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# How the new deposit fee affects the registration process

*These new changes may affect student loan recipients but also free up class seats*



Beginning on Mar. 4, students will have to pay a fee of \$125 per semester in order to view their registration dates. Photo by Ryleigh Kampman

**Ryleigh Kampman**  
Contributor

Mount Royal students are bracing for changes to registration this coming year with an added deposit of \$125 per semester, while also having to adjust for planning their courses for both fall and winter of 2019-2020. The deposit is non-refundable but will be applied as a credit towards tuition.

To register for both the Fall 2019 and Winter 2020 semesters, students will need to pay a total deposit of \$250. An email, which was sent out on Feb. 4th — a mere month before registration dates — have students reeling to accommodate the added expense.

The email states: "Beginning Mar. 4, 2019, you will now pay a \$125 per semester Registration

Deposit before you register for your courses. This deposit is non-refundable and will be applied as a credit towards your tuition. The deposit is intended to increase course availability by limiting registration in courses that students may not be certain about attending. As a result, to register for both the Fall 2019 and the Winter 2020 semesters, you will need to pay a total deposit of \$250."

It also states that students will not be able to see the registration access date until they pay this deposit, which can be paid online through the students' MyMRU accounts.

Students can pay the registration deposit as early as Mar. 4, however, class registration for continuing students will begin Mar.

11. Registration will not be accessible until this deposit has been made.

The new full-year registration process is hoping to address some of the flaws in the current system.

MRU hopes the transition will deter students from over registering for classes they may later drop. Currently, if classes fill up during registration, students who hope to take the class are put on a waitlist. Unfortunately, class seats often don't open up until well into the semester or the drop date has passed and waiting students cannot add classes any longer. MRU hopes the new deposit fee will free up waitlists and courses.

This change may require students to have a fairly clear idea of what classes

they will be taking for both semesters, meaning they will have to anticipate prerequisites and whether they will be able to pass them. Some students have raised concern about how failing a prerequisite will affect their registration.

Once you register, you are still able to drop classes before the specified add/drop date. Although this change will supposedly free up registration, students are concerned that if they want to pivot, classes may be full semesters in advance and thus they will have less flexibility.

Student loan recipients are worried about the implications of paying this deposit upfront. They will have to front the \$250 in advance without receiving next year's loan allocations.

SAMRU urges students to contact the Financial Aid and Awards Office if they are concerned about the financial impacts of this new deposit.

For those who are unsure about how to plan their courses for both semesters, students can book an appointment with their advisor at [mru.ca/myadvisor](http://mru.ca/myadvisor). For those needing assistance with registration or registration access dates visit [creditregistration@mtroyal.ca](mailto:creditregistration@mtroyal.ca). Most other information on changes to the registration process is addressed in the FAQ for full year registration found by going to [mtroyal.ca](http://mtroyal.ca) under the tab for academic support.

# What is colonization and what does it have to do with MRU?

*#decolonize MRU has been circulating around the university, but what does it really mean?*

#decolonize MRU  
recognition and resilience

On Jan. 11, 2019 MRU held an event to promote an initiative for decolonizing the university. Graphic by Nathan Woolridge

**Ricardo-Andres Garcia**

Contributor

MRU hosted an event — #decolonizeMRU on Jan. 11. The event Facebook page said that the purpose of the event was to “decolonize MRU” and to support “Indigenization initiatives.”

The event also stated, “We are celebrating Indigenous resilience, survivance and presence. Colonization is an ongoing structure and not an event. Decolonization must be an ongoing community-wide effort through education about cultural and physical genocide.”

But, what does decolonizing really mean?

## Canada as a ‘village’

Many Canadians show pride in being a citizen of land that is inclusive and peaceful. This mindset has been passed down to us as citizens long before this country had borders and was known as Turtle Island.

The word Canada is derived from the Iroquois word Kanata — which means ‘village’. This vast landmass, that reaches from the Atlantic to the Pacific ocean, is full of villages. These diverse communities were willing to welcome outsiders into their world in good faith.

Turtle Island was seen as a place of opportunity where people could come to and create something.

An important factor that was overlooked by these newcomers was that Canada was not a terra nullius.

“We have to realize and give validity to the fact that First Nations people were here and that they had their governance systems ... They had their educational systems prior to contact with non-Indigenous people in this country. We had lovely ways of functioning,” says Audra Foggin, an assistant professor at MRU.

## The effects of colonization

The fact is that settlers came to Turtle Island and not only brought new ideas but these ideas were imposed on the Indigenous people of this land. This brought forth traumas and disconnect to the hosts of the land.

“Our ways of being in a ceremony, of regalia and our ways practicing spirituality got ripped from us through genocide. Genocide of spirit, culture and identity,” says Desiree Peigan, a social work student at MRU.

This harm was committed through generations of systemic oppression. Discrimination against the Indigenous peoples started long ago.

In 1876, the Indian Act

was put in place by the Government of Canada — it was an act of genocide, which led to colonial Residential Schools, The Sixties Scoop and child welfare.

The Indian Act was put into action in order to assimilate the Indigenous people of Canada. It constantly aimed to take away their status. Some traditional practices were even outlawed.

Foggin says, “not just structural systemic removal of children from their Indigenous homes created a loss of culture, loss of biological family, loss of language ... For me, my whole process has been; how do I start to reclaim that and I’m almost 50 years old.” Foggin has a background in social work and works on inclusive social work education.

“When I think about it, I’m just in the beginning stages of reclaiming and understanding my cultural identity and my biological family — who they are and what it means to be an Indigenous person in Canada, having lost all that,” says Foggin.

Peigan, on top of being a student, is currently involved in Indigenization of the community as a cultural and spiritual worker. She says that “growing up I became

colonized within foster care. I presented as Canadian and that was because it was a survival tactic. But coming back to identifying who I am is so important to me — I am First Nation, I am Dene, I am Cree.”

Today, as Canadians, it is important to know our history in order to mend the damages brought on by colonization and in turn recuperate some of this land’s most sacred traditions and ways of life.

## Coming together

“To make that shift it has to be a combination of both non-Indigenous and Indigenous people coming together to share that responsibility,” says Foggin.

This healing process begins with awareness. Canadians should know that there are systems that need to be reformed and in turn, take action.

“I don’t think that we can very rightly say. Well, I just don’t know where to begin,” says Foggin. “There are all kinds of resources available. I mean there’s *Colonized Classrooms* by Sheila Cote-Meek. There’s Marie Battiste’s *Decolonizing Education*. There are great books out there. There are so many resources and I think for Indigenous people we come

to a sense of a term that’s called ‘race exhaustion’.”

‘Race exhaustion’ refers to the responsibility for decolonization falling solely on the shoulders of Indigenous people. Foggin says, “not only is it exhausting, I think there has to be equanimity in this nation when we start to think about our responsibility as individuals. We need to think about what is my piece in this.”

Foggin and Peigan agree that a unified Canada working together for real change to occur is the key factor in this process of healing.

“As Indigenous people in Canada we’re still in that process, it’s still going on to this day and I’m still part of that. Even though I’m involved in academia, I think that the process of so-called ‘decolonization’ is so important because we need to help have this process happen,” says Foggin.

“Not only is it going to heal Indigenous people it will also make the nation stronger as a whole because when we look at inclusivity understanding our identity not just as Indigenous people but anyone in the nation, it’s important. We need to know who we are to have some pride in our process of selfhood.”



# MRU announces new president

*Tim Rahilly taking position as the university's tenth president and first Vice-Chancellor*

**Nathan Woolridge**

News Editor



Photo courtesy of MRU

MRU finally announced their new president to replace David Docherty, who will be leaving in May. Docherty joined MRU in 2011 as the university's ninth president.

On Feb. 5, MRU announced Tim Rahilly as the university's 10<sup>th</sup> president and first vice-

chancellor. He will be serving a five-year term, which will begin on May 1, 2019.

Rahilly tweeted out "I am so thrilled to be joining the team at MRU."

Rahilly is from Vancouver and has taught courses at Simon Fraser University,

University of Manitoba, Royal Roads University, Technical University of British Columbia and McGill University.

Rahilly is the vice-provost and associate vice-president students and international at Simon Fraser University in British Columbia. As well, he is the president of the Canadian Association of College and University Student Services.

According to MRU's website, the main reason Rahilly wanted to come to MRU is that everything is centered around the students. He says, "There is a real match between MRU's values and mine."

*Calgary Sun* reported that Rahilly has many areas of interest and experience, including "increasing domestic and international enrolment, developing policies and programs to improve health

and well-being, prevent sexual violence, supporting Indigenous students and overseeing capital projects."

What is his academic background? Well, as per MRU's website, "Rahilly holds a PhD in Educational and Counselling Psychology from McGill University, a Master of Arts in Educational Psychology and Counselling from McGill University and a Bachelor of Arts in Psychology with a Minor in Education from Concordia University."

MRU's search for a new president began in July 2018. The search was conducted by a Presidential Selection Committee. The committee was made up of faculty, student and staff representatives along with representatives from Boyden Canada.

## THE REFLECTOR

Issue 10, Volume 57

### EDITORIAL STAFF:

**Publishing Editor:** Colin Macgillivray

**Managing Editor:** Ivar Bergs

**News Editor:** Nathan Woolridge

**Features Editor:** Rosemary J. De Souza

**Arts Editor:** Karina Zapata

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**Web Editor:** Nathan Kunz

**STAFF WRITERS:** Alec Warkentin

**CONTRIBUTORS:** Isabelle Bennett, Ricardo-Andres Garcia, Mackenzie Gellner, Ryleigh Kampman, Riggs Zyrille Vergara

**COVER:** Cover graphic by Andi Endruhn

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.

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## 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

# MRU Faculty: The Issues at Stake

*Could MRU's faculty go on strike?*

**Nathan Woolridge**

News Editor

The faculty at MRU have been working towards negotiations in a deal with MRU's administration.

In a petition sent out to the MRU community and public, the Mount Royal Faculty Association (MRFA) says, "Years of budget cuts have stripped many of MRU's departments to the bone, leaving teachers overworked and under-supported."

The MRFA also explains in the petition that their requests are simple. They are looking to maintain workload provision for full-time faculty. They are also seeking "meaningful job security for contract faculty, increased institutional transparency, and fair compensation for all faculty members."

How have these negotiations gone so far? The MRFA says,

"Unfortunately, after over a year of negotiating and despite stable operational funding from the government, MRU's administration has not yet agreed to provisions reinvesting in faculty and personalized learning."

The petition will be sent to MRU's President, David Docherty; Provost, Lesley Brown; and the Chair of the Board of Governors, Susan Mallon in support of the MRFA's position.

On the MRFA website, they state that their position is to maintain a proper student to faculty ratio, work towards permanent employment for contract faculty, create transparency of administrative decisions and to keep faculty salaries in line with inflation.

The Reflector reached out to a representative of the



**Mount Royal University's faculty is currently in talks for various requests, especially regarding full-time positions for dedicated contract professors. Graphic by Nathan Woolridge**

MRFA to comment, but they are currently not at the stages to make comments during negotiations. They say they are keeping students informed on

their website and on their social media channels. Their online resources will be updated if they reach key milestones.

## 5 ways to woo without breaking the bank

*Valentine's Day doesn't have to be expensive to be fun*



Breaking the bank does not have to be an option on Valentine's Day. Photo courtesy of freestocks.org, Unsplash

**Isabelle Bennett**

Contributor

Whether you're celebrating Valentine's day with your significant other, 'Galentine's Day' with your girl gang or your persisting independence which requires daily appreciation, there are many ways to make Feb. 14 meaningful and memorable here in Calgary. Here are five ideas that are budget-friendly, allowing you to save your money for what's really important — discounted chocolate on Feb. 15.

### Glow

Lovely people of all ages are invited to summit rainbows, make wishes and see-saw their way through the downtown winter light festival, featuring interactive light displays, art installations and other entertaining activities. Admission is free, allowing you to spend your shekels on tasty treats from

the event's food trucks. Nothing ignites cuddling more than the romantic downtown cityscape or frigid Canadian temperatures. Glow will run nightly from Feb. 14 to Feb. 18 between the hours of 5 p.m. and 11 p.m. For more information, go to [experienceglow.com](http://experienceglow.com).

### Wacky bowling

The media makes it seem as though bowling is only an excuse made by parents with a secret agenda to accomplish — I'm looking at you, *The Incredibles*. But this sport can be a surprisingly fun way to get the endorphins flowing on a weekend. For those of us without a golden arm, wacky bowling is a great way to level the lane out a bit. The goal of the game remains the same, but each round has special rules like bowling backwards, with closed eyes or while

wearing mittens to add a bit of intrigue.

Mountain View Bowling is a retro Calgary gem with five and 10-pin bowling options from \$6.50 to \$8.50. If you're hoping to woo the one you're with, be sure to wear an outfit compatible with bowling shoes and if you're going on a weekend, something that will have you radiating under black light!

More ideas can be found online at *Diva Girl Parties and Stuff* website.

### Ice skating

It's safe to assume anyone who's seen *Elf* has dreamed of living out Buddy's Etch A Sketch list, of which ice skating is an important part — especially for anyone planning on eating an entire roll of cookie dough. While Calgary is home to many outdoor rinks, Prince's Island

Park is an especially beautiful option and Olympic Plaza has a skate rental shop right on site. Skate rentals typically cost around \$6 to \$12 for the day and hot chocolate typically costs \$2 to \$6 (just saying). Don't fret if balancing on tiny blades with only ice to break your fall isn't where your strength lies — use it as an opportunity to hold your partner's hand.

### Blanket fort movie night

Also known as a pillow fort, sheet fort or heaven on earth, blanket forts are an excellent way to bring a movie date from "meh" to "wow." Gather all of your soft and fuzzy things, a string of white lights and some duct tape together to create a surprise your loved one will love to cosy up in. If you're planning a

hang out with your friends, invite everyone to bring some supplies and collaborate on the construction stage. Top off the evening with a fantastic flick, refreshing beverages and treats to nibble while you watch — you can't go wrong with grapes, Chicago Mix Popcorn and Sour Patch Kids!

### Candlelight dinner

It can be tough to make dinner dates on a tight budget, but one fun way to do so is making dinner yourself! A formal table setting, an easy listening playlist and a few candles is the recipe for a boujie night in. To add extra ambience, notify your guest about a formal dress code with a classy invitation. Ask them to reply with their order request or surprise them entirely with one of the recipes found on *The Adventure Bite* website.



# The past and present of Valentine's Day

*Take a stroll down history lane and witness how the day of love came to be*

**Rosemary De Souza**

Features Editor

The celebration of hearts has been marked on our calendars since the end of the fifth century. But, how and why have we come to celebrate a day that brings two people closer together?

## Legend has it...

The history of Valentine's Day still remains a mystery. According to the *History* website, legend has it that Emperor Claudius II outlawed marriage for young men in Rome because he believed that single men are better soldiers. Valentine was a priest at that time who secretly married young couples. He was then martyred when discovered.

Another legend, however, says that Valentine was in prison when he sent the first "valentine" greeting to a young girl, who was suspected to be a jailor's daughter. He signed the letter "From your Valentine," the very words we still use today during this time of year.

## Why February 14<sup>th</sup>?

But why has the event fallen in the middle of the second month of the year? Many believe it's to commemorate the death anniversary of Saint Valentine, but others say that it was a way to "Christianize" a pagan holiday that happens on the 15th of February. Lupercalia was a fertility festival dedicated to the Roman god Faunus, where women would participate to increase their chances of conceiving.

But by the end of the fifth century, Lupercalia was outlawed as the festival was deemed "un-Christian" and Valentine's Day was declared to be officially celebrated on Feb. 14. But don't think of this day as the day of love just yet. In the Middle Ages, Valentine's Day was associated with birds' mating season, but this apparently added to the idea that Valentine's Day should be a day of romance.



As time progressed, so did our perceptions of love, unity, identity and the very meaning of Valentine's Day did too. Photo courtesy of rawpixel, Unsplash

## Valentine's today

As time passed, Valentine's Day started to evolve. It became increasingly common for friends and lovers to exchange greetings, gifts and other acts of appreciation. Slowly, handwritten messages transformed into designer greeting cards, cards were accompanied with chocolates and then roses to seal the deal.

In 2015, Statistics Canada reported that the average annual spending on Valentine's Day for food by a Canadian household was \$2,502. Some retailers in Canada, on the other hand, experienced anywhere between \$800 million to \$6.7 billion in customer gifting purchases.

But the growth in consumer purchases was not the only difference between then and now. The day that once marked the celebration of the union of man and woman has become the day when love is celebrated, period. Statistics Canada reports that same-sex married couples nearly tripled between 2006 and 2011, when 64,575 same-sex couple families were identified across Canada.

Adding to that progress is the appreciation of one's self, when the day of hearts was

not only seen to be significant for two people but for any individual. Self-love and care has also reached the heart of this celebration, as singles, gal

pals and best buds would go out, have some fun and relax amidst busy work schedules, semesters and all the bad days that came and will come.

In the end, what started as a Christian celebration turned into a day where love can be celebrated for what it is — unconditional.

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# Opinion: 10 Year Challenge? No thanks

*This seemingly innocent social media fad could be harmful to your well-being*

**Karina Zapata**

Arts Editor

Social media fads are, objectively, awful most of the time. This time around, we walked into the new year with potentially the worst one yet: the 10 Year Challenge. This social media challenge has people comparing their 2009 self to their 2019 self which seems harmless, but is it really?

Now that the hype around this fad is mostly over, I can speak the truth: I want absolutely nothing to do with this challenge. Not only because 2009 me was embarrassingly obsessed with the Jonas Brothers and I don't want to relive that experience, but because I refuse to be stuck in the past alongside everyone else.

There have been several theories that the 10 Year Challenge was created for facial recognition data. Kate O'Neill, a writer for *Wired*, says there's a possibility that age progression recognition technology could be used against people in the healthcare and insurance industries.

"For example, if you seem to be aging faster than your cohorts, perhaps you're not a very good insurance risk. You may pay more or be denied coverage," says O'Neill for *Wired*.

While this isn't as much of an issue for Canadians than

it is for Americans, the 10 Year Challenge poses other threats, including threats to mental health. Thanks to the rise of social media, it's easy to like what you see after a 10 year development — nowadays, there's a lot of pressure to look your best all the time.

But for some, it's easier to not like what you see.

Admittedly, how you feel about what you see when you complete the 10 Year Challenge has a lot to do with your age. For most university students, 2009 brings you to when you just transitioned from being a child to being a teenager. It's an awkward, embarrassing phase that anyone would be proud to get out of.

However, for others, it's not that simple. The 10 Year Challenge is also seen as the 'How Hard Did Aging Hit You Challenge.' The name itself gives it away — put a photo of your current self beside a photo of you when you were in your blooming 20s and it's difficult not to get discouraged.

It doesn't help that so many celebrities are taking part in this challenge and they, of course, look great in both photos.

Because no one else wants to say it, I will. We're already living in an age of constant comparisons. Even



Reese Witherspoon's post has been deemed the winner of the 10 Year Challenge. But is anyone really winning with this social media fad? Photo courtesy of Reese Witherspoon on Instagram

the most confident people compare themselves to others — it's a completely natural, human thing to do. But now we're comparing ourselves to our past selves? How did we get here?

The 10 Year Challenge has encouraged people to think about the past more than ever. For some people, 2009 was full of heartbreak and mental health lows. For other people, 2009 was full of laughter and triumph.

Regardless of what your experiences were like in that year, what good does comparing your current self to your 2009 self do? The comparison will make you feel one of two things: loathing towards your past self or loathing towards your current self.

We are stuck in an endless loop of comparison and judgement of our past selves that we're forgetting

one key fact: despite how much you cringe at a photo of yourself 10 years ago, you were exactly where you needed to be at that exact time.

Despite how many more wrinkles you have now or how much you think you've "glowed up," you would not be the person you are today without having to be the person you were for the past 10 years.

Additionally, for some reason, whether or not someone has had a magical transformation over the last 10 years, everyone seems to be fixated on the bad. Everyone is adamantly focused on pointing out imperfections, even when they are barely there.

Caitlyn Jenner participated in the 10 Year Challenge, flaunting her glowing self beside a photo of herself as Bruce with

the caption, "Now THAT is a #10YearChallenge Be authentic to yourself." Despite the fact that she seems to be a lot happier now, the comment section is full of negative comments. Of course, transphobia plays a role in this, but Jenner isn't the only one.

Even Reese Witherspoon's post, which has been deemed the "winner" of the 10 Year Challenge, is receiving unimpressed, hateful comments about her looking the same.

Truthfully, this fad gives people no room to actually grow. Those who are most proud of their transformations can't simply be proud without putting down their past selves or being told that their transformation wasn't dramatic enough.

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**"If you seem to be aging faster than your cohorts, perhaps you're not a very good insurance risk. You may pay more or be denied coverage,"**  
— Kate O'Neill, *Wired*

**Continued from Pg. 7**

However, there has been one interesting and educating take on the 10 Year Challenge.

I assume that people much like me were fed up with the emptiness behind the challenge. To make a meaningful change, environmental activists have taken this opportunity to showcase the devastating effects of not only climate change, but also the way we treat the planet, over the last 10 years.

These changes include glaciers melting into miniscule ice blocks, shrinking forests from logging, starving polar bears and dying coral reefs.

Brinkley Davies, founder of the natural environment protection charity Balu Blue Foundation Inc., says there are ways to save the planet from further deteriorating.

"Choose to not support animal agriculture, or animal products, eat local, grow your own food, support renewables, consume less, waste less, enjoy the outdoors,

make sure your purchases aren't detrimental to the environment.

"Talk to kids, educate them, stop using single-use plastics, speak up against deforestation, big oil drilling, animal cruelty, the exotic pet trade, just to name a few," says Davies in an Instagram caption.

She also mentions that she has been vegan for over 10 years, which she says will help the planet.

In classic social media fashion, there has been some backlash about this realistic 10 Year Challenge. Some people, including the President of the United States, say that climate change isn't real and continue to discredit those who are fighting for a change.

Despite this, the environmental aspect of the 10 Year Challenge is shining a light on environmental issues and is giving us a reason to change for the better. It has also been deemed "the only 10 Year Challenge you need to worry about."

Personally, I couldn't



**On January 15, Caitlyn Jenner is one of many who participated in the 10 Year Challenge as she posted a photo of herself alongside Bruce on Instagram. But, the retired Olympic gold medalist was met with criticism on social media. Photo courtesy of Caitlyn Jenner on Instagram**

be more grateful that the 10 Year Challenge is slowly fading. I see less of it on social media every day and it relieves

me that people are no longer sticking themselves in the past. However, if people continue to use meaningless challenges like

the 10 Year Challenge to create meaningful changes, I wouldn't be opposed to it.



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## A pretty face with a murderous mind

*Joe Goldberg, Ted Bundy and even Beast – have we forgotten their true intentions?*

**Mackenzie Gellner**

Contributor



Time and time again, the entertainment industry tries to trick audiences to love psychopaths, starting with Joe Goldberg from *You*. Photo courtesy of Netflix

Recently, the idea of romanticizing attractive psychopaths has taken over the realm of newly released series. However, it has been a concept held for years both in the media and in reality.

Lifetime's new television show, *You*, was recently released on Netflix, with the show delving into the mindset of a lovestruck psychopath. Young book clerk, Joe Goldberg, meets Beck, a masters student, when she steps into his work. From that moment, he's hooked. Correction, obsessed. He shows his maddening affection for her as a murderous sociopath. But ... he's hot.

*You* encapsures the unhinged inner workings of a stalker, yet romanticizes Joe by making him charming and, well, not hard on the eyes. Viewers' morals are being conflicted to the point that they are even tweeting about it and Penn Badgley, the actor of Joe, feels compelled to remind people the madness behind the attractive man.

One tweet read, "Okay but @PennBadgley was sexy as Dan but lord Joe is a whole new level." To which Badgley replied, "...of problems, right?"

In *You*, Joe rationalizes every disturbing action he takes because it's all for Beck's best interest — he steals her phone,

follows her to events, murders her ex-boyfriend and best friend. You know, just your average helpful, sociopathic date. Since the narrative is based on Joe's own thoughts, the viewer feels compelled to root for him. He's got good intentions, a charming demeanor and a pretty face. This is where the issue sparks — if the viewer did not find Joe attractive, would we still be rooting for him?

Stalker behaviour is becoming more normalized through media portraying them as lovestruck, misunderstood heartthrobs. *You* is not the only television show or movie taking upon the myth centralized in many romantic tales — he's just doing this because he loves you.

Movies and television shows, such as *Love Actually*, *He's Just Not That Into You*, *Crazy, Stupid, Love*, *Gossip Girl*, *500 Days of Summer* and several more support this myth, yet we keep watching even if we know what it's perpetrating. And worse, we consistently continue to romanticize every single one of them, dreaming it'll turn into our own reality. This doesn't result in enjoying these films and shows as being insane — viewers just need to be aware of how it is reflecting into their own perceptions of

people in real life.

Even take the Disney classic *Beauty and the Beast*, a certified fairytale in society. Inevitably, the viewer hears the title and awes in the love we recall it portraying. However, when critically analyzed, the story unfolds from being just a love story. In the article "Beauty and the Beast: The Romanticization of abuse in popular culture", written by Laura Beres, "For a viewer who is living in a violent relationship, who needs to maintain faith in something beyond her immediate situation, this story suggests that if she acts in a loving way towards her abusive partner, he might learn from her how to be loving and might turn into a prince for her."

In *Beauty and the Beast*, the Beast imprisons Belle's father and only releases him if Belle agrees to take his place. She becomes a prisoner in his castle and is only freed when they begin to fall in love. Yet, it is considered one of the most iconic love stories. This begs the question on whether writers, directors, and producers should stray from this narrative, or if it is on the viewer?

For a more realistic example, Netflix released *Conversations with a Killer*:

**Continued on Pg. 10**

## OUT'N ABOUT

### Sheraton Eau Claire 20th Anniversary and Family Skate:

Bundle up to celebrate the 20th anniversary of free family skating at the Sheraton Suites Eau Claire on Feb. 18 from 10 a.m. to 2 p.m.

### Bridal Fantasy Calgary: The Boutique Bridal Show:

Getting married? Now's your chance to drop by the 15th edition of the bridal show at the Grey Eagle Resort & Casino on Feb. 24 from 10 a.m. to 4 p.m.

### Winefest Calgary:

Winefest finally returns to Calgary from Feb. 22 to Feb. 23. Drop by the BMO Centre to sample wine from across the world. Donations or non-perishable food items for the Calgary Food Bank will be appreciated!

### Oscar-Nominated Shorts:

On Feb. 15 at the Globe Cinema, Calgarians will finally have the chance to watch short films that are recognized by the Academy Awards in three different categories.

**Continued from Pg. 9**

The *Ted Bundy Tapes* which documents America's most notorious serial killer, Ted Bundy, who was convicted of over thirty women's murders in 1978. Although known as a murderous monster, Bundy was described by women as essentially too hot to have committed those heinous crimes or strangely attractive even though he's a convicted criminal. This type of unrationalized aweing behaviour towards Bundy is similar to the reaction received by Goldberg in *You*.

According to *Psychology Today*, this type of behaviour, hybristophilia, is colloquially known as the 'Bonnie and Clyde Syndrome.' Hybristophilia is a type of paraphilia defined by the sexologist Professor John

Money as essentially a person who is into people who have "committed an outrage or crime, such as rape, murder, or armed robbery." During *The Ted Bundy Tapes*, people who were interviewed reflected on his handsome appearance and charm. During the series, one woman stated, "He was charming, good-looking, smart; are you sure you got the right guy?"

Imagine this for a moment though: what if the stalkee was not attracted to the stalker? Is it still romantic if they break into your home, steal your belongings and murder your best friend? Here's the next catch: no matter the attractiveness of the stalker, it should still be considered unacceptable, terrifying behaviour. Don't let a pretty face manipulate your morals.

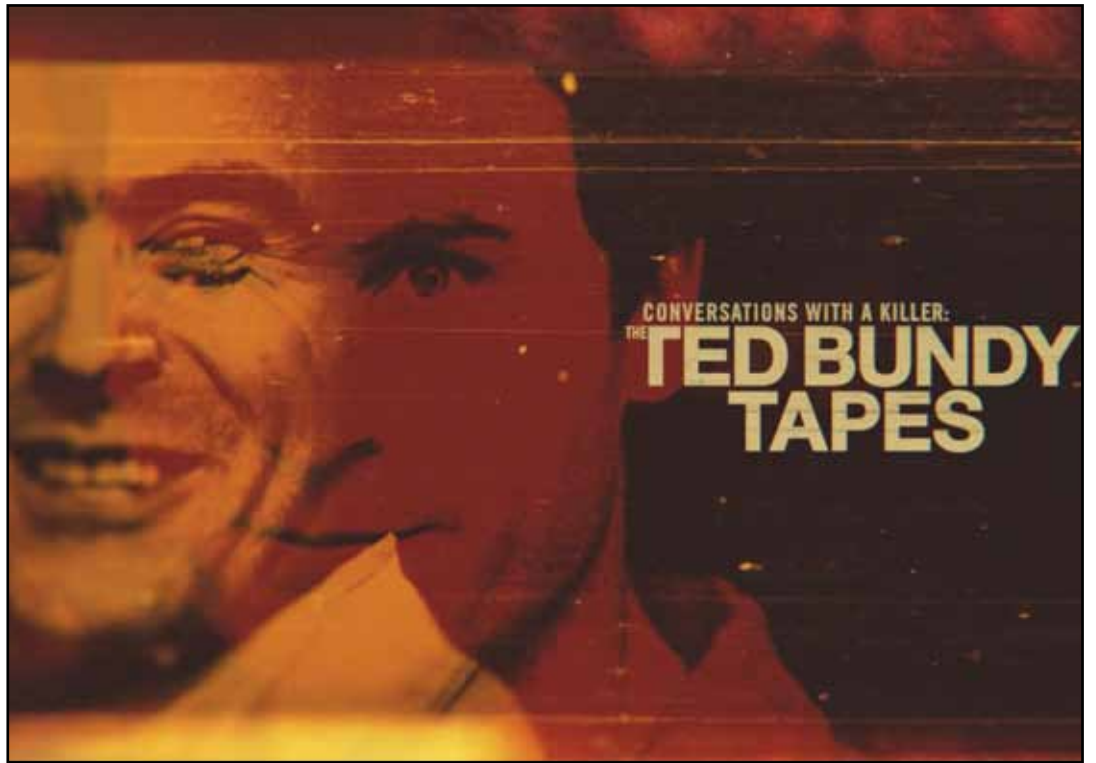


Photo courtesy of Netflix

# Owning your narrative this Valentine's Day with *Sex Education*

*Netflix's latest dramedy series gives a new and honest perspective on self-love*

**Riggs Zyrille Vergara**

Contributor

Let's face it, aside from romantic dates in high-end, dimly-lit restaurants paired with large bouquets of roses and heart-shaped boxes of chocolates, another thing everyone will be focusing on this Valentine's Day is sex — a lot of sex.

Before love month, Netflix timely released one of the most-talked about series today — *Sex Education*. Aside from making an honest and unromantic, yet sensitive and humor-filled take on the wonders of teenage sex, it teaches us that in order to love others, we must first learn to accept ourselves. So, whether you're going to have a lot of sex or no sex at all, going through this raunchy dramedy series is a good way to start your Valentine's Day.

Each character will captivate you on how they faced their struggles with family, friendship and romance. They each went through unique journeys

to find solace with their identities and inevitably, own their narratives.

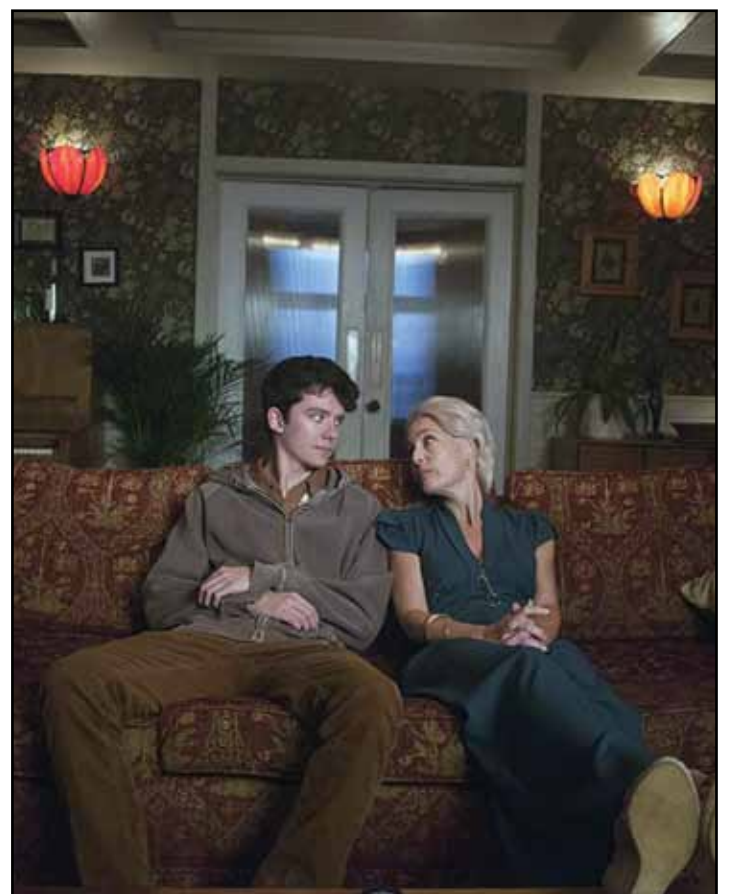
Starring in the series is former child-star Asa Butterfield, multi-award winning actress Gillian Anderson and breakout stars such as Ncuti Gatwa and Emma Mackey. It takes on the wild concept of an awkward virgin teenager, Otis Milburn (played by Butterfield), who ends up becoming Moordale High's unofficial sex therapist due to his wealthy knowledge about sex from his sex-therapist mother, Jean Milburn (played by Anderson).

## It doesn't happen overnight

One of the first main characters introduced was Adam Groff, played by Connor Swindells. Adam is the headmaster's son and was branded as the guy with the "big elephant cock". The first episode concludes with him

flashing his penis in front of the school cafeteria as his way of following Otis' advice to "own your narrative, not let it control you. Be proud of your penis and your heritage." This is after he gulped down three tablets of Viagra because he thought it could help him in his trouble reaching orgasm. As it turned out, he got an overwhelming erection that lasted for hours. It was only until Otis and Maeve Wiley, played by Mackey, overheard his moaning and helped him that he calmed down.

This episode shows the series' unique way of fixing the characters' sexual problems — letting them own their narrative. What Adam's story excellently portrays is that "owning your narrative" doesn't happen overnight. He thought he could solve his problems by literally showing himself to the world. But after he finally reaches



In *Sex Education*, Otis Milburn (left) takes after his mother (right) and becomes his high school's unofficial sex therapist. Photo courtesy of Netflix

**Continued on Pg. 11**



**Continued from Pg. 10**

orgasm with Aimee, she broke up with him. He was scolded by his father which made their relationship worse. Throughout the series, Adam goes through strife while navigating his identity in terms of his fear of his father, his homophobia and his sexuality. Until the last episode, Adam's journey towards his "narrative" is still unclear. But one thing's for sure — he is on his way.

**Fabulously owning it**

Another stand-out character is Eric Effiong, Otis' black gay best friend, who is played by Gatwa, but he's not your usual stock character. His struggle started when he got beat up by drunk homophobes while he was all glammed up as Hedwig Robinson, a transgender singer, from a stage musical called *Hedwig and the Angry Inch*. He was supposed to attend the musical with Otis as a yearly tradition for Eric's birthday, but Otis was with Maeve. To make matters worse, Eric was unable to control his anger when one of the usual bullies mocked him at school. He punched the guy.

Now Eric might have spiraled down from that incident, but as stated, he was different. He had an epiphanic moment when an African-American man in jewel blue nails and eyeshadow asked him for directions. By seeing there was someone like him out there, Eric was motivated to accept his identity. He attended church with his family for the first time in years.

"You are welcome here anytime. This is your family," the priest told him.

Later that night, Eric went to the school dance in gleaming glitter makeup, a Ghanaian kente suit and a Nigerian head tie. While dropping him off, Eric's dad got worried with his son's look and asked, "Why do you have to be so much? I don't want you to be hurt." To which Eric answered, "This is me. I'll be hurt either way. Isn't it better to be who I am?"

It might've caused him a lot of struggle and pain, but Eric fabulously owned his narrative. Instead of succumbing to the frustration and fear, he used what was

the source of his hate crime and made beautiful memories with it. He recognized that he had to embrace everything about himself — sexuality, religion and family — in order to recover and truly own his narrative.

**Self-compassion**

It has been a long-known concept that in order to love others, we must need to love ourselves first. But Dr. Kristin Neff, a psychology professor from University of Texas, discovered there was something more to self-love that is needed in romantic relationships — self-compassion.

She pioneered the research on self-compassion which involves viewing your flaws, failures and mistakes with kindness and acceptance.

On her website she explains, "Instead of ignoring your pain with a 'stiff upper lip' mentality, you stop to tell yourself 'This is really difficult right now. How can I comfort and care for myself in this moment?'"

Her studies found out that more self-compassionate people are more caring and supportive and less verbally aggressive or controlling in relationships, which in turn lead to reported higher levels of overall relationship well-being.

This Valentine's Day, many of us might be pressured to fulfill the societal norm of having a date or having to make a grandiose act of love for someone. But *Sex Education's* characters are telling us that we don't need to immediately do anything for the sake of self-improvement if we're not comfortable with it yet. They're telling us it's okay to stay where we are for a while. It's okay to be proud of something that might not be considered a conventionally pretty part of yourself — may it be your sexuality, religion, beliefs, kinks or marital status. It's okay.

There will always be parts of ourselves we want to improve on. There's no such thing as perfect self-love or a perfect narrative. But the day we treat ourselves with the kindness we deserve is the day we will become ready for far more complicated ventures in our lives that will eventually lead to that narrative we are aiming for.



**Sex Education**, Netflix's newest dramedy series, is the perfect show to watch if you need encouragement to own your narrative. Photo courtesy of Netflix

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# Where are the women?

All-female photography exhibit highlights gender disparity in the arts



The Female Lens, an exhibition featuring nine female photo-based artists, is up at the Christine Klassen Gallery from Feb. 8 to March 9. Photo by Rosemary De Souza

## Karina Zapata

Arts Editor

Expectations. Inspiration. The heart-wrenching desire to be seen.

These are all themes in Vivek Shraya's photography and writing project, "Trisha." In each photo set, Shraya imitates old, colourful photos of her mother and captures a kind of liveliness that one only has in their youth. Every essence of the photo comparisons are strikingly similar, from the traditional Indian clothing worn to the vertical lines in the wooden walls.

She starts off the photo essay that accompanies the photos with, "My story has always been bound to your prayer to have two boys. [...] So you prayed to a god you can't remember for two sons and you got me. I was your first and I was soft. Did this ever disappoint you?"

Shraya, 37, is a trans woman of colour who confronts her experiences — both painful and elating — through not only visual art, but also music, literature and film. Her work has won her countless and diverse awards, including CBC Arts' Great Canadian Filmmaker of the Future and *The Globe and Mail's* Canada's Best Dressed.

After a series of 18 stunning photos, she ends the essay with, "You used to say that if you had a girl, you would have named her Trisha."

This project is only one of the many female-focused photography projects being displayed at the Christine Klassen Gallery for their newest exhibition, *The Female Lens*, which opened Friday, Feb. 8.

The Female Lens features nine local, female photo-based artists. Alongside Shraya are Diana Thorneycroft, Dona Schwartz, Elyse Bouvier, Heather Saitz, Julia Hajnoczky, Rocio Graham, Lori Andrews

and Haley Eyre.

When you put the artists' photos side by side, there is no obvious shared theme. It's clear that the curators, Christine Klassen and Heather Saitz, did not ask the artists to create work specifically for the exhibition.

Instead, once you take a step back, you're able to see that *The Female Lens* gives each of the artists the opportunity to photograph one core subject: womanhood.

Additionally, the Christine Klassen gallery is run completely by women. The combination of all-female artists and staff is one that is sorely lacking in the art industry.

The National Museum of Women in the Arts (NWMA) released a report that demonstrates the huge gender disparity in art galleries. It states, "Only 13.7 per cent of living artists represented by galleries in Europe and North America are women," despite art museum staff being mostly made up of women.

Haley Eyre, the youngest artist featured on *The Female Lens*, says that the art industry and the fashion industry are both similar in that way.

In her work, Eyre likes to touch on themes such as inner conflicts, beauty and social issues, such as feminism. She often uses comedy to get people's attention, even when tackling large topics. Truthfully, this tactic works.

"There's a lot of beauty standards and they're pretty homogenous and I think that talking about that and bringing attention to that is very important, as well as feminism and other social issues," says Eyre, photography student at Alberta University of the Arts, formerly known as Alberta

College of Art and Design.

Lori Andrews is another photographer featured on *The Female Lens*. She was 13 years old when she fell in love with taking photos — at the time, on film.

She finds empowerment through photography, mainly because she is, as she says, very sure of herself as a person. Lots of her work involves self-portraits, including the work displayed at the Christine Klassen Gallery.

Her featured exhibition screams empowerment. Andrews poses in various locations across Alberta wearing a Superwoman costume — a feeling she is familiar with and wants all other women to feel as well.

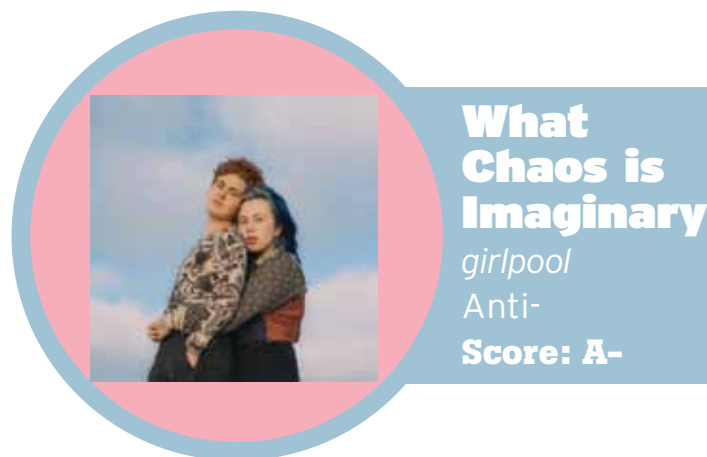
"I am a feminist," says Andrews. "I am a person who believes in social responsibility and inclusiveness and I want to portray that. I'm also a woman who believes that we have full ownership over our bodies."

Andrews says she's lucky to have her work displayed alongside other female photo-based artists, both established and upcoming.

Shraya, Eyre and Andrews' honest and authentic work hangs on the white walls of the Christine Klassen Gallery alongside other dreamy, energetic pieces by the other artists.

The gallery will be hosting an artist panel on Saturday, Feb. 23 at 2 p.m. where you will be able to hear from the artists about "working in the industry as a female photographer, our creative processes and the exhibition in general," according to co-curator and artist, Saitz.

But if February is a busy month for you, don't worry — the exhibition will be up until March 9.



Undeniably hypnotic in its dream-like approach, girlpool's third LP, *What Chaos Is Imaginary* effortlessly floats from sunny openings to sonic storms throughout its 14 tracks.

With reverb soaked guitars and delicate vocals, *What Chaos Is Imaginary* feels complete as a complementary project from one track to the next without ever feeling too linear. Where tracks like "Chemical Freeze" dizzy with swirling instrumentals, others, like opener "Lucy," punch with a straight-ahead

warm punk rock drive.

On standout track "What Chaos is Imaginary," synths seem to air a dramatic organ tone before being joined by bright keys at the chorus, and later a theatrical string arrangement, which brings the song to its densely dazzling finale.

Never static in its approach, girlpool go far beyond any previous labelling on *What Chaos Is Imaginary*, offering an atmospheric collection which beautifully soars throughout.

-Nathan Kunz



Fans of resurgent folk artist Vashti Bunyan rejoice, for the logical next step in sprightly falsetto-folk is the California-based Jessica Pratt, with her latest album *Quiet Signs* being the spiritual successor to Bunyan's 1970 cult classic *Just Another Diamond Day*.

In what is easily one of the purest distillations of folk music in the past few years, Pratt's *Quiet Signs* are fragile vocals sang through the nose, whirring stanzas over nearly too-thin guitar strums and nine poignant

tracks.

Meant in the best way possible, Pratt sounds a lot like Julia Holter with a cold, or Nico pitched up in post-production. This is a good thing.

It's an album that kind of comes out of left field, not done justice by its cover and it's worth the listen if only in its calling back to those tempestuous days of cabin-folk recorded and pressed on wax.

-Alec Warkentin



# Cougars star 'baller' Glen Yang reflects on career

*Fifth-year senior talks MRU Basketball*

**Dan Khavkin**

Sports Editor

Glen Yang has been with the Cougars since the early days of the school's university ranks, experiencing both hardships and the fruits of prosperity leading up to his final nights suiting up in the navy Cougar blue and attests to the upwards direction of his soon-to-be alumni program.

Originally born in Vancouver, Yang moved to Hong Kong at the tender age of five. Attending an international school for most of his upbringing, he began to find his love for the sport of basketball to an unique extent.

He explains that not many treated the sport with as much affection as he did and he continued to grow his skill to a mastery level.

"I feel like I outgrew the basketball culture there, in my opinion," he says. "By the time I was 15, I was striving for high level basketball."

Moving back to Calgary, because his mother's family is originally from the city, he attended Sir Winston Churchill high school — a school known for its basketball prowess.

He moved on to MRU on the basis of wanting to contribute to growing a program and leaving a print on Cougar basketball.

"Seeing the development," has been one his crowning accomplishments during his



**One of two graduating players of Cougar Basketball this season, Yang saved his best efforts for last as the team-captain led his Cougars to their first ever playoff berth with this best statistical year yet. Photo courtesy of Canada West**

time at Mount Royal.

He adds, "The culture wasn't as good as it was when I got here and we felt it was building over the seasons."

He explains how the program climbed a rung up the ladder every year has changed him along with the basketball program.

"Every season was to improve. As a group we had to trust the process, getting better every summer and improving little by little every season. It cultivated into this year where we made playoffs and are ready to make a playoff run for the first time," he says. "I grew a lot. I feel like I came in as a boy and I'm leaving a man both on and off the court."

"Obviously on the court

I've grown a lot, putting in a ton of hours in that gym that we have. It's been a long journey but I matured a lot," he continues. "I made lots of relationships through athletics and classes, met my best friends here and those relationships that will last a lifetime."

Of those memories, Yang recalls his most unforgettable one that took place just a few weeks ago while on a road game against top-contender Lethbridge. With the dying seconds running down the clock, Yang cocked back from beyond the arch to sink a contested three-pointer right before the buzzer to secure his Cougars squad a huge 104-103 decision away from home.

"It was a big win for us. I've never won there in my career and that shot was really fun to make."

Moments and memories such as that epic buzzer beater, is what Yang says he will always take with him after his time at MRU.

Yang's parents were also an important part of his success.

"Special shoutout to my mom and my dad for all their continued support throughout my basketball years. I definitely would not be in this position without them," says Yang.

"My mom's support has been pretty legendary in particular. She's my favourite fan! She hasn't missed a home game in five years and that's pretty amazing in my opinion."

I'm really lucky to have them in my corner."

Yang ended the regular season as the leading scorer and was also the Cougars captain in his senior year, which was capped off with the Cougars reaching the playoffs for the first time since the move to USPORTS.

"This year made me feel like I was the best version of myself so far," he says.

"Feels good ... It means a lot but we're not trying to be too emotional about it because we still have a run to make but when we're done and reflect, we know it'll mean that much more."

He goes on to explain, "It's been an up and down year. Sometimes I didn't know if we'd make it, sometimes I thought we would be a higher seed so it definitely feels good to end off the career like that."

Yang adds, "every year we got a little better. Those last four years have been nothing short of a heartbreak. The last game, we had to watch other teams to see if they won or lost which meant either we're in or out so this year it was in our hands and we got the job done. We felt that much better."

He concludes, "I feel like we're in good hands. I like the young guys. They're getting better and learning the ideals of Cougars basketball. The culture is there and the coaching staff is good."

# #S

**8-0,** the all-time record of the Golden State Warriors when Curry, Durant and Thompson combine for at least 90 points

**55,** the most saves made on a birthday by New York Rangers rookie goaltender Alex Georgiev made on Feb. 10

**11,** career hat-tricks for Manchester City's Sergio Aguero in his career, tying for the most all-time in the Premier League

**6,** times Calgary Flames forward James Neal lost his teeth in his NHL career

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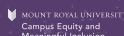
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# Cougar Corner: 2018/2019 regular season closing its curtains

**Dan Khavkin**  
Sports Editor

## Men's hockey

The boys in blue hockey program ended the first semester in relatively good standing with a 7-5-4 record, including three overtime losses to arguably two of the top five programs in the country in powerhouse Saskatchewan and defending national champion Alberta Golden Bears.

Other losses included sweeps at the hands of UBC, during an injury riddled weekend and city-rival Calgary Dinos along with a regulation loss to those formidable Golden Bears.

Bert Gilling's squad kicked the door down to start 2019. The team redeemed their sweep at the hands of UBC by beating them twice in Calgary before finishing 4-0 against Manitoba. The toughest stretch in Canada West then repeated itself, as the Cougars faced the top three teams in Alberta, Saskatchewan and Calgary consecutively, dropping six games in that run.

Both MRU and conference rival UBC had the chance to host one another in the playoffs, with MRU having the opportunity to gain home-ice advantage. Yet, the Cougars lost the privilege of hosting by not matching or bettering the final weekend results UBC had. The team will travel there on Feb. 16 for a best-of-three series.

## Women's hockey

Despite having a pedestrian start to the season and ending the first semester at 6-9-1-1, the Cougars ladies sat in a playoff spot heading into 2019.

Parallel to the men's schedule, the Cougars had the top three of the league lined up in their schedule with the Cougars opening the new year with a 2-4 record including wins against UBC on the road and conference leader Alberta.

MRU handed the Pandas two of their five regulation losses on the season and scored seven

of their 24 total goals against as well.

After the hard stretch of games, MRU were upset by rival Calgary, who swept MRU and won the season series including a gut-wrenching loss at the Crowchild Classic where they dropped the game 2-1.

Later on, the Cougars bounced back and won their last three games of the season, finishing in fifth place and will face a much more favorable matchup in comparison, traveling to Saskatoon to face the Huskies rather than UBC.

## Men's volleyball

Mount Royal's most successful athletic club are still on a legendary roll. The Cougars are sitting 15-5 this season, with one more weekend left to play. They're still sitting top five as a USPORTS top 10 volleyball program, peaking at third place before the winter break.

With their sweep of the Calgary Dinos last weekend, the Cougars will host the first ever USPORTS playoff game right here at Kenyon Court on the Feb. 21 weekend.

MRU entered 2019 with a 9-3 record, having been swept by adversary Alberta who also are sitting at 15-5, along with a loss the Cougars wished they could take back against bottom-halved Winnipeg.

The Cougars travel to Saskatchewan to face the Huskies before coming home with playoff hosting privileges.

## Women's volleyball

MRU's women's volleyball team are currently in an uphill battle with three other schools in a fight for the final three playoff positions.

The Cougars are 10-12 on the season, splitting the majority of their weekend sets throughout the season against the very teams that are in the chase for playoff spot.

MRU's record against the

formidable and clinched top five is 2-6 leaving the record against the middle and bottom portion of the league at 8-6. With the top five already solidified going into the final weekend, the Cougars will have to rely on some luck and favours from different parts of the schedule in order to qualify for playoffs.

## Men's basketball

Another bright spot for MRU Cougars athletics are the ballers in blue, clinching a Canada West playoff berth for the first time since joining USPORTS seven years ago, finishing the season with a scrappy 8-12 record.

Huge wins against Lethbridge away from home, courtesy of a Glen Yang buzzer-beater and a playoff clinching win against the chasing Brandon Bobcats on the final day, was enough to secure the Cougars a spot in the final bracket.

Despite leading in the first quarter against fifth-ranked Regina Cougars, MRU dropped the decision in their first ever playoff appearance 106-83.

## Women's basketball

MRU's women's ball team had a tough stretch at the start of the season facing scorching hot Trinity Western and Manitoba while having a mid-season stretch against most of the top six of the league, facing both fifth placed UBC and second and third placed Calgary and Saskatchewan respectively.

Outside of facing the playoff teams, MRU did not help their cause, getting swept by MacEwan and Brandon who are teams the Cougars had the potential to beat and leapfrog in the standings. Missing the chance of upsetting a top team and dropping those vital games early on cost MRU any chance of being in a fight for a playoff spot.



The winter graduating classes of the MRU Cougars were honoured on the last weekend of Canada West regular season action. Photos by Dan Khavkin/MRU Cougars



# Power ranking of couples in sports

*Celebrating romance in sports this Valentine's Day*

**Dan Khavkin**

Sports Editor

Feb. 14 is the day to show appreciation to your significant other and can even be used as a clean slate to make up for mistakes you probably had nothing to do with. But, still find the time to pick out the right flowers, shape of chocolate and random heart shaped items to show your love to your partner.

The world of sports, believe it or not, is filled with juicy gossip and heartwarming love stories that many are not aware of. *The Reflector* breaks down the most famous and slept on couples that involve athletes.

## David and Victoria Beckham

If sports had a 'royal couple,' this would be it. Beckham, one of the top soccer icons in the world and wife Victoria, who was a pop sensation with the Spice Girls, are relationship goals across the board for many reasons. No need to get into all of them, just look at one family photo of theirs.

## Andre Agassi and

## Steffi Graf

Tennis star Agassi won eight majors in his career, was the first man to win majors on three different surfaces and remains the only man to have won all four majors, an Olympic gold medal and the ATP Tour World Championships. During her own illustrious career, Graf won 22 majors as well as her own Olympic gold.

A story from *Sports Illustrated*, written before the 1992 Wimbledon final details the first time the couple met. "[Agassi] went suit shopping and was accompanied by his girlfriend who joked to the saleswoman that Agassi was only buying it to impress Steffi Graf, who'd won the women's championship earlier that day."

After Agassi's win he "eagerly awaited the annual dance between champions but was crestfallen when told that the dance had been canceled due to lukewarm receptions from modern players."

Despite this, he and Graf met that night and eventually

became one of sports greatest couples.

## Justin Verlander and Kate Upton

Most men are very jealous of Houston Astro and World Series champion Justin Verlander. Not just for his pitching prowess in the MLB, but probably and

mainly for the fact he has been dating what I thought was my future wife, model and actress Kate Upton since 2011.

## Joe DiMaggio and Marilyn Monroe

History's first power couple. Both pantheons in their own

right, DiMaggio and Monroe were married in 1954 but divorced a year later. Despite rumours of her sleeping with U.S. President John F. Kennedy at one point in time, legend has it that some of DiMaggio's last words were, "I'll finally get to see Marilyn."

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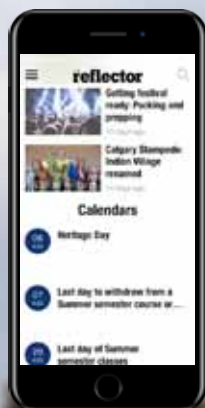
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