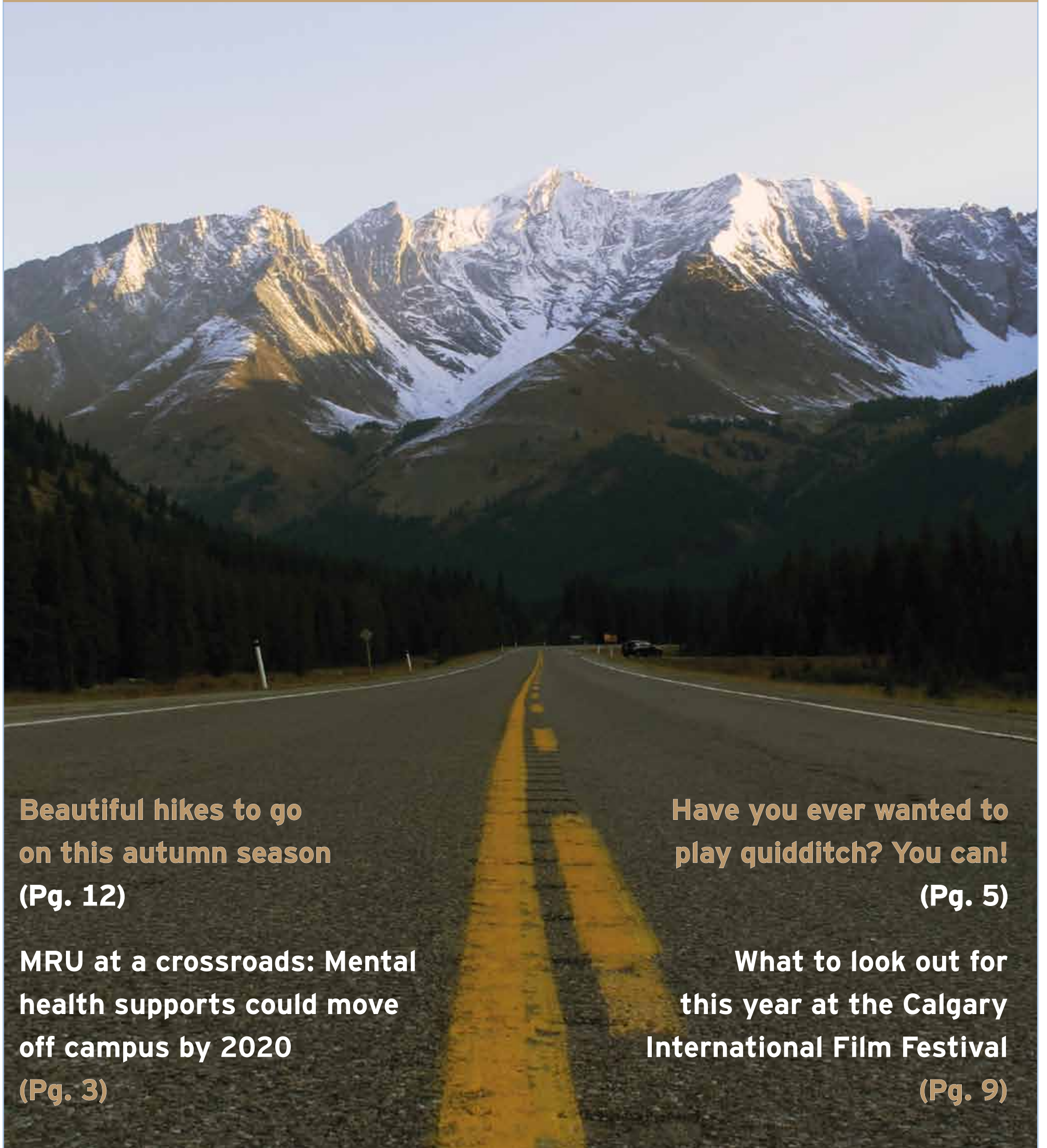


the reflector

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**Beautiful hikes to go
on this autumn season
(Pg. 12)**

**MRU at a crossroads: Mental
health supports could move
off campus by 2020
(Pg. 3)**

**Have you ever wanted to
play quidditch? You can!
(Pg. 5)**

**What to look out for
this year at the Calgary
International Film Festival
(Pg. 9)**

Five things to know about the Riddell Library and Learning Centre

MRU has a new state-of-the-art library, what's so great about it?

Gregory Balanko-Dickson

Contributor

After a decade of planning, three years of construction and a price tag of more than \$100-million, Mount Royal University's new Riddell Library and Learning Centre has something for everyone.

Katharine Barrette, associate university librarian at the Riddell Library and Learning Centre says that MRU's new library is a "once-in-a-lifetime" opportunity.

"It's absolutely incredible to be able to offer this up to students, to the MRU community and to welcome the Calgary community to visit as well," Barrette said, adding it's exciting to see how many students are already using and exploring what the building has to offer.

"It creates this incredible hum of activity and life in the library that is awesome to feel."

So whether you're interested in staying active while studying at a treadmill desk, cozying up next to the flames in the fireplace lounge or needing a quiet and secluded place to study, the four floors of the library will have something for you.

These are the top five things you need to know about the new library:

Treadmill Desks

If standing desks aren't enough for you, the new library

has treadmill desks available to keep you energized and get your assignments done at the same time. You can wave goodbye to your muffin top while answering emails, studying for a midterm or browsing social media.

Visualization Classroom

Level up your learning with the visualization classroom! It has two large screens that are capable of linking up to eight devices on touch-sensitive panels. This will encourage students and instructors to experience information in an interactive way.

The Maker Studio

This space will allow students, staff and members of the community to expand their ideas into the realm of reality. This hands on workspace has 3D scanners, 3D printers, industrial and embroidery sewing machines, robotics and circuitry kits, design software and much more!

Immersion Studio

Designed to create an immersive learning experience, the Immersion Studio is a black box environment with



The fireplace lounge, situated on the third floor of the Riddell Library and Learning Centre is warm and inviting and offers a place for students to unwind and focus on their schoolwork or chat with friends. Photo courtesy of Mount Royal University

360-degree projection. In October, 360-degree cameras will be available for rent and users will be able to simulate a variety of activities where the virtual can become reality.

Fireplace Lounge

If you have a paper to write, cite or research, the fireplace lounge is definitely the comfiest place in MRU's new library to

do just that. Not only is it warm and cozy, it's visible and close to the elevators. This way, you're bound to run into someone you know so you don't miss that sense of community while you're studying!

If that's not enough, the Riddell Library and Learning Centre boasts approximately 170 computer workstations, around 3,000 power outlets and about 1,700 seats for students.

That's more than three times the seating provided by the old library!

The past of returning library books at MRU once seemed like a chore. Now, the library has blossomed into a modern meeting place toting brand-new tech. The Riddell Library and Learning Centre will cater to the needs of students for years to come.

Celebrating 50 years of care at Mount Royal

MRU nursing program celebrates 50-year anniversary

Mason Benning

Contributor

Founded in 1910, Mount Royal has since grown from a junior college into a university that offers a total of 12 degrees from 31 different programs. This year, one of those programs is celebrating a big milestone of being a big part of the school for half a century.

The nursing program at Mount Royal was first introduced 50 years ago in

1967 with a total of 25 students enrolled into, what was then, a two-year diploma program.

The nursing program has had a long history at Mount Royal which involved teaming up with the University of Calgary to offer a conjoint program, and later with Athabasca University to offer a degree through the Mount Royal program.

Just a few years before

becoming a university in 2009, nursing blazed a trail at Mount Royal in 2006 by becoming the first program to offer a degree directly through the school.

Throughout its history, the program has worked hard to prepare its students to become registered nurses. Aliya Karmali, a third-year nursing student and president of the Student Nursing Society at

MRU, says the program does a great job of this.

"We're pushed into our clinical practicum in our first and second year so we're kind of very well prepared for clinical experience when we start working as full time registered nurses," says Karmali.

Karmali also attributes much of how well they are prepared to the faculty of the program.

"Most [professors] are nurses so they're very caring and passionate people. They're understanding, they have a huge depth of knowledge that they share with us and they're just awesome, amazing people."

Maggie Quance, the chair of the nursing department at MRU,

Continues on Pg. 3

Mental health supports could be moving off campus by 2020

SAMRU is surprised and saddened by the recent funding announcement

Amy Simpson

Contributor

Maintaining your mental health is already difficult while dealing with the stress of university, and, unfortunately, the Student Association of Mount Royal University (SAMRU) is concerned recent funding decisions could add extra challenges for students in 2020 seeking help.

Mount Royal University was recently allocated \$840,000 in mental health funds by the provincial government over the next three years. Although the total has increased slightly from previous years, it has come with a number of concerns. According to SAMRU, MRU received the smallest amount out of all post-secondary institutions and one third of it will go towards transitioning mental health supports off campus in 2020.

In total, the province allocated \$25.8-million across post-secondary institutions in Alberta. MRU is far from the smallest student body, but they have found themselves at the bottom of the list.

The University of Lethbridge on the other hand, with fewer students than MRU, was granted more than three times as much

— a total of \$3-million — which breaks down to approximately \$144 per full-time student. In comparison MRU received \$30 per student — nearly 400 per cent less.

In a press release, SAMRU's president Shifrah Gadamsetti, said they were perplexed at the funding discrepancies.

"The government should strive to be more equitable with funding student mental health care and, at the very least, be transparent about how it arrives at these vital funding decisions," said Gadamsetti.

On top of the unbalanced funding decisions, Gadamsetti added the student association is especially concerned that mental health supports are being moved off campus.

"Students benefit from having services on campus for a multitude of reasons — our health and dental plans do not comprehensively cover mental health services in the community," said Gadamsetti.

"Most service providers are private, which means they are quite expensive, and existing public services are overloaded and have extreme wait times

that will only increase when asking students to access them."

Gadamsetti also believes the university campus promotes a better environment for students seeking help. Professors can make referrals, counsellors better understand how to work with students and the process is much easier for students to navigate, especially students with mental health concerns.

"This added benefit would be lost if students were to transfer into the community as community service providers aren't as aware of these issues, and wouldn't be able to directly liaise with campus departments to give students the help they need within the classroom, or with professors."

Mental health is a serious matter. In the 2016 National College Health Assessment, a survey conducted by 10 post-secondary institutions in Alberta, they found over 90 per cent of students reported feeling overwhelmed and more than 13 per cent said they have seriously considered suicide.

The province said they hope this funding will help improve the mental health supports

offered to post-secondary students.

The minister of advanced education, Marlin Schmidt, said, "We have heard first-hand how important mental health programs are to students — which is why, for the first time, government is providing equitable funding to all public institutions," said Schmidt.

"Creating healthy campuses and promoting positive mental health at Alberta's post-secondary institutions better prepares students to deal with everyday stresses, sets students up for future success, and builds a more resilient community."

The changes will not take place immediately. According to SAMRU, the first two years of funding are set to stay the same, with the last year going towards the off campus transition. In the meantime, SAMRU says they plan to continue advocating for on-campus mental health supports and equal funding.

To read more about the provincial government's funding announcement, go to: www.alberta.ca.

THE REFLECTOR

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Continued from Pg. 2

says that this preparedness of students definitely shows when she talks to employers of Mount Royal's nursing graduates.

"We hear again and again," says Quance, "how ready our students are to actually walk onto a nursing unit, onto a ward, and to actually begin that practice as a registered nurse. And I think that speaks volumes."

Something that the nursing program is looking to for the future of the program is how the use of health informatics and technology is being used more and more in health care. They are also looking at the continuing changes in policy — such as the debate surrounding medically assisted death — that they always need to keep up with to incorporate into the program.

Quance says that based on the history of the program, they

are well prepared to meet this challenge.

"I think that's been something that this program, over the 50 years, can be super proud of. It is always looking forward and looking to the next challenge to support students in their aspirations of this ever-changing profession of nursing."

For the more immediate future, an enduring scholarship has been set up to mark the anniversary. It will support nursing students who show excellence in their academic work. The Nursing Excellence Scholarship is hoping to fundraise \$25,000 by the end of December.

There will also be a semi-formal gala held on Sept. 28, in the Ross Glen Hall at MRU to give the opportunity for past and present nursing students and faculty to come together to celebrate the milestone.



Maggie Quance, the chair of the nursing department, standing outside of the nursing office at Mount Royal University. The nursing program is celebrating its 50 year anniversary. Photo by Mason Benning

features

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Making the most of your degree

What can you do to be successful in university?

Nathan Woolridge

Contributor

According to Mount Royal University in 2011-2012, 82 per cent of graduates landed a job in a field related to their degree — but is that still the case?

On Mar. 12, 2017 CBC published an online article called, “The millennial side hustle,’ not stable job, is the new reality for university grads.” A headline that could be frightening for students who are spending at least tens of thousands of dollars to receive a university degree.

Let’s take a look at how you can make the most out of your university education and ensure you get experience to find a job.

Specialized majors

If you’re working towards a specialized degree, it definitely narrows the playing field when it comes to different jobs. If the major sounds like a job description, then it might be too narrow and will lead to you having difficulty landing a job in other fields if you later choose to switch careers.

TIME Magazine suggests “very few students pursue just one career throughout the course of their working years. A broader degree, like business management, will ultimately benefit you if your goals change later in life.”

But, if a specific job is all you want and you’re certain a specialized major is a perfect fit for you, then that’s great! At least you know the skills you learn will most likely be put to good use.

If you are in a specific field that requires you to share your work with employers, like journalism, marketing, and many others, you should make sure to begin working on and expanding your portfolio early on in your degree.

Internships and building a portfolio

Take your learning outside of the classroom. If you want to be successful in business, journalism, teaching, or other

fields, then you should go out and try to get experience. Nobody has ever said that your education is limited to what you learn from your professors.

You can job shadow somebody, volunteer, and pursue some of your passions to get yourself ahead in the game.

There are many internships that are available and many employers looking for young employees to bring new and fresh ideas to the table. There are even people out there that would love to mentor students in related fields. Do some research and reach out to people in jobs that interest you. They might even be willing to meet you for a coffee.

Experience will always look great on a resume. Employers love experience and it is always beneficial to have lots to talk about in an interview.

Choosing classes and taking a minor

Choosing your courses can be a difficult task. But, it can also be fun! Take the time to read what classes are available and which ones can fit into your schedule. Sometimes broadening your horizons and choosing diverse classes can open new doors — especially if you’re unsure what you want to do.

Interested in politics? Try out a political science course. Maybe you have a passion for science and really want to know how things work. Try a general science course. There are so many options available to you and you are not limited to studying one thing.

“If your field is naturally very broad, then by all means select courses that involve different specialties,” suggests TIME Magazine.

If you are taking a major, definitely look at applying for a minor in something. You have to fulfill those pesky general education courses anyways, so you might as well make them count for something that gives you more experience.

According to Mount Royal’s



Mount Royal University, one of the many places you can get a degree and amplify your experience with these tips and tricks. Photo courtesy of Wikimedia (Top) Photo courtesy of Pixabay (Bottom)

website, a minor can be quite valuable. It can “broaden your knowledge through a comprehensive general education requirement as part of your degree studies.

“You’ll gain exposure to a range of ideas and academic disciplines as well as skills essential to succeed at Mount Royal, in the workplace and in everyday life,” it adds.

The purpose of getting a

minor is to round out your education and take the opportunity to try something else which can be related or unrelated to your degree.

As you can see, there are a few ways to make the most out of your degree or program. You just have to be willing to put in some extra work to make the most of it.

If you take the time to do some research, you can find

plenty of opportunities to enhance your education. Set up meetings with advisors and see what they have to say about landing jobs after your program.

Take your education outside of the classroom and put your skills and knowledge to the test.

Calgary Quidditch: From the books to the field

Quidditch player and club president, Lauren Yee, opens up about Calgary's very own quidditch club

Rosemary De Souza

Contributor

The once magical game in the world of Harry Potter, quidditch, has become a real life sport that fosters a community like no other.

"I think for a lot of people it's a good way to be either reintroduced to sport or continue playing sports," said Lauren Yee, president of the Calgary Quidditch Club. Yee, who attended a Harry Potter convention back in the summer of 2011 in Orlando, Florida, came back wanting to make quidditch "a thing." With the help of a friend she met at the University of Calgary Harry Potter fan club, Rachel Malone and Yee started the Mudbloods quidditch team with just five people who attended the first practice in 2012.

"Since then it has grown from there. They were the first team formed in Calgary," she recalled.

The Calgary Quidditch Club currently has four active quidditch teams, three of which are development teams that play at a low contact level — wherein opponents cannot be completely tackled to the ground — and one competitive team that competes on a national scale at a full contact level.

The Calgary Mavericks placed 5th at the national championship hosted at the University of Victoria campus

back in April.

"I think the most unique element of quidditch is the fact that everyone plays the sport very competitively ... but as soon as the game ends, everyone is friends no matter which team you're on," Yee admitted. "I mean we all hug at the end of game [it's] not just handshakes so it's really just a good environment to be in."

The game usually goes for 20 to 30 minutes with seven players on two opposing teams. Three of the team players are chasers who try to shoot a quaffle, or what muggles call a deflated volleyball, through one of the opponent's three hoops. Each shot will give the team 10 points. Each team will have one keeper who defends the team's hoops. Beaters, on the other hand, use bludgers — dodgeballs — to take down other players. There are two beaters on each team. And last but not least is that one seeker for each team who comes into the game after the first 18 minutes to catch the snitch, a tail attached to the snitch runner, a neutral athlete in a yellow uniform. The team that catches the snitch gets 30 points and ends the game. The team with the most points wins but in some instances a snitch catch can lead to a tied game, in which case the game will move into overtime.

"Quidditch is important to



The Calgary Mavericks placed 5th at the national championship hosted at the University of Victoria campus back in April. Photo courtesy of Mills Photography

a lot of people I think mostly because of the community that you find," said Yee, adding that the sport is "a great way to have fun [while] being physically active."

The sport that started from the Harry Potter book series is "a mixture of dodgeball, basketball, rugby, handball, and flag football," according to Yee who agrees that the sport does bring those thrilling Harry Potter quidditch scenes to life.

"I know for lots of people, it's kind of their first introduction to a team sport and they are able to come into that comfortably because of where quidditch originates from which is fiction."

"It's a sport but it still has that fantasy element to it. I mean you have to really be okay with running around with the broomstick," she laughed.

"It's a very inclusive sport," she said. "We do allow players

on the pitch to identify as whatever gender they identify with." If you're interested in playing quidditch, Yee says it's both inclusive and something that everybody can participate in, no matter their fitness level. "It's a good entry sport like I said for those that have never really played team sports but it's also athletic enough to appeal to those that have been playing sports their whole lives."



Quidditch has been around in Calgary since 2012 in Calgary. Photo courtesy of Mills Photography

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SAMRU club shows that representation matters

Analyzing queer portrayals in media with MRU event 'Pop Culture Queered'

Amber McLinden

Features Editor

Last year's queer book club, hosted by the MRU Pride Centre, has evolved into something else this year. 'Pop Culture Queered' is the new title of the event, focusing on things other than literature, including film and music.

"It's really important to see people who are successful in these kind of big deal areas of like music and TV and they're doing really well for themselves," says Nathan Lawley, a member of the committee for relationships, identity and sex planning and

implementation, who was part of coming up with the idea for the book club, and later the event it evolved into.

"They grew up, you know, the same as we did, trying to figure out what they are and who they are and what to do about it, and

lots of them have similar stories to people who are still going through that today," he adds.

The event, which happens every Tuesday, is an exploration of queer people in pop culture and finding both positive and negative representation. This includes examining things like film, music, and this month, literature, beginning with slam poetry.

Lawley explains what the point is of talking about these topics. "Why we wanted to start having these discussions on campus is because there's a really good queer community on campus but lots of the time people don't know where to go to find role models in general media."

"For me personally, when I was coming out in high school, it was really important finding queer books." But Lawley and others saw that the book club could be limiting for students who wanted to join in at various times throughout the semester, or drop in on a conversation.

That's when 'Pop Culture Queered' was brought to life, and Lawley hopes it creates a space for discussion.

"We wanted to bring that conversation to campus, and

also for people who aren't part of the queer community as well. It's an open space for them to come and learn and see where they can learn more about queer people by seeing their stories and lots of those things."


Not all representations the group plan to discuss are positive, and it's part of the reason it's vital to have the event happen on campus.

"It's really important to look at misrepresentation because it shows where there's opportunity for people to do better," says Lawley.

"Mount Royal is a school, and it's a perfect place to learn about things outside of the classroom too."

"We have journalism students here, we have broadcasting, and things like that, where these students are going to go out into the world and be telling queer stories maybe in the media, and so it's important to see where we can do better, and us as the up and coming generation can do better in telling queer stories even if you aren't in the community."

Lawley invites anyone who's interested to attend the event, which happens every Tuesday from 4 p.m. to 6 p.m.



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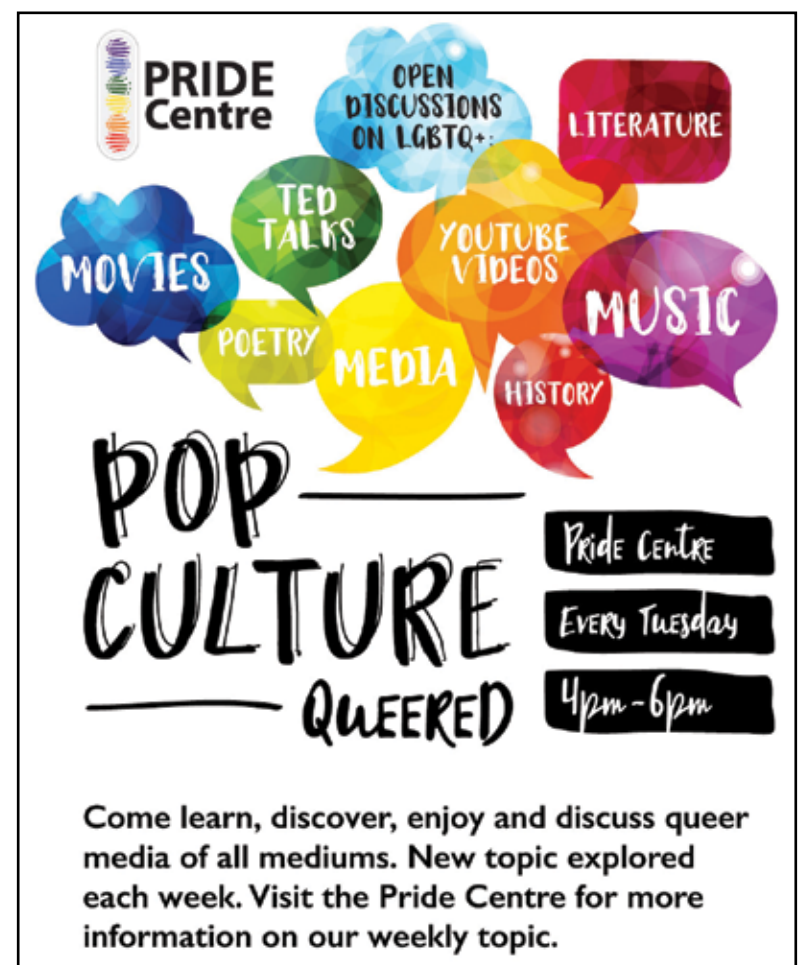
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MEDIA

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POP CULTURE QUEERED

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4pm-6pm

Come learn, discover, enjoy and discuss queer media of all mediums. New topic explored each week. Visit the Pride Centre for more information on our weekly topic.

The poster for the Pride Centre's event, Pop Culture Queered, which hangs around MRU. Photo courtesy of MRU Pride Centre

Say hello to everyone's favourite clown

September begins with a frightening flick, that might have saved 2017's summer slump

Thomas Bogda

Contributor

The most recent Stephen King adaptation to hit the silver screen is *It*, a supernatural horror film that is arguably one of the biggest pop-culture phenomena since 2014's *Guardians of the Galaxy*. Although it might be an odd comparison, the two films bare a striking similarity in the way that has allowed both of them to capture the heart and minds of young and old.

Directed by relative newcomer, Andy Muschietti, and starring Bill Skarsgård, as Pennywise the Dancing Clown, *It* follows a group of kids as they start to notice a trend of disappearing kids in their small town, and begin seeing their nightmares come to life.

The opening of the film is brilliant, something that anyone would be able to see if they peruse Youtube for an evening. For a story already soaked in popularity like this one, you can see the opening from a mile away, but the filmmakers take advantage of that and ultimately deliver a completely visceral experience that will shock any audience.

From that moment on, the standard is set, and they play with that for the entire film. Unless you're Stanley Kubrick, it's hard to one-up a Stephen King classic. The filmmakers here know that, so they don't try to tell a better story. Instead, they enhance it just like any good film adaptation should, and they have succeeded.

The film is truly terrifying, even if clowns don't frequently visit your nightmares. The

atmosphere is haunting from the start, but it is brilliantly juxtaposed with plenty of humour sprinkled throughout. They can't necessarily maintain a sense of dread through that humour, but they instill an expectation that anything can happen at any time. Luckily, it doesn't adhere to modern horror film ground rules for the classic cookie-cutter scare. They're good enough to scare you without the expected clichés. Still, in terms of scare-science, it most definitely plays off the modern horror build-and-jump tactic, but it doesn't exhaust it. It's effective and plays well with Pennywise's unpredictability.

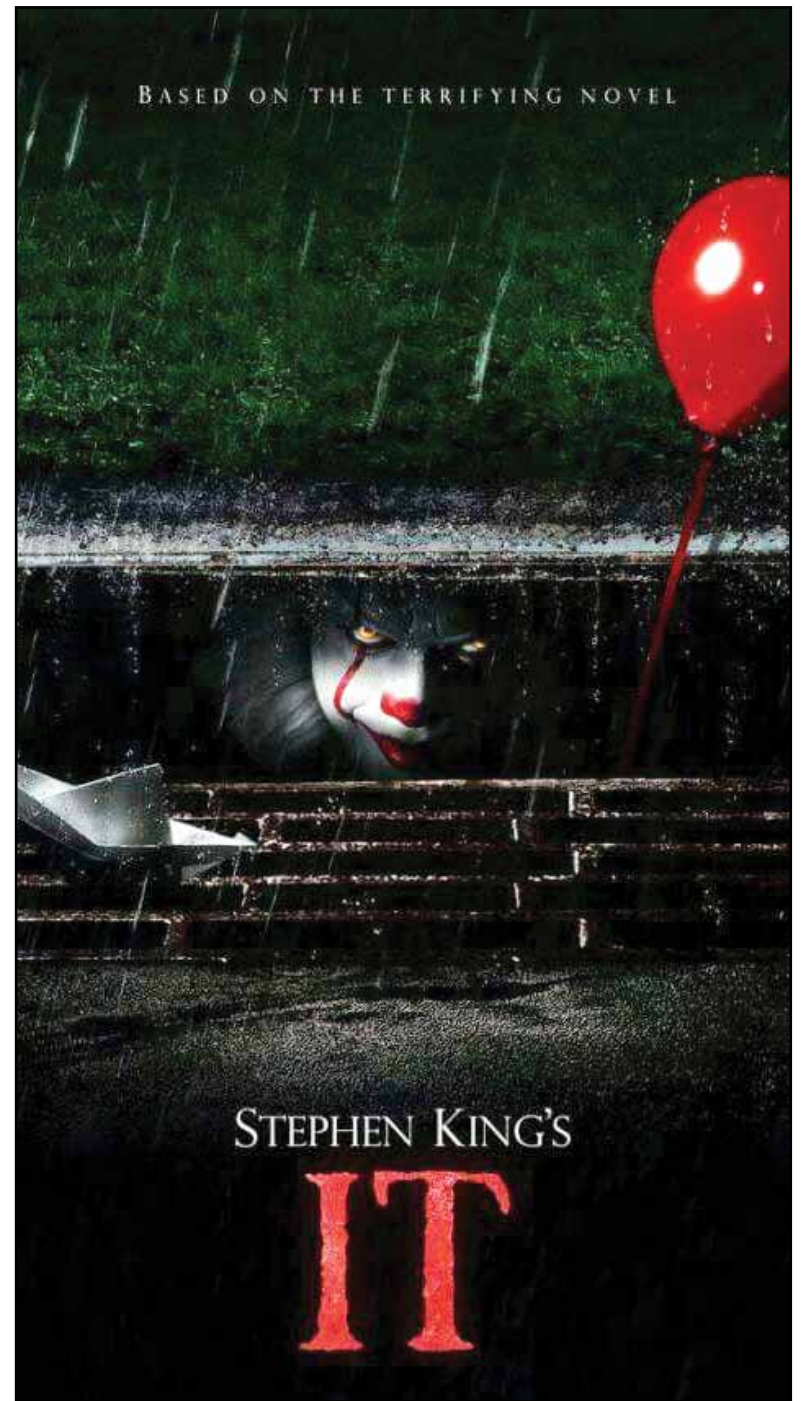
Speaking of the creepy clown himself, Skarsgård gives a real stand-out performance. *It* is a fully embodied personification of an absolutely insane being that shares quirks and subtleties that might remind you of Heath Ledger's brilliant performance as *The Joker* almost a decade ago. Skarsgård employs similar quirks that add to the character and really makes the most of his time on screen. By allowing Skarsgård to remain practically hidden from his young cast-mates for virtually all of filming, Muschietti was given the opportunity to create some horrific and genuine scares.

The child actors that make up the main cast also do a wonderful job capturing the fear not only caused by Pennywise, but by their own lives. First and foremost, the film is about a great cast of

characters dealing with real problems and events that have shaped them through their childhood, and carry over to adulthood. The clever use of frightening allegories for some of the problems the characters are dealing with is very clever, and there is a clear and particular care on earning emotional weight and it pays off.

Adding that North America seems to be struck with clown fever (literally, with clowns on the streets last year), and the team behind *It* have a bonafide hit on their hands. *It* is already a classic tale that is made more engaging with lots of great elements, and it's hard to complain. It does its job. It might be some people's scariest movie of the year, while also being another favourite movie of the summer.

Just before the end credits, they throw up the title with a "Chapter One," confirming that, indeed, *It* is one-half of the meal deal, which is an exciting prospect. Considering that Muschietti — who did a wonderful job, not to forget — has already confirmed that they're under way on the second film with all the talent returning. *It* certainly was made with "Chapter Two" in mind, and considering they left out a big chunk of the book, let's hope that the second installment can deliver the same way that the first film has.



Due to the clever and often intense marketing of *It*, Bill Skarsgård's iteration of Pennywise the Clown could very well become the new face of fear in the horror film genre. Photo courtesy of Warner Brothers

OUT'N ABOUT

Screamfest:

Every junior high students favourite first date returns this year, starting Oct. 13 with their last spooktacular being held on Halloween night. Screamfest offers countless haunted houses, with ticket prices starting at \$30.

Oktoberfest:

The Bavarian-themed social event returns on the Sept. 22 weekend. The event will be held in the Big Four Building with tickets starting at \$20.

YYC Pizza Week:

From Sept. 22 to Oct. 1, select restaurants in Calgary will be offering special pizza creations to the public. Each purchase of the feature pizza will support the Calgary Meals on Wheels organization.

Balloon Festival:

From Sept. 27 to Oct. 1, over a dozen hot air balloons will gather for competition at the Heritage Inn International Balloon Festival. Check out Glow Night on Sept. 29 for a night full of balloon visuals under the night sky.

Your Students' Association



Sex Week is back! Join the Students' Association of Mount Royal University (SAMRU) as we host a variety of workshops centred on the consensual exploration of sex and sexuality!

Visit samru.ca/pride to learn more.

DATE	WORKSHOP	PRESENTED BY	TIME/LOCATION
SEPTEMBER 25 th	Workshop: Sex Toy Savvy	Meagan Lee Filteau from Eudaimonia Sexuality Seminars	12:00pm-2:00pm in Council Chambers (Z236)
Tuesday SEPTEMBER 26 th	Workshop: What What (In the Butt)	Meagan Lee Filteau from Eudaimonia Sexuality Seminars	12:00pm-2:00pm in the Pride Centre (Z204)
	Workshop: Creating a Culture of Consent: Let's TALK About Sex	Calgary Sexual Health Centre	3:30-6:30pm in EA1055
Wednesday SEPTEMBER 27 th	Workshop: Making Consent Real and Everyday	Karen B. K. Chan	3:00pm-5:00pm in The Pride Centre (Z204)
	Event: Sex Toy Bingo! A fun, sexy twist on Bingo!		8pm Wyckham House
Thursday SEPTEMBER 28 th	Workshop: "How do I get someone to do something they don't want to do?" and Other Questions in the Anonymous Questions Box	Karen B. K. Chan	4:00-6:00pm in Council Chambers (Z236)
	Workshop: Kink 101: Where "no" means yes, and "banana" means no	Yay! Sex!	12:00pm-2:00pm in the Pride Centre

All workshops are free to attend! Everyone is welcomed!



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What to check out at the Calgary International Film Festival

A brief preview on some potential highlights of CIFF 2017

Colin Macgillivray

Arts Editor

If you're a movie theatre maniac and want to get your film-freak on instead of focusing on the monotony of work, school, and the mundane existence of humankind, then I definitely have a very special event for you. From September 20 to October 1, the Calgary International Film Festival, will be showing over 200 feature and short films from 50 countries around the world.

Over 200 films might seem incredibly daunting, but the Calgary International Film Festival will not only be an incredibly exciting and entertaining event for you, your friends and your family, but it will be an opportunity to see some of the best and brightest filmmakers and actors in the business today. With such a plethora of films being shown over a 12-day period, obviously I won't be able to preview them all, but here is a quick rundown of some noteworthy feature films and documentaries.

Headliner Series: Borg/McEnroe

Tennis isn't the most exciting sport. Catching the highlights is honestly a superior way to consume a sport where top tier athletes whack balls at each other with rackets. Surprisingly enough, I am completely enthralled by the idea of watching the legendary 1990 Wimbledon match between the two biggest names in tennis, John McEnroe and Björn Borg. Maybe it's the superb casting that pits Sverrir Gudnason, a near identical match to Borg, against Shia LaBeouf, who's hot-headed personality in reality makes him the perfect candidate to play the reckless and brash McEnroe. In any case, the highly anticipated sports biopic could celebrate a classic sports rivalry in a riveting cinematic experience, something that highlights can't do on their own.

Stronger

Jumping from one biography

to another, *Stronger* depicts the harrowing, yet absolutely inspiring story of Jeff Bauman, a man who lost both of his legs during the Boston Marathon bombing in 2013. Bauman's long journey through physical, mental, and emotional rehabilitation after the tragedy is arguably the perfect story to portray on screen. Jake Gyllenhaal, who is one of the best actors in the business today, is poised to deliver a stand-out performance as Bauman. Come awards season, do not be surprised if *Stronger* is nominated all over the board. With a truly inspiring story serving as the film's narrative, *Stronger* will be a tear-jerker, but it will most likely satisfy anyone's need for raw storytelling and compelling characters.

Independent Film Series: My Friend Dahmer

There have been countless films depicting the life stories of serial killers and their crimes, yet rarely do they dive deep into the inner workings of why these people do what they do. With *My Friend Dahmer*, the teenaged years of one of the most recognizable American serial killers in history is laid out on screen. With the events taken directly from John Backderf, the writer of the internationally acclaimed graphic novel that shares its name with the film, *My Friend Dahmer* puts an interesting spin on the serial killer film genre. With the killer in question being perfectly cast, *My Friend Dahmer* could be the most chilling, interesting and thought provoking film in ages.

Call Me by Your Name

Personally, my most anticipated film at Calgary Film this year is *Call Me by Your Name*. Ever since its debut at the world renowned Sundance Film Festival back in January, I have heard nothing but incredible things about the coming of age drama that centres around

the lust a young Italian teen has for his father's charming intern. An apparent slow-burn erotic love story that claims to boast incredible performances by the criminally underrated Armie Hammer, and newcomer Timothée Chalamet, as well as featuring original music by Sufjan Stevens exclusively for the film. It is safe to say that my hype for *Call Me by Your Name* is incredibly high. If the critical acclaim that the film has already received is something to go by, the romance could be Calgary Film's biggest hit this year.

Documentaries: Rat Film

Not only does *Rat Film* boast the best title of any film I have ever seen, but it promises to explore the complex and curious relationship that the residents and the rodents of Baltimore have with one another. Supposedly, *Rat Film* weaves its way through the streets of Baltimore discussing everything from segregation, poverty, and rats that can jump into garbage cans. *Rat Film* might sound ridiculous, but I would not be surprised if this documentary is the sleeper hit of the festival.

Calgary Film has been growing steadily since its inception in the year 2000, and this year it seems ready to branch out to even more film lovers. The films I mentioned above are but a minuscule chunk of what will be shown at Calgary Film this year, and with the aforementioned 200 films being available for the public, there is definitely something for each and everyone of you at Calgary Film 2017. With the goal being to entertain and engage as many people through artistic expression and the celebration of film, grab some friends, get a bite to eat, and take in some great movies this month.

Information, tickets and a full schedule of movie dates and times are available at www.calgaryfilm.com.

Okovi

Zola Jesus
Sacred Bones
Records
Score: A-



It's not often that genre-bending is utilized to such grand effect, but Nicole Hummel (aka Zola Jesus) meshes elements of goth-pop, industrial, and quasi-Gregorian chants to such effect that it feels like an expression in atmospherics never felt before.

On *Okovi*, her fifth-and-latest album, Hummel rollicks in full force through a synth-laden madhouse of pulsating electronics and over-dubbed vocal wails, transitioning through floor-shaking beats and

lightning-quick noise, stringy ballads, and hyperactive electro-pop tracks that would fit in on a Dance Dance Revolution playlist.

At times reminiscent of Florence Welch, and at others mimicking the razor-sharp atmosphere of Jonna Lee, Zola Jesus surpasses others in a long line of goth-pop-industrial crossover, and does so in a way that makes it easy to believe this might just be the second coming.

-Alec Warkentin

In Search of Lost Time

Partner
You've Changed
Records
Score: B+



Partner's debut full length album *In Search of Lost Time* combines everything the band does best. It's a fun classic dad rock sound combined with proudly queer and Canadian lyrics. If Tegan and Sara admitted they actually smoke this is what they would sound like.

Whether talking about their sexuality, being high in a grocery store, or playing sports just so they can interact with their crushes, Partner knows

how to make you laugh while also shredding on guitar (with a borderline-excessive) amount of mid-song guitar solos.

Even if this isn't the kind of music you would normally listen to, we can all relate to lyrics like "frozen pizza, sweatpants on/loading up the next dance moms." Partner's latest release is a chill, hilarious ode to not caring what other people think.

-Kennedy Enns

Anitsocialites

Alvays
Polyvinyl Records
Score: A-



Antisocialites is a short burst of beautifully crafted pop rock that captures the spirit of the genre with authentic ease.

Winding picked guitars and dancing bass lines create layers of cozy backdrops across the 10-track LP, as vocalist Kerri MacLellan strikes and croons out lines of lyrics telling of mundane tales and indie tropes with a beautifully immersive energy. Rarely does the album drag, and despite repeated themes that tie

songs together, enough surprises emerge to keep each song feeling like a fresh slate for the group to perform upon. On "Plimsoll Punks," a dive into dizzying guitars seems to conclude the straight ahead pop standard, but a crashing of instrumentation catches the song as it fades out, bringing it back for a tambourine driven outro that escalates the song into a standout track on the album.

-Nathan Kunz

Cougar Corner: Women's soccer shows promising start

MRU Cougars women's team start season off with 2-1-1 record

Dan Khavkin

Sports Editor

Mount Royal Cougars Women's Soccer season started off on a positive note after picking up seven out of a possible twelve points in the opening stretch of the 2017/2018 season.

The Cougars played host to visiting University of Lethbridge Pronghorns on September 9, defeating the cross province rival with a score line of 2-1. The next morning, round one of the Crowchild Classic saw a 0-0 draw to cross-town rivals University of Calgary Dinos.

MRU picked up a 2-0 win against the UNBC Timberwolves squad on Sept. 15, picking up their first three points away from home on the season.

MacEwen snapped the early three game unbeaten streak on Sept. 17th handing MRU their first loss of the season with a score of 1-0. Game one showed a steady play of pace from both sides until Lethbridge put the first point on the board in the 22nd minute.

Conceding the first goal didn't stop the Cougars from clawing back into the game and catching fire in the latter portion of the half. With the pressure mounting on the visiting side, the Cougars tied the game at 1-1 in the 35th minute thanks to rookie Julien Ramirez.

Janai Martens lobbed a ball over the flat-footed Pronghorn defense where Ramirez found herself open on the edge box, she chested the ball down with class and slotted the ball into the top netting with precision and got the Cougar hopeful onto their feet. The momentum swing was apparent.

With the Cougars still controlling the tempo, chances kept coming with the Pronghorn defense eventually cracking, as a handball called inside of the box led to Quinn Hardstaff putting away the penalty to put the Cougars in the driver's seat.

Lethbridge pressed with intensity towards the end but ultimately couldn't capitalize on the collapsing Cougar defense that picked up the win.

The next morning, two Calgarian sides clashed for the first time in an entertaining game of 0-0, as ironic as that sounds. Both teams put on a show for the home supporters and to those who took a trip to Cougar Stadium Field as the game was filled with tremendous goalkeeping and teamplay.

Both sides hit each other on counter-attacks throughout the duration of the game but neither side could solve the other.



Cougar keeper Cailyn Leeson catching an oncoming shot attempt on September 9th against Lethbridge. Leeson now has two clean sheets to her name early on in the season. Photo by Adrian Shellard

Cougar goalkeeper Cailyn Leeson stole the show with a perfect day, blocking away a staggering nine shots on net to pick up her first clean sheet of the season. Leeson outdueled the Dinos all game long but particularly fourth-year forward Maddison Frizte, who she denied four times alone in the match. Both teams caught breaks throughout the second half with the Dinos hitting the crossbar while mounting the pressure on the absorbent Cougar defense.

MRU had their own share of Dino scares when the defense

would use a dump-and-chase method to spring the patient forwards that created chances from open play with long shots and one-two's but also couldn't manage to find the back of the net.

Player of the game, Hardstaff had the moment of the match when she single handedly stole two points from the surging Dinos when she made a goal line clearance with her face late in the second half to keep the game scoreless.

On their first game away from home in Prince George, BC, the Cougars had a stellar second

half where heavy presses in the offensive end became a strategic turning point as both Talisa Tefledzuk and Emily Sands got their first goals on the season.

The next match against MacEwen saw the home team put themselves on the scoreboard in the 9th minute and they never looked back, as they held onto the slim margin to hand the Cougars their first loss of the season.

Next for the Cougars is a road trip to Winnipeg to face the Wesmen and their rivals in the Manitoba Bisons on September 23rd and 24th.

Top three winners and losers of the NHL off-season

Sajan Jabbal

Contributor

As the NHL pre-season enters its first few days, management teams out of the 31 NHL franchises have spent the summer preparing for the upcoming season in an attempt to make the shift from being pretender to contender, or in some cases, contender to champion.

There was a lot of hype heading into the free agency this summer with the (Las) Vegas Golden

Knights entering the league as the newest expansion team.

The 2000/2001 NHL season was the last time the league had expansion teams joining the mix with the 29th and 30th teams respectively being the Minnesota Wild and Columbus Blue Jackets.

Here's the breakdown of some of the winners and losers of the 2017 NHL off-season.

Winner one: Dallas Stars

The Dallas Stars had one of their worst defensive seasons in franchise history getting scored on 262 times last season. With the lackluster play of goaltender Kari Lethonen, who did let a lot in during his time with the Stars, had no help from an uninspired

defensive core.

The Stars were unable to make the playoffs.

Dallas is ready for change this year, making splashes in the off-season.

Some argue the biggest move made was trading a draft pick to the Tampa Bay Lightning for the rights to sign Ben Bishop, which they successfully did four days later, locking up the star

net-minder for six years at a \$29.5-million dollar contract.

This gave the Stars the ability to shed some dead weight, buying out the contract of former Stanley Cup champion Antti Niemi. They were also able to solidify their defensive core, adding serviceable top four defenseman Marc Methot in a

Continues on Pg. 11

#S

22 The second longest winning streak in MLB by the Cleveland Indians snapped on Sept. 15th.

8 quarters, struggling Cincinnati Bengals offence is still yet to score a touchdown in the 2017/2018 NFL season.

144 The number of games it took Green Bay Packers pantheon Aaron Rodgers to reach his 300th TD.

89.1% Boxing icon Gennady Golovkin's knockout percentage.

Continued from Pg. 10

trade that sent prospect goalie Dylan Ferguson to Vegas.

Russian star Alexander Radulov signed a five year 31.5 million dollar deal after a successful return to the NHL last season with the Montreal Canadiens, tallying 54 points in 76 games.

Following a four-year hiatus in the Russian Kontinental Hockey League (KHL), Radulov's campaign in Montreal saw him be on track to have the best season in his career.

The acquisition will be a huge boost to go along with other talents like Jamie Benn, Tyler Seguin, and Jason Spezza; Radulov should fit in just fine. All these moves, and they still manage to hang on to their core talent, resigning important depth players like Radek Faksa, Brett Ritchie, and Mattias Janmark. Look for Dallas to make a playoff push this year.

Winner two: Calgary Flames

Although Calgary has had a rather quiet off-season, they did make a big move in adding Goaltender Mike Smith to the roster. Smith will be looking to make 50+ saves a game as he did with his time down in Arizona,

but actually pick up some Ws along the way.

The Flames also acquired defenceman Travis Hamonic in a trade from the New York Islanders in exchange for three draft picks, further beefing up Calgary's already dangerous blueline. They also made sure they re-signed all of their big prospects like the up-and-coming Curtis Lazar who was a steal for the Flames, signing a two year \$950,000 deal. Tyler Wotherspoon, and Sam Bennett also reached deals to stay in Calgary.

Winner three: Tampa Bay Lightning

The Lightning were busy on the phones as soon as the frenzy started, signing five players and making one trade on July 1. The moves included grabbing two veteran players. Three time Stanley Cup champion Chris Kunitz, who is coming off back-to-back title wins, and former New York Ranger's top four defender Dan Girardi.

This veteran talent will be good for the Lightning as they'll look to use Kunitz on the wing to help Steven Stamkos, who both Nikita Kucherov and general manager Steve Yzerman hope the elite sniper stays healthy for more than 20 games this season.

The former scoring champion, Stamkos hasn't played a full season since 2011/2012. Girardi will be a good addition to the defensive core, operating as a top-four defenseman with a presence.

Tampa were also able to hang onto some of their own stars, re-signing forwards Tyler Johnson and Ondrej Palat to seven- and five-year contracts respectively.

They did lose a great talent in Jonathan Drouin to the Montreal Canadiens, but they were able to pick up a future top-two defenseman in Mikhail Sergachev, who found out about the acquisition when he was on vacation with his family in Cyprus. All in all, a victory for Steve Yzerman and the Tampa Bay organization.

Loser one: Montreal Canadiens

What can I say about the Montreal Canadiens other than the fact that their team looks much worse compared to last year. The NHL expansion draft gave Montreal the opportunity to protect three defenseman, yet they lost more than that in this off season. Their defense wasn't the strongest to begin with, but now with the losses of veteran Andrei Markov to the KHL, Alexi Emelin who Vegas picked up,

and Nikita Nesterov.

Great young talents in Mikhail Sergachev and Nathan Beaulieu were also lost in the summer, not to mention their big loss in offence, Alex Radulov. Montreal did however manage to pick up a few assets at the tail-end of their career in Mark Streit and Ales Hemsy, while adding depth in picking up Drouin, David Schlemko and ex-Washington Capitals top two defenseman Karl Alzner.

Overall, not a good off-season for a team who's looking to get over the hump of only making the playoffs.

Loser two: Washington Capitals

With the team still not managing to get into the third round of the playoffs in the Alexander Ovechkin era, this off-season is not looking like it will help the cause.

They managed to resign some star assets such as Dimitry Orlov, Evgeny Kuznetsov, and T.J. Oshie.

They do, however, have to suffer the losses of Kevin Shattenkirk who was a season loan from St. Louis, offensive defenseman Alzner and a depth scorer in Marcus Johansen who took his talents to a rebuilding New Jersey Devils team.

Losing these pieces will make it very tough for them to go deep and make a run for the Stanley Cup, but with the likes of Vezina quality goaltending from Braden Holtby and the firepower of the Caps offence, expect them to make noise in the season regardless.

Loser three: Las Vegas Golden Knights

The newest NHL team had a lot of people watching them this off-season, with the expansion draft bringing players in from around the league such as three time champion Marc-Andre Fleury, cup finalist from this past playoffs James Neal, and many more.

Vegas did manage to pick up some talent, but there is not much depth in their lineup. Their top players consist of elite sniper Neal, young talent Jonathan Marchessault, and veterans in David Perron, and Jason Garrison, and Fleury.

They also didn't leave much depth around the team, either having young prospects or veterans nearing the end of their career, but with such a unique mix of players Vegas might just squeak into a playoff spot in the unpredictable NHL.

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Your hiking guide for the fall season

Don't miss Alberta's stunning landscape change

Andi Endruhn

Photo Editor

When fall sets in, and school starts up, hiking season begins to come to a close.

Although hiking in the fall comes with a unique set of challenges, the rewards that come with the experience are just as unique. The days may be shorter, and the weather may be cooler, but the opportunity to see the changing fall colours in the mountains can be worth all the precautions that need to be taken in the shoulder season.

Late September and early October, are the best times to

see the larches turn the slopes of the mountains into a glowing yellow, making for an amazing experience.

Here are some of the best hikes you can do this fall!

Ptarmigan Cirque

A popular hike throughout the summer, the Cirque is just as picturesque in the fall, located just off Highway 40, in Highwood Pass. Although the Cirque itself is rather barren (home to a host of wildflowers

in the summer), it allows for sweeping views of the pass's fall colours.

For those not used to the area, the trail provides interpretive signs that will allow you to learn and catch a breather on the steep first leg through the trees.

The trail itself is five kilometers in length, and on average takes three hours for hikers to complete. Due to its elevation in the pass, hikers should be prepared for cooler weather, as well as the possibility of snow.



Ptarmigan Cirque is a good introductory trail for beginner hikers and is beautiful in the fall. Photo by Andi Endruhn

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Chester Lake

Although alpine lake season may be over, Kananaskis' Chester Lake is still worth the pilgrimage, even in the fall.

Often used by hikers in the summer, and snowshoers in the winter, during fall the lake provides the perfect backdrop for the changing larches that populate Mount Chester. The full trail takes about four hours, covering 10 kilometers, usually with moderate traffic. For those looking for an amazing site for their fall photos, this is it.

Healy Pass

Starting off in the Sunshine Village parking lot, Healy Pass is a 19-kilometer hike, taking about six to seven hours to complete.

The trail meanders through the forest and open alpine meadows before reaching a spectacular view looking over Egypt Lake. Its length makes it a trail for those with a little experience, or some determination, but the end result is spectacular.

This is another hike that showcases the Rockies at their best in the fall, lined with larches and burning bushes, making for spectacular colours. This trip can be extended by continuing down to Egypt Lake for a long day, or a late season overnight at the Egypt Lake campground.

Larch Valley/Sentinel Pass

By far, one of the most popular fall hikes close to Calgary,

Larch Valley is one of the most spectacular sights in late September.

Starting from Moraine Lake the trail is 12 kilometers long, and typically takes seven hours to complete.

For those hoping to hike the trail, an early start is recommended to ensure parking. The trail is often subject to bear warnings in the shoulder season, requiring that hikers travel in groups of four or more, making it worth the extra step of checking trail information before leaving the city, or planning on hiking in a group anyways.

Pocaterra Ridge

Logistically and technically, the most difficult hike on the list. However, Pocaterra Ridge is still one of the best ridge walks in Kananaskis, no matter the season.

Taking seven hours to complete 11 kilometers, Pocaterra is best done with two cars, one parked at either end of the trail head. Located along Highway 40, and starting from the same parking lot in Highwood pass, as Ptarmigan Cirque, Pocaterra is subject to the same high altitude and weather changes.

From the top of the exposed ridge you can sweeping views of the surrounding area, and the changing larches, bushes, and grasses, overlooking a creek and spectacular scenery.

Before you make your way, remember to always check weather conditions before leaving for your hike!