

# the reflector

FREE  
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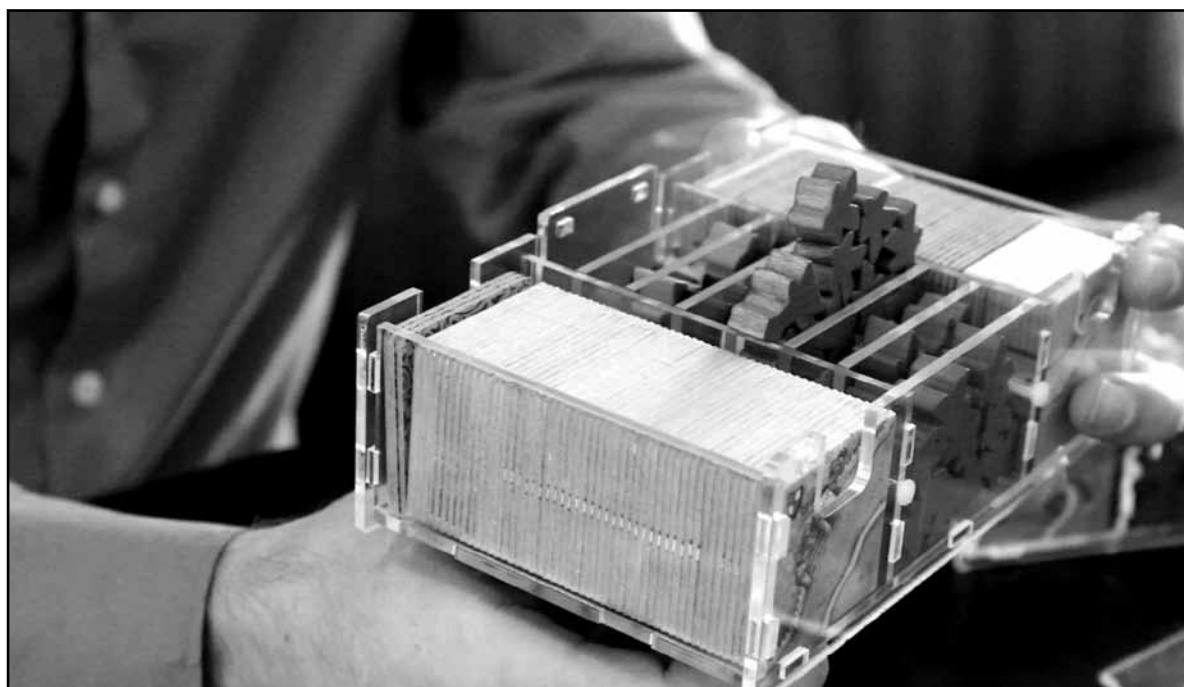
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## Bored of 'board' games? Put your game in a box!

*A profile on Meeple Keep: Calgary's newest board game invention*

**Lexi Wright**

Staff Writer



**The Meeple Keep box is strategically designed to organize all your playing pieces into the smallest possible space. There are separate compartments to store individual pieces and push game tiles to the top of the box. Photo by Lexi Wright**

The oldest board games were mounted directly on thin wooden boards, hence the name “board game.” But two Calgary inventors are challenging board game ideals with the invention of Meeple Keep, a board game storage box.

Designed originally for the tile-placement board game

called Carcassonne, creators Ed Mort and Matthew Mulrooney have high hopes for their new product.

Calgary's increased popularity of board games has led to the development of several board game cafes. The Hexagon Cafe in particular, supports the idea of Meeple Keep to help make board games

more organized for open public gaming events.

“Board gaming is going through such a renaissance, especially in Calgary. The board gaming community has been so receptive. We actually went to two conventions this year, FallCon and the Calgary Comic and Entertainment Expo — it was amazing to see all the

support,” says Mulrooney.

With their love of board games stemming from since they were children, Mort and Mulrooney were inspired to create Meeple Keep simply from their own personal experiences.

“We would go to play board games with our friends and found ourselves lugging boxes and boxes of our favorite games. It was seriously impractical, so we thought, how can we make board game boxes smaller?” says Mort.

Meeple Keep was created at Protospace, a community-based space in Calgary that offers independent entrepreneurs access to workshop space and educational tools.

“A meeples is a small figure used as a playing piece in some board games, which is essentially where Meeple Keep got its name. ‘Keep’ because we’ve designed a place to safely store your game and ‘Meeple’ because of the playing piece,” says Mort.

The Meeple Keep box is laser cut and strategically designed to organize all your playing pieces into the smallest possible space. There are even

separate compartments to store individual pieces, and push game tiles to the top of the box.

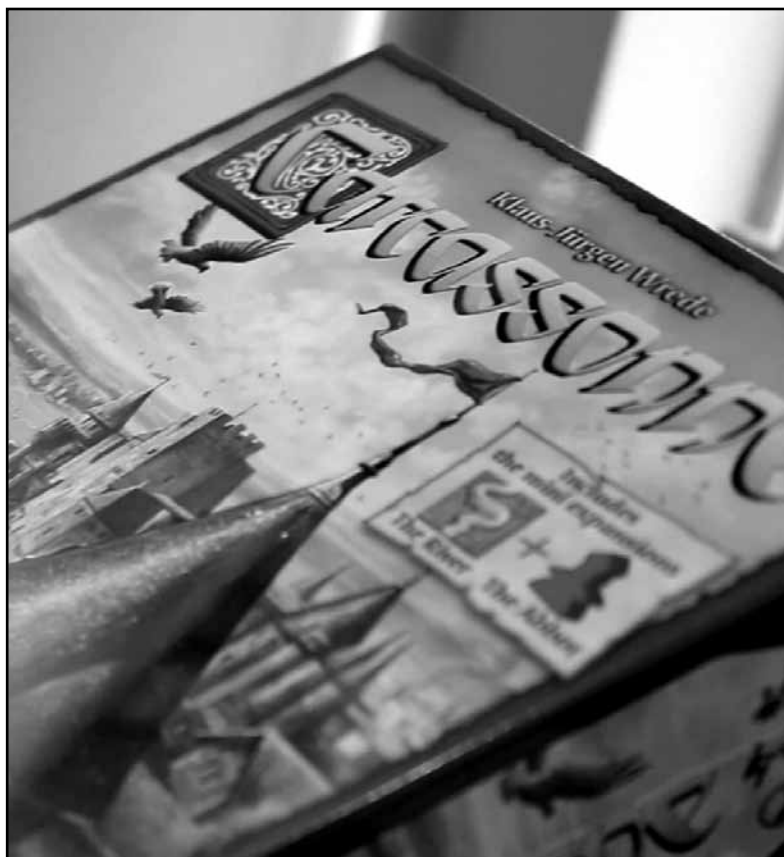
In addition to designing their product, Mort and Mulrooney have had to learn the ins-and-outs of marketing, which they say has been the biggest challenge.

“Business for us, is learning everything we don’t know. There’s been a ton of learning curves, especially with figuring out a website and our Kickstarter campaign, but we’re excited to finally have the ball rolling,” says Mulrooney.

Although Meeple Keep has only been designed for one game so far, if the storage case proves successful, Mort and Mulrooney will more than likely design boxes to accommodate different games.

“I have a love of so many board games and a hate of so many board game boxes. This is just the first of many we hope to create,” says Mulrooney.

Meeple Keep is planning to fully launch their product to the public in late October.



**Meeple Keep takes traditional board game Carcassonne and cuts it down to one-eighth of the size of the box. Photo by Lexi Wright**



**Matt Mulrooney and Ed Mort are regular customers at Hexagon Board Game Cafe in Kensington, Calgary. You'll often spot them playing Carcassonne from their personal Meeple Keep. Photo by Lexi Wright**



# More coffee for the students

*MRU student set to expand coffee business*

**Yassin Mansour**

Contributor

Ryan Wenger achieved his dream of running his own business when he opened the first location for Barrow Espresso, but he is about to branch out to more locations.

Wenger opened the first location of his coffee shop, Barrow Espresso in the Bissett School of Business in Mount Royal University on Sept. 8, 2016.

"It's always been a lifelong dream of mine to run my own business, and it took a while to get to where I am today, but I can't believe we're actually opening and operating and I'm doing it," said Wenger.

Wenger wanted to start a coffee shop because of his love for coffee and the coffee industry.

"I love the conversations that happen around coffee, I love what happens when you put a coffee shop in a place, how it builds the community and it brings people together," said Wenger.

He has worked in various cafes from Alberta to Sydney, Australia.

"[Sydney] is where I really learned to make great espresso fast and efficiently," he said.

It was in Sydney where he got the idea of making a micro-cafe.

"[They] are these tiny little coffee shops that just produce the best quality coffee you



could ever imagine, just these little grab-and-go places. It's something that I really wanted to bring back," said Wenger.

To help him on this venture, Wenger had a collection of old coffee equipment that he had rebuilt it in his basement.

He chose the MRU location to be the first one because he found a cart in the school that he saw would be a good fit for his idea of a micro-shop, but was not able to buy it.

"They said 'no you can't buy it, but we're thinking of doing a

pilot project in the EB building to see if a café is viable in the space' and the rest is history."

Wenger is currently a student at MRU, where he is studying Business Management with a minor in Entrepreneurship.

"It's great because I'm also able to use a lot of my education in a practical, applied basis right here on campus which I think is really rare and something that I really value," he said. "It's really rounding out my entire education."

At the beginning of

November 2017, Barrow Espresso is set to open a second location in the new Riddell Library and Learning Centre, and Wenger could not be more excited.

"It is the most exciting thing that has ever happened. It is the best opportunity ever. I was really surprised when I submitted the proposal that we have been selected to run the café over there," said Wenger.

He also understands the responsibility that comes with the new location.

"There will be growing pains to go through, and it [will] probably not be the smoothest thing ever, but to have the opportunity, we're

really looking [forward] to it. It really means growth for the business and another place where I can really exercise my education."

The new location is set to be bigger and better with more selection on the menu and longer hours.

Wenger is also looking to open a third location, not on campus, but close by in Marda Loop.

As for the future of the current location in Bissett, Wenger is unsure of whether it is staying.

"It is scheduled right now as a move, but we are working to maintain this location in [Bissett]."



Ryan Wenger, creator of Barrow Espresso, posing next to his micro-cafe in the Bissett School of Business Building at Mount Royal University. Photos by Yassin Mansour

the  
**reflector**

**Reflector Publications  
Society of Calgary**

**2017 Annual General Meeting  
Tuesday, October 31, 2017, at 12:00 noon  
Reflector Office, 2002 (basement) Wyckham House**

Members of the Reflector Publications Society will be presented audited financial statements for review and approval, will be asked to appoint auditors for the next year, and will be asked to elect two (2) students at large who will sit as directors on the Reflector board of directors. For information on Student at Large nominations, contact The Reflector at 403-440-6268.

**Please visit our website at  
[www.TheReflector.ca](http://www.TheReflector.ca)  
for more information and details**

## Reflectorial: #metoo

If you logged onto Facebook or Twitter this month you probably saw the hashtag #MeToo. For survivors of sexual assault and harassment, it's been both a rallying cry to change the way we currently deal with the treatment of survivors as well as a painful reminder of what yourself and others have been through. After over 50 different accounts of sexual assault were brought against Hollywood film producer Harvey Weinstein from actresses such as Rose McGowan, Angelina Jolie and Lupita Nyong'o, the hashtag spread across social media. Actress Alyssa Milano tweeted a note that read "Suggested by a friend: If all the women who have been sexually harassed or assaulted wrote 'Me too' as a status, we might give people a sense of the magnitude of the problem." I think it's important to note that we should not force abuse survivors to come forward with their personal stories of assault in order to take the problem seriously. Clearly, there is a problem. As a fellow survivor of sexual assault it was hard to see my timeline flooded with friends coming forward, but it also was comforting to know I was not alone. It can feel isolating at times but sadly, 1 in 4 North American women will be sexually assaulted in their lifetime and of that 80 per cent of assailants are friends and family of the victim. Chances are, you know someone who has been sexually assaulted, worse still, you probably know an abuser too. In my case it was a trusted friend and if you asked him about it now I'm not sure he would even know he did something wrong. There is only one option and it is strong, enthusiastic consent. If your friends have come forward reach out to them, ask if they're okay, take them out of coffee if they'd like and don't ask them to share more of their story than they're comfortable with. In fact, don't expect anything from them at all. Just believe them. If you're at a party or a bar keep an eye on your friends. If your friend comes forward about someone that you know. Believe them too. Moving forward it shouldn't be on the backs of survivors and victims to come forward, it should be on assailants and enablers to change their behavior. If you've come forward I believe you.

**XOXO  
-Publishing  
Editor**

# Mental health services to stay on campus

*Correction to article regarding mental health funding for MRU*

**Amy Simpson**

Contributor

The Reflector published an article last month titled, "Mental Health Supports Could be Moving Off Campus by 2020," based on concerns the Students Association of Mount Royal University (SAMRU) expressed regarding the recent funding announcement from the Alberta government.

However, those concerns were later deemed inaccurate. Mental health services will not be transitioning off campus and Mount Royal University did not receive the smallest amount of funding amongst all post-secondary institutions.

"Mount Royal University was actually really pleased with the long-term commitment and outstanding commitment by government," said Kandi McElary, Director of Wellness Services at MRU.

In June, the province announced they would be investing \$28.5-million of mental health funding into post-secondary institutions across Alberta. According to McElary, MRU received \$465,000 from Aug. 1, 2017 to March 31, 2019 and an additional \$280,000 from April 1, 2019 to March 31, 2020.

The original press release sent out by SAMRU stated that funding in the third year would go towards transitioning mental health supports off of the university campus.

"Student concerns are heightened because 1/3 of the promised funding won't even be going directly to the institution. Instead, \$280,000 allocated in the 3rd year of funding will go towards transitioning mental health services to the public system," stated the release.

This is fortunately not the case.

"Mount Royal is over 100 years old and counselling is one of our oldest student services on campus. I can't ever foresee a day where Mount Royal would not be committed to that," said McElary.

She explained that instead of moving mental health services off-campus, the funding will enhance the supports students have access to. This is significant for individuals that suffer higher mental health acuity.

"Sometimes there is someone who has mental illness that is highly complex and we don't have the capability or capacity to serve that student," said McElary.

"We want to insure that as we serve all students on campus,

they can be identified better by people in the community such as Alberta Health Services or Calgary Communities Against Sexual Abuse."

SAMRU's president Shifrah Gadamssetti, said the misinterpretation was mostly due to the lack of clarity surrounding the word "transition." However, she said SAMRU will be working with the province to improve communication.

"I will now be participating in a round table on November 14th with other MH [mental health] stakeholder representatives across the province to address concerns moving forward," said Gadamssetti.

The second concern was around the claim that MRU received the smallest amount of funding amongst all universities across Alberta.

This is also fortunately not the case.

Although the funding MRU received per full-time student was below the average amount given out, they did not receive the smallest amount per institution. In addition, the amount of funding received from the province is not a concern to MRU's Wellness Centre.

"I believe and am confident that Mount Royal got an equitable amount based on what other institutions received," said McElary.

According to her, the amount of funding allotted to each post-secondary institution depended on a number of variables such as geographic location, the number of campuses and the type of students on campus. For example, a college with seven campuses would need a larger amount of funding than a college

with only one, even if the college with seven has a smaller student body.

"I think the misinterpretation came from comparing our student numbers with other institutions and their announcements," said McElary.

Gadamssetti corrected the claim and said, "At the time, our press release was created based on the information we had received.

Although this mix-up raised some unnecessary concerns, the corrections are a sigh of relief.

McElary believes that mental health services on campus are essential.

"That 18 to 24 or 25 age range is when mental illness often emerges for young adults," said McElary.

"Where students go to school, where they are learning, where some of them are living in residence services, where they are playing, where they are meeting friends is the right place for them to have a gateway access to services."

The Wellness Services is committed to making sure students at MRU have access to the services they need and improving their ability to identify and reach out to students who are struggling with their mental health.

"Having those kind of services on campus is the right commitment by government and we are just really thrilled that this government has recognized that for all students, all post secondary students in Alberta," said McElary.



**The 18 to 25 age range is when mental illness is most likely to appear in young adults. Kandi McElary, director of Wellness Services at Mount Royal University says they're committed to giving all MRU students access to help. Photo courtesy of Pixabay**

## THE REFLECTOR

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**Cover photo credits: Yassin Mansour and Adrien Shellard**

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

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

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# features

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## The value of entrepreneurship

*How an innovative mindset helped one student build his career*

**Jesse McLean**

Contributor



**The Institute of Innovation and Entrepreneurship holds Founders Circle meetings for founders and innovators to mingle. Photo courtesy of Azra and Oak**

I didn't go to school to launch my career, instead, I pursued what I found interesting. When academics urge the value of learning for learning's sake, I can relate to that and value their point. I'm a more well-rounded person thanks to post-secondary, and I am so glad I went. So in April of 2017, when I graduated with a bachelor's degree in sociology and art history, I had heard all of the sarcastic jokes about "the many great jobs out there for me" and had patiently listened to my family's cautious worry about my future prospects while handling loads of debt. They were right to worry and the jokes always got a small laugh, but I figured I would be able to spin my degree in some way to land some job if it came to that. Thankfully, I haven't had the need to do that yet: coming out of school I began working full time for Field Media Lab, a digital product studio that I co-founded while in school.

The foundation of my career hinges on two critical decisions I made during university. The first was to extend my education beyond the classroom. This could mean — and it often meant — learning skills that had nothing at all to do with my degree but were required to complete some aspect of a personal project I had started. The second decision I made was to seek out like-minded people. In my case, that

meant finding makers and doers, and I encourage most people to seek out similar types. There is no single moment when I made these decisions, rather they're an attitude that I gradually adopted through a series of small actions. At some point, I became comfortable with the reality that I would not be able to map out a neat path to my career goals. This realization has allowed me to grab ahold of great opportunities that could have gone by the wayside and has led me to fall in love with things I would have not otherwise experienced.

Because of the relentless onslaught of jokes about my sociology and art history degree, I realized early on in my education that I would need to diversify my skills if I wanted to be marketable. From a young age I've had a relentless drive to build things. Back then, building meant Lego and comics, while these days it means starting my own ventures with talented people and building new and different products for a variety of clients. This drive to build things has forced me to learn a wide array of skills that now make up the things that I do on a daily basis. Every single one of those skills was self taught, and this is an important point, because while university did not equip me with the hard skills I used to base my career, it taught me soft skills and improved my ability to learn.

At the top of this article, when I wrote about university being valuable for the sake of learning, I meant it quite literally.

Whenever I find myself learning something new it's because that skill is critical to a project I've started. This is very important in two ways. One, starting projects with demands outside of my wheelhouse drives the adoption of new skills. Two, applying learnings in a tangible way early on makes learning easier and helps me focus on what to learn. Forcing myself to learn by taking on different projects with

varied requirements created a strong foundation of experiential learning for my career.

For the better part of four years, I learned, worked and talked in a figurative silo, because skills are only a piece of the puzzle. While I love sociology and art history, they're not areas conducive to creating communities of makers and doers, and during my elective-fuelled tour through different faculties I sensed the same thing across much of campus. I often found myself working on personal projects in class once boredom hit, but with no community to celebrate my efforts to kickstart my career, it was a lonely and discouraging experience.

Of course, that isn't where the story ends, because across the front lawn from my home in the arts building was what would become my new home on the top floor of the business building at Mount Royal. I had seen posters for the Institute for Innovation and Entrepreneurship around campus. However, while it was motivating to read about the successes of its members on those posters, it was mostly intimidating. I saw myself as a humble arts student with no experience doing anything business related. After encouragement from my mentors, I eventually made the walk across that lawn and met with its program leaders. It took

time and effort to get involved, but I took the plunge and threw myself into the community. It was there that I discovered a diverse group of people celebrating each other for their efforts to kickstart their careers by applying their learnings to launch their own projects and companies — or help others do so.

Nobody has a true self-made career, and those I know that have the best careers often utilize a community of diverse yet like-minded people who challenge them to reach higher. This has been my experience being involved in Mount Royal's entrepreneurship community. Saying it has changed the direction of my life is not an overstatement. It has equipped me with friends and mentors with significant experience in areas where I have plenty to learn. Additionally, some of my company's biggest contracts have been through opportunities opened up to me through the community.

Today, I'll make a cup of coffee, sit down at my computer, and begin working remotely with a team of some of my closest friends. I won't use my sociology and art history degrees directly, but I'll be applying my education to the things I learn and the relationships I make, because those two started my career and continue to build it everyday.



**The Institute of Innovation and Entrepreneurship works as a place to not only foster entrepreneurship, but to foster an entrepreneurial mindset that can be applicable to any career path. Photo courtesy of Azra and Oak**

# Must-have technology for students

*Technology that can be beneficial to your university experience*

**Nathan Woolridge**

Staff Writer

School has been in full-swing for a couple of months now. By now students should have attended a majority of their classes (or some at least). As midterms roll around and then final exam schedules get released a bunch of study methods will be in full force. What will you be using to study with? A laptop? Writing your notes in a notebook? Filling in a few hundred cue cards of terms?

Well, there are a few different ways of studying. Each person will study differently. But, what

you don't know is there is a lot of technology designed and built to help students. These devices are something to take note of and think about moving forward.

## Pens of the future

We've all used pens since the beginning of our educated lives. Today, most students use pens to take notes. But, sometimes the most difficult task is listening to your lecture and writing down the notes from the board.

Well, with LiveScribe pens (\$200-\$219), you can write

notes and record your lectures at the same time. According to PC Magazine, "nestled inside the tip of the Echo pen is a high-speed, infrared camera that captures 70 frames per second." Then, you can plug in your pen to download electronic versions of your notes.

That's not all! If you're using a LiveScribe notebook (\$35 for a four pack), you can touch the pen to different parts of your notes and it will play the audio of what was being said when a specific note was being taken. You will never miss a single moment of what your professor was talking



Photo by Amber McLinden

about when you were too busy worrying about missing that last line of the powerpoint slide.

really convenient way for having your laptop and phone die on you right in the middle of an assignment.

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## Flash drives and hard drives

Yes, you save everything onto your computer but we all know that computers have failed us in the past. If you begin to develop a habit of saving everything to a flash drive (\$10-\$50) or a hard drive (\$75-\$250), then you can always work from essentially any computer.

As well, a drive is useful for organization. You can create folders for all your classes and they are great for storing a lot of files, even some big ones depending on what drive you get. You can file presentations, documents, photographs, audio, video and much more. Organizing all of your material will definitely help you keep on top of all your classes and assignments.

As we all know, it is great to have a backup of assignments on your computer and elsewhere in case of an emergency. Especially when you have that professor that won't listen to your excuses about why you can't hand in your assignment.

## Power to the people

You probably don't think much about it, but carrying around a power pack can solve a lot of your problems, especially during exam times when everyone else is hogging all the outlets in the entire school.

You don't realize, but some power packs can charge your laptop, phone and some even come with an attachment that can boost your car - no excuses for missing a class on a cold, Calgary winter morning.

With a power pack (\$25-\$55 or \$75-\$95 with booster cables), you can set up your studying and homework workshop virtually anywhere in the school. It's a

## eBooks and textbooks

If you don't mind reading off of a screen, investing in an eBook reader could possibly save you money in the long run. Some readers and eBook websites do sell textbooks and can allow you to buy some of your textbooks at a very reduced rate, especially novels that you may have to read for some of your classes.

There are tons of different models at different prices. It is definitely worth it to research some of the different brands and models that they offer. You may be able to find a better selection of some of the texts you may require.

The downside to an eBook reader is that you cannot write on pages or use sticky notes, but there are a lot of other ways that you can save pages.

## Apps and software for students

If you are looking to make your projects stand out, there are tons of apps and software that can help.

Many different software companies give student discounts, like Adobe, which you can use to create amazing posters and then have them printed off at the print shop.

There are also apps, like Slack, or even online with Google Hangout that can allow you to organize a group project without even having to meetup to discuss.

Students are on a tight budget, but sometimes spending the money on some of this technology could also help you produce great work. Investing in some of these devices could definitely help students be more organized and more efficient.



# Saving money is hard

*When your wallet is hurting, look to these tips*

**Amber McLinden**

Features Editor

Saving money is hard, spending money is easy. See the problem? Photo courtesy of Pixabay

Around 42 per cent of Canadians struggle with money-related stress, according to a national survey by Leger on behalf of Financial Planning Standards Council. So when I tell you that you are not alone in worrying about money, believe me.

Hello, my name is Amber and I struggle with money-related stress. This is the part where you all respond, “Hi Amber” and then go on to confess that you too are struggling with similar problems.

Of course you are! You may be a student who is worrying about tuition for the classes you just registered for. You might be working part-time, or even casually, trying to keep up with your rising debt. Maybe you are just worried about how you’re going to make the minimum payment on your credit card and still buy groceries.

It’s something I can relate to. As someone who is slowly taking on the burden of being an adult, and having to pay for things (what do you mean my parents won’t support me until I die?), as well as struggling to save for short and long term goals, I feel the heavy weight of debt creeping slowly upon me.

Have you seen that commercial of a guy on that woman’s back, as she struggles to do daily tasks, and then at the end of the commercial you find out the guy is her debt? I want that guy off my back! So if you want to know some ways to shrug debt off, start saving money, or even continue saving money more efficiently, check out some of these tips.

## Talk about it

Leger’s survey also revealed that millennials are more likely

than any other generation to lie about personal finances. Thirty-three per cent admit they have been dishonest with their friends, 25 per cent with their family. Did you even read the beginning of this article? Forty-two per cent of people are in the same situation you are. Talk to other people about it and you’ll find someone has something helpful to say. Maybe you have something helpful to say to them.

In any relationship, communication is key. That includes talking to your friends and family about your finances when you feel comfortable doing so. These people can help you. Talking to your family can be super beneficial, and you might find they are going through, or have gone through, a similar situation. If you’re stressed about moving, credit piling up, or just generally need some advice, talking about your situation might make you feel a little better.

## Planning, planning and more planning

It’s no secret that planning can help you create a better financial situation for yourself. Something that I didn’t do for a long time was even know how much money I made per month. Yes, it may seem a little ridiculous, but as a university student with various ways of making money besides the traditional job, I didn’t know what I made. That also meant I didn’t know how much was appropriate to spend, or how much I should be putting away to save up for long term goals like travel and eventually paying for an apartment.

It’s super scary, but you need

to know. It’s like when you have been really bad at spending money, and you just don’t look at your bank account hoping that if you don’t look, it won’t be as bad as you think it is. You have to look to know how to start planning.

Besides the obvious, it’s no secret that high school and university did not prepare us properly to handle our finances. It’s time you learned. Check out online tools that can help you understand how to save, invest, and budget better. I didn’t even know what a stock was until I spent a summer working at an asset management firm and I asked them, “What’s a stock?” and they all looked at me like I was on drugs.

## Stop psyching yourself out

The biggest part of money troubles for me is the amount of time I spend thinking

about it. One of my goals is to have enough money saved by January to buy a plane ticket. Hey, did you know that flying places is expensive? So on my part-time student budget, I have to save \$1,500. That’s a lot of money for me and it seems like a daunting goal that is always on my mind.

By talking about your financial goals and planning, you should be in a place where you can feel confident about your plan and how much you need to save to get to your goal. Why are you stressed about it? Emergencies often come up that require money, in which case it is fair to be stressed that your saving plans got set back. But besides that, it won’t do you any good to think about it more than you have to.

## Treat yo’self

Yes, this requires spending money. Something to remember when planning for

saving and dealing with debt is that you are human and you deserve to be happy. If you are constantly telling yourself no, then you are always thinking about debt and saving and your financial woes. Something you need to do is set a budget for yourself to have a little fun.

That might mean giving yourself \$10 towards coffee, or \$50 a month towards buying something new from your favourite store. It’s okay to let yourself have a break every once in awhile from constantly thinking about money and just buy something you want.

So those are my money trouble tips from a relatively new perspective. It’s a constant struggle, and everybody’s situation is different than mine or yours, so these might not work for everyone. But as a student with some money-related goals, I can tell you getting past the stress is half the battle.



A storyline for the comedy series Parks and Recreation, Treat Yo’Self has been adapted into a national holiday by fans of the show. Photo courtesy of NBC

# DIY: Vegan pumpkin muffins

**Kourtney Meldrum**

Contributor

I feel like as a society we've come to a point where the words fall and pumpkin are synonymous. As soon as October rolls around, the leaves start to crunch and the word pumpkin rejoins our vocabulary and takes over our lives.

During this time of year where temperatures begin to drop (or in Calgary's case, plummet) it just seems right to cozy up in an oversized sweater, admire those falling leaves (from the warmth of your house of course), binge watch some Netflix, and indulge in some great vegan pumpkin muffins. Seriously, does fall get any better than that?

I know, I know. I said vegan, and now you're either really into this because you're vegan or already flipping the page. But fear not, just because this recipe says vegan — doesn't mean that it tastes like grass. That's right, I'm telling you that vegan food can, in fact, taste not-vegan.

Lucky for you, I have found a delicious and simple vegan cinnamon sugar pumpkin muffin recipe. The name sounds like

a mouthful, but I promise it's a mouthful you'll absolutely want to eat.

Begin by preheating your oven to 350 degrees fahrenheit. Mix all of your dry ingredients together in a bowl and set it aside. In a large bowl mix together the pumpkin puree, maple syrup and oil. Mix together the dry and wet ingredients so that the combination becomes thick, yet every part is well mixed in. Line your muffin tin with muffin liners, and evenly disperse the batter. I find that one batch will usually make between eight to 10 muffins depending on how full I fill the liners.

Bake the muffins for 25 to 30 minutes, checking on them after 20 minutes to make sure they don't cook more than a nice golden top. When you think they're done, insert a toothpick. If it comes out clean, this means they're cooked through.

Once you've taken them out of the oven, let them cool for a few minutes. You can then put some oil on top of the muffins and sprinkle some of the cinnamon-

sugar-mixture or choose to remove the liners and cover the entire muffin in oil and the cinnamon sugar.

You could also bake this as a loaf, mini muffins, mini loaves and they would all be equally delicious. If you wanted to make it your own you could add in some different spices, goji berries, raisins, cacao nibs or chocolate chips, or anything you want. Go crazy and have some fun with these!

I promise that if I didn't tell you these muffins were vegan you wouldn't even know. I also know that they're delicious and that vegans and non-vegans alike will all rejoice for a yummy pumpkin muffin that's relatively healthy and ridiculously delicious.

If you really want to treat yourself, warm one of these bad boys up for 30 seconds and pair it with some of Made by Marcus' Vegan Pumpkin Cashew Coconut flavoured ice cream, Village Ice Cream's Mulled Apple Cider Sorbet, or some warm apples with cinnamon — or maybe all three. You deserve it.

## Your Shopping List:

### Muffins:

- 3/4 and 2 tablespoons spelt flour
- 1 and 1/2 teaspoons baking powder
- 1/4 teaspoon salt
- 1 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 1/4 teaspoon cloves
- 1/4 cup coconut oil (melted) or canola oil or olive oil
- 1/2 cup maple syrup
- 3/4 cup pumpkin puree

### Cinnamon sugar coating:

- Coconut oil (melted) or canola oil or olive oil
- 1/4 cup cinnamon sugar
- 1 teaspoon cinnamon



Photo by Kourtney Meldrum

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# The annual Halloween horror-thon

*The spookiest movies that you should binge this Halloween*

Colin Macgillivray

Arts Editor

It's the scariest time of the year, and soon enough, little children will be knocking on your door screaming and begging for you to give them candy. There is nothing more frightening than seeing a child in a frog costume cry because you gave them a Twix bar instead of a Mr. Big. So, why don't you save yourself some grief and misery, turn out the lights, lock your door and invite a couple of the most gruesome ghouls you know for a scary movie marathon. Don't know what to watch? I've got you covered.

## Alien

Now I know that science fiction isn't for everyone and the idea of an alien being scary was ruined by one of the most overrated movies of all time, *E.T. the Extra Terrestrial*, but *Alien* is a masterpiece. Imagine being woken up in the middle of the night and discovering a nest of unidentifiable eggs hatching in your closet. Pretty spooky, hey? If you're not scared yet, the egg's mother is stalking you in the darkness, and will most likely murder you and plant more eggs inside of you. Absolutely terrifying, right? That is basically the premise of *Alien*, but coupling this already disturbing plot with the haunting claustrophobia of a spaceship, is a recipe for success.

Not only is this film the perfect mashup of science fiction and horror, but it forgoes the now common horror tropes by building a tension-filled atmosphere through beautiful

cinematography, an evocative score, and of course, some absolutely brutal moments of violence and horror.

Unfortunately, most of the sequels don't deliver the same initial terror that *Alien* harnesses, but the original stands the test of time and is still one of the best movies to watch on Halloween.

## 28 Days Later

The zombie genre has been done to death. With *The Walking Dead* essentially ruining zombie themed entertainment forever due to its mediocre, melodramatic, soap-opera plot, it is incredibly refreshing to return to a time where there was some actual originality when it came to the living dead. Enter *28 Days Later*. Danny Boyle essentially gave a new life to the dying zombie genre with the film, which is a testament to its revolutionary power.

While you might recognize some of the now overused zombie-tropes, but the attention to detail in this post-apocalyptic horror is what sets it apart. The focus on creating an atmosphere of fear and the unknown, rather than relying on cheap jump scares is refreshing. Some may say it is incredibly derivative, and there have been countless critics who have called it B-movie nonsense, but there is something incredibly endearing about this film. The harrowing journey that Jim, gracefully played by a pre-fame Cillian Murphy goes through is frankly fascinating. There are countless moments where one forgets that they're

watching a zombie movie and not a humanist drama. If you're looking to be spooked by some frighteningly fast zombies, but also watch an intriguing character study, *28 Days Later* is the perfect flick for you.

## The Texas Chainsaw Massacre

The gold standard of slasher films, *The Texas Chainsaw Massacre* might be incredibly devoid of substance but there is no doubt that it is absolutely terrifying. It's cheaply made, roughly shot, grotesquely violent and has no business being good. But it is. Although the violence in this film is certainly not for everyone and many would argue that it is unnecessary and over the top, it sure is scary!

There is a certain charm in

each actor's performance, with the demented Sawyer family providing some unintentional levity due to their sitcom-esque hijinks. At the same time, Leatherface, who is now one of the most iconic figures in the horror genre, is still to this day one of the scariest villains in movie history. The crude directing style, realistic performances and dirty atmosphere that this film reeks of all play into this depraved films themes. It's a shame that it is written off by so many movie fans due to the violence.

That being said, don't watch this movie with your baby sister. *The Texas Chainsaw Massacre* is required viewing for anyone who considers themselves a fan of horror and is a must watch for anyone planning a Halloween movie marathon this year.

Halloween is the spookiest

time of the year and there are numerous other films out there that will chill you to the bone. If we're going to talk classics, *Rosemary's Baby* remains one of the most haunting exercises in psychological terror to this day, while Alfred Hitchcock's *Psycho* is one of the greatest movies ever made.

Jordan Peele's *Get Out* is a fantastically frightening and hilarious horror that doubles as a poignant social commentary, and 2014's *The Babadook* is a surprisingly deep tale about relationships with some excellent scares to boot. Whether you enjoy jump scare filled movies, or would rather watch a psychological thriller, horror is one of the most underrated genres in film so make sure your Halloween is filled with some spooky movies.



Grab your favourite spooky plush toy, a nice bowl of popcorn, dim the lights, and marathon some of your favourite horror movies this Halloween. Photo by Andi Endruhn

## OUT'N ABOUT

### Bragg Creek Scarecrow Festival:

Bragg Creek's first annual Scarecrow Festival will be on display in the community until Nov. 1. Check out the spooky displays all over the hamlet during Halloween.

### Great Halloween Organ SpookTacular:

The Royal Canadian College of Organists SpookTacular is a variety show featuring gothic rock and roll, pipe organ and comedy. The spooky event is being held on Oct. 27.

### Halloween Horror Movie Marathon:

On Oct. 28, the Calgary Underground Film Festival is pulling an all-nighter with movies from the depths of the horror genre. The marathon starts at 7 p.m. and goes until 7 a.m. Check it out if you want some spooks!

### Canmore Cave Tours:

If you want to take your scary movie experience to the next level, Canmore's Cave Tours is the perfect spook-filled event for you. Watch a screening of *The Descent* before being whisked away on a haunting hike on Oct. 27-28.



# A review of The Shakespeare Company's Julius Caesar

## The iconic play through the eyes of an English Major

**Sabrina Harmata**

Contributor

I have never seen a Shakespearean play performed live before, so I really didn't know what to expect of The Shakespeare Company's production of *Julius Caesar*. My Shakespeare class had just finished discussing it so I knew the gist of the play, but I also knew that no two Shakespeare productions are ever the same. Directors are free to interpret the plays however they want, the possibilities are endless.

Most of the time, possibilities are a good thing, however, this production did some incredibly odd things with them. The first of these being having an entirely different Brutus than the one Shakespeare depicts. With those who are not familiar with the historical

figure, Brutus was one of the main players in Julius Caesar's infamous assassination. In Shakespeare's play, Brutus deals with conflicting demands of honour and patriotism, as well as the all important act of betrayal. Unfortunately, this depiction of the iconic character was odd to say the least. In the first half of the play, the proud and noble Brutus was shown as super easy to manipulate. With his hands clasped in front of his body, with his gaze always falling to the floor, Brutus didn't radiate any self-confidence, something that felt disingenuous. After the intermission this all changed. Suddenly, Brutus was in charge and his voice was much more demanding

and confident than it was in the first half. This drastic shift in character from the first half of the play to the second, left the audience wondering if they were even watching the same person or if they had missed some important character development during the intermission.

Although Brutus' portrayal was super unbalanced, he was surprisingly not the worst part of the play. The crowd of plebeians that have such a crucial role to play in most productions of *Julius Caesar*, was reduced to a mindless mob, simply agreeing with whomever happens to be standing in front of them at any given point in time. This made Antony's persuading

personality, something that is usually so vital for the play to work, seem useless. The mob gave the impression that they would approve no matter what he said. He could've said outright, "Brutus is a terrible Roman," or even worse, "pineapple does go on pizza," and the crowd still would've cheered in agreement.

Even though I wasn't a huge fan these particular characterizations, I did really enjoy the addition of the trench coats in certain scenes. To me, they seemed to emphasize the unity amongst those within the conspiracy against Caesar. Especially in the scene where Cassius brings the conspirators to Brutus' house. Whenever anyone came on stage wearing a trench coat, I was instantly reminded of *The Matrix*. In my opinion, the trench coats were an allusion to Neo and the rebellion's conspiracy to fight against the tyrannical Smiths. I thought this was a bold stylistic choice and it paid off, as it really elevated the play in my eyes. After all, who doesn't like *The Matrix*?

What I liked most about this production was the way it seemed to be much more centered on Caesar himself. Although the play is named after him, Caesar tends to be a minor character, as he's murdered halfway through the play. In this performance, the play started with Julius Caesar cutting out Pompeii's heart in the very first scene. Usually, Pompeii's defeat is not shown and the play starts with a conversation amongst plebeians. In addition to this new first scene, Caesar also makes an appearance in the end of the very last scene, after Antony and Octavius discover Brutus' body. By beginning and ending with Caesar, this focuses the play on him instead of the other characters, emphasizing that he is the driving force that moves the play along. Caesar's importance was also underlined by the broken statue of his face used as the background, meaning he was present in every scene. Unlike most renditions of *Julius Caesar*, this production actually did live up to its title.

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The Shakespeare Company's rendition of Shakespeare's *Julius Caesar* ran from Sept. 21 to Oct. 7 at Calgary's Vertigo Theatre. Photo courtesy of The Shakespeare Company



# Review: The beauty of Blade Runner

How does the anticipated sequel fare against the original?

Colin Macgillivray  
Arts Editor



Beautiful visuals, like this elegant still of Ana de Armas' holographic AI 'Joi', are frequent throughout Blade Runner 2049's almost three hour run time. Photo courtesy of Warner Brothers

The original *Blade Runner* is a phenomenal achievement. The enigmatic mashup of the neo-noir detective genre with an original science fiction premise, is a brilliant study of humanization. It's a rare piece of art that manages to induce questions from the audience, rather than give them all the answers. The ambiguity, atmosphere make it the gold standard of dystopian fiction in my book. That said, when *Blade Runner 2049* was announced, I was both wary and intrigued.

The moment the first teaser hit the internet, I knew that *Blade Runner 2049* would be an incredibly visually stimulating movie. With the acclaimed Denis Villeneuve at the helm who showed his knack for science-fiction with last years sleeper hit, *Arrival*, and with the exceptional Ryan Gosling in the lead role, *2049* immediately had everything going for it.

Then Harrison Ford was announced to return to his role as Rick Deckard, the grizzled protagonist of the first film. I was even more on board than I was before. It is safe to say that with such a star-studded cast, that features the aforementioned Gosling and Ford, the typically fantastic Jared Leto as the film's main antagonist, as well as the outstanding Robin Wright, *2049* was set up for success. Villeneuve's masterful directing style, coupled with a beautiful droning score by Hans Zimmer, suggested that everything in this film was going to be perfect. In a sense, there was so much

promise, and so much hype, that *Blade Runner 2049* was doomed to fail. Luckily, the film is outstanding.

For one, *2049* might have the most incredible visuals in a film I have ever seen. Roger Deakins, who has done masterful work as the director of photography on films such as *The Shawshank Redemption* and *No Country for Old Men*, might be at his best here. There are some absolutely jaw dropping visuals. From a haunting look at a dystopian Las Vegas, to a sequence that includes a life-sized artificial intelligence projection. Frankly, it feels like Deakins, Villeneuve, and Zimmer are just showing off throughout the film, proving that they are some the best at their craft.

The acting is superb as well. Ryan Gosling's portrayal of the troubled LAPD officer 'K' is both subdued and chilling, as moments of intense emotion from the talented actor are on par with some of his best. Reprising his role as Rick Deckard from the first film, Harrison Ford returns as a darker version of the beloved character and with incredible effect. Just as the film feels as if it needs a jolt of energy, Ford's character is introduced into the fray. His onscreen chemistry with Gosling feels natural, and Ford, who has become known to play a curmudgeonly old man in his recent years, does turn out a surprisingly fleshed out performance.

The supporting cast all deserves praise as well. Ana

de Armas, who plays the holographic girlfriend of K, is poised to become a breakout star after her moving performance. Robin Wright is fantastic as always, and the scenes involving Lennie James, Dave Bautista, and Barkhad Abdi are all

sublime. Although this high praise might make it seem like *Blade Runner 2049* is a perfect movie, it unfortunately is not. There are some pacing issues. These can occasionally be ignored, however, due to the amazing

visuals that are usually on screen. There are some beautiful scenes that seem to be present in the film for the sole purpose of being pretty. Jared Leto's scenes also seem to suffer from this

**Continued on Pg 12**



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**Continued from Pg 11**

deliberate slow pace. Although it is definitely intentional for Leto's performance to be cryptic, drawn-out, and open to interpretation, this leads his scenes to act as a buffer to the much more interesting story of K. At times, the villainy of Leto's character seemed shoehorned to fit the plot, and the megalomaniacal and capitalist aspects of his character are a tad cliché. This makes *2049* seem a tad too long, with its almost three hour run time already pushing it.

The narrative itself is also

not as compelling as the original. *2049* has some absolutely brilliant moments of characterization, but they all seem to derive from Gosling. Sure, Ford has his moments and de Armas completely humanized a holographic projection, but many of the other characters feel flat. Gosling does dominate the screen, and his subtle performance allow his character to have a satisfying arc, but the lack of depth throughout allows the plot to descend into cat-and-mouse level chase sequences, and the film ultimately suffers

from spending so much time with Gosling's character.

As riveting as *2049* is, it falls just short of the original. *Blade Runner* is a beautiful science-noir that says more about human nature than many dramas. Its themes are deeper, and characters are more fleshed out.

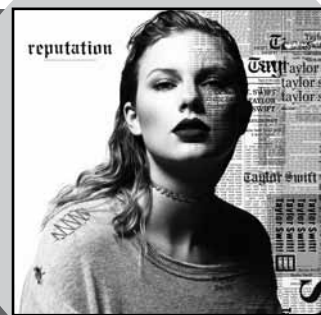
Nonetheless, *Blade Runner 2049* is a superb sequel and an absolute masterclass in visual storytelling, yet lacks the substance to make it a modern masterpiece.



Although the sequel is a masterful achievement in visual storytelling, the original *Blade Runner*'s structure and tone are superior. Photo courtesy of Warner Brothers

## Gorgeous

Taylor Swift  
Big Machine  
Records  
Score: F



Taylor Swift's new single "Gorgeous" from her upcoming album *Reputation* is toxic. With lyrics like "You should take it as a compliment, That I got drunk and made fun of the way you talk" and "You've ruined my life by not being mine," Swift sounds like a psycho stalker. The intro has a cryptic baby-like voice saying "Gorgeous." Is she trying to be immature? At least her other two singles "Look What You Made Me Do" and "Ready for It" have catchy beats. The

music for this song sounds like it belongs in the loading screen for *The Sims*. Her lyrical style is incredibly detailed by saying "You're so gorgeous, I can't say anything to your face, 'Cause look at your face." Wow, deep. Kanye West released "Gorgeous" in 2010 with *My Beautiful Dark Twisted Fantasy*. I think I'll stick with that version. This single has zero redeeming qualities. The old Taylor was alright. Too bad she's dead.

-Anna Junker



## Stranger in the Alps

Phoebe Bridgers  
Dead Oceans  
Score: A

The latest in a string of fantastic albums blurring the line between alt-country and auto-biographical indie rock, Phoebe Bridgers' debut *Stranger in the Alps* is a distillation of the enigmatic nature of relationship-driven society.

Though only 23, Bridgers view of the world is tinted in rose and shaded in melancholy as she

traverses with intimate and referential lyricism, laced over simple string-and-piano melodies and not once missing a beat.

In short, *Stranger in the Alps* is a summation of the millennial malaise. It's solemn and vibrant, and a stunning debut that revels in the quiet spaces between us and others.

-Alec Warkentin



## Lotta Sea Lice

Courtney Barnett & Kurt Vile  
Matador Records, Marathon Artists, Milk!  
Score: A

Ducking and dancing through traded lines about tinnitus and intercontinental friendships, Courtney Barnett and Kurt Vile's collaboration *Lotta Sea Lice* is a modern folk ride that charms from end to end.

Barnett and Vile are at their best on *Lotta Sea Lice* when they overlap vocals and harmonize effortlessly, such as on opener "Over Everything," where strummed guitars and

blues infused licks bend around the soundscape, before chaotically dueling as the track wraps up. On "Let it Go," conversational call and response vocals float above linear drums and lightly picked guitars. Standout track "Continental Breakfast" applies the formula to near perfection, with Vile and Barnett flowing back and forth with a laid back energy that glides to the forefront of tapping snare drums and slide guitars.

As the album draws closer to

the end, Barnett and Vile trade vocal duties from track to track. Barnett's take on Vile's previous solo track, "Peepin' Tom," beautifully adapts the song to her style, as half-talked vocals sit comfortably above hallow and vibrating acoustic guitars.

Barnett and Vile fit together naturally throughout *Lotta Sea Lice*, conversing like old friends from track to track, leaving just enough room for the audience to listen in.

-Nathan Kunz

## Wares

Wares  
No record label  
Score: A



If you're used to Ware's fast paced energy and synthesizers, don't let the first track, *City Kids*, on their new album discourage you. The new album, *Wares*, stays true to the band's original sound, but feels like a natural progression and exploration of what they are capable of. Cassia Hardy's vocals are as poignant as ever. Ranging from her trademark reverb to a rawer,

more thoughtful tone on tracks like *City Kids* and *Sleepwalker*, with *Keeping Me Awake* remaining the perfect tune to dance to. *Wares* is a confident album that hits all the right notes, explores the ranges of the band's potential and seems to hint at many more bangers in the future.

-Drew Tytgat



# sports

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## MRU Cougars soccer seniors day

*Emotional weekend for graduating seniors wrapping up Cougar*

**Dan Khavkin,**  
 Sports Editor



(Left to Right) Director of Athletics Karla Karch, Manager of Athletics Rob Godfrey, MRU Men's captain Jeff Blake, MRU Men's head coach Ryan Gyaki. Blake being honoured on Oct. 14 for wrapping up his Cougar Career. Photo by Dan Khavkin

On Oct. 14, both Mount Royal men and women's soccer teams took part in their annual Seniors Day ceremonies in appreciation for graduating fourth and fifth-year students.

The ceremonies were held after the first game of the scheduled double-header that featured the women's team playing hosts to the Victoria Vikes and the men playing the Lethbridge Pronghorns shortly after.

A 0-0 draw was played against a formidable Vikes squad on an early and windy Saturday morning who are second in

the Pacific Division, while the men won a dramatic 3-1 match against the 'Horns, their first win at Cougar Stadium Field on the year.

Next match day, the women's team drew an exciting 3-3 match with the UBC Thunderbirds while the men toughed out a 1-1 draw against second place Saskatchewan Huskies for the final home games of the 2017/2018 season.

Both Cougar teams have secured playoff births after their matches.

This would mark the men's

fourth trip to the post-season in program history while it will be a third consecutive appearance for the women's.

Women's bench boss Tino Fusco stated after the Victoria match "I think it's important to pick up points on any day but today especially, we want the seniors to go away feeling like they contributed some factor and they did that today."

Fusco influenced his team to a 4-4-6 record heading into the playoffs where his side will face the MacEwen Griffins.

The women's team honoured



Center-half Ryan Clancy was the second player honoured on Oct. 14 with the Men's soccer team. Clancy is a veteran presence on the MRU back-line and is wrapping up his fifth year in the Arts program. Photo by Dan Khavkin

five seniors who will be moving on with not only their athletic careers, but also educational. Defender Brianna Kiel and Bailey Duncan were honoured along with forwards Navroop Virk, Hailey Lafave and captain Emily Sands.

"We all wanted to give 100 per cent for our last game stepping on this field for the last time, I think we did a great job at that," Sands commented after the Vikes game.

It was an emotional ride for the Science program student here at MRU.

"It hit me on the bench, it's just unbelievable that we're done and it was such an amazing experience."

In his third year as coach, Ryan Gyaki also lead his team to a 4-6-4 record heading into the playoffs.

Men's team head coach Gyaki commented post-match against Lethbridge noting, "It's nice to win at home but on Seniors

Day it sure is special, it is a very emotional moment. Some of these guys know that it will be their second last time playing on this field and wearing Cougar jerseys."

Men's captain Jeff Blake and fellow center-half Ryan Clancy were the honorees on the squad.

Blake was the lone scorer for MRU in the second match in their draw against Saskatchewan.

"It was pretty awesome... it was a special moment with all the emotions running knowing it's my final home game," Blake commented after the game.

The fifth-year business student felt reminiscent stating, "It hasn't settled in yet but I know it's going to hit me and it's going to hurt," on wearing a Cougar kit for the last time at home.

Both Cougar teams will be looking forward to making a deep run in the playoffs and rewrite history, as neither men's nor women's soccer have made it past the first quarter-final round.

# #S

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# MRU Cougars men's hockey appoint new captain

*King looking to continue "Cougar hockey" culture growing with rebuilding team*

**Sajan Jabbal**

Staff Writer

Newly appointed Mount Royal Cougars Men's hockey captain Jamie King and the rest of his squad have had a slow start to the season at 3-2-1, but are looking to bounce back and making a strong push for the playoffs.

King, 24, has been playing hockey since he was five years old. Growing up in northwest Calgary, he played for the Westwood Warriors as a young kid.

After his time with the Warriors and quadrant hockey for the Northstar Association, he made the transition to the Alberta Junior Hockey League (AJHL), where he picked up 101 points in three seasons with the Calgary Mustangs. He enjoyed his time in the AJHL but he prefers the level university hockey has.

"Oh it's way different," explains King. "It's a different level obviously. It's a lot quicker up here and the league is getting better every year. It's obviously a way busier schedule as well, with university you have to worry about school, hockey, diet, everything like that. You have to be more grown up."

Now in his last year of playing university hockey, King is going to miss the interactions more than the time on the ice.

"I know it's a lot of fun on the ice, but I think the dressing

room stuff is what everyone missed the most when they leave, you create friendships that last a lifetime, but then you don't get to see them after."

Being able to manage school and sports is hard for any university athlete and when you're the captain of a team, there is a lot of extra work.

"You're a grown up now, you actually have to go to classes. You have to commit yourself to the program and plan yourself accordingly; it's all about time management."

Even with his busy schedule, King still makes time for his family.

"I moved out in my second year, but I try to dedicate every Sunday to going home and eating dinner with my family."

King is having a good school year in his final year of business; he says his school and his hockey play hand-in-hand.

"I would never have come to Mount Royal if I wasn't good in school, and vice-versa," said King. "If I never excelled in hockey, I would never be here either."

He also believes that his time playing hockey will help him after he graduates as well, in whatever he decides to do.

"Hockey teaches you discipline and it teaches you how to interact with people, so when it comes to school



**MRU Hockey captain Jamie King flipping the puck against Alberta on Oct 7. MRU are sitting at 3-2-1 on the year. Photo by Adrien Shellard**

or work time it's not hard to introduce yourself to strangers or anything like that."

Being his last year, this could be the last opportunity to play high intensity hockey although King has some options overseas.

"The Asian league over in Japan and China is kind of cool," said King. "I have a

buddy from the Mustangs that's actually over in Korea right now and he told me all about it this summer, so it's interesting."

Although the team has a tough start to the season, they still has confidence in themselves

"Morale in the room is still good," said King. "It's different because we brought in so many guys this year, but we're looking at the positives more than the negatives so we're going to move on from there because there's no point in dwelling on the negatives."

The team revamped its roster with the loss of star players like the legendary Cougar captain Matt Brown, Cam MacLise, Emerson Hrynyk and Devin Gannon; they had to bring many rookies into the lineup.

"It was a huge loss losing those guys; it's a totally different dynamic. You lose a captain you've had for three years and arguably the best Cougar of all time in Brownie. It's definitely different but I think leadership has stepped up in a way where it's more of a collective role than just kind of looking to just those four guys."

This is King's first year as captain, something he is very humble about.

"I didn't go into the year expecting to be captain," said

King. "I didn't go in the year saying I want to be captain, it's just kind of how the chips fell. I show the rookies and other player that I'm not any different because I'm captain. I'm not going to do anything differently because I was all of a sudden named captain this year. "I was definitely surprised, but honoured more than anything."

When it comes to the on ice interactions, King makes his presence known.

"I'm more of a lead-by-example kind of leader," King mentioned. "I just want to be a calming presence and show the guys what we need to do to be successful."

"We're excited, we came off a win against Regina and there were some good things and bad things against them, but the attitude is upbeat. We're looking for a bounce back week against U of L."

MRU picked up two wins on the home-and-home on Oct. 20 and 21 and are currently on a three game win streak.

The Cougars look to be successful in a back-to-back against Manitoba as well, which starts on Oct. 27. You can catch them back home on Nov. 11, where they play the first edition of the Crowchild Classic on Military Night.



**Newly appointed captain Jamie King blocking a shot on the home-opener on Oct. 7 against the Golden Bears. King and the Cougars play next in Manitoba on Oct 26-27. The team is on a three-game win streak. Photo by Adrien Shellard**

# 2018 is the rebirth of the Big Three

*A preview for the 2017-2018 NBA season from a casual fan's perspective*

**Colin Macgillivray**

Arts Editor

I will be the first to admit, I am not the biggest basketball fan. I am probably the epitome of the casual NBA fan. I couldn't tell you which teams are going through a rebuild, or which players are on the cusp of a breakout season. What I can tell you, however, is that I

love a good slam dunk. I jump with joy when I see someone deliver a nasty ankle-break to their defender. I'll even be the first one on my feet when someone drains a buzzer beater. Through my minimal knowledge of the game of basketball and my love of

highlight reels, I believe that I can deliver the perfect NBA season preview.

The 2017-2018 NBA season is what I am dubbing the 'Year of the Big Three'. Gone are the days where a tandem like Shaq and Kobe could will the Lakers to three consecutive

NBA championships. With the top-tier quality of basketball players in this day and age, a franchise needs more than one or two superstars if they want to truly contend for the NBA title. That's where the the aforementioned 'Big Three' comes in. Although I'm sure the idea of three franchise players coming together to absolutely dominate the league has been done before, the 2011-2012 season offered a casual fan their first look at three superstars banding together to win a championship. The historic grouping of the Miami Heat dynamo Dwayne Wade, the former face of the Toronto Raptors Chris Bosh, and the king of basketball LeBron James. It was monumental at the time, as the trio went on to appear in four straight finals along with back to back championships in 2012 and 2013. This dominant display of dunks has inspired countless other franchises to trade draft picks, discard franchise players and shuffle entire rosters to create their very own Big Three. Luckily for basketball fans everywhere, this season is the rebirth of the Big Three. Here is a brief overview of the potential contenders for the NBA championship this year, and spoiler alert, they all have big threes.

We can't talk about the NBA without mentioning the Golden State Warriors. The super team, led by Stephen Curry, has been reinvigorated with the addition of Kevin Durant last year. This all-star addition lifted them above the Cleveland Cavaliers in last years finals and don't be surprised if we see a repeat this year. Combining Curry and Durant's scoring ability with Klay Thompson's longe range sharpshooting, plus Draymond Green's playmaking expertise, the Big Four of the Warriors will most likely steamroll their Western conference with ease. There is a definite possibility that Thompson could be dealt to another struggling team at the trade deadline for another superstar, but what do I know.

Now, it's time to talk about the king, LeBron James. He has appeared in seven consecutive NBA finals. After reshuffling some of the supporting players on the Cleveland Cavaliers, James and company are

looking to make another push for the championship. By dealing Kyrie Irving, who by the way thinks the earth is flat, to Boston in exchange for the Isaiah Thomas, Jae Crowder, Ante Zizic, and a first-round pick, the Cav's are looking to get over the hump and beat the Warriors. The most friendly man in basketball, Kevin Love, is an always reliable scorer for the Cavaliers, and the addition of Derrick Rose will add some much needed depth to the Cav's already stifling offense. But, most importantly, Dwayne Wade and LeBron are back together. Two of the original Miami Big Three have reunited, and I've never been happier. Look for the Cav's to make the finals again.

After Kevin Durant's sickening betrayal, last year's MVP Russell Westbrook was left to carry the Oklahoma City Thunder on his back. Luckily for Russ, this season he'll have some help. The bad boy of basketball, Carmelo Anthony and PG-13 himself, Paul George have joined the Thunder this season. With the addition of two incredibly talented players, look for the "New Big Three" to give the Warriors a run for their money in the western conference.

Finally, time to talk about all the other teams in the league. Canada's team, the Toronto Raptors, will look to finish in the top three of the eastern conference once again. Look for them to make another deep playoff run. The Boston Celtics seemed poised to have an incredible season with their own Big Three this year, but after Gordon Hayward's gruesome injury just minutes into the season, Kyrie and company might be in trouble. The Spurs are always really good, so look for them to be really good once again. With the addition of Jimmy Butler, the young Minnesota Timberwolves might see a playoff birth. Finally, the Greek Freak Giannis Antetokounmpo and the Milwaukee Bucks will likely make a playoff run as well with their growing squad.

Even if you don't know a lot about basketball, slam dunks and buzzer beaters are incredibly entertaining. Regardless, this NBA season is poised to be one of the most exciting in years.



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