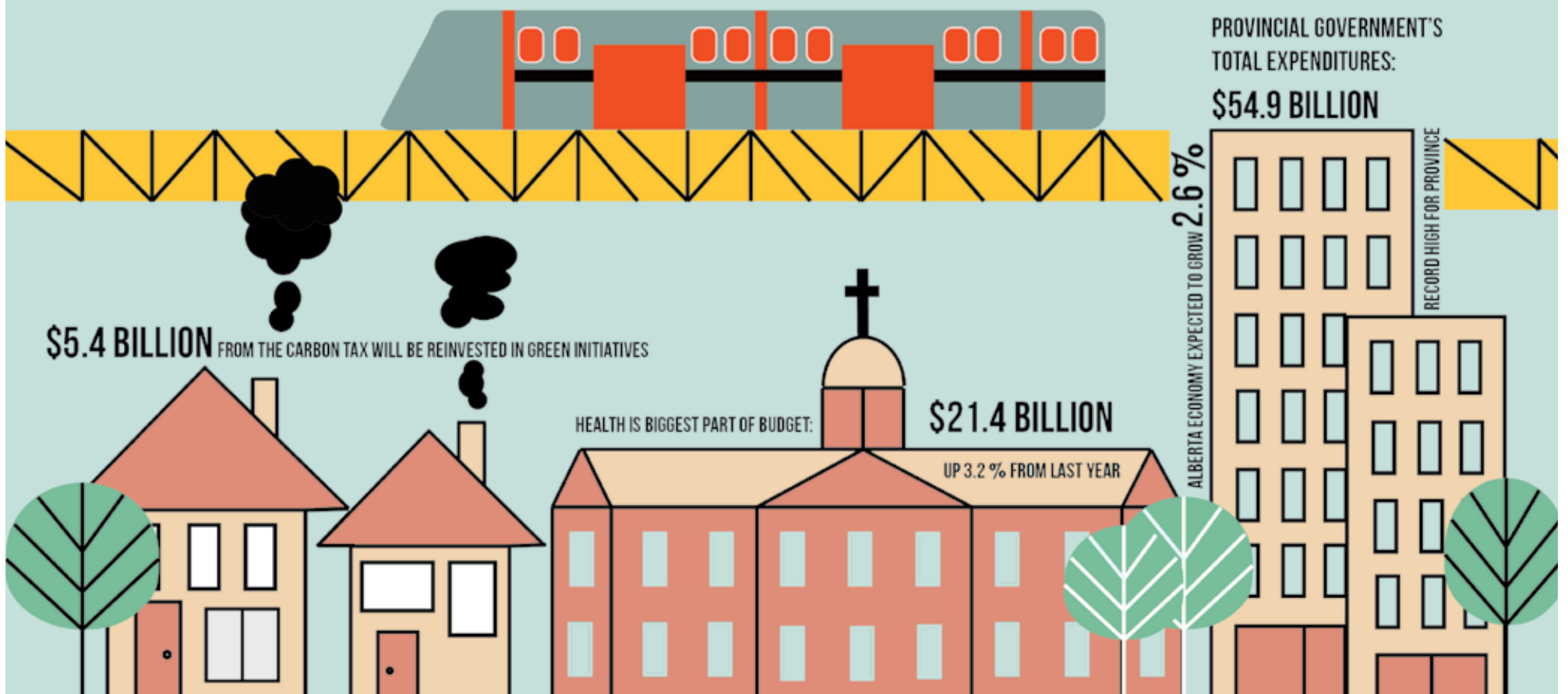


the reflector

FREE
March 23, 2017
www.TheReflector.ca



THE NDP BUDGET BREAKDOWN (PG. 2)

THE RUN AROUND ON
RUNNING AROUND
(PG. 13)

THE COURTNEYS
ROCKED CALGARY
(PG. 12)

VIRAL INTERNET
TRENDS: WHY?
(PG. 5)



ROUND DANCE DRUMS
UP STUDENT ENERGY
(PG. 4)

Education, healthcare and pandas...Oh my!

NDP tables 2017 budget

Josie Lukey

Staff Writer

There's nothing like a new pair of soccer cleats to symbolize the province's commitment to families.

At least, that's what the NDP government thought when they presented a youngster with a flashy new pair of cleats as a pre-emptive photo-op tease to the presentation of an even flashier budget for the province this March.

Finance minister Joe Ceci tabled the Working to Make Life Better plan last week forecasting a \$10.3 billion deficit this year on a revenue of \$45 billion. The budget also projects a reduction in the deficit to \$7.2 billion by 2020, but reports the province will rack up an estimated \$71 billion in debt by 2020.

Unsurprisingly, the opposition pounced.

In a statement, the Wildrose official opposition referred to the budget as "a debt-fueled

disaster packed with higher taxes and more of the same economic policies that will cost families and hurt Alberta's prosperity for generations to come."

The 2017 budget does not include new taxes, tax increases or program cuts.

An increase in education spending means the government is extending a tuition freeze for a third year. While also offering a two per cent increase to operating grants for institutions.

Parents will also be given a \$54 million break from the province through reduced school fees. The province also has plans to build 10 new schools — five in Calgary — and upgrade or replace 16 more.

What's in it for Calgary?

There's no funding for Calgary's Green Line LRT project from the province in this budget,

but a number of other Calgary routes will get support.

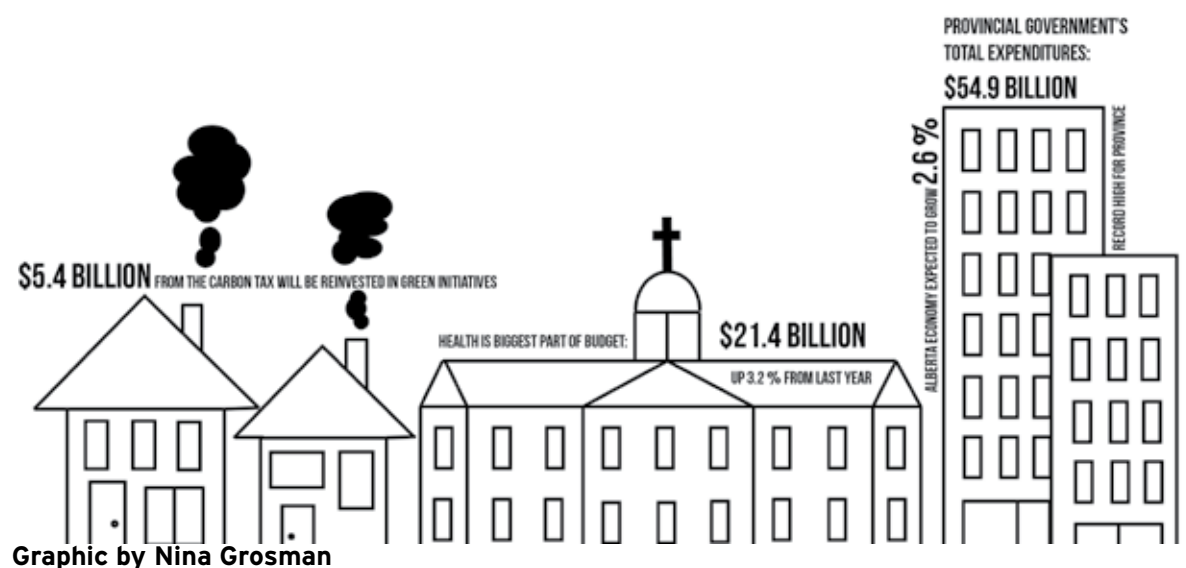
This includes \$382 million for Calgary's ring road and an undisclosed amount for construction of an Airport Trail link. Ceci also said the province would work with Calgary to build

an interchange for the Deerfoot Trail and 212 Avenue South interchange.

The Calgary Zoo's panda exhibit will get a boost totalling \$6 million over two years and WinSport will receive \$10 million for a sliding track refurbishment.

For Mayor Naheed Nenshi though, it's nothing special.

"This is very much a business as usual for the City of Calgary ... I wasn't really expecting much in this budget given the fiscal situation of the province. I had some high hopes, clearly the



Breaking barriers during Islam Awareness Week

Mount Royal students aim to provide a greater understanding of the faith

Amber McLinden

Staff Writer

Mount Royal's Islam Awareness Week sought to familiarize people with Islam and what it means to be a Muslim.

The Muslim Students' Association on campus set up a week of events, March 13-17, to let others who aren't part of the faith experience some of its practices. In light of recent islamophobic occurrences both here in Calgary and internationally, students say the week-long event is more important than ever.

Hadeel Abdel-Nabi, a Muslim student at the "Meet a Muslim" booth says the week is all about de-stigmatizing and helping people learn.

"People are scared of things that they don't understand and I feel like this whole week has just been about spreading awareness and spreading understanding about what the religion is or what we're doing to sort of [mitigate] that fear and help people realize that we're normal," he says.

The week of events is meant to reflect the five pillars of Islam with various activities that invite everybody to join in and witness. "Helping Henna Hand," "Fasting not Furious," "Prayer or Yoga?," "Meet a Muslim," and "5 Pillars of Islam" were some events that took place.

Abdel-Nabi and fellow student Moneet Gill were both at the "Meet a Muslim" booth, an activity set up for people to come and ask questions about their faith.

Gill is Sikh but considering becoming Islam.

"I'm leaning towards Islam, so I'm like looking into the faith and researching and just learning how their religion is," Gill says.

The "Meet a Muslim" event sought to give people a way to ask questions and understand, not necessarily about Islam itself but to understand those who practice.

Abdel-Nabi says connecting Muslims and non-Muslims is a step towards erasing

islamophobia.

"There's been a lot of graffiti around the school recently, in and around the main building and the smoking section, a lot of Islamophobic messages going around, so it's really important to sort of connect with people outside of the Muslim community, because I know for myself especially I tend to stay within the Muslim community," Abdel-Nabi says.

Reaching out to others and making connections can break down the barriers that stop people from understanding each other, the women both say. They admit they have trouble doing this at times, and think it's something that's worth investing more time into.

"I don't really branch out, so I think that may be an issue," says Abdel-Nabi. "People don't really know what's going on with us, who we are, that we're normal kids or just trying to get by in university. I think it's important to connect with others."



After a day of fasting and a group prayer initiated by the Muslim Students' Association, Ravisha and her friend break their fast with a feast. Photo by Amber McLinden

Paul Brandt: Awareness bound

Country star and Mount Royal alumnus collaborates with students on progressive awareness campaigns

Anna Junker

Staff Writer

Mount Royal University alumnus, musician and storyteller-in-residence Paul Brandt is working with and mentoring marketing students from the Bissett School of Business on different awareness campaigns. From March 15-17, information booths were set up at West Gate and Main Street to promote these initiatives.

The campaign Clarity Cowboys & Concussions, is partnering with Smithbilt Hats, a business here in Calgary. They are using black cowboy hats to raise funds for concussion awareness, and injury of rodeo athletes. Another campaign Brandt champions, Not All Fun & Games, is raising awareness about human trafficking in Calgary, especially around sporting events such as the world famous Calgary Stampede.

Brandt says being involved with the work has its challenge but is always a lot of fun.

"When you're in position of the mentor, you're in a position of accountability and to be a part of it and be involved. And that's fun for me because it pushes me and I hope it's fun for the student's that we're working with as well."

Brandt says that the different topics and causes they are covering fit well with his foundation, the Buckspring

Foundation, and its work.

"The Black Hat Project again, for example, was kind of an easy fit. I became known over the last 20 years as a guy in a black cowboy hat. And we kinda riffed on that idea thinking about how the black hat is worn by the bad guy, but this is the black hat that does good things."

Dylan Griffiths, the lead designer of Not All Fun & Games says Brandt's level of involvement will vary from campaign to campaign but the group recently got some exciting news from the Calgary Stampede's chuckwagon races.

"They do this thing where they present banners and sell them off... but they've asked Paul Brandt to be part of the opening ceremony for this so we're actually going to try to create a anti-sex trafficking banner to go along with the rest of the chuck banners," says Griffiths.

Griffiths adds the focus of the campaign isn't victims but instead targets the organizational and purchasing side of trafficking. He says this is to keep the public's focus on the culpability of sex traffickers and purchasers.

"We don't like focusing around the victims so much because people... in our research we found people get the wrong idea in their heads about it. Like if you



(Left to right) Dave Hamilton, Keith Twohis, Marshall Dunnet, Paul Brandt and Gino Tang hand out pancakes on Main Street at Mount Royal University Mar. 16. Photo by Anna Junker

show an image of a sex trafficking victim oftentimes people won't blame who is actually to blame; it takes away from that."

But involving victims has created a positive effect in other campaigns. Brandt was involved with The W Project, a 2016 initiative that focused on women's issues specifically related to missing and murdered Indigenous women and human trafficking.

Brandt uses the example of a woman from Ontario who had been trafficked almost her entire life and came to speak at Mount Royal.

"It was an incredibly emotional and impactful speech that she gave over at the Bella Concert Hall and at the end of the evening, a student approached us to let us know that she was being trafficked right here from the campus and we were able to step in and be a part of the solution," says Brandt.

Not All Fun & Games will begin a 90-day social media campaign to raise awareness for their cause and black hats are already available for purchase from Smithbilt Hats to support concussion awareness in rodeo athletes.

Brandt says that the response so far has been great and believes the majority of the community wants to be a part of the solution.

"With knowledge of these things comes responsibility and there are specific examples of these things happening right here in our city," says Brandt at the pancake breakfast. "It's been fun for me, I can come to an event like this and start to see people stopping by and see the light go off that it's not a celebrity encounter but we're creating change. That's an exciting thing to be a part of."

Mount Royal goes for green



Chelsea Rule, support staff member at Mount Royal and part of the sustainability committee handles the clothing exchange pop-up along Main Street part of Environmental week, March 20-24. She says this initiative is to get people in the mindset of the "recycling of everything." Photo by Jennifer Dorozio



Mount Royal's Environmental Fair challenges students to embrace a "greener" way of life. Events such as 'One Hour With No Power', a Terrarium making workshop, E-cycle and battery drop-off, textile recycling (featured above), and book exchanges took place. Photo by Jennifer Dorozio

WANTED: Change!

In keeping with the corny self-help theme of the last few Reflectorials, this issue's theme is on embracing change.

You know what they say, the only constants in life are death and taxes. But guess what! They're wrong. There's one other constant: Change! Change is a part of life and no matter what you do, it's coming for ya!

While I acknowledge the limitations imposed by things like jobs, relationships and most notably, money, I am here to impart some of the wisdom I've gained in my 23 years.

Embrace change. Run against the current and towards the unknown (I told you this would be poetic). The older we get, the easier it is to stick to our patterns and habits and settle down into comfortable predictable-ness.

While there is something both satisfying and pleasurable about doing the things you know you love, like watching Vanderpump Rules every Monday night and getting the Dynamite rolls when you go for sushi; trying new things is what makes life worth living!

I know, it's not easy to make big changes when you're trying to finish school or you're under a work contract. But, if you're on your way to graduation- consider a move! Life is too short to spend it all in one place.

There are new faces, places and opportunities begging to see what you have to offer.

Think of the world this way: instead of finding a space that fits you, make your own space!

If you aren't in a good place to make a big change, then start looking at the little things in life. You ever read those quotes that used to be all over Lululemon bags? Well one of them said: "Do one thing a day that scares you." While my size two Lululemon pants no longer fit, the quote still does.

Nearly every day, I try to do something I've never done before. Whether it's trying out a new smoothie recipe, applying for a job I'm intimidated by or even swiping right on Bumble (lol). Change is good and keeps you feeling alive!

Predictability is nice, but if you're thinking about sending that wink face or pressing 'book' on that flight... go for it. You might regret things you do in your life, but your biggest regrets will be the chances and changes you never went for.



(From left to right) Randy, Darcy and Randy Turning Robe, sang and drummed for an inaugural Round Dance in Main Street March 21. Photo By Jennifer Dorozio

Blackfoot singers and drummers lead Mount Royal in Round Dance

Drums and singing heard by all along Main Street

Jennifer Dorozio
News Editor

As the tired shuffle of the feet of students and faculty moving from class to class continued its usual slog along Main Street the Turning Robe family was preparing something exciting.

Randy Turning Robe sits holding his drum in one hand preparing for an open school Round Dance along Mount Royal's main hallway Tuesday March 21.

"You've gotta keep that style going— they call it Blackfoot style," says Turning Robe. "We're keeping the tradition and we're not gonna give it up."

Its past noon when the Round Dance begins, with Dion Simon, Mount Royal's Medicine Trail Program Administrator, addressing a group of students, faculties and curious passers-by as they stand in a loose circle.

"Every year roughly between from the first drop of the first snowflake up until the first thunder we have what's called [...] a Round Dance," Simon says as he stands next to the Turning Robes. He explains that a Round

Dance recognizes, "those that have been here, those that have passed on into the spirit world."

The drumming starts behind Simon as he finishes his address and explains the general movement of the dance, and then the crowd joins hands as the voices of Randy Turning Robe, his son Randy Turning Robe (of the same name) and nephew Darcy Turning Robe provide the music and pace, beating on animal skin drums.

The general movement is circling to the left, "we just kind of bounce and then we move from right to left," says Simon.

Intermittently there is a down beat where the crowd makes its way to the center and then back out, mostly in time with the Turning Robes' drumming. "This is pretty good to have for everybody to be part of it, bridging that gap, different cultures," says Darcy Turning Robe. "To show them that were still here, I guess, we're not going anywhere."

Darcy works closely with Mount Royal on many Indigenous events and teachings, including the Treaty Seven field school and aiding in classroom discussions.

"[The Round Dance] it's not a really religious event, it likes a gathering it's a social event for everybody to understand what we do and be a part of it, because First Nations...in this university, it's all over, its Indigenous everything."

The Turning Robe's music Darcy says, is "original style," "We never changed it, that's why we call it Blackfoot style, a lot of young people say 'oh we like the Blackfoot style.'"

It was the first Round Dance for many of the people present, including Mount Royal student Mafzo Abdelfhafa.

"You know actually when I start I didn't even move but at the second turn I felt that, 'Oh I am now professional to do this one,'" says Abdelfhafa with a laugh. "I felt safe, I felt that it's kind of interesting sharing culture, community and taking ideas."

Between each song Dion welcomes others to join and explains context of the Round Dance. After three songs, the dance ends. In other settings, Randy Turning Robe says the dances can last all night.

THE REFLECTOR

March 23, 2017

Issue 12, Volume 55

EDITORIAL STAFF:

Publishing Editor: Nina Grossman
Managing Editor: Ivar Bergs
News Editor: Jennifer Dorozio
Features Editor: Robyn Welsh
Arts Editor: Kennedy Enns
Sports Editor: Brendan Stasiewicz
Photo Editor: Ingrid Mir
Layout Editor: Bigoa Machar
Web Editor: Brett Luft

CONTRIBUTORS:

Josie Lukey, Amber McLinden, Anna Junker, Andi Endruhn, Kourtney Meldrum, Hanna Deeves, Colin Macgillivray, Dan Khavkin

Cover Photos: Graphic by Nina Grossman.

Correction: In the March 9 issue of the Reflector in "The Story Behind a YYC Cycle Motivator" the YYC cycle motivator's Lainey Bennett's name was misspelled. We regret the error.

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

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

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

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

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

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

Contents are copyright © 2017. No material may be reproduced without express written consent.

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

the reflector

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

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

features

Features Editor
Robyn Welch
featureseditor@thereflector.ca

Viral internet crazes

Your guide to online trends, from planking to the mannequin challenge

Amber McLinden
Staff Writer

We can probably all agree the internet is a strange, strange place. We gain a lot from the internet like connecting with friends, talking to people across the world and unlimited access to knowledge. But viral internet trends are one of the most perplexing phenomena. Why do thousands of people take videos and photos of themselves and post them online in the name of a meme? Perhaps for internet fame, or perhaps to just be included in a group. We may never know, but we can take a look back at some of the strangest things to go viral.

Planking

This is considered to be one of the earliest instances of the internet persuading people to do weird things. Gaining popularity in late 2010 after a Facebook page was created on the act, planking became a viral activity. Find the most obscure or strange place to rest in a plank position and post it online. The stunt became notorious for getting people injured while planking in dangerous places.

The Cinnamon Challenge

At its most popular in 2012, the Cinnamon Challenge was done by Youtube stars Miranda Sings and GloZell, and even

appeared in an episode of Big Brother UK. The premise is to film yourself consuming a spoonful of cinnamon and swallow it in 60 seconds without drinking anything. The cinnamon coats your mouth and throat, making it dry, and causing most people to spit it out and generally make a mess of themselves.

Harlem Shake

In early 2013, the song "Harlem Shake" by Baauer was used in numerous viral videos. They usually feature one person dancing to the music while those around them remain oblivious, and then when the bass drops, the scene changes revealing a crowd convulsing and flailing in strange costumes. The trend influenced Baauer's song to top charts that year, and various groups participated, like many sports teams and even Norway's army created a video.

The Cup Song

Anna Kendrick, what have you done? This viral trend originated in the 2012 film Pitch Perfect and reached peak popularity in 2013. Much like Kendrick's character in the movie, the trend was to film yourself singing the Carter Family song "When I'm Gone" while playing a version of percussion with a cup. It became so popular that you can now learn how to play the cup percussion on

WikiHow.

Whip/Nae Nae

Silento's song "Watch Me (Whip/Nae Nae)" was released in 2015, and the music video that followed sparked the trend. The hip-hop dance, combining two moves (the Whip and the Nae Nae) was recorded by thousands and posted on social media including Youtube, Vine, Instagram, and Facebook. The trend, producing excellent dances and some not-so-impressive versions, has shot Silento's music video to 1.23 billion views on Youtube.

Mannequin Challenge

It seems the internet has a way of helping tunes rise on the charts. Rae Sremmurd's "Black Beatles" peaked on Billboard's top 100 at number one when this trend went viral. The song plays in the background of #TheMannequinChallenge, a trend not dissimilar to the Harlem Shake. The idea is that everybody being recorded in the video stands completely still, like mannequins. Participants of their own challenges include Taylor Swift, Adele, Michelle Obama, Hillary Clinton, and many more.

What weird and unpredictable trend will take over the internet

TIMELINE OF VIRAL INTERNET TRENDS

2010
PLANKING

2012
THE CINNAMON
CHALLENGE

2012-2013
THE CUP SONG

2013
HARLEM SHAKE

2014
NEKNOMINATION

2014
ICE-BUCKET
CHALLENGE

2015
THE KYLIE JENNER
LIP CHALLENGE

2015
WHIP/NAE NAE

2016-2017
THE MANNEQUIN
CHALLENGE

2017
JUJU ON THAT
BEAT



Planking became a viral internet trend after gaining popularity in late 2010. While many people enjoyed finding unique places to plank, many got hurt. Photo by Ingrid Mir

Graphic by Robyn Welch

Spring into a new semester

The pros and cons of taking spring courses

Andi Endruhn

Staff Writer

Course registration is upon us once again and so is the question: should you take spring semester courses?

Spring courses are great but they're not for everybody. We're here to take you through some of the ups and downs of extending your school year.

The pros

Spring semester is a great time to try to pull ahead in your

courses. Your program-required classes may not be offered during the spring but if you're working on a minor or just want to get rid of some of those pesky general education requirements holding you back, this is a great time to do so! You'll have time to focus without worrying about juggling all of your other courses. The added bonus is that it could help pull you closer to an earlier graduation date!

Block week courses are

available! Why spend an entire semester taking a course if you can just get it done in one week? A block week course crams a two month course into five days and runs for a full Monday to Friday week with classes typically running from 9 a.m. - 4:20 p.m. These setups can range anywhere from monotonous to demanding. Their intensities vary based on course content and instructor. These kinds of courses limit your spring semester to a brief stint of

time and one week of hell isn't that bad, is it?

Take a class now and you won't have to take one later. Regular semesters are difficult for anybody with a full course load and all the other aspects of student life. Taking a class over the spring could mean one less class to take during the regular school year, giving you more time to focus on your other classes, work a few more hours, or even relax! (Quite a concept, right?) You'll be right on track with all of your friends, but you'll have put the work in earlier so you don't have to do it later. Think of it as a time investment for your future self!

The cons

Spring semester courses aren't perfect. The most obvious problem is it makes your school year a whole lot longer depending on what classes you take. We all want to get out of school as quickly as possible, and having to come back in May and take a class running well into June is generally not a pleasant idea.

A longer school year means less time to work. If you work through the summer to help pay for school, taking a spring

semester course could seriously eat into the time available to make money.

Speaking of money, student loans don't often budget for the tuition of spring semester courses, and paying for tuition could be a serious setback for your finances, or may not be an option for your bank account. Look carefully at your finances before leaping in.

When it's not a block week course, the classes run like a normal semester. But there is a two course gap during spring semester and going to school sporadically for only a couple hours a day from May 3 to June 20 could be a major drag. Without the rest of your normal schedule, it might be hard to get yourself to attend class. If you're not prepared for some serious self discipline to get those attendance marks, maybe you should rethink your decision for a spring course.

Spring semester courses can be perfect to help push ahead, or can seriously impede on your time so think carefully before jumping in! The courses for this upcoming semester are posted for you to browse, and can be registered for like any other class. Registration closes on April 26.

Respiratory Therapy

*A passion for technology ...
...compassionate patient care*



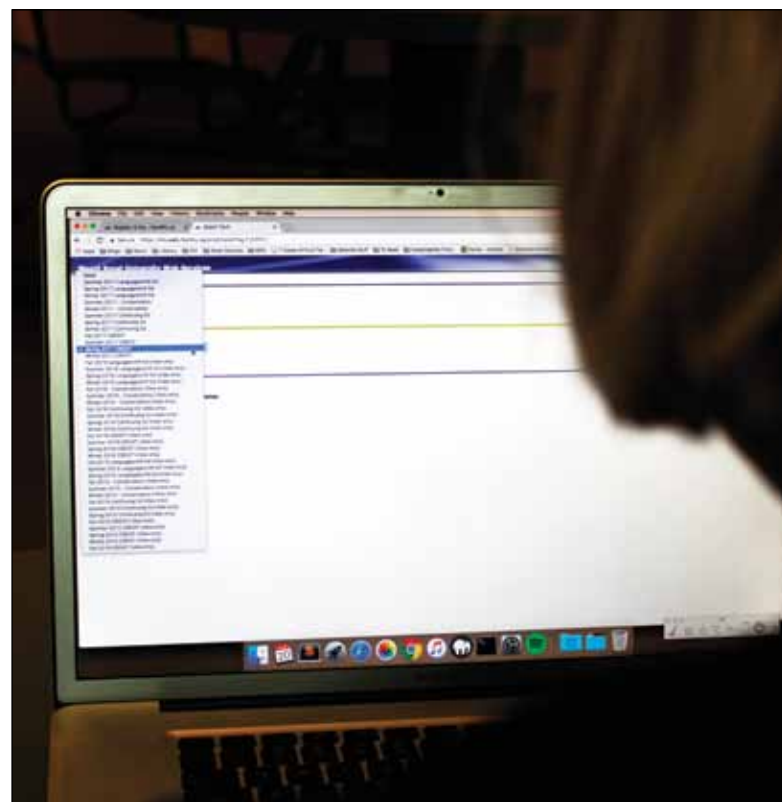
**College and Association
of Respiratory Therapists
of Alberta**

www.carta.ca



CANADIAN SOCIETY OF RESPIRATORY THERAPISTS
SOCIÉTÉ CANADIENNE DES THÉRAPEUTES RESPIRATOIRES

www.csrt.com



Spring courses are not for everyone. Make sure you weigh the pros and cons and if you are interested, register by Apr. 26.
Photo by Robyn Welsh

Chocolate quinoa crispy squares

A delicious and healthy treat

Kourtney Meldrum

Food Columnist

Chocolate: it gets me every time. It's where my biggest cravings always come from. Trying to eat healthy while still wanting chocolate all the time doesn't usually coexist but I have found some recipes that mix my love of healthy food with my addiction to chocolate.

Chocolate quinoa crispy squares are honestly heaven sent for me. They combine quinoa and chocolate, two of my all-time favorite foods. This recipe is also vegan, dairy free, and gluten free. Good luck trying to keep these guys around for more than a few days.

This recipe makes 12 servings, takes about 30 minutes, and requires no oven - could it be any simpler?

To make these squares you'll need 1 cup of quinoa pops, 1/2 cup of dates, 1/2 cup of almond butter, 1/4 cup of maple syrup/honey, 80g of dark chocolate (roughly one large bar).

Step 1

Pour boiling water over your 1/2 cup of dates and leave them in a bowl. They're going to look a little gross, especially when they start taking in water but don't worry about this.

Step 2

If you didn't find quinoa pops at a health store, the good news is you can make your own popped quinoa at home. Using regular quinoa, heat up a saucepan with a lid on top at medium high. Once it is hot, scatter the quinoa onto the pan (in a thin layer so the quinoa doesn't overlap) and place the lid back on top.

The quinoa will start to 'pop' similar to popping popcorn. Make sure to continually move the pan so the quinoa doesn't burn, it should only take about 20-30 seconds to pop. You'll probably have to do a few batches to get the full cup full.

Step 3

Drain the dates and add them plus the almond butter and maple syrup into a food processor or high powered blender. I added more maple syrup into my mixture so there was about 1/3 cup. Mix together these ingredients so that they turn into a thick concoction.

Step 4

Next you'll mix in the quinoa with the date mixture so that it's fully combined. When it's mixed you can put it into the pan and flatten it out with a spatula so that it's evenly distributed. Place the pan into the freezer.

Step 5

Melt the dark chocolate either on the stove or in the microwave and pour it over top of the quinoa mixture before smoothing it out. Place it back into the freezer to fully set.

Step 6

After your squares have hardened, take them out of the freezer and cut them into even pieces before you enjoy them!

If you're making your own popped quinoa I recommend using more than a cup of quinoa because it might not be as fluffed as store bought popped quinoa. I also loved the recipe with maple syrup rather than honey - especially when I added extra.

My version of these tasted weirdly like a coffee crisp. I'm not super sure how this flavor came to be but they were absolutely delicious either way.

Store these in either the fridge or freezer. If you want a little bit more of a treat, add a scoop of vanilla ice cream on top.

This recipe is a healthy take on caramel rice crispy squares with chocolate on top. The quinoa provides protein and fiber and is extremely light so you don't have to feel guilty about treating yourself with a few of these!

Step 7

Share with your friends! Everything is sweeter when you share with your pals. Consider baking with friends as an alternative to spending a night out at a bar. It's cheaper, healthier and you'll feel so much better in the morning for doing so.

These even make a great study snack for the exam season around the corner. Everyone needs brain food so get baking!



This tasty and healthy alternative to rice crispie squares is vegan, dairy free, and gluten free so it can fit into countless lifestyles! Photo by Kourtney Meldrum

fill a gap

in your program

Athabasca University has over 850 courses for you to choose from to meet your needs. Monthly start dates of undergraduate courses fit into your schedule so that you can work at your own pace.

Fill the gap and save a semester.

Athabasca University
open. online. everywhere.

go.athabascau.ca/online-courses

A beginner's guide to butt stuff

How to explore the pleasure centre you've been avoiding

Hanna Deeves

Sex Columnist

Preparation

Go out and buy a nice quality lube, you'll need lots of it because the anus does not self-lubricate. If you are using silicone toys, use water-based lube. If you are using non-silicone toys, using fingers, or having intercourse, you can use silicone based lubes. Anal-specific lubes are typically silicone based and they are thicker and last longer.

You will need condoms because anal sex is still sex. You need to protect yourself, and be aware that switching holes with whatever you're using can cause infections if you do not clean off first.

Now obviously, cleanliness is always a concern here. And there are a bunch of products out there designed to help clean you out. But I won't even get into those because they aren't good for you.

Really all you need to do is

eat healthy, which you should be doing anyways, and go to the bathroom beforehand. If you do this, you should be fine. There is always the chance of an accident, but it just comes with the territory. You know what you're signing up for.

If you are doing this with a partner, make sure to talk it out with them first. Make it clear what you are comfortable with. Come up with a safe word if you need to.

Go time

Alright, so you're ready to get hot and heavy, what now? First of all, foreplay is extremely important. Making sure you are nice and aroused will help you relax and being relaxed will make penetration more comfortable.

Go slowly and listen to your body because it knows what's best. If something hurts, stop! This experience is not supposed to be painful. A little uncomfortable at first maybe, but not painful.

Pain is your body's way of

telling you something is wrong. It is a complete myth that anal sex is supposed to hurt. If you push through it, you can damage your body. Lube is your best friend in reducing risk of pain. Move slowly at first, and then speed up if you would like.

As a general rule, if you want to go with more than just a finger,

I recommend starting small and working your way up. This will reduce the possibility of pain. You could start with a finger, then two, then three, or with a small anal plug or other toy, and size the toys up.

I know it sounds inconvenient, but anal really isn't something you should just dive into on a

whim. With any size, make sure that every time you start slow and gentle, and let your body adjust to what's happening before you decided to get rough with it. Your body will thank you.

*For a little something extra, check out thereflector.ca for a toy review!



Anal sex is not supposed to be painful! If it is for whatever reason, try using more lube and getting relaxed before trying to force anything. Listen to your body and start small.

samru.ca

samru.ca

LCB 2017

Last Class SPLASH

APRIL 12TH, 9PM IN WYCKHAM HOUSE

TICKETS ON SALE NOW AT SAMRU RECEPTION & THE HUB

SAMRU.CA/LCB

samru students' association of montreal university

INFUSED

PRIMAL & WILDSTYLE

joeou

Alberta Foundation for the Arts

Tale as old as time

Disney tackles another remake

Colin Macgillivray
Staff Writer

The original Beauty and the Beast was an all time classic, I was a tad worried when I heard that Disney had decided to create a live action version. With a not so stellar track record of adapting adored animated adventures into compelling live-action retellings — I'm looking at you Alice in Wonderland — I was sure they would make an absolute mess of things when approaching a live-action Beauty and the Beast. Turns out, I was wrong. Near perfect casting coupled with some incredibly striking visuals, as well as some top-tier source material to draw on allows children and adults alike to enjoy one of the best fairy tales in an entirely new way.

But, before we jump into the nitty-gritty of the review, I have to make something very clear. I am of the opinion that a remake of a movie will never capture the same magic as the original film it is modelled after. It's nearly impossible to revamp a film that still pays homage to the original, all the while adding new elements that make the new film stand out from its counterpart. On the other hand, I usually abhor films that are nothing more than a shot-for-shot remake of the original, as they feel like nothing more than a studio cash grab. Now, I'm not saying that the new Beauty and the Beast isn't a studio cash grab (because to be completely honest that is really all it is) but in this case, the shot-for-shot remake worked. In fact, if the movie was not a near identical replica of the original, it would not be as solid as a movie as it is.

Beauty and the Beast's initial strengths lie within its

impeccable casting. Not only are Emma Watson and Dan Stevens nearly perfect in the lead roles, but the supporting cast rarely misses a beat. It's almost as if Josh Gad was made to perform as the bumbling Le Fou he plays opposite surprisingly charismatic Luke Evans, who steals almost every scene he is apart of as Gaston, is a treat to watch. The anthropomorphic, cursed workers of Beast's magnificent castle are helmed by some brilliant voice work including that of Ewan McGregor who plays the candlestick Lumière, while Sir Ian McKellen's voicing of Cogsworth is a welcome edition to any Beauty and the

Beast production. With almost all of the performances being incredibly solid, it was hard not to be smiling throughout.

The other strong point of this Beauty and the Beast interpretation is it's extraordinary visuals. From the classic ballroom dance sequence, which features some masterful camerawork, to the outstanding production design in the entire "Gaston Song" scene, the \$165 million budget was definitely put to good use. The computer generated animations for both Beast and his housekeepers is on par with any CGI out there today. The stunning visuals allow this version of the Disney classic to

set itself apart from the animated version, which in the end is a good thing, as this is a very solid film.

I've said it a couple times before, and I'll say it again, the new Beauty and the Beast is a solid movie. The magic you may have experienced during Lumière's "Be Our Guest" musical number might not be the same as the original, but the 2017 update will surely have you smiling. Even though this film was destined to never live up to the original, it's likely to stand a test "as old as time." Don't be a cynic and admit it's a fun movie! Be especially happy that Beauty and the Beast received a big budget production,

something the classic fairytale definitely deserves. All in all, go see Beauty and the Beast for the sole purpose of re-experiencing some of the greatest characters in history performed by some extremely competent actors, beautiful imagery throughout, and another chance to experience Beast, one of the greatest Disney characters of all time.



Photo Courtesy of Walt Disney Studios

OUT'N ABOUT

Film:

The \$100 film festival goes from Mar 23 to 25 and features more than 40 short films filmed on Super 8 and 16mm film. General admission is \$12.

Markets:

Market Collective returns from Mar 24 to 26 at the Chinese Cultural Centre putting over 50 local artists under the same roof for your shopping ease.

Studio Bell:

Studio Bell After Hours is the newest addition to the National Music Centre's events roster. On Friday Mar 24 the NMC is bringing in DJs for a night of music at the museum.

Beer Festival:

The Calgary International Beer Festival is hosting its launch at CRAFT beer market April 4 stop by and try some of Alberta's best beers.

It ain't easy being Cheese-y

Calgary rapper shares his story on making music in today's internet age

Bigoa Machar

Layout Editor

The first thing you'd notice upon entering Shea Roger's one-bedroom Calgary apartment is a large, wooden and cardboard box standing up straight right in his living room. While it may, at first look like a makeshift time machine, a variety of buttons, dials and microphones line the inner walls of the contraption. Roger, better known as his rap monicker Chedda Cheese, says he built this sound-proof studio with his own two hands out of the love he has for music, something he says has been a part of him for as long as he can remember.

"I started off doing little rap battles online with my friends. We would do these things we called 'text battles,'" says Roger. "There was no actually rapping, we would just write them on paper and battle that way. Later on, I really started doing freestyle battles in bars, which is also when I started writing songs."

Much like Eminem in 8 Mile or Supa Hot Fire laying the smackdown on fools, Roger says battle rapping is just as much about the comedy as it is the music.

"In battling, the writing has to be geared towards more what's going to make the audience laugh or react, whereas in music it's more so geared towards what's appealing," says Roger. "Battles are more required on lyrics because you really don't need musical talent to do battles. You can go up there and just say funny stuff and really do well."

Once Roger noticed people were drawn to his music, he began taking it more seriously. He says one of the biggest things that helped him come out of his shell was honest feedback from people outside of his friend circle.

"I think being able to have people who don't know me at all hear my stuff was pretty cool, even though a lot of the feedback I got when I first started was bad," says Roger. "That's what really helped me improve, because I could work to get better at it, where my friends wouldn't really give me any constructive feedback. So definitely the Internet has helped me become a better artist."

Roger's talents eventually got noticed on a larger scale. He was invited to a Calgary event put on by King of the Dot (KOTD,) Canada's largest battle rap circuit. Roger says his first

King of the Dot battle was nerve-racking but really helped his career get the push it needed.

"The very first KOTD battle I did was at the very first event in Calgary, so at that point they weren't that big," says Roger. "It was this new battle league that had just started up and the organizers heard me through Scribble Jam. It's really just grown since then and now it's pretty huge."

Roger was able to turn this momentum into internet popularity, which eventually led to the release of his debut album, *The Dairy Section Vol. 1*, early last year.

"It wasn't really an album to me. They were just songs I made over the course of two years, so I'd say it's a compilation of songs that I thought were strong enough to put together for an album," says Roger. "As far as the parodies go, usually I just listen to the song I have in mind and think of a funny concept for it. I focus on the hook of a song and build up from there."

On top of this, Roger was lucky enough to open for rapper

Lil' Dicky earlier this month. Roger goes on to say that the new way music is distributed has contributed to his success. Websites like Bandcamp and Soundcloud make it easy to upload his music for free, while other social media platforms make it easy to connect with his fans.

"With the internet, you can literally reach anybody. If you can be successful on the internet, than you can be successful from anywhere, it probably wouldn't matter," Roger says. "If I lived in a city like Toronto or Los Angeles, I could connect with other people that are already established and would end up making friends with other people. I could make friends way easier that way."

While Roger is enjoying the success he's found so far, he tells us that the city has more hip hop artists just like him, ready to emerge into Calgary's mainstream.

"I feel like Calgary is a blossoming city, but it's not there yet. It can be a big city though because eventually somebody is going to make good enough

music here that it's gonna do something worldwide as far as hip hop goes," says Roger. "I feel like Calgary is an untapped goldmine for hip hop artists such as myself."

While Roger says the talent is here in Calgary, he tells us it's only a matter of time before Calgary becomes a hotbed for hip hop artists.

"It'll happen overtime. The talent will continue to grow and people will start to take notice more. I feel like if the talent is undeniable, people will come to it," says Roger. "I don't think the hip hop talent in Calgary has reached that point."

From stigma around hip hop music to Calgary's own stereotype of being a country music city, Roger says it doesn't bother him when someone initially brushes off his music.

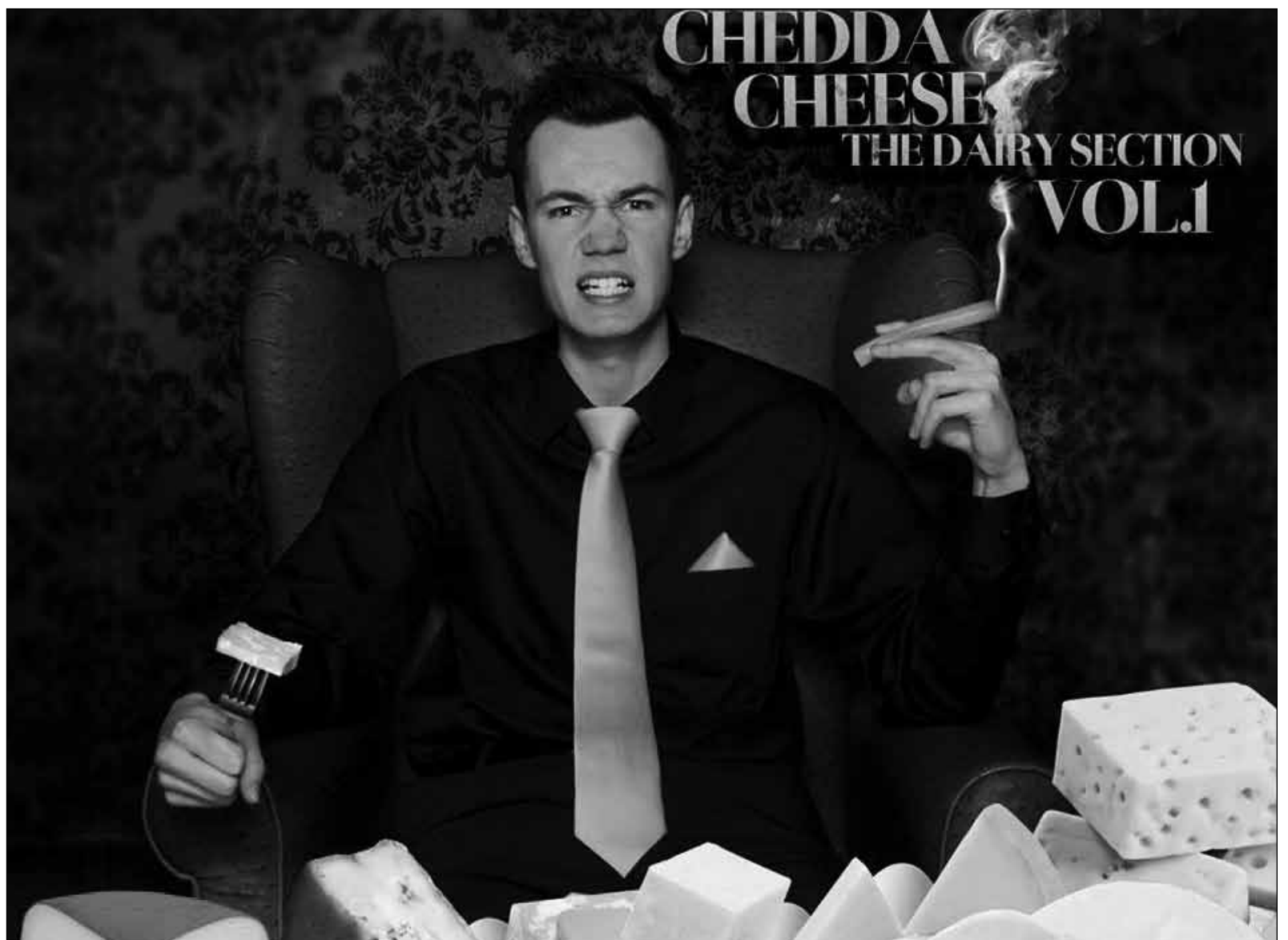
"I don't mind them at all. I guess I come across as a nerdy guy. I'm a skinny white guy with glasses, so I'll run with the gimmick if it helps me out," says Roger. "I like to have fun with music and make people laugh with my songs, so I'm never

going to stop that. I do like to do serious stuff too, so it's really all about what I feel like doing that day."

While everything may be happening all at once for Roger, he says he's taking his music career one step at a time, enjoying the ride rather than trying to get to his destination as quickly as possible.

"The main thing is just improving as much as possible. I feel like if I keep improving the same way I have over the past 10 years, then I'm in a good spot. When I first started, I was literally bad, literally the worst rapper I've ever heard," says Roger. "Now, I think I'll be good enough to eventually make a living making music. I would really like to work full-time writing music. That would be a dream come true, whether it's writing for me or other people."

Be sure to check out Roger's music on Bandcamp (bandcamp.cheddacheese.com) and follow him on Twitter (@cheddacheeserap) to keep up with all of his updates.



Shea Roger, better known as his rap name Chedda Cheese, released his debut album last year and hopes to continue to find success in music. Photo courtesy of the Chedda Cheese Facebook page.

State of the Legion

How an unsuspecting series became 2017's best TV show

Brett Luft

Web Editor

If I told you the best show in 2017 belonged to the Marvel universe, which one would you think I'm referring to?

A month ago you'd probably suspect I was talking about Marvel's Iron Fist, but the truth is that show is a critical failure. With mostly negative reviews, Iron Fist has stopped Marvel's television powerhouse dead in its tracks.

It will recover, of course, but it does create an opportunity for a newcomer to truly shine: Legion.

Legion is FX's newest masterpiece. From the mind of Fargo showrunner Noah Hawley, Legion follows David Haller as he tries to cope with schizophrenia inside a high-end insane asylum.

But the voices and events that Haller invents aren't symptoms of schizophrenia. Haller isn't crazy, as it's quickly revealed that Haller is the most powerful mutant to ever live — after all, in the canon of X-Men he's the son of Charles Xavier.

But Haller isn't the only thing powerful about Legion. The show has also struck reviewers in a way that Marvel's Iron Fist can never dream of. The show is one of the most positively reviewed releases of 2017 but that wasn't always the case.

When information first came out about Legion, I was skeptical. Very little was revealed, and the show looked completely bonkers. I was afraid it'd turn out like the third X-Men movie, rather than Logan.

But Marvel's Iron Fist was the opposite. It had the entire force of Netflix and Disney's marketing teams, and it had a lot to live up to in comparison to Marvel's Daredevil and Marvel's Luke Cage.

But it never delivered because it was bogged down by problematic source material filled

with concern about Orientalism, Asian stereotyping and the "White Saviour" complex.

Marvel's Iron Fist isn't labelled bad because of poor acting or straying away from the source material, but people don't like it because it chose to stick to its roots and reinforce everything that was done wrong in the source.

And the opposite is true with Legion. Legion chose to reinvent itself for television as something that finds inspiration in the source material, but not live by the rule of its source.

Legion is about the struggle of a man trying to find his place while battling his demons and less about paying fan-service to the X-Men franchise.

But where Legion truly shines is in its ability to tell a good story without resorting to clichéd tropes. Where Marvel's Iron Fist plays with 70s Kung-Fu tropes, Legion tackles its story in a refreshing way.

Legion is constantly shrouding its storylines in mystery and dealing with subject matter in a way that leaves the audience artfully and purposely confused. This is because it reveals enough of itself to keep people interested and uses cinematography and action to move the series along.

But outside of all of that, it also tells the story of mental illness in a way that isn't insensitive to those who might be battling their own challenges. It doesn't exploit mental illness or illustrate sufferers as maniacal or exotic.

Looking at all the areas where Marvel's Iron Fist went wrong shows us where Legion is doing things right. It may not have been on my watch list at the beginning of the year, but Legion is the most refreshing television series to come out of 2017.

Legion airs on FX every Wednesday night at 8 p.m. MDT.

THE NEXT LEVELS BRING YOU OUR

4-Days Sale

of 4:20

FOREST LAWN VOLCANO DEMOS

QUEENS BLUNT HUNT BOWNESS GLASS BLOWING

COME DOWN TO ANY ONE OF OUR 3 LOCATIONS FOR SAVINGS AND CELEBRATIONS

20% OFF

ON SELECT MERCH | APRIL 20th - 23rd

*ALL GLASS AND ACCESSORIES. *Some Restrictions Apply

WWW.THENEXTLEVELINC.CA - WEBSTORE OPENING SOON!!

THE NEXT LEVEL	THE NEXT LEVEL	THE NEXT LEVEL
FOREST LAWN 101, 3608 17th Ave SE Calgary, Alberta T2A 0R9 Ph: 403.204.0205 Fx: 403.204.0255	BOWNESS 6517 Bowness Road NW Calgary, Alberta, T3B 0E8 Ph: 403.451.7201 Fx: 403.451.7204	QUEENSLAND 408 950 Queensland DR S.E. Calgary, Alberta, T2J 8E7 Ph: 403.269.6963 Fx: 403.269.6964

PRIZES!

Intersectional Feminism

Jeopardy

Wednesday, March 29
1:30pm
Mainstreet MRU



Hosted by Peer Diversity Educators



Photo courtesy of FX


Noise 101

The Courtneys return to conquer Calgary

Calgary lo-fi legends come to Broken City

Kennedy Enns and Amber McLinden

Arts Editor and Staff Writer

Dreamy Vancouver trio The Courtneys started touring for their sophomore album release in their home city. But two thirds of the band are Calgary natives so naturally, Broken City was their second stop.

With a long North American headlining tour in front of them they brought two Calgary bands on the bill for their show March 16. We Knew, a dark pop group who recently played Calgary's Femme Wave music festival and local favorites Lab Coast. The rest of their North American tour dates include indie darling Jay Som as an opening act but she was sadly at SXSW during the Calgary show.

Even without Jay Som, The Courtneys were able to rock Broken City. The trio, though they've gained popularity in the last year or so, are more friendly and approachable than a lot of bands. After setting up their

own equipment, the girls got on stage only to start the show by laughing with each other under their breath and chatting with the crowd about the beginning of their tour.

Broken City was packed by the time Lab Coast started and the show quickly sold out for the local legends. The Courtneys second record II was a lo-fi bedroom pop record with sunny, dreamy tunes in the mix. II talked about topics that are familiar to many, like heartache and growing up and the band hit home with dynamic lyrics and reverberating sounds of slacker-rock.

They started their set off with "Silver Velvet" and had the crowd dancing as drummer and vocalist Jen Twynn Payne sang out over the packed bar. II standouts, "Minnesota" and "Tour" were other crowd favorites. Though they focused on their latest release, they brought out songs

from their first release as well, including "Manion" and "Nu Sundae."

The Courtneys' sound is infectious, especially when you get the chance to see them perform live. The synchronicity between bass and guitar was electric and watching Payne somehow play drums energetically and sing without missing a beat was simply amazing.

Between cracking jokes and talking with the crowd, the show ended after the band joked Broken City is so small you can see their set lists and it wasn't worth the hassle of getting on and off stage. After a few people in the crowd started chanting, The Courtneys played their pre-planned encores. The Courtneys know how to play to their Calgary fans and the crowd left Thursday night ready for the weekend and riding that bubble gum pop wave.

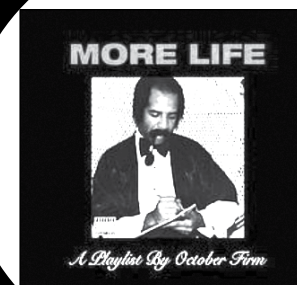


The Courtneys brought the house down at Broken City

More Life

Drake
October's Very Own
Score: A-

In under a year we've been blessed with two projects from Canada's best ever recording artist #HotTake. After a short intro from Nai Palm a beat straight out of If You're Reading This It's Too Late led the project off in a big way. "Is this it? Can I finally block Views out from my memory?" I thought jubilantly. For the duration of the "playlist," Drake mixed many of the different sounds from his past records. Tracks like "Madiba Riddim" sounds like everything Views should have been while tracks like



"Blem", co-written by the one and only Lionel Richie, had me dancing (not very well) in my basement. Besides Kanye's poor excuse for a verse in "Glow," this project is on par with the likes of If You're Reading This It's Too Late and Nothing Was The Same. Drake makes you laugh, makes you cry, and makes your jaw drop with his bars in this 80-minute project. -Brendan Stasiewicz



A Crow Looked At Me
Mount Eerie
P. W. Elverum & Sun
Score: B

There's something romantic about the idea of death. Artists play with death, killing off beloved characters in order to thicken the plot. It's a very good topic until it is experienced firsthand, then death becomes real. This is the central concept of Phil Elverum's latest album: A Crow Looked At Me. This is Mount Eerie at his most personal.

Elverum's wife Geneviève died of cancer in 2016, leaving him to father their infant daughter alone. Geneviève was also an artist, so Elverum recorded A Crow Looked at Me using her

instruments in the room that she died in. The whole situation is terrible, and it doesn't get better. There's no comfort or resolution by the end of the album, but the intimate lyrics provide a fitting soundtrack to insurmountable grief.

"Thinking about the things I'll tell you/when you get back from wherever it is that you've gone/ but then I remember death is real," Elverum sings on "Ravens," a haunting song on an album that looks at the reality of death firsthand.

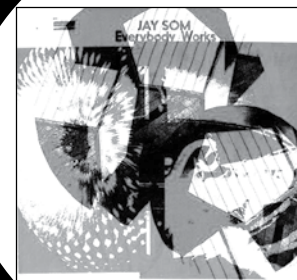
-Paul McAleer

Everybody Works

Jay Som
Polyvinyl Records
Score: A

It seems that Everybody Works aims to get listeners a little closer to artist Melina Duterte. While the release of her newest album may seem a little more intentional than her last, Turn Into, the feeling of familiarity is not lost.

Duterte is an unconventional musician, always existing slightly out of her comfort zone and her music reflects that. Using zany keyboard and bass lines in some songs and calming guitar riffs in others, it's difficult to box Everybody Works into just one genre. It's not a bad thing, because it produces diverse



tracks. Indie pop and R&B come together to produce "Baybee", while guitar rock and experimental merge to create anxiety inducing tracks like "1 Billion Dogs."

With intent, Duterte manages to create an excellent album that knows no bounds. While still new on the scene, she manages to define her sound on Everybody Works by not playing to anyone else's tune.

-Amber McLinden

Running into spring

Your how-to guide for cold weather running

Kourtney Meldrum

Staff Writer



There are plenty of good loops in the city. Nose Hill Park and Fish Creek Park are just a few of the many options in Calgary for scenic running. Photo by Kourtney Meldrum.

Lets face the facts, it's cold out and winter is still lingering well into spring. But if you're like me the final days of snow and below freezing temperatures won't dampen your spirits and keep you from enjoying a nice outdoor run.

Outside running is tricky, and not as easy as lacing up your shoes on a nice sunny day. There are many more things to consider when you're running in the winter if you want to keep safe and healthy.

Gear

Make sure to dress properly:

- Layers, layers, layers! Try for an insulating layer, base layer, and windproof shell to keep you warm.
- Keep your hands covered with mittens (they're warmer than gloves) and your head covered with a hat or thick warm headband. This will help you preserve some of your heat since

heat loss starts from extremities.

- Highly consider wearing ice grips for greater traction to prevent slipping.
- Cover all your exposed skin so you can fight off frostbite.
- Wear one pair of thermal socks to keep those toes nice and toes-ty.

Technique

You might have to change some things up to adjust to the cold temperatures.

- Begin with a good warm-up and take your time building up your pace so that your muscles have the chance to heat up. Doing so will allow you to adapt to running in cold weather.
- Shorten your strides so you are less likely to slip in icy areas.
- If there's a high windchill try to plan your run so you run into the wind on your way to your destination and have it against your back as you finish.
- Consider running in a loop close to your home or car so you're not too far from some

warmth or help if you're having problems or getting too cold.

Keep in Mind

•Be aware that hypothermia is a real possibility if you're running in extreme cold or for long periods of time. Signs of hypothermia to keep in mind: incoherent or slurred speech, clumsy fingers and poor coordination. If you see or feel any of this seek medical attention right away.

•If you're not used to running in the cold it's possible that you'll experience more muscle soreness in your legs because your supporting muscles are working hard to control your balance on the ice.

•It is possible to freeze your lungs so if the cold air bothers you, consider wearing a face mask or balaclava to counteract this.

Don't underestimate frostbite. It's nasty and can have lasting effects. If you have frostbite the area will feel numb or dead, may

become white and have blotchy patches and if you press into the area it will not come back to shape right away. If you think you may have frostbite, run the area under warm (not hot) water and seek medical attention.

Keep your cell phone and some money on you in case you get into trouble and can't make it back home.

Know yourself:

When running through the 403 with your woes.

•You know how much cold your body can handle. Either way, it probably isn't a good idea to run in -30° because that's really not a safe temperature for anyone.

•Don't pick cold weather running as the time to push for your personal best - your body just isn't as efficient in the cold.

•Running with a partner isn't the worst idea. If you fail to see the signs that you should cut your run short - hopefully they will.

The Good Stuff

Cold weather running isn't that bad, though.

•You'll burn more calories because your body is working harder to regulate body temperature.

•Your heart works harder to distribute blood in the body so you're strengthening your cardiac muscles.

•It gives you a chance to enjoy the outdoors during the colder months.

If you're eager to get some Chinook sunshine on your face, looking to burn off some energy and are ready to embrace the cold temperatures, give winter running a chance!

There are few better feelings than making the first tracks on a fresh snow covered path and running past snow-capped pine trees in the quiet stillness of winter. Get ready to welcome the cold weather with open arms and short strides and get active outside this spring!



It is important to have the right gear when jogging. Having supportive footwear can go a long way in keeping you comfortable and safe. Photo by Kourtney Meldrum

#S

4-1 lead the Leafs have had vs. Bruins in each game this season

2 game suspension for Flames rookie Matthew Tkachuk for his hit on Drew Doughty

24 multipoint games for Connor McDavid this season

71-1 odds for Canadian Adam Hadwin to win the Masters

Your Students' Association students' association of mount royal university

Wild Card Wednesdays

SAMRU'S GOT Talent

GOT TALENT? We want to hear from you!
Open to all students and alumni.

SUBMIT YOUR APPLICATION BY **MARCH 22ND**
to s.symington@samru.ca
(include name, talent, and student/alumni status.)

 students' association of mount royal university

FILL IN YOUR
STUDENT Satisfaction
SURVEY

SAMRU IS LOOKING FOR YOUR FEEDBACK TO HELP IMPROVE YOUR STUDENT EXPERIENCE!

MARCH 13 - APRIL 13, 2017
All students who complete the survey can
ENTER TO WIN \$500
courtesy of your Students' Association

Click here to **TAKE THE SURVEY**

Apply now for:

Vice-President External

of the Representation Executive Council

REPRESENTATION, PUBLIC POLICY, GOVERNMENT & MEDIA RELATIONS, RELATIONSHIPS WITH OTHER STUDENT ORGANIZATIONS

SAMRU.CA/JOBS FOR MORE INFORMATION!

APPLY BY: April 7th

Mount Royal Cougars year in review

Men's hockey the highlight for Cougars athletics

Dan Khavkin

Staff Writer

Men's Soccer:

MRU's footy team had a year to remember, finishing 8-4-4 and reaching the quarter-final in the Canada West division.

For the first time in program history MRU was nationally ranked, peaking at ninth with a mid-season record of 6-1-1.

The Cougars had an incredible winning streak of six games after losing their first of the season, posting five wins, keeping three clean sheets, and outscoring opposition 16-3 during the stretch.

The team finished the season on a rough stretch, going 2-2-3 to push the Cougars to third place in the Canada West to set up a conference playoff matchup against Trinity Western. Unfortunately, Mount Royal dropped the decision 3-0.

Fifth years' Cody Cook and Tyrin Hutchings were named to Canada West's second all-star team.

Cook led the Cougars in with eight goals, good for fourth in Canada West while Hutchings captained the rock-solid defence.

Other highlights included Goalkeeper Kamil Zielinski who placed tenth in goals against among keepers with a minimum of 10 starts.

Women's Soccer:

The Women's soccer team finished its campaign on the pitch with a 3-4-3 record, also reaching the quarterfinals in Canada West, losing 1-0 to MacEwan to close out their season.

A strong ending to the season made up for the sloppy start as the Cougars finished with a 2-2-0 record to snag one of two final playoff spots.

MRU was one of two teams in the Prairie Division and the third Canada West squad to make the playoffs despite letting in more goals than they scored.

The Cougars only mustered 11 goals on the season, three of which coming from rookie Carlyn Neis.

The highlight of the season came when the Cougars upset the highly favoured Alberta Pandas on senior night.

Clean sheets were held in three of the four wins in the season.

Men's Hockey:

MRU once again produced an impressive season and had a year for the record books.

The Cougars were eliminated in the Canada West semi-final against the second nationally ranked Saskatchewan Huskies, nearly taking the Huskies down.

The legendary career of captain Matt Brown came to an end, breaking the Cougars all-time point record gathering 102 points in 110 games.

Mount Royal was nationally ranked all season until a rough start to 2017 with a 4-8 record, only beating teams out of playoff contentions which subsequently bumped the Cougars off the country's top ten list.

Highlights down the roster included rookie Jamal Watson, who never played a playoff game in his junior career, who managed to have that "first" happen in his young career. Watson was named to the Canada West rookie all-star team alongside offensive defenseman Jesse Lees.

Lees was also named to the CIS all-star team with fellow teammate and ex-Calgary Hitmen Connor Rankin who was the point scoring champion in the Canada West, resulting in him being named to USPORTS second all-star team and Canada West's first team.

Women's Hockey:

MRU's women's hockey team were slow out of the gate

in their season but managed to slip into the final playoff spot thanks in large part to Emma Pincott's effort in the goal crease. A 5-5 record to end the season was enough for the Cougars to make the playoffs for the first time, dropping the matchup in two games to the Manitoba Bisons.

MRU finished 11-13-4, lacking offense all season as they were also the only team to make playoffs with more goals scored against them than scored.

The Cougars dropped 10 one-



Cougars goaltender Emma Pincott was a brick wall in net all season long. Photo by Zenon Andryo

goal games which must've been frustrating for seasoned team veteran Emma Pincott who backstopped the team as well as being a leader.

Highlights include Tianna Ko being named to Canada West's rookie team.

a way to make up for Layton's presence in the key both offensively and

defensively next season.

Other key players included Josh Ross, who was dynamite from the three point line this season, and Glen Yang who controlled the game from the point.

Women's Basketball:

While the Cougars doubled their win count from a season earlier, the Cougars women's basketball team still had a season to forget.

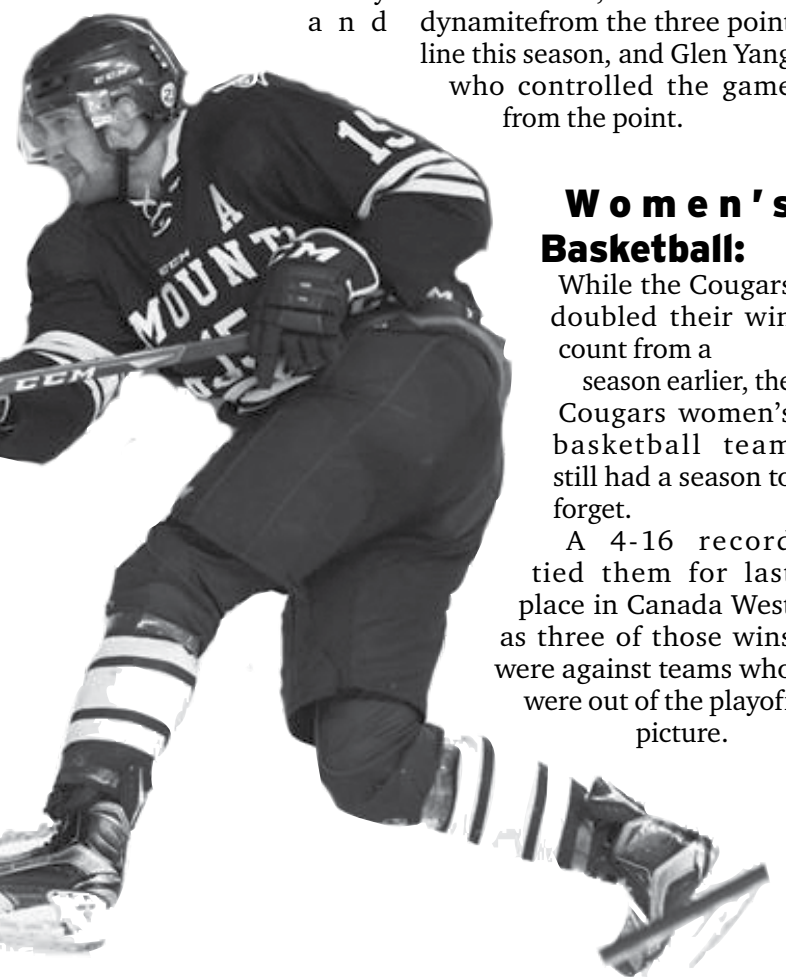
A 4-16 record tied them for last place in Canada West as three of those wins were against teams who were out of the playoff picture.

Men's Basketball:

An 8-12 record wasn't enough for the Cougars to make the postseason, dropping their last three games to narrowly miss the playoffs.

Brett Layton was named to Canada West's third all-star team after carrying the Cougars all season, averaging a double-double with 16 points and 9.5 rebounds a game.

Unfortunately for the Cougars they will lose the graduating Layton next season. Mount Royal will need to find



Cam MacLise was once again one of the most important players for the Cougars this season. Photo by Zenon Andryo.



Cougars athlete Angela Driscoll attempts to get past the UBC Thunderbird's defense in the team's biggest win of the season. Photo by Brendan Stasiewicz.

BRENTWOOD VILLAGE DENTAL CLINIC

www.BrentwoodVillageDental.ca

Proud to be your MRU dental provider

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

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

GENERAL DENTISTRY PRACTICE

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

- 100% Exams, first cleanings and fillings
- 70% Root canals
- 70% Additional cleanings

We extract wisdom teeth in our office

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

NO NEED TO PAY UP FRONT FOR COVERED SERVICES

We bill student's insurance directly

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

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

Becky Nash, who was the only true post player for the team, had a stellar season to build on while Drew Knox also had a positive season.

The highlight of the season came when they defeated a formidable UBC squad. However this was a one-off event as the young and outsized team will have some room to grow next season.

Men's Volleyball:

The Cougars men's v-ball team had a decent season, finishing just over 0.50 with a 13-11 record, good enough to send them to the playoffs where they would lose to the eventual nation representative Alberta Golden Bears.

The Golden Bears proved to be too much when they mauled MRU to end the Cougars season.

Going 11-11 against the higher group of the standings, the two wins that ended up being crucial to the Cougars season were victories against Manitoba.

Tyler Schmidt had another monster year for the Cougars, often being the most feared man on the court.

Highlights include third year Jonathan Phillips who had the fourth highest number of digs on the season with a total of 221, averaging 2.40 per game. Fourth year Riley Friesen had the fifth highest number of kills

in Canada West with 332.

Women's Volleyball:

MRU's women's team had an even 12-12 record in their 2016/2017 season where a five-game winning streak to end the season sent them to the playoffs against Trinity West (TWU) in Canada West's quarter-final.

TWU beat out the Cougars in a weekend sweep to close the season.

Like the men's volleyball team, the women went almost even against the top half of the standings but getting extra points from the basement teams boosted confidence and spots up the standings.

Taylor Pelland stood out this season for her strong play, especially in the most important moments of games.

Other standout athletes included Maddi Quinn in her fifth and final year and setter Amy Gordon who quietly had a fantastic season for the blue and white.

Overall, we learned that all across the board some games can change seasons and even playoff implications so it's important for the athletes to take every game one weekend at a time and always aim for upsets against the big teams.



Guard Drew Knox makes a pass overtop of a defender on January 20 against the Thunderbirds. The Cougars went on to win 80-75. Photo by Brendan Stasiewicz.