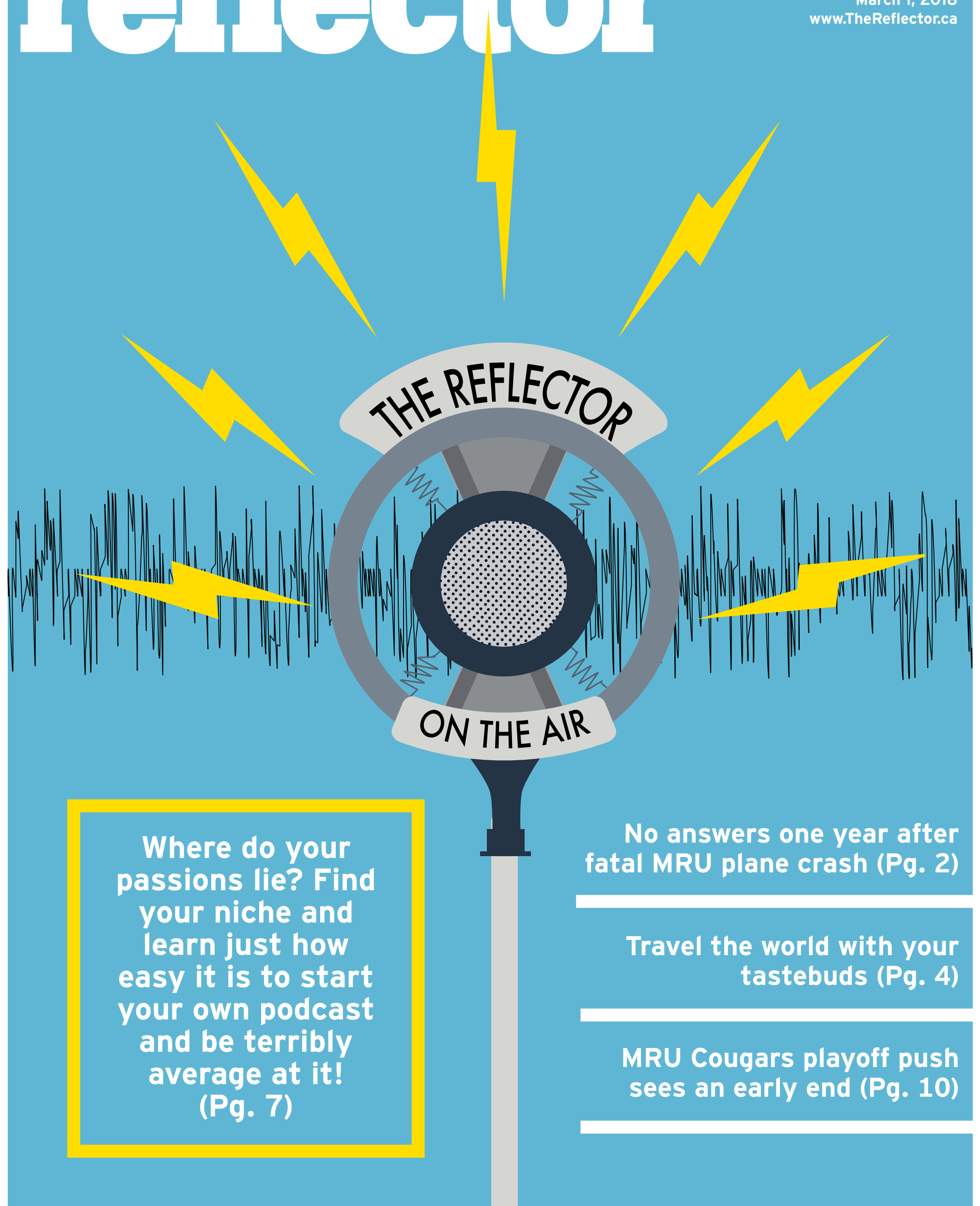


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Where do your
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No answers one year after
fatal MRU plane crash (Pg. 2)

Travel the world with your
tastebuds (Pg. 4)

MRU Cougars playoff push
sees an early end (Pg. 10)

No answers to what caused fatal MRU plane crash

One year later, MRU reacts to Transportation Safety Board

Anna Junker

News Editor

It's been a little over a year since two Mount Royal University professors were killed in a crash outside of Calgary and according to the Transportation Safety Board (TSB), no one will ever know exactly why.

In a report released following the TSB's investigation, it was found that the aircraft, a Tecnam P2006T, entered a spin for "unknown reasons" while performing a stall-recovery exercise on Feb. 13, 2017.

"The instructor and trainee recovered the aircraft from the spin, but insufficient altitude remained to recover from the ensuing dive," the TSB said in its report, which was released on Feb. 22.

Unable to recover the plane, the crash killed pilots Jeffrey (Jeff) Bird, 35, and Reynold (Reyn) Johnson, 64. The accident occurred shortly after 5 p.m. — just 30 minutes into the flight — and 60 kilometres northwest of the Springbank International Airport.

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.

After the crash, MRU temporarily suspended all flight training while the two remaining Tecnam P2006T aircraft were examined for any damages, although none were found. MRU also purchased two Piper PA 34 Seneca aircraft which the university now uses for training in multi-engine planes.

The aviation program has brought in a number of safety changes since the crash, including raising the minimum altitude at which pilots perform maneuvers to 4,000 feet above the terrain. As well, the program is looking at new technology that would allow for tracking safety as accurately as possible along with an online reporting system for students and instructors to self report safety issues. There is also the potential for installing in-flight cockpit recorders.

"We will not know exactly what happened with this accident, but what that does do is it makes us more committed to enhancing our safety operation and it means we will be spreading a very broad net to make sure that all safety aspects of our program are looked at (and) reviewed," said Elizabeth Evans, dean of MRU's faculty of business

and communication studies, which includes the aviation program.

Two plaques in honour of Johnson and Bird have been set up in the university's hangar at Springbank International Airport and on campus. The tributes include two model airplanes purchased by the aviation students to honour each pilot. Brendan Martin, aviation student executive president said every day the program students see the plaques, it brings a smile to their faces.

"Both these two gentlemen left a lasting impression on both professional and personal lives here at Mount Royal and it's really important for us, moving forward, that we remember them through our shared passion of aviation," said Martin.

Martin added students were prepared that they may never receive answers as to why the plane crashed, but the best way to honour both instructors is to get back into the cockpit.

"For us, definitely as students, we hope that this report is able to bring some kind of closure to the families, to their friends and to us as an aviation community," he said.



Elizabeth Evans, dean of MRU's faculty of business and communication studies, which includes the aviation program, addresses the Transportation Safety Board's newly released report on a crash that killed two MRU aviation instructors. Photo by Paul McAleer



Brendan Martin, aviation student executive president speaks about the student's experience in the aviation program and how everyone is coping one year after the death of two of the program's instructors. Photo by Paul McAleer

Honouring murdered and missing Indigenous women

Calgary Valentine's Day memorial march in its 10th year

Anna Junker

News Editor

While most Calgarians were going out to dinner with their significant other for Valentine's Day, or staying in for a cozy



Anne Drew Potter carries a sign and symbol of her solidarity with murdered and missing Indigenous women during the Valentine's Day Memorial March on Feb. 14, 2018. Photo by Anna Junker

evening, a group of about 200 people packed together tightly inside the Scarboro United Church for the Valentine's Day Memorial March in honour of missing and murdered Indigenous Women.

The march, now in its 10th year, is a space for friends and family members, Indigenous and non-Indigenous alike, to remember and honour the Indigenous women and girls who have either gone missing or have been murdered.

Chantel Chagnon, a Cree, Ojibway and Metis woman, led the speeches before the march and said it is comforting to see new and familiar faces each year.

"It gives me hope, it gives all of us hope for our future generations when we see children and elders in the same room, sharing that same

intention and the same hopes for our future generations, for a better Canada and for a better way of life," said Chagnon.

"It is such an important and incredible coming together of hearts, minds and spirits."

The march also remembered Colten Boushie, a 22-year-old Indigenous man in Saskatchewan who was shot in the head. His murder trial ended with the accused, Gerald Stanley, walking away with an acquittal.

"We have been marching and singing for way too long. Best case scenario is that we don't have to do this, but as long as we do, we're marching and we're showing up," said Cheryl Chagnon, Chantel's mother.

The annual Valentine's Day

march originated in Vancouver's Downtown Eastside in 1992, as a way to call attention to missing and murdered women in the district. It has since spread to cities across Canada.

The exact number of Indigenous women and girls who have gone missing or have been murdered in Canada since the 1970s is uncertain. Some estimates range from around 1,000 to nearly 4,000.

However, according to an RCMP report released in 2014, there were nearly 1,200 investigations into missing or murdered Indigenous women across Canada between 1980 and 2012. Of those cases, 200 involved homicides in Alberta, making up 28 per cent of all female homicides in the province.

Pi(e) your professor

Celebrate Pi day and smash one in a prof's face

**Carolyn Ly, Ravneet Gill
and Kaman Sandhu**

Contributors

The Student Society of Science and Society (SSST) is a club at Mount Royal University that was started in 2016 by general science students Kaman Sandhu and Carolyn Ly. SSST is a multidisciplinary hub for all science and technology students with various ongoing events throughout the year meant to connect students, professors, career professionals and community members.

Pi Day Event

On March 14, the SSST is holding its annual pi day celebration in honour of the mathematical constant. What better way to celebrate than to pi(e) a prof with the proceeds going towards a local charity? The event will take place in Wyckham House where the SSST has teamed up again with Bagging for Calgary's Kids (BB4CK). For every \$1 donation, BB4CK is able to provide a healthy lunch for one child. Last year, SSST hosted the event and with the generous support from the MRU community, over \$300 was donated to the cause. This year, the society hopes to exceed that goal and have included professors outside of the science and technology faculty. Interested folks can purchase a shaving cream

pie or two to throw at their professors, sponsor a stranger to pie a prof for them, or just donate money. It costs just \$2 to throw a pie and \$4 to do a walk up and smush.

Celebration in STEM

SSST will also be hosting their first Celebration of a STEM event on April 6, 2018 at Wild Rose Brewery, in collaboration with MRU's Research Week. The purpose of the event is to celebrate and recognize achievements within STEM, in addition to hearing stories of individuals who are underrepresented in the fields. The society would like to discuss principles of equity, diversity and inclusion (EDI) in the dialogue of the event while still maintaining a focus on the scientific aspect of their careers. The goal is to bring awareness to MRU, and see how, as a community working together, there can be meaningful and purposeful change around EDI in STEM. The event is free, but tickets will be limited so if you are interested in attending make sure to RSVP on the society's website: <https://mrussst.wixsite.com/ssstmru>.



Professors Bill Scott and Nathan Ackroyd being pied by students Nic Capp (left) and Nathan Albinati (right) during Pi Day 2017. Photo by Steve Hoang-Tran



Professor Bill Scott pies professors Jonathan Mee and Alexis Morris during Pi Day 2017. Photo by Steve Hoang-Tran



(Front) Lauren Macartney pies professor Jonathan Mee. (Back) Moe Hammoud pies professor Alexis Morris during Pi Day 2017. Photo by Steve Hoang-Tran

News You Can Use

Tina Fontaine

A Manitoba jury found Raymond Cormier, charged with second-degree murder in the death of 15-year-old Tina Fontaine, a young Indigenous girl, not guilty.

Fontaine's 72-pound body was found in Winnipeg's Red River, wrapped in a duvet cover and weighed down with stones and rocks, on Aug. 17, 2014.

Her death drew attention across Canada and sparked calls for a national inquiry into murdered and missing Indigenous women and girls.

The verdict has sparked outrage and brought about renewed accusations that the justice system routinely fails Indigenous people. Now, First Nations leaders across Canada are calling for changes to the justice system to help prevent other Indigenous youth from falling between the cracks.

Trade War Truce

After two weeks, Alberta ended its boycott of wine from British Columbia.

Alberta Premier Rachel Notley made the announcement on Feb. 22, about an hour after B.C. premier John Horgan said his government would turn to the courts about implementing a temporary ban on increased exports of bitumen from Alberta. Horgan said he hoped turning to the courts would temporarily resolve the conflict and Horgan's decision was viewed by Alberta as an indirect way to cool the trade war.

The ban on B.C. wine was designed to punish British Columbia for its attempt to block Kinder Morgan's more than \$7-billion Trans Mountain pipeline expansion. However, United Conservative Leader Jason Kenney said Notley "blinked" in the trade war, and he would have continued with ban on wine imports.

No pot until August

The schedule for legalization of marijuana has been pushed back until August, thanks to a deal reached in the Senate.

Health Minister Ginette Petitpas Taylor told Senate that it would take eight to 12 weeks to get the retail system up and running after marijuana legislation receives royal assent. Due to this, it is likely Canadians won't be able to take up on July 1 as originally thought, but rather early August instead.

"Cannabis legalization is not about a date, it's about a process ... We want this process done as seamlessly as possible," Petitpas Taylor told reporters.

The delay in the timeline is viewed as a win for the Conservatives who argued that there needed to be more time to study the implications of legalizing the drug.

According to government statistics, illegal cannabis use is about a \$7-billion industry which funnels cash into organized crime.

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Calgary welcomes diverse eateries in 2018

Send your tastebuds to Hawaii, Latin America and Asia

Rosemary De Souza

Staff Writer

As the white snow surrounds the streets of Calgary and the temperature drops and rises, we will always be reminded that we live in what could be one of the most weather indecisive cities in Canada. But if there may be any escape from this Calgarian winter it may be the diverse food places that just arrived in the city. Visit Hawaii, Korea, Latin America, India, and Japan in what seems to be the most abrupt culture explosion yet this year.

Hula Poke and Po-ke

It has been less than a year since Calgary got its own poke restaurant for fans of the Hawaiian seafood dish but this year two more poke shops are readily serving Calgarians around the city — Po-ke on 1111 Kensington Rd. N.W. and Hula Poke at Brookfield Place on Sixth Avenue S.W. Hula, which originated from Vancouver, just opened in November last year and has immediately expanded to Alberta, with Calgary being its second location according to *Avenue* magazine. Both shops boast Hawaiian-inspired designs with Po-ke going for a more

rustic approach with brick display covered walls, incandescent lights coming down the restaurant ceiling and the recognizable calligraphy from their Crescent Heights location greeting customers who walk in. Hula, on the other hand, went for a modern look with ocean-coloured and smoothly visible wooden wall designs. Both menus have chef-created recipes and build your own options.

SaVeg Café

Visit Korea with Calgary's newest vegan café located on 11th Avenue S.W. This location serves a variety of Korean-inspired dishes like bibimbap and japchae. Tofu, mixed veggies, sweet potato, dumplings and other main dish vegan ingredients meet their match with a number of favourite Korean sauces that are a part of their Korean barbeques, lunches and dinners like the spicy gochujang, yangnyum (sweet and spicy), and Korean BBQ sauce. But if indulging yourself during breakfast or lunch time is not your thing, the café may be your go to smoothie stop with their menu

consisting of two green smoothies, four fruit smoothies, and two specials — matcha and the chunky monkey, a chocolate and banana smoothie mixed with veg protein to fill up your meal.

Gringo Street

Try walking the streets of Latin America and have a taste of the savoury and sometimes spicy Latin delicacies or go to Gringo St. — Calgary's newest restaurant to serve Latin street food between Fourth and Fifth Street along 17th Avenue S.W. The restaurant is a sight for sore eyes with the walls resembling that of a cargo container, covered with a solid yellow shade with the words "Gringo St." found on a street name sign attached to one of the edges of the restaurant's exterior. Tortilla chips with melted curds and cotija cheese, ceviche, tacos, churros, Peruvian-style skewers, fried chicken, and ribs are only some of the various menu options that stand out from this location.

Chai Pani

Located on Ninth Street in the northeast, Chai Pani is a

gateway to India's street food. The restaurant serves a variety of snacks and curries with the addition of allowing customers to choose their own style of Indian burritos or bowls. Other than the infamous butter chicken and tandoori chicken, Chai Pani also serves Portuguese style Vindaloo pulled pork curry, beef kebab Kashmiri curry, a cinnamon turmeric spice beef, samosas and not to mention the classic masala cutting chai tea.

Uzu Taiyaki

Every meal requires dessert and as of Feb. 24 Uzu Taiyaki opened its doors. The Japanese eatery specializes in creating the taiyaki — a soft, fish-like pancake that serves as a cone to a variety of soft serve flavours like ube, matcha, coconut, black sesame and vanilla, *Avenue* Calgary reports. The eatery is located on First Street and Second Avenue S.E.



Poke has been the talk of the city for about a year and now Calgary adds two more poke shops to its list of eateries with cuisines inspired from all around the world. Photo by Rosemary De Souza

Tesla is taking technology to new heights

What are tech-giant Tesla and Elon Musk up to now?

Nathan Woolridge

Staff Writer



A Tesla is a battery powered car that could be considered a luxury vehicle, with a price tag of \$100,000 and up. Photo courtesy of Wikimedia

We have all heard about the cutting-edge technology that keeps developing around the world everyday. The world is becoming more and more advanced as scientists, innovators and entrepreneurs push the limits and try new things.

One of the leaders of innovation is Elon Musk, CEO and Architect at Tesla. According to their website, Musk is "overseeing all product development, engineering, and design of the company's electric vehicles, battery products, and solar roofs." The first ever Tesla development was the Roadster Sports debuted in 2008 and since then the company has innovated so much more than vehicles.

Flying cars in space

Musk has brought Tesla to new heights — literally. Tesla recently launched a Roadster into space. Yes, Tesla launched a car into space and you can track its whereabouts at whereisroadster.com.

According to Where is Roadster, "On February 6th, 2018, at 20:45 UTC, the first Falcon Heavy was launched into space. It contained a very special payload- a Tesla Roadster with Starman."

The Starman mentioned is a mannequin pilot; who has received celebrity status from circulations of photos of the SpaceX launch. The Starman has also become a popular

meme that is making its way through the internet.

Electric cars

Less exciting than launching a car in space, Musk and the rest of Tesla is creating other ground-breaking technology. For years, Tesla has been trying to push electric cars on the market. They are looking to make electric cars more practical by increasing research for battery and recharging technologies in hopes that the trend will catch on.

In an MIT Technology Review, writer Kevin Bullis took a Tesla electric car for a test drive. He found it difficult because he forgot to charge the car overnight, but found the low battery life still got him to where he wanted to go. “That’s where Tesla hopes to make a difference. The company’s innovative battery and charging technology has given it a substantial lead in making batteries cheaper and recharging quicker, and it’s also helping Tesla lower costs faster

than its competitors.”

Musk is on fire

Not only has Musk developed high-end cars, but he recently had a run of flamethrowers. (Yes, you read that right). According to CNN, Musk’s line of flamethrowers sold out in less than four days.

Each device was sold for \$500 and he sold roughly 20,000 of them. Musk reached his goal of \$10 million; an amount he was trying to reach for another business venture called The Boring Company.

Musk posted a video of him using the flamethrower on Instagram: “Don’t do this. Also, I want to be clear that a flamethrower is a super terrible idea. Definitely don’t buy one. Unless you like fun.”

Seems like a great pitch.

Digging himself a hole

And if building flamethrowers wasn’t enough for Musk to develop, he plans to invest all of the weapon’s profits into



Elon Musk seems to be operating light years ahead of everyone else in the tech industry, sending cars to Mars and selling 10 million dollars worth of flamethrowers. Photo courtesy of Wikimedia Commons

building a network of tunnels underground. Musk is hoping the tunnels with decrease traffic congestion.

This almost sounds so outrageous that it will be interesting what will surface from this new idea and concept. Not much has been reported yet about these projects as Musk’s company, The Boring Company,

was only founded in 2016.

What’s next?

A lot of excitement has been circulating around what is next for Musk and Tesla. Nobody knows what he is going to do next. More cars in space? More flamethrowers? Underground highways? If you’re interested

in technological advances, be sure to keep updated on Musk’s life.

Musk is an interesting character to follow and it’ll be fascinating to see where his mind (and money) will guide the future of technology.

Something for people like me
Living outside of a sexualized world

Forsythe Jones
Contributor

Everyone is having sex, way more sex than you and especially in the university casual hook up culture, everyone spends much of their free time pursuing sex. Our culture is saturated with this idea. I’m pretty sure there’s a law in Hollywood that requires a love interest, even in (ostensibly) accurate biography movies where no such person existed. I’ve seen the creation of totally fictional love interests to supplement the lives of the main characters with the pursuit of sex.

It’s meant to make the story more relatable, I suppose. I don’t remember when I realized I wasn’t relating to it, though. It’s worse in university, when it feels like everyone has a hookup app or two on their phone and is always talking about having sex. I don’t mind the idea of sex, but the idea of casual sex puts me off.

You can only hear so many stories about Tinder hookups involving people who don’t know each other’s full names going to watch a movie and having sex on the couch the first time they meet, while their parents are out grocery shopping, before you seriously question if there’s something wrong with you. Isn’t

that normal? Shouldn’t I want that? Feeling like the odd one out sucks, believe me, I know.

The problem is everyone normalizes casual sex these days, which is fine, it is normal, but it’s not always relatable. Whenever someone regales me with a story about a new sexual partner, or a naughty story about their current partner, they always seem to end their story with an excited “you know what I mean?”

I don’t. In fact, there’s about a one in one hundred chance that the person you’re talking to doesn’t either. It’s easy to forget that. Even the host to Sex Toy Bingo this year said “it’s something we all want,” although to her credit, she corrected herself after the blanket statement and added “most of us.”

I don’t know if I “count” as asexual. It’s kind of a broad term, and covers a lot of different types of people. I do know that I realized I was different when I noticed that most of my “sexual” fantasies weren’t actually about sex. If you’ll forgive my tactless attempt at understanding one night stands: I never fantasized about using someone’s body as a one-time tool to relieve sexual

urges. Instead, I’d fantasize about cuddling and talking with my crush after having sex, or going to an intimate dinner for hours to share quirky childhood stories. I guess for me sex is something you go along with, when you want to connect with someone you’re close to, on another emotional level. So, no strangers from a party at another university for me.

I think that makes me asexual but not aromantic. Or maybe there’s another term for it I haven’t heard of yet. The label doesn’t really matter to me. I know what I want, and I know it’s a bit outside how everyone else feels. And that’s okay. As I understand it, every individual’s sex drive is kind of like a dial, and even then, not everyone has their dial turned on. I guess I wrote this because I wish someone had told me not wanting sex was okay, and I’m hoping that this statement helps someone else. Sexuality can change over time, so I suppose what I really want to say is, however you identify, don’t worry about labels so much. Just know what you want and what you don’t want. Whatever that is, know that it’s alright, and that it’s also alright if it changes.

Definitions

a·sex·u·al
noun/adjective

An asexual is someone who does not experience sexual attraction. Unlike celibacy, which people choose, asexuality is an intrinsic part of their identity. Many asexual people experience attraction, but feel no need to act out that attraction sexually.

a·rom·an·tic
noun/adjective

An aromantic is a person who experiences little or no romantic attraction to others. Where romantic people have an emotional need to be with another person in a romantic relationship, aromantics are often satisfied with friendships and other non-romantic relationships.

Definitions taken and edited slightly from the Asexual Visibility and Education Network and Wikipedia.



The logo of the Asexual Visibility and Education Network (AVEN) is a widely recognized symbol of asexuality. AVEN hosts the largest asexual community in the world. Logo courtesy of AVEN

Three Calgary events to attend this year

Support lesser-known festivities (and have fun doing it)

Sabrina Harmata

Staff Writer

With the annual Comic Expo, Stampede and countless festivals, it isn't hard to find things to do around Calgary. Sometimes all the banners on Crowchild Trail make it difficult to decide what to do over the weekend, since there are so many options. This often results in tremendous attendance rates for the bigger festivals, such

as Stampede and the new annual Diagon Alley in Kensington, while smaller events frequently go by unnoticed. This year, why not try out some of the lesser-known events around the city? Who knows? You might like it so much you decide to make it your new favourite yearly tradition. Here are some less-recognized events

happening this year that you will definitely want to check out:

Fairy Tales Queer Film Festival

The annual Fairy Tales Queer Film Festival is thrown by the not-for-profit organization, Fairy Tales Presentation Society in

Calgary. Although information for this year's festival hasn't yet been released, the festival has been held in May in the past. Fairy Tales Presentation Society as a whole aims to celebrate queer culture by raising awareness through film, and creating a safe space to discuss the need for social change. The organization also strives to encourage having more queer representations in cinema.

On top of the film festival, Fairy Tales Presentation Society runs some year-round programs to educate people about queer representation through film. These programs include the OUTReels Diversity Education Program and the Youth Queer Media Program (YQMP). These programs endeavor to produce safe spaces that value diversity, self-expression and individuality.

The film festival held in Calgary every year is one of the largest queer film festivals in Canada, outside of Vancouver's and Toronto's. Using films, panels and Q&A sessions, the festival blends art with personal stories, resulting in the most effective kind of education: one that is grounded in real-life experience.

CBC Calgary Reads Big Book Sale

Although this event is more well-known than the others on this list, it's still surprising how many people don't know about it. Since 2002, Calgary Reads has been hosting a massive book sale every May with the intention of encouraging more people to read. And let me tell you, it is a necessary sale for all bookworms out there. From children's books to non-fiction to horror, this sale has everything you've ever wanted when it comes to literature, especially affordable prices. Though there are some pricier items, most books start at

around \$2 to \$4.

All books sold at the sale are donated and they will be accepting donations for the Big Book Sale closer to the event, so don't throw out any of your old books just yet. The best part about this sale is they provide boxes because they know it's physically impossible for you to walk out of there with just one book. So book a day off during the sale, browse the tables all day (because there's just no way you're getting through all those books in less time) and fill your box to your heart's content.

Calgary European Film Festival

This film festival hasn't been around for as long as the Fairy Tales Film Festival, but that doesn't make it any less good. Tickets for this year's festival aren't on sale yet, but don't fret. You'll have plenty of time to grab them, as the festival doesn't happen until November. This gives you an abundance of time to gather all your nerdy friends, and read some movies. And yes, I mean read, because you won't be getting through these movies without subtitles to clue you into what's going on. Imagine this: instead of watching *Friends* and fake laughing while everyone makes fun of Ross for liking foreign films, you can actually be Ross! Or at least, you can watch the foreign films.

Aiming to promote multiculturalism through film, the Calgary European Film Festival features movies from all over Europe, with new countries joining every year. Last year, the festival presented movies from 18 countries, including Bulgaria, Germany, France, Moldova and Switzerland. Not only will this festival be tons of fun, it will also enhance your cultural awareness.



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Calgary European Film Festival is one of the many underrated events you need to check out this year in Calgary. Photo courtesy of Calgary European Film Festival

Podcasting for pea-brains

How to start your very own podcast and be terribly average at it

Colin Macgillivray

Arts Editor

Sorry guys, but music is dead. Long gone are the days where one could haphazardly strum a guitar or sing a sweet, sultry tune to get attention. Plus, in a socio-political climate such as ours, it is frankly unacceptable that artists like The Chainsmokers or Imagine Dragons can dominate the charts for weeks at a time. FM radio is atrocious and worst of all, you can only listen to so much AM radio before you've memorized the local traffic patterns.

Yes, this bit has been incredibly facetious and no, music is not actually dead, but there is no denying that the days of listening to bad music on the radio are over. Not only have AUX cords completely revolutionized the way you and your best pals listen to music during road trips, but the emergence of the podcast has given the less musically-inclined an outlet to listen to literally whatever they want.

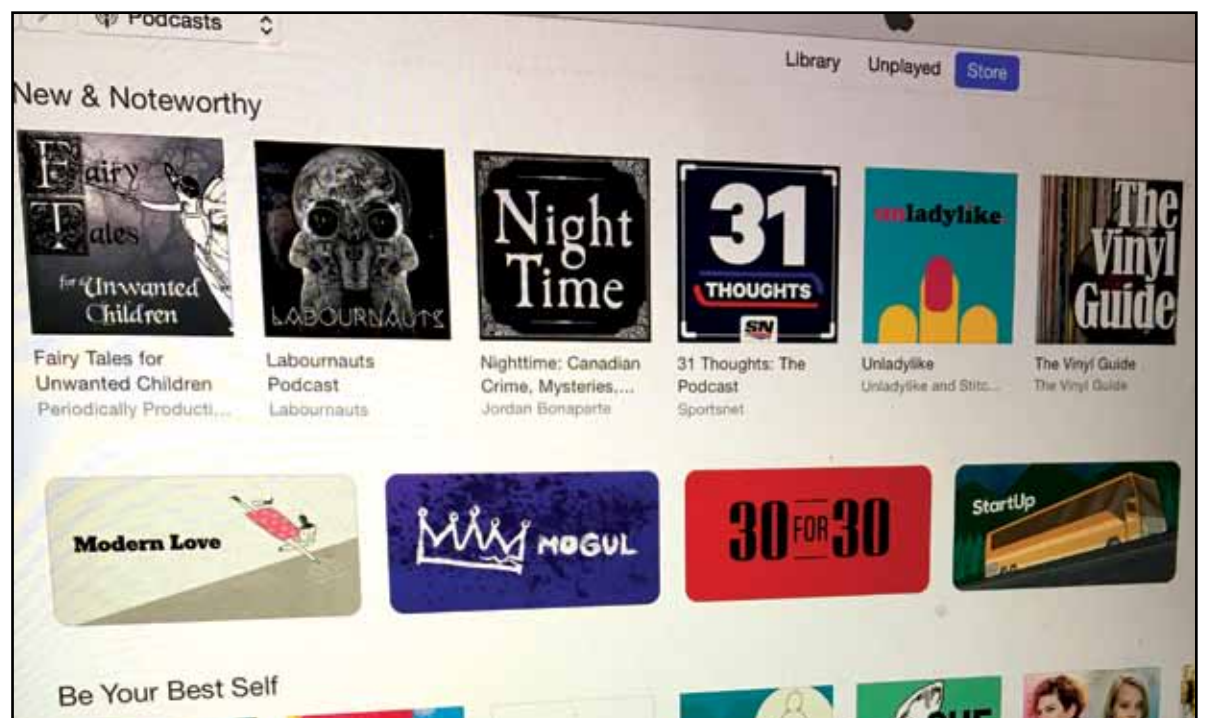
But what if your passion is reptile grooming and you can't find any podcasts about it? What happens when you're itching to listen to some Häagen-Dazs ice cream reviews, but you're met with zero search results? Luckily for you, your unhealthy Häagen-Dazs obsession has led you to an untapped market, where fellow ice-cream freaks are probably dying to listen to an eloquent cream-fiend describe just how tasty the tiramisu flavour is. So, if you've been itching to jump onto the hot new trend of podcasting and have no idea where to start, this list is for you.

Step One: Find your Niche

If there is only one thing that you take away from this list, it's that if you have an interest, it's almost certain that some other people out there have it too. The aforementioned ice cream-cast is incredibly ridiculous, but if you have a sweet tooth and would love to share your thoughts on some delicious creamy treats, there is no doubt that others will have a similar interest. There is nothing better than an original idea in any art form, so if you can somehow create a completely original podcast, you'll be golden. But, if you and your buds are absolutely obsessed with *Star Wars* and want to talk about it over a couple of beers, you can still make a podcast! Just ensure that you're trying to be as unique as possible. Are there a plethora of *Star Wars* podcasts about Darth Vader, but absolutely zero about Yoda? Maybe make a Yoda podcast. This step may take a while, but by finding your niche and ensuring that you'll offer something new to the podcasting world before you even press record, you'll already be ahead of the game.

Step Two: Get the Gear

Now that you have your million dollar idea in your back pocket, it's time to ensure you have all the proper equipment before you start broadcasting your thoughts across the internet. As painful as it may be, you might have to crack open the old piggy bank and actually



Do some research when your about to start your podcast by listening to as many different kinds of audio storytellers as you can. Photo by Colin Macgillivray

spend some money here. For podcasting, audio quality is obviously key, so if someone turns on your first episode and it has clearly been recorded on a terrible microphone in a busy room, they won't be listening for long. Put some money towards a decent quality microphone, an editing software you feel comfortable using and maybe even a set of good quality headphones. It definitely sucks spending money on something that you might not really need, but if you're serious about starting a podcast, getting some good quality gear is a must.

Step Three: Press Record

Let's face it, your first episode is going to suck. No amount of preparation or equipment

will take away from the fact that it's not easy to just start talking about something you're passionate about when a microphone is on. But, if you want to ensure that your first episode is not a complete disaster, having a rough script is of utmost importance. Writing down your entire episode word-for-word is not necessary, but by having an outline of how you want to allocate your time, as well as understanding what you want to discuss, you can maintain a semi-coherent flow throughout.

Speak confidently and naturally. Don't put on an act that makes you sound a certain way and definitely don't mimic another podcaster you admire. The best way to stand out in an oversaturated market is to be different and be yourself.

When you're done recording, don't immediately listen to your work. If it works in your schedule, take a couple of days off before returning to edit. Not only will you keep your sanity, but listening to it with fresh ears will let you listen to it as if you were an audience member. Have a roommate? Have them listen to the episode once you've done some editing and ask for their honest opinion. A second set of ears can go a long way.

Finally, don't delete the episode. Even if it is an absolute dumpster fire, post away.

Step Four: Practice, Practice, Practice

Congratulations! You'll only get better from here! After

Continued on Pg 8

OUT'N ABOUT

Full Moon Party:

Looking for a fun night out? On March 3, the Crescent Heights Community Association will be holding a night full of games, hot chocolate and campfire songs underneath Calgary's night sky starting at 7.

A Red Carpet Affair:

The Calgary international Film Festival will be holding a red carpet Oscar viewing party on March 4. Dress up in your most extravagant clothing, walk down the red carpet and take in a night dedicated to film's best.

Artifact Small Format Film Festival:

Harkening back to the days of 16mm and Super 8 films, this festival is a perfect way to spend a day watching short films that are all less than 17 minutes long. The event runs from March 8 to March 10.

Alberta Ballet's Cinderella:

In this reinvention of the classic fairy tale, Alberta Ballet's rendition of *Cinderella* will be running from March 14 to March 18. It's the perfect excuse to experience a classic children's story in a new way.

Continued from Pg 7

posting your first episode, ensure that you are actively seeking feedback for your work. Ask your friends, make an Instagram poll, or even write a dreaded Facebook post asking for feedback. If someone says they only listened to the first 10 minutes, ask them why. Understanding what your initial audience wants to listen to will help you grow.

Don't expect to blow-up overnight. Unless you're already incredibly successful, ridiculously famous, or the most popular kid at your junior high school, you won't be raking in those listeners right away. Getting discouraged will get you nowhere, so keep a positive attitude even when your mom is your only subscriber.

Be consistent! Nothing is worse than uploading a couple of episodes and then

disappearing for six months. This is obviously easier said than done. We all have hectic schedules, but uploading once every month is a lot better than having a backlog of episodes that you just can't find time to edit. A consistent presence is key to building a follower base. If a potential listener sees that you post rarely and sporadically, they will be less inclined to give you a shot.

Now, for the most important step. Just keep at it. Practice makes perfect for literally everything, so the more you record, edit and upload your podcast, the better you will get.

Step Five: Here Comes the Money

Okay, maybe not right away, but if you are sincerely invested into your podcast and put in the work, you will start to see an increase in listeners. It might not be huge, heck, it might even just be a couple more listeners, but you'll start to build some fans.

This step might be the most important, because if you started a podcast strictly to make a profit, then I think you should re-evaluate your choice. Making money is great and we all love cashing cheques, but if you don't genuinely enjoy running a podcast, you won't be successful.

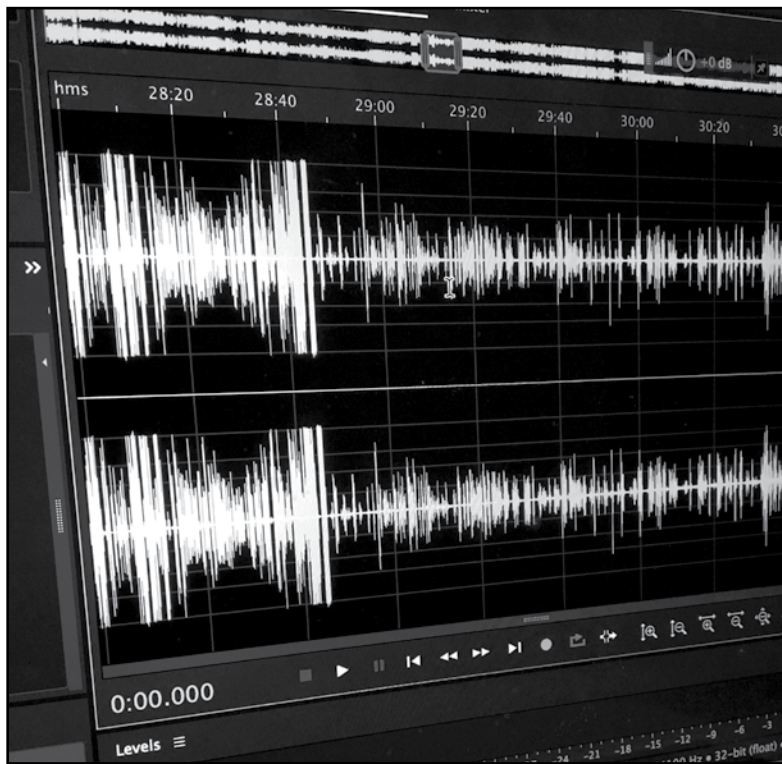
I started a podcast last year



A simple setup, consisting of a few good quality microphones and a couple of laptops is more than enough to produce some solid audio. Photo by Colin Macgillivray

with some friends and I really love doing it. Not only has it helped me find my voice in public speaking, but it has been an excellent excuse to get together with my pals and talk

about things we love. So, if you've learned anything from this list, it's that getting together with your friends is great and podcasts are super great too.



Sometimes editing is the hardest part, so lay down some money for good software, like Adobe Audition and get cracking. Photo by Colin Macgillivray

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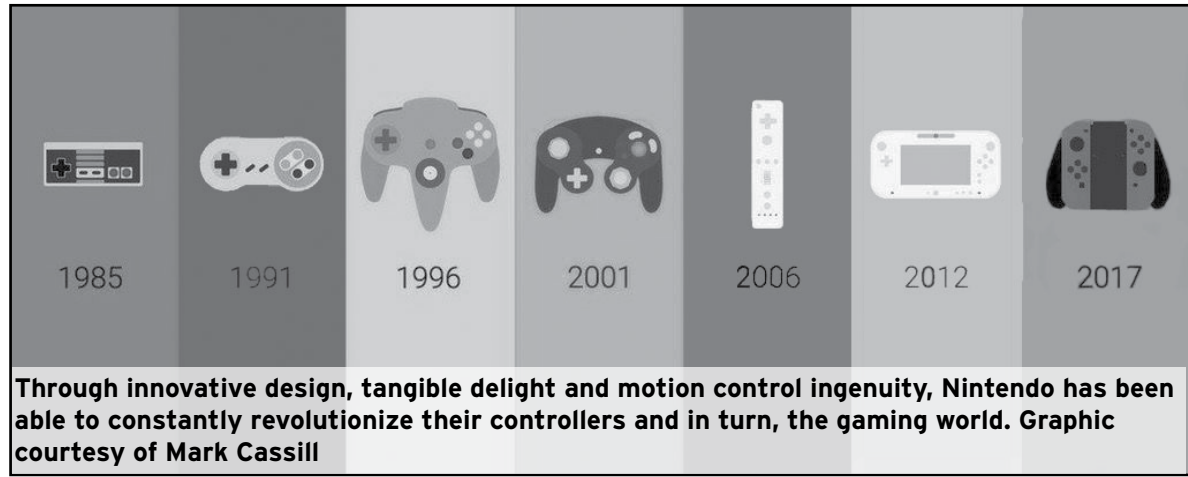


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Pulling the ol' Switch-eroo

Giving into hype and buying a Switch

Nathan Kunz
Staff Writer



I like to think I'm not an impulsive person. I like to plan ahead — whether it be making reservations at a semi-popular restaurant, picking my movie seats days ahead of time, or routing out exactly how to get to an interview hours before I leave my house. So why then did I give in and decide to buy a Nintendo Switch within hours of the idea popping into my head?

I gave into the hype. And after a buyers-remorse free week, I'm glad I did.

Nearly a year after its initial release in March of 2017, the popularity of the hybrid console-handheld Nintendo Switch has continued to rise. By the end of December, the console had already sold more units than the previous Wii U platform had in its five year run. Throughout December and January, the Switch outsold the Playstation 4 and Xbox One according to VentureBeat. And with hype growing for the interactive cardboard cutout additions of the Nintendo Labo series set for release in April, Nintendo's steady upward trajectory shows little signs of simmering.

Personally, the top selling point of the Switch came from its diversity in functionality. Nintendo's reputation as a platform for serious gaming has

been poor to say the least since the domination of the hyper user friendly interface presented by the Wii. The Switch, however, seems to have hit a happy medium in this department, offering remasters of games like Skyrim while not straying far from accessible titles like Mario Kart and Splatoon. More traditional capabilities have also allowed for Nintendo to open up to more indie developers, which means even more diverse titles to choose from.

Beyond game choice, the hybrid features that allow for the Switch to be utilized both as a console and handheld helped win me over. The thoughts of how handy it'd be to smash through an eight hour plane ride by locking into a campaign of Super Mario Odyssey was only disrupted by the realization that I'm drowning in assignments and lacking enough cash to make it beyond the Alberta border. But hey, I can pass this off on the "investment" argument I guess.

So with at least two boxes checked, I decided to invest. Along with a copy of Super Mario Odyssey, I left the Best Buy parking lot with my very own Nintendo Switch underarm as a satisfied customer. No more than 45 minutes later and I was in game. For a console packed with user features, I was amazed at the simplicity of the setup, which

was guided by a series of Ikea-esque illustrations and on screen commands.

In game, the Switch worked exactly as I'd hoped, as Super Mario Odyssey offers a world which is exactly as simple or challenging as the player decides, all while remaining unpredictable and engaging throughout. Thrown onto the mobile screen, the game felt just as large, alleviating a early worry that the game's appeal wouldn't transfer properly onto what is ultimately a different medium all together.

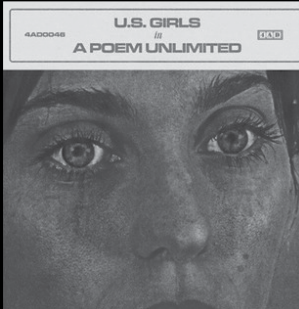
I was somewhat taken aback, however, by the choice to push motion controls in game early on. Though not entirely necessary, Odyssey seems to nudge the player every once and awhile, alerting you that a movement of the Joy-Con controller will everything a little easier in game. "Come on," it seems to taunt. "Everybody's doing it." And as badly as I want to resist it, I'll be damned if I don't on occasion shake the control like an absolute madman so Mario will climb those trees just a tiny bit faster. Time is money, after all and after spending far more on my Switch than is advisable on a student budget, I've got to save all the money I can.



Concrete evidence of my impulse in the form of my Nintendo Switch. Photo by Nathan Kunz

In a Poem Unlimited

U.S. Girls
Royal Mountain Records
Score: A-



Cinematic in progression, U.S. Girls' latest record, *In a Poem Unlimited*, finds its niche in diving into surrealism while avoiding a fringe classification.

Finding haunting space on lead track "Velvet For Sale," acts as a driving force of the project as Meghan Remy pulls the listener into the waving soundscape. Later, on "Incidental Boogie," she strikes with a harsh intensity. On monumental closer "Time," Remy rides off on a flurry of horns and

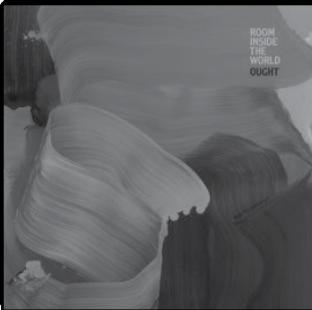
accent high hats scattered across the near eight-minute track, a far cry from the spaced out opener, though natural in execution.

Though *In a Poem Unlimited* remains unpredictable throughout, it would be difficult to argue it is abstract in execution, as each note seems to land right where it's meant to, even if seem impossible for anyone to have known it.

-Nathan Kunz

Room Inside the World

Ought
Merge Records
Score: B-



Montreal art-rockers Ought have had a whirlwind few years. Finding success with 2014's *More than Any Other Day* (still one of the best albums to come out of the recent post-punk revival) and a mid-quality solo record from vocalist Tim Darcy, it's sad to announce their latest doesn't quite live up to the hype.

The nine-track *Room Inside the World* finds the four-piece channelling early goth-rock

progenitors Bauhaus more than anything, but without the gusto and half the flair.

"Disgraced In America," the only real stand-out, possesses faint glimmers of the band's former vitriol, but it's the second track in and the rest of the album plays like a slog.

In short, this album is what Ought not to do.

-Alec Warkentin

Black Panther: The Album Music

Various Artists
Interscope Records
Score: A-



The thought of having Kendrick Lamar at the helm of making an album of music from and inspired by the new *Black Panther* movie was exciting. Coming off of the heels of an incredible amount of hits from his critically acclaimed album *Damn*, the expectation was that this album would be full of hard hitting tunes.

The soundtrack however, left me wanting more. I was expecting an album of powerful, empowering, strong hits emitting the sense of revolution from the movie it's inspired by. Sure there are standouts like "All the Stars"

with Sza and "Pray for Me" with The Weeknd, but it feels like the album is missing something. I want to feel the power of Wakanda throughout, but I only get a taste of that through the song "X" or "King's Dead." For the most part, the album sounds like pop fused with R&B. The standout tracks are definitely the five in which Lamar are featured.

But that being said, just like the movie, maybe it wasn't necessarily made with me in mind.

-Anna Junker

MRU Cougars winter playoff hunt comes up short

Cougars playoff hunt sees an early exit

Dan Khavkin

Sports Editor

The 2017/2018 Mount Royal Cougar winter sport season closed its curtains in late February as the only two Cougars squads who qualified in the winter semester, have been eliminated out of playoff contention.

Women's volleyball and men's hockey both had rewarding regular-seasons by finishing in the top half of the league standings and qualified to the Canada West playoffs to begin a hunt for the regional championship, but had their seasons cut short before any history could have been made.

Men's Hockey

As predicted earlier in the year, the Cougars' most prominent team made another deep playoff run despite a shaky season overall.

MRU finished 12-14-2 in the Canada West standings and clinched the final playoff spot to mark their fifth straight playoff

appearance. The Cougars traveled to Manitoba for a weekend in the 'Herd' of the Bisons and to many people's shock, swept them on the road 2-0.

In the head-to-head matchup, the Cougars did only win one of four games against the Bisons this year, but in their second match-up of the season in Calgary, MRU displayed that they can compete with them splitting the series with a restored and injury free squad.

In the quarter-final showdown, a last minute goal from Cougar captain Jaime King secured a 3-2 win in game one and the next night, a MRU squad carried a 4-1 lead heading into the third period. The Cougars held a late Manitoba push to seal the series with a 5-3 win led by Jamal Watson's three point performance.

Watson led the team in points with six in four games.

Next up for the Cougars was a



Forward Connor Rankin having a conversation against a Golden Bear player in one of four regular season games the schools have played. MRU got eliminated last weekend by the Golden Bears, reaching the semi-finals for second straight year. Photo by Adrian Shellard

meeting against the top-ranked team in the nation, the Alberta Golden Bears in Edmonton the following weekend.

Alberta swept all regular season games against MRU, outscoring them 19-4. In what would've been a huge 'what if' situation, the Cougars pushed the Golden Bears to an overtime in game one but in a series of unfortunate events unfolding in such a vital shift, they dropped the game.

Cougar forward Josh Bly heroically blocked a shot from the point but was slow to get up while defenceman Maddison Smiley got knocked down behind the net seconds on. This led to the Golden Bears pouncing on a tired and battered defensive unit to seal a 1-0 lead heading into game two the next night.

After rookie Brad Kennedy cut the Golden Bears' lead in half at 2-1 inside the second period with his second goal of the playoffs, the Golden Bears scored four straight goals to take any hopes of a Cougar

comeback go away and end the MRU hockey season with a 6-1 win.

Despite having 10 first-year skaters on the team and a late addition midway through the season, MRU put up a great second-half performance to solidify playoffs and get eliminated in the Canada West semi-finals for the second straight season.

Women's Volleyball

MRU's women's volleyball squad also qualified with the final playoff spot to make the playoff for the third straight season.

Led by Canada West second team all-star fifth-year Alex Donaghy, the team's only senior, the Cougars finished the season with an 11-13 record.

MRU had a modest 6-6 record at the turn of the calendar but picked up key victories in Manitoba against the Bisons and Brandon Bobcats who were also in the playoff mix, to secure their spot in the playoffs.

The Cougars' task was to be their most difficult, being pit against first-place in Western Canada University of Calgary Dinos who swept the Cougars in the final-regular season weekend.

Like the men's hockey team, odds were severely stacked against the Cougars but the roles of the underdogs were switched.

The Dinos routed the Cougars in game one winning in three sets (25-8, 25-12, 25-22) in just 76 minutes of game time.

With the season on the line, MRU knew they had to put up a stronger performance to even have a chance at an upset but despite a valiant effort, the Cougars fell short and dropped game two (25-21, 25-23, 25-22).

Key highlights came from Allisa Dandenault who had the teams 12 of 22 aces in game one, Quinn Pelland had 33 of 40 aces in game two, while Chantel Park led the team with 20 kills in the two games.



Outsider hitter and rookie Annie Hielema setting the ball in a home game. Her Cougar squad got swept by the nationally second-ranked Calgary Dinos team last weekend. Photo by Adrian Shellard

#S

300 career wins for Nashville Predator backstopper Pekka Rinne, the third Fin to ever do so

29 a record high medal count for Canada set at the 2018 PyeongChang Winter Games

4 30-goal seasons for Manchester City striker Sergio Aguero

39 an all-time high for medals at a Winter Olympics set by Norway in the 2018 PyeongChang Winter

Canada in the 2018 PyeongChang Winter Olympics

The red and white's performance is one to remember

Dan Khavkin
Sports Editor

Canada's Winter Olympic athletes bring home a record 29 medals for the country in the 2018 Pyeongchang Olympics.

Canada's unofficial sweetheart couple, Tessa Virtue and Scott Moir, were the country's flag bearers marking the first time two athletes were named to carry the

flag in the opening ceremonies. The pair received two of 11 gold medals themselves to go along with the red and white's eight silver medals and 10 bronze.

Of the 29 medals, seven were won in Freestyle Skiing, Canada's most successful sport in the two weeks with four of them being

gold in that discipline alone.

Ice hockey saw the women's team bring home a heartbreaking silver medal after losing in a shootout to the Americans, who picked up their first gold medal since 1998. This game will be remembered for its argument of having shoot-outs decide a final match.

Men's hockey won a deserving bronze medal, beating the Czech Republic 6-4. This was the first men's hockey olympic competition since Nagano in 1998 that did not have NHL players in them, allowing for the majority of the rosters on every team consist of minor-league players who got the opportunity of a lifetime.

Canada also picked up two medals at bobsleigh events including a peculiar gold medal that came in the merits of a first-placed tie with the Germans. Two-Woman bobsleigh picked up a bronze medal.

In women's slopestyle, Lauren Blouin got a silver medal despite crashing a few times and finishing the event with a black eye.



The Canadian men's hockey team are proud with their bronze medal result at the 2018 Winter Olympics. This was the first Olympics since 1998 that did not have NHL players. Photo by Brendan Smialowski/AFP/Getty Images

Curling had a disappointing performance at the games. Canada's only medal from the sport came early on in mixed-doubles, one of four of the Olympics' new sports, while the men's team got eliminated in the semi-finals and the women's team did not even make the playoff round.

The red and white also picked up gold in men's big air from

Sébastien Toutant. Big air was another sport that was debuted at the 2018 games.

Short-track speed skater Kim Boutin, the most decorated olympian in Canada, brought home two bronze medals in the 500m and 1500m runs and a silver in the 1000m sprint, earning her the honour of being Canada's closing ceremony flag-bearer.



Canada's most memorable gold medal at the 2018 PyeongChang Olympic Winter Games came from the most unofficial couple in history, Scott Moir and his lifelong skating partner Tessa Virtue's captivating ice dance that brought Canada to tears. Can they just date already? Photo courtesy of Paul Chiasson/CP

Are the Flames killing their chances for playoffs?

Home woes are costly but road successes may keep the Flames in playoff hunt

Nathan Woolridge
Staff Writer

Our beloved Calgary Flames have faced triumphs and failures since having their six game win streak snapped on Jan. 20. Since then, the team is looking like they are back to having consistency issues as they did at the start of the season.

Since their season-high win streak snapped, they managed to pick up points in four straight games losing in overtime sessions and lost two more regulation games.

While the team was seeming to be in the run for playoffs, it is looking more and more unlikely. The team's home record is horrible, their away record was better.

As of Feb 25., the Flames' home record is 14-14-4 while their away record is one of the league's best with a 18-8-5 record.

Are the Flames falling apart? When Calgary beat one of the

league's top contenders, the Nashville Predators, 4-3 on Feb. 15, things started looking up after going 4-4 to start the month. But a string of losses followed.

A 6-3 loss to the Florida Panthers ensued despite defenceman Dougie Hamilton scoring a hattrick — the first Flames defenseman to do so since Al MacInnis in the early '90s.

Then, came a 2-1 overtime loss to the Boston Bruins, who currently sit near the top of the league behind the Tampa Bay Lightning and Vegas Golden Knights.

Speaking of the Golden Knights, on Feb. 21 the Flames were blown out of the water with a tough 7-3 loss.

The Flames seem to be lacking consistency... again. They have played well against some of the league's top contenders, but have lost to some of the league's

worst. It appears there is a trend of the team adjusting their game to who they're playing against (with some exceptions).

If the Flames are playing a top contender they seem to win or come close by a goal or lose in extra minutes. But, if the team is playing a team low in the standings, they sit back and relax — hoping that the win will just fall into their hands.

If you look at the team's wins and losses by date there's typically a string of multiple wins followed by multiple losses. The Flames had a great beginning to 2018, with an incredible streak of six wins. But, this was immediately followed by a depressing losing streak of another six games.

Goaltender Mike Smith suffered from a reported groin injury while playing the New York Islanders Feb. 11 during a road trip. The Flames left with a win, but with Smith getting

injured at the dying seconds of the game it appeared that our starting goaltender would need some time off.

Backup goaltender, David Rittich would get the start the next game losing to the Boston Bruins 5-2. He would redeem himself in a victory against the Nashville Predators. Sadly, that has been the only win since Smith's injury until AHL call-up John Gilles got the nod on Feb 22. Facing division rivals Arizona Coyotes after bench-warming for Rittich since the injury to Smith, the Flames picked up a huge 5-1 and then another 5-2 win against the Colorado Avalanche. Rittich has lost four of the five games he has played since covering for Smith. Before this streak of losses, Rittich's only loss this season was in a shootout in January. The backup goaltender was proving to be a valuable asset for backing up Smith.

Now all we can hope for is Rittich to get back into winning until Smith can resume his post in net.

The season can still be saved, Calgary.

For the most part, the team has been pretty healthy this season and have had their top lines producing fairly well and consistently. Johnny Gaudreau is still top 10 in points while the team overall have three 20-goal scorers on the team. Hamilton is near the top of the league for goals from the blue-line and Sean Monahan leads the team with 29 goals with 11 of them being game winning goals. With the departure of Jaromir Jagr, there are no more off-ice distractions bothering the locker room.

It will be nice for the rest of the team to contribute for the benefit of the whole as seven players on the roster are still yet to reach the 10 point mark.

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