

the reflector

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Transgender Day of Remembrance: Lives lost in 2017 (Pg. 3)

news

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A conversation between students, Mount Royal and SAMRU

The first of two town halls to engage with students and faculty

Gregory Balanko-Dickson

Contributor

On Nov. 15 in Wyckham House, students had the hour-long opportunity to ask the president and vice president of both Mount Royal University and the Student's Association of Mount Royal University some questions.

The panel included Dr. David Docherty, president of Mount Royal; Lesley Brown, provost and vice president academic Shifrah Gadamsetti Representation Executive Council (REC) president and Cordelia Snowden, REC vice president academic.

The discussion was designed to answer questions on three specific topics: fall reading week, the Riddell Library and Learning Centre and full year registration.

Docherty explained how this is a unique opportunity and encouraged students to utilize it and ask any and all questions. There was an audience of about 30 members to address the panel.

The first question from the audience was about the recent fall reading week and if it could be changed to a later time in the semester. The audience member who asked the question said they had "a whole bunch of statements" from students on campus.

One such statement referred to putting reading week in November instead of October

as it felt too early to have a break then.

Brown replied to the question, saying she would look into it and drew comparisons between MRU and the University of Lethbridge and identified how U of L reviewed workload patterns throughout the semester and then decided when would be best to give students a break based on that information.

Brown also identified that it's possible if students come back from a break in November, they could feel more stressed and that would defeat the purpose of having a reading break.

Docherty then went into an example of a student that sent him an email on this very issue and said administration has "no intention" of reversing the decision made by what he believes was the General Faculties Council (GFC) for the fall reading week.

The next point of discussion was the old library at MRU and what would happen to it now that the new library has taken it's place.

Docherty referenced the campus master plan and described how the intended purpose for the hollow shell left behind by the old library is to transform it into a "vibrant student-based centre" that would provide all student services in one central location.

One audience member asked what would then happen to the space that previously housed all the student services elsewhere on campus.

To take care of this issue entirely, Docherty said it would cost "upwards of twenty million dollars" and there would be a phased in approach. The first phase would involve repurposing the old library, the second phase would build some classrooms on the second floor of main street, working towards the T-wing.

The administration at MRU is also looking at how to utilize the space now, with either low, or no cost to the university.

Some examples included using the old library's space for events or fairs on campus.

When the panel was asked about what resulted from a discussion at city hall in regards to better options for public transit at Mount Royal, Gadamsetti briefly explained the very long meeting they were involved in regarding the southwest Bus Rapid Transit (BRT) system and the eventual resolution of this discussion.

The BRT has limited stops and runs during the busiest times of day. The intention for these routes is to provide a timely and direct commute to communities in need.

Thanks to the work of Gadamsetti and her team,

Mount Royal is identified as one of those communities in need of better public transit access.

Gadamsetti said MRU will have the bus route accessing campus by the year 2020.

Later, an audience member asked about full-year registration and what that would entail.

Brown described how this would help students to better plan for their future and to have more flexibility in taking the courses they need to graduate. As early as March, students would be able to register for their courses for the next academic year for both the fall and the winter semesters.

"The purpose behind this is to give students the courses they need, and want, to graduate," said Docherty. The administration at MRU hope that this will lead to shorter degree completion time and allow the educational departments to anticipate when certain courses are in higher need than others.

It's important that students have an educational structure they can rely on "not having to gamble that courses are going to be offered in the winter [semester]," said Gadamsetti.

Near the end of the discussion with the panel, *The Reflector* asked how MRU is working towards treating contract faculty better, specifically about the contract faculty members that are qualified enough to be considered full-time and what the administration at MRU intends to do with these qualified instructors.

Brown said MRU needs to better understand how the issue is spread across various faculty, programs and courses.

She elaborated saying, "we need to look a little bit deeper to find where our distribution of faculty members are."

Docherty answered with, "Mount Royal has a higher than average reliance on contract faculty." However, he did not go into further detail, only adding "for better or worse, contract faculty are a less expensive way to put on classes than full-time [faculty]."

Gadamsetti on the other hand said, "from the student perspective, we understand

this is a priority," adding it's not something that only falls on administration. She further elaborated by emphasizing the importance of focusing on each program, rather than the institution as a whole.

After transitioning out of this commentary, Gadamsetti said to the crowd "no more saucy questions," and asked whether anyone had any fun questions. Following this, the crowd fell silent for some time.

After some prompting by Gadamsetti, the panel was asked by a member of the audience about what was being done for program development among different faculties at MRU.

Brown went into detail outlining plans to meet with the dean of each faculty and assess the needs of each program. However, these plans are guided by a document called the Comprehensive Institutional Plan which outlines potential future programs. But, even if the administration at MRU decides to move forward with said program, this needs to be approved by the provincial government.

Another question was asked by an audience member about what was going to be done about gender neutral washrooms.

Docherty said, "we're looking at opportunities across campus where we can do that."

"We owe it to the student's association for putting this on the radar of our administration," said Gadamsetti, adding the unfortunate fact that the most affordable options to change some existing washrooms into gender neutral washrooms may not be in the most noticeable locations.

Throughout the town hall, Snowden had little to say, with much of the dialogue comprised of Docherty, Brown, Gadamsetti and audience members.

The town hall meeting closed with some panel members talking about the strengths of Mount Royal and why they each chose MRU. Brown said, "I chose Mount Royal because it is a great place to grow," and Gadamsetti closed the town hall with "I chose Mount Royal because of the personalized learning environment."



(Left to Right) SAMRU vice-president academic Cordelia Snowden, MRU provost and vice-president academic Lesley Brown, SAMRU president Shifrah Gadamsetti and MRU president David Docherty answer questions during a town hall on Nov. 15. Photo by Gregory Balanko-Dickson

Memorializing transgender and two spirit lives lost

Third Transgender Day of Remembrance ceremony held by SAMRU

Anna Junker
News Editor

The third Transgender Day of Remembrance ceremony was held in Wyckham House on Nov. 20. The day memorializes those who have been killed by anti-transgender violence around the world.

Those who died between Nov. 20, 2016 and Nov. 20, 2017 had their names read aloud during the ceremony — 287 people in total.

This year commemorates the 18th annual Transgender Day of Remembrance (TDoR) since its inception in 1999.

The day to recognize those lost to anti-transgender hate and prejudice was founded by activist Gwendolyn Ann Smith after Rita Hester, a black transgender woman, was found murdered in her apartment in Allston, Massachusetts.

Hester's death followed that of a highly publicized murder of Matthew Shepard, a young gay man killed in Wyoming.

However, Hester's murder received little media attention,

which inspired Smith to start TDoR and honour Hester's life along with the hundreds of other transgender people killed around the world each year.

The day of remembrance has since slowly evolved from a web-based project to an international day of action.

Only one Canadian transgender person has been accounted for on the TDoR site, whereas in the United States, a new report from the Human Rights Campaign Foundation details there are more transgender deaths in that country than ever before, with 25 people so far in 2017 having been killed.

According to the report, the violence is due to anti-LGBT prejudice and racism, which has fueled "political attacks on the transgender community," such as President Donald Trump's attempt to block transgender people from joining the military.

The study also shows that

since the 2016 presidential election, there has been an increase in anti-transgender rhetoric and hate crimes in the U.S.

Last year, the pink, white and blue transgender flag was raised outside of the McDougall Centre in downtown Calgary for the first time.

Calgary became the third city in Canada behind Whitehorse and Lethbridge to install the transgender flag as a crosswalk. It was painted at an intersection along 17th Avenue and 4th Street S.W. as a lead-up to Calgary Pride on Sept. 4.

However, the crosswalks didn't come without controversy. In both Whitehorse and Lethbridge, just days after the rainbow pride and transgender flag crosswalks were painted, they were vandalized with tire marks and black paint.

Yet with the implementation of Gay Straight Alliances in schools and the recent passing

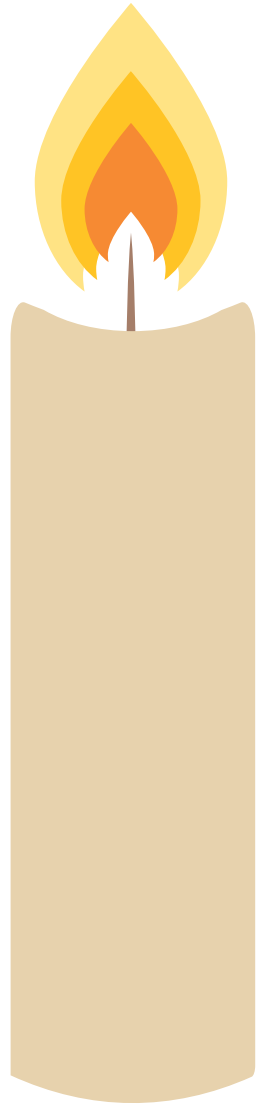
of Bill-24 in the provincial legislature which essentially makes it illegal for a teacher to out a child, these instances will hopefully be in the past.

Every step forward in the right direction is a further step away from a bigoted past.

In the meantime, it's important to memorialize the lives lost and recognize there is still a long way to go to achieve equality.

For TDoR this year, the Student's Association of Mount Royal along with the Pride Centre honoured the transgender and two spirit lives lost along with the Missing and Murdered Indigenous Women and Girls (MMIWG).

The event commenced with a smudge and prayer ceremony followed by a healing song. Participants then went on a guided walk through campus followed by a short ceremony and reception.



Graphic created by Andi Endruhn

News You Can Use

Trudeau pushed to drug reform

In an effort to combat the current opioid crisis, Jagmeet Singh, leader of the federal New Democratic Party is pushing Prime Minister Justin Trudeau to consider decriminalizing drugs.

The Canadian Press reports that Singh has been vocal about the opioid crisis since becoming leader of the party on Oct. 1.

Singh, a former criminal defense lawyer, has said the majority of Canadians who struggle with opioids are plagued by mental health problems, addiction and poverty.

He said the solution is to tackle issues of social justice instead of focusing on criminal justice.

However, at a press conference about the opioid crisis on Nov. 15, federal Health Minister Ginette Petitpas Taylor made clear that decriminalizing is not on the table for the Liberal government.

SW BRT goes forward

In a 10-3 vote on Nov. 13, city council voted to oppose a notice of motion which would have paused Phase 2 of the Southwest Bus Rapid Transit (BRT).

Councillors Jeromy Farkas and Diane Colley-Urquhart brought forward the motion a week earlier, with the intention to pause the route which would bring more direct transit to Mount Royal University.

If council voted in favour of the motion, the construction along the 14th Street S.W. corridor would have been halted while more consultation and data review went underway.

However, the motion was did not go forward in a landslide vote. Colley-Urquhart was absent from the vote, with Farkas saying he felt "thrown under the bus" by the absent councillor.

Alberta introduces new pot legislation

As the months pass by before marijuana is officially legal on July 1, 2018, the province of Alberta has introduced new rules for private and public pot consumption.

Unfortunately, those who are picking up a bottle of booze won't be able to get bud along with it. Selling tobacco and pharmaceuticals alongside marijuana will also be prohibited.

Under the rules introduced on Nov. 16, the Alberta Gaming and Liquor Commission will be the wholesaler of all legal pot and oversee retail licensing. The province, however, will be in charge of online pot sales.

The province has not announced how pot will be taxed. It is still waiting on clarity from the federal government after Ottawa proposed a 50-50 split between the provinces and feds.

NDP sets by-election in Calgary

On Dec. 14, the southwest Calgary riding of Calgary-Lougheed will see a showdown between the Liberals and the United Conservative Party.

Despite having until spring to make the announcement, the provincial government called the by-election just weeks after Jason Kenney was elected leader of the UCPs.

A day after the announcement of the by-election on Nov. 16, the Liberal party announced that its leader David Khan, who does not have a seat in the legislature, will be running in the riding as well.

At the time of Khan's announcement, the two leaders will have just four weeks to campaign and win voters over in the traditionally conservative riding.

With a contentious by-election, it could potentially be a looking glass into the 2019 provincial election.

Council keeps Olympic dream alive

Additional \$2M approved for Olympic exploration

Anna Junker

News Editor

Calgary's 2026 Olympic dreams rested on a \$2-million decision and a frustrated city council.

On Monday, council was tasked to decide on whether to cough up an additional \$2-million on top of the \$5-million they already allotted to explore the bid. After much debate, council decided to keep Calgary's Olympic dreams alive in a 9-4 vote.

Councillors Jeromy Farkas, Peter Demong, Sean Chu and Druh Farrell voted against the funding while Joe Magliocca and Diane Colley-Urquhart were not present. Everyone else was in favour.

Council voted to provide an additional \$1-million right away to go towards the bid exploration, while another million will be spent if the federal and provincial governments come on board.

Council was frustrated during the process by the lack of transparency after documents were published in the *Globe and Mail*, painting a negative picture on the prospect of Calgary hosting the 2026 Games.

The \$2-million council voted in favour for would go towards a Bid Corporation, which would have to be formed due to recent changes made to the International Olympic Committee's 2026 candidature process.

The decision comes after months of reviewing the prospect of hosting the Olympics by Calgary's Olympic Bid Committee (CBEC), a standalone group that did not operate with city staff. CBEC has since disbanded and now city staff alone are dealing with the Olympic bid file.

How we got here

In September 2016, the members of the CBEC were announced and going forward their task was to explore whether it would make good sense for Calgary to host the Olympics.

In July, CBEC presented their findings to council, which concluded that holding the 2026 Olympic Games was feasible for the city. Council then decided to move forward from Exploration Phase to Invitation Phase. "The Invitation Phase provides the city time to obtain more information and further explore unresolved issues while not requiring any further budget or any formal commitment to bid," states the City of Calgary's website.

However, council put forward five conditions to be met moving forward: 1) Capital costs for facilities be covered by municipal, federal and provincial governments 2) Security costs be covered by other orders of government and not the city 3) Canadian taxpayers not cover the operating costs of hosting the 2026 games, with the belief that ticket sales, sponsorship, broadcast rights, International Olympic Committee (IOC) contributions and other earned revenues should cover operating costs 4) The city has limited debt capacity and there must be a financial structure that accommodates cash flow and the debt level constraints of the city and 5) If the IOC wants financial guarantees from the host city, such guarantees must be provided by someone other than the city or be at a level deemed acceptable to the

city.

In October, the Bid Exploration Committee told council it would cost \$4.6-billion to host the Games, with just over half of the money coming from taxpayers.

Earlier in November, the IOC announced it is trying to make the Game more affordable for hosting cities, adding that it has its "eye on Calgary." The IOC says there are around 200 cost-saving initiatives and is proposing to sweeten the deal by gifting the host city \$925-million USD, according to CTV News.

Arena debate

In the lead up to the exploration into the bid, Calgary was going back and forth with Calgary Flames ownership, looking at whether to build a new arena to replace the aging Scotiabank Saddledome.

Many were thinking with the possibility of an Olympic bid, that would mean Calgary could be getting a new arena.

However, Mayor Naheed Nenshi offered up a differing opinion. In September, he floated the idea of using Edmonton's new Rogers Place Arena. Nenshi related it to the Summer Olympics in Rio de Janeiro where teams played in stadiums across Brazil without actually stepping foot into the city.

'Get out now'

On Nov 19, *The Globe and Mail* published an article detailing Olympic-related documents that were not released to the public or city council.

The documents detailed negative reports of Calgary's Olympic bid, saying the games could "damage

Canada's economy and might not even create any jobs."

The two reports, one by University of Calgary economics professor Trevor Tombe and the other authored by Brad Humphreys, an economics professor at West Virginia University and an "outspoken Olympic critic" were kept under wraps from council.

Councillors had received a summary of Tombe's report, which was commissioned by city staff in the spring, as part of a larger evaluation for the bid but the full version of the report was unavailable unless specifically asked for.

The reports contradict what the CBEC told council earlier in the year, in which the main argument was favourable towards the games and said it would "buoy the economy."

On July 24, CBEC informed council that hosting the Olympics could generate "substantial benefits" including approximately 3,000 jobs a year for the nine years leading up to the Games. The group also said the Olympics would increase the gross domestic product from \$2.7-billion to \$3.1-billion.

"To claim that GDP and employment will increase – at all, but especially by the magnitudes suggested in the third-party reports – is to go far beyond what the evidence suggests," Tombe's report said according to *The Globe and Mail*.

Five cities, including Calgary have expressed interest but none have submitted a formal bid and will need to do so by January 2019.

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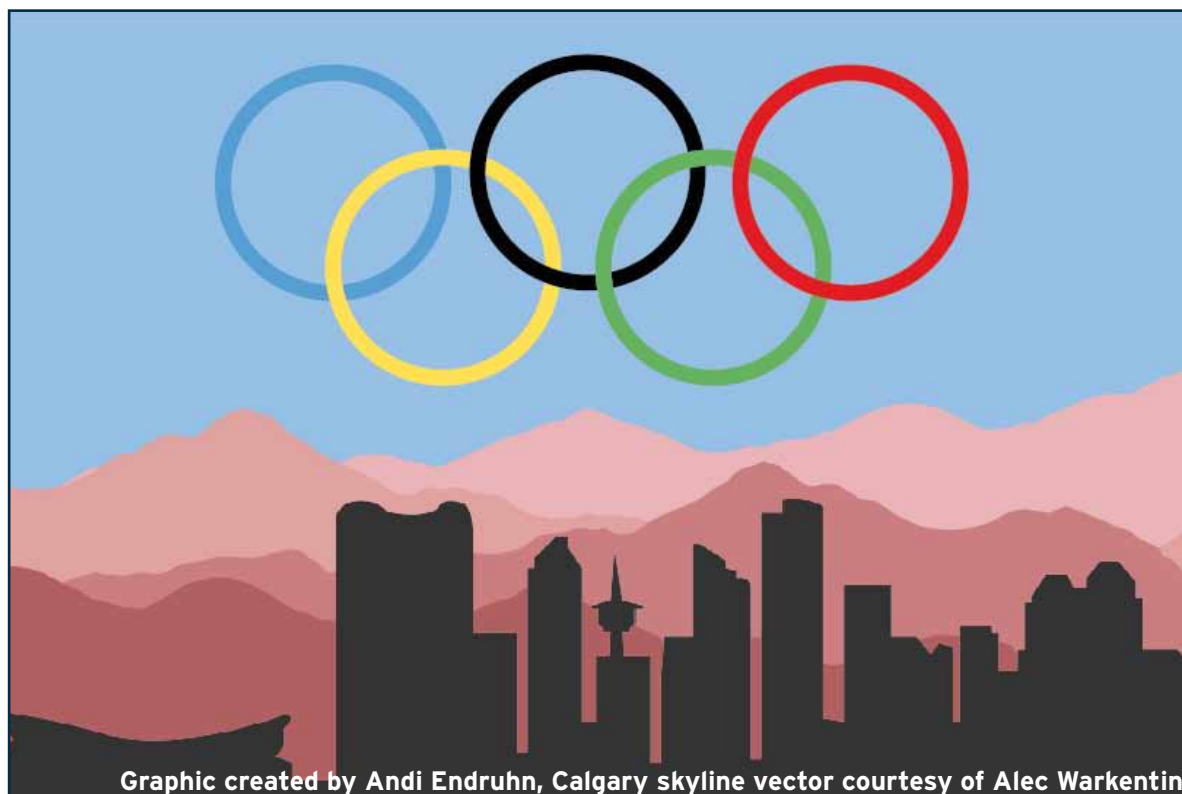
Council wants your stance on marijuana

The City of Calgary is asking for your opinion on marijuana legalization. The city is looking for feedback on business regulations, retail sales, use and consumption and growing at home.

The federal government has introduced a bill to legalize marijuana as of July 1, 2018. Happy Canada Day, bud!

The city is looking into how marijuana will affect us locally and how it can manage the legalization in the best interests of Calgarians.

To provide your thoughts on legalization, visit the City of Calgary's website at engage.calgary.ca/cannabis where background info is provided followed by a feedback form.



Graphic created by Andi Endruhn, Calgary skyline vector courtesy of Alec Warkentin

features

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#MeToo: A spotlight for the crime hidden in the shadows

Ten-year-old movement sheds light on sexual assault

Rosemary De Souza
Staff Writer

“In early January 2016, there were a large number of conversations about sexual harassment and assault happening privately and publicly in the music scene,” recalled Veronica Lawrence. She is the co-founder of the Society for the Advocacy of Safer Spaces (SASS). It is a volunteer-led organization founded in 2016 that has lent a hand in creating safer environments within the Calgary arts community.

“We knew a number of people who recognized there were problems, but weren’t sure how to solve them,” Lawrence said. “We knew that the primary tool to create change would be education, and we partnered with Calgary Sexual Health Centre to offer their workshops tailored for local venues.”

Sexual violence “is super prevalent but still is something that we don’t talk about enough,” said Emily Ophus, the Community Programs Manager at the Calgary Sexual Health Centre. But “in light of recent events, it is something that is coming into the attention of a lot more people,” she said.

Hollywood in the spotlight

On Oct. 5, 2017, news broke of sexual misconduct allegations against Hollywood producer and (now former) film executive, Harvey Weinstein, by several women in a New York Times article by Jodi Kantor and Megan Twohey. The report resulted in resignations by four board members in the Weinstein Company and of Weinstein himself, according to a New Yorker report by Ronan Farrow.

Farrow, a contributor for the New Yorker, released his 10-month investigative report five days after the New York Times, detailing rape, sexual assault and sexual advances experienced by 13 women within a timespan of two decades.

Every major news station started covering the story. Accusations were coming out from current and former actresses, models, reporters and employees. They took their stories to news stations, talk shows, magazines and across social media.

As investigation towards Weinstein’s misconduct progresses, ELLE’s online magazine details a full list of

accusers that are now prevailing three decades of sexual assault, harassment, unwanted advances and even rape allegations against the movie mogul from more than 50 women.

On Oct. 15, American actress Alyssa Milano took to Twitter to call on other victims of a similar misconduct. “If you’ve been sexually harassed or assaulted write ‘me too’ as a reply to this tweet,” the actress tweeted.

Exactly one month later on Nov. 15, that tweet reached 25,188 retweets, 53,464 likes and around 69,000 replies from other individuals coming out with their own personal experiences.

Two simple words — me too — were said by Twitter users, while others detailed personal encounters that occurred to them as young as the age of seven.

“Me too from when I was 7 yr old until I was 10,” one Twitter user said.

“Me too, he was my stepfather,” another commented.

“#metoo I was 15 he was 24. I said stop! He kept going. The worst part it was my brother’s friend and he believed him over me ... never forget,” said another.

Even celebrities like Amber Anderson, Lady Gaga, Gabrielle Union, Patricia Arquette and many others took to Twitter to show support, continuing the stream of stories pouring from the social media site. This support further popularized the campaign, which has gained more than 200,000 tweets by 4 a.m. Oct. 16, according to the *Washington Post*.

Unheard voices in the conversation

“It’s getting people talking,” said Ophus. “What the campaign has done lately is shine a light on something that has been happening forever but now as a community we’re starting to pay more attention and maybe be more concerned that it’s a problem.”

“Me too’ was originally started more than 10 years ago by Tarana Burke. It was intended to be a phrase shared from survivor to survivor,” commented Lawrence. “She wanted young women of colour to find comfort in each other as fellow survivors and find strength together.”

“Unfortunately, it seems like the voices of women of colour got lost

in the conversation. Most of the more prominent faces associated with this very public reckoning for sexual predators have been white faces - both the faces of predators and their survivors. Women of colour and Indigenous women are statistically much more likely to be sexually harassed and assaulted, and their voices need to be at the foreground of this movement if we are to truly learn what needs to change.”

According to a report by the Canadian Women’s Foundation, “sexual assaults account for about

workshops with Calgary Sexual Health Centre or CCASA (Calgary Communities Against Sexual Abuse), read more about these issues and listen to their friends who are survivors. People can keep having open dialogue about why this is happening and how it harms survivors.”

“The campaign highlights this need for people to talk about this issue,” Ophus explained, “and so what we’ve done, we started to host community conversations that are free and open to the public that want to talk about things

don’t fit. Sexual assault and rape are not about sex, they are about power, and folks feeling that they need to exert their power over those they perceive as weaker,” continued Lawrence.

“We need to have open conversations about consent in all aspects of life,” Lawrence said. “Children can be taught consent in a meaningful way that does not involve discussing sex. Coercion, forced physical affection and quieting of children’s own feelings about their body are taught from a young age with kids being forced to



The hashtag #MeToo picked up traction on social media after Harvey Weinstein was accused of sexual assault by several women. While it was recently popularized by Alyssa Milano, it was originally founded by Tarana Burke. Graphic created by Amber McLinden

33 per cent of all crimes committed against Aboriginal women and 10 per cent of all crimes committed against non-Aboriginal women.”

In 2012, the Western Journal of Emergency Medicine, published a study wherein African American women “had the highest prevalence of having been forced to have sexual intercourse.”

While researchers continue the debate on which ethnic group is more likely to face sexual pressure, assault or violence, “nearly all researchers can agree that women of different ethnicities are not victimized at the same rate,” stated New York University Applied Psychology graduate, Devonae Robinson, in an online publication for the university.

What can we do?

“There is a ton of work to do,” said Lawrence. “People can attend

related to sexual violence.”

#CalgaryGetsConsent is a campaign launched by the Calgary Sexual Health Centre. Check out calgarygetsconsent.ca for more details.

“The biggest step is to stop being silent, to start talking about it, start recognizing how big the problem is and our place in it,” said Ophus. “Addressing sexual violence is a shared responsibility among all community members.”

“Saying ‘I believe you’ is great, but we need to go beyond that,” said Lawrence. “Will you still believe her if it is your best friend who assaulted her?”

“We also need to do a better job of allowing all children, but especially young boys, to explore different concepts of gender and masculinity. We need to strip away the outdated ideas of manhood that stifle men into boxes they

hug strangers and family members against their will,” she explained.

“I do think that #metoo has expanded the public consciousness on these issues and opened up a lot of very uncomfortable conversations for people, and that’s good,” she said. “To make progress and create a culture shift, norms need to be challenged and people will feel uncomfortable.”

“I hope that this becomes a turning point in society where we start to see an end to the complicity that allows these predators to hide in the shadows while harming women for years.”

Check out the following websites for more information to get involved in the conversation: theatreconsent.com, calgarygetsconsent.ca, sasscalgary.com and calgarysexualhealth.ca.

Students, safe sex and STIs

Avoid being a part of the problem and practice safe sex

Shelby Dechant

Staff Writer

Since junior high we've been talking about safe sex and sexually transmitted infections (STIs). Unfortunately, having your gym teacher pass out condoms and scare you with pictures of gonorrhea doesn't guarantee the practice of safe sex. In Canada, between 1998 and 2015, the number of people with chlamydia (the most common STI) has gone from 39,372 to 116,499, and the statistics continue to rise. This goes for all ages and genders, which yes, includes university students. As if we don't have enough to worry about already.

University is the time to explore. Having an active sex life is normal. If you want to sleep with multiple people, just one, or maybe no one, that's perfectly fine. Unfortunately, what is also normal is not practicing safe sex. Without a

condom you are increasing your chances of contracting an STI by 100 per cent. And here's the kicker — STI rates in Canada are steadily increasing and are highest among young adults. A word of advice: condoms aren't that bad. Perhaps try testing out a new brand before opting to go without.

Safe sex doesn't only mean always using a condom. There are many other steps to ensuring you have a healthy sex life. If you're sexually active you should be getting tested regularly, even if nothing seems off. Asking your partner when they were last tested is also an important step. Another practice to have as university students is to avoid high risk encounters. These can be hookups you have while under the influence. You most likely wouldn't twerk on the speakers at Cowboys if you were sober,

just like you most likely wouldn't hook up with the stranger whose first name is a mystery if you were sober. If you're under the influence, maybe give it a second thought.

STIs are not a fun topic. It's awkward and uncomfortable talking about your genitals, but if you don't talk about it you're only hurting yourself. Going to a doctor to ask for an STI test is daunting, but the relief you will feel after is worth it. Being proactive and ensuring that you're following the appropriate steps to keep yourself safe is worth it. If you're careful you won't need to worry the next time you get tested. Practicing safe sex will bring you peace of mind and allow you to enjoy your sex life.

It's more likely that you or someone you know will get an STI than it is that you'll graduate



Whether you are with one partner or multiple, it's important to practice safe sex. Consider getting tested for STIs regularly if you are sexually active. Photo by Shelby Dechant

with a 4.0. With these odds, unprotected sex just isn't worth it. Go buy a pack of condoms and book an appointment at the

school clinic to be tested. Safe sex makes for great sex.

Things I mean to know

Understanding how the moon controls the tides

Sabrina Harmata

Staff Writer

Things I mean to know is a bi-monthly column detailing a topic the writer believes to be true, but does not understand how it works. This column is inspired by the episode "Things I Mean to Know" from the podcast This American Life.

I remember learning about the connection between the moon and the tides in school when I was younger. At this point in my life, I was living in southern California, about twenty minutes away from the beach. Because of this,

frequent trips to the beach were quite common and I was able to witness the rising and lowering of the tides first-hand.

Therefore, I was aware of it happening. I just wasn't sure how it worked. In fact, I never really thought about the science behind it at all. I just took the link between the two for granted since I had been taught it as fact. All I knew is it had something to do with gravity.

But now I'm beginning to question it more. It sounds crazy, doesn't it, that the moon can affect our large bodies of water from over 350,000 kilometers away? How wild is that? It still baffles me to think about it. Contemplating this wondrous scientific truth led me to a million different questions: How exactly does the moon control the tides? Do the different phases of the moon have different effects? How does the moon create high tides or low tides? And what would happen if the moon didn't have this influence over the tides?

It should be noted that as an English major, I am not scientifically savvy. My specialty is manipulating and analyzing the complexities of language, not understanding the deep mysteries of the universe. Nevertheless, this did not stop me from trying to figure out what is going on.

Naturally, to find answers, I turned to the one person in my life who knows everything — well, almost everything: my dad. All he could tell me is what I already knew. The influence the moon has over the tides has to do with the gravitational pull between the moon and the earth. At this point, I was beginning to get discouraged. If my dad, the one person who I always counted on to know things, couldn't explain this to me, then who could?

So, I turned to the Internet. If there was one place where I could find all the answers I was looking for, I was sure that would be it. A quick Google search revealed that there are two low tides, and two high tides a day, each controlled by

the positioning of the moon in relation to the body of water.

Apparently, when the moon is directly in line with the coast, either on the same side of the planet or the opposite side, this creates a high tide, as the water is being pulled towards the moon. This means low tides occur when the moon is on the opposite side of the earth from the body of water it is affecting.

As I kept researching I found that the different phases of the moon do, in fact, have an effect on how it controls the tides. According to the website hiwaay.net, the full moon exaggerates the influence it has on the tides. In other words, the full moon creates extremely high, high tides, and very low, low tides. To be honest, I still have no idea how the full moon emphasizes this effect. I just know it does happen. Clearly, the moon is much more puzzling than I originally thought. I guess I'll never fully understand it's mysteries.



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Reducing student debt

How startup StudentHire helps you make cash in your spare time

Amber McLinden

Features Editor

It's no secret that students have crazy schedules. If you've ever had to go to work when you should be studying, or if you have nothing to do but you aren't getting booked for shifts at your part-time job, then you know the problem.

University students don't have a rigid schedule or a specific amount of time available every week, but they often have a lot of debt. Why can't you just work when you want to work?

"StudentHire basically eliminates that problem in students' lives," says Marc Nzojibwami, one of the partners of StudentHire.

StudentHire is a website aimed at providing university students with an opportunity for students to work when they want, how they want and still make money. It's something that Nzojibwami says is wanted by students.

"Within three weeks [of operating], 300 students had signed up wanting to find work. We quickly realized that was something that was worth pursuing," he says.

Since then, the website has proven its value by attracting over 2300 users and 900 jobs in Edmonton alone. The group plans to expand into Calgary and other cities in the coming years.

Students can pick up jobs ranging from shovelling a driveway to photography sessions. While StudentHire only provides these job opportunities to students, he says it's not an excuse for job posters to take advantage of them.

"This is a way to help post-secondary students, and so we don't want to market ourselves in a way to get cheap labour, basically," he explains.

If someone posts a job on the site and it's pay is too low, the team will reach out to the poster and explain what the job typically goes for. They also hope to have a feature soon that will allow students to bid for jobs, giving them the ability

to raise the price if it's too low themselves.

"More often than not, the people who post the jobs are willing to bump the prices just because of the social impact they're having on these students' lives," Nzojibwami adds.

The business stands out from other job posting and freelancing sites because of that social impact. The average student debt in Canada is estimated to be about \$25,000. Nzojibwami says that alone puts StudentHire in front of competitors.

"For one, we have the social impact that we're helping these students mitigate a part of their debt, which is a heavy backpack to carry around as a student and after when you graduate, too."

Many students feel like their part-time or full-time job affects their grades. The value of being a student and having the ability to choose when you can work and make money is something that is difficult to find. StudentHire hopes to make that a little easier.

"It helps [students] take control. If somebody doesn't have the ability to rely on parents to help them through school, and if they don't have the time to go through a part-time job, it gives them a means and an avenue for them to empower themselves, and to maybe pay for their rent, and pay for a few meals, and maybe pay a part of their tuition too," Nzojibwami says.

StudentHire is currently participating in ATB Boost, a campaign by ATB Financial to help businesses raise funding. Their campaign began on Nov. 7 and ends Dec. 21. The team has raised almost \$2,500 of their \$10,000 goal.

MRU students, meet Peter Parker Disk Wars



Benley Ho, a Mount Royal University student in the Transitional Vocational Program, started his own YouTube channel and is growing his following. "I am Peter Parker Disk Wars. I'm a YouTuber who likes being a fan of anime and manga because I played the anime version Spider-Man on the internet from Marvel Disk Wars: The Avengers! How are you my hero fans? From your Friendly Neighbourhood Spider-Man!" writes Ho. Check out his channel at Peter Parker Disk Wars. Photo courtesy of Benley Ho

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arts

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Mindhunter thrills with tale of serial killer psyche

The latest crime drama is everything you've ever needed

Anna Junker

News Editor

Before there was CBS's *Criminal Minds* there was... *Mindhunter*. The American crime drama is Netflix's new original hit and takes viewers back to the 1970's and the early days of criminal psychology and criminal profiling at the FBI. It's also a seriously great binge-watch.

The series is based on the true crime book *Mindhunter: Inside the FBI's Elite Serial Crime Unit* written by John E. Douglas and Mark Olshaker. The show revolves around FBI agents Holden Ford, played by baby-faced Jonathan Groff and Bill Tench, played by the steely Holt McCallany. They are joined by psychologist Wendy Carr, played by the admirable Anna Torv, who was also the star of *Fringe*, if anyone even remembers that sci-fi show.

The pair of FBI agents travel across the United States, interviewing serial killers and recording their responses. Carr helps Ford and Tench develop a system to categorize the killers and possibly predict future behaviours (queue *Criminal Minds*).

The series also lays out how the term "serial killer" was coined.

Suffice to say, I was hooked from the opening credits, which stylistically, was very appealing revolving around a tape recorder and brief flashes of dead bodies (which seems like a nod to the original *Exorcist*) accompanied with the kind of music akin to the setting of a horror movie.

The show might seem routine - Ford and Tench go to work, educate local police officers on proper protocols laid out by the

FBI, interview serial killers and come home to their respective families and girlfriends. It is, in fact, anything but routine.

Listening to the pair interview serial killers such as the likes of Ed Kemper, played by the formidable and incredibly chilling, disturbing yet completely riveting Cameron Britton. Ed Kemper, by the way, is a real life serial killer who, in the 1970s, abducted and murdered several women along with his paternal grandparents and his mother. You could say he has mommy issues.

In case it's not clear yet, this show isn't exactly for the weak of heart or stomach.

I need to take a moment and applaud director David Fincher who somehow doesn't make *Mindhunter* play out like a series but rather a movie. Each episode weaves so perfectly into the next, the intro and credits are a harsh yank back into reality and I'm eagerly reaching for the remote to start the next episode.

Despite the brilliant performances by Groff and McCallany, I found myself wanting to know more about the stories of the serial killers than those of the Ford and Tench. Honestly, I could watch an entire series just on Britton's portrayal of Kemper and nothing else.

What makes *Mindhunter* stand out from other serial killer dramas is, instead of the murders being solved within the hour, the murders are already solved and the killer is locked away. The agents investigating are looking into the how and the why, what makes the serial killer tick, what are they triggered by? They create a sort of relationship

with each killer in order to get as much information out of them as possible.

The series relies on the compelling dialogue between agent and killer to move forward, unlike the car chase scenes of other crime dramas. This is what makes each case stand out, especially the performance of Britton as Kemper. You can

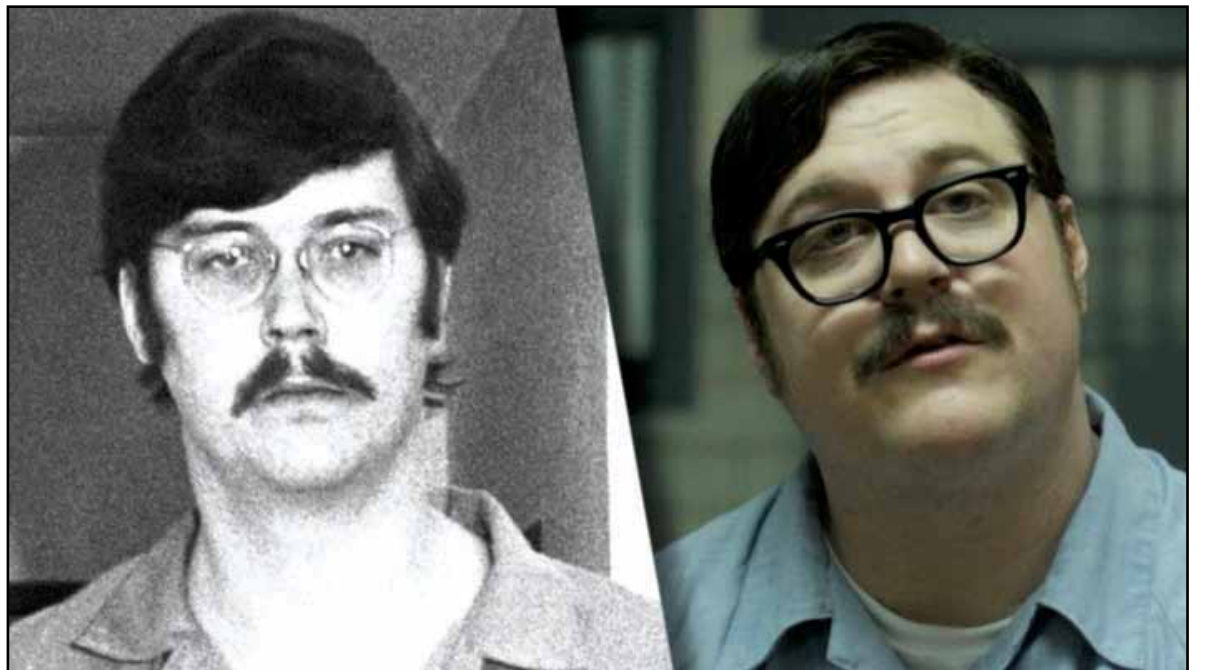
Mitford, played by Hannah Gross. In the show, she's an underused and underdeveloped character that spends most of her time being Ford's girlfriend. Her life is deduced to studying, drinking, smoking and welcoming home Ford after a long day of hard work dealing with serial killers.

Mindhunter has also been

mustached man? I'm banking that season two will reveal even more.

The show ends on a bit of a cliffhanger and no, I won't give anything away other than to say that for an FBI agent, Holden Ford can be damn idiot.

Netflix has to hurry up and officially renew the series for a second season. However, with



Mindhunter completely excels in the casting department, as Cameron Britton's uncanny resemblance to the real Edmund Kemper made his performance all the more chilling. Photos courtesy of Getty Images/Netflix

almost sympathize with him until you most definitely cannot.

The show also provided a breath of fresh air with the likes of Torv's portrayal of Carr. She is incredibly smart, cold, calculating and takes absolutely no shits from the likes of Ford or Tench. She will call out their misogynistic bullshit, of which there is a lot. Which is absolutely refreshing.

On the other hand is Debbie

brilliantly set up for its second season, with the beginning of each episode taking the viewer to Kansas and providing a brief insight into the life of a certain skinny, mustached man. He seems like your average 1970's white ADT serviceman at first, but Fincher slowly lets the viewer in, revealing without showing that something sinister is afoot.

But who is the mysterious

such high acclaim from critics, it's likely the announcement will come soon.

It has also been rumoured and teased by Fincher that the next season will look into Charles Manson. I can't wait to join the agents of *Mindhunter* as they delve into Manson's mind, from the comfort of my couch.

Until then, I'm off to find the next best series on serial killers.

OUT'N ABOUT

Christmas Markets:

Nothing to do on a weekend? Need an original first date idea? Countless pop-up Christmas shops are opening up around Calgary for the holiday season. It's the perfect time to get some gifts.

Giraf Film Festival:

Calgary will be home to the best short and feature-length animated films for a celebration of independent animation in all its forms. Running from Nov. 23 to Nov. 26, check it out for all things animated.

The Nutcracker:

The Nutcracker is a holiday classic. From Dec. 15 to 24, more than 70 Alberta Ballet dancers will perform choreography, while the Calgary Philharmonic Orchestra lays down the score for a spectacular evening of art.

Season of Caring:

Looking to donate to a charity this holiday season? Until Nov. 29, SAMRU's Season of caring looks to foster both community and campus with gift hampers, volunteering and donations.

The tired genre of superhero flicks

Will Hollywood ever cool it on carbon-copy masked vigilantes and “extended universes”?

Alec Warkentin

Staff Writer

Is Christopher Nolan’s *The Dark Knight* really better than Steven Spielberg’s *Schindler’s List*, Martin Scorsese’s *Goodfellas*, Alfred Hitchcock’s *Rear Window*, or Stanley Kubrick’s *The Shining*?

Is the \$13.3-billion total gross of the Marvel Cinematic Universe — introduced in 2008 with Jon Favreau’s *Iron Man* and Louis Letterier’s *The Incredible Hulk* — a justified reason to continue churning out multiple Avengers movies and a third edition of *Guardians of the Galaxy*?

Or is society simply being snowed by Hollywood executives who’ve finally clued in that the key to the “big bucks” in a business apparently being destroyed by internet piracy and illegal streaming lies in nostalgia-pandering to those in the self-processed “nerd culture” of today.

Like dealers to an army of hero-worshipping addicts who see themselves in the outcasted and misunderstood masked vigilantes of the superhero genre, Hollywood has audience-goers hooked on whatever swill they’re putting out.

It’s easy to place the emphasis on the reason for success of these films being that they’re simply “fun” and a “way to drop out from the real world for a little bit.” But, look at any bill at your local theatre and take a shot for every sequel or remake glaring brightly back at you. You’ll be under the table before you’re done counting the twos, threes and fours.

As a form of escapism, superhero movies are on a pedestal all their own. They’re specifically formulated to let the viewer “turn on, tune in, and drop out,” but is this the best way to go about kowtowing the viewer while the allegedly struggling movie studio sneak their hands in your pocket?

The Sixties had LSD. Now, it’s the “extended universe.”

What’s even worse are the crossovers. The ones created solely to give the dedicated watcher the brain-tickling satisfaction of “getting the reference.” Letting them feel like a big-shot to those who may not be “in-the-know” in the theatre, guffawing their way through cinematic in-jokes to

other movies they wilfully spent their \$15 on.

Maybe this is overtly critical, nit-picky and unfounded, but isn’t there an ethical commitment to not con or scam the moviegoer into the same without a payoff? It’s now a society of sequels and milking the teat of successful predecessors.

It can be compared to the recent trend of musicians releasing albums with bloated and unnecessarily extended track-lists to capitalize on increased Spotify and Apple Music streams. Quantity over quality, as it were.

And that’s exactly what’s happening with Avengers 13: Thor’s Bad Hair Day and Spiderman 9: Still Webbin’, where one doesn’t necessarily have to care about the story — they only need the seizure-inducing jump-cuts and colourful lens flare to get them through another week of the often-difficult real world.

Guardians of the Galaxy director James Gunn recently announced that the third volume of the franchise would set up the next

10 or 20 years of Marvel films. That idea is both terrifying and exhausting and the person to really feel bad for is Chris Pratt.

Suffering from the “Harrison Ford effect” — meaning that by starring in popular movies one must commit to their rehashes and sequels when they should be

relaxing in retirement — Pratt will most likely still be living as Star Lord, his character in the film, well into his 60’s, probably dancing to Thin Lizzy’s “The Boys Are Back In Town” while geriatric man-children chortle from behind their VR goggles.

Cue the post-credit sequence.



Will the endless stream of superhero flicks end, or will we be subject to a never ending cycle of rehashed nonsense? Photo courtesy of DC and Marvel Comics

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A recap of Femme Wave's fantastic festival weekend

Feminist funk from across the prairies

Kennedy Enns

Publishing Editor

Femme Wave finished up their four day festival this past weekend and if you were unfortunate enough to miss some of the artists that came through Calgary, *The Reflector* has created a fail-safe list of bands you should check out.

Here are some of the incredible Canadian acts you might have missed and should definitely add to your catalogs.

Bunwitch out of Saskatoon are a grungy, garage rock band that will absolutely steal your heart. They also do a cover of Kraftwerk's "The Model" that will knock your socks off. Bunwitch happens to share members with other incredible Saskatchewan acts worth checking out including The Garry's, Owners and Babyfats.

TOAM also out of Saskatoon played a packed show at Blackbyrd music record store. They switch from beautiful sparse electronic beats to fuzzy dance rock and (pro-tip) their latest EP, *Decay* is great to put on while studying.

respectfulchild is one of the most unique and beautiful performances I have been lucky

enough to see. Sporting a felt mask designed by Edmonton artist Olivia Forsyth, they loop violin tracks, vocals and pure magic together. Listen to them immediately!

The sheer amount of talent coming out of Saskatchewan right now cannot be overlooked. While I'm already giving you a grocery list of bands look up Femme Wave alumni Homo Monstrous, Man Meat and firestarter and you will not be disappointed.

MomBod is a brand new band that was created for specifically for Lethbridge's Flip Fest, their own feminist music festival, this summer. But from their already polished sound you would never guess they're only a few months old. Keep an eye out for this name as they continue to grow.

Mulligrub from Winnipeg is fun, feminist pop-punk on par with band's like Diet Cig and Speedy Ortiz. Their latest album *Soft Grudge* is incredible front-to-back, in a few years you'll be seeing their name everywhere I guarantee it. Get a head start by listening



Saskatoon synth pop act TOAM at Blackbyrd Music. Photo by Kennedy Enns



Calgary folk-country artist Amy Nelson plays Velour Clothing during Femme Wave's all-ages show crawl Saturday. Photo by Kennedy Enns

to them now and you can say you liked them before it was cool.

I could list bands for ages, there's simply an overwhelming amount of talent coming out of the prairies. The 2016 line-up of Femme Wave featured many bands out of Edmonton, most of which have come back to Calgary to play Sled Island. Femme Wave has created an fantastic jumping off point for first time bands and guaranteed you will see these names again.

Headliner SAMMUS brought the crowd to tears when she closed up the festival on Saturday night at the Royal Canadian Legion around two in the morning. Her honesty and enthusiasm paired with her non-stop energy and handmade anime character costume pieces created an incredible live show.

If you're not already familiar with SAMMUS, she's an Ithaca, New York-raised, Philadelphia-based rap artist, producer, and a Science & Technology PhD student at Cornell University. These characteristics all combine into her brand of incredibly sharp, funny and creative "nerd-rap."

Her latest album *Pieces in Space*, which was released in 2016, discusses mental health, intersectionality and also includes references to the *Teenage Mutant Ninja Turtles*, Marvel's *Avengers* and the *Star Wars* franchise.

Crowd favorites from her set include "Comments Disabled" which describes how she deals with internet trolls and "Perfect Dark" which talks about the lack of representation black girls have in media. They also serve as perfect jumping off points to her expansive catalog.

If you enjoy rap music, video games, comic books or feminist theory, you'll find something to love about SAMMUS.

Calgary is also lucky to be home to a few of the acts that played Femme Wave this past weekend. So next time you see the following names on a bill be sure to check them out. There's something for fans of every genre including the Dolly Parton-esque country star, Amy Nelson, the ukulele synth-pop band Dark Time, feminist punk Slut Prophet, the bedroom pop band Soft Cure and expert MC and hip-hop artist Sinzere.

Just because Femme Wave's

four day festival has wrapped up, it doesn't mean that you have to miss out completely. Support some incredible Canadian talent on bandcamp, or check out the next Slut Prophet show. There's some incredible work coming out of Calgary, so make sure you don't sleep on it.

There's also many local organizations that support Femme Wave that could always use more volunteers. If you have a few spare hours over winter break check out local organizations like Calgary Sexual Health Services, SASS (Society for the Advocacy of Safer Spaces) and the Calgary School of Informal Education to name just a few.

You can still view a few of the visual art exhibits created for Femme Wave throughout November. "Dancing on My Own" by Maddie Alexander is on display at The New Gallery until Dec 9 and "POST WAVE" a curated collection by Chelsea Yang-Smith, KAYTHI, Molly Caldwell, and Theresa Tam is on display at Stride Gallery until Dec 1.

See you next November!

'The Legend of Zelda: Symphony of the Goddesses' set to bring video games to life

Brett Luft
Contributor

It's been a great year to be a Nintendo fan. This year has included everything from the arrival of the Nintendo Switch to the long-anticipated debut of *The Legend of Zelda: Breath of the Wild* to a stellar holiday lineup featuring Mario's return in *Super Mario Odyssey*.

But the year isn't over. Nintendo has one last gift in store for Alberta's local fans. Jason Michael Paul Entertainment has once again teamed up with Nintendo to bring the music from *The Legend of Zelda* to life.

The Legend of Zelda: Symphony of the Goddesses is an immersive production featuring music from the entire series. For some Nintendo fans, that means reliving childhood memories. But to others it means making new memories and finding something within other Zelda titles.

"I think what makes the event so memorable for me is emotion and nostalgia that I feel as they play every song," says Sean Miko, an avid Zelda fan and past-Symphony of the Goddesses attendee. "Their ability to recreate Koji Kondo's masterful soundtracks is both beautiful and scary at the same time."

"Even if somebody wasn't a fan of The Legend of Zelda series, going to the symphony still creates a level of emotion that can be felt within every track that they play."

Miko says he's looking forward to getting the time off work to see *Symphony of the Goddesses*

again. Zelda is unique because every game has a musical theme that creates opportunities for the production to find fresh content.

A thematic experience

The Legend of Zelda has been long-known for its ability to tell captivating stories in an immersive world. While each game has different settings and themes, the overarching rules never change.

Each game follows Link, a quiet hero linked to a historic prophecy. Link is the chosen one. He is destined to rid Hyrule—the game's world—of all evil.

But outside of the main characters, the world is also protected by goddesses. Three goddesses are typically responsible for creating the Triforce—a magical item crafted from pure goodness.

And as you've probably guessed, this theme continues within *Symphony of the Goddesses*. The three-movement symphony plays homage to the stories and sounds of the games, using visuals to compliment the story being told by the symphony.

The Legend of Zelda: *Symphony of the Goddesses* is not a "greatest hits" of the franchise's soundtrack. It's a retelling of the series through the lens of music.

A first-time affair

The Legend of Zelda: Symphony of the Goddesses' ability to retell

the franchise's stories in a way that's captivating to newcomers and series veterans is its greatest strength. It's what separates the production from other video game symphonies, such as *Distant Worlds: Music from Final Fantasy*.

For a first-time attendee, the ability to put music first is what will make or break an event.

"My expectations are reserved," Andre Truthwaite says. "I had the opportunity to catch *Distant Worlds* previously. And while it was well done, I would have enjoyed a more serious expression of the music instead of fanfare."

"I'd love to see a chilling homage to masterfully crafted music with top musicians who love their craft pushing themselves to express it at the highest level."

Luckily for Truthwaite, that's probably what he'll get, according to Miko.

"There really isn't a concert experience that I've been to that can compare," he says. "You'll be listening to beautifully orchestrated music crafted by incredibly talented artists who have put in hours and hours of practice to make everything sound perfect."

Tickets are available from Ticketmaster.ca for those looking to check out new music from *The Legend of Zelda: Breath of the Wild* at the Dec. 2 show at Southern Alberta Jubilee Auditorium.

Come Over When You're Sober, Pt. 1

Lil Peep

First Access / Warner Bros.

Score: B+



The firestorm ignited by the brief life of emo-rap progenitor Lil Peep, dead from a suspected overdose at only 21 years of age, was bright and mildly unbelievable, managing to fuse together two genres at odds and have it sound not like utter trash.

Come Over When You're Sober, Pt. 1 — Peep's debut, and now only, studio album — revels in the emotion felt by the young in a way that cuts through perceived style-borders and only serves to salt the wound of a talent lost too early.

Born from a realm that features some less-than-desirable imitators, *Come Over When You're Sober, Pt. 1*, in hindsight, is a surprisingly successful and coherent release. The suicide and drug references that permeate the album serve as foreboding warnings to Peep practicing what he preached.

In only seven tracks, Peep lets us learn what he's about, and in light of recent news, there's no one that can say otherwise.

-Alec Warkentin

Tennis



We Can Die Happy

Tennis
Mutually
Detrimental

Score: A-

Infused with a charming groove, Denver duo 'Tennis' glide across their new five track EP on *We Can Die Happy*.

With cruising drums and dancing bass riffs, vocalist Alaina Moore's reverbed vocals find a home in the mix with a light but potent precision. On opener "No Exit," the duo strut with confidence through a simmering synth pop backdrop. "Diamond Rings" offers a different feel, as it's pushed by pulsing

bass and upstroke guitar strikes. Closer "Building God" finds it's strength in the swaying waltz feel of a more empty rhythm section, leaving room for Moore's strung out notes to take centre stage as the finale.

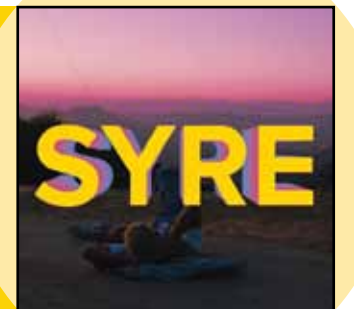
We Can Die Happy moves from track to track with grace, filling 17 minutes with a warm glow of haunting pop songs.

-Nathan Kunz

SYRE

Jaden Smith
MSFTS Music / Roc
Nation

Score: A-



Controversial tweeter Jaden Smith has proven he's more than a pseudo-philosopher on the Internet with his first album, *SYRE*. The project is massive, coming in at 17 tracks with lush and varied production. Smith has proven himself to be a triple threat: he raps, he sings, and the album has a narrative, crafted so cohesively, it's a testament to his acting career. He raps with the confidence of Drake and the sensitivity of

XXXXTentacion before belting into choruses like The Weeknd. "Lost Boy" features an acoustic melody reminiscent of Frank Ocean's *Blonde* and "Icon" features a looped sample that could've been on Hov's 4:44. Smith taps into so many different sounds on *SYRE* that haven't been fully explored. Even though he hasn't fully come into his own, this is one of the best debuts of the year.

-Paul McAleer



Music from 'The Legend of Zelda' comes to life at the Southern Alberta Jubilee Auditorium on Dec. 2. Photo By Brett Luft

sports

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Final 32 bids are clinched for 2018 World Cup

The road to Russia is set in stone for the summer tournament

Dan Khavkin

Sports Editor

It's official, the final 32 nations have booked their ticket to the 21st edition of the FIFA World Cup ready to be held in Russia from June 14, 2018 to July 15, 2018.

This will mark the first time a European country will host the event since Germany did in 2006.

With a total of 64 matches set to kick-off, *The Reflector* breaks down the fortunate participants who have paved their way into the final tournament.

UEFA:

No question the hardest qualifying road compared to the nations around Europe, the 14 nations make up almost half of the World Cup bids in the largest pool of qualifying teams in history.

Host country Russia will look to impress both the world and a very lively Russian fan base, as well as improve on their result from Brazil in 2014, where they did not make it past the group stages.

Bayern Munich and Polish superstar Robert Lewandowski lead the continent in goals scored during qualifiers with a whopping 16.

Germany, who won all 10 of their qualifiers, will be looking to defend their world title while Iceland will be coming in as the Cinderella team after their magical run in the Euro 2016 tournament two summers ago, making their first World Cup appearance.

England, Portugal, Spain, Belgium, France, Switzerland, Denmark, Sweden, Poland, Serbia and Croatia round out the rest of the European slots.

Italy will miss the World Cup for the first time since 1958, giving world-class and football icon Gianluigi Buffon a bittersweet end to his legendary career.

Three teams went undefeated in the qualifying stage. England went 8-2-0, Belgium and Spain were 9-1-0.

Poland had a solid line of 8-1-1 record while Portugal only dropped one match to finish 9-0-1 in qualifiers. Serbia were the

surprise of the continent, going 6-3-3 in one of the tougher groups beating out Gareth Bale's Wales, a stacked Austria team and gritty Irish squad.

As mentioned, Iceland punched their ticket in by winning Group I at a 7-1-2 record, holding a slim lead over a very stacked and skilled Croatian team.

AFC:

A total of five countries will be playing out of the continent of Asia.

Iran and Saudi Arabia will fly to Russia from the Middle East while Japan and South Korea will be the pacific coast representatives.

Undefeated in all of their games, a 6-4-0 Iranian squad will look to bounce back after finishing last in their group last time they made a World Cup appearance in Brazil two summers ago.

Saudi will make their World Cup return, last being featured in the summer of 2006.

Japan made easy work in their group, finishing 6-2-2 at first place and making the automatic jump into the final tournament.

Korea snuck in with a two point gap ahead of Syria who just missed out, along with Uzbekistan who were level with Syria on points but behind due to goal differential, while China was three points behind their Asian counterpart.

Australia qualified to the bid through inter-confederation playoffs and held on to the last playoff spot in the battle for one of the five slots.

They punched their ticket to Russia when they beat out qualifying surprise Syria in the playoff round, 3-2 in a two game aggregate battle.

Syria were two points behind South Korea for the automatic ticket in but fell short.

30 year old Mohammad Al-Sahlawi lead the way in goals representing Saudi Arabia, netting in 16 goals in a tie with U.A.E forward Ahmed Khalil.

Continued on pg. 14



Germany hosting the World Cup in the 2014 edition held in Brazil. The Germans won all 10 of their qualifiers and are set to make another run at the title this summer. Photo courtesy of Flickr user Ryu Voelkel



A group of Russian supporters showing off the 2018 Russia World Cup logo. Russia is the first nation since Germany in 2006 to host the event in continental Europe. Photo courtesy of Goal.com

#S

99 Richard Sherman's streak for consecutive starts ends on Nov. 20

11 year shutout streak at home, ended for the Green Bay Packers on Nov 20

2 triple-doubles for L.A Lakers rookie Lonzo Ball, 17 games into his career

63 shutouts, for New York Rangers and Sweden's best looking man, Henrik Lundqvist in his career. 15th all-time

CAF:

The African continent also had five spots up for grab, with Morocco, Senegal, Tunisia, Nigeria and Egypt earning their way to the World Cup.

This marks Senegal's second return to the summer tournament with the last being 2002, while Egypt lead by Liverpool F.C. star Mohamed Salah, scored a last minute spot kick to send his nation into euphoria and punch their way in for the first time since 1990.

Tunisia and Morocco make their fifth trip to the World Cup while Nigeria is the only nation in the pack to be featured in the last edition.

With six groups and only the top

team claiming a spot in Russia, the games came down to who were the better teams and who can be consistent winners. Tunisia had the only scare, winning their group only one point ahead of Congo.

All five teams went undefeated in their six games.

Salah and Burkina Faso forward Prejuce Nakoulma both had six goals to lead Africa in scoring.

CONCACAF:

The North and Central American nations along with a handful of Caribbean nations battled for three slots.

Powerhouse Mexico, 2014 quarter-finalists Costa Rica and Panama booked their spots to Russia.

Panama made it over Honduras

on goal difference.

Our home and native land Canada, was just one point shy of making the final six playoff round while the USA in a huge choke, finished below Honduras with a 3-3-4 record and were one point shy themselves in the final qualifying stage.

Rising star Christian Pulisic playing for Borussia Dortmund in Germany, netted seven in the qualifying round while goal scoring machine for Toronto F.C Jozy Altidore, totalled eight goals but wasn't enough to send America to Russia.

Three groups played six matches with the top two qualifying to a big playoff round and the top three from the last six got the bid to Russia.

Fourth place Honduras qualified

to that weird inter-confederation spot when they finished above the U.S., where they ultimately lost to the Aussies.

Guatemalan player Carlos Ruiz lead the pack with nine goals.

CONMEBOL:

Finally, the South American continent held four slots with Brazil, Uruguay, Argentina, Columbia and making the cut.

Peru punched their way beating New Zealand in the inter-confederation playoffs meanwhile Brazil and Uruguay did their job by finishing one-two with 12-5-1 and 9-4-5 records. The battle for the final two spots was filled with drama.

Arguably the most stacked qualifying group filled with

nothing but walking dollar signs such as Neymar, James Rodriguez, Alexis Sanchez, Leo Messi and many more, put on a show that lasted until the final matchday.

Arsenal superstar Sanchez and his Chilean squad crashed out of the qualifiers, failing to make the World Cup for the first time since 2006.

Chile had to beat Brazil but lost 3-0, while Argentina with the help of a Messi hat-trick, beat Ecuador 3-1 to secure their spot.

Columbia secured a point in a draw with Peru who were a point behind them for the final qualification spot.

PSG target man and Uruguay striker Edison Cavani netted ten goals to lead South America in goals.

Cougar Corner: Court season is in full swing

Dan Khavkin

Sports Editor

Women's Volleyball:

Mount Royal's volleyball team had a hot start to the year with a 4-1 record but have dropped their last three matches and sit in the middle of the pack at 4-4.

The Cougars were ranked as high as fourth place in Canada at

2-0 to start the year, dropped to fifth place at 3-1 and then dipped down to eighth at 4-2.

MRU started the 2017/2018 season with a sweep of Winnipeg at Kenyon Courts in Calgary. The following weekend, MRU split a series with Regina at home and then after, the first road trip on the year saw Mount Royal get swept by

Trinity Western.

As of Nov. 20, Cougar superstar Alex Donaghy is currently sitting third place in kills-per-set at 3.80 in Canada West, tied for fourth with 114 thus far and is second in aces-per-set with 0.70.

MRU travel to Saskatchewan who are at 3-5 to close out November and then host a

formidable 6-2 UBC Thunderbirds squad back in Calgary before the holiday break.

Men's Volleyball:

MRU's men's volleyball squad sit at 2-6 early on in the year, holding onto the final playoff spot as of Nov. 20.

The Cougars got swept by Winnipeg to start the year, split a series with UBCO and Regina, then got swept by Trinity Western this past weekend.

Winnipeg and TRU are two of the top three in Canada West right now.

Outside Tyler Schmidt is

Continued on pg. 16

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Motivational guide for your gym takeover

Bradley Cordero
Contributor

The stage is set, 2017 is slowly coming to a close and like every other year, you've accomplished basically nothing.

Not to worry, because you promised yourself that 2018 would be your year.

What exactly does that mean? Well, for the first time in your young adult life, you've decided that you want to start going to the gym so you can begin feeling better.

Essentially, you're ready for change, you're ready to get better and here's how you're going to do it.

Preparation and Planning

So you've made the executive decision of tackling the iron temple like many before you have.

Now what? It's time to prepare and plan. First step is prep.

You want to be sure your gym attire is up to standard with the rest of the world. For your sake, avoid any pieces of clothing that may attract more attention to you than needed.

Things like stringers and any shirts that may be way too tight or revealing should be kept for the mirror at home. In doing this, you can feel sure that no one will be staring at you for too long while you're putting in work.

Furthermore, if you feel like you're the type of person to have a mental breakdown in being in a new place like the gym, then bringing a gym buddy is highly encouraged as well.

When looking for a training partner, consider the following:

If they are someone you know that already goes to the gym, that's perfect. Most of the time, that means they have experience and probably know a thing or two when it comes to the gym.

Plan your workouts ahead of

time.

Know what days you'll be training which muscles and always have a pair of headphones handy. In doing all this planning and preparation, the gym can become a much less daunting place.

Execution

Now that all the planning and prep is done, it's finally time for you to step foot into the gym.

You now realize that the first exercise on the program that you've probably found on the internet involves using some sort of complicated pulley system.

If there was ever a time for trial and error, this would be the time. More likely than not, these machines will have decent instructions on them regarding their use and benefits. Study these and you may never make a fool of yourself again.

As for the dumbbells, approach them with the utmost respect as they will either make or break your gym experience.

You will either conquer them, or crumble like a cookie under them. When you first walk up to the rack, leave your ego at the door. It's not about how much weight you move, but it's how efficiently and consistently you move it that counts.

If you've been at the gym with a gym buddy, odds are you chose them because they know way more about the gym than you, good choice on your end.

If you're a beginner, listen to what they have to say, they want to help you. If you've come alone, that's no big deal. Watch the other patrons and observe, but don't stare as that may be seen as a little weird. If you're really in a pinch, the internet can be a good place to search for guidance.

If you're serious about making progress, mark down important

milestones.

Whether it's completing that extra three reps or hitting that personal record on your squat, you always have room to improve and it's important to know how far you've come if new feats of strength should arise.

Follow-through

Your first gym session is over and you're hurting all over.

Now, if you've done your research, then you probably know that getting fit involves much more than just lifting weights and doing the exercises.

In reality, staying in good shape is equal parts healthy diet and

exercise. The first few months after you've started going to the gym, you've probably looked up every supplement on the market, which protein powder, pre-workout and other miscellaneous items are better.

You've made beginner gains and feel like some real hot stuff.

But, you've plateaued.

Probably because you're still eating the same trash you were eating before you decided to make a change. This is where many struggle when making this change in their lifestyle. The exercise may be there but the diet part may be lacking in comparison. Something you could try to help is meal prepping.

In preparing your food ahead of time, you know exactly what you're eating, how much you're eating and can easily control the amount of macronutrients such as: carbs, proteins, fats, etc.

The easiest meal option that many beginners tend to gravitate towards consists of chicken breast, rice (white or brown) and some sort of greens on the side.

You did it. You've successfully tackled the gym. The key now is to keep it up, stay persistent and be willing to love to hate yourself from time to time.

With that being said, as long as you're consistent, progress will follow.

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Photo by Andi Endruhn

Continued from pg. 14

leading the Cougars with 3.47 kills-per-set and is leading the way with 141 points, averaging 4.1 per set.

Mount Royal travels to Saskatchewan for a favourable match-up against the winless Huskies group and then host a 7-1 UBC team in December to close off the 2017 calendar year.

Men's Basketball:

MRU's men's ball team are currently 4-4 on the season and are on a two game win streak following a weekend sweep of the Manitoba Bisons in Calgary last weekend.

Starting the season on the road, the Cougars split a series

with Fraser Valley before getting swept by first place Lethbridge Pronghorns.

The Cougars responded well with a sweep of their own against the Bisons in two thrilling games.

As a team, MRU is shooting seventh in the conference from the field with 43.5 per cent. The long range shooting is up there as well. From distance the Cougars shoot 32.1 per cent, good for ninth in Canada West.

The Cougars are also playing great without the ball, pouncing on 44.1 rebounds a game which is second highest in the conference and on the back end, average exactly three blocks a game, good for fourth place.

MRU also dish the ball well as a



MRU Cougars men's team bench going insane after a bucket went in on the sweep of the Manitoba Bisons the weekend of Nov. 18/19. Photo by Adrian Shellard

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team, sitting fourth in assists per game with 17.8.

Senior Josh Ross is the Cougars rock in the back end, averaging a double-double with 19.6 points per game to go along with 10.3 boards.

LJ Hegwood is also helping carry team offence, contributing 19.4 of his points of his own a game.

MRU hosts Thompson Rivers in Calgary to close out November and then do not see action until an exhibition game against the 'Horns at the end of December.

Women's Basketball:

Mount Royal's women's ball team are having a rough start in a heavily stacked conference, still without a win despite having good performances from top players such as Becky Nash.

Fifth-year Nash leads the team with 10.4 points-per-game, eight boards and averages 1.8 blocks a contest on the back end.

Charity Marlatt is the Cougars other source of offence, shooting a team high 55.1 per cent from the field while averaging 8.1 points a game.

The Cougars defence seems to be doing there part statiscally, being second in the league in rebounds-per-game, snatching 44.4 boards per contest and first place in blocks with 3.1.

MRU's team offence is slacking in terms of offensive production, shooting at 33 per cent from the field as a team, ranking them second last in Canada West which correlates to a conference low in points-per-game.

Shooting the long bombs also are something the Cougars will need to improve on, shooting 19.3 percent as a team.

The Cougars play Thompson River to close the month of November off and then don't play until the turn of the calendar.



MRU Cougar women's guard Michelle Tiffany handling the ball up-court against the Manitoba Bisons. Photo by Adrian Shellard