

# the reflector

FREE  
February 15, 2018  
[www.TheReflector.ca](http://www.TheReflector.ca)

**Care for yourself  
this season of love  
(Pg. 3, 6 & 8)**



**Movies to watch during the  
most romantic time of the year  
(Pg. 8)**

---

**Check out what the 2018  
Winter Olympics have to offer  
(Pg. 10)**

**How a legal consent app might  
not be so consensual after all  
(Pg. 4)**

---

**An in-depth look at the  
conflict between left and right  
movements in Calgary  
(Pg. 2)**

## Conflict in Calgary's left and right-wing movements

*Exploring extremism rising in our city and across the country*

**Qassim Merali**

Contributor

The Devine household is rather typical, with their children at play, the rooms fill with gleeful laughter. They await the return of their mother, Bonnie Devine who is coming back with groceries, anticipating snacks in particular for an upcoming "Stranger Things" marathon.

There is a somber tone however; with the curtains drawn, natural light is limited for the sake of privacy.

The tone is telling of the experiences this family had shared.

Calgary is the epitome of division in Canada, home to some of the most extreme left and right-wing activists in the country. Following the beginning of the Trump administration in particular, Calgary has seen a rise in rather extreme right-wing movements.

Both sides seek to disenfranchise one another, and as the activism reaches extremist levels on the fringes of each wing, the division naturally grows.

This is highlighted by the thoughts and actions of Jason and Bonnie Devine — as well as those who oppose them.

Jason and Bonnie Devine are a white married couple with four children. It is fair to question what would cause family-driven Caucasian individuals to put themselves at the center of an issue they initially had no stock in. Furthermore, subjecting themselves to controversy in their anti-racist actions.

Orchestrating Anti-Racist Action in Calgary, the Devine's are a target for numerous assaults and acts of vandalism, in addition to criticism due to their methods.

Devine states that he got into anti-racist action in 2001 after joining the Communist Party of Canada. His goal is to promote a message of equality.

Devine's affiliation with the Communist Party of Canada naturally added fuel to the fire that was Calgary's right-wing movements furthering their activities in response to fears of a Bolshevik style movement from the left.

No longer affiliated with the

Canadian Communist Party, Devine abandoned the group after a pair of incidents.

Beginning with the Greek Communist Party's support of the Fascist Party of the Golden Dawn to prevent the passing of a bill to legalize gay marriage two years ago, Devine spoke against this publicly attracting criticism from his former affiliates.

This was followed up by demands for him to leave his post which were refused on the basis of censorship.

Following the incident, Devine alleges that there was a sexual assault in Canada's Communist Party, in which the leadership had deftly attempted to cover it up in a gamble to maintain their following.

The fiasco is unsurprising considering the number of sexual assault allegations directed towards people in positions of power throughout a number of industries. Devine believes that this is a common issue due to the general consensus of many organizations dedications, preferring to save face rather than uphold a moral standard.

Despite losing the initial reason behind his actions, Devine iterates that, "At the end of the day I'm not a person of colour, I'm a substitute teacher with Palliser and I've worked only at the Calgary Islamic School. I've had more than a number of students, female students telling me about how they've been called terrorist, how they've had people try to rip off their Hijabs. I have to do this; somebody has to do this you know?"

Devine worries that most recently people have been triggered by the decay of white privilege, leading to reactionary forces seeking to increase division in a last-ditch effort to protect their powers.

Anti-Racist Action has evolved over the years, causing difficulties in establishing the action plan.

Devine shares that most activists go on to find other causes, preventing long-term consistency.

Perhaps that explains why tenured activists Jason and



Left-wing activist Jason Devine. Photo by Qassim Merali

Bonnie Devine are subject to harassment more than most over the years.

Starting with the Fuck Jason Devine website, things started to snowball into a relentless effort from right-wing activists, leading to numerous acts of vandalism such as the slashing of the family van tires, and the unfortunately frequent spray painting of swastikas on their home and vehicle.

Things began to take a violent turn with bricks breaking windows, and a failed firebombing that had luckily ignited in mid-air before hitting Devine and his friend.

"The thing is when you're in the movement long enough," Devine states, "you had better be ready to see blowback from these individuals."

Tensions peaked during a break-in at the Devine home in 2011.

After moving from their previous home, the Devine's hope that their tormentors wouldn't find them, but the newfound peace was short lived.

A suddenly emotional Devine details that, "There were about six or seven of them all armed with weapons ... I was laying right there by the fridge trying to protect myself while they were hammering me in the head and all-over my body and I thought I was going to die, I

thought that was it, I thought I would never see my wife or my kids again. Thankfully I survived."

Unfortunately that isn't the end of it.

Following the assault, Alberta Children and Youth Services attempted to seize the custody of their children after deeming their home an unsafe environment.

Devine alleges that a number of right-wing movements had made fake calls warning youth services that he had been putting his children in danger.

With their history of activism, naturally the Devine's are not going to take this sitting down, and after threats of protest in the offices of their accusers, youth services back off of their case.

After many years and challenges on multiple fronts, the Devine's stand strong in their anti-racist activities, continuing to hang up posters exposing alleged members of the Neo-Nazi movement — regardless of the cost and risk attributed to their activities.

Posters hanging and exposing people that Devine believes are fascists is where the controversy stems.

The posters contain a name, photo, home address and personal number of the accused.

Now more than ever, oppression reveals itself to be

a perspective-based issue, and no side holds opposing views more than Calgary's right-wing movements.

Two members of Devine's opposition are happy to share their views on the matter.

First falling victim to Devine's poster hanging methods is the founder of the World Coalition Against Islam, Joey Deluca.

Deluca claims, "Just before the June 3rd rally they were trying to intimidate me... so they found out where I lived, and they put up posters of me all-over my whole neighborhood. With my phone number, address, everything and you know that's going too far."

A shocking sentiment when taking into account the danger that befell the Devine's after their home address is leaked to the opposing side.

This is not to say that Deluca and the WCAI are not deserving of criticism, holding sway over right-wing activists around the world, the primarily Facebook based organization seems to hold some fascist sentiments that would go overlooked if not properly addressed.

The key issue in WCAI is their use of an 'us against them' mentality which furthers the divide between Canadians and immigrants. After a brief

**Continued on Pg 3**



Graphic by Andi Endruhn

Continued from Pg 2

run through their Facebook page, it is apparent that they rely on old fascist tactics to reinforce their idealized power structure.

Devine may be taking his actions too far by putting individual members at risk, however, the fact of the matter is that the WCAI is a dangerous organization, bringing together right-wing extremists under a banner of politically incorrect patriotism steeped in self-contradiction and hatred of anything they disagree with.

The WCAI eerily echoes former fascist movements in that their only uniting quality

is the aggressive tendencies towards those they would deem unworthy of their ideal society. Targeted groups include but are not limited to Africans, Muslims — a moniker that leads to attacks on non-muslim Arabs as well due to the WCAI's inability to differentiate between the two — and the LGBTQ2S community.

Second in contention with Devine is controversial figure and preacher Artur Pawlowski. Pawlowski believes, "He's trying to muzzle people by bringing fear, and fear is never good," in reference to Devine's poster hanging methods.

Pawlowski has his fair share

of run-ins with anti-fascists (ANTIFA); his controversial message is spread through Pawlowski's "Street Church" program.

Members of Anti-Racist Calgary show up to protest the church rallies on numerous occasions, often booing and chanting over the sermons, as well as allegedly physically attacking members of the rally.

Leftist idealists would target these sermons due to their direct affiliation with WCAI whom provide security, as well as Pawlowski's open criticisms of the LGBTQ2S community and Islam.

It should be mentioned that Pawlowski's church shouldn't

only be viewed as a source of division, with a number of humanitarian efforts highlighted by their work to feed the homeless and council addicts.

A conclusive look would reveal that for the most part, a difference in opinion has been twisted into a point for hatred on both sides.

Both movements have understandable intentions, but as long as it is easier for activists on either side of the spectrum to rally behind mutual hate in preference over stark conversation, progress will be hard to come by.

# News You Can Use

## MRU Remembers

Feb. 13 marks one year since two Mount Royal University aviation instructors were killed in a plane crash.

Reyn Johnson, 64, and Jeffrey Bird, 35, both died when the twin-engine Tecnam they were flying went down about 30 minutes into an instructional flight in February of 2017.

The crash occurred about 100 kilometres northwest of Calgary and about 32 nautical miles northwest of Springbank Airport, where Mount Royal's flight program is based. After the crash, Mount Royal voluntarily grounded the school's two remaining Tecnam P2006T aircraft.

Bird had 10 years of experience with the military and was an instructor in the air force before he came to Mount Royal. Johnson was also an incredibly experienced pilot, logging in over 20,000 flight hours in 15 different airplanes.

## Pressure mounts for 2026 bid

Denver and Salt Lake City, two strong contenders from the United States, were considering a 2026 Olympic bid, but now both cities have dropped out, setting their sights on 2030 instead.

Other than Calgary, there are no really serious contenders for the 2026 Winter Olympics, which puts more pressure on the city to make a decision.

Sion, Switzerland, Stockholm, Sweden and Sapporo, Japan are all considering the prospect of hosting, but haven't fully committed.

Mayor Naheed Nenshi is part of a small delegation on a fact-finding mission at the Games taking place in PyeongChang, South Korea as part of their exploration into hosting in 2026.

Nenshi said the city will have made a "real decision" if they're serious about the bid by the summer.

## B.C. wine boycott

As B.C. stalls the construction of the Kinder Morgan Trans Mountain pipeline that would bring Alberta bitumen to the west coast, Premier Rachel Notley is hitting back.

Notley announced on Feb. 6 that the Alberta Gaming and Liquor Commission would immediately halt the import of all wines from our western neighbour. This comes after the province suspended talks on buying B.C. electricity.

The pipeline is considered vital to Alberta's economy, yet B.C. would like to further review the risk of oil-spills from the pipeline expansion.

The federal government had already approved the pipeline expansion and Notley hopes this decision will force the Trudeau Liberals to become involved. However, Notley said her government still plans to take legal action against B.C. on the issue.

# THE REFLECTOR

February 15, 2018

Issue 10, Volume 56

**EDITORIAL STAFF:**  
**Publishing Editor:** Kennedy Enns  
**Managing Editor:** Ivar Bergs  
**News Editor:** Anna Junker  
**Features Editor:** Amber McLinden  
**Arts Editor:** Colin Macgillivray  
**Sports Editor:** Dan Khavkin  
**Photo Editor:** Andi Endruhn  
**Layout Editor:** Robyn Welsh  
**Web Editor:** Jolene Rudisuela

**CONTRIBUTORS:**  
**Qassim Marali, Sabrina Harmata, Shelby Dechant, Alec Warkentin, Nathan Kunz, Hayden Koch, Brad Cordero**

Cover by: Robyn Welsh

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

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

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

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

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

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

Contents are copyright © 2018. No material may be reproduced without express written consent.

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

**the reflector**  
Wyckham House  
Mount Royal University  
4825 Mount Royal Gate SW  
Calgary, AB T3E 6K6  
  
All depts.: 403.440.6268  
Fax: 403.440.6762  
TheReflector@TheReflector.ca



# features

Features Editor  
Amber McLinden  
featureseditor@thereflector.ca

## Why we shouldn't define consent through an app

### *What LegalFling leaves out*

**Anna Junker**

News Editor



**While LegalFling might seem like a good idea to obtain consent before engaging in sexual activity, there's lots of problems below the surface. Photo courtesy of LegalFling**

Following the rise of the #MeToo movement against sexual harassment and assault, Dutch tech company LegalThing wants to create an app that will allow you to legally consent any time you get intimate with your partner. But that's not exactly a great idea.

The app, called LegalFling, lets users set out which practices they are and aren't comfortable with, matching users based on their sexual preferences while recording sexual consent in a legally binding

agreement. The proof of consent is all done through blockchain, which is a digital ledger in which transactions made in bitcoin or another cryptocurrency are recorded chronologically and publicly.

"Asking someone to sign a contract before having sex is a little uncomfortable," LegalThings' CEO Rick Schmitz said in a press release. "With LegalFling, a simple swipe to consent is enough to legally justify the fling."

Motherboard describes how users digitally "sign" a contract within the app which LegalFling then attaches a "cryptographic hash of the interaction (a string of characters that represent the text) to a small amount of cryptocurrency" that's sent through a blockchain platform similar to that of Bitcoin.

Sounds confusing? If so, that might be a major problem. Consent needs to be clear, affirmative and ongoing, not a one time agreement that this app makes it out to be.

"Are you into BDSM but your fling isn't?" LegalFling's 'Easy as One, Two, Three' section states.

"LegalFling matches sexual preferences automatically, so you're immediately aware what your fling doesn't appreciate and will not consent to."

Or this could be a revolutionary idea, maybe two or more people who want to get it on could just talk about their preferences face to face.

The definition of BDSM one would consent to according to LegalFling is also concerning.

"Allow erotic practices involving bondage, discipline, dominance and submission, sadomasochism and other related interpersonal dynamics," a screenshot of the app

states.

That's an incredibly broad definition of what BDSM is and the way the app is set up in order to just tap to consent, it seems like users would consent to all of those things. That's going to be incredibly problematic if one user likes bondage only while another is into sadomasochism.

LegalFling does address the ability to say no. "No" means 'no' at any time. Being passed out means "no" at any time," the FAQ page says. "Revoking consent is always done verbally at any time and without giving a reason. You never use the app to revoke consent. In case the rules of consent were not honored, the app can be used afterwards to secure a statement and get professional help."

Both Gizmodo and Motherboard reported that users would be able to revoke consent using the app — which is totally a great idea to stop whatever is happening to grab your phone, open the app and change your consent settings. However, when exploring LegalFling's website, the only part addressing consent is the above quote which states, "you never use the app to revoke consent." So that's a little bit of conflicting information, which again, is not what consent

is about.

If one were to revoke consent using the app, this would create a new hash, effectively saying an assault occurred during the date while the original hash still remains. The fact that there is record of consent, even if revoked, could prevent someone from coming forward to report an assault because of the existence of the record of consent.

Those who have been sexually assaulted are often not believed just through word of mouth, but having a written record of consent will likely not help their case.

Again, this comes back to ongoing, affirmative and enthusiastic consent. This shouldn't have to be up to an app. It cannot be stressed enough that that is what is needed for a healthy sexual interaction. If you don't know how to do this, you should not be relying on an app, let alone having sex! This app is two tech-bros who are capitalizing on a social moment in order to make a profit. There is nothing altruistic from their actions.

While the app is still in development, however the creators hope it will be available to the public by the end of February.

## This Valentine's season, remember to love yourself

### *How to get the most out of your special alone time*

**Sabrina Harmata**

Staff Writer

Here's the thing about sex: contrary to popular belief, you do not need another person to get yourself off. It's not a requirement. With Valentine's day having just passed and the stress of midterms coming around the corner, it's important to give yourself some love, too. Even if you have a partner, no one knows your body and its needs like you do, so it's important to schedule some quality time with yourself. Here are some ways to make the best of your sexual encounter with yourself:

Buy yourself a sex toy. Sex toy bingo just passed here at Mount Royal University and for those of you lucky winners, you've

already completed this step. But for those of you who were disappointed at not getting a free sex toy, treat yourself! Head down to your closest sex shop, and grab the toy of your desire. If you're too nervous to actually go buy one, most sex shops have an online component, and they often have sales that are exclusive to online customers. Buy yourself a dildo, a vibrator, an anal plug, or a fleshlight and release all that built-up tension when you get home. Just remember to wash it first and every time after you use it.

Watch a different kind of porn. Humans are creatures of habit. So chances are, you have a favourite

kind of porn and you don't stray too far from it. But after a while, watching the same basic concept over and over again gets repetitive and that's boring. Mix things up next time you masturbate. If you usually watch something basic, maybe go for some porn with a little BDSM. Or maybe give in to a secret fetish you've been harboring for a while.

Try a new type of pleasure. There are very many erogenous zones. Don't believe me? Watch the episode of *Friends* when Monica teaches Chandler all about them. Foreplay isn't just for partnered sex. You've got to really turn yourself on beforehand if you want to have an amazing

experience. Touch yourself everywhere you've ever wanted another person to touch you before you go to town on yourself. And don't forget anal pleasure. It is not a myth. Although it isn't for everyone, it can greatly enhance the experience, so why not try it?

Use both hands. Now, this may come as a shock to you, but you are not restricted to the use of only one hand when masturbating. I know, revolutionary, right? While one hand is taking care of your genitals, use the other to play with your nipples. Or if you have one hand stroking your penis, use the other to fondle your balls. Likewise, if one hand is occupied with your vagina, use the other to

stimulate your clitoris.

Experiment with different positions. Just like partnered sex, masturbation can be done in many different positions, all with different aspects of pleasure. Try lying down, sitting and even standing up to discover which one is your favourite. You can even try different sitting positions since there are plenty to choose from. Don't stop at different positions, try it in different places too, like the shower. If you have one of those detachable shower heads, you are in luck and I am super jealous.

Now, take what you've learned here, and love yourself.



# What lies beneath your mask?

## Kimberly Langford uses book to overcome trauma

**Amber McLinden**

Features Editor

Healing from personal trauma can be done in many different ways. For Kimberly Langford, she did it by writing a book.

“My marriage had been rough,” Langford explained in her press release. “As my ex-husband was very controlling and emotionally and mentally abusive. I was undergoing some counselling with the Women’s Shelter in Calgary, and had resumed painting.”

“One day, my counsellor came to my home for one of our sessions and she noticed the paintings I had created profiling many different women. She saw the expressions on their faces and commented that those same expressions and emotions resembled what I was going through at the time.”

That’s how she came up with the idea to write a book about the many different masks women wear throughout their life. But it isn’t the only thing she had to deal with. She’s also dealt with recovering as someone addicted to alcohol. In 2007, her life hit a turning point when she was hit by a bus. That’s when she decided to rewrite and re-release her book under a different name: from *The Evolving Woman Series Daily Reflections* to *The Evolving Woman Series Daily Reflections, What Lies Beneath the Mask*.

“When I was drinking I often portrayed women who came across as the hopeless woman or the helpless woman or the woman who wasn’t as strong as she could be because of the alcohol abuse,” she tells the *Reflector* about her connection to the book. “That was a whole other dynamic as well in my life and now that that is gone I can work more on my strengths and bring those out.”

Her book details the story of different women connected to different emotions. In it, you can find the hopeless woman, the healthy woman, the controlling woman, the dreaming woman and many more. They all share a part of Langford, who says they were who she was at the time or who she wanted to be.

“I was living with a lot of fear,” Langford says of the time she wrote the book. “There was anger there too, approval seeking, and that’s not healthy, at all, either. But I wanted to be better, be somebody else, and to portray that to the world and to be that for myself and for my son as well.”

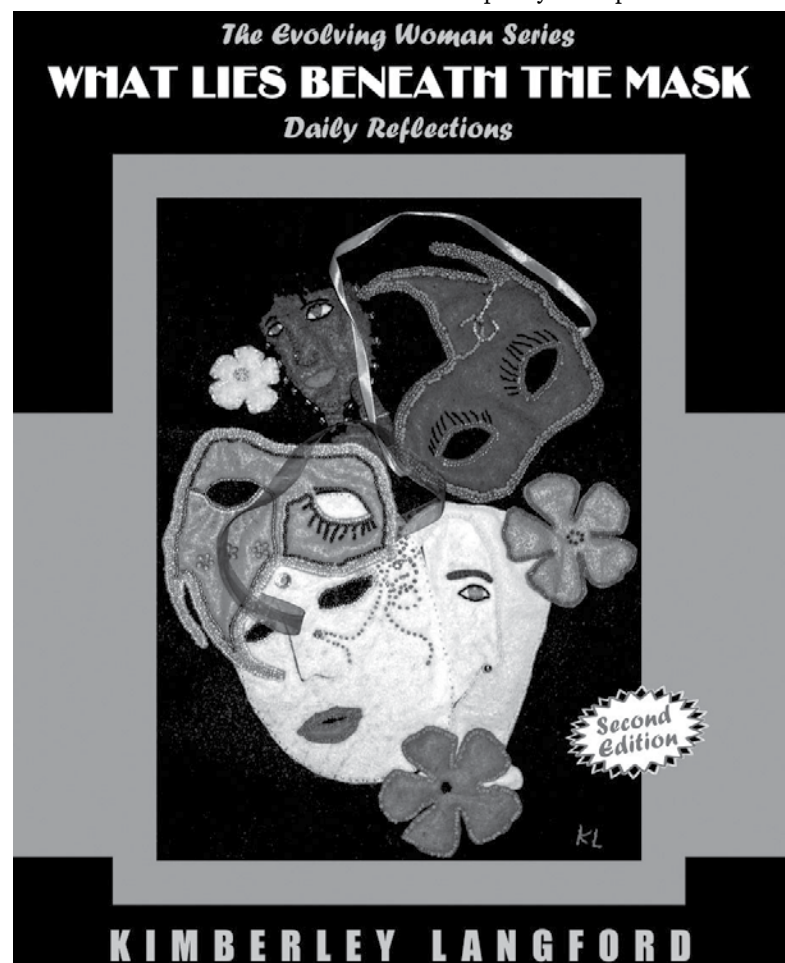
She explains writing the book, and the updated version, helped her overcome the experiences she’s had in her life. She hopes people can read her book and have the capacity to help them as well.

“What I really want women to do is to look inside of themselves and see what they are portraying to the world,” she explains. “Often times what we portray to the world is more of what we attract. I’ve found in my own life when I was portraying the helpless, hopeless woman I attracted a lot of people who were very manipulative and would come across as, ‘oh, I can help you’ but they had ulterior motives where as when I’m the stronger woman I don’t attract that. I attract people in my life who yes, can help me move forward but they’ve got my best interests at heart.”

Langford’s book is available on Amazon as a kindle-compatible book and is currently being prepared for print release.



Photo courtesy of Kimberly Langford



Kimberly Langford recently rewrote the introduction to her book, *The Evolving Woman Series Daily Reflections, What Lies Beneath the Mask*, to reflect everything she’s endured since the original book came out in 2003. Photo courtesy of Kimberly Langford

fill a gap

in your program

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

**Fill the gap and save a semester.**

 **Athabasca University**  
open. online. everywhere.

[go.athabascau.ca/online-courses](http://go.athabascau.ca/online-courses)



# A guide to self-improvement

*Self-help books that will actually make your life better*

**Sabrina Harmata**

Staff Writer

Life is hard. There's no doubt about it. Lucky for us, there are some self-help books out there that give good advice on work, happiness and how to live a satisfying life in general. Self-help books sometimes get a bad reputation since, in our society, asking for help is seen

as a weakness. This is not true. In fact, these people are strong enough to stay dedicated to self-improvement. The best thing about self-help books is if you're uncomfortable asking anyone for help, you can still receive useful advice without anyone knowing. Here are some good

books to start with:

## ***Get Your Sh\*t Together* by Sarah Knight**

Of all the books on this list, *Get Your Sh\*t Together* is probably the most relevant to students. In an age of Netflix

and procrastination, Knight encourages us to organize the things in our lives (ie. day to day chores, work, health — both physical and mental, etc.) in order to build a better future and live our best lives. In her author's note, Knight classifies her book not as a self-help book, but as, "more of a let-me-help-you-help-yourself-help book." Among other ways of getting your shit together, Knight stresses the importance of setting goals and working at achieving them by making "must do" lists. This book will motivate you to do what needs to be done so you can reward yourself after.

## ***The Success Principles* by Jack Canfield**

In his book, Canfield, co-creator of *Chicken Soup for the Soul*, gives advice on how to have the most successful life, both professionally and personally. Canfield strives to teach you how to deal with day to day struggles, enjoy your life and raise your self-esteem so you can achieve the goals you set out for yourself. Outlining 67 principles proven to increase success, Canfield cannot spell his advice out any more clearly than he already has. Reading this book will not only help you conquer your goals, it will help you enjoy yourself as you do it.

## ***Self-Compassion* by Kristin Neff, Ph.D.**

Coming from more of a psychological perspective, Neff examines the problem with searching for high self-esteem: there will always be someone more successful than you who has the power to make you feel inadequate. Instead of searching for self-esteem, Neff urges her readers to find self-compassion. Pulling evidence from her own research, Neff proves that people who show compassion to themselves are happier and are less affected by setbacks, allowing them to be more productive. Neff will teach you to be less critical of yourself so you can reach your full potential without the hindering anxiety that comes with the never-ending search for self-esteem.

## ***I Hope I Screw This Up* by Kyle Cease**

As you can guess from the title, this isn't a typical self-help book. Following his own personal

stories and reflecting on these situations and on life in general, Cease debunks the myth that most of us give in to: happiness is always contingent on something else, some external source. *I Hope I Screw This Up* offers an alternative, superior reality, one in which happiness is not only in the future, but also in the present. Cease uses humour to encourage his readers to accept their fears of failure instead of denying them, arguing these feelings hold them back experiencing a happiness that is innate and independent from any other aspect of their lives.

## ***Let Me Out* by Peter Himmelman**

Another unconventional self-help book, *Let Me Out* endeavors to help people harness their creativity in realizing their goals through exploring Himmelman's personal experiences with creating music. Himmelman examines the biggest problems with reaching the goals we set for ourselves: sometimes they're unrealistic, sometimes we don't give ourselves enough time and sometimes we complete them to make others happy when we should be worrying about ourselves. In order to fix this, Himmelman suggests we think long and hard about what we want and separate it into manageable pieces so we don't get discouraged if we can't complete the unrealistic goal we've set. This book will allow you to reach your creative potential no matter what it is you set out to achieve.

## ***We Need to Talk* by Celeste Headlee**

In this book, Headlee analyses the reason for our generation's communication problems: today, we communicate more from behind screens than we do in person. According to Headlee, this communication barrier has a great impact on our society in that it causes a disconnect between people. Throughout her book, Headlee gives advice on how to communicate more effectively amongst each other, starting with putting your phone away when you engage in conversation. In reading this book, you will find yourself a better communicator and will ultimately improve your overall perspective on life.



**BRENTWOOD VILLAGE DENTAL CLINIC**  
www.BrentwoodVillageDental.ca

**Proud to be your MRU dental provider**

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

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

## **GENERAL DENTISTRY PRACTICE**

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

**100% Exams, first cleanings and fillings**

**70% Root canals**

**70% Additional cleanings**

**We extract wisdom teeth in our office**

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

## **NO NEED TO PAY UP FRONT FOR COVERED SERVICES**

**We bill student's insurance directly**

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

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



## Place your bets, here are the predictions for the Oscars

*You know the nominations, who's going to take home the gold?*

Colin Macgillivray

Arts Editor



The Academy Awards is the perfect way to wrap up a phenomenal year of film. With these five movies leading the pack for Best Picture, the March 4 event is a must see. *Get Out* poster courtesy of IMP Awards. All other movie posters courtesy of Wikipedia

Something we can all agree upon is that there's nothing is better than swindling your close personal friends and family members out of their hard earned cash. The sweet sensation of wrestling some smooth dollar bills from your mother's hands is an unforgettable feeling. But you might be asking yourself, when will such an incredible opportunity arise? Well, with the 90th annual Academy Awards coming up in a few weeks, there's no easier way to make a few extra bucks than by creating an Oscars prediction pool. Don't know where to start? Don't worry, take a gander at what could possibly be the most accurate Oscars predictions in history, make note and wait for the money to come rolling in on March 4. Although they are extremely important to a film's success, no one really cares about production design, sound mixing or visual effects, so only the major categories will be covered in this intensive list.

### Best Original Screenplay

Beautifully crafted original scripts are running rampant through this category. The writing in Greta Gerwig's *Lady Bird* might

just be the best part about the film and Jordan Peele's script for *Get Out* weaved hilarious comedy and inventive horror with ease. Emily Gordon and Kumail Nanjani's *The Big Sick* is one of the smartest romantic-comedy scripts in recent memory, while Guillermo Del Toro and Vanessa Taylor's script for *The Shape of Water*, is arguably the most original script in the category. But, Martin McDonagh's script for *Three Billboards Outside Ebbing, Missouri* bleeds personality, imagination and creativity, so it's difficult to bet against the playwright on this one.

Prediction: McDonagh for *Three Billboards*.

### Best Director

This category is completely stacked. Christopher Nolan helmed a spectacular war film with *Dunkirk*, with the aforementioned Peele absolutely hitting his directorial debut out of the park with *Get Out*. Gerwig's solo directorial debut was also an absolute treat, but I believe it will come down to Paul Thomas Anderson and Guillermo Del Toro. PTA's *Phantom Thread* is a meticulous work of art, as Anderson's attention to detail is unparalleled. Del Toro, on the

other hand, crafted a beautiful dark romance that is ripe with haunting visuals and an unforgettable story. Both men deserve to win their first Oscars, but it seems to be Del Toro's year.

Prediction: Del Toro.

### Best Supporting Actress

It is a two woman race. Although Octavia Spencer, Mary J. Blige and Lesley Manville were all exceptional, *Lady Bird*'s Laurie Metcalf and *I, Tonya*'s Allison Janey have the best chances of picking up the award. Both play stern, unconventional mothers and both are phenomenal. Janey is probably the front runner, as her character allowed the actress more creativity, but Metcalf's performance was truly one of the most nuanced of the year.

Prediction: Metcalf

### Best Supporting Actor

It's going to be Sam Rockwell. Prediction: Rockwell for *Three Billboards*

### Best Actress

It's absolutely shocking, but Meryl Streep has the least chance of winning this year. She was

good, as always, but the four other women in this category were enchanting. Saoirse Ronan and Margot Robbie are most definitely the dark horses, but both their performances were strong enough to nab gold this year. Sally Hawkins was gripping in *The Shape of Water*, but it's difficult to bet against the eccentric Frances McDormand for her charming, no-nonsense performance in *Three Billboards*.

Prediction: McDormand

### Best Actor

Potentially the most difficult category to predict. Denzel Washington was fun in *Roman J. Israel Esq.*, but the veteran actor is not winning this year. Each of the four remaining men have an opportunity to take home the coveted award this year. Timothée Chalamet's thoughtful and grounded performance in *Call Me By Your Name* carried the film, while Daniel Kaluuya's breakout performance in *Get Out* was thrilling. Although his performance reeks of Oscar-bait, Gary Oldman is definitely a frontrunner to win this year and Daniel Day-Lewis could obviously win, because he's Daniel Day-Lewis. Even though Oldman is

poised to win, it always leaves a sour taste when Oscar-bait performances win, so hopefully someone else nabs it.

Prediction: Day-Lewis for *Phantom Thread*

### Best Picture

The moment you've all been waiting for. Yes, there are nine films up for the award, but only five really have any chance. *Lady Bird* is probably one of the best coming of age films ever made, while *Get Out* is the biggest sleeper hit of 2017. *Three Billboards* cleaned up at the Golden Globes, so it is definitely in the discussion, while *Phantom Thread* as just an absolute marvel of a movie. Nevertheless, the most original film of 2017 truly deserves the honour of being named Best Picture. From unforgettable performances to beautiful visuals and memorable characters, to thematic brilliance, *The Shape of Water* is just a beautiful film. Maybe the idea of a fish-beast and a mute woman falling in love isn't for everyone, but its inventiveness and willingness to take risks is exactly why it should win Best Picture this year.

Prediction: *The Shape of Water*

## OUT'N ABOUT

### Luca Buratto:

Esteemed Russian composer Sergei Rachmaninoff's most romantic and beloved compositions will be played on Feb. 16 and 17 by award winning pianist Luca Buratto at Jack Singer Concert Hall.

### Love and Chocolate:

Need an easy second date after Valentine's Day? Love and Chocolate, a cacao-filled event taking place on Feb. 17 is perfect for romantics who have a sweet tooth.

### Motown the Musical:

A classic musical will be taking Calgary's Southern Alberta Jubilee Auditorium by storm from Feb. 20 to the 25. If you're itching to experience a Broadway style show in Calgary, this one's for you.

### Alice's Adventures in Wonderland:

The renowned London opera makes its Canadian debut in Calgary Feb. 22 to the 25. Journey down the rabbit hole for an unforgettable night.

# Love and popcorn are in the air

## 5 movies to watch during the month of love

**Shelby Dechant**

Contributor

Feb. 14 may be the one day of the year that is completely devoted to love, but it's undeniable that the topic of love is more present than usual for all of February's 28 days. Whether you're Facebook official, single, casually dating, or involved in something a little more complicated, this is the perfect time of year to reflect on love, both the good and the bad. Since we all know there's no better way to look at our own love lives than after comparing them to the movies, here's a list of films fit for any day of the month. If you're dreaming of a summer love, in the mood for a tear jerker, or looking for something to make you thankful you're no longer navigating the dating scene, there's something for you. Grab some popcorn, maybe a date and embrace this month of love.

### ***P.S. I Love You (2007)***

Where to watch it: iTunes

There's no choice but to make this movie number one on the list. Hilary Swank and Gerard Butler come together to create one of the greatest romantic duos. If you've been day dreaming of travelling to Europe and falling in love, this one's for you. A cast of skilled actors, dreamy Irish countryside scenes and an honest view of love's ups and downs is what you will find in this pick. It's a movie you can laugh and cry to and a flick that will surely resonate with anyone.

### ***The Fifty Shades Trilogy (2015-2018)***

Where to watch it: iTunes and in theatres

The third movie in the Fifty Shades trilogy, *Fifty Shades Freed*, just whipped its way into theatres. That's the perfect excuse to make your significant other binge watch the first two with you and then drag them

along to the movies for a hot and heavy date night. The Fifty Shades series definitely has a bad reputation, but the love story between Christian Grey and Anastasia Steele may be one of the greatest in any movie to come out in the past decade. Big claim, I know, but head to the theatres to find out for yourself.

### ***I, Tonya (2017)***

Where to watch it: In theatres

*I, Tonya* is not the movie to see if you are wanting a light hearted love story. This may be a good movie for the individuals out there who are not big Valentine's Day supporters. The fresh bio-pic based off of the true story of the Olympic figure skater, Tonya Harding, is an unconventional pick for a classic Valentine's day film. But it is definitely one to watch if you need a reminder that being single is great and that relationships can ruin your

blossoming figure-skating career and change your life forever. Again, this may be one for the anti-valentines.

### ***Eat, Pray, Love (2010)***

Where to watch it: Netflix

If you're feeling stuck in a rut, sick of the winter blues and unfulfilled, *Eat, Pray, Love* is the movie you should be watching tonight. Julia Roberts plays Liz, a divorced woman travelling the world in hopes to find the fulfillment she is missing. This movie will inspire you and have you looking at one way ticket prices to Italy. Plus, nothing's more romantic than a spur of the moment vacation.

### ***Molly's Game (2017)***

Where to watch it: In theatres

If you're feeling a little bit overwhelmed with all of the chocolate hearts, cushy-couples posting on Instagram and the constant talk about

love, *Molly's Game* is the perfect pick for you. Not only is it a great movie, it is also one that doesn't have a love story. It seems that almost every Hollywood blockbuster nowadays has some sort of love story, so finding one that didn't shoehorn in some romantic subplot was refreshing. I sat in the theatre watching and waiting for the titular Molly to fall in love with one of the players in her titular game, or even her lawyer, but no. No love story ever came about. The movie was purely about the true story of Molly Bloom and her infamous poker games and it was quite fun. If you do have a significant other that tends to hate the classic romantic-comedies or love-soaked dramas, this is one they would appreciate as well.

SAMRU.CA

SAMRU.CA

Events throughout  
the month  
of February

02  
18  
BLACK  
HISTORY MONTH

Find Out More At SAMRU.ca





# NETFLIX & CHILL

**13%**

would ask someone out based on mutual interest in a show

**50%**

say sharing a Netflix account is a step to a serious relationship

**73%**

of married couples say staying in to watch Netflix is a favorite date

Statistics taken from IPSOS poll conducted on Netflix users

Graphic by Robyn Welsh

## Man of the Woods

Justin Timberlake

RCA Records

**Score: F**



Justin Timberlake has a problem. He is a mediocre white man and his mediocrity has finally arrived in the public consciousness through his decision to galavant into the forest in his new album, *Man of the Woods*.

Timberlake tries to be a soulful, emotional singer but it doesn't come across as anything other than a confusing mishmash of beats. His song "Filthy" is a throwback to his "Sexyback" days, but it's a harsh juxtaposition against his

new country-folk style songs as heard in "Flannel."

This album was marketed as if Timberlake was going back to his Tennessee roots but actually sounds more like the journal of a man who went camping one time. It's time for Timberlake to take his newfound plaid, crawl into the woods and finally die. Go listen to Janet Jackson.

-Anna Junker

# Respiratory Therapy

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



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

www.carta.ca



CANADIAN SOCIETY OF RESPIRATORY THERAPISTS  
SOCIÉTÉ CANADIENNE DES THÉRAPEUTES RESPIRATOIRES

www.csrt.com

## Freedom's Goblin

Ty Segall

Drag Music

**Score: A-**



Ranging from grandiose horn led choruses to Sabbath-esque arrangements, Ty Segall's latest album *Freedom's Goblin* finds itself diving into unexpected corners of genre and style.

With 19 tracks that lend to the album's near 75 minute runtime, *Freedom's Goblin* has more than enough time to touch on nearly everything. Lead off track "Fanny Dog" grooves between tom-heavy drum fills and explosive horn section bursts. "My Lady's

on Fire" creates a modern organ driven folk song that dances on top of steady high hats and accenting trumpets. In his grand finale "And, Goodnight," Segall punches in and out of bluesy riffs and dueling solos across a staggering 12 minute track.

*Freedom's Goblin* finds its power in variety, as a play on shuffle will always lead to unexpected territory.

-Nathan Kunz

## In the Aeroplane Over the Sea

Neutral Milk Hotel

Merge / Domino

**Score: A+**



As the world of music shifts even deeper into that of over-production, it says something that Neutral Milk Hotel's *In the Aeroplane Over the Sea* is still held in reverence.

20 years since its initial release, Jeff Mangum's unbridled opus is a testament to not worrying about perfectionism; an 11-track masterpiece ripped straight from the emotional ether.

With tracks that feature acoustic-driven fury, warbling funeral-

march horns and bare-bones epics delivered in single-takes, *In the Aeroplane Over the Sea* is proof that song-writing doesn't need meticulous planning. It's an album to (horribly) sing along to and one that touches a primal chord. One that also shows lyrics don't have to make sense or even be delivered understandably. In short, it's as close to perfect as an album can get — even today.

-Alec Warkentin

# Your guide to the 2018 Winter Olympics

*Check out what South Korea has to offer*

**Dan Khavkin**

Sports Editor

The 2018 Winter Olympics have begun in PyeongChang, South Korea on Feb. 8 and will run until Feb. 25 but not without controversy, a common theme in the last few Olympiads.

South Korea is hosting its second Olympic Games as the Asian nation also hosted the 1988 Summer Olympics in Seoul but this time around, politics, sports' greatest enemy, has already plagued the Games without a medal handed out.

Controversy has been following the last few Olympics as Rio in 2016 and Russia in 2014 have both been scrutinized for health and safety reasons, but South Korea is taking in a lot of politics into its games.

South and North Korea marched together under the Korean Unification Flag during

the opening ceremony. A Unified Korea women's ice hockey team is also competing under a separate IOC country code designation (COR); in all other sports, there is a separate North Korea team and a separate South Korea team.

South Korean citizens have heckled the North Korean athletes when they arrived at airports.

Russia, again, are in the middle of the trouble among recent doping allegations. The IOC decided to ban Russian athletes to participate under their flag. Instead, the IOC invited only "clean" athletes to compete under a neutral flag.

Olympic Athletes from Russia as the IOC dubbed them, are what the 168 participants will be representing themselves as.

Out of 102 events across 15 sport disciplines, there are four new sports featured. Mixed curling, big air snowboarding, mixed alpine skiing and mass start speed skating are all making their debuts in the Games.

Mixed curling is exactly what it sounds like, one man and one woman make up a team and compete against other teams. Canada took home the gold Feb. 13.

In big air, riders do get an impressive amount of air when going off the massive kickers used in these contests. But it's not so much the amplitude and distance that riders are being evaluated on here. In the end, it comes down to using that air time to execute your best tricks.

This contests emphasize consistency, variety and

versatility as big air contests are an opportunity to just show off, but just on one single jump.

Mixed alpine skiing consists of a team, a man and woman. Teams will face off in parallel slalom races against each other, meaning there will be two skiers racing each other simultaneously side-by-side. The skier who crosses the finish line first is declared the winner. If one or both competitors fall, the skier who made it further down is declared the winner.

Mass start speed skating consists of a 16-lap race where all skaters start simultaneously. It includes four sprints where points are awarded. The first three athletes to cross the finish line end up on the podium. All other skaters are ranked based on points given out for the four

sprints.

The 2018 Olympics marks the events first time the winter Games would be surpassing 100 medals in total.

Out of the 95 teams that have qualified, Ecuador, Eritrea, Kosovo, Malaysia, Nigeria and Singapore are all being featured in the Winter Games for the first time in their country's history.

Marquee events also include hockey which will be without NHL players for the first time since the 1998 games, giving the smaller names a big opportunity to achieve a childhood dream, along with: luge, bobsleigh, figure skating, ski jump, biathlon and many more.

Be sure to check the web and watch prime-time TV as there is a 16 hour time-gap between us in Calgary and South Korea.

## Stressed? Hit the gym!

*How the gym and mental health connect*

**Brad Cordero**

Contributor



**Winter weather along with school picking up, brings mood and mental strength down. Time management and self-care are a vital part to a student's success. Photo by Brad Cordero**

By now, everyone is aware that exercise is beneficial to the body.

It allows you to build muscle, burn fat and help you feel just a little better than before exercising. But what many may not know, is that exercise has also been seen as a very effective way to improve mental health.

On average, people who regularly exercise experience better sleep at night and an often see an improvement in mood among with other mental health benefits.

Shelly Stranaghan, a customer experience team lead at Mount Royal Recreation says, "when you exercise, endorphins are released.

Those endorphins help with many things, from your mood to anxiety, and things like that, they're like mood boosters."

Along with lifting your mood and improving your cognitive function, working out on a regular basis carries some massive mental health benefits. For example, are you angry? Go to the gym. By going to the gym, your body releases all the pent-up energy and muscle tension and leaves you feeling refreshed.

Furthermore, exercise is an excellent combatant for stress. When we exercise, the body releases endorphins in the brain, our muscles begin to relax,

relieving tension throughout the body.

Exercise requires us to focus on very specific ranges of motion, leaving no time for us to think about whatever may be bothering us and momentarily allowing us to clear our heads, focus and accomplish a task.

Generally, going to the gym by yourself has its perks. But going with a friend or a small group can greatly affect the mood of your workout. When you're by yourself, it's just you and the weights, no motivators and nobody to joke around with.

**Continued on Pg 11**

# #S

**12-1-0** is the record the Calgary Flames have whenever Sean Monahan has two or more points in a game

**24** out of the 400 goals Sidney Crosby has scored have been against Henrik Lundqvist, the most out of any goalie he has faced

**300** wins with the Toronto Raptors for head coach Dwayne Casey

**400** different player to score a regular season goal in a Calgary Flames uniform, Brett Kulak being the latest



**Continued from Pg 10**

Just you and the iron, which can be intimidating for some people, especially if they're new to the gym scene.

In accordance with a study from National Center for Biotechnology Information (NCBI), exercise has also been seen as a great way to relieve anxiety, even being compared to being as effective, if not better than medication for some people.

Depending on the frequency and structure of your exercise, it can have immediate, or even long-term positive impact on how you feel.

But like many things, different people react to things differently. It's up to you on whether or not you think this is the route you need to take in order to cope.

In 2016, 29 per cent of MRU students had reported "personal health issues" to be traumatic or very difficult to handle, according to Stranaghan and MRU rec.

One point of action that has been taken by MRU is their "Steps to Well-Being" program.

Students who have visited health practitioners on campus can be referred to the program and are given five free sessions with a personal trainer at MRU.

Although exercise may not be a

method everyone would want to try to relieve stress, among other things, there are many other types of exercise you can do to help your state of mind, like yoga for example.

Even though yoga is still fairly physically demanding, it allows for the body to stretch and move and teaches better breathing habits, a problem many who suffer from anxiety might find all too familiar.

The world is a scary place, but sometimes, the best thing we can do is forget about our problems for a couple of hours and get moving.



**Lifting weights may be tiring and painful but the rewards are worth it. Easing your mind while getting in shape helps students in the long run. Photo by Brad Cordero**

# Boxing is back

## What to expect this calendar year

**Hayden Koch**

Contributor

At long last, the sport of professional boxing seems to be entering another renaissance.

After years of relative dormancy, the sport has finally clawed its way back into a state where there is much competition, with numerous popular names scattered along each division.

This is due in large part to the gradual decline of the careers of superstars like Floyd Mayweather Jr., Manny Pacquiao and the legendary

Klitschko brothers, Wladimir and Vitali, who for the longest time were the undisputed kings of their respective weight classes — and save for a select few examples, did not allow any other fighters to reach mainstream prominence.

However, their absence created a sort of power vacuum for a moment and it seems like that void has been filled.

### The Big Boys

Boxing's most prestigious division—the heavyweight class,

had been utterly dominated by the Klitschko brothers since the retirement of former decorated champion Lennox Lewis, in the early 2000's.

The brothers were known for their incredibly high knockout percentages and overall dominance in the ring, but some argue that the quality of the fighters they faced was not up to par with that of the era's of previous superstar champions like Muhammad Ali and Mike Tyson.

Both Klitschko's vowed to never face each other in the ring, which further complicated things, as it became impossible for the heavyweight championships to be unified.

With both fighters far beyond their heyday and both officially retired, the spotlight has been cast on the new generation of champs, who are set to all clash by the time 2018 is over.

Enter 28-year-old Anthony Joshua.

He is an Olympic gold medallist who hails from Great Britain. With his intimidating appearance, standing at 6'6" and weighs 250 lbs, his impressive record (20-0, 20 KO) and charismatic public persona, many see him as the exact fighter the heavyweight division has been needing for a very long time — a more marketable and less volatile version of Tyson.

He won the IBF world title in 2016 and additionally scooped the WBA and IBO world titles after knocking out Wladimir himself just under a year ago. It seems that Joshua fully intends to be the undisputed champion by the end of 2018 — but he has some work to do, needing two more belts.

The remaining portions of the world heavyweight

championship are held by two other undefeated fighters; Joseph Parker and Deontay Wilder.

Parker (24-0), is the WBO champ from New Zealand. Wilder (39-0), is the arguably more frightening WBC champ from the USA.

Joshua vs. Parker is slated for Mar. 31. Unless Parker is able to pull an upset victory, Joshua and Wilder will then square off by the end of 2018, in what would certainly be the biggest heavyweight battle since Tyson fought Lewis.

Regardless of what happens, it seems likely that this year will see the coronation of a figure we haven't seen for a very long time — an undisputed heavyweight champion of the world.

### New Blood in the Lighter Divisions

After Mayweather vs. McGregor this past summer, Gennady "GGG" Golovkin vs. Saúl "Canelo" Álvarez was perhaps the most anticipated boxing match of the year.

Golovkin (38-0) is a fearsome middleweight from Kazakhstan, known for his almost eight year streak of only knocking out the fighters he faced. Canelo (49-1-2) is a young and popular Mexican fighter, whose only loss came from Mayweather in 2013.

The two clashed last September in what was a very competitive and electric display of boxing skill.

Although many observers felt that GGG was the more dominant fighter and had won more rounds, the fight was controversially scored as a draw after going the distance.

Golovkin won the fight on points.

Negotiations for the rematch

began almost immediately and GGG vs. Canelo II was recently announced. The fight is set to occur on May 5 and is likely to be an even bigger event than the first fight, which had the third highest gate revenue in boxing history.

In order to avoid another round of faulty scorecards from the judges, both fighters will certainly be trying to score the knockout.

The two heavy hitting middleweights aren't the only ones keeping the lighter divisions warm in the absence of Mayweather and Pacquiao.

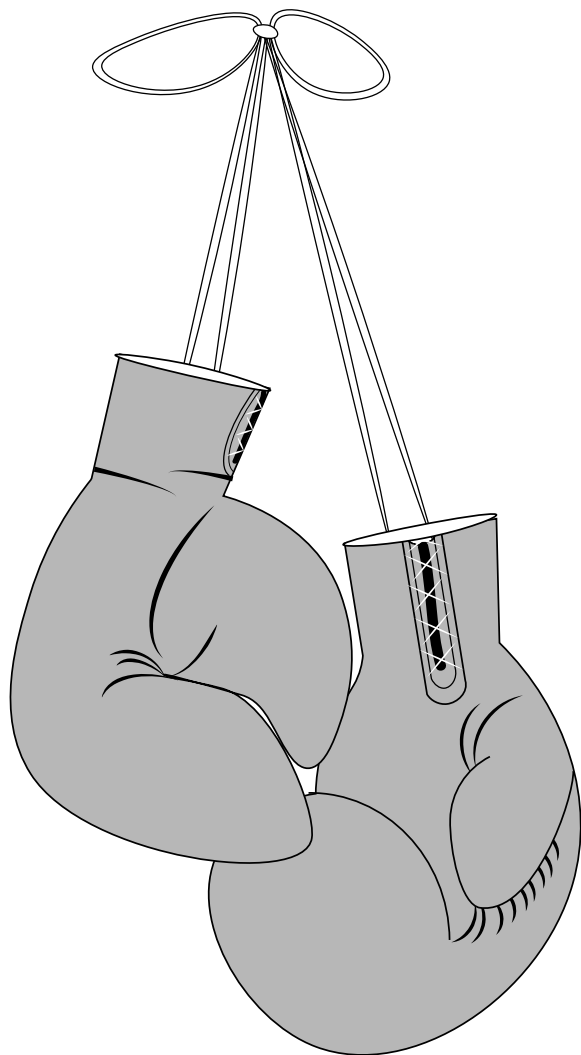
The skill of Vasyl Lomachenko, a Ukrainian featherweight, has been hailed by boxing critics as something that's almost never been seen before.

His amateur career consisted of 397 fights, of which he won 396. His footwork and head movement is almost mystical in its fluidity and elegance.

His most recent professional bout was with undefeated Cuban boxer Guillermo Rigondeaux, a widely respected fighter with an almost equally astonishing record before going pro. Over the course of six rounds, Lomachenko made Rigondeaux look like the amateur he never was, landing punches on him at will and refusing to be touched almost the whole time.

Lomachenko has only won titles in some of the lightest divisions thus far.

Seeing how this is so early in his career and the fact that he is two inches taller than eight-division fighter Pacquiao, wouldn't be surprising if Lomachenko ends up bringing his obscene level of skill to a wide variety of fighters in different weight classes, perhaps starting this year.



**Graphic by Andi Endruhn**

# YOUR STUDENTS' ASSOCIATION



## Apply for the SAMRU Awards

Recognizing the outstanding contributions to the community by our student members and MRU faculty & staff

Deadline to apply is

**February  
28, 2018**

To apply, visit  
[samru.ca/awards](http://samru.ca/awards)



## FREE TAX CLINIC

### Important:

Appointments are made on a first come, first served basis. Please make sure to bring all required documentation to complete your return. For questions, please contact [tax@samru.ca](mailto:tax@samru.ca)



### Need a hand preparing your 2017 tax return?

SAMRU is here to help! Our CRA-trained volunteers can prepare your income tax and benefit return for you at no cost, if you have modest income and a simple tax situation. This offer is available to MRU students only.

**March 5 - 29, 2018**  
Yellow Room, Wyckham House

**Please visit [www.samru.ca/tax](http://www.samru.ca/tax) to determine eligibility and to schedule an appointment.**  
**Some restrictions may apply.**

THERE'S LOTS TO

# LOVE

ABOUT YOUR

Student Health and Dental Plan



For information visit  
[mystudentplan.ca/mtroyal](http://mystudentplan.ca/mtroyal)



SAMRU - STUDENT LIFE STARTS HERE



MYSAMRU



SAMRUBUZZ