

# the reflector

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# news

**News Editor**  
**Nathan Woolridge**  
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**Colin Macgillivray**

Arts Editor

My name is Colin Macgillivray and I am really excited to continue my stint as the Arts Editor for the Reflector! I recently completed a four-month work term in northern B.C. as a one-man newsroom for three, small community papers and I'm more than ready to start writing about what I love again—the arts. Whether it's film, literature, video games or even theatre, I'm your guy. In my spare time, I host an entertainment and comedy podcast dedicated to the world of film, scour the streets for the best Subway sandwich and try to learn how to type using more than just my index fingers. Ultimately, I'm really looking forward to sharing my love of arts with the Reflector again this year.



**Nathan Woolridge**

News Editor

Hey! My name is Nathan Woolridge and this is my third year at MRU and my first year being an editor at the Reflector. As a journalism student at MRU, I am excited for the opportunity to produce more content and work with other students on stories. I am passionate about journalism and the media and love to explore new media and marketing models. I am also taking a minor in Political Science because I am really interested in politics and current events. Come find me if you are too: I am always open for a great political discussion! Aside from journalism and politics, I'm a huge Flames fan and I love to collect things, especially vinyl records. But, I do spend most of my spare time indulging my Twitter addiction, which has gotten worse over time.



**Andi Endruhn**

Layout Editor

Hey! I'm Andi Endruhn, and I'm absolutely stoked to be the new Layout Editor this year! I love art and design and had a blast last year experimenting with them as Photo Editor and can't wait to keep growing this year! If you run into me and I'm not yelling about my classes, I'm probably chatting someone up about coffee, forest foraged produce or vintage clothing restoration. I'm a happily self-professed expert at doing mountain sports with great mediocrity and am always happy to add another to my arsenal of amateurism. You can find me hunkered down in the Reflector office practicing my skills as a professional hermit. Come visit, and remind me about civilization while talking to me about contributing or collaborating on graphics and stories!



**Rosemary J. De Souza**

Features Editor

Hi! I'm Rosemary De Souza (but people just call me Rose), and I'm very excited to be your new Features Editor this year. This will be my fourth year in the MRU Journalism program and my second year with the Reflector. Being born in the Middle East, raised by a mother from the Philippines and a father from India, I would say that travelling was not just a privilege but my way of life. My travels helped me get in touch and gain a deeper understanding of my parents' upbringing and cultures. From these travels came my love of food, film and storytelling. I grew up eating foods, reading books and watching movies from different countries; I was always amazed of the similarities and differences in culture, artistry and ideology of the different places I visited. I hope to bring the diversity I've witnessed to my writing as I continue to open myself up to new ideas and thought.



**Robyn Welsh**

Publishing Editor

I'm Robyn Welsh, your new coffee loving Publishing Editor. I have an affinity for cozy sweaters that make me feel elderly and own too many pairs of glasses. You can often find me ogling over new stationary, stuffing my face full of sushi or admiring and creating art. My current mission is to buff up my knowledge and catch up on all the movies experts like Colin Macgillivray have already seen. But don't ask me what my favourite movie is; I'm particularly bad at choosing favourites. I can't wait to spend my last semester on campus and with the Reflector meeting and recruiting new contributors. If you're interested, shoot me or one of the other editors an email!



**Kennedy Enns**

Web Editor

Hi! I'm Kennedy Enns, a fourth year journalism student, part-time copy-editor and full-time sad girl. I've been writing for the Reflector since the first issue of my first year in the journalism program and I'm very excited to make the move from Publishing Editor to Web Editor for this school-year. When not in the Reflector office, you can find me at local shows, picking up new books to add to an ever-growing stack or online yelling about my favourite bands. Don't try to tell me that Julien Baker, Carly Rae Jepsen and Sleater-Kinney aren't the epitome of emo music.

## Meet the Editors

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**For updated news be sure to visit: [thereflector.ca](http://thereflector.ca) or download our app by searching "The Reflector Newspaper" on the Appstore or Google Play!**

**The Reflector Office is in the basement of Wyckham house (Z002). To get in touch with The Reflector staff, stop by during school hours, or send us an email!**



**Dan Khavkin**

Sports Editor

Yo, it's your boy Dan Khavkin, I'm absolutely elated to continue manning the Sports section of the Reflector for a second straight year. I'll be covering and updating our amazing campus readers with news regarding the MRU Cougars teams and athletes along with other news revolving around the world of sports. As always, you'll catch me watching sport games and shows (sometimes in class) or staying active in the MRU gym in my free time. I'm also regarded as a tracksuit enthusiast by my peers.



**Amber McLinden**

Photo Editor

Hey, it's your new photo editor Amber McLinden! Last year I was the Features Editor and I spent a lot of time writing. This year, I can't wait to spend a lot of time with photography and design. I'm a fourth year journalism student who has a semester to go before I'm slingshotted into the real world. In the meantime, I plan on spending my last few months at MRU drinking gallons of iced coffee, travelling when I can and working on one of my multitude of jobs out of the Reflector office. While my fellow editors have interesting hobbies like vintage clothing restoration or subway sandwich crafting, my main hobbies are sleeping at strange hours and ingesting dangerous amounts of caffeine. Besides all that, I look forward to contributing to an entirely different element of the paper this year!

# MRU taking steps to further recognize the LGBTQ+ community

**Nathan Woolridge**

News Editor

On Aug. 28, MRU students, faculty and community members gathered for an unveiling of Calgary's first permanent pride crosswalk between the EA building and the Riddell Library and Learning Centre.

Former SAMRU VP External and activist within the trans community, Aria Burrell was moved by the meaningful and inclusive addition to campus. "It brought tears to my eyes to see the Pride crosswalk on campus," she said. "So many queer and trans students are enrolled at MRU and I know for many of

us it can sometimes feel like an uphill battle to just get out of bed in the morning and face a world that can so often be hostile. It helps to know our institution has our backs."

Local blogger and ex-MRU professor, Mike Morrison tweeted "Something to think about: Canada's largest cities, only two do not have a permanent Pride crosswalk: Calgary and Quebec ... Calgary removes their crosswalk every year."

Morrison says that he is "thrilled" that MRU installed a

permanent Pride crosswalk on campus.

Calgary company, Zoom Painting, donated the installation of the crosswalk and has offered to maintain it for the next five years. This contribution is estimated to cost around \$17,500.

On Aug. 24, the third annual Gayger took place at Twisted Element. The event consisted of multiple DJs, dancing and "fabulous Drag Queens." According to Calgary Pride's website, the five dollar admission fee went "directly into the Pride Scholarship at Mount Royal University."

According to Calgary Pride, the \$500 scholarship is awarded to two students who make an impact for the LGBTQ+ community.

On June 15, Mount Royal University hosted a flag raising ceremony to acknowledge the LGBTQ+ community during pride month. The flag raising took place at the outdoor amphitheatre by the pond. The flag flew for the month of June and was raised again in August.

Before the flag was risen, Provost Leslie Brown and Burrell gave speeches about what the ceremony meant to them.

Brown shared a story about the personal meaning surrounding a previously attended Toronto Pride event. She expressed how important raising the pride flag



Flags on Mount Royal campus. Photo by Robyn Welsh

was to her. "This flag symbolizes acceptance... it's a flag for everyone" Brown says.

In her speech, Burrell cautioned against becoming complacent with a lack of effort in the face of progress. "The flag is symbolic, but now more than ever, it's important for our institutions to be intentional in demonstrating, publicly, that LGBTQ2+ people are recognized as a permanent part of our campus," she says.

"Raising the flag at MRU means more than checking off a box," Burrell says.

Those in attendance were also welcome to share their own comments and stories.

Prior to the flag raising ceremony, Brown sent out an email saying, "June is Pride Month in Canada and it's the first time that MRU will raise

the Pride flag at this time of the year. This builds on MRU's participation in the Pride Parade and events hosted by the Students' Association."

MRU also participated in the annual Calgary Pride Parade on Sept. 2. Last year, the school had over 200 people from the MRU community march in the parade.

According to Burrell, the changes that are happening on campus have come during an era of particular need. "In Alberta right now, Ontario, Canada, and in our neighbours to the South, we're seeing backlash to the progress we've made from those who do not want queer and trans folks to lead public lives or exist in public institutions," says Burrell.



New Pride sidewalk that was unveiled on Mount Royal campus. Photo by Robyn Welsh

# David Docherty to become president of Brandon University

*MRU begins search for new president by May*

**Nathan Woolridge**

News Editor

Mount Royal University president, David Docherty, will be moving on to become Brandon University president effective May 1, 2019.

A statement was released by Sue Mallon, Chair of Mount Royal University Board of Governors, to congratulate Docherty on his new position. The statement recognized his achievements at MRU, which include the opening

of the Taylor Centre for the Performing Arts and the Riddell Library and Learning Centre.

Mallon says in her statement, "He is a passionate advocate for mental health and wellbeing, diversity and inclusion and Indigenization."

Docherty will continue at MRU for the 2018-2019 academic year. "We look forward to continuing to work

with him," Mallon says.

Brandon University also released a statement confirming that Docherty will be taking on at least a five-year term as president.

Docherty told Brandon University that "the success of any university is measured by the success of our students, our faculty and our staff, and by that measure I am privileged to be joining an extremely

successful institution ... I am eager to contribute as President to Brandon University's continuing success, to meeting the challenges and opportunities of growth and to celebrating and deepening BU's collaborative and collegial campus culture."

Docherty has a Ph.D. in Political Science from the University of Toronto along with degrees from McMaster

University and Wilfrid Laurier University.

According to the MRU statement, the search for a new president at MRU will be lead by the Board of Governors and the executive search firm, Boyden Canada.

More news about MRU's search for a new president to come.



# Hottest day, poor air quality for Calgary's summer

*Smoky air across Canada from fires in B.C.*

**Nathan Woolridge**

News Editor

MRU community members living in Calgary may already be aware, but for those returning to the city, you missed out on a summer marked by warm weather and poor air quality.

On Aug. 10, 2018 Environment Canada reported that Calgary reached its hottest temperature of all-time at 36.4 C.

The previous hottest day was 36.1, which was recorded twice historically: July 15, 1919 and July 25, 1933.

The month of August also saw Calgary suffer through poor air quality warnings primarily due to forest fires burning in British Columbia.

The forest fires brought up a lot of discussion about climate change. The World Health Organization (WHO) states on their website that climate change affects the "determinants of health," including clean air.

WHO also stresses that climate change has serious impacts on extreme heat and is contributing to an increased frequency of natural disasters. The WHO reports that the number of natural disasters has tripled since the 1960s.

The Government of Canada issued multiple warnings in August for poor air quality. Their statement on Aug. 23 stated, "Smoke is causing poor air quality and reducing visibility. Smoke is expected or occurring. Thick smoke continues across regions of southern and central Alberta."

The government's statement also warned that "Individuals may experience symptoms such as increased coughing, throat irritation, headaches or shortness of breath. Children, seniors and those with cardiovascular or lung disease, such as asthma, are especially at risk. Stay inside if you have breathing difficulties."

As of a report on Aug. 22 there were 531 fires burning in B.C. with 246 considered out of control. B.C. declared a state of emergency and brought in firefighters from Quebec, Ontario, Australia, Mexico, and more places to help. Alberta remained cautious with several fire bans.



Photo courtesy of Gavin Young (Postmedia)

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## THE REFLECTOR

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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.

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### the reflector

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## Opinion: Why you should care about the John A. MacDonald statue debate

**Cameron Mitchell**

Contributor

Later in September, Patrick Johnson will be in court to face charges of mischief and a possible fine of \$5,000 for painting red the hands of Regina's John A. MacDonald statue. Johnson, a 47 year-old musician from Vibank, Sask., plans to plead guilty to the charges, which police were only able to lay after he came forward to claim responsibility for the incident.

According to the CBC, Johnson said he painted the statue of Canada's first prime minister to "bring attention to the ongoing plight of First Nations people in Canada."

August's incident was not the first time this particular statue, the last of MacDonald to be found in a major western city, has been targeted. According to the Regina Leader-Post, Johnson claims he attempted to knock the hands off the statue with a sledge hammer on a previous occasion, only resorting to paint after he failed to make a dent. The CBC also reported that the statue was spray painted head to toe earlier in the year and vandalized in 2012.

The most recent incident comes amid a fierce debate over MacDonald's legacy. Last year an Ontario teachers' union urged school boards to consider removing MacDonald's name from public schools in light of his role as leader of violence against Indigenous peoples. In Victoria, councillors voted this summer to remove his statue from the front steps of City Hall, replacing it with temporary plaque explaining that the decision was made in consultation with "the Lekwungen peoples, the Songhees and Esquimalt Nations, on whose territories the city stands."

The reaction to these gestures towards reconciliation have been depressingly predictable. Onlookers wrapped themselves in British Columbian and Canadian flags, singing the national anthem as they gathered in Victoria to protest the removal of the statue. The

problem these protestors have with the statue's removal was best expressed by one man in an interview with the CBC: "It's part of our history I feel is being ripped right out and gutted down."

This and other variations of the 'destroying history' argument have often been on the lips of those opposing efforts to recontextualize MacDonald and other controversial historical figures. Never mind the fact that the express purpose in removing Victoria's MacDonald statue was to present a more accurate accounting of history. Never mind the fact that, as writers for the Toronto Star point out, the statue in question was not erected until 1982, 100 years after MacDonald's term as prime minister.

For those opposing the removal of the statues or the changing of school names, Victoria City Council's gesture towards reconciliation amounts to little more than an Orwellian attempt to rewrite history. Not a week after the statue was removed, the National Post reported that the temporary plaque had been vandalized with the words "1984" and "communism" scrawled across it.

This reaction betrays a narrow-minded and frankly juvenile understanding of the past and the role history plays in the present. The lionizing of MacDonald in public discourse has played a key role in a 'gutting' of history that has already been taking place for over a century.

Despite what many Canadians might think, MacDonald was a controversial figure even in his day. Aside from being a notorious drunk, MacDonald was at the center of the Pacific Scandal, a campaign financing scandal that would force the resignation of his first government. His second government would see the implementation of the Chinese Head Tax and legislation denying Chinese Canadians the right to vote. The prime minister himself argued

that Asian immigrants were incapable of naturalization, rhetoric that was viewed as extreme even among his contemporaries. As University of Ottawa historian Timothy J. Stanley points out in an article for the website ActiveHistory, "He was the only member of the Canadian Parliament to use the term 'Aryan' during the 1870s and 1880s, as well as the only member to argue that Asians and Europeans were separate species."

This, of course, is in addition to his violent colonization of Canada's Indigenous peoples.

The stories most present-day Canadians hear about MacDonald are only one side of the historical picture. Removing statues and renaming schools mark an attempt to make room for stories that, until recently, have been largely invisible. Not just so we can address historical wrongs, but also to address how MacDonald's legacy continues to disenfranchise Indigenous people across the country to this day.

As University of Regina professor James Daschuk said to the CBC, "A lot of people defend Macdonald because he built the country and that's no doubt true, but he built the dysfunctional country that we live in... One-hundred and forty years later, his policies, his actions [that he] oversaw them as the de facto minister of Indian Affairs, still have resonance in our society today."

After all, one of MacDonald's key legacies as prime minister was the creation of the residential school system which resulted in the deaths of at least 6,000 Indigenous children according to the Truth and Reconciliation Commission (the real number is likely higher). The last residential school only closed twenty-two years ago and many of the system's victims and their children continue to suffer from their experiences.

As Canadians, it's time to face the fact that we have a collective and often wilful amnesia when



**Patrick Johnson painted the hands of Regina's John A. MacDonald statue red and will be in court later in September to face charges. Photo courtesy of Regina Leader-Post**

it comes to the violence upon which our country was founded. This amnesia is partly a product of our education system. When social studies curriculums across the country uphold MacDonald as 'the father of confederation,' they conveniently exclude MacDonald's vision of Canada as an Aryan nation. When discussing the construction of the Canadian Pacific Railway, many educators have until recently been unaware of or unconcerned by the campaign deliberate starvation that project necessitated.

Both in his beliefs and in his actions, Canada's first prime minister was what we would today call a white nationalist.

Which brings us back to the question of statues: can we continue to publicly venerate MacDonald in the 21st century?

The clear answer is that we can't. It is irresponsible and immoral to continue the uncritical eulogizing of MacDonald in this supposed moment of reconciliation. Nobody is saying that MacDonald's name should be stripped from the history books,

merely that it should be placed in the context of all his actions, not just those that fit into our national mythology.

By removing MacDonald from the steps of City Hall, the Victoria City Council is taking a much-needed step in the right direction. The loss of one statue won't cause Canadians to forget the 'father of confederation.' But it might give us the opportunity to revisit the fact that confederation itself would not have been possible without MacDonald's brutal campaign of enforced starvation and colonial violence against Indigenous peoples.

Talking to the CBC, Regina Mayor Michael Fougere said the city has no plans to remove Victoria Park's statue without a formal request from residents. Until a popular request is made, perhaps Patrick Johnson has the right idea. If John A. MacDonald is allowed to continue looming over our parks and public spaces, we should at least depict him with historical accuracy: with blood drenched hands.



# Tips to dive back into study mode

*Have a smooth transition into student life after a long break*

**Rosemary De Souza**

Features Editor

You may not want to face it, but the school year has already begun. That also means that summer is coming to an end as we pack up our bags and get ready for a semester filled with late night studying, early morning Tim Hortons runs on Main Street and napping within the halls of the Riddell Library.

Here are some tips on how to make the transition back into school more bearable.

## No more sleepless nights

This may seem obvious, but try to get seven to nine hours of sleep before the first day. Additionally, a pre-sleep routine can help calm your mind before you hit the pillow. Experiment a little to see what calms you; try reading books, listening to music or having a hot bath. If that doesn't work, try exercising during the day or changing up your bedroom environment, all of which can contribute to a good night's sleep. According to Harvard Medical School, a lack of sleep can cause irritability, impatience, moodiness and inability to concentrate. Sufficient sleep, however, can help the "brain commit new information to memory through a process called memory consolidation," they added. Studies have shown that "people who'd slept after learning a task did better on tests later." Keep this in mind next time you have an exam!

## Eat up

This is probably not the first time you are hearing this, but breakfast is good for you. It really is. In a study published by "Pediatrics" in August 2008, researchers found that breakfast had positive short-term effects on cognitive functioning. They measured this through standardized tests of attention, concentration, verbal, and spatial memory. All 104 students who participated in the study, aged 13 to 20, were self-reportedly more alert in comparison to when they had no breakfast at all.

Jumpstart your day with a healthy breakfast that contains protein and fibre. Yogurt parfaits, egg sandwiches, smoothies and cereals can be

enough to give you the energy you need to concentrate until lunch.

## Be ahead of the pack

It can get frustrating being bombarded with assignments and future projects upon entering class. Give yourself some time to learn what to expect out of your courses. Always try being aware of class expectations, discussions, and deliverables before you enter class. This information should be available on your course outline. Once you have an in-depth idea of what to expect every time, there should not be any surprises for you this semester.

## Plan it out

Get organized by creating calendars, schedules or to-do lists, whichever you prefer. Use a planner, sticky notes, or an online calendar to list out exam dates and project deadlines, which can be found in your course outline. If you lay out your expectations for the week, month and semester ahead of time, you'll have a good idea of what to expect and will feel more prepared. Staying organized will help you plan your leisure and study time accordingly, prioritize your tasks and tackle things one at a time.

## Start small

Speaking of tackling items one by one, you can't expect to be the most productive version of yourself on day one. Start small by focusing on tasks that are easy to tick off your list. During the first few days, that could be reviewing the course outline, creating a study plan or semester calendar and preparing for assignments due the next week (if you want to be that ahead of the game). But regardless of what you finish on any given day, accomplishing small goals can encourage you to aim for big ones in the long run. That way you get more productive as the days go by. Now that's a tip for life!



Photo courtesy of Unsplash

## Surviving the semester

### Academic Success Workshops

Have your professors ever told you your writing needs to be more concise? Do you want to improve your memory? Confused about why your references are not considered academic? Look no further! If you're hoping to bolster your math, studying, reading, writing, referencing or presentation and group work skills, Student Learning Services will be running workshops throughout the semester in EL1451B (in the RLLC). All workshops are 50 minutes long and free. The schedule for workshops is posted online on the Student Learning Services page at [mtroyal.ca](http://mtroyal.ca).

### Peer Learning Program

If you are struggling in a class and looking for a study-buddy with a wealth of subject-specific knowledge, consider the Peer Learning Program. The program offers new study strategies and lots of friendly support.

If you love helping others and want to gain leadership and volunteer experience, you may be a great fit to become a Learning Peer. Applications for the Fall 2018 semester have already closed, but you can add your name to a list on the Peer Learning page of MRU's website to be updated when the new application form is ready.

### Wellness Centre

If you are ever struggling, the Wellness Centre offers mental health services including counselling and an online program called Breathing Room, "which aims to improve your mental health by building resilience and coping skills," according to their website. Students can get free access to the program with the code MRU1910. The Wellness Centre also has various workshops, groups and student volunteer opportunities. Other medical and optimal therapy options are available as well. Find them at U216.

### MRU Academic Support

To assist students in meeting their academic, career and personal goals, MRU offers a peer learning program, studying and writing help, student counselling, academic advising, career services and accessibility services. These services are here for you: don't hesitate to reach out if you're struggling or just have a question.

### Wyckham Pharmacy

If you're needing to fill a prescription, pick up painkillers or grab some condoms, Wyckham Pharmacy—a drug store in the basement of the Students' Association Building—has you covered. Pharmacist Thomas Yeung can even prescribe certain medication in the pharmacy, saving you a doctor appointment. Wyckham Pharmacy also provides training and free Naloxone kits for all interested community members and administers flu vaccinations.

### Dental Choice

In the basement of Wyckham house, Dental Choice offers general, restorative and cosmetic dentistry services as well as emergency dental care, dental implants and custom fitted sports mouth guards. For more information and to make an appointment, visit Dental Choice in Z006. Mount Royal Dental Choice is open to faculty, staff, students and their families and friends.

Dental Choice is currently undergoing renovations and will be closed until Sept. 24.

### Student Benefits Office

As a student taking nine credits or more at MRU, you are automatically enrolled in the Student Health and Dental Plans. If you are wondering about the extent of the coverage, how to add a family member to your plan or have any other questions, visit the office in the Wyckham House basement at Z001. Students are automatically enrolled in these programs, so those who have alternate health care and dental insurance coverage can opt-out. Essentially, this means you will not have access to the same insurance benefits and will receive some money back.

**Opt-out dates (2018-19 Year):** Fall 2018 Semester: Oct. 5th, 2018, Winter 2019 Semester: Feb. 1st, 2019

Graphic by Robyn Welsh

# Events to attend this semester

## Fun things to keep on your radar

**Robyn Welsh**

Publishing Editor

Amid the fall semester bustle, it can be easy to miss the memo about events taking place on campus. Here is a guide to get you thinking about a few ways you can pull yourself away from studying and get out of the house.

### The Blue Mile

To kick-off the school year, MRU is hosting a festival to welcome back students and staff on Wednesday Sept. 12 from 1 to 6 p.m. at the amphitheatre. The event features DJ Kav from 90.3 Amp Radio, food trucks, craft breweries and activities. Keep in mind that only tickets purchased at the event will be accepted; tickets for food and beer can be purchased starting at 1p.m. by debit or credit only. But if you're one of the first 250 people through the door you'll receive a free food truck voucher!

The event will have nine food trucks including Arepas Ranch, Awko Taco, Bento Burrito, Dumpling Hero, Red Wagon, Roadtiserie, Soul Kitchen, Sugar Cube and Taiko Taco. Eight brews of beer and cider will be available from local breweries: Cold Garden Beverage Company, Ol' Beautiful Brewing Co., Village Brewery and Wild Rose Brewery.

Don't forget to bring your photo ID and MRU ID!

### Cultural & Indigenous Inclusion programs

SAMRU is hosting seven Cultural & Indigenous Inclusion programs this semester in the Yellow Room (Z203). According to SAMRU's website, this room "provides a space for students to immerse themselves in the diverse community of Mount Royal and share their experiences with peers. It's a space to learn and network while discussing the similarities and differences across cultures."

Every Wednesday from 10 a.m. to 2 p.m. you can attend an Aboriginal Ancestry program to learn more about your Metis or First Nations ancestry. This workshop is a great way to explore family, culture and scholarship or funding opportunities.

According to SAMRU, the Building Bridges: Tea & Bannock Talking Circle is a way to "encourage dialogue across difference." Topics will be openly discussed and revolve around Indigenous, Canadian and international issues. The talking circle will run three dates throughout the semester: Oct. 1, Nov. 19 and Dec. 10 from 12 to 3 p.m. So head over to the Yellow Room (Z203) for some tea, bannock and meaningful discussion.

Learn traditional beading, jewelry making and more at Indigenous crafts every Thursday from 1 to 4 p.m. Craft supplies are provided, all you need to do is make your way to Wyckham house.

Other programs include the Indigenous Elder Program, Metis History, Drum Circle and an International Student Eat & Greet. For more information visit SAMRU.ca.

### Shows at the Bella Concert Hall

During my time working as an usher at the Bella Concert Hall on campus I noticed something: there was a serious lack of students attending the amazing shows on campus! If attendance by students is anything like what it was then, there are a lot of students missing out.

This semester, the concert hall will be hosting Stars with special guest Dizzy, the Concert of Hope, "an eclectic mix of music, song, spoken word, dance, motivational speaking and live art in support of teen mental health," as well as the Luminous Voices Music Society, Calgary's professional chamber choir who will be performing several times this semester. And that is only the start! To find out more about these events, purchase tickets and more, visit tickets.mru.ca.

### Karaoke at the Hub

Admit it, singing karaoke with your pals is super fun. On the second Wednesday of every month you can sing your heart out at the Hub. For some great back-to-school bonding, head to the first karaoke night on Sept. 12 at 7 p.m. with some new classmates. Pro-tip: when you're getting ready, use your hairbrush as a microphone and warm up your voice. You'll

feel like a rockstar even before you're ready to leave the house!

### Keep an eye out

Much more is happening on campus this semester, and some of it isn't even planned yet! From a Super

Smash Brothers tournament, to a television trivia night and more, there really is no shortage of fun MRU events to attend. MRU will also be involved in several Beakerhead events in September. Events include a Pop-Up Science Carnival to celebrate MRU's

new Chemistry degree and an all-day immersive VR and 360-degree visual experience through Weaselhead park.

For further information about events, visit the event pages on the MRU and SAMRU websites.



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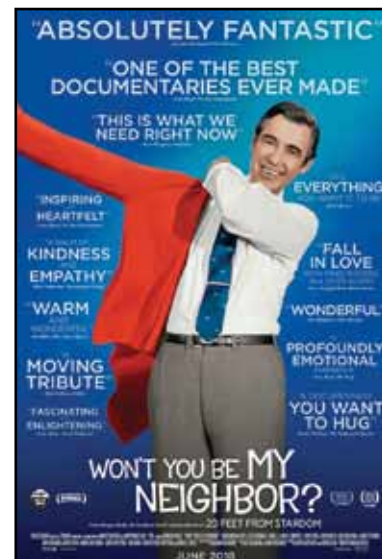
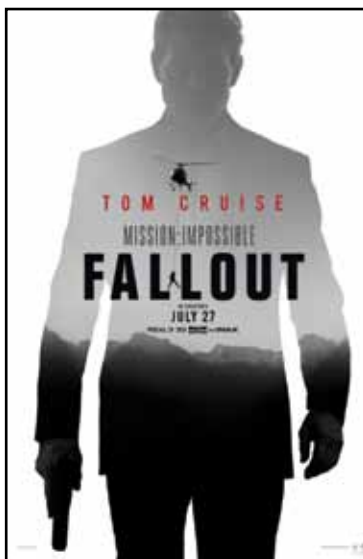
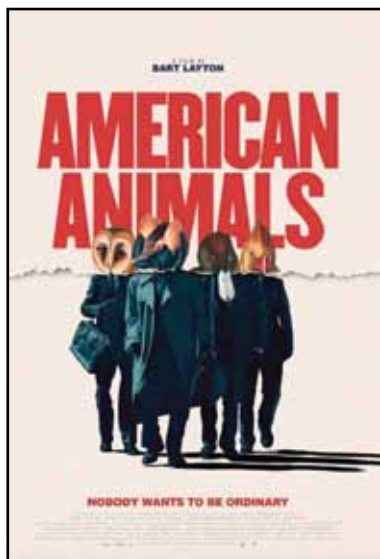


# arts

## This summer in cinema

Arts Editor  
Colin Macgillivray  
artseditor@thereflector.ca

*The best movies you might have missed*



Colin Macgillivray

Arts Editor

Oh, summer time. The time of year where we foolhardily tell ourselves we will save our money, get in shape and make the most of the precious reprieve from studying and exams.

Whether you stuck to your summer goals or lackadaisically roamed your basement without a care in the world, one constant during summertime is the abundance of blockbuster flicks and independent hits that have made their way to movie theatres and streaming services.

The warm months are often riddled with movies that have a penchant for style, rather than substance. But, there are always those films that leave an impression even when it is ridiculously hot out or the city is covered in smoke.

Whether you watched 100 movies this summer or completely missed out, here are some of the best cinematic moments you might have

missed so you can catch up before the school year really gets underway.

### American Animals

Despite only having two feature length films under his belt, Bart Layton has already emerged as a true-crime documentary tour-de-force. With *American Animals*—a film based on the true story of a library heist that happened at Transylvania University in Lexington, Kentucky in 2004—Layton seamlessly weaves a compelling mix of documentary-style interviews and cinematic crime-drama flare.

In an interesting decision, Layton frequently jumps between interviews with real people and the events themselves performed by actors. It's never jarring, and legitimizes the otherwise unbelievable heist that the film is based on.

A witty, tense and ultimately

entertaining narrative drama that has its roots in documentary filmmaking, *American Animals* is one of the most underrated films of the summer.

### Hereditary

Ari Aster's directorial debut, the psychological-horror *Hereditary* will be the best horror movie this year.

As premature as that statement may seem, I can't imagine seeing another horror film this year that so expertly brings the classic paranormal, haunting framework into the modern era of horror.

Following a family who are haunted by the death of their secretive grandmother, *Hereditary* boasts some legitimate award calibre performances. Toni Collette is particularly notable in her role as Annie Graham, the tortured matriarch of the family. Caricature-like performances are often littered through

horror movies, but luckily, every member of the cast delivers human, emotionally-charged performances that make *Hereditary* stand out.

*Hereditary* is brimming with brilliant performances, haunting cinematography, an inventive story and arguably one of the most horrific visuals I've seen in quite a while. If you haven't seen it yet, wait for Halloween and enjoy some nightmare-fuel.

### Mission: Impossible - Fallout

It pains me to say it, but the soul-sucking, scientologist, superstar Tom Cruise might be a part of one of the greatest action movies of all time, with *Mission: Impossible - Fallout* serving as the epitome of the summer blockbuster.

Writer and director Christopher McQuarrie clearly treated the sixth installment into the *Mission: Impossible* franchise as his baby, taking an

almost a ludicrous amount of care while crafting some of the most jaw-dropping and heart-stopping action sequences I have ever seen.

The plot itself is predictable, formulaic and honestly not that exciting in and of itself, but there are just enough ridiculous stunts and intense action set-pieces to make this more than your run-of-the-mill action movie.

See this on the biggest screen you can, you won't regret it.

### Eighth Grade

In another slam dunk of a directorial debut, Bo Burnham, of Vine and Youtube fame, absolutely nailed the depiction of a modern coming of age story.

One of the most human, realistic and cringeworthy—in the best way possible—realizations of the titular time period on screen, *Eighth Grade* manages to break from

**Continued on Pg. 10**

## OUT'N ABOUT

### Circle Carnival:

Learn all the circus tricks you've always wanted, find out which wiener dog is the fastest 'n' furriest, visit dozens of food trucks, listen to numerous musical artists and more at Circle Carnival at Shaw Millenium Park on Sept. 8.

### Beakerhead:

Play a keyboard that ignites a heart-stopping 18-foot spark across two 32-foot towers, explore the delicate balance between humans and nature with the Treeter Totter and more at Beakerhead Sept. 19 to 23. More details on their website.

### Halloweenkends:

Do you look for a good spook around every corner? Wish Halloween was Hallo-year? Calaway Park closes before the holiday, so they've begun hosting Halloweenkends from Sept. 8th to Oct. 8th. So grab your costume and get spooky!

### Calgary Film:

Movie lovers rejoice! Calgary International Film Festival is back again from Sept. 19 to 30. With 178 shorts, features and collaboration screenings, Calgary Film is the place to be if you enjoy being taken on cinematic journeys.



Continued from Pg. 9

Fans of Burnham's standup comedy work will definitely appreciate the humour that is strewn throughout arguably one of the most honest depictions of those awkward years we have all gone through. Elsie Fisher will most likely be forgotten come award season, but her seemingly effortless performance as 13-year-old Kayla Day is certainly star-making. In a few months time, Burnham's script, too, may be lost in the awards-shuffle, but it should definitely be in the conversation. If you've ever been in eighth grade, this movie is for you.

## Won't You Be My Neighbour?

The only true documentary on this list, *Won't You Be My Neighbor?* is the feel good movie of the summer. Academy Award-winning filmmaker Morgan Neville intimately approaches the storied life of Fred Rogers, of *Mister Rogers* fame with grace and respect. Rogers isn't treated as a god, but his achievements, life and ultimately his genuine goodness are presented masterfully. Even if you never grew up watching *Mister Rogers* as a kid,

learning about the television pioneer and being awestruck by his kind personality is refreshing. Especially in a day and age where we are bombarded by horrific people, horrific things and nonsense on a daily basis, *Won't You Be My Neighbor?* allows us to take a step back and understand someone who truly wanted to do good.

## Honourable Mentions

This summer was shockingly good. As a film lover, I occasionally dread summertime because there is usually nothing to watch other than superhero flicks, unnecessary sequels or terrible comedies. But, both *Sicario: Day of the Soldado* and the long-awaited *Incredibles 2* managed to stay fresh and have a unique voice as sequels, all the while staying true and paying homage to the worlds built in the first movies. *Upgrade* was a hit with fans of violent action and buckets of blood and gore. As an occasionally clichéd action-horror, *Upgrade* offers some disgustingly-cool imagery while giving us a glimpse into a grisly, sci-fi future. *Mamma Mia: Here We Go Again* blessed us with perhaps

the greatest movie sequel title of all time. Plus, you'll have even more ABBA songs stuck in your head, which is never a bad thing. *Avengers: Infinity War* was certainly a superhero movie. Although the internet collectively lost their marbles at the ending, the relationships between characters from different films really made this a bit better than typical Marvel garbage. Either way, it was a ridiculously entertaining movie-going experience. Then, there are all the movies I haven't even seen yet! *Crazy Rich Asians*, *Sorry To Bother You* and *BlacKkKlansman* are all films that came out in the past month that are on my radar, and that's in addition to the countless movies I've likely missed out on as well. All in all, the summer was pretty great for movies. So, instead of starting your first essay of the semester, go watch a couple of these. You'll regret it, but you'll hopefully have a good time.



Mamma Mia: Here We Go Again is by far the greatest titled sequel of all time and if anyone disagrees with me I'll be furious. 2 Fast 2 Furious is a close second. Photo courtesy of IMDb



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# Albums of the summer

## Notable releases you should give a listen

**Kennedy Enns, Robyn Welsh**

Web Editor, Publishing Editor

With summer winding down, we thought it was the perfect time to look back at some this summer's amazing music moments. Give these albums a listen if you're looking to create a playlist that will help get you through the first few weeks of classes.



### Gia Margaret, *There's Always Glimmer*, Ordinal Records

Gia Margaret's debut album *There's Always Glimmer* takes the listener on a woeful journey through depression and its effect on the mundane details of daily life. Powerful song writing immediately draws the listener in with the first line of the album, "it's safe to say it's been a hard year." *There's Always Glimmer* can be characterized by expertly written, poignant lyrics that tell complex stories in few words. Gia Margaret enhances her folk sound with electronic inspiration, calling her sound "sleep rock," an apt description of a sound that has the ability to carry you into a dream.

"Groceries" re-imagines the cliché of light and dark by integrating it with the mundane comfort of someone else buying you groceries. "Though it's not easy to see, there's always glimmer," she sings. "You bought the groceries and you let the light in."

While the beautiful hints of horn in "Figures" stand out, the smooth piano in "Smoke" is a window into Margaret's classical piano training. In the song's mesmerizing prelude, emotion is painted onto the keys through her fingertips. Matching the tone of the piano, Margaret sings, "I'll never tell you I cried in the bathroom the first night we moved in."

With "For Flora," Margaret skillfully interludes her mellow singing with answering machine samples that encourage thoughts of family.

Margaret's debut album is an ode to navigating relationships, depression, home, comfort and uncertainty.

**Score: A**



### Mitski, *Be the Cowboy*, Dead Oceans

With the weight of her breakout sophomore album *Puberty 2* on her shoulders, Mitski could have easily buckled under the pressure of creating a stellar follow up. Instead she created a gorgeous, melancholy album that showcases her ever-evolving sound. Moving away from the harsher, guitar tones and almost drone-like influence of *Puberty 2*, *Be the Cowboy* shifts towards a brighter sound, with a disco influence permeating each track. Over the course of 14 tracks the Mitski takes the listener on a character-study of a host of different personalities. Each song functions as a unique story, delving into topics like heartbreak ("Lonesome Love"), isolation ("Nobody") and desire ("Come into the Water"). Mitski proves she's more than just a one time Pitchfork, indie-darling and demonstrates her talents once again as both a skilled musician and storyteller.

**Score: A+**



### Housepanther, *Club Soda Lows*, Self-released

Winnipeg power-pop band Housepanther made their Calgary debut at Sled Island

this summer after putting out their first full album *Club Soda Lows* earlier this year. The album has continued to be a rising star across the university radio charts and it's obvious why. *Club Soda Lows* takes influence from the more emotional pop stylings of artists like Soccer Mommy and Kississippi. It's filled with as much clever wordplay and fun as it is heartbreak. Lead singer Bailee Woods takes the listener on an emotional journey through falling out of love ("Price Tag"), binge-watching the OC, ("Can't Believe They Killed Marissa Cooper Off") and also putting a humorous spin on the side-effects of depression on the track "Filthy Lazy". You can listen to *Club Soda Lows* on Bandcamp at <https://housepanther.bandcamp.com/>.

**Score: A**



### Wet, *Still Run*, Columbia Records

Wet's sophomore album *Still Run* skillfully toys with a vagueness that leaves listeners craving emotional depth while simultaneously giving them the opportunity to project their own experiences onto the album. The album feels and acts like a plea for change by Kelly Zutrau both professionally and personally. Skillfully mashing R&B and synth-pop, *Still Run* is a powerful glimpse into Kelly Zutrau's experiences as a woman in the music industry. However, because of the vague lyrics, the album can be easy to look past before hearing about the relationships and emotional history within the group.

*Still Run* is the product of changing band dynamics. Listeners will hear a shift from the discernable tension throughout "Don't You," to one that feels more cohesive. Much of this tension was fueled by Zutrau demanding more acknowledgement for the work she was putting into

the band and music. Around this time, the group parted with Marty Sulkow and became a duo consisting of Zutrau and Joe Valle. Though it wasn't heavily publicized, Zutrau and Valle were dating around the inception of Wet. When the two broke up, Wet was changing; this stemmed further tension. While these shifts were beneficial for Wet's sound, I am hopeful that the duo will grow further in future albums as their sound becomes even more cohesive.

Zutrau's silky voice is one that demands a sense of calmness in the listener, especially when paired with the album's full-bodied strings and building synths. With hints of emotional abuse finding their way into lyrics like "there's always something wrong / it must be my fault" and "we always got along / but not on my terms," the track "Lately" walks the line of unequal balance and emotional turmoil in relationships. The song holds a lot of meaning for Zutrau, with lyrics such as "you never like how my song sounds, but you give nothing of yourself" directed toward her ex and musical partner, Valle.

**Score: B**

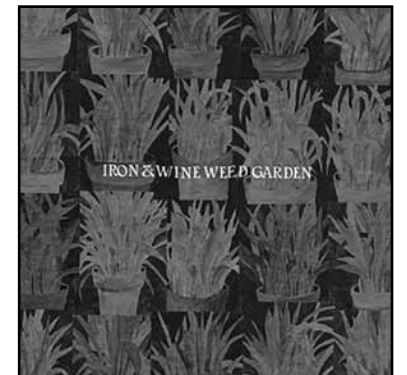


### Mom Jeans, *Puppy Love*, Counter Intuitive Records

Riding the new wave aptly called 'party emo,' Mom Jeans put out their sophomore album *Puppy Love* this summer. While their first album faced harsh internet critique for being too derivative, *Puppy Love* shows the band growing into their own sound. Without taking themselves too seriously, Mom Jeans makes it fun to whine along to ridiculous lyrics like "turn off my cellphone I'm going off the grid / which is for me eating Cheetos in my bed." Yet they still pull on the heart-strings with genuine, emotional lyrics, proclaiming

"nobody's ever been this good to me / not even myself" on a song called "now THIS is pod racing." Mom Jeans haven't grown up on *Puppy Love*, but they have matured their sound and have done so with a great sense of self and sense of humour.

**Score: B+**



### Iron & Wine, *Weed Garden*, Sub Pop

Sam Beam's latest release, six-track EP *Weed Garden*, is a collection of uniquely styled tracks that feel authentic and intimate. From the gentle ballad of longing "Autumn Town Leaves" to the haunting suspense built in "Milkweed," the album showcases the array of Beam's talent and seems to have something for every fan.

Beam skillfully weaves hints of nature with humanity. Upon careful listening, the instrumentation in "Waves of Galveston" evokes thoughts of birds, and the overall song feels light despite discussions of death and departure. "Last of Your Rock 'n' Roll Heroes" hits listeners with stark contrast: the funky bounce of percussive guitar, soft drums and a quippiness in Beams voice. The song finishes by building intensity with tinkling piano keys and repetitive lyrics, cutting off quickly: "like the last."

The EP finale "Talking to Fog" navigates sorrow and depression with both a hopefulness that dreams of one day being surrounded by immense beauty and an awareness that it is not fully or easily attainable. This safe place is "where our memories of singing fill the air behind our heads / and our meadow bugs are living for the only flowers left," Beam sings.

**Score: A-**

# Summer pop culture moments

*What you missed if you spent your summer under a rock*



Clockwise from top left: Drake from the “In My Feelings” video. Photo courtesy of Young Money; Cash Money. Elon Musk and Grimes at the 2018 MET Gala. Photo courtesy of of Neilson Barnard/Getty Images. Screenshot of Ariana Grande’s Twitter. Screenshot courtesy of Amber McLinden. Serena Williams at the French Open. Photo courtesy of Tim Clayton/Corbis via Getty Images

## Amber McLinden

Photo Editor

The summer season is the time for sometimes hilarious, mostly cringe-y pop culture moments to thrive. Maybe it’s the mass amount of students out of school with nothing better to do, or maybe it’s the warm weather that invites people to be more creative instead of hiding from the winter cold, but in any case, we saw a ton of memorable moments this summer. Here are a few to remind you what happened if you vacationed somewhere without cell service, or just happen to be out of touch with what’s happening on the internet.

## The “In My Feelings” challenge

What is it about Drake that turns him into a meme time and time again? Do we

remember the “Hotline Bling” meme? Well, summer ‘18 comes with its own Drake moment thanks to Instagram account @theshiggyshow.

Shiggy, the man behind the account, created a dance to Drake’s “In My Feelings” song of his latest album, *Scorpion*. Bumpin’ the song on the street seemingly outside of a vehicle, the dance challenge went viral on social media and suddenly everyone was doing the dance, hopping out of cars and even doing it on the freeway.

Celebrities started picking up on the trend, and now we have a drone video of Will Smith doing the dance on a roof. Finally, to end the challenge, Drake picked up on it and incorporated the trend into his music video for the song. Signifying the end of the viral videos, the trend had come full circle and finally died. Nobody will ever be the same

when they hear, “KiKi, do you love me...”

## Elon Musk, Grimes and Azelia Banks

Azealia Banks feuding with Tesla CEO Elon Musk and his electro-musician girlfriend Grimes basically confirms that there’s been a tear in the space time continuum and we are now living in an alternate reality, one we were never meant to experience.

First of all, Elon Musk has become a meme in his own right over 2018. From a respected CEO with an innovative thriving company, Musk went from making cool cars to selling flamethrowers and launching a dude into space in a Tesla. Then, he announced he wanted to take Tesla private. Finally, he started dating Grimes. The “Elon Musk has a goth GF” memes have

been making their way around the web.

But then, Azealia Banks started a collaboration with Grimes and implied Grimes had a little too much to say about her boyfriend, sharing with followers on social media stories about Musk scrounging for investors and using drugs. Then she apologized. It still doesn’t feel like an event that happened in our reality.

## Big dick energy

It all started with Ariana Grande and Pete Davidson’s engagement. After her split with Mac Miller, people expected her next beau to be the hottest person they’ve ever seen. Then came Davidson.

That’s not to say he’s unattractive, he just looks a lot more like us regular folk than like the human embodiment of

a Barbie that Ariana Grande is. Grande even dedicated a song to him on her latest album, *Sweetener*, and before it was released, someone on Twitter inquired about the length of the song.

“Like 10 inches? .... oh fuck .... I mean .... a lil over a minute” was her response on Twitter.

Suddenly part of Davidson’s attractiveness came to light, and people began tweeting about big d\*ck energy, including a tweet from @babyvietcong. “Pete davidson is 6’3 with dark circles, exudes big dick energy, looks evil but apparently is an angel, and loves his girl publicly the only thing wrong w him is that he’s a scorpio but anyway.... id married him within a month too.”

If you don’t understand the “energy” part of big dick energy, look past Pete Davidson to icons like Cardi B, Rihanna and Kate Blanchett, according to The Verge. Then you’ll start to get it.

## Sports are still sexist and racist

You’ve heard of Serena Williams because she’s the most famous tennis player in the world. Back in May, Williams played (and won) in the French Open, wearing a black catsuit custom designed by Nike to prevent blood clots after she gave birth. The blood clots nearly killed her during childbirth, so it seems reasonable that she wear a super sleek, cool catsuit that also helps her health condition, right?

The French Tennis Federation didn’t think so, calling the outfit “disrespectful.” So in true icon fashion, Williams wore a tutu to the U.S. Open in August, still killing it on the court. The clothing she wore had nothing to do with the way she played and the dress code was universally criticized as elitist, exclusionary and promoting “white” femininity.

Nike also ran an advertising campaign with Williams after the French Open, with photos of her and text over reading things like, “You can take the superhero out of her costume, but you can never take away her superpowers.” The incident has sparked a conversation about the way sports institutions police women athletes.



## Perfect start for Cougars men's soccer

*Looking strong after 2-0-0 in opening weekend*

**Dan Khavkin**

Sports Editor

Mount Royal Cougars men's soccer team kicked off their 2018/2019 campaign with two opening victories, sweeping their first weekend and home-stand of the season against cross-province rivals Lethbridge Pronghorns and the Saskatchewan Huskies.

The Cougars dominated the 'Horns in the opening fixture with a score-line of 3-0 and carried their momentum heading into the next day against the Huskies, holding on to defeat Sask. 3-2 to start of 2-0-0 for the first time since the 2014/2015 season.

Heading into head coach Ryan Gyaki's fourth season at the helm, his MRU squad was ranked seventh in the Canada West pre-season coaches poll, a statement taken as a compliment by Gyaki and his team.

"We're very proud of that," he says.

"To be ranked in the middle of the pack means we've been ranked to have the potential to fulfill that, we're pretty honoured and happy about that... the schools above are major hitters with great squads and coaches, to be in the middle of the pack for the size of our school and how long we've been in the league rebuilding, we're excited about it and we hope we can fulfill that."

Coming off a 4-4-6 season in which MRU made the final playoff spot and were outlasted by number one ranked UBC in extra-time in the quarter-finals last year, Gyaki sees the 2018/2019 year as one where the Cougar program can start reaching new levels, despite having major setbacks either at the injury level, or missing the extra edge and drop available points every season.

An area of work in which the Cougars will need to improve on, is turning consistency on the pitch into results in the Canada West league table.

"Everything you do is for the team and hope we can bring in a bit more consistency, to find the three per cent more we need in certain areas to jump from 2-2 tie to a 2-1 win, for us marginal gains in the right areas will make a difference," Gyaki says.

Despite having a history of slow starts, Gyaki suggests that this has no bearing to the overall success on the season.

"Something we're proud of despite having slow starts are games where we were not far off, last year we lost to the national champs [because] of a penalty in game one for example. We just got to minimize the mistakes," he says. "You can have a bad start and make playoffs and have a great start and still miss playoffs... (we) don't care, just have to work hard."

"Last year was definitely a rebuild year, I think we need to learn to be better at winning 'ugly,' I'd love to win a game where we walk off and say 'we didn't have a right to win that but somehow we did.' I'd love to do that," Gyaki says.

Making playoffs is a set goal for MRU.

The constant juggling of rotations and starting 11's are a struggle that Gyaki and his staff have been dealing with since day

one and again, faced the same adversity before this season has even kicked off.

"Every year I've been a coach we've had to rebuild our backline, which is frustrating," Gyaki says.

"This year we'll have it again where we have one third-year manning the back-line and that's been consistent throughout the last couple of years, one experienced and three young players in the back," he says.

This horrible pattern of constant injury was evident in the first weekend of the season as joint top goalscorer Justin Anderson-Louch suffered a knee injury that will most likely sideline him for the rest of the season.

This year's recruiting class, however, was one of the many positives that the Cougars are bringing to the pitch this season, along with an introduction to a 'team first' philosophy that will look to be showcased on the field.

"You can have the best tactics in the world, if no one works for each other you can throw them out the window," he says.

The Cougars only have three fifth-year seniors and a handful of veteran players to guide such a raw team.

"Hat off to them, they have been the best part of our pre-season. It makes our job as a coaching staff easier when the remaining senior guys do the motivating for us and allow us to just coach the team."

"Some of the recruits we have are very exciting. Some of the more technically refined players we've signed and that's nice. One thing we are focusing on is more on the team than the players with potential," he says.

The new recruits such as David Schaefer and Moe El-Gandour, had a debut weekend to remember in their first two games, wearing the MRU logo on their chest.

"It was an honour to sport the logo and perform in front of a full crowd," El-Gandour says after his first career USPORT game against the 'Horns where he had two assists and a goal taken back from an offside.

MRU's newest dynamic duo on campus served as a deadly one-two punch as Schaefer, a transfer from the German fourth-tier league inked his name on the scoresheet twice with a goal and an assist against Lethbridge. Meanwhile homegrown El-Gandour, scorched the back-fours with his dynamic speed and brilliant vision to guide four

assists to his teammates on the weekend.

"Wouldn't say surprised," Gyaki says about the strong opening match for his raw recruits.

"It was just a pleasant reaction from everybody, the guys were excited... a great atmosphere and a calmness that we've never had before within the group. It wasn't a big day for the team, it was just a game." Gyaki says, post the 3-0 win against Lethbridge.

The rookie continued to contribute in the Aug. 26 match against Sask., with freshmen such as defencemen William Libbey and Zach Rowland—who held their own on defence against Canada West powerhouse Saskatchewan while on offence. El-Gandour added two more helpers, one of which resulted in rookie Tysen Chatani's first career USPORT goal.

Vibes are positive for the Cougars who are sitting pretty at 2-0-0 and have a week off as they prepare for a trip to Edmonton to play guests to MacEwen and the prominent Alberta Golden Bears on Sep. 8-9.



**MRU Cougar forwards Tyson Chatani celebrating his first ever USPORT goal against the Saskatchewan Huskies on Aug. 26. The Cougars are now 2-0-0 in the Prairie Division and have a two game set in Edmonton scheduled against MacEwan and Alberta. Photo by Adrian Shellard**

# #s

**49,** the game minute  
Canadian Nichelle Prince scored winning goal against Brazil

**23,** Michael Jordan's number, regarded as one of the most iconic numbers in sports history

**5,** episodes of sports comedian Charlotte Wilder's "The Wilder Project" on SI TV

**7th** straight Labour Day win for Stamps against Eskimos

# NHL 19 player ratings: The good, bad and ugly

**Sajan Jabbal**

Contributor

NHL 19 will be coming out Sept. 14, and there are many new and exciting features to look forward to. EA Sports recently gave the fans a sneak peek into the upcoming top player ratings.

Although there are some accurate ratings in NHL 19's top 50, many of the ratings for players are not accurate based on their performances last year.

## Accurate ratings

The top three players on the list are no surprise, with the Edmonton Oilers centre and captain Connor McDavid being rated highest at 94. Following him are Pittsburgh Penguins captain Sidney Crosby at 93—who is still arguably the best forward in the world—and Washington Capitals

winger and captain Alexander Ovechkin at 92. Ovechkin's NHL 19 rating reflects his first career Stanley Cup and performance leading his team to their first championship while winning playoff MVP.

These three players have proven themselves as the top players in the league and it doesn't seem like anyone is going to pass them soon, especially the ferocious Connor McDavid, who at only 21 years old, led the league in scoring with 108 points.

Another accurate rating would be the NHL James Norris Memorial winning defenseman, Victor Hedman. Rated at 91, Hedman led the Tampa Bay Lightning to the Eastern Conference Final as a rock manning the blue-line for the NHL's most in-form team.



The annual EA Sports NHL video game is set to be released on Sept. 14 and this year's addition, have a lot of questionable ratings. Photo courtesy of Pexels

## Inaccurate ratings

### Carey Price (MTL, 92):

Although Carey Price is

widely regarded as the best Goaltender in the NHL and is a first-ballot hall-of-famer, he has not lived up his name these past two years. In the 2017-18 season, he put up

abysmal numbers, with a 3.11 goals against average (GAA) and a low save percentage of just 0.900 per cent. The 92 rating that he was given does not align with these statistics



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at all. If he wants to continue being known as the best goalie in the league, he is going to have to step it up this season for the Canadiens.

**Andrei Vasilevskiy (TB, 88)**

Another goalie who’s rating does not seem accurate is Tampa Bay Lightning backstopper Andrei Vasilevskiy. With a low rating of 88, Vasilevskiy had a tremendous season last year and has finally made a name for himself as a top NHL goalie. He was able to put up a GAA of 2.62, which is better than Price, and cup-winning Braden Holtby of the Washington Capitals. He also had a solid save percentage at 0.920 per cent which is better than Devan Dubnyk, Holtby, Price and Boston’s Tuuka Rask who are all rated higher than the Tampa Bay goalie.

**Brad Marchand (BOS, 88)**

Brad Marchand had a tremendous 2017/2018 season with Boston last year. However, his NHL 19 rating of 88 does not back up that statement. Marchand was one of the top scorers in the league with 85 points, which was more than higher rated power forwards like Patrik Laine and

Aleksander Barkov.

**Claude Giroux (PHI, 89)**

Another shockingly low player is Philadelphia Flyers captain, with an 88 overall, Claude Giroux. Giroux made it to second in the league in scoring last year, with 102 points, and has proven year after year that he can battle for top center in the league. Although the Flyers have not been good the last couple seasons, Giroux has always been able to put up great numbers and should be rated at least a 90.

**Erik Karlsson (OTT, 90)**

Erik Karlsson and his Ottawa Senators absolutely had a terrible 2017/2018 season. However, he deserves to be rated higher. Coming in with an overall of 90, Karlsson deserves to be rated higher than Drew Doughty and Victor Hedman. Over the past three seasons, Karlsson has led the league in defensive scoring with an astounding 215 points. Much higher than Doughty and Hedman at 155 and 182 points respectively. Karlsson has the ability to take over the offense while still managing great defensive statistics in his career.

**Evgeny Kuznetsov (WSH, 89)**

Finally, Evgeny Kuznetsov, who is rated 89, had the best playoff season out of every player last year being the

leading point-getter. During the playoffs, he put up 32 points in just 24 games whilst carrying his Caps squad—not to mention his 83 points in the regular season. Being able to put up numbers like that means

you should be comparable to top players like Johnny Gaudreau, Steven Stamkos and Evgeni Malkin who according to EA, are ranked higher than the Russian superstar.



Nashville Predators player P.K. Subban on cover of new NHL19. Photo courtesy of EA Sports

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# 2018/19 Cougars home games

Women's Soccer

MRU vs. UBC Okanagan  
Sept. 15 @ 11:00am  
MRU vs. Thompson Rivers  
Sept 16 @ 11:00am  
MRU vs. Manitoba  
Sept 29 @ 11:00am  
MRU vs. Winnipeg  
Sept 30 @ 1:30pm  
MRU vs. Alberta  
Oct 6 @ 11:00am  
MRU vs. Calgary  
Oct 19 @ 1:30pm  
MRU vs. Lethbridge  
Oct 21 @ 1:30pm

Men's Soccer

MRU vs. UFV  
Sept 15 @ 1:30pm  
MRU vs. UBC Okanagan  
Sept 16 @ 1:30pm  
MRU vs. Calgary  
Sept 29 @ 1:30pm  
MRU vs. Alberta  
Oct 13 @ 1:30pm  
MRU vs. MacEwan  
Oct 14 @ 1:30pm

Women's Hockey

MRU vs. Calgary  
Sept 8 @ 5:15pm  
MRU vs. MacEwan  
Sept 21 @ 7:00pm  
MRU vs. MacEwan  
Sept 22 @ 3:00pm  
MRU vs. UBC  
Oct 12 @ 7:00pm  
MRU vs. UBC  
Oct 13 @ 3:00pm  
MRU vs. Alberta  
Oct 20 @ 6:00pm  
MRU vs. Calgary  
Nov 10 @ 6:00pm  
MRU vs. Lethbridge  
Nov 23 @ 7:00pm  
MRU vs. Regina  
Nov 30 @ 7:00pm  
MRU vs. Regina  
Dec 1 @ 3:00pm  
MRU vs. Manitoba  
Jan 11 @ 7:00pm  
MRU vs. Manitoba  
Jan 12 @ 3:00pm  
MRU vs. Alberta  
Jan 18 @ 7:00pm  
MRU vs. Calgary  
Jan 24 @ 4:00pm  
MRU vs. Saskatchewan  
Feb 1 @ 7:00pm  
MRU vs. Saskatchewan  
Feb 2 @ 6:00pm  
MRU vs. Lethbridge  
Feb 9 @ 6:00pm

Men's Hockey

MRU vs. Calgary  
Sept 13 @ 7:00pm  
MRU vs. Regina  
Sept 28 @ 7:00pm  
MRU vs. Regina  
Sept 29 @ 3:00pm  
MRU vs. Alberta  
Oct 19 @ 7:00pm

MRU vs. Manitoba  
Oct 26 @ 7:00pm  
MRU vs. Manitoba  
Oct 27 @ 3:00pm  
MRU vs. Calgary  
Nov 9 @ 7:00pm  
MRU vs. Saskatchewan  
Nov 16 @ 7:00pm  
MRU vs. Saskatchewan  
Nov 17 @ 6:00pm  
MRU vs. Lethbridge  
Nov 24 @ 6:00pm  
MRU vs. UBC  
Jan 4 @ 7:00pm  
MRU vs. UBC  
Jan 5 @ 3:00pm  
MRU vs. Alberta  
Jan 19 @ 6:00pm  
MRU vs. Calgary  
Jan 25 @ 7:00pm  
MRU vs. Lethbridge  
Feb 8 @ 7:00pm

Women's Basketball

MRU vs. UNBC  
Oct 26 @ 6:00pm  
MRU vs. UNBC  
Oct 27 @ 4:00pm  
MRU vs. UBC Okanagan  
Nov 16 @ 6:00pm  
MRU vs. UBC Okanagan  
Nov 17 @ 4:00pm  
MRU vs. MacEwan  
Nov 23 @ 6:00pm  
MRU vs. MacEwan  
Nov 24 @ 4:00pm  
MRU vs. Calgary  
Jan 3 @ 6:00pm  
MRU vs. Lethbridge  
Jan 10 @ 6:00pm  
MRU vs. Saskatchewan  
Jan 18 @ 6:00pm  
MRU vs. Saskatchewan  
Jan 19 @ 4:00pm

Men's Basketball

MRU vs. UNBC  
Oct 26 @ 8:00pm  
MRU vs. UNBC  
Oct 27 @ 6:00pm  
MRU vs. UBC Okanagan  
Nov 16 @ 8:00pm  
MRU vs. UBC Okanagan  
Nov 17 @ 6:00pm  
MRU vs. MacEwan  
Nov 23 @ 8:00pm  
MRU vs. MacEwan  
Nov 24 @ 6:00pm  
MRU vs. Calgary  
Jan 3 @ 8:00pm  
MRU vs. Lethbridge  
Jan 10 @ 8:00pm  
MRU vs. Saskatchewan  
Jan 18 @ 8:00pm  
MRU vs. Saskatchewan  
Jan 19 @ 6:00pm

Women's Volleyball

MRU vs. MacEwan  
Oct 12 @ TBA  
MRU vs. MacEwan  
Oct 13 @ TBA  
MRU vs. Manitoba  
Oct 19 @ 6:00pm

MRU vs. Manitoba  
Oct 20 @ 5:00pm  
MRU vs. Brandon  
Nov 9 @ 6:00pm  
MRU vs. Brandon  
Nov 10 @ 5:00pm  
MRU vs. Regina  
Nov 30 @ 1:00pm  
MRU vs. Regina  
Dec 1 @ 5:00pm  
MRU vs. UBC  
Jan 4 @ 6:00pm  
MRU vs. UBC  
Jan 5 @ 5:00pm  
MRU vs. Trinity Western  
Feb 1 @ 6:00pm  
MRU vs. Trinity Western  
Feb 2 @ 5:00pm  
MRU vs. Calgary

Feb 8 @ 6:00pm  
MRU vs. Calgary  
Feb 9 @ 5:00pm

Men's Volleyball

MRU vs. Manitoba  
Oct 19 @ 8:00pm  
MRU vs. Manitoba  
Oct 20 @ 7:00pm  
MRU vs. Brandon  
Nov 9 @ 8:00pm  
MRU vs. Brandon  
Nov 10 @ 7:00pm  
MRU vs. UBC  
Nov 30 @ 11:00am  
MRU vs. UBC  
Dec 1 @ 7:00pm  
MRU vs. Trinity Western  
Feb 1 @ 8:00pm

MRU vs. Trinity Western  
Feb 2 @ 7:00pm  
MRU vs. Calgary  
Feb 10 @ 7:00pm  
MRU vs. Calgary  
Feb 9 @ 7:00pm



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