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## New Changemakers Studio opens at Mount Royal University

**Kyra Bird**  
Contributor



Trico founders, Eleanor and Wayne Chu, alongside Jill Andres the director of the Trico Changemakers Studio. Photo courtesy of Mount Royal University



Wayne Chu, CEO of Trico Homes, and Jill Andres, Trico Changemakers Studio director delivers speech at the Changemakers Studio on Sept. 27. Photos by Kyra Bird

Changemakers at MRU now have a new space on campus to meet, collaborate and innovate.

The Trico Changemakers Studio, located in the Bissett School of Business, held their official launch on Sept. 27, welcoming guests from on and off campus to tour and learn about the new 5,000 square-foot space.

Studio director, Jill Andres, says the learning space is intended to bring together MRU students and faculty, as well as community organizations to address social and environmental challenges.

“Here at the Trico Changemakers Studio, you’ll meet changemakers

from the public, private and non-profit sectors. You’ll meet artists, activists, systems intrapreneurs and social entrepreneurs,” Andres says. “This brand-new social enterprise offers co-working spaces for changemakers from across sectors as well as social impact facilitation for changemakers working together to address complex challenges.”

Some current studio members include Alberta Health Services, Boys and Girls Clubs of Calgary, United Way Social Impact Labs and many more.

A joint initiative between Mount Royal Bissett School of

Business, Institute for Community Prosperity and Institute for Innovation and Entrepreneurship — the studio was funded by Trico Homes and the Trico Charitable Foundation who provided \$1 million, as well as the Government of Canada’s Post-Secondary Institutions Strategic Investment Fund which supplied another \$500,000.

In her address to event attendees, Provost and Vice-President Academic, Lesley Brown spoke glowingly about the studio, its members, and the opportunities she believes the new space will offer.

“For Mount Royal, this is an incredible way for us to work alongside our community partners to tackle big issues. We also get the opportunity to gather our students, our faculty, and our staff from across the campus together in one space,” Brown says. “But most important of all, the Trico Changemakers Studio is an awesome way to inspire and to empower students.”

Calgary-Elbow MLA Greg Clark was also in attendance at the studio’s official launch to give a speech.

“I’m really, really excited,”

Clark said in his address. “I couldn’t be more proud to have the changemakers studio as part of MRU, as part of the beautiful, wonderful, tremendous constituency of Calgary-Elbow.”

The Trico Changemakers Studio is part of a broader changemakers campus initiative by the university which began in 2015. At that time, MRU created a Changemakers Campus Roadmap and has since been named a Changemakers Campus by Ahoka U, a designation held by only 50 universities around the world.

## Billionaire Clay Riddell dies at 81

*MRU Library is named after this oil tycoon and Flames co-owner*

**Nathan Woolridge**

News Editor

On Sept. 7 2017, Mount Royal University (MRU) held a formal opening for the Riddell Library and Learning Centre. The four-storey building has since become a hub for learning and innovation.

The library’s name recognizes a significant donation made by the Riddell Family Charitable Foundation as part of the University’s Changing the Face of Education fundraising campaign. This campaign was launched in 2011 to help MRU raise \$250 million.

A representative of the foundation, Clay Riddell, was in attendance at the formal program. But, just over a year later Riddell has passed away. The Globe and Mail reported that his death was caused by “a brief, unspecified illness.”

MRU offered their condolences through the official school twitter account, “We remember with deep respect and admiration renowned philanthropist and community builder Clay Riddell, and extend our deepest sympathies to the Riddell family

at this difficult time.”

Riddell, now remembered in the name of MRU’s library, is also being remembered as a business titan and community member.

Forbes reported that Riddell’s 2018 net worth was \$1.2 Billion. Riddell is known for being the founder and former chief executive of Paramount Resources Ltd. He started Paramount in 1974 and was CEO until 2015, when he handed reigns to his son, Jim Riddell. He had stakes in many oil, gas and energy companies.

The self-made oil and gas businessman was also a co-owner of the Calgary Flames.

According to the Calgary Flames’ website, Riddell joined the ownership group in 2003-2004 because of “his passion for his home team, love of the sport”

Ken King, Vice Chairman & CEO for the Flames, released a statement on the team’s website as well. “We mourn the passing of a great man of industry, sports, philanthropy and human decency along with our city, province and country.

His legacies to all of us are immeasurable. To his family: our gratitude, respect and deepest sympathy.”

Mayor Naheed Nenshi tweeted to Riddell’s legacy in the city, “Incredibly sad. Clay was a titan of our community—in industry, philanthropy, sport and education. Calgarians feel his legacy now and we will feel it for many years to come. My heart goes out [to] his family and friends in this difficult time. Know that we all mourn with you today.”

# Orange Shirt Day: "A piece of us has been missing for so long"

MRU community honours impacts of residential schools

**Sarah Ferguson**

Contributor

On Oct. 1 Mount Royal University (MRU) honoured the survivors and lasting impacts of residential schools through Orange Shirt Day. The event included various activities across campus.

## What is Orange Shirt Day?

On Orange Shirt Day, communities join together to remember residential schools and honour the journey of survivors and foster discussion about reconciliation. The day also honours the many children who never returned home.

According to the Orange Shirt Day website, the concept behind the day came from Phyllis Webstad's story. Webstad shares her story of having her new orange shirt taken away on her first day at the Mission school and the lasting effects this had throughout her life. The slogan "every child matters" was created by Webstad to show the commitment that everyone around us is valued.

Steve Kootenay-Jobin, Events and Housing coordinator at the Iniskim Centre, explained, "Our identities were impacted, but also a piece of us has been missing for so long. When children were brought away to residential schools it removed the concept of family and instead children were raised in institutions," he says. "Having a day that honours this but also highlights Canada's history is important because for too long our history and what was done to us as Indigenous peoples through Canada has been swept under the rug."

Orange Shirt Day brings annual recognition to the harm the residential school system caused to children and families and ensures we are passing on the story and teaching future generations.

"I think it is important because we need to educate people. I interact with many students like myself who never had the opportunity to learn about Indigenous people," says Kootenay-Jobin.

"We need an opportunity to be able to share our history and our impacts so that

we can make sense of one another. There are also many Indigenous people who never had the opportunity to hear their stories, the stories of their families."

The Sept. 30 date has significance because it is at the start of the school year, the

**"... for too long our history and what was done to us as Indigenous peoples through Canada has been swept under the rug."**

**- Steve Kootenay-Jobin**

time when children were taken from their homes to residential schools. It also provides an opportunity to discuss anti-racism and anti-bullying policies for the coming school year.

## How has Mount Royal Participated?

As Orange Shirt Day fell on a Sunday this year, the Mount Royal community wore orange shirts on Oct. 1. Everyone was invited to partake in this day.

The Iniskim Centre in collaboration with Professor Richard Foggo and one of his capstone courses (also known as a senior thesis) in Child Studies, the Education Undergraduate Student Society and the Child Studies Student Society, all wanted to bring awareness to honour the day.

Students greeted and handed out "every child matters" pins to the community at the main

entrances of the university (East Gate, West Gate, Rec Entrance). In addition to the pins, there were also tables on Mainstreet set-up with pins, additional information about Orange Shirt Day and a video playing about Phyllis' story.

An art installation in the T-wing courtyard called "Fallen Feathers" was on display, which is a set of tree carvings made by an Indigenous artist in the trees that were damaged during a heavy snowstorm in September 2014. This project was led by Carmela Amoroso, who is Sioux and Assiniboine and works in the university's grounds department.

Kootenay-Jobin explained that "the reason the eagle feathers are upside down is because they're meant to represent the children who were taken to residential schools but never returned home." He goes on to say, "An eagle is a very significant animal among many Indigenous cultural groups across Canada, they represent purity and strength.

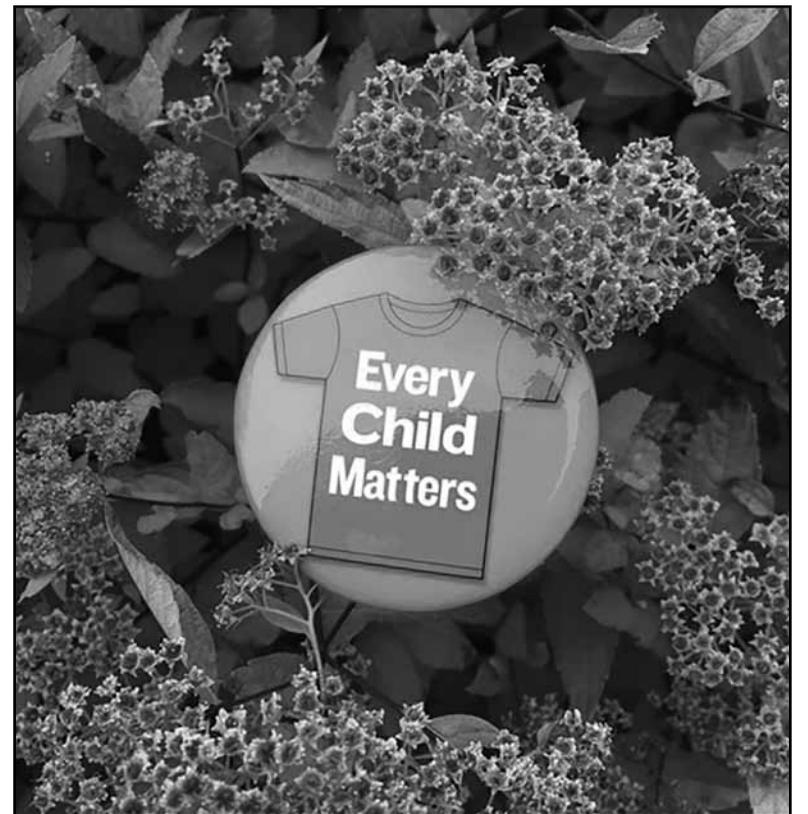
"Nothing flies above the eagle and many of our regalia but also spiritual tools all include eagle feathers. If one of them falls on the floor there is a ceremony that is meant to be done afterwards to cleanse it and to purify it again. For those children who never got

to return home they never got to cleanse themselves and they never got that ceremony either and we're still trying to heal from that."

The carvings of falling eagle feathers honour residential school victims, survivors and their families. An Elder then performed a blessing as well as spoke about the importance of fallen feathers and the need for further discussion. There

were drummers and a student performed a jingle dance.

"Drums are important to us because of the beat of our culture and the beat of our heart," says Kootenay-Jobin. "We've chosen jingle dancing because the jingle dance is a healing dance and we want healing for all the families who were affected by residential schools and also for those who never got to return home."



"Every Child Matters" pins were handed out at multiple MRU entrances in honour of Orange Shirt Day on Oct. 1. Photo by Nathan Woolridge



"Child Studies capstone program wearing orange shirts to remember all children that went to residential school[s]..." says the Iniskim Centre on Instagram. Photo courtesy of Iniskim Centre Instagram (@mru\_iniskimcentre)

# Cannabis on campus

*What MRU and the City of Calgary are planning for legalization*



**MRU's smoking policy has been updated to include Cannabis. Current tobacco smoking areas will remain the same, but students will not be allowed to smoke Cannabis on campus. Photo by Keeghan Rouleau**

## Nathan Woolridge

News Editor

Mount Royal University and universities across the country are coming face-to-face with an interesting predicament. How will they deal with the legalization of cannabis?

Not long after the Senate announcement on June 11, MRU opened registration offering a "Cannabis Education Program," says the university.

On Oct. 17 cannabis will officially be legalized across Canada. Legalization was a campaign promise from Trudeau's Liberals in 2015. Originally Trudeau announced that legalization would occur earlier in 2018 near Canada Day, but was delayed to give provinces more time to prepare.

The date is now set in stone and fast approaching.

## Cannabis education at MRU

The Faculty of Continuing Education and Extension Credit will be partnering with B.C. university Kwantlen Polytechnic University to offer the program. The program includes and learning about production, management, marketing, sales and development. Courses began on Sept. 17.

Although MRU will be offering

cannabis courses, there are still some discussion about how the university will be dealing with cannabis on campus. The university has to consider federal, provincial and municipal bylaws in their decision-making.

The federal government has left a lot of decisions to the provincial governments. The Government of Alberta has released a framework and individuals over the age of 18, will be able to use cannabis recreationally. Individuals over the age of 18 will be able to buy and carry 30 grams at a time and are permitted to grow up to four plants per household.

But, there are a few provincial laws and municipal bylaws that MRU will have to abide by.

Steve Fitterer, Vice President Student Affairs and Campus Life, weighed in on legal cannabis on MRU campus.

"This is new territory for everyone — governments, universities and post-secondary students," says Fitterer. "It is to be expected that the process is fluid — we're all learning."

## City of Calgary bylaw

The City of Calgary introduced a bylaw that will come into effect

when the Cannabis Act starting on Oct. 17.

The bylaw clearly states that "a person must not smoke, vape or consume cannabis in any public place."

Fitterer says that MRU will abide by the city's bylaws.

But, there are opportunities for this to change. City council, by resolution, may change the bylaw and designate public areas where "cannabis may be smoked, vaped or consumed." It is important to note that this will not be in effect Oct. 17 and is only an option for the city to change and update the bylaw in the future.

MRU and Fitterer wanted to also ensure that people are aware that "designated tobacco smoking areas will remain." The university's smoking policy will be updated to include Cannabis.

## Use of cannabis in MRU residence

Mark Keller, director of Residence Services, says that the university's residence will abide by both the MRU policy and the city's bylaws.

Keller confirms that there will also be no smoking of any kind allowed inside or outside residence

buildings.

Legalization allows individuals of age to grow up to four marijuana plants. "We will not be allowing students to cultivate marijuana plants in residence, on the advice of legal services and the cannabis on campus working group," says Keller.

According to an Information for Tenants document by the Alberta Government, "A landlord or condo board may prohibit the smoking of all substances including cannabis in their buildings or on their properties." The document also informs that "non-smoking consumption, however, may be permitted, but renters and condo occupants should check applicable rules... A landlord may also prohibit the growing of cannabis in the rental agreement."

Keller explains that residence's plans are to "ensure we're following our own policies and working within the boundaries set by the city."

It will be important for students, faculty and residents to remain constantly informed about decision related to cannabis consumption in certain areas.

## THE REFLECTOR

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**Cover photos by Keeghan Rouleau**

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# features

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## Tokyo food crawl part II

Learn more about the different kinds of food you can find in Japan's capital

**Rosemary De Souza**

Features Editor

Tokyo is a city filled with tourist attractions and activities that fill the itineraries of visitors of all ages. Tokyo alone has thousands of shrines and temples, two Disney parks and rambunctious shopping districts that showcase endless streaks of fashion and food. Here is a sneak peek at the variety of foods you can eat in Tokyo.

### Pompompurin

Kawaii — the culture of cuteness — is one characteristic that distinguishes the country from other parts of the world. The cuteness culture in Japan, similar to a few East Asian countries, is seen everywhere from photobooths where cute filters dress the faces on screen, to the food you eat. Pompompurin Café in Tokyo's Harajuku district is one of many eateries where you will be served dishes decorated to meet your cuteness standard.

Although Hello Kitty is the more popular character associated with Japan's Sanrio brand, Pompompurin is another popular Sanrio character. There are even restaurants named and designed after the pudding-shaped golden retriever with the signature dark brown beret. Look familiar yet?

### Okonomiyaki

The next dish may be familiar to some of you. Tasty Los Angeles even created a video introducing Hiroshima-style okonomiyaki — a savoury pancake topped with several ingredients you can easily find in your own kitchen



Photo by Rosemary De Souza



**Pompompurin Cafe's omurice, the dish is designed after Sanrio character Purin, a golden retriever wearing a beret. Photo by Rosemary De Souza**

like eggs, green onions, cabbage and meat. Tasty producer, Rie McClenney, describes the dish as a “budget dinner” because of its inexpensive ingredients.

“It's a good blend of savoury flavours topped off with the signature Okonomiyaki sauce,” says University of Calgary engineering student, Fernando Valera, after visiting Japan this summer. Valera says the dish is his favourite from Japan after having tried foods from different parts of the country.

There is not a single way to create an okonomiyaki as the dish has been cooked and served in different ways. But if you want to stick with the original, some of the necessary ingredients may only be found in Asian supermarkets like tempura bits, okonomiyaki sauce, Japanese mayonnaise, dried bonito flakes and green seaweed, to name a few.

### Pudding

Pudding is a personal favourite. This pudding, however, has been sealed in a plastic egg, chilled and served with an ice pack to keep the structure intact. The creamy texture makes it different

from other puddings on the market, especially those that are quite gelatinous in consistency. Hints of caramel blend into every spoonful because underneath lies a small amount of what tastes like a light blend of caramel sauce. This pudding-filled egg can be found in the streets of Shimokitazawa in Tokyo or at the Disney Resort food court next to the Disney Resort Line — a monorail that takes guests to major destinations within the resort.

### Oden

Believe it or not, 7-Eleven is a typical foodie destination in Japan and this dish may just prove it. Oden is a Japanese dish filled with a light, savoury



Photo by Rosemary De Souza



**Okonomiyaki is a dish cooked with a variety of ingredients, but nothing is better than the classic okonomiyaki with ingredients found in Japan. Photo by Rosemary De Souza**

broth and various ingredients you choose from. In Oden, you will find ingredients that are uncommon in western countries. The shirataki noodles are one example. These translucent noodles are extremely low in calories because they are 97 per cent water and three per cent glucomannan fiber, according to dietitian, Franziska Spritzler. These noodles are known to not cause weight gain despite how much you eat and according to Spritzler, “a powerful weight loss tool.”

There is tofu in the centre, a fried tofu fritter below and a yakichikuwa next to it. Similar to the taste and texture of fish ball, yakichikuwa is a cylinder-shaped treat with a hole in the centre that adds the perfect fishy taste to the savoury broth.

On a stick are beef tendons and the little pouch next to it is mochi — sticky rice cake — wrapped in fried tofu.

That was a mouthful!

### Tsukemen

Last but not least, is a variation to how we usually eat ramen. Tsukemen is served with the broth and noodles separated and



Photo by Rosemary De Souza

# Perfect Pulses on the Go

**PULSES** are the dry edible seeds of legumes and include beans, peas, lentils and chickpeas. Pulses like black beans are a delicious source of protein and fibre and are grown in Alberta.

## Black Bean Bowl



**MAKES:**  
4-6 servings  
(6 cups/ 1.5 L prepared)



**PREP TIME:**  
20 minutes

### Dressing

3 Tbsp (45 mL) .....white wine vinegar  
1 Tbsp (15 mL) .....honey  
2 tsp (10 mL) .....whole grain mustard  
½ tsp (2 mL) .....ground turmeric  
¼ cup (60 mL) .....canola oil  
to taste salt and ground black pepper

### Salad

1 ½ cups (375 mL) ....cooked or canned black beans (drained and rinsed)  
1 ½ cups (375 mL) ....cooked pearl barley  
1 ½ cups (375 mL) ....chopped red bell pepper  
¼ cup (60 mL) .....chopped dried cranberries  
3 Tbsp (45 mL) .....chopped fresh dill  
3 Tbsp (45 mL) .....lightly toasted sunflower seeds, divided  
2 cups (500 mL) .....packed baby arugula or spinach

### Directions

To prepare the dressing: whisk together the vinegar, mustard, honey and turmeric. Slowly drizzle in the oil, whisking continuously. Season to taste with salt and black pepper.

Combine all the salad ingredients together in a large bowl, reserving 1 Tbsp (15 mL) sunflower seeds.

Add as much of the dressing as desired to the salad and toss to fully coat. Season to taste with salt and black pepper and garnish with remaining sunflower seeds.

**Nutrients per serving (1 cup/250 mL)** 250 Calories, 12 g Fat, 1 g Saturated Fat, 0 mg Cholesterol, 32 g Carbohydrate, 7 g Fibre, 8 g Sugar, 6 g Protein, 181 mg Sodium, 380 mg Potassium, 2 mg Iron, 77 mcg Folate

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**ALBERTA PULSE  
GROWERS**

# Carefully crafting the perfect cup of coffee

*Discover the Rosso Coffee roasting process*

**Robyn Welsh**

Publishing Editor

Coffee aficionados gathered at Rosso Coffee Roasters in Ramsay on Thursday, Sept. 20 to learn about how coffee roasting turns pistachio-coloured beans into the commercialized brown coffee bean we all know. The event, Here's to your Roast, was put on in collaboration with Beakerhead and sold out completely. Participants chose an hour-long tour time beginning at 6 p.m. and prepared for an evening caffeine buzz.

Guests were greeted by the overwhelming aroma of freshly roasted and brewed coffee. First, everyone gathered around the coffee roasting machine for a demonstration of the roasting process led by Paul Stephens, one of Rosso's staff roasters. Stephens has been roasting coffee since 2001 and began working for Rosso two years ago.

## The roasting process

Stephens demonstrated the

roasting process while explaining it in detail. The roasting of the beans only takes about 10 minutes.

After pouring in the unroasted

**"I like to see how what we do in the roasting translates into how it tastes."**

*- Paul Stephens*

beans, the hopper temperature drops significantly and slowly begins to heat back up. The process begins silently. Tumbling beans can be seen through a tiny window into the machine. Slowly, the temperature begins to rise and is graphically tracked over time on a monitor. Air and gas adjustments

are made throughout the process to control the temperature inside the hopper.

Things become more interesting around the seven minute mark when it sounds like tiny popcorn is being made. This is called first crack and coffee only becomes drinkable once it has been roasted past this point. Beans will look tan to light brown and increase in size at this point because a large amount of moisture has evaporated. Light

roasts are cooled slightly after first crack and hold onto more acidity. Generally, the further the roasting process progresses, the less acidity in the coffee. Acidic levels in coffee beans translate to different flavour notes.

"There are natural acids present in the coffee, so say if you have lots of malic acid in the coffee, malic acid is the dominant acid in apples, so malic acid tastes like apples. So citric acid tastes like lemons," says

Stephens.

"So when you have more or less of those acids in the coffee, then you'll get those kind of flavours." Stephen says to determine the notes, "you try and eliminate the actual coffee taste itself and see what else is there besides the coffee."

The acidic content of coffee is not only determined by the roasting process, but also the

**Continued on Pg. 8**



After being roasted, beans are released into the cooling bin and agitated to allow heat to escape. Photo by Robyn Welsh

## Respiratory Therapy

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**Continued from Pg. 7**

region the beans are grown, the type of beans and how they are processed post-harvest.

“Generally, the higher altitude a coffee is grown, the more acids will be produced in the fruit,” says Stephens.

All of Rosso’s coffee goes through a single cracking process. However, dark roasts will typically reach a second crack which releases the oils in the beans. This is why dark roast beans may look as though they have a coating of oil. In a lighter roast, the oil remains contained within the bean until ground and these oils are delivered to the cup in brewing methods that do not use a paper filter.

At the end of the roasting process, the beans are released into a cooling bin and spun for about six or seven minutes until cool.

After fully cooled, the beans can be ground. Before brewing any of the coffee, the grounds are put into a machine that looks like a microwave that gives off green light. This is called a Colour Track machine and a green laser is used to measure and assign a value to the darkness of the roast. This value is measured on a scale of one to 100. According to Stephens, on average Rosso produces coffee that is a 54 on this scale and is a light to medium roast.

Once their colour value is recorded, it is time for the coffee to be brewed and tasted. “I like to see how what we do in the roasting translates into how it tastes,” says Stephens. “I like roasting new coffees and seeing how they behave in the roaster.”

“All coffees will absorb heat in different ways and they roast at different speeds. They don’t all do the same things in the roaster at the same time,” says Stephens. “So it’s interesting getting a new coffee because you might have some idea of how it will behave because of where it’s grown and which country it’s from, but you never know fully how it’s going to do.”

Depending on the bean, when in the roaster, first crack will come at different times. According to Stephens, “Some will roast very quickly, some will be slower depending on their moisture level.”

After learning how the roasting process works, participants each filled a jar with freshly roasted beans to take home and headed to their brewing station of choice to learn more about variations in brewing methods.

**Brewing espresso**

The second half of the hour was a chance for guests to learn more about brewing processes. Three stations were set up: espresso, pour over and aeropress.

In all of their brewing methods, Rosso weighs out the coffee grounds to a specific weight. Espresso is weighed to 18 grams.

It does not matter what kind of

beans are used to make espresso. Each roast affects the taste of the espresso and typically bags are labelled as espresso when the roaster thinks the notes lend well to espresso drinks. The acidity in some lighter roasts can be intense, but there tend to be more fruity notes. Darker roasts have more bitter and dark tones like chocolate.

Rosso worker Nelson Phu demonstrated the espresso brewing process. When brewing his drink, Phu and other baristas fill the handheld portafilter with grounds and tap it against the counter to equally distribute them. This helps ensure the flavour is extracted from the coffee throughout the basket equally, producing a more consistent espresso. The 18 grams of grounds Rosso puts into each shot brews 39 grams of espresso.

Phu directed participants to swirl the espresso to dissipate the light brown layer that forms on the top of espresso shots. This is carbon dioxide suspended in water and is called crema. Breaking this up will avoid an overly bitter taste from coming through. Once mixed in, crema gives the espresso a fuller flavour. This process also cools the espresso down a bit, improving the flavour profile of the coffee. Phu warned to never drink espresso too hot. Only after this did participants have a small sip of the espresso.

While steaming whole milk, Phu explained why milk and espresso are such an iconic pair. The foamed milk is a colloid and blocks certain flavour receptors on the tongue, making espresso more palatable for many consumers.

As the milk is being poured in, it is swirled together with the espresso to fully blend the crema. With the ideal ratio of espresso to milk in hand, participants were able to enjoy their cappuccinos and new coffee knowledge.

An evening caffeine-filled event like this was the perfect recipe for last-minute paper writing into the wee hours of the morning.



The Ramsay location of Rosso Coffee Roasters doubles as a cafe and roastery. You can enjoy your beverage outdoors on their patio. Photo by Robyn Welsh



Rosso employee Nelson Phu steams whole milk to demonstrate how the flavour of espresso changes when complemented by milk. Each of the Rosso staff members were dressed up like mad scientists for the Beakerhead event. Photo by Robyn Welsh

## Reflector Publications Society of Calgary

**2018 Annual General Meeting**  
Tuesday, October 16, at 1:00 p.m.  
Reflector Office, Z002 (basement) Wyckham House

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

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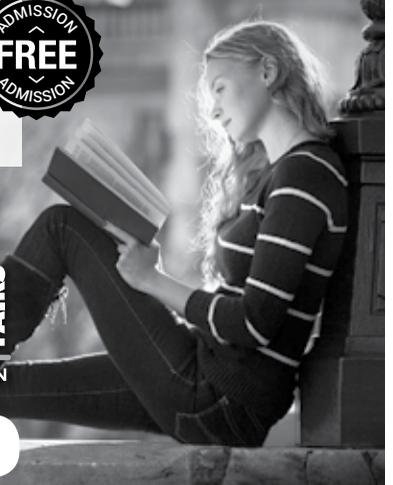
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# Dear first-year me...

## What advice would you give yourself starting university?

**Andrea Wong**

Contributor

N E E D A D V I C E ?

With another September come and gone, most students are falling back into their usual school rhythm or are still figuring things out. Either way, it can be easy to get caught up with everything you need to do, especially when you're experiencing it all for the first time.

Picture yourself at the start of your university journey, however long ago or recent that may be.

Who were you as you walked through the doors to your first class? What were you most worried or excited about?

For me, I remember the gripping fear of falling behind and the stress of planning a future I wasn't sure of. If I could go back and tell my first-year self anything, I would certainly have an extensive list of do's and don'ts.

Your next few years at university can play an important role in shaping who you are. Here's what other past and current students have learned along the way.



"Be more confident in yourself, because when you start off as a first-year you're really unsure and you always second-guess yourself. Nobody is really sure when they start off either, but you do what you can and you believe in yourself. Just do what you love and try your best and you'll be fine."

-Khadija Abdallahi, fourth-year human resources



you to adapt to the changing conditions."

-Dr. Mark Durieux, sociology professor



"You have made a terrible mistake! Back out now and go to Canada. When I went to university in Vietnam, I made the 'safe choice' and I went through the business program ... Instead of the safe choice, I would have told myself to find a way to compromise. Try to make an effort to find a middle ground where you can be comfortable with your choices, you know you are good at something and search for opportunities to improve yourself."

-Chester Ho, fourth-year information design



"I actually dropped out of my first-year and one of the last courses I took was intro to sociology, so it's really ironic that I'm teaching sociology. I would advise me to be prepared for tremendous career uncertainty, to put a lot of time and effort into the humanities, be as adaptable as I possibly could. Try and get as broad a humanistic education as you can because that's what's going to allow

"Do your assignments beforehand, because due dates are closer than you think. Try to schedule your days in advance. My first-year was very chaotic because I got involved in way too many things. I tried to keep myself as busy as possible and I didn't really make time to study. Make connections as well as study hard. Don't have a closed mindset when you're coming in because you need people around in your life, especially when trouble hits."

-Sam Alexander, third-year accounting



"I was in a different program than I am now and I definitely just came to school to go to class and leave. I would tell my first-year self to get out there, pursue experiences, it's not a bad thing to ask questions and get to know people and access the resources that are on campus. It's okay to make

mistakes and really, everyone else doesn't know what they're doing. It's okay to be in that place where you're unsure and there are lots of nice people on campus that are here to help."

-Kathryn Hoffart, third-year information design



"Make sure you make good friends and never leave them because they become part of your life in university. Those are the kind of experiences you never forget. Value every moment. When everything is hard, remember what you did to get out of those situations. It might help you tomorrow and it might help someone else as well."

-Lea Nounzezi, second-year nursing



"Join a club whether or not you care about the content. Try to enjoy things that you don't think you're going to enjoy because it leads to a lot of different opportunities. Find a community and try to be part of something bigger

than yourself. It's also good to rebuild yourself after a loss. You have to ride the waves and be okay with being sad for a while and be okay with not really knowing where you're going, which is the same advice people are giving me now as I'm leaving university."

-Ryan Seggie, fourth-year psychology



"Some of the friends you'll make in first-year will be lifelong friends and they're going to be the people that you lean on and support through the next four years. I would tell my first-year self that even though all my high school friends went to universities and I'm the only who went to Mount Royal [when it was a college], I would have the time of my life and I would relive it again. The path you take may not be what you thought about when you started, but it turns out to be the right path and everything happens for a reason. You will definitely enjoy the next four years even though it will be a lot of hard work and a lot of late nights. But, it's all worth it in the end."

-Amy Bell, 2009 journalism graduate

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## A rundown of the 2018 Calgary International Film Festival

*The best flicks we were able to catch this year*

**Colin Macgillivray**

Arts Editor

For almost two weeks, film fans everywhere united at Eau Claire Market and the Globe Cinema to take part in the Calgary International Film Festival. It was almost as if the holiday season came early, with Calgary's movie theatre maniacs being treated to countless exceptional films, ranging from wonderfully absurdist dramas about a draft-dodging Charlie Chaplin impersonator (*The Great Darkened Days*), to a documentary of two unlikely street musicians and the life-changing power of music (*Satan & Adam*).

With so many movies to choose from, we obviously didn't get around to seeing the nearly 200 shorts, features and collaboration screenings that were showcased from Sept. 19 to Sept. 30, but here are some brief reviews of the

flicks that should definitely be on your watchlist if you haven't been able to check them out yet.

### ***The Sisters Brothers* Directed by Jacques Audiard**

Ever since I picked up Canadian novelist Patrick deWitt's brilliant western dark-comedy, *The Sisters Brothers* and burned through the novels 300-plus pages in what seemed like 15 minutes, I was salivating at the thought of a screen adaptation. The narrative style of deWitt almost lends itself to the screen and once I had heard that Joaquin Phoenix, John C. Reilly, Jake Gyllenhaal and Riz Ahmed were attached to the film, my expectations and excitement were through the roof.

Luckily, Jacques Audiard's interpretation of a story about

two notorious assassin brothers and their descent into the California Gold Rush of the 1850's does not disappoint. Guns, greed and guffaws are present throughout the relatively faithful book-to-screen adaptation, with Riz Ahmed in particular giving an eerily captivating performance. Audiard also offers plenty of Old West splendour to look at, making the film a solid and entertaining journey.

### ***Shoplifters* Directed by Hirokazu Kore-eda**

Arguably my most anticipated film at this year's Calgary International Film Festival, *Shoplifters* left me with a feeling that was a mix of tragedy, uplifting vigour and awe at the masterful filmmaking I was privy

to. Kore-eda, who is the master when it comes to showcasing family dynamics in a realistic way, does some of his best work with *Shoplifters*.

The winner of the prestigious Palme d'Or at Cannes, the quietly powerful crime-drama that vividly portrays a thoughtful take on family and theft in contemporary Japan is a must-see this year. Nuance in filmmaking is almost impossible to describe, so find a way to see this movie, cry, smile and appreciate a touching take on the malevolent nature of modern poverty.

### ***Cold War* Directed by Pawel Pawlikowski**

*Cold War* reminded me of the time I spent in New York watching Broadway musicals, which is

some of the highest praise I can give to this charming love story set post the Second World War in Europe. The transcendent quality of Pawlikowski's beautiful love story — based loosely off of his own parents lives — is apparent through stunning black-and-white visuals, thoughtful dialogue and passionate musical numbers galore.

Telling a melancholic tale of a troupe of Polish folk musicians in the years following the Second World War, *Cold War* transported me into a story of intimacy and sincerity, set upon a backdrop of political unrest and dark motivations. My only complaint? The film was only 84 minutes long, making the final destination feel oddly rushed.

Nonetheless, surely a frontrunner for the best Foreign Film Award at this year's Oscars.



Moviegoers at Eau Claire Theatre settle in for a screening for Calgary International Film Festival. Photo by Keeghan Rouleau

## OUT'N ABOUT

### **Calgary's Woman's Show:**

On Oct. 20 and 21, the Calgary Woman's Show is celebrating its 40th anniversary with free admission for more than 300 exhibits, comprised of everything from fashion and food to health, wellness and advocacy groups.

### **Screamfest:**

Relive everyone's first junior high date by checking out Calgary's final rendition of Screamfest! After 12 terrifying years, the haunted house extravaganza is spooking for one final time on weekends from Oct. 5 to Oct. 31.

### **Calgary Tattoo & Arts Festival:**

Thinking of getting your first tattoo or adding to your collection? More than 450 tattoo artists will converge at the BMO Centre from Oct. 12 to Oct. 14 to offer up some fresh ink.

### **Wordfest:**

Calling all linguists! From Oct. 8 to Oct. 15, more than 70 presenting authors and artists will participate in a range of literary events over the course of this year's Wordfest.

# Five spooky podcasts you've got to hear

Kick off October with true crime, scary stories and more

**Amber McLinden**

Photo Editor

It's October: the month of spooks and scares, tricks and treats. It seems like every year we start celebrating holidays earlier and earlier, with Halloween being no exception. If you're not the type to decorate your house with skeletons and pumpkins this early in the month, but you want to get in the spooky mood somehow, here are some podcasts you can listen to. Whether you're easily scared, or just want to listen to some true crime, these will be sure to get you in the mood for spooktober.

## Anything by the *This American Life* team

Okay, let's just get this one out of the way so as to not make this an entire list of just podcasts by the team at *This American Life*. An amazing podcast in its own right, there

is some amazing talent on the team. So amazing, in fact, that they created the award-winning podcast *Serial*. It has three seasons, following Adnan Syed being charged in the murder of his ex-girlfriend, Sergeant Bowe Bergdahl charged with desertion after being held for five years by the Taliban and an analysis of the American criminal justice system based in Cleveland, respectively. The first season won a Peabody award and is attributed with the explosion of true crime podcasts that followed its first season.

Besides *Serial*, the team also released *S-Town*, a podcast that starts off investigating a potential murder turns into a look back at the person who brought the murder to reporter's attention in the first place. The podcast has many surprising twists and a few spooks here and there. This podcast is also award-winning,

taking home a Peabody award in 2017.

## *The Nosleep Podcast*

Here's where it really starts to get spooky. If you've never heard of 'r/Nosleep', you've definitely been missing out, because even those who don't use Reddit know what this subreddit's about. Now, it's been turned into a podcast. Started in 2011 by a member of the subreddit, the podcast is a horror anthology that reads you some of the fictional stories that can be found on 'r/Nosleep'. The podcast has read some of the subreddit's most famous stories before they were famous, like infamous story *Penpal*, a story that was turned into a book because of its popularity. If you're looking for some truly scary, fictional stories, this is where to find them.

## *The Last Podcast on the Left*

*The Last Podcast on the Left* is everything you want from a true crime podcast — it's got humour, tales of serial killers and a fun way of telling these stories. Hosted by Ben Kissel, Marcus Parks and Henry Zebrowski, the website for the podcast claims, "*The Last Podcast* is guaranteed to satisfy your bloodlust." With subject matter ranging from reading some Creepypastas to covering the story of the one and only Jeffrey Dahmer, you can expect a variety of hilarious spooks on this podcast.

## *Lore*

Moving into new territory when it comes to the spooky podcast realm, *Lore* tells stories of real-life horror. It's all about the scary stuff that happens in reality and covers subjects

from stories during the witch trials to lake monsters. This award-winning, critically acclaimed podcast will keep you on the edge of your seat with some of the tales it tells.

## *Someone Knows Something*

Despite the innovation and talent we see coming from our southern neighbours in the U.S., Canada has a few good ones too. Of course, one of the best is by CBC, called *Someone Knows Something*. The podcast begins with a season about a 5-year old disappearing in Ontario and most recently features an in-depth story about a mail bomber. It's CBC's first take on true crime podcasting and it has been a good one. Check out this podcast for a more Canadian take on some true crime spooks.

**Vote**   
Elections Calgary

## Notice of Advance Vote

*Local Authorities Election Act  
(Sections 7, 12, 35, 46, 53)*

The City of Calgary Province of Alberta

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Are you for or are you against Calgary hosting the 2026 Olympic and Paralympic Winter Games?

**I am for Calgary hosting**

**I am against Calgary hosting**

Advance Voting will take place on the day of Nov. 7 between the hours of 11 a.m. – 5 p.m.

## Vote Early

If you miss advance vote, Vote day is **Nov. 13, 2018.**

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- Alberta Identification Card

### Other forms

- Bank/credit card statement or personal cheque
- Correspondence issued by a school, college or university
- Government cheque or cheque stub
- Income/property tax assessment notice
- Insurance policy or coverage card

- Letter from a public curator, public guardian or public trustee
- Pension Plan statement of benefits, contributions or participation
- Residential lease or mortgage statement
- Statement of government benefits (eg. employment insurance, old-age security, social assistance, disability support, child tax benefit)
- Utility bill (eg. Telephone, Public Utilities Commission, television, hydro, gas or water)
- Vehicle ownership, registration or insurance certificate
- Attestation form

For a complete list of accepted ID, visit [calgary.ca/vote2018](http://calgary.ca/vote2018)

On behalf of:



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Dated at The City of Calgary, in the Province of Alberta, October 1, 2018.

Laura M. Kennedy,  
Returning Officer

# Why I love *Love Island*

How one British reality television show gets the genre right



Imagine the ridiculous romance of *The Bachelor* or *The Bachelorette*, the non-stop drama of *Big Brother* and the genuine heart and organic purity of a puppy. Combine those and you've got *Love Island*. Photo courtesy of Potion Pictures

**Colin Macgillivray**

Arts Editor

Since the inception of the genre, there has never been anything more fascinating than watching real humans compete, interact or fall in love through the lens of a camera. Whether it be rich moms fighting over mixed drinks, or estranged family members competing to see who can eat the most rotting fish, reality television has almost justifiably dominated television screens for decades.

But, most of the time, reality television absolutely sucks. The generally abhorrent nature of reality television — fabricated feuds, toxic producing and editing nightmares — makes the genre, for lack of a better term, lowbrow. It's looked at as the guilty pleasure genre of television, not something that real fans of film and television enjoy.

But I — a self-proclaimed film fanatic and television taskmaster who sits here typing this at two in the morning after binge-watching my new favourite reality television show — proclaim that reality television is actually the highest and most pure form of entertainment. The aforementioned show (that I just enjoyed four hours of) is everything about reality television that I love.

It has drama, comedy, romance and ridiculous vocabulary all mixed into brilliant 45 minute sequences of unabashed

entertainment.

I'm talking about *Love Island*.

*Love Island* is arguably one of the simplest reality shows, in terms of concept, I've ever seen. Six guys and six gals — who are all incredibly attractive and looking for love — are put into an extravagant villa where they mingle and chat all day long. They are forced to couple up and because there are an even number of guys and girls, the first few episodes is about the contestants getting to know who they have coupled up with, whether they want to switch partners with another couple and so on and so forth. It seems relatively simple and boring at this point, but here is when the excitement begins.

Periodically, more “Love Islanders” will enter the villa, causing an imbalance to both the numbers of guys and girls in the house, but also to the blissful ignorance of the original islanders.

Again, this might seem incredibly boring to most of you, but trust me, this show is one of the most gripping and enthralling television experiences out there. *Love Island* strips away all the nonsense that makes shows like *The Bachelor* and *The Bachelorette* so corny and ridiculous and showcases love at its most raw.

There are no challenges, there are no ridiculous rose

ceremonies. There are no extravagant helicopter dates or awkward two-on-one dinners. It's a bunch of British 20 year olds getting into relationships, falling in love, meeting someone new and breaking up. All in the span of about 12 hours.

Because there is absolutely nothing to do in the villa — other than drink alcohol, smoke cigarettes, workout and sleep

**“*Love Island* strips away all the nonsense ... and showcases love at its most raw.”**

— the contestants of *Love Island* usually preoccupy themselves by creating drama and meaningless fights in the most natural sense. When people have nothing else to do, emotions generally run higher than anything else. When all those people are young, relatively immature, ridiculously good looking and all looking for love, you have the perfect recipe for entertaining reality television. People will “couple up” just for the

sake of coupling up. Arguments will start just for the sake of arguments. It's delightfully organic and it is exactly what most reality television is missing.

Most reality television is not reality. It's heavily edited, over-produced and largely scripted to fit a desired narrative. Now, I'm not saying that *Love Island* brilliantly captures the nuance and beauty of genuine human relationships, but it also kind of does. As the audience, we are able to witness the ups and downs of a relationship — something that the majority of us have experienced — condensed into the most hilarious and pure way.

Gone is the courting period where, as millennials, we aimlessly send text messages until one of those involved is brave enough to ask the other on a date. In *Love Island*, they see each other and immediately get together.

The honeymoon phase exists, but in *Love Island*, it is the happiest two-to-three hours of these young lovebirds lives. It's true bliss, as the confined nature of the show enhances all the positive qualities about their chosen partner. In real life, it usually takes a while to really get to know your significant other, but in *Love Island*, you can get a pretty decent idea of who someone is within the first day of meeting them.

But then, the downfall begins.

In real relationships, there are occasional arguments and spats about meaningless things that ultimately escalate into genuine quarrels about your time together. In *Love Island*, imagine the most intense fight over the most meaningless thing. Then imagine watching that. Then, imagine British slang being peppered into every second sentence. It's amazing.

Then, when the contestants finally break up — something that happens a lot — they regroup and move onto the next “Love Islander” that they fancy. It's the circle of love and it is fascinating to watch.

Stripping down a reality competition show to its purest form is exactly what *Love Island* does and it is exactly why it is the best reality television show I've seen in years. There's no need for over editing, staged and scripted fights or audience manipulation when personal dynamics are presented in an organic fashion. It's what makes *Love Island* so incredible to watch.

So, if I haven't convinced you just yet, grab your significant other, your best friend, or even maybe your dog and load up the first episode of *Love Island*. Soon, it'll be two in the morning and you'll be texting everyone you know exactly why you love *Love Island*.

# Fall in love with photography

## Four things to practice this season

**Kayla Stitt**

Contributor

As someone who likes to pretend they know how to take good photos, I thought I would subject you all to reading my spiel. I do not claim to be an expert but I do have some advice

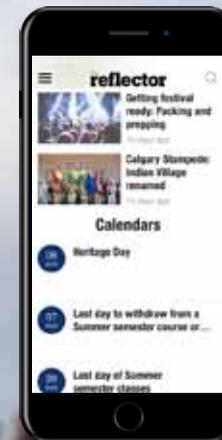
to offer when it comes to getting a decent shot, especially if you're just starting out in photography. With the leaves changing and winter fast approaching, I find it fitting to focus this article

around all things autumnal. Here are four things you can practice this pumpkin spice season to up your photography game.



Regardless of what season it may be, lighting is one of the – if not the most important – thing to focus on when taking photos. Photo by Kayla Stitt

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## Lighting

Regardless of what season it may be, lighting is one of — if not the most important — thing to focus on when taking photos. Lighting affects the colours, mood and overall presentation of every image.

Yes, there are apps you can download that can easily boost your lighting effects, but there is nothing more satisfying than getting a perfectly lit, raw image right off the bat. When deciding what you want your photos to look like, it is crucial that you find the time of day and weather conditions that best suit your vision.

Personally, I like to shoot Fall photos in the few hours just before sundown. I find that the sun is close enough to the horizon that it will touch the subjects of your piece in a way that makes them almost golden, which causes the natural Fall hues of the landscape to pop. If you are instagram savvy, you may refer to this time of day as 'golden hour' which is actually quite fitting.

Rather than using natural lighting for the perfect selfie, point your lens in the opposite direction and play around with different subjects and watch how the light dances around in your field of view.

## Colour & Contrast

Pumpkins are orange, ghosts say boo, here are a few colour tips for you.

The work is almost done for us when it comes to capturing autumnal colours on camera because of the vibrancy of the season. Our job is to capture it effectively.

Depending on the mood you want to set, you can choose the colours you include in a photo. I personally tend to lean towards a spooky approach for Fall photos and often find myself seeking out the traditional Halloween-esque oranges and blacks. When scrolling through Pinterest for photography inspiration, I've come across a lot of plaid flannels and wool hats in the forest. Although I love a classic flannel forest photoshoot, I find it is extremely overdone. I prefer to have my subjects wear dark colours so that they appear to stand out against the brighter hues of nature around them.

Contrast is huge when it comes to any photograph and in Fall, it's no different. Including an outstanding differentiation of colour in a photograph to guide a viewer's focus and attention. It allows the photographer to control what the audience notices first and what they notice last.

## Location

Although this may be obvious to some, the best place to capture the perfect Autumn photo is outside. Calgary has so many

wonderful outdoor parks and facilities to take advantage of during this ghoulish season. My top three favourite outdoor shooting locations in the city are Glenmore Reservoir, Fish Creek Provincial Park and Prince's Island Park, respectively.

Glenmore Reservoir is the right place for you if you prefer your photos to have openness in the landscape. The body of water offers a sense of freedom and depth which is an interesting aspect to include in landscape photography.

Fish Creek is a more closed off, forested area where the trees huddle together to paint a colourful, tightly knit backdrop for any type of photo. Prince's Island is an often bustling downtown park setting which offers both nature and public art.

All three areas have the potential to inspire captivating Fall photographs as long as you have an eye for uniqueness in otherwise regularly photographed locations. No matter where you are, be open to creativity and risk-taking when capturing photos. Do not be afraid to take photos of things others may not find beautiful and make them your own. After all, you're the one with a camera in your hand.

## Genre

Although nature and landscape photography is a passion of mine, I am always open to new ideas. I find Fall is an opportune time to break habits and experiment with different genres of photography. There are so many ways to utilize the natural resources provided to us during this very picturesque time of year.

No matter what you are pointing your lens at, be sure to pay attention to the finer details. When shooting leaves, I find it is effective to have the veins be a focus of the photo. The array of lines and direction gives the audience a lot to observe in a single capture. When taking portraits I find movement to be fun to work with because there are so many ways in which you can have a subject behave in order to find the flow you are looking for.

My advice is to plan ahead of time, but to be open to a change of direction. I often find myself with a specific vision in my mind that I hope to capture and I tend to plan around that one idea.

The most important thing to keep in mind when taking photos is that they will never look exactly how you intend. You cannot let this discourage you, but let it rather inspire you to form new visions and work with what you have.

So snag your favourite Fall-flavoured beverage, find the perfect venue and make your Instagram feed the talk of the town, until Halloween of course.



Photo by Kayla Stitt

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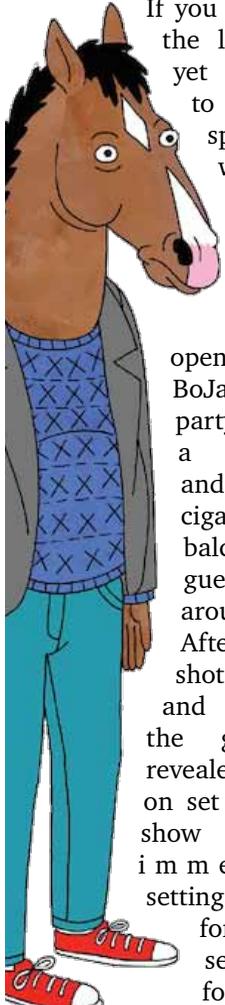
# BoJack continues to deliver in its fifth season

## Why this Netflix Original series is still one of the best

**Keeghan Rouleau**  
Contributor

The fifth season of Netflix's critically acclaimed animated comedy *BoJack Horseman* takes aspects from each previous season and ties them together in a harmonious haybale of everything that makes this show great. The season immediately feels familiar, with the same fast paced banter and visual gags it's been pulling since day one: some bits subtle, some bits ... not so much.

The brilliance of *BoJack Horseman* is its ability to guise comedy within its dark content. The show is rich in layers of clever social commentary. Deep, emotional, unique characters with real growth and consistently evolving environments to place them in. But underneath it all are subtle ongoing jokes and visual gags that draw strings from season to season to keep it all familiar.



If you haven't seen the latest season yet and want to avoid all spoilers, stop what you're doing and sign into Netflix. The first episode opens with BoJack at a party, dawning a trenchcoat and smoking a cigarette on his balcony while guests mingle around him. After being shot by a guest and falling to the ground it's revealed that he is on set for his new show 'Philbert,' immediately setting the tone for the entire season and foreshadowing

Photo courtesy of Netflix

the lack of clarity between what BoJack's reality really is and what's simply scripted. The show expertly leaves the audience in the dark as much as the protagonist, while making full use of the animated medium to show you as little and as much, as real and as fake, as BoJack sees.

But the show is not just focused on its namesake. While BoJack is busy losing his mind, the rest of the gang have their own misadventures. Princess Carolyn is on the hunt for a child to adopt and in the process uncovers some painful memories. The episode "The Amelia Earhart Story" focuses heavily on Princess Carolyn's childhood, revealing her path through school, to her career and her dramatic love-life during her teens.

Todd has a mix of focuses this season, with his love-life turning to a dead end and his professional life soaring higher than ever before. His relationship ends with Yolanda after a series of hijinx involving her parents and after trying to find a very 'Todd' solution to his sexual conflict with Emily by building a sex robot named Henry Fondle. Henry quickly becomes the CEO of Todd's company: *Whattimeisitrightnow.com* — also the network in charge of "Philbert" — resulting in comedic disaster for Todd.

Mr. Peanutbutter, freshly divorced from Diane, gets right back into the dating game when he meets Pickles Aplenty, a pug waitress from the restaurant "elephante." Pickles is extremely young in comparison to Mr. Peanutbutter, resulting in the first real instance of growth from the dog.

Diane, however, does not handle the breakup with as much enthusiasm. She begins the season and her new life as a divorced woman in a rough spot emotionally. The second episode of the season, "The Dog Days Are Over" shows a distraught Diane impulsively

fly to Vietnam in the hopes of reconnecting to her heritage. She unfortunately realizes her real home lies in L.A., crushing her hopes of an escape from her lonely reality. Filled with anger, she forces her way into a writer position on 'Philbert' and takes out her frustrations through the show, both towards herself and BoJack, resulting in a horrific fight between the two.

But it's not all so depressing. One of the things this show does best is accent it's usually dark themes with sprinkles of visual gags. For example, even something as simple as a giraffe in an airport wearing five different neck pillows strikes a surprisingly humorous chord when preceded by something as contrastingly dramatic as a woman losing her child. All in all keeping the audience in a comfortable middle ground between existentially sad and comfortably entertained.

Overall, the season has some considerable highlights in terms of the shows experimentalism. The episode "Free Churro" is completely contained (with the exception of a pre-title sequence flashback) to a twenty-minute monologue by BoJack, delivering a eulogy at his mother's funeral.

The isolated episode relies almost entirely on dialogue and features an exceptional performance by Will Arnett (BoJack). The episode is, in terms of acting, everything the ocean episode *Fish out of Water* back in season three was visually.

While this season builds upon every character arc, every running gag, every piece of history and every bit of trauma, make no mistake, this is not the writers tacking on new storylines and characters to keep the show fulfilled. This is a conclusion to so many storylines in a fantastic way and the beginning of so many more.

**iridescence**  
Brockhampton  
RCA  
Score: A-



Following the high-profile departure of core member Ameer Vann in late May and a surprise signing to RCA records, Brockhampton excels on crafting an exceptionally honest and revealing LP with *iridescence*.

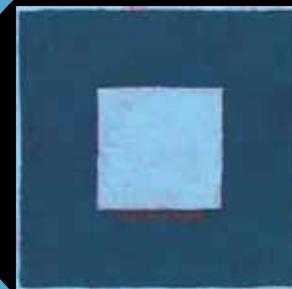
Creating a form to speak on anxieties and pressure of fame, Brockhampton weaves delicate guitar-picked instrumentals with booming drum machines throughout the album. On opener "NEW ORLEANS," the group trade punching verses before

dropping seamlessly into the piano driven "THUG LIFE." The trend of momentum shifts continues throughout the album, allowing for a well-rounded exploration of the group as a whole.

While shifts in dynamic and lineups may continue to leave the collective in a state of constant flux, Brockhampton continues to deliver with *iridescence*, holding their indisputable claim from *Saturation 3* as the "Best boyband since One Direction."

- Nathan Kunz

**Skylight**  
Pinegrove  
Self-released  
Score: B



To what extent do we allow ourselves to separate the art from the artist? The last year for emotwang darlings Pinegrove — one rife with a complicated storm of mixed-media due to accusations of sexual coercion against lead singer Evan Stephens Hall and a preemptive leave from the spotlight — could have surely meant an end for one of the most promising groups in indie rock.

But here we are, a year later, and they're back with *Skylight*, an album originally meant to be released many months ago, before the tumult began.

With all proceeds to be donated to charity, *Skylight* is a strong album that is hard to separate from the stigma. The tracks are good — great, even, at points — but the events and truths of the past twelve months make it hard to fully enjoy.

It has the makings of what would have been an unblemished third release hot on the trail of the band's acclaimed *Cardinal*. All the pieces are there, but there's another, more overarching thing there, as well — one that lingers loudly amid their sprightly and poppy melodies.

- Alec Warkentin

**Heaven**  
Dilly Dally  
Partisan Records  
Score: B+



Dilly Dally's sophomore release *Heaven*, dives into a harsher, noise influenced sound. Vocalist and guitarist Katie Monks pulls from riot-grrrl influences, with a similar rasp and growl akin to Courtney Love and Hole at their peak. The song "Doom" is a standout on the album — a self-care anthem that's far from soft. With lyrics that sound like

they could be new-age mantras, "remember who you are / and where you're gonna be / what's inside you is sacred" and "believe in yourself 'cause that's all that matters" Dilly Dally channels empowerment through their sludge rock sound. Overall, *Heaven* is a powerful and heartfelt second album.

- Kennedy Enns

# Mount Royal takes down Regina in Cougar showdown on opening weekend

*Cougar Hockey recruits looking sharp early on*

**Dan Khavkin**  
 Sports Editor



**Cougar forward Zack Henry (Pictured) getting mobbed by teammates after scoring a goal in the opening game of the Canada West season against the Regina Cougars on Sep. 28. MRU went on to win the contest 7-2 that night before sweeping Regina the next afternoon winning in a 3-2 game that reached overtime. Photo by Adrian Shellard**

A perfect 2-0-0 start for Cougar Hockey is just how coach Bert Gilling and his team wanted to jumpstart their 2018/2019 season after completing the sweep of the Regina Cougars on opening weekend of Canada West hockey.

MRU has beaten Regina for a fifth straight time while completing back-to-back sweeps against them.

This season is set to showcase the brightest recruiting class in Cougar Hockey history.

“Just in the context of it, it was. When you factor how our season was last year and now it’s year five with the program,” Gilling says on this year’s

recruiting class.

“There’s excitement in the air but we gotta play the games.”

Key recruits such as last seasons CJHL goaltender of the year Riley Morris will be heavily leaned on to answer MRU’s goaltending questions that stretch back a few seasons. Morris backstopped the Cougars to 0.909 per cent and a 1.95 GAA in his first weekend of U SPORTS action.

“We lost our fifth-year goaltender Cam Lanigan who ended as our number one goalie for his last three, four years. That’s an interesting position to follow, we need a goalie to step up. If we want to inch in to the top, we need that level

of goaltending and at every game,” says Gilling.

Tyson Helgesen, ex-captain of the Spokane Chiefs, who took part in the New York Rangers’ rookie camp before settling in Calgary, will be adding more talent on the blueline. Meanwhile, Colton Bobyk is a huge upgrade of muscle on the blueline and has one of the scariest shots on the team while bringing in much needed experience as he has Memorial Cup games under his belt.

“We’ve had limitations to puck skill and moving defensemen over the years. Our depth was hit and miss compared to the top teams but this season we

got good returning players in MacPherson, Green, Pankewicz,” says Gilling. “Look at the recruits, Tyson is going to be an impactful type of player. (Colton) Bobyk is going to be a huge element on our power play and adds his size. Kade Jensen is thick and solidifies our back core.”

Colton Kroeker is a playmaker that the Cougars need in terms of adding more weapons on offense. He is coming off a 61 point season with the Kootenay Ice where 46 were assists and shined in his debut weekend with the Cougars, scoring two goals in game one of the season.

After a step-back season where MRU finished the regular season with a 12-14-2 record, its lowest win total since 2014, the Cougars are looking to get back to the high standards Gilling has imposed on his teams previous.

“Upfront we got second year guys who didn’t play much last year. Our depth is better and we got more of a presence this year. We are confident in goaltending we just need to have one of the three to carry the mail and be the number one,” Gilling says.

Last season’s most touted recruit Ryley Lindgren, spent most of the season in the stands, only suiting up for four games in total due to injury. He too was one of the standout performers in the opening weekend, scoring once in each game.

“Ryley was brought in last season as one of the highest ranked junior guys out of the WHL but was plagued by injuries. He is supposed to have a Tyler Fiddler impact on this

program so it will be fun to see him play full-time.”

Fiddler was Cougar Hockey’s first ‘blueprint’ player who is in Europe playing pro in Denmark and is still one of the more celebrated careers as an MRU hockey player to date.

Last winter’s recruit Chris Gerrie will also be looking get his wheels moving faster and begin to contribute on a now full-time level.

“Chris brings in that quality we need on the top line as a versatile weapon on the offence. It’s hard to come in half way through the year, but he had a great summer. Look for him to have a breakout season.” Gilling comments about his second-year Cougar.

Cougar seniors contributed heavy in the sweep as fifth-year David Stephens is leading the pack with two goals and four points early on while Zack Henry added his name to the goal column as well.

All in all, MRU hockey is on the rise. Maturation is still the team’s biggest soft spot as only three fifth-year forwards are on the team while the rest is a mix of third-year players and younger. Vet Connor Rankin is sidelined with injury while Colin Cooper should be set on seeing more ice this year as the team’s second goalie.

MRU are set to fly to the states and face off against formidable NCAA opponents Minnesota State-Mankato and St. Cloud State for the holiday week and return back to Canada West play on Oct 12., for a weekend set against UBC.



**20** number of career games it took New Orleans Saints’ Alvin Kamara to become the first player in NFL history to have 1,000 rushing and 1,000 receiving yards by that point.

**14** TD passes for Kansas City Chiefs quarterback Patrick Mahomes in his first four games.

**10** the amount of goals the men’s MRU Cougars scored in opening weekend of Canada West Hockey.

**30** captains in Montreal Canadiens’ history after Shea Weber was announced to lead the Habs heading into the 2018/2019 season.

# Aussie, Aussie, Aussie!

MRU's most promising volleyball recruit is set for the season

Dan Khavkin

Sports Editor

New recruit Trent Mounter and his Mount Royal Cougar volleyball team are knee deep in the pre-season getting set for conference play in three weeks time. Last season's ACAC men's volleyball player of the year, was one of many highlight recruits who will sport the Cougars logo on their chest during the hardened courts season for the first time.

Mounter recalls his journey to MRU which traces back to his native Perth, Australia.

Like many kids growing up in Australia, he played Aussie Rules for most of his youth. "I played for about 10 years before making the choice to pursue volleyball which is the sport I ultimately fell in love with," he says. It was in middle school where he made the decision to pursue volleyball as his main sport, attending a volleyball specific school.

"We got the chance to tour Europe and Asia and that's where I decided to get as much film as I can and find a school to play for in uni," Mounter says.

It was in Edmonton where

Mounter got to experience his first ACAC action attending NAIT and suiting up for the Oaks. He heard that Alberta was an Aussie-filled place which made the move to Canada seamless. He originally enrolled in the personal fitness program for a year before a shift in plans lead him to move down to Calgary and join the SAIT Trojans.

He says, "It was one of those things where if I could go back and fix, I'd take the year off and work to save up more money."

Mounter moved to Calgary after his experiment year in Edmonton with the hopes of starting with a clean slate. He changed his program and began pursuing a business degree in the hopes of working in human resources.

He goes on to explain that he had other offers from other ACAC schools, but Calgary was the best choice for him out of the rest.

During his two years at SAIT was where the Aussie began to fill in his golden resume. Mounter was named to the All-Conference team in his first season with SAIT and ended his career in legendary

status as a Trojan last year.

Last year, he captained his Trojan's to one of their most historic seasons ever at 20-4 and lead them to the ACAC championship. He was also named MVP of the playoffs and finished his splash of success by scooping up the ACAC men's

**"I just want to contribute as much as I can and my aim is to get the best out of everyone."**

- Trent Mounter

volleyball player of the year, a statistically dominated season to say the least.

"It wasn't a big move or anything like that," Mounter says

on the transfer from SAIT to MRU.

Mounter decided to continue studying as a student-athlete. He says, "I had a lot of schooling to be done and my courses transferred with ease to MRU, on top of me wanting to stay in Calgary since I was already settled in."

Coming to Mount Royal, he is only looking to stack on his impressive collegiate volleyball resume and take his game to the next level.

"It's a quicker game but it's been a good learning curve getting back to [it]. Back home I was more used to the quicker pace and higher skill. ACAC was obviously at a high level but not everyone was there, whereas in U SPORTS everyone is on another step," he says.

Mounter fell in love with MRU instantly claiming "it's awesome."

"The facilities are top class to go along with the team and their staff," he says.

After a rough regular season last year, where the Cougars were a few spots shy of a playoff spot, Mounter is looking to bring in

his experience and fill some of the leadership voids the growing program has.

"I hold myself to a standard — doesn't matter if these guys have been playing at this level more than I have. I just want to contribute as much as I can and my aim is to get the best out of everyone," says Mounter.

"Part of the team last year was missing leadership. I might not be 'the guy' but I definitely will be in the group of guys," he says.

The goals for the season? Mounter has his eyes set high for his first season in an MRU shirt.

"Definitely the national finals, top eight [to make conference playoffs] for sure would be the lowest goal and then final four after that," Mounter says.

MRU are currently competing in a handful of tournaments and exhibition play where so far, they are seeing success but the live bullets fly on the weekend of Oct 19., where the Cougars open their Canada West season against Manitoba at home.

Calgary



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# War in Nevada: The Notorious One and The Eagle collide

*Why Conor vs. Khabib is the biggest fight in MMA history*

**Colin Macgillivray**

Arts Editor

Nearly three years ago, at a pre-fight press conference hyping the monumental showdown between former 145-pound champion Jose Aldo and the notorious challenger, Conor McGregor, a fan in attendance asked the latter about what he would do after potentially beating the former.

“When Aldo’s chin hits the floor in four, who are you going to move up and take the belt from at 155?” Asked the fan, fully confident that his Irish idol would usurp Aldo, who was unbeaten for more than a decade in the featherweight division.

McGregor, in his now typical brash style, responded without missing a beat.

“Whoever has it.”

The fan quickly clarified, urging McGregor to chime in on who he thought would be the lightweight, or 155-pound weight division, champion he would have to cross paths with if he did decide to move up a weight class and challenge for that title.

“I think Khabib Nurmagomedov will take the lightweight belt,” replied McGregor.

A multitude of things have happened since McGregor nonchalantly declared Khabib as the man who would hold the lightweight belt, but on Oct. 6, McGregor will challenge the undefeated lightweight champion, Khabib “The Eagle” Nurmagomedov in Las Vegas for the lightweight strap.

To fully understand why this is the biggest fight of the year and arguably the biggest fight in the history of mixed martial arts, we need to take a look back at what has happened since McGregor answered that fan’s question.

## The Notorious One

Some incredibly exciting, shocking and captivating moments have happened since 2015 in the wild world of the UFC. 30-year-old McGregor has been at the centre of the majority of those moments.

But, when we look at what McGregor has accomplished in the past three years strictly from a mixed martial arts perspective, the man has done incredibly well for himself.

From knocking out the aforementioned featherweight king, Aldo, in 13 seconds at the



**“Six October.” is all Khabib Nurmagomedov had to say during the UFC 229 press conference on Sep 20. “Notorious” Conor McGregor is coming back to the octagon after a two year hiatus and is set to have his toughest fight yet. There is no love lost between these two who have years of beef to settle in the cage. Photo courtesy of Getty Images**

end of 2015, to capturing the lightweight title from Eddie Alvarez in 2016, McGregor was able to declare himself as the first fighter in UFC history to simultaneously hold a championship belt in two weight classes. It’s no easy feat.

McGregor also competed in two of the UFC’s highest grossing pay-per-view events of all time, against the bold and brash Nate Diaz both times. Their first clash at UFC 196 touted one of the most shocking finishes I’ve witnessed as a fight fan, where Diaz was able to choke McGregor out, leading to the latter’s first loss during his UFC tenure. At UFC 202, the two men met again, with McGregor coming out victorious, slightly edging out Diaz in one of the most entertaining fights I’ve ever seen.

McGregor also dipped his feet into the world of boxing, making more than \$100 million in a losing effort against undefeated boxing legend Floyd Mayweather.

Regardless whether you love him, hate him or dispute his route to championship glory and claim that he was gifted multiple championship opportunities, there is no denying that McGregor is a phenomenal mixed martial artist and perhaps an even more skilled verbal assassin. His trash talk is legendary, making every time he steps inside the UFC’s octagon a sight to behold. It is

even more exciting this time due to his opponent.

## The undefeated Eagle

In modern mixed martial arts, few fighters can say they are undefeated. Canadian legend Georges St-Pierre has two losses on his record, while both Jon Jones and Daniel Cormier, two others who can definitely stake their claim for the greatest of all time monicker, have losses as well.

Khabib Nurmagomedov has 26 professional victories. He has never lost. He hasn’t even lost a round.

The Russian superstar has absolutely dominated every opponent he has been locked inside a cage with. Known for his smashing style, where he will take an opponent down, tire them out and reign down hellish fists until they are unable to continue, Nurmagomedov is a force to be reckoned with.

The man was born and bred to excel as a fighter. If you don’t believe me, get on the internet and search up a video where a nine-year-old Nurmagomedov is wrestling an actual bear for strength training. It’s absolutely insane.

Although the history of the lightweight title over the past three years is messy to say the least, all that really matters is

that McGregor was once the champion, stripped of his belt due to inactivity and Nurmagomedov came and captured the title himself.

## The rivalry

Dating back since McGregor first mentioned Nurmagomedov’s name in that press conference, the two have engaged in multiple wars of words. Nurmagomedov has ridiculed McGregor on numerous occasions for losing to Diaz. He’s called him a quitter, a coward and has vowed to smash his face against the canvas when the two finally meet. Khabib really doesn’t like Conor.

On the other hand, Conor really doesn’t like Khabib. McGregor even went as far to say that he would fly to Russia to beat him in front of his own countrymen. It’s relatively tame trash talk, with fighters going back and forth like this all the time, but McGregor made the rivalry personal and all the more exciting back in April.

McGregor, despite not being scheduled to fight, flew to New York with his crew and subsequently attacked a bus containing several fighters, including Nurmagomedov. McGregor threw a dolly at the bus, shattered a window, injured several fighters and truly kicked off one of the most heated rivalries in the sport.

Yes, McGregor was arrested for the assault and fight fans everywhere were praying that he would be released so that he would finally be able to fight Nurmagomedov. Well, on Oct. 6, their wish will be granted.

## Who’s going to win?

In the end, none of the backstory really matters. All it really does is help promoters build compelling fights, with the main event on Oct. 6 acting as perhaps the greatest culmination of a three year long feud.

But, people aren’t tuning in for history, they will be tuning in to see two extremely talented fighters go to war.

On the surface, Nurmagomedov is definitely the favourite to come out on top. He’s undefeated, he seems unfazed by McGregor’s mind games and he’s supremely talented at wearing his opponents down until they are too tired to continue. The whole reason McGregor lost to Diaz is because he was exhausted.

Yet, McGregor shouldn’t be ignored. As a fight fan, I’ve consistently doubted McGregor as a fighter and time and time again he has proved me wrong. He is a phenomenal striker with supreme knockout power in his left hand. If he can somehow keep the fight standing, he most definitely has a shot to win.

There is also the fact that Nurmagomedov hasn’t been tested by phenomenal fighters in the same way McGregor has. McGregor has cleanly beaten two former champions, one current champion and multiple other fighters who are ranked in the top five of their respective division. Nurmagomedov has only beat one top five fighter in his weight class.

Plus, if Nurmagomedov loses focus and McGregor somehow gets into his head, this fight could be a first round knockout for the Irishman.

Nonetheless, this fight is exciting for diehard fans and casuals alike. It’s unpredictable, almost certainly will be entertaining and a spectacle in and of itself. So, on Oct. 6, whether you care about mixed martial arts or not, check out McGregor vs. Khabib. It will be worth it.

# Europe's final 32 begin hunt for continental glory

*Just for kicks: UCL group stage predictions*

**Sajan Jabbal**

Contributor

Who will knock off the defending three-time UEFA Champions League winner Real Madrid? With the loss of icon, Cristiano Ronaldo, the door is swung wide open for Europe's final 32 clubs to chase after club soccer's most prominent team title. Here are the predictions for the Group Stage.

## Group A

1. Athletic Madrid
2. Borussia Dortmund
3. AS Monaco
4. Club Brugge

Being last year's Europa League champions, Atletico Madrid have a lot to prove. Manager Diego Simeone added some young talent in the summer: players like Thomas Lemar from Monaco, Gelson Martins from Sporting in Portugal and Rodri from Spain's Villarreal. They will be looking to compete for a top spot in the Spanish league, as well as be successful in bringing a first Champions League to the fans. Borussia Dortmund will look to compete with Atletico for top spot. After a disappointing domestic and European performance last year, they added key players like Axel Witsel and Paco Alcacer, which will help them maintain the reputation as one of Europe's best.

## Group B

1. Barcelona
2. Inter Milan
3. Tottenham Hotspur
4. PSV Eindhoven

Every year it seems like Barcelona have a tendency to come out on top of the group stage, but tank when it comes to the knockout stages. The Catalan's were an easy choice for top of the group, but look for them to be out of the knockout round much quicker than expected. The second spot is going to be a battle, and although Tottenham is the logical team to take second place, Inter Milan have been clicking on all cylinders to start the season.



With Cristiano Ronaldo off the squad, the Los Blancos will be looking at Welsh superstar Gareth Bale to carry a heavier load. Bale has been a winner during his tenure with Real since leaving boyhood club Tottenham five years ago. Photo by AvP/Manu Fernandez and Reuters

If their star players like Mauro Icardi and Sime Vrsaljko keep up their performance, they are going to give the Spurs a run for their money.

## Group C

1. Paris Saint Germain (PSG)
2. Liverpool
3. Napoli
4. Red Star Belgrade

Although Paris Saint Germain was given the top spot in the league, watch out for Liverpool to be battling with them for the top spot. It is going to be a joy to watch the two teams with the best striker lineup, and we already got a taste of the talent when Liverpool beat PSG in a close match in the first game. Keep an eye on Napoli as well, they are second in the Italian league and are on fire right now.

## Group D

1. F.C. Porto
2. Galatasaray
3. Lokomotiv Moscow
4. Schalke 04

Probably the easiest yet most competitive of groups, Group D is tough to predict because all of the teams are almost equal in kill and statistics. Porto was placed number one because finishing first in the Portuguese league last year and currently leading the league now, they are the team in the best form. Although Schalke won second place in the German league last year, they have had a horrific start to this season, and sitting in last place with no wins, they are in the worst form in the group.

## Group E

1. Bayern Munich
2. Benfica
3. Ajax
4. AEK Athens

Bayern Munich seems to finish in first in everything but the Champions League. However they will look to get back to their winning ways this season with an easier group that they should coast through. Look for Benfica to win second place and as they will look to outperform their rivals Porto in



this league, as well as domestically.

## Group F

1. Manchester City
2. Olympique Lyonnais
3. Shakhtar Donetsk
4. Hoffenheim

After losing their first game in the Champions League, Manchester City will look to bounce back so they don't suffer another loss. After demolishing the Premier League last season, they will look to do the same, and add a Champions Cup to their list of silverware. Lyon will battle Shakhtar for second place and being that they were already able to beat City in the first game, they are one step ahead.

## Group G

1. Real Madrid
2. A.S. Roma
3. CSKA Moscow
4. FC Viktoria Plzeň

Defending champions, Real Madrid, will have an easy time getting out of the group stages with Roma being the only team that will

compete with them. However, the knockout stages are not going to be easy without their star Ronaldo, as he made the move to Juventus in the offseason. They will look for scoring options from Gareth Bale and Karim Benzema and will need them to perform if they are going to have another chance at winning its fourth Champions League in a row.

## Group H

1. Juventus
2. Man U
3. Valencia
4. Young Boys

Juventus should not have trouble winning group H this season. They upgraded their offence by adding Ronaldo and will look to make a large impact this season. Although Manchester United is predicted second place, the turmoil in the dressing room as well as the fiery attitude of manager Jose Mourinho is something to be worried about. History tells us that when it comes to Manchester United, anything can happen.

## Calgary Flames opening week roster: Oct. 3

### Forwards

- |                      |                     |
|----------------------|---------------------|
| 10 - Derek Ryan      | 23 - Sean Monahan   |
| 11 - Mikael Backlund | 27 - Austin Czarnik |
| 13 - Johnny Gaudreau | 28 - Elias Lindholm |
| 18 - James Neal      | 29 - Dillon Dube    |
| 19 - Matthew Tkachuk | 67 - Michael Frolik |
| 20 - Curtis Lazar    | 77 - Mark Jankowski |
| 21 - Garnet Hathaway | 93 - Sam Bennett    |

### Defense

- |                     |
|---------------------|
| 5 - Mark Giordano   |
| 6 - Dalton Prout    |
| 7 - TJ Brodie       |
| 8 - Juuso Valimaki  |
| 24 - Travis Hamonic |
| 26 - Michael Stone  |
| 55 - Noah Hanifin   |

### Goaltenders

- |                    |
|--------------------|
| 33 - David Rittich |
| 41 - Mike Smith    |