovative, to lower emissions, to be more efficient, to be able to demonstrate what Albertans know, what Canadians know, that we can build a strong economy with good jobs and protect the environment at the same time. That's what Canadians want.”

With that, the prime minister thanked the audience for participating and left the gymnasium to thunderous applause.

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features

Mental health on campus

Why and how to get treatment

Riley Nerbas

Staff Writer

The counselling services at Mount Royal see about 3,391 individual sessions annually, which is an increase from previous years. There have been around 500 visits to the mental health workshops that have begun to multiply on the Mount Royal campus.

Corporate campaigns such as Bell Let's Talk and individuals speaking out have attempted to decrease the stigma associated with mental illness. Through different types of counselling such as group, workshop, individual and career counselling, some individuals have seen a decline in stigma.

Counselling services at Mount Royal University have seen an increase in the individuals coming to seek its services whether through appointments or drop-ins.

Mirjam Knapik, a counsellor at MRU, feels there are two types of students who seek counselling services. "There are extremes now. There are the students who walk proudly into student counselling and who open up freely about seeing a counsellor to others," she says, "and there are the students who feel it is a weakness and build a barrier around themselves."

Matthew Warren, a second year business student at MRU, experienced this with his brother when he became depressed while attending a postsecondary institution in Ontario. While Warren's brother kept to himself at first, he eventually opened up to his parents.

"One thing that was very challenging, about my brother having depression, was that he kept it a secret for a very long time and because I was not aware of it, I didn't know how to respond to my brother's behaviour of seclusion," Warren says.

Warren's brother developed depression while having a career choice crisis during his post-secondary education. With the help of counselling and mild medication, Warren's brother was able to work through his depression.

Though there are many

reasons someone may not reach out for help such as stigma, cultural background, or concern for privacy, counsellor's advocate that the best option is talking through the issues. With concerns to privacy Knapik says, "Everything is confidential with three exceptions: subpoena, harm to yourself or others and harm to a minor or dependent adult," at which point they would have to notify the proper channels.

On campuses, academic stress can lead to numerous mental health issues. The counsellors at Mount Royal generally see a spike in appointments and drop-ins around and after midterms.

There have been multiple platforms developed by counsellors and students on campus through workshops and support groups to bring awareness about mental illness.

"This semester we [tried] something new with resolution week which [was] to help students with New Year's resolutions and this [was] through SAMRU group talks," Knapik says.

Resolution week was hosted by SAMRU Jan. 24 through Jan. 27. The purpose of the week was to spread awareness about stress, coping methods, and building resilience during stressful times while still maintaining new goals.

In response to the rise of stress during midterms, the counsellors make workshops available. The workshop times and locations can be found on the Wellness Services website.

The Wellness Services website advertises many other opportunities outside of counselling to help improve a student's mental health. There are podcasts set up to teach students ways to develop resilience against stress. There are also blogs and apps that can help answer mental health questions.

Knapik runs a blog called "Ask a Counsellor." This blog allows students to ask questions about mental health anonymously. An app called "What's App Doc?" is another option for students to discover apps that help deal with stress. Worry Box is one app that helps participants document their

anxiety and find ways to handle and control their stress levels.

Mental Health in the 21st century has certainly come a long way from where it was a hundred

years ago. Through media campaigns and counsellors who provide support, many students have had increased access to platforms for help.



Graphic by Ingrid Mir.

Apps to benefit your mental health.

Breathe2Relax

Breathe2Relax includes guided breathing exercises that can help with anxiety management, anger control, mood stabilization, and stress reduction.

Lantern

When users begin the use of this app, they are assessed to determine strengths and weaknesses in body, stress/anxiety, mood, sleep, and social life. Users are then given tailored daily exercises to fit their specific needs.

Headspace

This app gives beginners tools to establish a meditative routine in order to reduce anxiety and stress. While this form of guided meditation is not for everyone, it is a good introduction to the practice.

Optimism

This app detects and tracks patterns in mood while giving users coping mechanisms for conditions such as depression, bipolar disorder, anxiety, and PTSD.

Talkspace

While Talkspace is not a substitute for in-person therapy, it can be useful by matching users with a therapist to chat with at any time. This app requires a subscription but has various payment options.

SAM: Self Help for Anxiety Management

This application helps individuals identify triggers and manage anxiety. Users are also able to anonymously share experiences with other users.



Mirjam Knapik, counsellor at Mount Royal University's Wellness Services, helps students improve their mental health.
Photo by Ingrid Mir.



The Canadian Federation of Humane Societies (CFHS) estimates that 33% of dogs that end up in shelters have been surrendered by their old owners. Through adoption, you're giving a dog a new lease on life and finding your new best friend. Photo by Andi Endruhn.

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Adopt, don't shop

Benefits of adopting when looking for a pup

Andi Endruhn

Staff Writer

You want a dog. You've been scrolling through picture after picture of puppies on Instagram, and you made the mistake of joining the Dog Spotting group on Facebook. You're desperate for your own tiny fuzzball. An important question arises: where are you going to get your new forever best friend from?

Pet shops and breeders are known for either astronomically expensive prices, or questionable breeding tactics. This can be daunting for both you, and your wallet. What about adoption?

Phil Fulton from the Calgary Humane Society says that the main reason to adopt is the benefit for the animal. "By adopting, you are providing a home to pet who is already homeless. Our adoptable pets also come with a wealth of background information such as health check, vet records, vaccinations and behaviour assessment."

When many of us think about getting a dog, we imagine picking out a little fuzzy bundle of fur from a litter and taking them home, assuming adoption is reserved only for older dogs. But according to the Canadian Federation of Humane Societies (CFHS), roughly 18 per cent of dogs taken into shelters are juvenile, making the odds of you finding a puppy pretty good. But don't forget that there are plenty of older dogs out there that might just be a perfect fit for you.

Picking your dog up from a shelter, rather than a breeder, can help stop overpopulation in shelters. Remember that puppy mills and backyard breeders are commercial business that are focused on turning a profit. Often, the welfare of the dogs they breed and sell is disregarded. This can result in over breeding, poor socialization of the puppies, and sometimes health defects. These animals often find themselves with long term health or behaviour problems that might contribute to them ending up in shelters. Adoption offers an ethical way to both pick out a dog suited to your lifestyle, and take a stand against the unethical treatment of animals.

Adoption allows dogs that have been given up by their past owners, found in abusive situations or as strays, a second chance at life. Many of them

have ended up there because they couldn't be cared for properly.

"The majority of animals are either surrendered by owners or found stray. However, some of our population is seized by our Animal Protection and Cruelty investigation team," Fulton stated.

Local shelters like Calgary's Humane Society work within the city to take care of abandoned or surrendered animals. Similarly, you can look to other organizations like the Alberta Animal Rescue Crew Society (AARCS). AARCS works with Alberta's rural and Indigenous communities to take care of animals found where there are little to no animal services. AARCS rehabilitates its animals in foster homes around the province to ensure the best care for their animals. They often have adoption events with animals on site for you to meet, play with, and potentially take home.

For students and others on a budget looking into pets, adoption is a great budget saver! A purebred puppy from a puppy mill costs about \$900, while one from an ethical breeder usually sits around the \$2,000 range.

In contrast, puppy adoption from Calgary's Humane Society is \$490. This fee also includes vaccination and puppy training classes for you and your new dog. Older dogs and bonded pairs (depending on their age) are significantly less, costing anywhere from \$350 downwards. AARCS also has similar price points that will help make your dreams of dog-ownership possible.

Lastly, don't forget that shelters aren't home to just stray dogs. In your quest for a canine, you might have forgotten the option of other animals like the many cats, rabbits, birds and reptiles that cohabitate the shelter system. Keep an open mind. Visiting your local shelter, you might find your new family member in a completely different species! Your perfect companion might be a rabbit who loves to snuggle, or a pair of senior cats who are looking for their new home.

So take a chance. Browse the websites and go to animal meet and greets at your local shelters. Your new best friend might just be waiting there for you!

Afghan and Canadian children's rights

MRU club sheds light on inequality

Fareshta Ali Bik

Contributor

Throughout history, there have been children mistreated and denied the rights and respect they deserve. Yet, the rights children are given have proved to be different depending on the country they are born into. The Afghan Children's Society Club at Mount Royal University aims to bring light to the inequality and contrast between the rights of Afghan children and Canadian children.

An international treaty, The United Nations Convention on the Rights of the Child (CRC), was created to combat the inequality and protect the rights of children globally. Canada and Afghanistan are among the countries who signed. The CRC focuses on protection from abuse, exploitation and harmful substances, as well as education, health care and a suitable standard of living.

Canada respects the outlined children's rights stated on the CRC and children's rights are protected through this treaty. The responsibility for implementation of children's rights is divided between the federal and provincial government. According to the Government of Canada's website, nearly all Canadian children have access to universal health insurance and tax-supported elementary education. Federal criminal laws help to prevent child abuse by holding the abuser accountable. Additionally, because of the Child Soldier Act, Canadian soldiers under the age of 18 cannot be positioned in army conflict.

In contrast, many children in Afghanistan still face atrocities. Child labor, domestic violence, honour killings, shaming and stoning are still exercised in Afghanistan. According to Humanium, an international child sponsorship NGO that aims to protect children's rights, some of the factors Afghan children face include extreme poverty, violence, malnutrition, forced marriages and sexual abuse.

Though Afghanistan signed the CRC, they have failed to protect their children from trauma, violence, discrimination, neglect, abandonment, kidnapping and other types of victimization. Due to the cultural norms, women are asked to stay at home while men and children work to feed their

families. According to Human Rights Watch, the low-income family children take on labor jobs from the age of five for a living to support their families. Many men who provide for their families die on the streets from bombs or suicide attacks, leaving children to provide for their families.

On July 14, 2016, Human Rights Watch reported that in Afghanistan, many children are employed in jobs that are dangerous. These jobs can cause illness, injuries, and sometimes it can lead to death as they "work in poor conditions" under no "enforcement of safety and health standards". These children mainly work outside and are exposed to harsh weather conditions. In the summer children work in weather that is around 40 degrees celsius and in the winter weather that is around minus 20 degrees celsius.

The same article sheds light on the fact that many Afghan children end up working at home-based carpet factories, industry bonded labor in brick kiln, metal industries as welders, in mines, in agriculture, street vendors, shoe shiners, water carriers, domestic servants, assistance in boutiques, cardboard collectors and beggars. Many work for a maximum of fifteen hours a day, and sometimes do not even get paid.

The Afghan Children's Society at Mount Royal University hopes to spread light on these issues of inequality and create equality. They want to leave the world in a better state than it is now and be the voice for innocent children.

Isabel Maria Pazmino, a member of the society says she joined because she, "would like to make a difference and help those who are helpless."

The club's mission is to address the number of orphaned children between the ages of zero and five in Kabul, Afghanistan. By addressing the need for access to clean water, food, shelter, and warm clothing, this club aims to change the lives of these children and spread awareness across Mount Royal.



Several members of the Afghan Children's Society. (Back row: from left to right) Yousaf Nazari (Volunteer), Yalda Jami (Volunteer), Sofia Zamani (Volunteer), Mahroh Afzal (Communications Advisor). (Front row: from left to right) Fareshta Ali Bik (President), Raj Lakhan (Treasurer), Fareshta Ramouzi (Volunteer). Photo by Robyn Welsh.

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Make it consensual

Nonconsensual sex is not sex: It's assault

Hanna Deeves

Sex Columnist

I am here to address something that everyone should stick to year-round: consent.

It sounds like common sense, but it's incredibly important.

Joe McGuire, a Sexual Assault Educator from the Calgary Communities Against Sexual Abuse (CCASA) says that consent is all about boundaries. McGuire stresses that boundaries can change at any time, even during sex.

Because of the often inconstant line of consent, communication is vital in a healthy relationship. Whether the relationship is for one night, for life, or anything in between, talking to your partner is essential.

Make sure that no one feels pressured to do something they're uncomfortable with. When someone feels forced to do something they don't want to do, they are not consenting.



Consent is the most important part of your sex life. Make sure you and your partner are always fully consenting!
Graphic by Ingrid Mir.

It is common for people to say that asking for consent kills the mood. They wonder if they should stop mid make-out and

ask “do you want to have sex with me?” And the answer is: yes.

Oftentimes, you can tell when

someone is faking enjoyment or is not into whatever is happening. If it is your first time having sex with a person or if you're really not sure, you definitely need to ask.

Consent isn't a season pass. You have to pay admission every time. Just because your partner consented to something last time, does not mean they want it or are comfortable with it a second time.

After trying something it's important to check in and see if your partner wants to do it again, or add it to your regular sexual repertoire.

As for drinking, a general rule to follow is if you're too drunk to drive, you are too drunk to consent. If both of you, or just one of you is wasted, it is best to just get their phone number and try again another night. Sober sex is better than clumsy drunk sex anyway.

If all of this sounds like common sense, then you are headed in the right direction.

We often forget consent comes in many shapes and sizes. Consent on the first night with someone will look different than the 100th night with them. But the important thing is that you are always checking in and never violating your partner's boundaries.

Consent does not stop at asking whether someone wants to have sex. It includes checking in and asking how your partner feels, if you can try something new, or if your partner wants to do something again.

Take care of yourself, learn what you enjoy, and don't make compromises if you don't want to.

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BLACK HISTORY MONTH

SPEAKER - KIM KATRIN MILAN

FEB 6

Wyckham House
Main Stage Area
From 2:00 - 3:15 PM

WINE & CHEESE - ART SHOWCASE

FEB 7

Council Chambers
From 4:00 - 6:00 PM
Art will remain displayed
throughout the week from 10-2pm

SPEAKER/WORKSHOP - KYLE MAYS

FEB 9

WORKSHOP: Wyckham House
Council Chambers from 11:00am-12:15pm
LECTURE: MRU Room EC1060
From 2:00pm - 4:00pm

OTHERS WITHIN:
AN INTERSECTIONAL SYMPOSIUM

FEB 10

Lincoln Park Room
From 9:30 - 3:00pm

TED TALKS: GLOBAL ISSUES

FEB 6+13+27

Global Citizen Centre
From 1:00 - 3:00 PM

CRAFTERNOON

FEB 27

Pride Centre
From 12:00pm - 2:00pm

COMMUNITY OF COLOR -
FILM/DOCUMENTARY SCREENING

FEB 14+28

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Playing February 28th: Moonlight
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Big Winter Classic rocking the season

Music festival brings local acts and local weather together into one weekend

Amber McLinden

Staff Writer



Big Winter Classic took place across many venues in Calgary. Photo By Amber McLinden.

Big Winter Classic is the light in the darkness. The festival, which ran from Jan. 19- 22, pulled acts like Said the Whale and Holy Fuck. The real appeal of the festival wasn't the names of the musicians, but rather the geography of them. Local acts were the real star of the show, bringing a vibrance to the festival that only they can contribute.

Take, for example, Friday evening at Broken City. The weather was unseasonably warm for Calgary in January, but that doesn't mean it wasn't still chilly. Deluge, a Calgary based indie rock band, took to the patio, with singer and guitarist Dave Drebit exclaiming that he "can't feel his fingers". But that didn't stop the band from rocking the house, playing a set composed mainly of their own songs but including a "Teenage Dirtbag" cover by Wheatus.

"He's a fire breathing dragon! You got to get a picture of him!" is something that was heard from a (slightly inebriated) man in the crowd, speaking of Drebit. He was referring to the way the cold air and the heat from the singer were colliding, making it look like his head was on fire and he was breathing smoke every time he let out a word. The band emitted an energy that created hype within the crowd, with drummer Anthony Janicki making drumming look more athletic than you could ever expect. Bassist Kurt Kluba fed off that energy constantly, and even had someone else come up and sing a few bars with him (audience member? Another band member? Who can know).

There's definitely something about Calgary that fosters excellent musicians, and it needs to keep happening. Lunar Wilde

is an example of that kind of band. Another alt-indie rock act, the five person band took to the outdoor stage at Last Best

on the Friday of the festival. If there is one thing that can be said about Lunar Wilde, it's that they're right in describing themselves as having "passionate musicianship".

The band had an energy that flowed into the audience and motivated a room of people to bounce along to their songs. In a crowded, smoky room (although less cold than the Broken City patio), the band assembled on stage and did what they do best, play music they love. Onlookers could tell they love what they do, and between the five of them, they seamlessly and vibrantly played their set. Singer and guitarist Devin Dunlop incited some hair flipping, Evan Jacobs' facial expressions are a sight to see, and the band's general demeanor makes for a stellar show. The band puts in work and can be called anything but "typical".

Overall, the festival created

an excellent escape from the winter season here in Calgary. The general feeling of the festival was friendly and welcoming. It's a festival that was created carefully for the city and it's occupants thirsting for a break in their busy, cold winter lives. Besides the two bands above, other amazing local acts that played the festival included Sons of Ray, Sitstill, The Torchettes, All Hands On Jane, and many more. There's something about a festival that recognizes local talent that makes it special, and the shows that were played over the festival proved that.



Sons of Ray play Dicken's Pub. Photo by Amber McLinden.

OUT'N ABOUT

Food:

YYC Hot Chocolate Festival is celebrating it's 6th year with more than 70 local businesses competing for the best hot chocolate in the city. A portion of proceeds will go to Calgary Meals on Wheels.

Wine:

Winefest Calgary lasts from Feb. 24 to 25. Is there a better way to celebrate your reading break?

Markets:

Find all your best Valentine's Day gifts from local artists at Market Collective lasting from Feb. 3 to Feb. 5..

Film:

Flashback Film Fest is at the Eau Claire Market Cinplex featuring 17 classic movies from the 1980s and '90s you can watch your favorites in theatres for a discounted price ticket.

Changing Canada's Art Identity

The Glenbow's latest exhibit focuses on Montreal Modernism

Andi Endruhn

Staff Writer

Both diversity and history of art are important to see, and the recent exhibit at the Glenbow has shown that perfectly.

In Montreal, 1920s modernism focused on Montreal's Beaver Hall Group. Beaver Hall was a group who met in the late 1910's and formally founded the group in 1920, naming it after the member's shared studio space.

Unlike other artistic groups of the time, (most notably, its better known Toronto counterpart, the Group of Seven) the members of Beaver Hall were made up of both men and women. Beaver Hall marked the first time that women were recognized as artists in the Canadian art world, and not just women who "dabbled" in painting as a hobby.

The group was originally comprised of eight women and eleven men. It lasted only two years and hosted four exhibitions. The maxim of the group was best summed up by their president, A.Y. Jackson, who opened their first exhibition by saying that the artists would paint "with utter disregard for what has hitherto been considered requisite to the acceptance of the work at the recognized art exhibitions in Canadian centres."

Refusing to be beholden to any type of school or style of art, and with a cast of artists diverse for its time, the members of Beaver Hall created art through their own lens. This brought a new dimension to the Canadian identity of the time, and continues to influence what

Canadian art is today.

The selections shown in the exhibit were done by members of Beaver Hall, as well as other artists associated with the group through friendship and solidarity. Stretching through multiple rooms of the Glenbow's exhibition halls, the exhibit included primarily paintings, with the occasional bronze sculpture and sketches by the artists from the early days of the group, into their disbandment and the artist's later pursuits. Glass cases, stretched through the middle of the halls, displaying souvenirs of the four original exhibitions, as well as their later ones done with the Group of Seven throughout large city centres in North America and Europe.

Wandering around the halls of the Glenbow, with soft Jazz Era music playing over a speaker, the art of Beaver Hall lends itself to a fresh perspective on our history. It's much too easy to look at our past and only see the rolling wilderness that has been painted time and time again, or the stiff realistic portraits of well-to-do Victorian parliamentarians in stiff frock coats and moustaches, and believe that that's all there is. The artists of Beaver Hall capture people and city life of the 20th century. The style is familiar to us as a Canadian staple, but entirely different in subject, technique, and perspective.

The colours of Montreal's winter streets are muted and paled with time, but their richness lifts off the canvas.

Depth is collapsed as the roads, lined with overbearing architectural monuments and dotted with black cloaked pedestrians, are captured through the upper windows of artist's apartments. The portraits are vibrant through simplicity; usually a single figure is looking out wistfully against a plain backdrop or a pastoral scene.

The brushstrokes change from artist to artist, from year to year. Technique shifts and morphs in the works from the rough patchy strokes of the earlier impressionistic period to the smooth and structurally airbrushed lines that harken to the techniques used by the big names in 20's art, like J.C. Leyendecker, and Tamara de Lempicka.

The artists that brought these scenes to the canvas are not our typically celebrated artists. They are mothers, daughters and wives who were thought to be hobbyists, and rarely considered serious artists.

The inclusion of these perspectives and ideas into the Canadian art canon are important, as they broaden our understanding of our own history. Beaver Hall's content and artists, extend our view of what we see as ourselves in the art world. We are more than a country of landscape artists. Our bustling cityscapes and residents have provided as much inspiration to our artists as the vast wilderness that surrounds them.



Prudence Heward, *The Immigrants*, 1928. Photo Courtesy of the Glenbow Museum website.



Prudence Heward, *At the Theatre*, 1928. Photo Courtesy of the Glenbow Museum website.



Adrien Hébert, *Saint Catherine Street*, 1926. Photo Courtesy of Glenbow Museum website.

Oscar Snubs and Surprises

Hot Takes on the Academy Awards

Colin Macgillivray

Staff Writer

Ladies and gentleman, I have a bone to pick with the Academy Awards. I am full of piss and vinegar. My blood is boiling, and I feel the need to complain. For some unfathomable reason, quite possibly the worst film of 2016, *Suicide Squad*, has been nominated for an Oscar. *Suicide Squad* could possibly be one of the worst films of the decade, yet somehow it managed to garner the same amount of nominations as Martin Scorsese's religious epic *Silence*. I will not stand for this. So here are my Top 5 Objective Snubs and Surprises of the 89th Academy Awards.

Snub: *Silence* for almost every category

This is the one that hurts me the most. Martin Scorsese's passion project that had been in development for 26 years only managed to secure one nomination this year for Best Cinematography. Not only was the film's cinematography superb, but its direction, acting and writing were all top tier. *Silence* stands up against some of Scorsese's finest works, as the film is a thoughtful, compelling, emotional story that can basically be summed up into "What does it mean to do the right thing?" Andrew Garfield's nuanced performance as a broken Jesuit priest went miles above his corny accent and teary eyes in *Hacksaw Ridge*, the film he was actually nominated for. In turn, both Adam Driver and Liam Neeson could have gotten nods from the Academy for their performances, but perhaps the biggest snub was Japanese actor Issey Ogata, for his haunting and flamboyant performance as the Japanese Inquisitor. *Silence* may have been a slog to get through and seem repetitive at times, but it was on par with some of the best films this year, and it is incredibly disheartening to see that it was largely ignored by the Academy.

Surprise: MEL GIBSON?!

I'm not mad at the Academy for this one, I'm just disappointed. Mel Gibson's *Hacksaw Ridge* has been raved about since its release. Sure, it's not a bad movie. The story is interesting, it has a positive message, but

when compared to the other Best Picture nominations this year, it's hard not to see *Hacksaw Ridge* as nothing more than a B-grade Oscar bait flick. Unfortunately, the films inclusion in both the Best Picture and Best Director category are seemingly nothing more than a disappointing act of forgiveness from the Academy towards Gibson and the despicable things he has said in the past. Barring all that, both Mel Gibson and *Hacksaw Ridge* won't win any awards this year, and their spots could have easily been traded with the aforementioned *Silence*.

Snub/Surprise: Amy Adams and Meryl Streep

As bumbling baboon and overall terrible man Donald J. Trump once said, "Meryl Streep is one of the most overrated actresses of all time." Donny is definitely wrong on that one, but Meryl Streep's inclusion to the Best Actress category once again was not needed. She is the best actress of all time. We get it. With Streep now receiving her 20th nomination for her role in *Foster Florence Jenkins*, I think it is safe to say that the Academy could give someone else a chance? How about the incredibly talented Amy Adams? Now Adams has been nominated for an Oscar five times herself, but she has never won the big one. If Jennifer Lawrence has an Oscar, Amy Adams deserves at least 10. She could have been easily nominated for her performances in either *Arrival* or *Nocturnal Animals*, yet she was unfortunately pushed aside once again. It's a classic case of always the bridesmaid, never the bride, but I truly believe Amy Adams has more than earned her shot at walking down the aisle.

Snub/Surprise: *Suicide Squad* and *Deadpool*.

Let me make something clear. *Deadpool* is an incredibly overrated movie. The writing was lazy, the action was underwhelming, and it became exactly what it said it wasn't by the time the end credits rolled. But, whoever in the makeup department made Ryan Reynolds, one of the



Amy Adams put on a great performance in *Arrival*, but the Academy didn't think it was worthy of a Best Actress nomination. Photo courtesy of Wikipedia Commons.

most handsome men on the planet, ugly deserves an Oscar nomination. *Suicide Squad*, on the other hand, doesn't even deserve the time and effort I am putting into type this write now. The fact that a film that heinous

made over 745 million dollars is sickening. The fact that it was nominated for an Oscar for Best Makeup and Hairstyling? Now that is downright criminal. But, if *Suicide Squad* wins an Oscar, I'll be living in a world where one

of the worst movies I've ever seen has the same amount of Oscars as *Citizen Kane*, and that's pretty funny.

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Noise 101

Shawn Desman: Guaranteed to leave you shook

Desman books Calgary dates for his Valentines week performance

Jay King

Contributor



Shawn Desman plays Valentines week in Calgary. Photo courtesy of Universal Music Group.

The smooth moving, soft voiced, T-Dot prodigy from back in the early 2000's is still youthful and killin' it well. Shawn Desman, has been living life to the fullest and bringing his authentic self to all that he does. Packing over two decades of musical production and stage performance under his belt, Desman is coming through Calgary to serenade the heartstrings of new and old fans this upcoming Valentines week.

Anyone who's ever paid any attention to Canadian music since the early 2000's has heard his name uttered from time to time. Desman has had a successful career since his very first, self-titled, debut album in 2002, which went gold in Canada. From there he went on to win a Juno with his follow up album, *Back for More*, for best R&B recording in 2006.

Since then Desman has kept busy with a variety of projects expanding his love for both musical production and dance. He runs a Toronto based dance competition, "Move", which has become the fastest growing

dance comp nationwide. Where dance is his original passion, music quickly fused in with him as something he wanted to take the reins of. Over the years, Desman has taken a more hands on approach to the production side of his music.

His most recent album *Alive* was released on Universal Records in 2013, which features the single "Stuck". He has had his hand in all aspects of the production side of things for this album as well as in newer projects. Trying to not become overwhelmed with writing and producing all his music, Desman relishes the fruits of his labor with each step he takes. "That's the devil in the details, you're your biggest critic. Desman explains, "When you're so close to the project you're always questioning everything. I'm always looking for outside ears and getting others' opinions. That's what's been the key to my success."

His performance has also grown from the basic choreographed dance routines, accompanied with pre-recorded background tracks. Over the

last four years Desman has been performing with a three-piece band that has formed a tight unison and been feeding off the energy in his upbeat style of music and delivering right back to audiences tenfold. "Before it was just me and a bunch of dancers jumpin' around out there, but I think I'm passed the dancer stage now", Desman jokes. "It's more about everything else, musically, back and forth (between musicians), and all that good stuff!"

Something else that has inspired Desman has been his involvement with the organization "Free the Children". After choreographing for the "We Day" performance in 2001 and designing some promotional shirts as well, he took a trip to Kenya to and saw first-hand what he was supporting. "Its life changing. The things we take for granted. Our problems are so miniscule in comparison to the things some have to endure." He says, highlighting how the trip put his life into a new perspective. "We're spoiled, and not through any fault of our own. It's just the cards we were dealt. So, it's great to give back."

Desman, like any good musical artist, also gives back to his fans through his passion of performing. "Over the years, I've been able to garner a catalogue of songs that people love, Desman says. "The live band adds an element of excitement and interaction. From the old stuff to the new stuff and everything in between, it's just a fun show".

Catch Shawn Desman's Valentines week performance, Feb 16 at The Marquee Beer Market & Stage.

Apocalipstick

Cherry Glazerr
Secretly Canadian
Score: B+



California power-trio Cherry Glazerr's second LP, *Apocalipstick*, shows blinks of maturity between raw, ripping riffs and lyrics about wearing underpants for days at a time. The 11-track album lasts only a bit over 34 minutes, with urgent and alarming songs punching in and out throughout. More intimate moments, such as *Nuclear Bomb* see Cherry Glazerr explore a welcome realm of cruising crooned vocals, while faster, cutting tracks, like the opener, *I Told You I'd Be with the Guys*, see the three piece attack the listener with a tirade

of blazing riffs and buzzed synth lines. Preppy punk tracks meld together in full listens, leaving the track listing to become quickly forgettable to the listener. Overall, the calculated chaos of the record maintains interest and on repeat listens, *Apocalipstick* remains an intriguing listen.

-Nathan Kunx



Life Without Sound

Cloud Nothings
Carpark Records
Score: A-

Growth comes in many forms and, while it's not always welcomed, it's sometimes necessary.

Life Without Sound, the latest from indie rockers Cloud Nothings, is an example of the sometimes necessary steps that need to be taken to keep from getting stale.

Ditching some of the more abrasive noise of their earlier albums, *Life Without Sound* marks a more melodic step for the now-four piece, a decision that is jarring on first listen,

but is understood by the third or fourth. While the highs of 2012's *Attack on Memory* and 2014's *Here and Nowhere Else* are lost, *Life Without Sound* is a well-comed exercise in necessity, and while it may take a few listens to lock in, ultimately pays off by being a solid record from a group that knows the essence of their sound.

-Alec Warkentin

Sleater Kinney

Live In Paris
Sub Pop
Score: A



Bringing together the best of their songs for live performances, the Sleater Kinney album *Live In Paris* attempts to deliver that show experience to fans. Hearing the crowd sing along to 'I Wanna Be Your Joey Ramone' and 'Dig Me Out' pulls the listener in and the trio's power translates perfectly to the live album. While a live album can never fully describe the concert going experience it's better than scavenging for bootlegs. As a fan who has never been lucky enough to see them in concert, the album

is much appreciated. Too bad you can't see Carrie Brownstein thrashing wildly on stage while listening.

-Kennedy Enns

Mount Royal Cougars Quick Hits

What to look for in February

Brendan Stasiewicz

Sports Editor



Matt Brown scores the opening goal of the game on a wrap around against the UofA Golden Bears on Friday Jan. 27. Mount Royal would go on to lose the game 5-2. Photo by Zenon Andryo.

Men's Hockey

While at times the 8th ranked team in Canada makes you think, 'woah, these guys are legit', they've been plagued with some inconsistency in the new year. Being leapfrogged by Alberta in the Canada West standings after losing a weekend set on Jan. 28-29, the Cougars will need a strong finish to assure home ice throughout the playoffs.

Now right at home with Mount Royal after learning the proverbial CIS ropes in his half-season stint last year, Connor Rankin is having a record year. Next time you hear the Eric Church chart topper think of the Canada West leader in both goals (15) and points (31). Keep in mind he has done this while also missing a couple games due to injury.

Women's Hockey

"Rain drop, drop top, Cougs clinch a playoff spot," says the

caption on goaltender Emma Pincott's latest Instagram post.

While the women dropped a couple this past weekend to Alberta in closely contested 1-0 games, they've been (arguably) Mount Royal's best team in 2017.

The Cougars honoured seniors Cylenna Alexander, Maggie Shykula-Ross and Sarah Weninger before their final home game last weekend. Alexander and Shykula-Ross have been stellar on the blue line this season, while Weninger is leading the Cougars in points for the second straight year. The Cougars are going to need to depend on these three players in order to make a dent in the Canada West playoffs.

Men's Basketball

The Cougars are within striking distance of a Canada West playoff berth, and it's important to note some of their toughest games are already behind them.

It's interesting how the result of the game often correlates with Brett Layton's play. Averaging

17 points per game this season, Layton was the reason why the Cougars had a chance to take down Canada West's top team, the UBC Thunderbirds, a few weekends ago at home.

Layton put up 31 and the team only lost because Canada West's top player, Connor Morgan, had another monster game, putting the Thunderbirds on his back on the way to victory. Watch for the Cougs' big to be a difference maker down the stretch for Mount Royal.

Women's Basketball

'Holy shit, that was amazing,' 'Holy shit, that was atrocious.'

While these two phrases seem to be antonyms, you can say both about the exact same team in the span of two nights. The team is a walking, breathing, basketball playing oxymoron.

While the women are falling out of playoff contention, they made their mark a few weekends ago, taking down the UBC Thunderbirds on home court. Because the team is outsized in

(basically) each and every game they play, they need their only big presence around the basket, Becky Nash, to be on her game in order to win.

Nash was on her game when the Cougars took down the Thunderbirds. Having to guard Nash tightly and draw extra defenders, the Thunderbirds found their weakness to be in the corners and perimeter where Erin Kehrig and Drew Knox shot the lights out. It'll be important for the Cougars to recruit some size in the off-season.

Men's Volleyball

Mount Royal sits fifth in the Canada West standings due to Tyler Schmidt and Riley Friesen having great seasons. However, the Cougars often give less-skilled opponents a chance to win games because they give too many free points away.

The Cougars had to play five sets against the lowly 2-13 MacEwan Griffins last weekend, much because of momentum killing service errors. However,

thanks to their all-stars, the Cougars can beat any team in the conference and will be fun to watch come playoff time.

Women's Volleyball

As it stands right now the Cougars sit in the seventh and final playoff spot after sweeping a weekend set against the MacEwan Griffins. While nowhere near as dominant as the men this year, Alex Donaghy and Kylie Willis prove to be a good offensive force for the Cougars.

Taylor Pelland has been far and away the team's most valuable player this season, not because of stats, but because she is Matthew Stafford in the fourth quarter level clutch. Calm and poised on the court, she seems to always be the one who makes the big kill when the team is down 24-23, or in the fifth set.

It'll be important for the Cougars to have a good finish to the season to avoid having to face off against undefeated Alberta early in the playoffs.



Drew Knox makes a three point shot from the corner on Friday Jan. 20 against the University of British Columbia Thunderbirds. The Cougars pulled off the massive upset, downing the Birds 85-80. Photo by Brendan Stasiewicz.

#s

23 double-digit goal seasons for Jaromir Jagr (3rd most all time)

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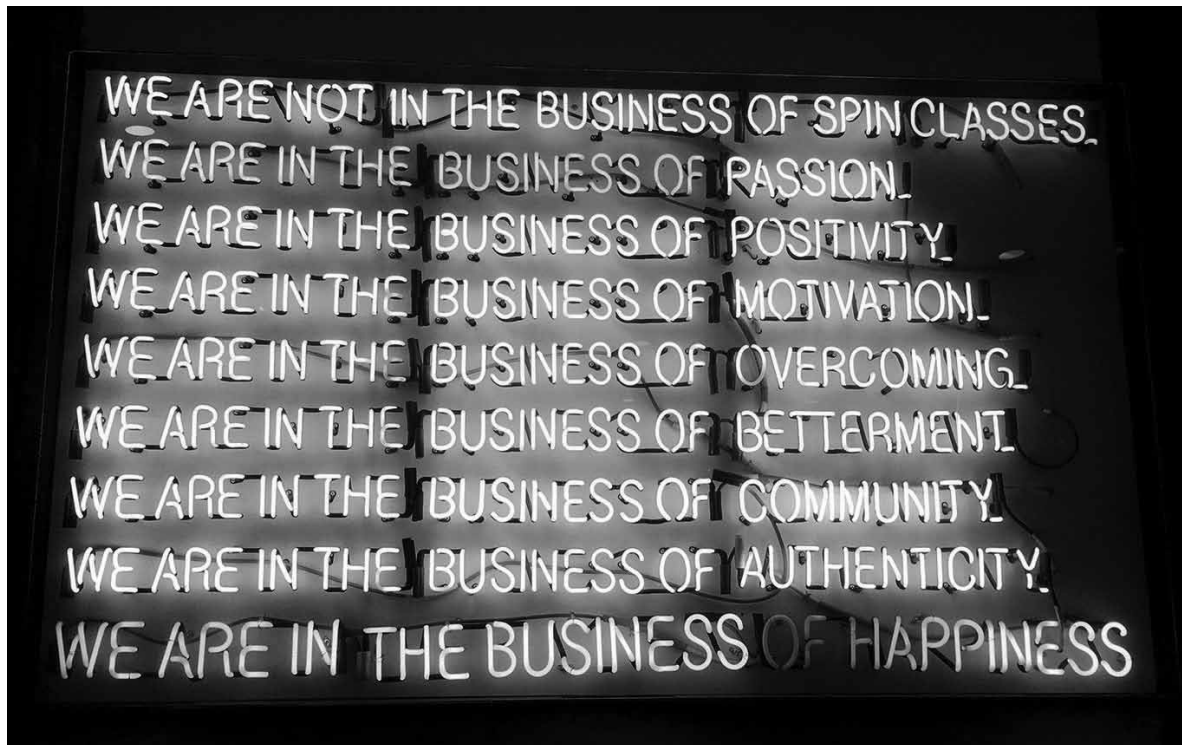
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Spin into a New Workout

Everything you need to know before your YYC Cycle class

Kourtney Meldrum

Staff Writer



YYC Cycle, along with other club style fitness studios, have changed the landscape of getting yo' sweat on in Calgary. Photo by Kourtney Meldrum.

Working out should be fun, so if you're sticking to the same workout routine day-after-day, it might be time to mix things up. Calgary has a bustling fitness scene with studios and classes to fit every interest, level, and location.

YYC Cycle is just one of these studios. Offering indoor biking classes at three different locations throughout the city.

'Indoor biking classes sound boring,' you may say, however, at YYC Cycle they are anything but. The music is loud, the lights are flashing, and the sweat is pouring. When you show up, show up ready to work - and work hard.

But what's a class at YYC Cycle actually like? Let me tell you.

You'll first show up and sign in, get your bike shoes, and reserve your spot in the room via a whiteboard and marker on the counter. A word of advice, if this is one of your first classes do not sit at the front - mainly because it's nice to watch everyone else if you're lost.

Next you'll drop your belongings in the change room or the lockers and make your way into the bike room. Grab a towel on your way in- I promise that you are absolutely going to need it.

Once you find the bike you picked out at the front you'll have to adjust it - this can be a serious process but take the time to do it or you'll be in for a majorly uncomfortable

class. When you pick out your weights for the class, go lower than you think you'll need or, believe me, you will regret it.

I honestly think that clipping your spin shoes onto the bike is possibly the hardest part of the class, but get your instructor to help you out if you can't get them. Once you're clipped in get your legs going into a warm up - because you have no idea what's coming.

The first track of the class will usually start out pretty average, but don't think that you won't be working hard. You'll be up, you'll be down, you'll be racing, you'll be climbing. And if you're anything like me you'll probably be wondering why on earth you voluntarily decided to do this.

You get to be in charge of your own resistance throughout the class, and when they tell you to turn it up there are going to be times that you'll actually turn it down because you just can't. You're going to sweat so much that when you leave the class people will ask if you just showered.

Your instructors (or motivators as YYC Cycle calls them) will be what get you through your class. There will be moments when you hate them (when they tell you to turn up. Again.) But, they will also push you to your limit, which is why you're there. They will continually tell you that you're strong, and that

though one minute of racing seems like forever when it's happening). Before you know it, the class will be over and you'll forget about the moment when you were extremely thankful that they had turned all the lights off because no one could see your tears.

After your spin class you should feel incredibly proud of the last 50 minutes in which you have gone through so many emotions, and also biked your little heart out. Also be prepared for the bones on your butt to be in pain for 24 hours, due to the bike seat.

All in all, spin classes are a fitness journey that you have to fully commit to and if you do you'll find a strong community of people in the class who are pushing themselves as hard as you are. Spin classes are ridiculously tough and I won't sugar coat that, so don't expect to put half of the effort in. But these classes are also a great workout, a good way to switch up your routine, and can be a really fun time.

Difficulty Level:
4/5

The good thing about a spin class is you can pick your own resistance and weights, but the class is still fast paced and will demand a lot out of you.

Price: 4/5

At \$20, drop-in prices are pretty standard as compared to most other fitness classes in the city. If you buy packs of classes it can be cheaper, and they offer a student discount of 10% off.

Miscellaneous Factors: 5/5

YYC Cycle is built with a team of motivators that are there to push you, but are also incredibly kind and helpful. If you don't like a class with one instructor, the great thing is they have so many others that will teach their own class a bit differently.

So get out there and get spinning folks!



YYC cycle is like a blend between a night-club and a fitness studio, minus the overly drunk 18 year olds getting kicked out at 2 A.M. Photo by Kourtney Meldrum.

League of Extraordinary Gamers

A n00b's guide to competitive League of Legends

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Layout Editor

My mom always told me that playing video games in my room for hours on end wouldn't get me anywhere. And no, so far it hasn't, but it has gotten the 50+ professional League of Legends players in the North American

League Championship Series (NALCS). In the NALCS, players lock into Summoner's Rift, the game's 5v5 competitive stage and battle it out to see who is the best team in the region.

What is League of Legends?

League of Legends is one of the

most popular games in the world, with more than 100 million players per month. With over 130 unique characters in the game, watching League of Legends may seem confusing at first, but once you know what you're looking at it can be a whole lot of fun.

The primary goal of League of Legends is simple: fight through the enemy team and destroy the

enemy's nexus, a big shining crystal inside each team's base. Before they can do that, teams must kill their enemies, minions, turrets and anything in between to get to the other team's nexus while defending their own.

There are also three neutral objectives on the map: the dragon, baron nashor and the rift herald. They all give certain power boosts useful in different stages of the game. The five types of dragons; fire, wind, water, earth and elder, all give different types of combat stats for killing the opponent while baron nashor gives power to your minions and a small boost to your team's characters, making it easier to take turrets and leave the enemy's nexus exposed.

Player roles

All of the five players on a League of Legends team have a role that plays into destroying the other team's nexus. The five roles are:

Top lane: A top laner's job is to basically survive the early part of the game with the sustain built into their kit. As the game goes on, a good top laner will be able to push objectives on their own quickly and efficiently, again without dying. In large team fights, top laners will provide abilities that can root, snare or disable key members of the other team, or crowd control for short.

Jungler: The jungler perhaps has the most unique and tactical role on a League of Legends team. The jungler earns their money through killing neutral monsters and surprising the enemy team all over the map, creating something similar to an odd man rush in hockey.

Mid Lane: Not only are midlaners positioned in the middle of the map, but they are usually the centre of attention with high amounts of burst damage. Mid lane champions have the ability to kill many

minions quickly, which is referred to as waveclear, and use that to create pressure in their own lane and roam the map and create pressure elsewhere.

Support: The support is basically the mom of the team, using their abilities to protect their team and prevent the other team from using their abilities to kill them. Supports usually provide crowd control or healing for their team. The support starts in the bottom lane, paired with the marksman.

Marksman: The reason why the support starts with the marksman in the bottom lane is because they are both at their weakest in the early game. A bit of a glass cannon, the markman's job is to provide heavy damage per second (DPS) in team fights, using their ranged attacks to stay far away from the other team's tanks and damage dealers.

LCS Format

There are 10 total teams in the LCS, all fighting for video game glory. Every week, teams play two best-of-3 matches to climb up the standings and qualify for the playoffs, where large amounts of money and e-sports glory awaits them. After the two separate seasons in the spring and the summer, the three best teams from North America put their skills to the test in the League of Legends world championship, where teams from other regions around the world go head to head for the Summoner's Cup, the highest accolade in the game.

Competitive matchups for the NALCS take place every Friday, Saturday and Sunday during the regular season. Check LoLesports.com for the full schedule.



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League of Legends is one of the most popular games in the world. It's also the third most viewed e-sport.

(Photo courtesy of Riot Games)