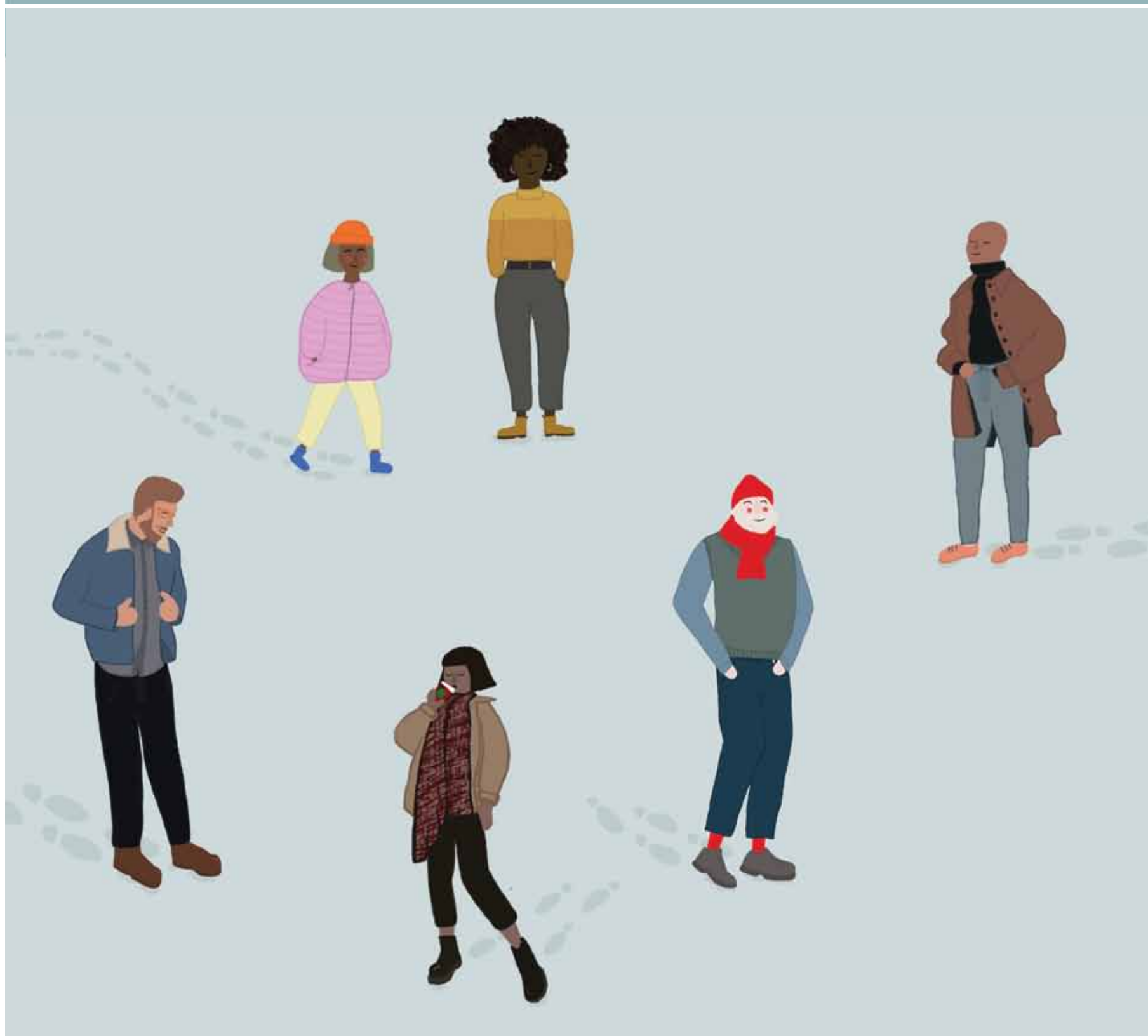


the reflector

FREE
December 6, 2018
www.TheReflector.ca



**The Montreal
Massacre continues
conversation on
gun control 29
years later
(Pg. 3)**

**Discover why
the bald and
beautiful are
ditching their
wigs
(Pg. 7)**

**Itching for a
holiday flick?
Check out our
comprehensive
holiday film guide!
(Pg. 13)**

**Lighting up:
Marijuana on
and off the
pro-sports
playing field
(Pg. 19)**

Is pedestrian safety a concern for Calgarians?

Nathan Woolridge
News Editor

As a student journalist, I am always reading the news to stay updated on things that are going on in Calgary. But, one day in particular some headlines circulating the city particularly stood out to me — and continue to be something on my mind.

The headlines I read were: “A pedestrian has died after being hit by a C-Train at Ertlon Station in southeast Calgary ...” from CBC. The man was found dead at the scene. From Global News, “A six-year-old girl has died after being struck by an LRT train Monday morning.” The young girl was in critical condition and died later from her injuries.

And this certainly isn’t the first and certainly won’t be the last we see headlines like these. These two incidents occurred on the same day and both pedestrians were hit by Calgary Transit trains.

I decided to look at some numbers to see if this is something that happens frequently. I’ve been in the city for less than three years and I found the numbers of pedestrian-related collisions quite shocking.

Looking at the statistics

According to a 2016 report called Alberta Traffic Collision Statistics, “Pedestrian casualty collisions were more likely to occur in November.” This is a trend that seems to reoccur.

Since the beginning of the semester in September there have been several collisions involving pedestrians with some resulting in fatality, like the two casualties that occurred in October.

In 2017, the City of Calgary reported that “pedestrians injured in collision with car, pick-up truck or van” tallied

a total of 488 — which seems high, but was the lowest since 2013. The average number of these collisions in that time span (2013-present) is 545 incidents that resulted in an Emergency Department visit.

That means there is at least one pedestrian-related incident every single day — and some days even more than that.

The city also reported 19 incidents that involved a “heavy transport vehicle or bus” in 2017. Last year was the third highest total of these injuries since 2013.

Besides Emergency Department visits, an additional 100 individuals were sent to the hospital as a result of being hit by a vehicle in 2017.

In 2014, the Calgary Herald reported that since its opening in 1981, there have been 43 accidental deaths caused by the LRT System in Calgary.

What the city is doing in response

Whether it be an incident related to a transport vehicle or a car, truck or van, these numbers are high and concerning. In 2016, the Calgary Herald also reported on the financial impacts of the issue: “The financial impact of life-altering pedestrian collisions and fatalities in Calgary [in 2010] could be \$120 million each year.” The Herald obtained these figures from the city which fluctuate each year.

The City of Calgary does have an initiative to combat these high numbers of pedestrian collisions called Step Forward. This initiative was designed after citizen feedback in 2015 to “evaluate and measure pedestrian distraction,” “make LRT pedestrian crossings safer

“At approximately 8 a.m., today, Monday, Oct. 15, 2018, police were called to the Somerset-Bridlewood LRT station for reports that **a child had been struck by a CTrain.**” -City of Calgary / CPS

“At approximately 1:20 p.m., police were called to the Ertlon LRT Station for reports of a collision between a pedestrian and a CTrain as the CTrain approached the platform. **An adult male was pronounced deceased on scene.**” -City of Calgary / CPS

Oct. 15, 2018

2017

488

pedestrians injured in collision with car, pick-up truck or van that resulted in an emergency room visit.

19

incidents that involved a “heavy transport vehicle or bus.”

100

individuals were sent to the hospital as a result of being hit by a vehicle



In 2017, numbers show that pedestrian-related incidences are a problem in the city. Graphic by Nathan Woolridge

Source: City of Calgary
Graphic by FreePik

by installing gates like those behind City Hall” and a call for an education campaign for “pedestrians [to] make themselves more visible.”

In response to the feedback, the city’s Transportation Department released the Step Forward initiative in 2016. The plan highlighted actions to be completed in 2016 and through 2022 and beyond.

By 2018, the initiative highlights goals to: “Pilot

new techniques to reduce pedestrian/vehicle conflicts at intersections,” increase the number of Rectangular Rapid Flashing Beacons and create safer routes to schools.

In the initiative’s “Vision for 2025,” the city says, “For one thing, safety has been improved for those who walk — the most vulnerable users of our roads. Since we reduced the speed limit in residential areas, the number and

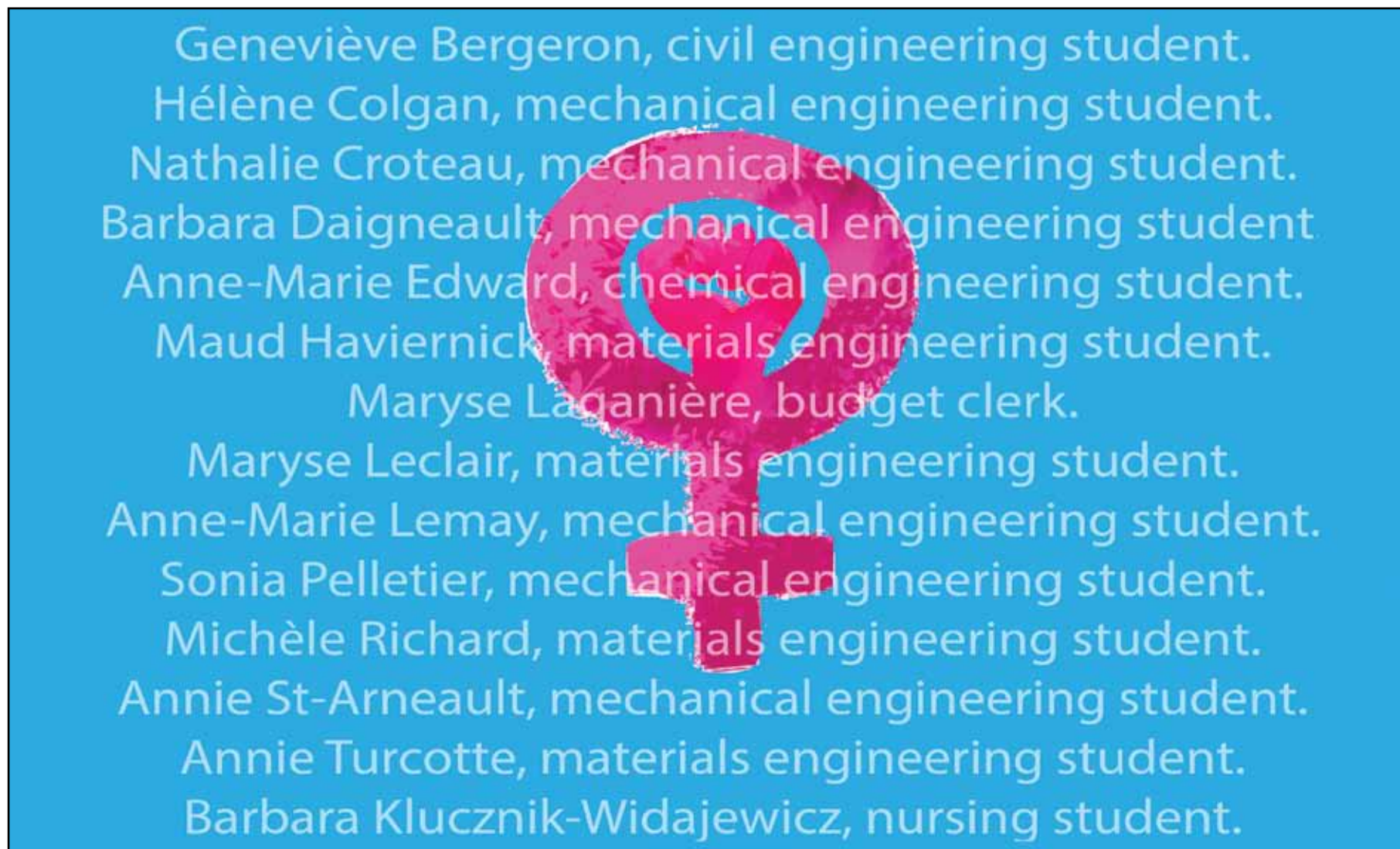
severity of pedestrian-vehicle collisions has dropped.”

It isn’t clear if Step Forward is the reason, but pedestrian-related collisions seem to have decreased since previous years — with 2017 having the lowest number of Emergency Room visits in the last five years.

Hopefully one day these numbers are significantly lower and days like Oct. 15 are less frequent.

Montreal Massacre is a constant reminder for gun control in Canada

An attack on École Polytechnique in Montreal saw 14 women killed in 1989



In 1989, 14 women were killed at École Polytechnique in Montreal. These are their names as we honour them 29 years later. Graphic by Nathan Woolridge, art courtesy of FreePik

Nathan Woolridge

News Editor

"I hate feminists."

That's what Marc Lépine screamed at École Polytechnique in Montreal 29 years ago. The killer claimed that feminists had ruined his life.

On Dec. 6, 1989, he shot and killed 14 women — Canada's worst mass shooting.

The massacre significantly impacted Canadians. This was a turning point at the time for gun control. This mass shooting encouraged Canadians to call for restrictions on guns — many of the gun restrictions and laws that we see in the country today.

It was a senseless act against

women who were killed simply for being women. For the last few years, Canadians have all gathered to honour the victims of this horrific massacre.

Last year, there were 14 beams of light in memory of the victims across Montreal's skyline. In other cities for the 28th anniversary of the massacre, flags flew at half-mast.

The anniversary of the mass shooting is Canada's National Day of Remembrance and the day for Action on Violence Against Women.

At École Polytechnique, students gather around a plaque installment that honours the victims and place

flowers to show their respects.

At Mount Royal University, the Student's Association has hosted memorials over the years. This year, MRU will be hosting a passive display in Wyckham House on Dec. 6.

In the past, MRU's memorials have seen a few discussions on gender violence. In 2014, the university hosted speaker Steph Guthrie, founder of Women in Toronto Politics, in Wyckham House. This was in memory of the victims on the 25th anniversary of the Montreal Massacre.

SAMRU's website indicates the importance of having these discussions on and near the anniversary of this

massacre: "The victims of the Montreal Massacre were attending their final class of the fall semester. They were targeted for specifically being women studying in a traditionally male dominated environment. Violence against women continues to this day against women in all ethnic groups, socio-economical, and religious communities. Half of all women in Canada have experienced at least one incident of physical or sexual violence since the age of 16 years old."

In 2013, MRU said it was important to carry out these types of conversations. "The Students' Association is

dedicated to engaging students in furthering the conversation on violence against women, its effects, and creating a safe space for women on campus."

If you are experiencing varying forms of violence, do not hesitate to reach out for help:

MRU Wellness Services: 403.440.8877

Distress Centre: 24/7 support and crisis line at 403.266.HELP (4357), crisis support and information line at 403.237.5888

Calgary Women's Emergency Shelter: 24/7 family violence helpline at 403.234.SAFE (7233)

More campus improvements to come

Centralized services are only part of MRU's Campus Master Plan



Mount Royal's campus bookstore is temporarily situated in the old MRU library. Ranson says this will change in the new year. Photo by Gregory Balanko-Dickson

Gregory Balanko-Dickson

Contributor

Andrea Ranson, Director of Marketing and Communications at Mount Royal University recently told the Reflector about the university's plans for the old library and other spaces on campus. The old library space will be used for centralizing student services and incorporating a better flow and functionality of MRU's mainstreet.

But, there are other plans for additions to recreation, retail spaces on campus and how the administration has engaged the students to make the Campus Master Plan a reality.

While the Campus Master Plan made room for an addition to MRU recreation

services, Ranson says that won't be happening for a while.

"The current priority is renovating the old book store location. Longer term, the Campus Master Plan anticipates more retail in the mixed-use precinct," says Ranson. The mixed-use precinct will be located "on the ground floor of residential development on the east side of campus."

The Campus Master Plan was updated in July 2016 and is considered to be a "living document" — which Ranson says is "written and structured to provide the University with a flexible decision-making framework to accommodate specific

opportunities and needs as they emerge." This means that the Plan can be changed or updated at any time.

According to MRU's website, President David Docherty says, "It is critical that we continue to build for the future, ensuring our Lincoln Park campus evolves into a community that is vibrant throughout the day and at all times of the year. Our campus must offer the full range of amenities, services, spaces, opportunities and experiences expected of a growing post-secondary institution."

With the current renovations scheduled to be completed by the end

of December, it remains unknown when the other developments could begin.

"When funding is received for the Main Building Concept Design phase, student engagement will be included in the process," says Ranson, adding that when the Campus Master Plan was created it involved "a lot of student engagement."

The Campus Master Plan says that the engagement process has collaborated with "students and student council representatives, MRU administrative staff, MRU faculty and department heads, members of the surrounding community, representatives

from Canada Lands and Atco and City of Calgary Staff."

Student engagement has been a key concern for Shannon Kell, Assistant Professor in the Department of Health and Physical Education at MRU.

Kell is collaborating with a Learning Spaces Working Group and Facilities Maintenance to review a survey taken by more than 450 MRU students on the topic of student wellness on campus. The study examines how classrooms, study spaces and exterior spaces impact student wellness on campus. The results for the study won't be available until mid-December.

Reflectorial: Maintaining free speech and keeping student media accessible

As our time at the Reflector comes to a close, we both feel it is important to leave our readers with some insight about what working at the paper has meant to us and about the future of independent journalism as a whole.

When we attended the American Collegiate Press conference in Louisville, Kentucky this past October, we were exposed to the current state of student newspapers in the United States.

It's bleak. Students are fighting for freedom of the press and their first amendment right to free speech. Some are even battling white supremacy on campus. Texas State University, for example, was slammed by alt-right and mainstream media, like Info Wars and Fox News, for responding to

white supremacist rhetoric on campus in an article titled, "Your DNA is an abomination."

Students are fighting sexual assault on campus as well. We attended a talk at the conference titled, "Covering Sexual Assault: When the Attacker is a Professor." Several students, faculty members and lawyers, discussed being sued over their requests for information regarding professors accused of sexual assault.

As journalists, we see how these themes seep into our personal and professional lives. The trajectory and distrust of the media as a whole makes us fear the potential for losing our freedoms as press in Canada. Currently, we have this freedom, but America has proved that the rights we

hold have the potential to be ignored.

So as we leave the Reflector to transition into our careers, we hope to leave you with a reminder of how lucky we have been as Canadian student journalists and how that can change at any moment. We ask that you value the contributions of independent and student media and understand the importance of keeping it free and accessible.

Sometimes we write articles about how much we love or hate Riverdale. Sometimes we talk about how to make your Instagram look amazing. Other times, we write about sexual assault on university campuses and address why climate change needs to be a concern for all.

We ask that you, as students

and community members, value student journalists. Value independent reporting. Put your trust in papers like the Reflector. Turn to them when you see problems; turn to them when you feel the same issues that run rampant in America, creep into our community.

In short: student journalists are fighting on the front lines for your right to free speech. Journalists are holding universities accountable for their actions and need your support to do it. Voice your opinions, contribute to the Reflector and be a part of the larger conversation. We hope that you can do this as our parting request for the students of Mount Royal University.

Xoxo,
Publishing and Photo Editors

THE REFLECTOR

Issue 7, Volume 57

EDITORIAL STAFF:

Publishing Editor: Robyn Welsh

Managing Editor: Ivar Bergs

News Editor: Nathan Woolridge

Features Editor: Rosemary J. De Souza

Arts Editor: Colin Macgillivray

Sports Editor: Dan Khavkin

Photo Editor: Amber McLinden

Layout Editor: Andi Endruhn

Web Editor: Nathan Kunz

STAFF WRITERS: Sajan Jabbal, Sam Nar, Karina Zapata, Alec Warkentin

CONTRIBUTORS: Gregory Balanko-Dickson, Isabelle Bennett

COVER: Illustration by Robyn Welsh

The Reflector, with an on- and off-campus circulation of 5,000, is the independent voice of the students of Mount Royal University. It is published fortnightly during the academic year (Sept. to April).

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

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

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

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

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

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

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

the reflector

Wyckham House
Mount Royal University
4825 Mount Royal Gate SW
Calgary, AB T3E 6K6

All depts.: 403.440.6268
Fax: 403.440.6762
TheReflector@TheReflector.ca

News You Can Use

Could the UCP win the 2019 provincial election?

CBC News, Global News and CTV have all reported on polls from early in the year to now — most saying that the United Conservative Party (UCP) "holds comfortable lead" and are "on track to win big."

The UCP was created for a merger of the Progressive Conservative and the Wildrose Party. As part of a movement called "Unite the Right" to combat the NDP who won the 2015 provincial elections.

Rachel Notley led the NDP in 2015 and became premier — not only defeating the conservatives, but ending their four-decade reign in Alberta. Notley says that she will be running again in 2019.

It looks like Albertans will be choosing between the two front-runners — the UCP's Jason Kenney and the NDP's Notley. It has been speculated that the election will be called anywhere between March 1, 2019 and May 31, 2019.

USMCA trade agreement taking Canada to pasture?

Nov. 30 — Justin Trudeau, Donald Trump, Enrique Pena Nieto signed the new United States-Mexico-Canada Agreement in Argentina. All three leaders signed the agreement, but it will take some time before it takes effect.

There has been some speculation that the United States will have more difficulty implementing the trade deal because of their recent midterm elections — according to CBC.

The new trade agreement has been particularly focused on Canada's dairy industry.

The NDP, Dairy Farmers of Canada and the Dairy Processors Association of Canada have all urged Trudeau not to sign the deal. Industry stakeholders told CBC News that the "measures compromise their sovereignty and threaten their ability to manage their business how they see fit."

Trudeau and Morneau rallies

While Trudeau was in the city on Nov. 22, 2018, pro-oil protesters gathered downtown — in numbers that forced some road closures.

During his visit Trudeau addressed low prices of Canadian oil and called it a "crisis" for Alberta.

Protesters downtown held signs opposing Trudeau and his government on Bill C-69.

An estimated 2000 Albertans attended the rally outside a hotel where Trudeau spoke at a Chamber luncheon.

A few days later Finance Minister, Bill Morneau attended a Chamber function to talk about global competitiveness and provide a financial update near the end of 2018.

Morneau told Calgarians that the energy sector issues are not just an Alberta problem, but they are Canada-wide.

CBC reported that a smaller crowd also gathered outside of the Morneau speech, than what had attended the Trudeau rally.

features

Features Editor
Rosemary J. De Souza
featureseditor@thereflector.ca

Holiday shopping to support small and local companies

5 local businesses worth spending your money on



Kin + Pod Chocolate can be found throughout the city, including all seven Rosso Coffee locations, Junction 9 and Pranic Forest. Simply Polished's Self Care Gift Set comes with dry shampoo, coffee scrub, lemon lavender deodorant, Calm bath bomb and more! You can find more information on their website. Photo (right) courtesy of Simply Polished, (left) by Karina Zapata

Karina Zapata

Staff Writer

As I'm sure you and your wallet are aware, it's the holiday season. For many, this means dreadfully walking into a jam-packed mall among thousands of other shoppers with panic in their eyes. But instead, this holiday season could be an opportunity to support small, local businesses.

Why?

Shopping locally means your money is going straight into the hands of the people who are creating the product. This often means you're getting higher quality and that you aren't supporting the inhumane working conditions of those overseas — often including children. When you shop locally, you're supporting people who want to invest in community. Often this comes with great customer service from people who care about you and the

product you're paying for. Not to mention that it's an ethical choice.

Not too bad, hey?

Now that I've caught your attention, here are five small, locally owned businesses in Calgary that are worth spending your money on over the holiday season.

Kin + Pod Chocolate

Kin + Pod Chocolate is run by one person and one person only — Geordan Spicer. Kin + Pod is an ethically sourced, bean-to-bar chocolate bar, meaning Spicer sources her cacao beans from two farms in South America and pays over the fair trade line. This means the farmers and employees of the farms are being paid a livable wage, unlike most cacao farmers and labourers in the world.

Spicer started Kin + Pod

after learning that over 2.1 million children are laboured into the cacao industry every year. That's two times the number of people in Calgary in one year alone. Through Kin + Pod, Spicer is working to decrease the amount of child labour in South America.

Sounds like a good cause to support, huh?

Plant

When you first walk into Plant, you're hit with a whiff of dirt and humidity — but in a good way. It's a great spot to be if you're aching for nature and you're stuck in the city in the middle of winter. Located in Calgary's hip community, Inglewood, Plant started in 2011 by Kyle and Erica Chow — two plant lovers. Now, it's Calgarians' go-to for when they want to liven up a space. At Plant, you can find countless types

of houseplants that decorate their 3,000 square-foot space.

Plant has some pretty great gifts, including made-in-house terrariums, beautiful potted plants and all the supplies you could possibly need if you want to personalize your gift. Who wouldn't love receiving a juniper bonsai tree or a ficus bambino?

Recess

Recess is the perfect place to shop if you have a loved one who loves stationery. Like, seriously loves stationery. Recess was created by the same owner as Plant — Kyle Chow — and funnily enough, is located right beside Plant in Inglewood. At Recess, you won't only find cool pens and notebooks to keep organized, but you'll find little local trinkets like candles made by Field Kit. They even have mugs, bowl sets and coloured staplers that you won't find

anywhere else. If you see someone in Calgary with a beautiful planner or a travel mug that they won't stop bragging about, it's probably from Recess.

Now, not everything from Recess is local but it's a small business worth getting behind.

Don't walk into Recess if you don't plan on spending obscene amounts of money on aesthetically pleasing notebooks.

Simply Polished

Simply Polished is a self-care product line, famously known for their classic coffee scrub. They sell a wide variety of products, like natural deodorant, bath bombs, dry shampoo and even travel makeup remover bottles. However, Simply Polished isn't only meant for women — their products can be used for everybody, though they



Plant and Recess both curate for your friends with a green thumb and a stationary addiction respectively, while Collective Goods provides a variety of potential gifts for those who may be interested in handmade accessories and more. Photo (left) courtesy of Plant, (centre) courtesy of Recess, (right) courtesy of Collective Goods

do market a specific coffee scrubs for men.

Over the holidays, they're also selling self care gift sets, as mentioned above. There's nothing like walking into the new year by putting on quality products without the use of harmful chemicals, fragrance

or dyes. Not to mention that it's made in Calgary.

Collective Goods

This one is a little bit different. Collective Goods is a non-profit organization based in Calgary, run by a group of volunteers whose mission is

to improve the lives of women across the world. They do this by giving underprivileged women a retail platform to generate sustainable and gainful income of their artisanal goods.

Collective Goods was started in late 2017 when

Ellilta Women at Risk reached out to their charitable partner in Calgary for help with developing Ellilta Products. Now, Collective Goods works with underprivileged women in Ethiopia raise up from oppression by participating in a worldwide fair trade

marketplace.

Currently, they sell handmade artisan jewelry and hand-woven scarves. Each product has unique characteristics and each purchase goes towards empowering disadvantaged women across the world.

Why the bald and beautiful are ditching their wigs

Women diagnosed with alopecia are banding together and standing up

Sam Nar, Isabelle Bennett

Staff Writer, Contributor

From Barbie dolls to Disney princesses, long, flowing hair has often been depicted as part of the ideal of feminine beauty. But some young women suffering from alopecia — a hair loss condition in some or all areas of the body — are challenging traditional beauty standards and promoting inner femininity by abandoning their wigs.

By baring it all and embracing their baldness, these women are finding confidence in the idea that hair isn't everything.

"I felt like I was putting on a mask and I didn't like it.

I knew that I was loved for me and not because of my outward appearance," says Erin Bauer, 31, who started losing her hair as a teen.

Alopecia is a common reason for hair loss in women, a condition caused by an abnormality in the immune system in which it attacks its own body.

Jeff Biernaskie, a researcher and associate professor of stem cell biology at the University of Calgary specializing in tissue regeneration through hair follicles, says baldness is caused by degenerating cells.

Continued on Pg. 8



Erika Roddick (left) and Erin Bauer (right) both live with alopecia and chose to ditch their wigs and embrace their natural beauty. Photo by Sam Nar

Continued from Pg. 7

Overcoming beauty insecurities

Bauer was diagnosed with alopecia areata when she was just 14-years-old.

"I lost my eyebrows and my eyelashes along with the rest of the hair on my body," Bauer says.

"Most people will only get the first stage, which is alopecia areata."

But Bauer later developed alopecia totalis and alopecia universalis, the second and third stages of alopecia that led to the loss of hair on her scalp and body.

"The despair that came with that [alopecia] and the feeling of loneliness were so all-encompassing during that period of time," Bauer says.

"I had guys that I was interested in, find out and just toss me aside. I also had my high school friends ... turn their backs on me or at least that's how it felt. It was really hard because it just reaffirmed that I wasn't beautiful or worth liking because I didn't have hair."

For Bauer, hair had been a huge component of feminine beauty standards and her hair loss turned her to darker thoughts.

"I spent the next three years of my life just hating myself. I didn't feel beautiful," Bauer says. "We're very vain as teenagers and our whole self-worth is fitting in with everybody else."

But in time, Bauer learned that hair isn't everything and began embracing her baldness with pride.

"I spent a lot of years trying to change my mindset and see the positive things that were coming from [losing my hair] and focus on that," Bauer says.

"People didn't care about my hair or the fact that I was wearing a wig. I found people who accepted me. I was still beautiful and I was worth being loved."

Most people think of hair loss as a male issue, but according to the American Hair Loss Association, 40 per cent of hair loss sufferers are actually women.

Biernaskie speculates that these numbers are fairly similar in Canada.

"I didn't realize how much a problem [hair loss] was ... I was expecting a whole

lot of calls from men that were losing their hair but what I was struck by the number of women that actually contacted me," says Biernaskie.

"I think that speaks to the number of women that are affected by these various hair loss disorders."

Hair in the formation of identity

Erika Roddick is no stranger to the isolation caused by baldness. Diagnosed with alopecia at 19, Roddick says she has faced several unpleasant public reactions.

Aside from typical mockery from children, Roddick recalls the time when she was mistaken for a man. She had been working on a construction site in the cold Calgary winter when she stepped inside Chinook Centre to use the washroom in baggy clothes.

"I realized that a woman was yelling at me. She was yelling, 'Excuse me, sir. This is the women's washroom,'" Roddick says.

"I always wish that in those moments I could ... educate them about how rude that can be, but I just went in the bathroom and cried."

But for Roddick, that's where real life and fantasy starkly split. Construction work meant she was not able to wear wigs on site, which was liberating.

"The alopecia has definitely increased my anxiety ... but it has nothing to do with who I am or how I live my life, it just changes how I look."

Finding personal beauty

Although there are treatments for alopecia such as prescribed topical solutions and multivitamins specifically for hair loss, the constant pressure from society to be beautiful limits many women.

"I was getting cortisone injections in my scalp and it was painful. It wasn't helping my body, it was hurting it. So I said, forget it. If [hair loss is] gonna happen, it's gonna happen," says Sherry Smith-McAdam, a Calgary woman with alopecia universalis that left her virtually bald.

"Women without hair is something you see now



Hair has long been a part of beauty standards despite the prevalence of hair loss among women. Graphic by Sam Nar

but ... you're never used to see[ing]. I have no arm hair, I have no ear hair, anywhere. There's no cure. I couldn't do anything about it."

But Smith-McAdam's family is helping her confidence grow. One of her sons has also developed alopecia. His resilience has inspired Smith-McAdam to live boldly.

"He had a better attitude

about it than I did when I first got it. He was kind of like, 'it's only hair' and my daughter actually does my eyebrows now, she does microblading," Smith-McAdam says.

Bauer, Roddick and Smith-McAdam are using the opportunity to raise awareness for the autoimmune condition and inspire others who have been

diagnosed with alopecia.

"I don't mind if anyone wants to see my bald head — in fact, I ask people if they want to see it!" Smith-McAdam says.

"You are who you are. Just be yourself. Don't let your hair change your life or change who you are — you are still you inside."

The advertisement has a dark background. At the top, the text 'fill a gap' is in white on a dark rectangle, and 'in your program' is in white on a lighter rectangle. Below this, a woman with dark curly hair and a man with dark hair and a beard are shown from the waist up, both holding coffee cups and smartphones. A white shield logo is on the left. A text box on the right says: 'Athabasca University has over 850 courses to choose from to meet your needs and courses start every month. AU has over 6,600 transfer agreements around the world (including with this institution).' The Athabasca University logo and tagline 'open. flexible. everywhere. go.athabascau.ca/fill-a-gap' are at the bottom right.

Starbucks holiday cups are back

Anticipated comeback after previous years of controversy

Rosemary De Souza

Features Editor

I don't know about you, but the fact that the holidays are coming reminds me that school is coming to an end — and that allows me to finally be happy again.

But nothing reminds students more of the fast-approaching holidays than the holiday cups that keeps them cozy in the school library late at night.

Among many of Calgary's notable coffeehouses, one industry mogul has been getting a lot of attention for their coffee cups as usual — Starbucks.

The company has had bad press in previous years with their minimalist red cup design in 2015 and doodles of disembodied holding hands in 2017. Customers reacted saying Starbucks



Continued on Pg. 10

Starbucks' new holiday cups are steering clear of controversies this year. Photo courtesy of Starbucks



@samrubuzz



@samrubuzz



@mysamru

samru.ca

**SELL YOUR OLD TEXTBOOKS
AND BUY NEW ONES THROUGH:**

SAMRU'S USED BOOK SALE

WINTER BOOK SALE:

→ Dec 12-21 10:00 am - 2:00 pm

→ Jan 3-16 10:00 am - 4:00 pm

In the Blue Room (Z204)

CONSIGNING YOUR OLD TEXTBOOKS

IS EASY WITH SAMRU: Just bring them into room Z204 on the second floor of Wyckham House, and let us take it from there!



samru.ca/usedbooks



Continued from Pg. 9

was creating a war against Christmas and holding a gay agenda, respectively. This year, the cup design seems to be making a single statement many critics agree with — it's time to get festive.

Starbucks now features four new cup designs that hit you with classic holiday colours of red, green and white. Some of the designs seem to be variations to previous designs by Starbucks, like the star that has been seen in past years and the slightly diagonal red and white, minimalist patterns that look similar to the 2001 holiday cup by the

company.

The other two cups showcase a pattern of coffee cherries and what appear to be flames of the "Christmas blend espresso shot," according to E! News.

And if the cups alone are not enough for anyone anticipating the final chapter of the semester, then maybe Starbucks' seasonal drinks can cheer you up. The traditional peppermint mocha, toasted white chocolate mocha, caramel brulée latte, chestnut praline latte, gingerbread latte and eggnog latte have made a comeback to the company's list of menu items for the season.



Graphic by Amber McLinden. Photos courtesy of Starbucks



your online writing coach

- essays
- term papers
- reports

"with you word by word"

www.yowwc.ca

BRENTWOOD VILLAGE DENTAL CLINIC

www.BrentwoodVillageDental.ca

**Proud to be
your MRU
dental
provider**

**Don't forget,
coverage starts
in September and
continues through
to August 31st**

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

FREE WHITENING!!

GENERAL DENTISTRY PRACTICE

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

100% Exams, first cleanings and fillings

70% Root canals

70% Additional cleanings

We extract wisdom teeth in our office

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

**We bill student's
insurance directly**

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

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

Mon. - Fri. 8am-9pm • Sat. 8am-6pm • Sun. 11am-5pm
3630 Brentwood Road NW 403-210-5050

The dazzling docu-series *Dogs* is a canine-filled masterpiece

Netflix strikes gold yet again with a universally relatable exploration into the bond between humans and their furry companions

Colin Macgillivray

Arts Editor

When Netflix's newest docu-series, *Dogs*, launched on the streaming platform in mid-November, I was more than skeptical. Sure, there was no doubt in my mind that it would be a heartwarming exploration into our furry friends, with adorable dogs and sappy music galore. I understood that it would

probably grow a cult-like following due to our shared societal obsession with dogs. What I didn't expect, however, was just how exceptional the six-episode series would be.

I expected a formulaic, cookie-cutter approach, where the genre of uplifting animal stories would dominate whatever loose narrative the

producers chose to explore. Even with Oscar-nominated documentary filmmaker Amy Berg — who helmed *Deliver us From Evil*, the masterful exploration into sex abuse cases in the Roman Catholic Church and a personal favourite documentary in *West of Memphis* — directing two of the episodes, I truly

had no expectations for *Dogs* to be anything but an excuse to show cute animals on-screen for six hours.

But, *Dogs* is a masterclass in emotional depth. It transcends the genre of animal escapades and rather, stands as a complex tapestry of families and individuals as humans evolve in an increasingly

complex world of cultural transmutations.

Obviously, it is incredibly moving, as there is nothing more human than the raw, unbiased connection we have with our pets. It might be redundant, but the obvious stars of *Dogs* are the featured canines. They're intrinsically loyal, fiercely adorable and captivating characters all in their own right, but each dog's narrative is used merely as a key to unlock a deeper story.

In 'Bravo, Zeus' — arguably the most moving episode in a cavalcade of impassioned parables — Berg brilliantly uses the relatively simple story of the deep bond between man and dog as a backdrop to paint a poignant picture of the Syrian refugee crisis.

The man in question, Ayham, is a Syrian refugee living in Berlin, while his Siberian Husky, Zeus, is still in Syria. Ayham's need to be reunited with Zeus drives the eloquently told profile, as we learn to understand the complexity of his situation. From his dangerous journey



Continued on Pg. 12

OUT'N ABOUT

The Nutcracker: Sled Island Gong Show:

The holiday classic is back from Dec. 14 to Dec. 24, with this year marking the 10th anniversary of Alberta Ballet's current production of the magical tale.

On Dec. 15 at the Palomino Smokehouse, a nonsensical talent show will be taking place to raise funds for next year's music and arts festival, Sled Island.

Christmas at the Movies:

On Dec. 13 and 14, the Calgary Men's Chorus will be performing music from its favourite holiday flicks at the DJD Dance Centre Theatre.

Holiday Stories:

On Dec. 9, the Calgary Civic Symphony presents an afternoon of holiday spirit music and storytelling, including favourites and hidden gems.

Continued from Pg. 11

to Germany to the heart wrenching act of FaceTiming a friend so that he can see and talk to his dog, the story is fascinating. You grow to love Zeus as much as Ayham and simultaneously get a deeper understanding of the anguish lurking under the Syrian refugee crisis.

Honestly, I could go on forever, but these stories are genuinely best seen for yourself, with Netflix's bingeable format adding to the excellence of *Dogs*. If you haven't seen it yet, I implore you to snuggle up with your own furry friend, feed it as many treats as you can and take in a near-spiritual examination of what dogs mean to us.



At what age is doing weed less harmful?

A. 18

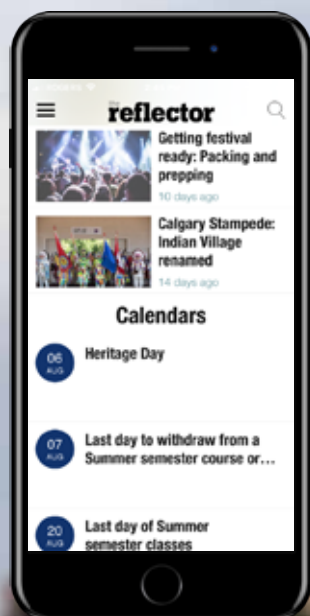
B. 21

C. 69

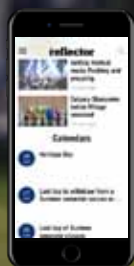
D. 25

Correct Answer D
Cannabis has risks at any age. But until age 25, your brain is still developing. Weed can damage that.

The Reflector Newspaper app available now in your favourite app store



Get *The Reflector Newspaper* app available in the App Store and in Google Play. It has all of the up-to-date news and information to enhance your Mount Royal University experience



Download on the
App Store



GET IT ON
Google Play

iPhone graphic by Rafael Fernandez - Own work, CC BY-SA 4.0, <https://commons.wikimedia.org/w/index.php?curid=51218006>

What's Your
HIGH Q?

Take the full quiz at:
drugsafe.ca

A comprehensive list of the most iconic holiday films of all time

Binging a snow-filled wonderland of cinema

Colin Macgillivray

Arts Editor

Sick and tired of reading lists that rank holiday movies each year? Well too bad! I've signed a contract with jolly old Saint Nick himself and he's gnashing at the teeth for another list. Nonetheless, holiday movies are generally a waste of time. There's only so many times I can watch another feel-good story about how the power of friendship will fix Santa's sleigh.

We've all seen *Home Alone*. We've all seen *Elf*. You don't want to watch those any more! What you do want to do is sit back, make yourself a nice glass of hot cocoa, grab your favourite fuzzy socks and check out some of the of the all time greatest Christmas movies according to a holiday expert.

Die Hard

The definitive Christmas movie in my household, *Die Hard* manages to sneak its way onto the holiday movie list despite having nothing to do with the holidays. It's set on Christmas Eve and that's good enough for me.

It's the perfect blend of over-the-top one liners and a gratuitous use of guns and explosions, all neatly wrapped up by Hans Gruber, one of the greatest villains in cinematic history. Even though it just barely qualifies as a holiday movie, if it does at all, it manages to still capture the Christmas spirit of being with your family.

If you're someone who has never seen *Die Hard*, get ready for your holiday traditions to change. Throw out that DVD of *The Santa Clause* and strap in for eye-rolling, action-packed adventure.

Bruce Willis, who portrays the charismatic, off-duty, cowboy-policeman John

McClane, is on his way to Los Angeles to visit his estranged wife and daughters with presents in tow, just like our good pal Santa Claus.

It's a classic setup in which the audience knows almost immediately that something is going to go wrong. Fortunately for *Die Hard*, Gruber — played flawlessly by the late, great Alan Rickman — shows up and makes this otherwise classic '80s action film into something special.

Gruber's plan to steal over \$600 million from the business that McClane's wife just happens to work for sets the scene, as McClane must not only rescue his wife from the clutches of the devilishly handsome terrorist, but must also rescue hostages, stop the heist and in the end, save Christmas.

Sure, *Die Hard* is incredibly predictable and it really doesn't offer anything new to the genre either. However, it finds a home among other quintessential action movies due to two phenomenal performances by both Willis and Rickman. The action and banter between the characters is legendary, making *Die Hard* one of the most fun holiday movies out there.

If your family is missing a cinematic miracle this holiday season year, put on *Die Hard* and you can all reminisce about a simpler time in which Bruce Willis had hair.

The Nightmare Before Christmas

Have you ever felt weary or sick of having the exact same routine every time the holidays roll around? The same food, the same decorations, the same

Continued on Pg. 15



If your family is missing a cinematic miracle this holiday season year, put on *Die Hard*, and you can all reminisce about a simpler time in which Bruce Willis had hair. Photo courtesy of Wikimedia Commons



The sense of wonder and awe that is captured by *The Nightmare Before Christmas* is very similar to the childlike wonder many of us feel throughout the Christmas season. Photo courtesy of Wikimedia Commons



The holiday classic to define all holiday classics, you can't make an iconic holiday film list without mentioning *It's a Wonderful Life*. For lack of a better word, the film is absolutely wonderful. Photo courtesy of Wikimedia Commons

YOUR STUDENTS' ASSOCIATION



WARM UP A STUDENT'S WINTER

Season of Caring

Donate today and help a student in need.

samru.ca/seasonofcaring

VOLUNTEER WITH THE TAX CLINIC

WE ARE RECRUITING STUDENTS TO HELP OUT WITH TAX SEASON!

Want to beef up your resume?
Want to help fellow students?

E-mail tax@samru.ca or visit samru.ca for more information

CRAFTERNOON IS BACK!

DE-STRESS, MAKE FRIENDS, AND TAKE HOME A BEAUTIFUL CRAFT!
MORE DETAILS TO COME.

SAMRU.CA/PRIDE PRIDECENTRE@SAMRU.CA [SAMRUPRIDE](https://www.facebook.com/SAMRUPRIDE)



@samrubuzz



@samrubuzz



@mysamru

samru.ca



Sure, they've been mentioned before, but watching a young Macaulay Culkin plant dubious traps in *Home Alone* or Will Ferrell guzzling down bottles of maple syrup in *Elf* brings back countless memories of when I was just a young boy, carelessly wrapping gifts with my parents. Photos courtesy of Wikimedia Commons

Continued from Pg. 13

obnoxious relative who insists you watch *The Santa Clause* over and over and over? Ever felt like switching things up?

Maybe throw on *The Nightmare Before Christmas*, a stunningly original and visually delightful work of stop-motion animation in which the protagonist, Jack Skellington, is feeling a little tired of his own Halloween routine. He's a spooky skeleton man who stumbles upon a door that leads him through a portal into the aptly named 'Christmastown,' soon finds himself enthralled in the Christmas spirit.

Part avant-garde art film, part amusingly-morbid fairy tale, it is a delightfully ghoulish holiday musical that displays more inventiveness in its brief 75 minutes than some films can with a 3-hour runtime. Not only that, but just like *Die Hard*, Skellington's adventure is a true Christmas classic, due to a cavalcade of quirky and memorable characters, marvellously-macabre visuals and an uncanny ability to transport us into an imaginative new world.

Produced by the ever-quirky Tim Burton, it is stop-motion poetry in its purest form. *Nightmare* is crammed with the daffy, childlike joy and witty

effervescence that is to be expected with a holiday cinematic experience. Yet, the characters — a spidery-limbed crew of dashing skeletons, Frankenstein-esque ladies, mad scientists with detachable brainpans and big bad bug-bag monster — go above and beyond typical Christmas escapades. It's a ridiculous fever dream of ideas that still manages to come together to form a holiday classic.

The sense of wonder and awe that is captured by *The Nightmare Before Christmas* is very similar to the childlike wonder many of us feel throughout the Christmas season. It's almost redundant to put this on a list of best holiday movies, but it is genuinely one of the most visually stunning and originally told holiday tales around.

It's a Wonderful Life

The holiday classic to define all holiday classics, you can't make an iconic holiday film list without mentioning *It's a Wonderful Life*. For lack of a better word, the film is absolutely wonderful.

Based on a story by Philip Van Doren Stern called "The Greatest Gift," the film is masterfully designed to lift the spirits of its beholders, by first plunging them into

misery at the sad plight of its protagonist, George Bailey, then having his fortunes, along with the audiences, improve tenfold by the closing credits.

Bailey is a small-town good guy who contemplates ending it all until his guardian angel shows him how the town would fare without him. It's fittingly grim, as it manages to echo the sentiments we all seem to share around the holiday season.

I absolutely adore this film, corny as it may be, because it reminds every one of us that we all make contributions to the people around us, contributions we ourselves don't even realize. I would go more in depth, but just watch the damn thing.

The Santa Clause

I absolutely hate *The Santa Clause*, but December is the only time of year that I'll be able to write about my gripes with this ghastly film. I don't even mind including it on this list, because this abhorrent, miscarriage of a film should be viewed solely for the fact that it is terrible.

Starring Tim Allen, who sucks, *The Santa Clause* came out in November 1994. It reached number one at the box office and is a failure as a holiday movie. It promotes negative aspects of the season and attempts to have

you cheer for disgusting, irritating people. It's a feeble attempt to revive the tradition of heartwarming family seasonal comedies.

Tim Allen, who sucks, plays a divorced dad named Scott who inadvertently kills Santa Claus on Christmas Eve and finds himself magically recruited to take his place. Sure, the premise is morbidly original and could have been a Christmas classic if it didn't seem like it was written by a baby with a penchant for lowbrow humour.

The movie is definitely geared towards children, but that's the problem. Classic holiday movies become classics because they offer something for all demographics, rather than hyper-focusing on dumb jokes that six-year-olds will hoot and holler at. Another staple for classic holiday films is charm. *The Santa Clause* brings with it arguably the least charming portrayal of Santa I've ever seen, which is kind of insane when the mythic archetype of Santa is that he's a 'good guy who delivers presents.'

Nonetheless, this movie sucks and Tim Allen sucks. If you like *The Santa Clause*, you're entitled to your opinion, but maybe check out some of the other movies on this list so you can realize just how abysmal it is.

Home Alone, Elf, and other classics

Okay, so maybe I lied.

Sometimes you do want to watch these, even though you've probably seen them at least thirty times like I have. Watching a young Macaulay Culkin plant dubious traps in *Home Alone* or Will Ferrell guzzle down bottles of maple syrup in *Elf* brings back countless memories of when I was just a young boy, carelessly wrapping gifts with my parents.

Isn't that what Christmas is all about? Coming together with friends and family and spending time together, reminiscing over the past year and looking forward to things to come? Classics like *Home Alone* and *Elf* might have lost some of their original charm for me personally, but the memories that I have made sitting around with people watching these movies are unforgettable. In the end, holiday movies are about capturing that magical feeling we are all longing for and some of these movies might help make the holiday season just a little bit more magical.

So, if you're desperately looking for that perfect holiday movie, just remember, *The Santa Clause* is the worst. Happy holidays!

Why *A Charlie Brown Christmas* is the best



The everlasting brilliance of *A Charlie Brown Christmas* is the way it still manages to capture the intrinsic sadness we all, at one point, have faced during the holidays. Photo courtesy of Image Pacific

Colin Macgillivray

Arts Editor

December is upon us. With brisk mornings, a never-ending bloodlust for 'stuff' and extravagant displays of lights brings with it a horse-drawn carriage of holiday-themed entertainment. Each year, we happily gobble up reruns of Macaulay Culkin's performance as a child sadist, bent on torturing two dim-witted thieves. We clap with glee as perennial man-child Will Ferrell whimsically woo's Zoey Deschanel with his inappropriate social skills while dressed in elf garb. We yearn for Michael Bublé, the Christmas king, to sing sweet nothings into our ear as we decorate a tree in his honour. All in all, we buy into the commercialism of Christmas.

There's no denying it either. We're constantly coaxed by commercials, friends and family to buy into the capitalist exploitation of the holiday spirit. Secret Santa exchanges become a breeding ground for one-upmanship, with those who spend the minimum feeling cuckolded by Christmas itself. There are an enormity of Christmas clashes around the dinner table, too, as your uncle, who you haven't seen since last Christmas, doesn't appreciate your gift of eggnog-scented body wash. In the end, there's a looming sense of anxiety as we're urged to buy in to the holidays in the most

literal sense.

Pretty grim, hey? Enter *A Charlie Brown Christmas*, the semi-centennial classic that remains a poignant exploration into holiday-season commercialism, through the eyes of our favourite *Peanuts* personas.

Since its release in 1965, the special has become quintessential viewing — a 25-minute story of the ever-melancholic Charlie Brown and his struggle to find the true meaning of Christmas in the face of the aforementioned Christmas commercialism coax.

The everlasting brilliance of *A Charlie Brown Christmas* is the way it still manages to capture the intrinsic sadness we all, at one point, have faced during the holidays. The star of the show, apart from the relatable narrative, is the soundtrack, something that has ensured the special has remained must-watch after more than five decades.

From the muted, melancholic ode to classic Christmas songs with "Hark The Herald Angels, Sings" and "O Tannenbaum" and their frenetically paced, irreplaceable piano ballad on "Linus and Lucy," the Vince Guaraldi Trio exemplify the occasional dejection that lingers around the holiday season.

Nostalgia is a factor, sure,

but no one can deny that the trio's rendition of "The Christmas Song" doesn't make you tear up at the best of times. It's a perfect soundtrack that exemplifies both the warmth that is present during the holidays and forlorn feelings many seem to share when it comes to childhood, holiday memories.

A Charlie Brown Christmas is both a viewing and listening staple in December. For those feeling dejected when Christmas comes around, it's impossible not to relate to Charlie Brown. Speaking to Linus, he states, "I think there must be something wrong with me, Linus. Christmas is coming, but I'm not happy. I don't feel the way I'm supposed to feel."

At the best of times, the holidays are an uplifting time in which friends and family get together and celebrate another year gone by. At the worst of times, it can be an anxiety-riddled month that is incredibly painful for some. *A Charlie Brown Christmas* captures both of these sentiments perfectly and leaves us with the most important message of the holiday season — be kind to others, bring joy where you can and regardless of your background or circumstance, welcome everyone with open arms.



Oxnard

Anderson .Paak
Aftermath
Entertainment
Score: A

From the opening moments of "The Chase," to the closing jazz improves of "Cheers," Anderson .Paak finds space to make an endlessly captivating and unique record on his sophomore LP, *Oxnard*.

Throughout *Oxnard*, .Paak's now signature charisma finds ways to shine through. On opener "The Chase," .Paak plays double duty, laying a smooth drum groove beneath the cinematic instrumental, all while delivering rapid fire lyrical stanzas. Later, on "Tints," rapper Kendrick Lamar fits right into a .Paak instrumental driven by punching and dancing bass,

with .Paak's own verses pushing the track into the most catchy chorus in recent memory. Standing out amongst the listing is closer "Cheers," where .Paak pays tribute to late MC and collaborator Mac Miller before legendary rapper Q-Tip delivers a heartfelt tribute to fellow A Tribe Called Quest member, Phife Dawg.

Where .Paak's first album, *Malibu*, fell short, *Oxnard* excels, shifting tonally with precision while never losing the MC's signature draw.

-Nathan Kunz

Some Rap Songs

Earl Sweatshirt
Tan Cressida /
Columbia
Score: A



For the man born Thebe Kgositsile (though better known as Earl Sweatshirt), the crown for top hip-hop lyricist has never not been within grasp.

An alumni of the same Odd Future masthead that's skyrocketed Tyler, the Creator and pop culture crooner Frank Ocean to the limelight, Earl's hype as the foil to the mumble-rappers — one keen on dense multisyllabic bars and low-key jazz-beats — is solidified on his latest album *Some Rap Songs*.

In 25 minutes, Sweatshirt breezes through 15 tracks with, seemingly, nothing more than a shrugged shoulder and a slick word.

There's no need for gimmicks here either. It's a lean cut of hip-hop that would make the often-compared mastermind MF DOOM pay homage.

Similarly, on *Some Rap Songs*, Sweatshirt-as-lyrical-prodigy slinks even further back into the skate-park -image, championed by others in the former-Ladera, CA brood.

It's the antithesis of gaudy; an album produced with thoughts of both greatness and timelessness at the forefront of Sweatshirt's peerless mind.

-Alec Warkentin

Cougar Corner: Midterm grades

Where the Cougar teams sit going into winter break

Dan Khavkin

Sports Editor

With the final weeks of the first semester wrapping up, the varsity sports calendar is taking a break of its own with all six Mount Royal Cougar teams capping off its 2018 year and getting set for the turn of the new year.

Here is how the Reflector grades each team's first half progress.

Men's hockey: B

Bert Gilling's boys in blue had high expectations coming into the 2018/2019 season. But so far, they are lacking team identity and have not been clicking on all cylinders yet.

Heading into the winter break, Cougar athletic's most prominent squad are sitting at 7-5-4, sitting fifth out of six in the playoff race.

MRU began their season in dominating fashion against the Regina Cougars before suffering two consecutive sweeps at the hands of UBC and heartbreaking back-to-back overtime losses to defending national champion Alberta.

The Cougars bounced back at home against Manitoba, formulating their second sweep of the season but once again, fell into a rough stretch of losses after facing a harsh reality check against rival Calgary Dinos who swept a home-and-home before dropping two more straight games against first-placed Saskatchewan.

The boys in blue took care of business against a struggling Lethbridge team, dusting them aside in a sweep. But just as it seemed like the Cougars found

their groove after picking up their third straight win, their best streak so far, they dropped the return match 2-1 in double overtime to bottom Regina after decimating them 12-2 the night prior.

Looking at the record on a grander scale, the Cougars did pick up a total of three points against the perennial top two heavyweights in Saskatchewan and Alberta, results that could've been worse.

MRU played a perfect 58-minute game both nights against Saskatchewan but the small let-ups is what cost the Cougars a potential four-point weekend.

Other losses such as the sweep of UBC were due in part to factors off the ice, such as injury, and coming off a reading break trip to the States but the reality checks against top contenders in the Dinos really did make the squad look in the mirror.

The second cycle of the schedule should be seen as a chance to redeem earlier defeats if the Cougars will be looking to host playoffs in the spring.

Preferably at least a point or two against Saskatchewan and Alberta, a sweep against second last Manitoba, Lethbridge and Regina. And probably most importantly for team morale, a win at the Crowchild Classic game at the Saddledome in January against the Dinos.

Women's hockey: C

MRU's women's hockey had a rough schedule to kick off



MRU Cougars women's hockey have had a rocky first semester so far but is highlighted with an impressive win over Alberta while entering the winter break sitting in a playoff position. Photo courtesy of Cougar Athletics

their 2018/2019 campaign. Currently sitting at 6-8-1-1, they're holding onto the final playoff spot in Canada West.

After splitting their opening weekend against Regina, the Cougars faced juggernauts in UBC, Alberta and defending national champions Manitoba consecutively, picking up only four points in those six games.

The Cougars had a chance to earn points back in order to climb up the standings and had the perfect chance against Calgary, who are often in the battle for the last playoff positions with MRU, shockingly splitting the series with the Dinos.

Following that, MRU earned a respectable split against Saskatchewan before going on a three game winning streak, sweeping bottom Lethbridge and winning the first match against Regina before splitting with them once again.

The Cougars will really need to steal some points in their next six games against the top three teams if they want to put themselves in the position to separate themselves from the bottom. They will need to capitalize on the matchups against Lethbridge and Calgary, the two schools that are always on MRU's tail for the final playoff spot.

Men's volleyball: A+

Shawn Sky's volleyball team are emerging as MRU's best program on campus, if they can carry this pace for this season and the ones to follow.

Sitting fourth place with an astonishing 9-3 record in the toughest conference in the country, MRU peaked as high as second place in the U SPORTS top 10 just a few weeks ago in a list that features almost half of the Canada West conference.

Led by Tyler Schmidt and his record breaking season, leading

Continued on Pg. 18

#S

174-0-1
the record of the Pittsburgh Steelers at home when leading with at least a 16-point lead.

15-0 the possible first time outcome for a final record for either Alabama or Clemson if they win the College Football title.

33 years, 257 days old, Washington Redskins running-back Adrian Peterson is the oldest player to rush for 90+ yards for a TD.

11-4-1 the Calgary Flames record in the Western Conference since Oct. 29.

Continued from Pg. 17

the conference in kills and kills per set along with Jonathan Phillips and his defensive efforts, leading the conference in his own regard with the most digs and averaging the highest dig count per set.

Contributions with Cougar rookie and ex-SAIT Trojan and ACAC player of the year Trent Mounter, along with the rest of the supporting cast, MRU are poised to have their best record since the transition to U SPORTS.

There really isn't much to say about the Cougar season. Other than the blemish against first placed Alberta who swept MRU, the Cougars took care of business against UBCO and UBC but dropped a game against a 4-6 Winnipeg team that MRU wishes to get back.

It's been a great first semester so far but the tough matches are set to take place against Thompson Rivers and Trinity Western, who are right beside the Cougars in the league table and against a chasing 6-6 Saskatchewan squad but also have a chance to pad the win total against 3-9 MacEwan and 3-7 Calgary.

Women's volleyball: B-

MRU women's volleyball are sitting at a decent 6-6 record in an up and down season so far, resting at sixth place out of eight in the playoff picture heading into the break.

Only five schools are sitting over 0.500 while everyone else, the Cougars included, are in one big mix for playoff positions.

MRU began their campaign on a positive note with a sweep of Manitoba on home-court but then suffered their first sweep of the season at the hands of Alberta.

The Cougars effectively shot themselves in the foot with back-to-back splits against last and second last placed Brandon and UBCO. They followed those performances with two more splits to end their semester, again, against a very low ranked Winnipeg team before winning a game back against Regina who are among the teams in the playoff hunt.

MRU are to kick off 2019 in a crucial series against UBC who are right above MRU in the standings. Following that, series against trailing Thompson

Rivers and MacEwan on the road will have huge playoff implications to start the final stretch of the season before facing second placed Calgary in a tough weekend set and closing their season against lower ranked Saskatchewan.

Men's basketball: B-

MRU's men's basketball team have finished the semester the same way they began it, at a mediocre pace, going into the holiday break with a 6-6 record. But so far, they are sitting in a decent ninth place in the Canada West conference.

The boys in blue are shooting the ball at a decent rate from the field, ranking sixth in the conference at 43.3 per cent while shooting fifth best from the three-point line at 34.4 per cent. All around, the Cougars are playing well averaging 43 rebounds per game, fourth highest in the league. But they struggle in distributing the ball, ranking twelfth in assists per game and also turning the ball over at a very low rate, being ranked third last in the league.

The Cougars got swept by 6-4 UNBC to start off their season and ended the semester with

back-to-back losses to second placed UBC.

In between, the Cougars had results that vary from success to bottle jobs. MRU did take care of business against winless Trinity Western and MacEwan, formulating two sweeps in the first half. However, a respectable weekend split against UBCO went along with questionable weekend split against 3-7 Manitoba.

Next semester isn't going to be any easier with the Cougars having scheduled meetings against the first placed and undefeated Calgary Dinos with a home-and-home to kickstart 2019 before seeing Lethbridge who are in the hunt for a playoff spot.

Another tough series against Saskatchewan will most likely determine the fate of the Cougar season down the stretch, but MRU ends their season in Brandon, who are currently sitting 2-8.

Women's basketball: C-

Despite having a rough schedule to start their 2018/2019 season, the MRU women's basketball team is struggling and have a hard

mountain to climb if they want to be in the hunt for the final playoff positions.

MRU dropped their first six in consecutive fashion but four were against top seven opponents in UNBC and Trinity Western, where the Cougars almost stole a game on the road, while they also faced a red-hot Manitoba who started their campaign at 5-0.

The Cougars managed to show a pulse of life, formulating a sweep against UBCO but dropped two vital matches against MacEwan at home who are neck-and-neck in the playoff picture before getting swept by UBC to close off their semester.

MRU is not out of the fight yet, but they have a tough start to 2019 against second-placed Calgary before another key matchup against 5-5 Lethbridge. The series against the 'Horns, gives the Cougars a chance to leapfrog some schools in the league table before having another tough weekend against first placed Saskatchewan and then closing their season against Brandon, who has the same number of wins as MRU heading into 2019.

Certification**IT PAYS TO KNOW****Searching for a Career?
Choose Payroll**

Becoming a Payroll Compliance Practitioner (PCP) will ensure you have the compliance knowledge and payroll skills needed for success.

- Employers look for this certification when hiring and pay a 5-10% higher salary to those who have achieved it (Robert Half's 2018 Accounting & Finance Salary Guide).
- Payroll Certification broadens the knowledge base and skill set for Business, HR and Accounting students.
- PCP Certification requires four key courses offered at Mount Royal University and online.

The Canadian Payroll Association can guide you on your path, try our online course demo today.



For more information
visit payroll.ca

"There is not a day that goes by that I do not use the knowledge and skills I learned while pursuing the Payroll Compliance Practitioner (PCP) certification."

Sandra B., PCP
Payroll and Benefit Specialist



How major sports leagues are taking on the legalization of marijuana

Varying stances on monitoring the drug

Dan Khavkin, Sajan Jabbal

Sports Editor, Staff Writer

With marijuana being legal across Canada, many Canadians are wondering about how it will effect the rules and regulations of professional sports.

The Canadian Center for Ethics in Sports (CCES), administers the Canadian anti-doping program, a program that is in a constant fight against banned substances. CCES is one of the signatories to the world's anti-doping code.

"The CCES follows the world prohibited list and Marijuana is on that list," said communication manager Meghan Cummings.

"Athletes have to make choices that are educated. If they are smoking marijuana, it's at their own risk because they are responsible for anything that is found in their sample," said Cummings.

"It's called strict liability, using the stuff banned on the list."

Most professional sports leagues like the National hockey league (NHL), the Canadian Football League (CFL) and the Western Hockey League (WHL), have their own regulations on doping and drug use.

"A lot of professional leagues have their own programs and what's on their list of prohibited substances is maybe different from our list," Cummings commented.

CFL

The CFL has not been too concerned about the effect that legalization will have on its players. Being the only professional sports league that is solely based in Canada, the CFL is unique and not everybody fully knows how marijuana will affect the league.

In a statement from the league, the CFL comments they are like many businesses and employers because they

are still working to assess the potential impact of the legalization of marijuana as a workplace would.

"We expect all of our employees, those working in our business offices as well as those who compete on the field, to act responsibly and in compliance with the law. That obviously includes not coming to work impaired from any substance. We have faith our employees will display that sort of common sense," the statement read.

"This is uncharted territory, of course, but at this point it appears the effect on the CFL will be minimal."

This makes the CFL one of the only leagues that doesn't consider marijuana a banned substance.

Commissioner of the CFL Randy Ambrosie seems to be more interested in seeing the medical benefits, rather than worrying about the recreational aspect, as he said in an interview with Sportsnet.

"We don't drug test for marijuana, that's not been a central issue for us," said Ambrosie.

"Where we have spent a lot of our time thinking about it from a medical perspective. We're seeing a crisis in North America for opioids and the devastation that they can often create if they are not used properly," Ambrose said to Sportsnet. "We are hearing some early signs that doctors think that [medical marijuana] is a long term solution in part, to the use of opioids. We want to make sure that we're really watching for an opportunity to support potentially a solution to the opioid crisis."

According to Ambrosie, the CFL is still finding a way to bend its way around potential sponsorship concerns. "We are working to learn and understand the impact of

government regulations, which are still evolving on the sports and entertainment industry."

NHL

The NHL has been very specific about what their rules and regulations are, but punishment for drug use is mostly up to the coaches discretion.

However, the league is not doing much to change rules and regulations.

"The Substance Abuse & Behavioral Health Program for decades has been educating players on using drugs, legal or illegal," Commissioner Gary Bettman said in an interview with TSN. "That process will continue and we will consider what changes, if any, in our program have to be made. But right now, we think based on the educational level and what we do test for and how we test, at least for the time being, we're comfortable with where we are."

Players, however, seem eager to discover the health benefits from using medical marijuana and even recreational marijuana to their advantage.

Now retired, professional hockey player Riley Cote is able to open up about the ways he would medicate himself during the regular season.

Being an enforcer in the game, Cote had to deal with injury after injury, which ends up being an issue with the number of prescription drugs being taken. Cote was able to use cannabis as a second option for pain relief.

"I started noticing some therapeutic benefits," Cote said in an interview with TSN. "It helped me sleep, helped with my anxiety and general well-being."

But Cote is not the only player who is supportive of marijuana being used to

improve well-being.

Edmonton Oilers superstar Connor McDavid, is also interested in how THC and CBD can be used for the benefit of the players.

"I say this more talking about the CBD side of it: obviously you'd be stupid not to at least look into it," said McDavid in the locker room after a game on Oct. 20. "When your body's sore like it is sometimes, you don't want to be taking pain stuff and taking Advil all the time. There's obviously better ways to do it. You're seeing a lot of smart guys look into it. You're seeing a lot of really smart doctors look into it. If all the boxes are checked there and it's safe and everything like that, then I think you would maybe hear them out."

Not everyone is on board with this new mentality. Unlike the CFL for example, medical professionals including family physician Raj Sharma, are very skeptical of the recreational and medical use of marijuana.

"There was a good review that came out and that data shows that the evidence is not great for many conditions," explained Sharma. "For chemotherapy induced nausea or something like that, maybe it would work, but for pain it's not a great option."

Sharma, who is not convinced of the beneficial evidence of marijuana, feels that it may become an even larger problem now that it is legalized.

"Smoking is always a risk on the body," Sharma said. "In terms of recreational use compared to alcohol, there's still a risk of impairment."

WHL

Although the WHL is not a professional league, it is the foundation for the 15-20 year olds who look to advance their hockey careers to either the

many professional and other variations of hockey careers that range from the minor leagues, to the university level.

Their approach to the legalization of marijuana however, is contrary to that of the CFL.

The WHL states, "Though cannabis will be legalized in Canada on October 17, 2018, it remains a banned substance under the CHL Drug Education & Anti-Doping Program."

"That policy is very clear for the players – they cannot participate in any use of cannabis or other performance-enhancing drugs," said WHL Commissioner Ron Robison. "Consequently, it is incumbent on us to make sure we have a very effective education program to make sure the players are aware of that, first of all, and to really help promote a healthy lifestyle."

Many of the players in the WHL are underage, not yet reaching the legal consumption age of 18. This could turn into an issue, because if an underage player is consuming marijuana, they are not only breaking the league rules, they are breaking the law as well.

Sharma thinks that this is something that needs to be worked on and needs to be restricted more than the current legislation.

"I think it should be regulated both provincially and federally," said Sharma. "Jurisdictions should be able to have a say as to what happens in their region, and abide by both provincial and federal laws."

Although marijuana is now legal across Canada, there are still many questions as to how this is going to play for the rules, regulations and opinions of professional sports teams and players.

Winter 2018 sports guide

Events to keep you glued your TV this holiday season

Dan Khavkin

Sports Editor



Photo courtesy of Wikimedia Commons

With winter break just days away, most of us will be catching up on our sleep schedules. But the plethora of sport events will have millions of eyes glued to the television screen over the next few weeks and are sure to keep at least some of us from getting our sleep schedules back on track.

Here are some marquee games and events that fall during winter break that you won't want to miss!

Local hockey

Locally, the annual Macs Midget AAA hockey tournament at Max Bell arena is taking place from Dec. 26 to Jan. 1. This hockey tournament is a springboard for elite midget players, aged 15 to 18. Many NHL alumni have taken part in the famed tournament.

There are often teams from around the world such as, under-21 international teams, who take part in the world renowned tournament right here in Calgary.

The Calgary Hitmen have a handful of home games you can attend to during the break if you want to catch some great junior hockey action leading into the IIHF World Juniors.

Keep an eye out for these Hitmen games:

Dec. 9: Swift Current Broncos
Dec. 14: Kelowna Rockets
Dec. 16: Lethbridge Hurricanes
Dec. 30: Vancouver Giants
Jan. 1: Victoria Royals

NBA

The NBA is famed for its

holiday entertainment with a ton of marquee games that take place as the snow starts to pile up.

Golden State Warriors vs. Milwaukee Bucks on Dec. 7 and Dec. 17 are two of many bangers to take place. Basketball fans around the globe can see this being a potential finals meeting four months from now, with stars such as Giannis Antetokounmpo clashing with Stephen Curry and his villainous crew.

The two beasts of the East fight it out for the second time this year as the Bucks square off against Canada's beloved Toronto Raptors on Dec 9. The basketball community will be eager to see first and second place battle it out. Earlier in the season, the Bucks ended the Raptors' season-high win streak.

A more promising and exciting potential finals preview between the Raptors and Warriors will take place for the second time this season on Dec. 12. The first meeting was an absolute classic, despite Curry being sidelined in the 131-128 loss in overtime to Toronto. The second matchup should be just as exciting.

The two squads will give Toronto a run for their money in the top three of the East are set to battle in the playoffs on Dec. 21 as the Bucks visit Kyrie Irving and his Boston Celtics.

The San Antonio Spurs are set to pay a visit to state rival the Houston Rockets on Dec. 22 in a playoff rematch.

Right before the holidays officially kick in, the high

flying Raptors take on potential contenders in a newly stockpiled Philadelphia 76ers squad: Jimmy Butler, Joel Embid and Ben Simmons, who will be looking to slow down momentum in their pursuit of the first place spot on Dec. 22.

This is just the appetizer for what's to come on Christmas Day. The NBA perfectly executed holiday game days makes basketball fans' mouths water, but it's something that not a lot of pro leagues do.

LeBron James and his L.A. Lakers pay a visit to the defending champions Golden State, while reigning MVP James Harden will battle it out with 2017 MVP Mr. "nuclear athleticism" himself, Russ Westbrook.

Philly and Boston clash in a battle of the titans out east while historic rivals Milwaukee Bucks and the New York Knicks will clash at Madison Square Garden. And finally, Damian Lillard and his Portland Trail Blazers pay a visit to up-and-coming star Donovan Mitchell and his Utah Jazz.

NHL

Many young and seasoned hockey fans take life to the outdoor hockey rinks during their time away from work and school.

On top of the traditional World Juniors starting Boxing Day, the NHL has a ton of sweet matchups to look forward to.

Rivalries such as the Leafs vs. Bruins take place on Dec. 8 in a rematch of last year's playoffs, the Battle of Alberta happens the next night with the Flames vs. Oilers on Dec.

9, east coast adversaries in the Ottawa Senators and Montreal Canadiens clash on the ice Dec. 15.

Divisional rivals, the Vancouver Canucks and the Calgary Flames will look to stall the chase of the other in the Pacific Division on Dec. 29. Original six rivals, the Boston Bruins and the Montreal Canadiens look to settle historic beef on Dec. 17 while Crosby vs. Ovechkin takes place on Dec. 19.

Other top gun games include:

Dec. 11 and Dec. 14: Hawks vs. Jets
Dec. 13: Leafs vs. Lightning
Dec. 16: Lightning vs. Jets
Dec. 20: Flames vs. Lightning
Jan. 5: Lightning vs. Sharks

NFL

The NFL is beginning the final stretch of the season, which includes plenty of must-see and season changing games.

In week 14 the loaded St. Louis Rams will take on the emerging Chicago Bears. The loaded NFC East will have all four teams play on the weekend with rivals Philadelphia Eagles taking on the Dallas Cowboys while the Giants take on the Redskins. NFC North leaders New Orleans Saints will take on divisional rival Tampa Bay who gave the Saints one of their two losses. A battle of the quarterbacks will take place with Matt Ryan and his Atlanta Falcons taking on Aaron Rodgers and the Green Bay Packers who just fired their coach.

Week 15 is an arguably more compelling week with the Eagles and Rams facing off. Drew Brees' Saints visit NFC South rival Carolina Panthers, a rematch of the AFC Championship between the New England Patriots and the Pittsburgh Steelers. NFC North historic rivals Packers and Bears face one another one more time while the electrifying L.A. Chargers take on potential MVP Patrick

Mahomes and the division leading Kansas City Chiefs.

Week 16 will see another battle of the quarterbacks with Big Ben Roethlisberger and his Steelers paying a visit to Drew Brees and the Saints. NFC South rivals Falcons and Panthers meet on Dec. 23. Playoff rankings might be settled between NFC North rivals the Detroit Lions and the Minnesota Vikings.

Week 17, the most compelling, is one big rivalry week that will feature: AFC North's Bengals vs. Steelers, NFC South's Panthers vs. Saints and Falcons vs. Buccaneers, NFC East's Eagles vs. Redskins and Cowboys vs. Giants and finally NFC North's Bears vs. Vikings.

The Wild Card playoff games take place on Jan. 5 to 6.

Club soccer

The UEFA Champions League/Europa League draw takes place on Dec. 17. In England, the Premier League mirrors the NBA with the many holiday-themed fixtures that are set to take place.

Premier League

Second place Chelsea visit the undefeated, first placed Man. City on Dec. 8.

One of the most historic rivals in club soccer Man. United vs. Liverpool takes place on Dec. 16.

Everton vs. Tottenham on Dec. 23 will be a fight between two solid squads looking to make up ground in the chase for the final four spots in the Premier League while highflying Liverpool and Arsenal meet on Dec. 29. Finally, Man. City takes on third-placed Liverpool on Jan. 3.

Boxing

One mega fight is set to take place at the grandest stage of them all, Madison Square Garden as Saul Alvarez takes on Rocky Fielding for the WBA Super Middleweight Belt on Dec. 15.