

the reflector

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GOING GREEN



Survivors come first

MRU's new sexual assault policy focuses on those affected by the crime

Amber McLinden

Staff Writer

At the beginning of this month, MRU's Board of Governors approved a new sexual assault policy that focuses on encouraging survivors to come forward.

The response and awareness program has four main components, all prominently outlined on Mount Royal's website. This includes a response team focused on supporting those who come forward, education and awareness, making information available to students, reporting and complaints.

"The new sexual violence response policy sets a tone that at Mount Royal University we support survivors," says Cari Ionson, MRU's Sexual Violence Response and Awareness Coordinator. "This policy will provide survivors

with a responsive institutional framework so that if they are impacted by sexual violence, their concerns will be responded to effectively."

The 'support for survivors' approach is one that universities have been increasingly pressured to adapt in the past few years. In April of 2016, The Globe and Mail reported on research revealing that over 90 per cent of sexual assault cases are not resolved through a formal process.

Stand-alone policies are important because they help to make those who have dealt with sexual assault feel supported when coming forward. In January, the University of Calgary also began taking steps to implementing a stand-alone sexual assault policy focused on supporting students, but haven't finalized a new policy yet.

"I think the timing is right. The conversations about sexual violence and sexual assault

are becoming more prevalent, and not because they are necessarily happening more, but because people are feeling more supported than ever before to share their experiences and access the help they need." Says Shif Gadamsetti, SAMRU President. "With prevalent rape culture dominating the discourse for so long, one can understand not only how daunting, but potentially shameful and increasingly traumatic, it could have been to come forward and try to access help."

Ionson, via Mount Royal's new Sexual Violence Response & Awareness page on their website, writes, "Dating, domestic and sexual violence can have many far reaching impacts on a person and a community. It is a pervasive concern that the Diversity and Human Rights Office takes seriously by working to support survivors in finding healing and justice, and promoting a



MRU's new stand-alone sexual assault policy includes a response team focused on supporting those who come forward, education and awareness, making information available to students, and reporting and complaints.

community of consent, care and respect."

Not only does the new policy define a support system for survivors of sexual assault, it also outlines the importance of creating an informed campus community. The education and awareness component of the policy focuses on workshops about dating and sexual violence, recognizing prevention as an important piece of the puzzle.

"Ultimately policy is only a piece of paper and will only go so far if it is not taken into attitudes and beliefs of the

people at Mount Royal," Ionson says. Education and awareness is important to have in the policy because we cannot be only responding to instances of sexual violence, but we have to make sure that as a community we are doing our very best understand the issue."

Mount Royal is also hosting a Sexual Violence Response Policy information session on March 22nd. Here, students are invited to come and participate in an informal talk about the new policy to help students further understand how it has changed.

Canada's new anti-Islamophobia bill receives mixed reactions

M-103 motion sparks protests across the country

Bigoa Machar

Layout Editor

Earlier this month, the Liberal government motioned to debate new guidelines to help combat Islamophobia across the country. The motion, labelled M-103, is set up to "condemn Islamophobia and all forms of systemic racism and religious discrimination."

In addition, the motion states its other goals include recognizing the need to quell the increasing public climate of hate and fear, collect data to contextualize hate crime reports and to conduct needs assessments for impacted communities.

The motion promises to present findings within 240 calendar days and request the heritage committee study how the government could develop a government-wide approach to reducing or eliminating systemic racism and religious discrimination including Islamophobia.

Tabled by Ontario Liberal MP Iqra Khalid, the motion has drawn criticism across the

country, with some people saying it puts a hinderance on free speech and favours one group of people over another.

During an early February parliament hearing, Khalid said that, "When I moved to Canada [as] a young girl trying to make this nation my home, some kids in school would yell as they pushed me. 'Go home you Muslim!' But I was home. I am one of thousands of Muslims that are victims of hate and fear," says Khalid. "I am a proud Canadian, and one of hundreds of thousands that will not tolerate hate based on religion or skin colour. I rise with my fellow Canadians to reject and condemn Islamophobia."

Over the first weekend of March, protests have broken out in almost every major city in Canada.

Reports of heavy police presence at town halls and squares in Toronto, Montreal, Edmonton and Calgary were called to deal with both protesters and counter-protesters

on the issue.

In Calgary, dozens of people gathered outside city hall to voice their concern with motion M-103. Stephen Garvey, leader of the National Advancement Party of Canada says the motion impacts Canadian's rights to freedom of speech.

"A growing number of Canadians feel we're under threat from this anti-Islamophobia motion. We feel it's going to far," Garvey said to the Calgary crowd on Saturday. "This whole thing of Islamophobia is complete nonsense as far as we're concerned. No religion, ideology or way of life should ever come before our freedom of speech."

While no arrests have been made in Calgary, reports out of Toronto and Montreal say police have made arrests at the protests in their respective cities.

With the motion back up for debate in April, expect more Canadians to voice either their support or discontent with motion M-103.



Canadians have had mixed reactions to the M-103 Islamophobia Motion put forward in early March, in response many Canadians in major cities broke out in protest.



Shifrah Gadamsetti has been re-elected for the second year in a row as SAMRU's REC President. She campaigned on ideas such as improving MRU's WiFi, free resources for students, preventing tuition fee increases, more scholarships, supporting mental health and supporting an inclusive campus. Photo courtesy of Shifrah Gadamsetti.

Meet your new all-female Representative Executive Council

SAMRU Election 2017's new reps for VP Academic, VP Student Life and President

Anna Junker

Staff Writer

This year's election for SAMRU Representative Executive Council saw 1502 students, 15.9 per cent of the MRU student body, come out to vote. Shifrah Gadamsetti was re-elected as President, Madelaine McCracken was voted in as VP Student Life and Cordelia Snowdon as VP Academic. These women ran on ideas such as increased mental health initiatives and affordable resources/textbooks for students. The Reflector did a Q&A with the winners to learn more about them and their platforms.*

*Some answers have been edited for length and clarity.

Reflector: Why did you choose to run?

Shifrah Gadamsetti: I chose to re-run for a variety of reasons, but the most compelling would likely be the amount of unfinished work I would like to see through to completion, and also build upon. Examples of this would be the tuition review, seeing outcomes, and making sure the policies I've put forward in partnership with the other universities in Alberta come to fruition. As well, I've built some amazing relationships with university administration and government, and I feel like there's no better time to use them to create positive opportunities for students.

Madelaine McCracken: I chose to run this year because I am ready to make a difference

in the Mount Royal University community. I have worked hard to establish relationships and connections within the MRU community and abroad. Being a Resident Advisor, a part of the Iniskim Center, having affiliations with Free the Children, and involved with on-campus clubs, I want students to continuously be aware of the opportunities that are available to them on campus and off campus and find ways to be engaged and involved in their own means. This community is essential to me and I want it to mean a lot to others too.

Cordelia Snowdon: I love Mount Royal and have been involved on campus for five years, and I have seen the crucial role the VP Academic plays in supporting student success. I chose to run because I believe everything I have learned over the past five years will make me an excellent VP Academic.

R: Why do you think it is important to run?

SG: Democratic engagement is a really important value for me. While people are hired into positions all the time, I think there's something really special and valuable about being elected into a position. Running means that you're hoping to represent the best interests of your constituency, and in this case, it's the wonderful students of this place I'm so in love with.

MM: The most important aspect of running, or doing anything you're afraid to in life,

is to simply learn more about yourself and in what you can achieve and to ultimately make mistakes. These mistakes will turn into victories. Not only is it important to run for the aspect of self progression, but it is important to run as you will be able to get involved and manifest lasting relationships and connections that will be with you for the rest of your life.

CS: It is important to run because it shows students that you understand the issues and are able to put yourself out there and be involved.

R: What kind of self esteem, mental health programs, workshops and policies would you like to see implemented?

MM: First, I want to be on mainstreet and have coffee corners where we talk about mental health. After this, I will be able to program suitable workshops. These workshops will be around developing positive self-esteem habits, and ways to embrace mental health. I would love for wellness services to lead these workshops. I will also facilitate de-stressing events! More of those will be discussed after further discussion with the board! I am so honored and thrilled to continuously destigmatize mental health and to have more conversations pertaining to self-esteem development within the MRU community.

CS: My platform is not just about creating policies that

'Madelaine McCracken has been voted in as this year's VP Student Life for SAMRU. She campaigned on ideas such as self-esteem and mental health workshops, increased campus event awareness, cross campus collaboration, safety and increased charity initiatives. Photo Courtesy of McCracken's campaign Facebook page.)



Cordelia Snowdon has been voted in as this year's VP Academic for SAMRU. She campaigned on ideas such as affordable resources for students, supporting smaller class sizes and promoting mental health and student well-being. Photo courtesy of Cordelia Snowdon.



explicitly acknowledge mental health, it is also about taking mental health into consideration when creating other policies, programs, and practices. Changes can have unintended consequences for student mental health, and I will continue to remind policymakers to consider mental health impacts when working on policies.

R: Shifrah, how will you encourage professors to use free resources? What types of free resources are available to them?

SG: Last year, I focused a fair bit on "free online textbooks", and I'm glad to say the work that Robbie Nelson and I have been doing has really encouraged the awareness and use of these resources, also known as Open Education Resources on campus. We curated and participated in a #TextbookBrokeAB media campaign towards the government to highlight how costly and burdensome textbooks really are, and we've also helped the library faculty with awareness campaigns in the past semester geared at professors, some of whom are really wary about using a resource they aren't used to. We've seen that professors are increasing their use of free resources, whether that be YouTube, Netflix, open resource textbooks, the National Film Board, online articles instead of textbooks, etc. and students are really benefitting from this... The resources already exist, and they are amazing quality, we just need

to start using them!

R: Cordelia, how has having small class sizes benefited you in your learning?

CS: Small classes have benefited my learning because I have been able to build close relationships with my classmates, to participate actively in class, and to build connections with my professors. These experiences have helped me learn better and also to feel like a part of a supportive community.

R: Madelaine, could you give more details about the charity event you would want to implement?

MM: I want to create a large scale Bike-a-Thon that can occur in our main gym. In this collaborative fundraising event, students will be able to sign up in teams that have up to 12 members and will take turns riding their stationary bike for the total amount of 48 hours. But don't freak out! You will have a shift of 1 hour every 12 hours due to the amount of people on your team. Students will be able to fundraise money through asking for donations from their individual establishments, home, and friend communities. Wherever they raise money from, it will go to the charity they wish it to go to. The team that raises the most amount of money will win a prize as it will create incentives and excitement.

How to fight through the incessant desire to burrito yourself in your bed and ignore your responsibilities

This is a real struggle that I face on the regular. My bed, with warm white sheets and a small yet pudgy cat rolled into a ball next to my pillow, is the most inviting thing in this whole world. The amount of effort it takes to pull myself out of bed and drag myself to class is sometimes akin to climbing Mount Everest.

Yet, each morning, with the determination of the Little Train that Could, I unroll myself and face the following 9 to 12 hours.

This is the reality that is being a student. We are exhausted, overworked and unpaid.

What's important is to not lose sight of your end goals. Why do we get up and doing this damn thing every day? Why do we write reading reflections and study for midterms that we usually forget all about anyway?

Because people: at the end of this long and winding dirt road, there is light. Don't get me wrong, I know it's not going to be easy out there, but it is going to be the beginning of a life we've been preparing for for years.

Ideally, at the end of all this you are happy in the job that you've been training for and you can use all the information you learned in your GNEDs everyday, so they really had use. (We can dream, right?)

All of the early mornings and late nights, the group projects and Blackboard discussion posts... one day they will end and in their place will be something approaching a career that you actually want!

As I write this, my eyes are literally numb with exhaustion and I would rather do anything else than even finish writing this. But, these are the steps we take that will lead us to where we want to be.

After graduation, hopefully, we will all look back at these late nights and exhausted hours and smile, because at least we got through it. Maybe, if we're lucky, we can even use all those extraneous facts we learned in our Controversies in Science class at least once.

~xoxo Publishing Editor

How One MRU student is responding to the Montreal mosque attack

A celebration of culture

Jennifer Dorozio

News Editor



Fareshta Ali Bik, organizer of the Cultural and Interfaith Fair wearing a new style of the Afghan traditional dress for her part of the presentation March 7. This particular dress was her own engagement dress. Photo by Jennifer Dorozio

Mount Royal student Fereshta Ali Bik organized the Cultural and Interfaith Fair as a response to the Jan. 29 attack on a Montreal mosque that killed six people. The fair ran March 6-7 and was aimed at promoting diversity and acceptance between students.

"In my Sociology of Religion class, my peers told me that they are fearful and that they are uncomfortable," says Ali Bik. "As a Muslim student myself, I wanted to show to MRU students that we are not bad and that everyone should be welcomed here at MRU."

Ali Bik says she was seeking a way to give back to MRU as she finishes up her program and wants to leave "on a positive note."

As a part of the event several different groups at MRU were invited to book a table and showcase artifacts, posters, clothing, jewelry and instruments associated with their culture.


The Lions Club, Aisic Club, Afghan Children's Society and Parent Link Centre came together to support the event. Activities like free Henna, a fashion show and a photo booth were also made available to students.

Ali Bek organized the Fair to coincide with Cultures of MRU week running from March 6-11. The week-long event has various

speakers and events such as Maya Hieroglyphics, a Tea and Bannock Talking Circle and the screening of "YYC Colours: A Documentary Addressing Racism in Calgary."

Ali Bek, is grateful to have had the opportunity to run the event, "Overall, I am blessed. I can take

deep breath knowing that I made a difference into the students and the professor's lives. I am thankful for organizing these two amazing days as I move forward with my life." She hopes it will continue to happen in coming years.



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The grass is greener on this side

MRU hires greenhouse technician to share his love for plants

Rayane Sabbagh
Contributor

Barry Moench, Mount Royal University's Greenhouse technician, stands among foliage, flowers, various succulents and cacti. "This has pretty much been my life's work," he says.

Moench's passion for plants started when he fell in love. "I'm going to be very blunt with you," he said while staring at his lap and laughing. "I met the lady who became my future wife, I fell madly in love with her, and made the move."

At his cousin's high school graduation he met Sandra Moench, the woman that would

soon bring him to Calgary to start his life-long career in plants.

"I fell in love, I met her and that was it. That's all I could think about for the next six months. I couldn't function or work. I didn't want to be up there. I wanted to be here, she was going to university in Calgary for four years, and that tells me I have to get to Calgary."

Moench was working in Northern B.C. at a gas exploration company called Gemini Drilling, where he drilled holes in the ground to fill them up with dynamite and then monitor the waves. This was one of the jobs he got right after high school, amongst others. "I pretty much had enough of that," he says.

So, he decided to move to Calgary in order to be with the love of his life. But he had to choose a career path and had no specific skillset under his belt. "I didn't know anything about anything regarding plants," Moench says.

But Moench didn't want to be stuck working in an office, or outside in the crazy Calgary weather. He was at a crossroads when a bell went off in his head and he realized that he could get the best of both worlds by

working in a greenhouse. So that's exactly what he did.

In order to take the next steps to becoming a botanist, Moench looked into schooling. To be accepted into school for botany, fourteen thousand practicum hours must be put in beforehand. To complete this requirement, Moench got his first job working at Mountain View Nursery and Greenhouses in Calgary.

During this practicum, he had a realization. "My head grower and I were moving plants, [...] she said to me just straight faced 'you've got the touch, don't waste this.'" It was then that Moench realized he had a true knack for caring for plants. Since that moment, he

has been dedicated to studying and helping the plants around him thrive.

Moench was hired February 2016 to put Mount Royal's greenhouse back together. "The job initially was only 12-15 weeks" Monech explains. "My main goal is to keep the place full, keep it clean, and keep a diverse amount of plants thriving."

A year later, he is still here at Mount Royal's greenhouse, thriving with his plants.

If you are interested in getting involved with the greenhouse on MRU's third floor, email Barry Moench at bmoench@mtroyal.ca.



Barry Moench was hired February 2016 to put Mount Royal's greenhouse back together. Photo by Rayane Sabbagh



Barry Moench, Mount Royal University's Greenhouse technician, stands among foliage, flowers, various succulents and cacti. Photo by Rayane Sabbagh

Three basic tips for growing plants from Barry Moench

1. Learn how to water your plant. Watering is different for every plant, so make sure you know if it's supposed to be standing in water, moist, or allowed to dry completely between waterings.

2. Put the plant in the right location in your house. Does your plant need more or less light? Do a little bit of research

and determine where your plant will thrive.

3. Care about them. Plants are almost like babies, but they're not children because they need even more care. Then the grandkids come, and suddenly there are five plants and then they have kids and the cycle goes on. The bottom line is that you have to like your plants.



Moench's passion for plants began when he fell in love with Sandra Moench, who would later become his wife. Photo by Rayane Sabbagh

Top 10 plants for you

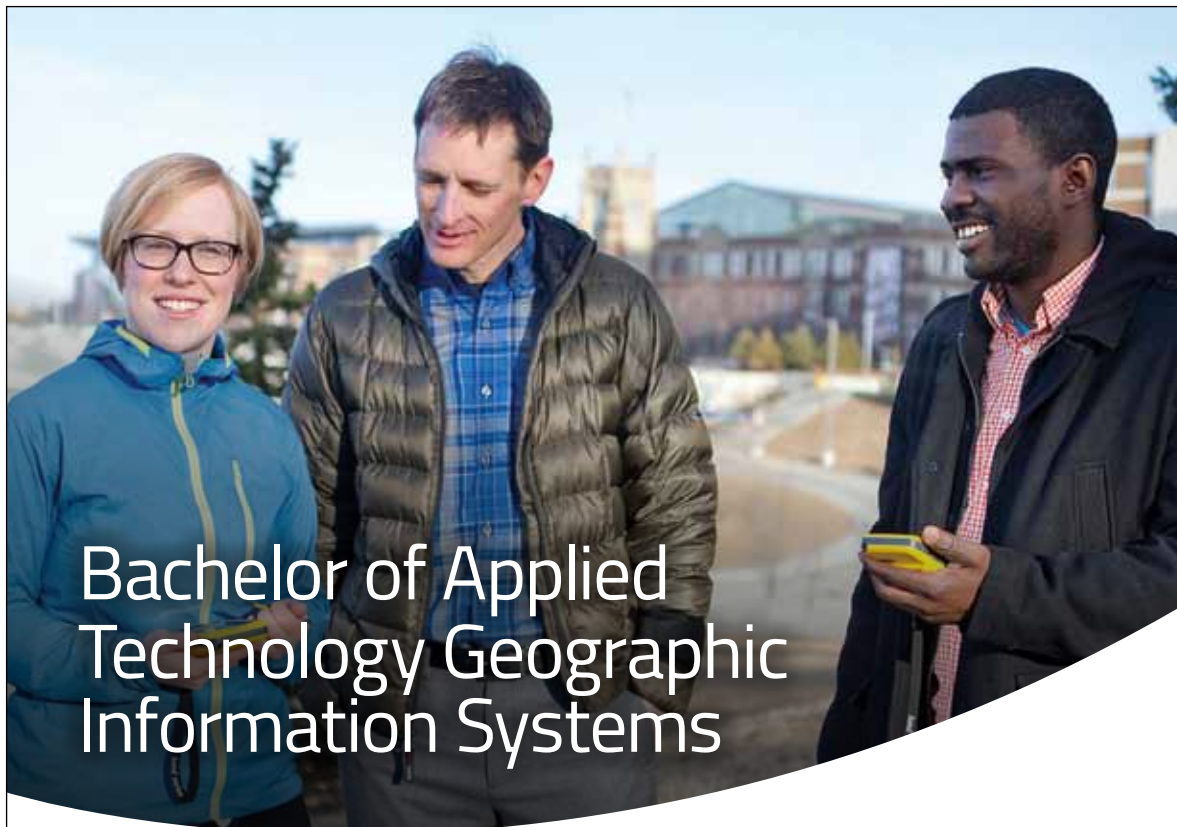
A guide to the best plants for students

Robyn Welsh

Features Editor



If you are in need of a great houseplant, ferns are great because they are easy to take care of and have a lot of beautiful leaves! Photo by Robyn Welsh



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Plants are a great addition to any space and are scientifically proven to make people feel happier. They can be an amazing way for students to decorate on a budget and personalize their space. From plant type to the colour or pattern of the pot, it can get a little bit stressful to decide what you want! If you're on the search for a new plant friend, you're in the right place.

Cacti and Succulents

If you're constantly on the go but want to add some greenery to your space, try purchasing a cactus or succulent. These are perhaps some of the easiest plants to care for because they don't require much maintenance. Put them in a spot that will get bright light and allow the soil to dry before watering. Over watering is a sure way to kill them. But be weary of keeping cacti on your bedside table. Next to your alarm clock may not be the ideal spot for these spiky friends.

Lucky Bamboo

This lucky plant is very easy to care for and actually filters toxins out of the air. Keep in mind that when lucky bamboo is exposed to direct sunlight, the leaves can get damaged by the sun. Keep your bamboo in a vase full of water and in a low to medium light setting. Don't forget to have fun with it and decorate your vase with coloured pebbles.

Tillandsia

Tillandsia are colloquially known as airplants. These little guys are the perfect addition to any terrarium and look absolutely adorable on their own as well. The best thing about airplants is that they do not require soil and can be cared for by spritzing water on them every day or two, or soaking them for about an hour every 2-3 weeks.

Ferns

Ferns are the perfect plant to fern-ish any space. They thrive with humidity, so keep their soil moist and allow them medium-bright light. Ferns are actually natural humidifiers and can make Calgary air a little bit more bearable.

Aloe Vera

Like cacti and succulents, aloe vera loves bright light! Try to keep it near a window but don't let the soil get too dry. This plant is a little bit more fussy when it comes to watering, so make sure your aloe vera isn't sitting in water and take proper drainage into account. Plus, the gooey insides of the leaves is said to help heal burns!

ZZ Plant

Like cacti, the ZZ plant is extremely hard to kill and great for people who are forgetful or travel often. Water the ZZ plant when the soil becomes dry. The best part is, no matter what your lighting situation is in your home or residence, this plant can thrive! It can even survive under fluorescent lighting.

Broadleaf Thyme

This plant is truly resilient, has a pleasing aroma, and can be used in the kitchen! Keep it away from the window as it does best in medium-bright light. Another reason to keep it away from windows is that it doesn't do well in the cold. Broadleaf thyme is not picky about water, so give it a bit every couple of days and it will do just fine. Enjoy the smell and have fun in the kitchen!

Haworthia

Though this is a type of succulent, it looks a lot different than many succulents you can find. The unique zebra-like pattern on the leaves makes a great base for a funky terrarium. Haworthias can be treated like any other succulent with minimal water and bright sunlight.

Lavender

If you are a fan of flowers, a lavender plant may be the perfect fit for you! Lavender is sure to freshen up your room, but requires a lot of sunlight. Without much sunlight in your home, lavender likely won't thrive.

Fake Plants

If you have killed numerous cacti and find that you have a murderous touch, this option may be your best bet. Even though I am a plant lover and have a green thumb, if I see a beautiful fake plant, I won't pass it up. For tall shelves or hanging planters that can be tough to reach, fake plants come in handy so you are not constantly trying to balance on a chair every time you go to water them. They are stress and hassle free, yet still add beauty to any room. There are so many different styles, so find what you enjoy most! You can find some really lovely fake plants and flowers at thrift stores, craft stores, and online.

For ideal plant health, fertilize your plants every three or four months with a general fertilizer. If one of your plants starts getting brown tips or looking particularly droopy don't be afraid to ask an expert or research more!

Top 3 ramen joints in Calgary

Whether you're a certified Weeaboo or a ramen newcomer, here's a list of ramen places to check out in Calgary

Brett Luft

Web Editor

Last year I had the opportunity to live in Japan for about a year. While I've always liked Japanese food, I fell in love with ramen when I was living there. I would often walk 45 minutes to my favourite ramen shop in extreme heat or even mountains of snow.

When I came back, I needed to fulfill my addiction. Luckily Calgary has many ramen shops, but it's often difficult to try them all. After rekindling my love of ramen in Tokyo over reading week, I've decided to create a list of the best places for first-timers and veterans alike to get their ramen fix.

Shiki Menya

Shiki Menya is easily my favourite place to eat in Calgary. Unlike some of my friends, I'm a huge noodle snob. I can tell the difference between store-bought or preserved noodles versus something made with a daily dose of passion.

Shiki Menya is the real deal. But its dedication to authentic ramen noodles also makes it a very difficult place to visit.

In order to get a ramen fix, one often has to arrive 30 minutes prior to opening because Shiki Menya only makes about 150 bowls every day. But because fresh ingredients are used it does make for a better bowl of ramen.

Aside from its ramen, Shiki

Menya also makes some amazing side dishes. Its gyoza (Japanese pork dumplings) are amazing.

Shiki Menya is located at 827 1 Ave NE. If you're ever in Bridgeland in the morning, Shiki Menya is worth checking out.

Hapa Izakaya

Hapa advertises itself as "modern Japanese cuisine." That's to say Hapa is less of a Japanese restaurant, and more of a Western-Japanese fusion. Hapa's menu includes some traditional ramen and sprinkles in some less traditional meals. But for those willing to drift outside of the norm, Hapa is a pretty good spot to get a ramen fix.

One reason Hapa makes the list is because its hours are pretty easy. Because Hapa doubles as a bar, it's often open much later than other ramen spots. Not only that, but Hapa happens to have my personal favourite type of ramen: tantanmen.

Tantanmen is different than your basic miso dish because it's (traditionally) sesame based and packed with some peppery goodness. It's spicy, but not overly spicy, and it has ground pork rather than your typical single-cut.

Hapa's tantanmen is the closest thing I can get to the heavenly goodness I

experienced in Japan, but be warned: rather than using sesame, Hapa opts for peanut butter. If you have a peanut allergy, I'd recommend steering clear of Hapa's tantanmen.

You can find Hapa Izakaya downtown at 816 11 Ave SW.

Muku

Muku is a Kensington-based ramen restaurant. While it's not my personal favourite — that title goes to Shiki Menya — it is the preferred stop of many of my Japanese friends.

I found ramen in Japan to be (obviously) unbeatable, so I was pretty excited to try their choice. It definitely lives up to the hype as it's a great stop

for anybody looking for an authentic ramen experience — or as close as one might get to an authentic experience in Calgary.

Rather than relying on "westernized" ramen, such as what other Kensington locations offer, Muku's menu is pretty close to what you might find in Japan. Better yet, Muku is probably the best bet for students, as their menu is relatively inexpensive compared to the rest.

Visit Muku at 326 14 St NW.

Eating right

While ramen is amazing by itself, it's even better to eat with something else.

Gyoza is my personal favourite dish to have with ramen. Gyoza is a traditional Japanese dumpling typically filled with pork and spring onions.

As for types of ramen, I'd recommend trying miso-based ramen on your first excursion. Shouyu or Shio-based ramen is also a good option, but Westerners often find these to be a little too salty.

Whatever you eat, don't be afraid to slurp the noodles a bit to make the experience more authentic.



Check out some of Calgary's best ramen restaurants for an amazing Japanese treat! Photo by Brett Luft

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Kourtney Meldrum

Food Columnist

If you're painfully awaiting spring like I am, I'm sure you've have the terrible realization that it's still ridiculously cold every time you step outside. I am so ready for the snow to melt and the temperatures to rise, but until that happens it's important to find a way to keep myself warm.

This is why I'm all about soup. It's warm, it's hearty, and it's darn delicious on a cold day. But my favourite soup doesn't come from a can and can't be bought from a store. It is made by my own mother's loving hands. So to beat the cold this month I enlisted my mother's help to teach me to make her special "Chicken Enchilada Soup".

The best thing about this soup is that the prep time is very minimal at only fifteen minutes. You then place it into your slow-cooker for a good four and a half hours and let the magic

happen. I also love that the recipe can be easily altered to meet the specific needs of what your taste buds are craving.

To start you'll add in the chicken broth, cubed chicken breasts (uncooked), cumin, chili pepper, and the cayenne pepper into your large crock pot. Next put in the canned tomatoes. Remove the stems and seeds from the jalapeño and bell peppers toss them into the pot along with the onion, garlic, black beans, corn, and tomato paste.

Mix all of the ingredients well and turn the crock pot on high for four and a half hours to cook. Could it be any easier?

When you're ready to serve the soup throw a little bit of cheese and crushed tortilla chips along with a bit of cilantro on top of each bowl to really bring this meal to the next level.

You can add in another chicken breast or two if you want more protein. You can also add strips of flour tortilla that will dissolve into the soup

and thicken it up or add more chicken broth to dilute it. Try to serve it over some rice if you want to switch things up!

If you don't finish all of the soup in one sitting you can stick it in a container and keep it in the fridge, or freeze it to warm up on a cold day when you have a craving.

On the top of my mother's old and stained photocopied version of this recipe it says "A hearty soup to warm you on a cold day!" and there really couldn't be a better description. So next time the cold is getting to you, make a nice pot of soup to eat while you forget about the fact that it's so cold you can't feel your fingers. Think instead that spring is just around the corner.



This soup is great for cold winter days when you need a little hearty pick me up. Photo by Kourtney Meldrum

- 3 Cups chicken broth
- 2 Skinless, boneless uncooked chicken breasts, cubed
- 2 Tsp. Ground cumin
- 2 Tsp. Ancho chili pepper
- 1/2 Tsp. cayenne pepper
- 1 28 oz. can Diced tomatoes
- 4-6 Jalapeño peppers, minced

- 1 Green bell pepper, diced
- 1 Large onion, diced
- 4 Cloves of garlic, minced
- 1 - 15 Oz. Can of black beans, rinsed and drained
- 2 Cups of frozen corn
- 1/2 Cup of tomato paste
- 2 Cups of cheese
- 1/2 Cup of cilantro tortilla chips

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'Get Out' delivers a brilliant commentary on racism today

How satire and horror come together to call out white people on their "good intentions"

Amber McLinden

Staff Writer

*Minor plot details are revealed in this review.

Jordan Peele's film *Get Out* is offending groups of white people around the world and yet it has received a nearly perfect score from movie critics. The genius of this horror film perfectly mixes satirical elements and social commentary, making for a terrifying experience. Here, the villains aren't the alt-right, but rather seemingly well-intentioned upper-middle class white people. Reality can definitely be scarier than fiction.

Yet the reality is white people don't understand the horror of this at quite the same level that black people do, and *Get Out* translates this into two hours of pure perfection. Right from the beginning of the film, Chris (Daniel Kaluuya) is aware of the implications of meeting his girlfriend Rose's (Allison Williams) parents. "Have you told your parents I'm black?" isn't a question that a 20-something, liberal white girl expects to be asked of her, but it's one that Chris knows should.

Chris' friend (Milton 'Lil Rel' Howery) brings an element of hilarious, yet truth-filled commentary into the mix. He immediately questions why Chris is putting himself in a situation in which he will be surrounded by white people. Despite the quirky nature of his delivery, it's a truth that

white people need to be aware of. It doesn't matter if, in the words of Rose's father (Bradley Whitford), you would have voted for Obama for a third term if you could.

Perhaps exaggerated in the movie, but not by much, was the subtle yet laughable blandness of white people. What the alt-right sect of the internet might call "stereotyping white people" is really just a few harmless jokes at the expense of white people.

Take, for example, one of the final scene's Rose is in. Seated at her laptop in her bedroom, she sips milk out of a straw and eats dry Fruit Loops while looking at pictures of black men online. Through her headphones, the song "Time of My Life" by Bill Medley and Jennifer Warnes plays.

When Chris finds himself in a games room of an older white man, he looks around to see foosball, table hockey, bocce ball, and a deer head hung on the wall.

Rose's brother is seen several times carrying around a lacrosse stick. Sports really can't get whiter than lacrosse.

While the poking fun at white people is hilarious, the real commentary takes place when Chris attends Rose's parents' garden party. The questions he gets from the white guests seem jarring in the movie, but it's something that he's clearly no stranger to. Things like "black is in fashion", or "is it true? Is it really bigger... down there?"



Photo courtesy of Universal Pictures

are heard. One of the climax points of the scene is when someone asks him, "Do you think black people have it better or worse in the workplace?"

The final scenes of the movie reach from a definite place of fiction, but the words spoken by one character seem to reflect society today. When asked why they choose black people for their "procedures," the white man replies that it's because some people want to be stronger, or better looking, or think that black is in fashion. But he then goes on to ask not

to be lumped in with them, and that he couldn't care less what colour of skin somebody was. Even though he is essentially about to end Chris's life, it is important that he isn't thought to be racist.

Despite being a work of fiction, there is ample truth to be found in the movie. As a white person, it's time to reflect inwards after watching and think about how you could be contributing to a narrative like this. You can be as well intentioned as you like - but when you can turn someone's

lived experience into a topic of theoretical discussion at a garden party, it's time to check your privilege.

OUT'N
ABOUT

Theatre:

The Coming Out monologues are back for their eighth year. Check them out Mar. 22-24.

Music:

Check out our album review of the Courtney's in this issue and then watch them at Broken City Mar. 16. Tickets are available on their website.

PUPPETS!:

The Festival of Animated Objects runs from Mar. 16-19 and is filled with world-class puppetry.

St. Patricks Day:

Mar. 17. celebrate at your favourite pub or head to the Calgary Farmer's Market which will be filled all day with performances.

A beginner's guide to J-Pop

From BABYMETAL to Perfume, we've got you covered on getting started with Japanese music

Brett Luft

Web Editor

So you're interested in Japanese pop music? You've picked a pretty expensive hobby since Japanese music is often omitted from streaming services because albums typically retail for \$40 CAD.

But luckily YouTube and iTunes have a pretty good selection of music available from Japan. As somebody who has travelled to Tokyo numerous times, I'd like to try to help you make sense of the Japanese music scene.

AKB48: The Idol Army

AKB48 is a really interesting band. I don't know if I can actually recommend them because their fans are way more dedicated than I will ever be. For example, in 2013 The Verge reported that AKB48 members

were banned from dating "so as not to shatter the fantasies of fans."

This is because the AKB48 brand is founded on the principle that fans can have daily access to their favourite artists in the form of meet-and-greets and concerts. Groups perform in the AKB48 theatre in Akihabara, a district dedicated to anime, manga and video game culture.

But even though I steer away from the band, their music is famously catchy and their success is unrivaled. AKB48 currently has more than 130 members and is one of the highest-earning music performers in Japan. If you're looking for Idol Pop, AKB48 is where you'll want to start.

Perfume

Perfume is one of the first bands that comes to my mind when I think of J-Pop. I learned

of Perfume when I was living in Japan as it was often the band most recognized by foreigners

and nationals alike.

Their success has carried them internationally without

needing to resort to some of the more common wacky tropes (see: Kyary Pamyu Pamyu)



Sakura, or cherry blossoms in English, plays a huge role in Japanese media as it's often a metaphor for the cycle of life. Photo by Brett Luft

To be Gloomy



... or to be Happy?

As you go through this phase of life, take comfort in the fact that there is nothing new under the sun. While there is never going to be anyone with identical genes who will experience life exactly as you do, your emotions, good and bad, are something that we all have. Life comes in stages, getting a college education is one stage. This is around the time in which your prefrontal cortex is getting developed, when you are becoming more aware that your behaviour affects other people. It is a time of great self-awareness, particularly awareness of a moral conscience. Up to this point your behaviour has been mostly shaped by fear of punishment. But never forget that the urges you have, and even your sexual orientation are largely part of the pre-package that you came into the world with. Don't be hard on yourself, after all, you did not make yourself and you are not responsible for the genes that have shaped you up to this point. It is not for you to feel guilt or shame about how you were put together. What is important, is what you do about the traits that are harmful to others. With a moral appreciation of consequences, your behaviour should be shaped by a desire to pursue goodness, for goodness' sake. This is a narrower road, but it brings peace of mind, success and happiness. It is also the surest road to wisdom. So try not to despair when the day seems dreary or the task seems impossible. Bad times never last and you will adjust like you've always done. Never forget that we live in our minds and so just as negative thoughts bring you down, positive thoughts will lift you up. As so, it is important to control your thoughts. Learn to shake off negative thoughts the moment they occur to you – practice makes perfect. This, by the way, is one of the triumphs in life – gaining control of what we allow our mind to dwell on. No one knows where thoughts come from, but with some effort you can learn to focus on the things that bring you happiness. Work hard, and try to remain honest, so you can keep growing in your ability. You are capable of much more than you realize. Learn self-discipline and organisation so that work doesn't spill into play, and your play is not spoiled by guilt from work left undone. Try never to panic, instead seek help to recover from trouble. Offer good advice and don't hesitate to seek counsel. We are all in this together. Don't be embarrassed to embrace faith but do not become self-righteous or a hypocrite. Your friends may not tell you so, but they will respect you and admire you as a spiritual person. After all, true spirituality is about learning to love others. You will find that the more you pray, the better you know yourself and the less mistakes you make. Pray for those you don't like and forgive others so that it is easier to forgive yourself. Overcome your shyness, not by heavy drinking or by using drugs, but by reminding yourself that we are all shy to some extent. In fact, shyness tends to be a result of self-awareness. No one is better than anyone else, we all have our warts. Through prayer you will gain more self-knowledge and understanding of how you fit into the world. The more you know about yourself, the calmer you will be and the more hopeful you will be about the future. Hope and faith are wonderful assets and they will teach you about love and laughter. You are about to come into your own so learn to pick up after yourself and hang in there. You have yet to taste the best that life has to offer, be patient.

~ Elvis & Twyla Iginla, The Compassionate Listening Society of Alberta
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or performing exclusively in English.

Unlike AKB48, Perfume sticks to a three-member formula and has a sound best described as electro-pop. Their sound should be pretty familiar to North American audiences, making it one of the easier groups to transition into.

If you're looking to dive in deep off your first listen, check out "Flash," "Daijyobanai" and "Star Train."

Kyary Pamyu Pamyu

Kyary Pamyu Pamyu is that artist you found really late at night procrastinating while surfing the "weird part of YouTube." Kyary Pamyu Pamyu is notorious for ridiculous music videos.

Face swapping, humanoid animals, walking cakes made from hats and Harajuku fashion are familiar images to Kyary Pamyu Pamyu fans. Kyary Pamyu Pamyu is best described as Katy Perry with the wacky antics turned up to 11. You thought Left Shark was fun? Check out a polar bear with an afro playing the guitar.

Kyary Pamyu Pamyu might not be the best first place to go, but she is one of the more interesting artists in J-Pop. Check out "PONPONPON" for the epitome of weird music videos or "HARAJUKU IYAHOI," "Yumeno Hajime Ring Ring" and "Invader Invader" for

something closer to the norm.

Utada Hikaru

Utada might be the most recognizable name in the list to many Westerners. She's fully bilingual, and performs and writes music in both English and Japanese. She's also worked with artists such as Timbaland, Foxy Brown and Ne-Yo in her earlier years.

She also has performed tracks for different forms of media, such as *Rush Hour 2* and the Kingdom Hearts franchise. Utada Hikaru also held the record for highest weekly sales in a single region from 2001 until last year, being dethroned by Adele's 25.

Utada Hikaru's sound changes from track to track, but usually leans toward pop. Check out "Simple and Clean (Ray of Hope Mix)" and "You Make Me Want to Be a Man" in English or "Passion," "Ore no Kanojo" and "Hikari."

RADWIMPS

RADWIMPS is a name that I only discovered recently after watching Japanese film 君の名は。 (your name.) on a flight to Tokyo. But with the success of the film domestically and its pending North American release, it's a perfect time to start listening to RADWIMPS.

RADWIMPS covers a lot of ground with its music, as



Akihabara in Tokyo, Japan, is iconic for its dedication to anime and manga culture to the point where it also acts as the birthplace of some of the more bizarre Japanese bands. Photo by Brett Luft

they have origins in emo, alt-rock and its more pop-rock sound. And like Utada Hikaru, RADWIMPS manages some fantastic English vocals from time-to-time.

Check out "Nandemonaiya," "Sparkle" and "Zenzenzense" in both English and Japanese to prepare yourself for the release of the 君の名は。 (your name.) next month.

The Best of the Rest

Now that you've been

introduced to Japanese music, there's still a lot to check out. MONKEY MAJIK is fantastic bilingual band, with two of its members coming from Canada. Their latest release, southview, is a beautiful mashup between rock, electronic and indie music.

Nishino Kana is an artist with a similar sound to Utada Hikaru, in that she mixes R&B and pop with bilingual lyrics. If you're a fan of the likes of Mariah Carey, Nishino Kana is a great option.

If you like something a bit

more out there BABYMETAL and Crossfaith offer two great alternatives, although both bands are quite different from each other.

Another good option is to talk to your friends who like anime, as mainstream bands are typically responsible for theme songs and closing tracks for popular anime. Other than that, keep exploring, and try not to let fear of a foreign language stop you.



Just like Japan, J-Pop isn't exclusively bizarre music video tropes. Instead, J-Pop is influenced by everything from 40s jazz to 80s synth-pop. Photo by Brett Luft

INFORMATION SESSION

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Join us for an informal talk about the new Sexual Violence Response Policy.

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Advocates from the Dating, Domestic & Sexual Violence Response Team will be in attendance to discuss their role on the response team.

Wednesday, March 22
12:00pm - 1:00pm
EA3001/3003 "The Knuckle"

mtroyal.ca/sexualviolence

Noise 101

Sled Island returns: A how-to guide

One of Canada's most prestigious & enlightening music festivals returns for its tenth year

Alec Warkentin

Staff Writer

Calgary unfortunately (and inaccurately) gets ragged on for its lack of music history and scene when compared to the usual suspects of Canadian hotbeds. The Sled Island Music & Arts Festival that takes place every year on the last week of June is undoubtedly one of the most prestigious and experimentally-stacked collectives of international musicians, artists, and comedians you're likely to find anywhere else.

With each new rendition of the festival featuring artists picked by a guest curator (an indefatigable roster of past alums include post-rock pioneers Godspeed You! Black Emperor, riot grrrl punker Kathleen Hanna, and ambient soundsmith Tim Hecker), this year's edition is set to blast eardrums, melt faces, and whip up an experience unlike anywhere else.

This time curated by electronic powerhouse Flying Lotus (aka Steven Ellison), Sled Island 2017 should rank high on any aficionado's list as the place to spend a beautiful summer week.

While buying tickets to a festival of names big and small is daunting, it is highly recommended to any music lover wanting to experience the festival's eclectic range that passes are attained, but for the squeamish or yet-undecided, The Reflector is here to provide you with a how-to guide into getting into Sled Island and all the magic the festival has to offer:

Cloud Nothings

Arguably one of the greatest things to come out of contemporary noise rock, Ohio's Cloud Nothings have been unstoppable since breaking onto the scene a few years ago. Hot off the release of their latest album *Life Without Sound*, vocalist

Dylan Baldi and crew mix loud, melodic anguish and swelling guitar licks with talent and bravado to spare.

Converge

Perhaps best known for their vicious 2001 metal-core classic *Jane Doe*, Converge has found themselves on a pedestal generally perceived to be unachievable in the hardcore scene. Fans of brutal, abrasive sound and wickedly technical aggression should not miss out.

Waxahatchee (solo)

Waxahatchee's Katie Crutchfield's beautiful mix of pop and melancholic millennialism has thrust the singer into the limelight with 2015's acclaimed *Ivy Tripp* and a solo set in any venue is sure to astound.

Low

Alt-minimalist pioneers Low, fronted by the enigmatic Alan Sparhawk, have had a storied history in the past 25 years since their inception, and anyone into beautifully glacial, hauntingly spacial "slowcore" (a term the group themselves condemns) should check out their 1994 record *I Could Live in Hope* and 2001's *Things We Lost in The Fire* for a brief glimpse into their downtempo spectacle.

Silver Apples

50 years in, and pioneering psych-rock /electronic group Silver Apples are testament to the staying power of influential music. Check out their first two releases *Silver Apples* (1968) and *Contact* (1969) for a brief glimpse into their five-decade majesty.

Wolves in the Throne Room

For those with a taste for the dark and atmospheric, the

forebodingly-titled Wolves in the Throne Room from historic Olympia, Washington have constructed a black metal universe all their own. For fans of doom and gloom with bouts of ambience, 2011's acclaimed *Celestial Lineage* makes for as good a place as any to submerge yourself in these spectacular black metalists.

Weyes Blood

Equal parts cacophonous and intimate, Weyes Blood (nom de plume of Natalie Mering) has made quite a name over the past seven years. Beautifully exploring harmonies and melodies alike, fans of Fiona Apple and Cocteau Twins should check out Weyes Blood's 2016 album *Front Row Seat to Earth* and bask in gorgeous waves of Mering's piercing vocals.

Land of Talk

Having just announced her first album in seven years, Land of Talk's Elizabeth Powell made waves in 2010 when she disappeared from Canada's music scene altogether. A Sled Island alum, having played last year, Powell's set will be a greeted as a triumphant return. Check out 2008's *Some Are Lakes* and 2010's *Cloak And Cipher* and get excited that a hotly-anticipated new album will be out in only a few short months.

While this is only a brief glimpse into the first wave lineup (which also includes Hailu Mergia, Daughters, Thor & Friends, EX EYE, Mothers, and more) Sled Island boasts over 250 artists in their repertoire performing each year — keep an eye out for future announcements on their official website, where you can also buy passes and individual tickets.

Drunk
Thundercat
Brainfeeder
Score: A-



Context is very important with this album. If you don't know who Thundercat is or what his music is like, then you're in for a (probably unpleasant) surprise. *Drunk* is a weird mix of social commentary and exploration into his emotions. Some songs are meant to hit home closer than others, like the track "Jameel's Space Ride" that explores the tale of a young black man wanting to escape life by riding into space to escape the everyday trials that come with being

black. Other tracks are set up to be as weird as possible, like the track Tokyo, a ballad of how his love for anime ruined his life. All of these tracks, of course, are set on top of some sweet R&B and jazz fusion instrumental that make it a good album to mellow out to. *Drunk* is definitely worth a listen, but do some research before hand.

-Bigoa Machar

Gang Signs & Prayers
Stormzy
#Merky Records
Score: B



Grime superstar Stormzy, off the success of his previously released singles, has finally dropped his debut project. Grime has seen a surge in popularity this side of the Atlantic, and Stormzy is a large part of that (and for good reason too). Best known for his bangers, Stormzy brings some of his best instrumental to this album. Some of them feel more like the conventional rap bangers we hear today, but tracks like "Cold" and "Big for your Boots" bring the traditional grime feel I was looking for. To my surprise, Stormzy also brought a lot of emotional, R&B style singing

to the album. While his singing isn't the best and kind of out of place from what people were expecting, Stormzy brings his lyrics on these tracks from an emotional place. Tracks like "Blinded by your Grace Pt. 1" and "Cigarettes and Cush" give the album some variety in between the bangers. All in all, *Gang Signs & Prayer* is a safe album for Stormzy's debut and makes for a good introduction for grime newcomers.

-Bigoa Machar

The Courtneys
Flying Nun
Records
Score: A-



The Courtneys have managed to pull a gritty album together that includes sunny, dreamy tunes. Starting the album with "Blue Velvet," sets a melancholy tone that transitions smoothly into the following tracks. Talking about topics that are familiar to many, like heartache and growing up, the band hits home with both their dynamic lyrics and reverberating sounds of slacker-rock.

While some of the songs definitely bleed into each other, sometimes making it difficult to

recognize when one track ends and another begins, it adds to the lo-fi sound and overall relaxed feel of the album that will either make you tap your toes or melt into the song. While they might not have stepped completely out of the known, the risks that are taken show listeners just how much the sophomore album is a step ahead for The Courtneys.

-Amber McLinden

Your 2017 March Madness preview

Everything you need to know about this year's tournament

Brendan Stasiewicz
Sports Editor

It's finally here: the stretch considered by many to be the most exciting time of the year for sports fans. It also comes at a perfect time as students nationwide are looking for any excuse to put off studying just a little while longer.

The NHL and NBA playoffs are on the horizon, along with golf's most magical week of the year in April at the Masters, and we haven't even gotten to the most exciting tournament of them all.

As we speak, many doctors' hotlines are blinging with men looking to book their last second vasectomies in the coming weeks. No, seriously. ESPN reports March Madness has become so popular that men align their snipping with the tournament as an excuse to skip work and view the mid-week afternoon games from the comfort of their couch.

Thankfully for us, whether by streaming in class or by having the foresight to revolve your class schedule around this event (or was that just me?), we get to see the pinnacle of amateur sports in all of its glory- sans medical procedure.

I'm not going to pretend this preview will improve your chances of taking home your tournament trophy, or whatever token your league awards the winner (it's the winner's weight in beer for our "competitive" bracket).

No matter what your bracket strategy is, whether it's picking the highest seed, looking for the biggest upsets, or picking whichever team has better looking players or cuter mascots, you probably have a good chance of throwing your busted bracket in the trash bin before the Sweet Sixteen.

Nonetheless, let's look at what a few teams have to offer this bracket season.

Top Dogs

The Gonzaga Bulldogs are a favourite to win the West Coast Conference title and be a number one seed going into the tournament.

With a record of 29-1, the Bulldogs only loss came at the hands of a shaky BYU team. Besides that upset, Gonzaga has been near perfect, knocking off high ranked Arizona in a statement game earlier on in the year.

Making it to the third round in each of the past two years, this could be the season Gonzaga finally makes their mark in the world of college hoops. However, having never tasted the final four in school history, don't expect to see them atop many expert's brackets.

Back to Back?

When thinking about the top sporting moments from the past 12 months (and there have been a lot of them) the college basketball final from last year seems to get over looked.

Villanova took down UNC in a game for the ages inciting mass use of the crying Jordan meme.

However, the biggest disadvantage of picking Nova this year will be your friends rolling their eyes at you for making the boring repeat champion pick.

Despite this, with a record of 27-3, Villanova will be a favourite and a popular pick among experts to go back-to-back. It is important to note that two of their losses came at the hands of Butler, who will go into the tournament without a ton of hype.

Yes they Kan-sas

The leaders among the AP top 25 polls for most of the season, (just like pretty much every season) there will be plenty of hoop fans jumping onto the Jayhawks bandwagon.



The 2017 NCAA Mens basketball tournament is set to take place from Mar. 14 to Apr. 3.

Look out for small forward Josh Jackson, a potential top pick of this years' NBA draft, to make a statement in each and every game.

While Kansas may be the boring pick, you (probably) can't go wrong picking the Jayhawks to win at least a couple of games. As long as they don't come out flat against weaker opponents as they have a few times this season (against WVU, especially), there's no reason why Kansas can't achieve great things later this month.

California Love

I got the opportunity to see UCLA guard, and highly touted prospect, Lonzo Ball, a couple weeks ago live against Arizona State. He is one of the best defensive players in the country, and it's obvious why a team like the Lakers would be after a special guard like this.

It's always important to not only pick the big school names, but also look at the personnel on each club. There are very few

red flags when looking at UCLA's roster, making them a top choice for bracket enthusiasts.

It will either be UCLA with the one seed or UNC, but either way there is a lot of hype around the Bruins for good reason. Not that it really matters, but 15 of the past 17 champions came out of the Eastern time zone, so I guess UCLA has that stat against them.

Cinderella story?

Keep in mind, a 16 seed has never in history taken down a one seed. That being said, each year seems to have its own Cinderella story. Whether it be Florida Gulf Coast, Harvard, or Lehigh from a few years back, you know there'll be some no-name school who manages to take down a top seed, busting thousands of brackets in the process.

Also keep in mind 12 seeds seem to take down a five seed each and every year, it's starting to become known as the 12 seed curse.

Northwestern is one of only five original division-one schools

to have never played in the NCAA tournament. That being said, a huge upset victory last week against Michigan on a hail-mary type play may be enough to sign, seal and deliver the small school's ticket into the bracket equation.

The Butler Bulldogs, ranked at 14th in the AP poll, just ahead of Duke, have pulled off some massive victories against strong teams this year. As a three or four seed in the tournament, they won't exactly be a 'Cinderella' but are a school to look out for next week.

I'm sure there will be some perennial bandwagon Duke fans tripping over Grayson Allen's squad not getting mentioned in this story, but the Blue Devils have fallen off the grid this season.

The action gets underway for the top 64 teams in the USA on March 16, and you can find me on my couch "sick" for a few days.

#S

2005 was the last time the Flames achieved an 8 game win streak

35 multi-goal games for Alex Ovechkin since 2013-14, most in NHL by 9 games

33 wins by Oilers goalie Cam Talbot, 7 away from Grant Fuhr's club record

50 double-doubles by James Harden, leading the NBA

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Mount Royal Cougars playoff push

Cougars look for best finish in CIS history

Dan Khavkin

Staff Writer



David Stephens mixes things up with the Bisons in round one of the Canada West playoffs.
Photo by Zenon Andryo

After beating the Manitoba Bisons in a best-of-three-series in the quarters, the Cougars booked their ticket to the Canada West semi-finals, setting up a weekend matchup in Saskatoon vs. the second ranked school in the nation.

In their third trip to the Canada West semi-finals in four years, despite a valiant effort, the Mount Royal University Cougars had their bubble burst by Canada West's top dogs.

The Cougars' playoff trip didn't come without dramatics. MRU has dropped their last six games to close the regular season before the quarterfinal meeting with Manitoba.

MRU also dropped from the national top-10 rankings for the first time all season during that slump.

The team needed to start the playoffs on a positive note with recent struggles haunting bench boss Bert Gilling. The boys in blue struggled in 2017, posting a record of just 4-8 since the turn of the calendar.

To make things worse, those four wins came against teams that didn't make the playoffs.

Coming into their fourth post-season since joining the CIS, the Cougars posted a 4-0 record against Manitoba during the regular season, outscoring them 17-6 with Connor Rankin, Canada West's point scoring champion, scoring seven goals in the four matchups.

The Cougs' narrowly squeaked by in a series that went the distance, pulling away to win the series 2-1 against a scrappy

Bisons squad.

Fourth year Cougar Cam Lanigan, the surprise starter in all three games over Colin Cooper, was the story of this series, bailing his team out all weekend stopping 75 of 80 pucks faced.

Game one set the tone for a scrappy and hard fought weekend, as the Cougars routed the Bison 6-1.

Luke Simpson helped his team jump on the lead early when he snapped a personal 13-game scoring drought scoring not one, but two on the night.

Rankin kept up his trend of haunting the Bisons. Rankin notched his second hat trick of the season against this school, finishing with 11 goals in seven games against Manitoba.

Fun fact about rookie Jamal Watson, game one was his first ever playoff game.

Yes, you read that right, he never suited up for a post-season game in his junior career for the Swift Current Broncos or the Lethbridge Hurricanes of the WHL. He would assist on Rankin's first goal.

The two schools aren't known for having a fierce rivalry, but tempers continued to flare when David Stephens was on the receiving end of a hit to the head. A scrum quickly ensued with both players getting sent off and the referees issuing final warnings to both benches.

Game-two took place the next night where the Bison stole a 3-2 win from the Cougars and forced a season deciding game-three.

The message was loud and clear from the bench bosses:

throw anything on net and jump on second chances. That's exactly what happened when captain Matt Brown and Zach Henry scored on back-to-back deflections, as the Cougars took the game two lead.

However, the charging Bisons continued being a nuisance to the Cougars defense. Colton Waltz, who probably needed a couple ice packs after blocking shots all weekend, couldn't stop all the chances thrown at them from a desperate Manitoba side, playing for their lives.

Controversy hit late in the back and forth affair when Tanner Olstad took a five-minute major penalty for high sticking when he needlessly fouled and injured the Bisons captain on the back check. Olstad was immediately ejected from the game, putting the Cougars down a man for five minutes.

Subsequently, the Bisons scored the go ahead and eventual game-winning goal.

Going into game three, Captain Cougar Matt Brown did everything he could to avoid it being his last game in an MRU jersey. Brown helped his cause early on a crazy backhanded shot. Brown raised the puck past the goalie, and also raised the roof at the Flames Community Rink as the goal opened the floodgates, started a rout of the Bisons, ousting them 7-1.

The defence played big again, composing themselves in their own end while taking chances in the other. Offensive defenseman Jese Lee found his inner Mario Lemieux and split the whole

defensive unit and went five-hole, Maddison Smiley rifled a one-timer from the point and Waltz had a puck bounce of his shin and into the net, giving the Cougars defense three goals to their name.

While the Cougars had the night to celebrate their big win, it was back to business the next weekend in Saskatoon.

With a spot for the national playoffs up for grabs, the Cougars were ready to give it all they had against the skilled and talented Huskies squad. Former WHL champion, and third string for Team Canada in the Spengler Cup, Jordon Cooke, backed the Huskies.

MRU went 1-3 against Saskatchewan with their only win coming on MRU Remembers Night, a 6-1 rout.

Cooke stole game-one, stopping 38 shots faced and preventing a Cougars comeback as the visiting squad dropped the first game 4-3.

Third year forward Parker Thomas scored the first and last goal for the Huskies, who made their shots count, only mustering 21 pucks on net.

Watson and Smiley scored back to back on the power play to pull

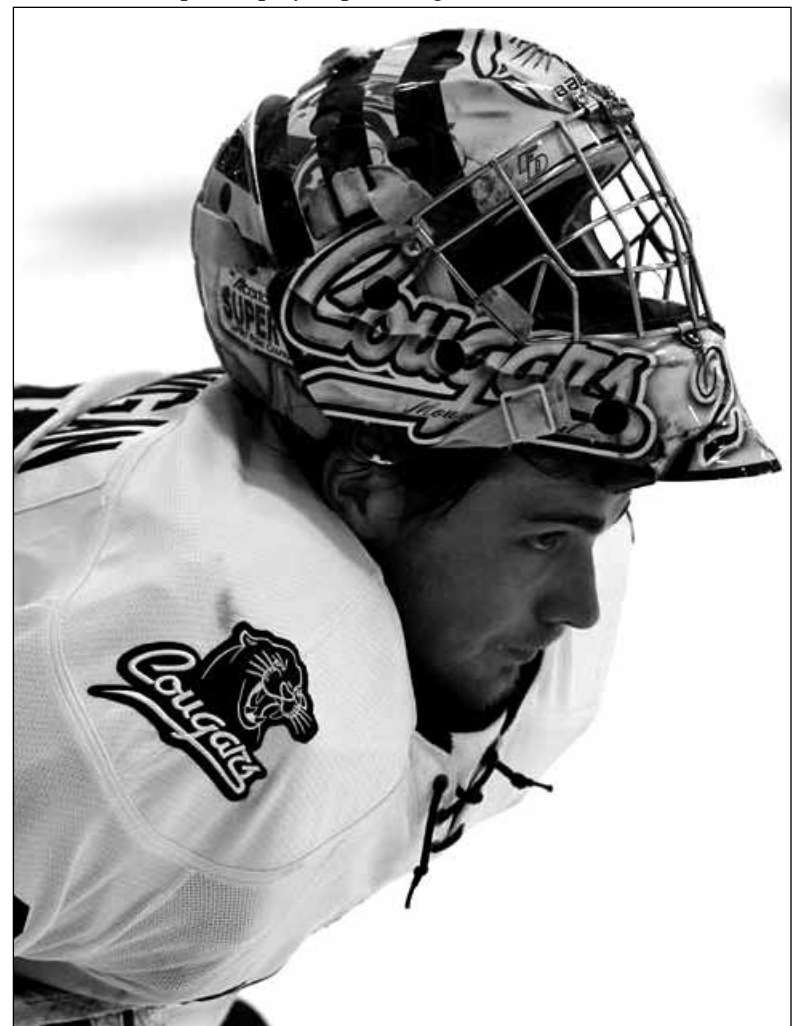
within one but Parker's insurance marker sealed game-one despite MacLise's late tally.

Game-two took place the next evening, where another game of shot for shot was too much for the boys in blue to handle, dropping the game 3-2, closing out their 2016-2017 campaign.

Brown's favorite memory in a Cougars jersey was winning MRU's first ever playoff series in the CIS against this school. Brown revived some of that magic when he opened the scoring in game two only to see the Huskies tie the game a minute later.

Devin Gannon wrapped the puck around Cooke to restore a Cougars lead but the fighting Huskie squad wouldn't back down and scored two in a row to capture their first lead. From there the Huskies ran away with it to book their ticket to Canada West's final against a formidable Golden Bears squad from Edmonton.

It was a hard fought battle for the Cougars and next season looks promising. As long as the injury bug doesn't hit like it did this season, along with a little more consistency, the Cougars will be a top contender once again.



Goaltender Cam Lanigan backstopped the Cougars to a semi-finals berth by helping knock off the Bisons in three games.
Photo by Zenon Andryo

The MRU playoff picture

Cougars' women's hockey team participates in first playoff in team history

Dan Khavkin & Brendan Stasiewicz

Staff Writer & Sports Editor

The Mount Royal Cougars women's hockey team were featured in their first playoff run since joining the CIS (the league now known as USPORTS), the highest amateur sporting league in the nation. The women faced a tough task having to take on the fifth ranked team in the nation,

the Manitoba Bisons.

The Cougars playoff prospects looked slim early on in the season, but a 6-6 record in 2017 was enough to book a Canada West quarter final meeting in Winnipeg against a Bisons squad that finished the season with a 7-3 run in their last 10.

Manitoba had MRU's number this season, posting a 3-1 record while shutting the Cougars out twice.

Game-one took place in Wayne Flemming Arena on Feb. 17 where Manitoba took a 1-0 series lead, winning game-one by the score of 5-1.

Gabrielle Sepper was the lone Cougar scorer when her shot that looked like a pass found a way past Bisons' goalie Rachel Dyck to tie the game at one.

It was a back and forth affair until the Bisons sticks came alive in the third period and put three pucks past Cougars netminder Emma Pincott, who had been the heart and soul of the team all season long.

Dyck stopped 26 of 27 pucks faced while Pincott stopped 20 of 25.

Game-two the following night had a nail biting finish. To the Cougars misfortune, they dropped the return match and were eliminated from the playoffs, dropping the contest 1-0.

The Cougars squeezed out a mere twelve shots in the game, eight of which coming in the final frame while the Bisons threw 16 on the Cougars net. Alana Serhan scored the lone goal of the contest, which proved to be the game winner, sending the Bisons to the semi-finals.

The Cougars had a very rare 6-on-3 powerplay late in the game, but thanks to hard-nosed defense, The Bisons managed to keep the puck out of the net.

It's back to the drawing board for MRU, but this season may prove to be a very valuable stepping stone, finally gaining Canada West playoff experience.

teams were able to play their way into the playoffs.

Unfortunately, being lower seeded teams, both squads had their work cut out for them on the road against high flying opponents.

The women traveled to Trinity Western for a weekend 'best of three' against the fourth ranked Spartans.

After getting swept in the first contest, the Cougars attempted to rally back from two sets down in the second to no available, only winning a single set over the weekend, sending the team home.

The Cougars may be in tough next season, losing four everyday athletes. The graduating student-athletes include libero and unsung hero on the court Maddi Quinn, Robyn Potolicki, Julia Kryzan, and Kylie Willis, one of the most valuable players on the court over the past few seasons for Mount Royal.

Much like the women, the 13-11 men's team were forced to travel to Alberta for a weekend set against the UofA Golden Bears.

After a heartbreaking five set loss in game-one, the devastated squad lost their second match in as many nights, this time in straight sets.

The men have a lot to look forward to next season with their best hitters, Tyler Schmidt and Riley Friesen, both returning. Setter Samuel Brisbane and outside hitter Lachie Pollock, however, each played their final game in a Cougars jersey, both graduating this semester.



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Cougars' keeper Emma Pincott sprawls across the ice to make a save in a game vs. the Alberta Pandas. Pincott's regular season play helped propel Mount Royal to their first ever playoff action. Photo by Zenon Andryio