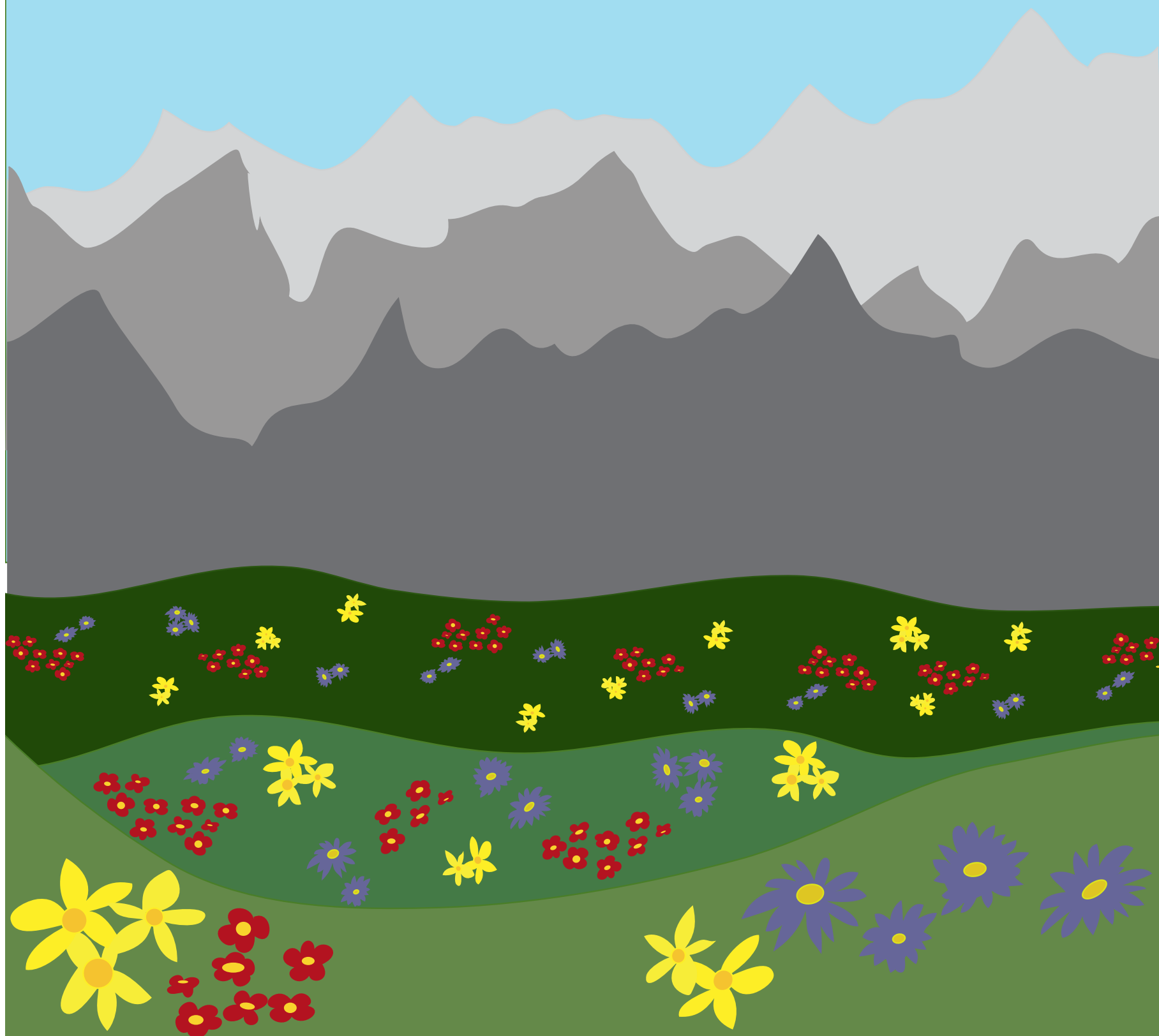


the reflector

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Pastries for pledges

SAMRU hands out donuts for students promising to vote

Ricardo-Andres Garcia
Staff Writer

SAMRU gave out massive Texas donuts on March 14 to encourage students to vote.

Vice-President External Amanda LeBlanc says, "We are having students promise to vote in the upcoming provincial election and in turn we are going to give them a donut."

By pledging, students are entered into a weekly draw for a \$150 bookstore gift card.

"We really want to thank students and encourage them to get out to vote in this year's provincial election," says LeBlanc.

By registering, students received a delicious donut and will also receive an email reminder to vote on the upcoming provincial election.

LeBlanc is running a non-partisan Get Out The Vote campaign, during which she will be asking MRU students to pledge to vote in the 2019 Alberta election.

She says, "It is important that our students' voice is represented because we all have a stake in Alberta's future. Please check out www.gotvab.ca and make the pledge to vote!"



Vice-President External Amanda LeBlanc, promoting SAMRU's Get Out The Vote initiative by encouraging people to pledge to receive a donut. Photo by Ricardo-Andres Garcia

Reactions to new registration

Ricardo-Andres Garcia
Staff Writer

Early in March, MRU students were made aware of a change in registration.

Now students are able to register for a whole year worth of classes instead of just one semester at a time, with the additional payment of a \$250 fee.

If students don't pay the fee, they will not be able to register. Paying the fee will tell you when you can register but does not waive the waiting time.

Student Jacob Vicente says, "I like the idea that I can sign up for the whole year but I don't like that I have to pay for it. It just feels weird that I have to pay and still have to wait two weeks to pick my classes."

Business student James Raccio is completely behind this new implementation. He says, "I have no problem with it. It makes complete sense."

Raccio says that this will save a lot of time for the school and will help those students that are more serious about graduating on time.

"The deposit is more reassuring if you're serious about the school you'll pay the deposit. Then people won't be stuck not being able to get the class they want because some guy that's not even going to make it through the first semester is taking their spot," says Raccio.

Students appear to be glad to register for the whole year but are frustrated with the short notice given to them before this was put in place.

Journalism student Kemi Omorogbe says, "I say it's pretty frustrating to have to pay this fee since I was only told a month before we are supposed to sign up for classes. I'm just mad about the timing, it's fine if you want us to pay the \$250, but you should have told us in the summer."

Alberta Health Services confirms individual with measles attended MRU event

Nathan Woolridge
News Editor

Alberta Health Services (AHS) has confirmed that an individual with lab-confirmed measles attended an event at MRU.

The individual attended the Gift of our Wounds event on March 12, 2019, from 7:00 to 11:00 p.m. at the Bella Concert Hall on the university's campus.

On March 14, individuals who attended the event in that time frame and those who have no history of receiving any measles-containing vaccine were encouraged to visit Brentwood Mall AHS Immunization Clinic as a

preventative measure.

The call to vaccinate was so that AHS could ensure that they could "immunize those who can still benefit, at this time, from the preventative treatment."

AHS also released a statement that said, "Individuals who were exposed on dates other than March 12, are no longer eligible for the preventative vaccine; however, they are still encouraged to review their immunization history, and call Health Link for advice or to book an appointment at their local community health

centre."

The individual who had the lab-confirmed measles has also been noted to attend several other places in the city between March 5 and March 12.

"Measles is an extremely contagious disease and is spread easily through the air. There is no treatment for measles, however, it can be prevented through immunization," says AHS.

Measles vaccinations are offered free of charge in Alberta due to a publicly-funded immunization program.

AHS says, "Children in

Alberta typically receive their first dose of measles vaccine at 12 months of age and their second dose between the ages of four and six years."

Albertans uncertain of their immunization history, or their child's immunization history, can call Health Link at 811 to discuss. For further information on routine childhood immunization, visit www.immunizealberta.ca. For additional information on measles disease, visit www.albertahealthservices.ca/measles.

SAMRU hosts second town hall event to discuss tuition, parking and more



On March 13, SAMRU hosted their second of two town hall events for the 2018-19 academic year, which featured members of SAMRU's representation council. Photo by Nathan Woolridge

Nathan Woolridge

News Editor

On March 13, SAMRU hosted their second of two town hall events for the 2018-19 academic year. The town hall talked about a variety of issues, including changes to the Post-Secondary Learning Act, changes to tuition and fees, along with the upcoming provincial election.

The first town hall occurred on Jan. 23 and saw David Docherty (MRU President), Andrew Nguyen (SAMRU REC President), Steve Fitterer (VP Student Affairs MRU) and Shayla Breen (SAMRU REC VP Student Affairs) talk about issues such as sexual violence on campus, cannabis on campus and use for the old library space.

Originally, the second town hall was supposed to feature Docherty, Nguyen, Paul Rossman (VP University Advancement MRU) and Amanda LeBlanc (SAMRU REC VP External).

But, a day before the event, SAMRU posted on Facebook that "Mount Royal will not be in attendance."

President Docherty was in attendance for the second event but did not participate as initially advertised on Facebook.

SAMRU also said, "But, the REC team will be available for discussion and to take student questions and concerns back to MRU."

In attendance was Nguyen,

Cordelia Snowdon, LeBlanc and Breen who is the president-elect and will be the new president next year. The town hall was mediated by Peter Ryan, an assistant professor for Public Relations at MRU.

Provincial election

SAMRU introduced an initiative that they are working on to promote voting. This will involve events on Mainstreet and other initiatives to promote voting in the provincial election.

"We just want to get students to the polls," says LeBlanc. She explains that students have a stake in this province and that students have to research and be aware of the issues. LeBlanc also adds that SAMRU will be helping students see different party's platforms online.

"Students do have a voice in the matters that affect them," says Nguyen. "We are trying to harness that student voice."

Breen stresses that the REC for SAMRU is a non-partisan organization and doesn't influence students on who to vote for. LeBlanc says that they welcome students of all "political stripes."

There was mention of hosting a candidates forum and that information will be released soon. Ryan also talked about the recent release of *Orange Chinook*, written by

MRU professors. He says he has a chapter in the book and that it may help students grasp some of Alberta's political culture.

Tuition and fee changes

The town hall talked a little bit about Bill 19, a framework that regulates tuition costs and mandatory non-instructional fees. Bill 19's mandate is to provide fairness to Alberta's students attending college and university.

Does Ryerson student association's actions affect SAMRU?

Ryan asked if the events in Ontario would affect the student association here in Alberta. Specifically, the scandal with Ryerson's student association.

Ryerson's student union is facing an audit of over \$700K in questionable expenses.

"We are audited every year by an external firm," says Breen. She says SAMRU has had clean audits for around 10 years. She says that SAMRU is very transparent when it comes to its spending.

Nguyen talked about the process that spending has to go through before it becomes

approved and that it is very difficult for unneeded expenses to not be questioned.

Changes to MRU fees

"It's really stressful," says Snowdon. She says that the new fees were very short-notice for students. Snowdon predicts that students next year will be better off because they will be more aware.

"It'll be easier, I imagine. But, we will see how it goes."

The REC is suggesting that students who are having issues with the new fee should speak to someone at the Student Financial Aid and Awards office. MRU has assured SAMRU's REC that they will work to find ways to support students experiencing difficulty paying this deposit.

Snowdon says there were issues raised to her and the REC that there were reports of students not getting into the right courses, which was stopping people from finishing their degrees on time.

"You have to pay to show that you are dedicated to coming here," says Snowdon.

Transportation at MRU

The topic of affordable parking at MRU also got some attention when someone from the audience asked about the topic.

Nguyen says that he has turned his efforts toward different options of transportation to the school, such as increased transit and cycling. This is something that he has been advocating for the last year or so, he says.

Members of the REC tell the audience that affordable parking is important, but that it is the city and not the university that mostly mandates the parking fees.

Nguyen also highlighted that parking fees are put back into other areas of the university.

Wrapping it up

Before the town hall ended, Nguyen made a point to mention the new appointment of the university's new president, Tim Rahilly. He said that he was able to represent the student body in the selection of the new president.

"Get involved with your student association," says Breen before the event ended. As mentioned, she will be the new REC president in the Fall.

For January's town hall, there was one student who asked a question in the open forum. This time, there was an option to ask questions both with the microphone or anonymously on a piece of paper and then it was read to the representatives.

Email states BSc Health Science and BSc CMB majors filled at MRU

Students sign petition to increase program capacity

change.org Start a petition My petitions Browse Membership

Increased Program Capacity for BSc Health Science and BSc CMB at Mount Royal University.

214 have signed. Let's get to 500!

I'm signing because... (optional)

☒ Display my name and comment on this petition

[Sign this petition](#)

Hope Guenard started this petition to Department of Biology at Mount Royal University

Recently, a petition calling for, "Increased Program Capacity for BSc Health Science and BSc CMB at Mount Royal University," has been circulating on Change.org. Courtesy of Change.org

Ryleigh Kampman

Staff Writer

The numbers keep ticking off as names are added to a growing petition that has started at MRU in response to a distressing email sent out by the Department of Biology.

The petition calls for, "Increased Program Capacity for BSc Health Science and BSc CMB at Mount Royal University."

The petition states that on March 2, "students who submitted a major declaration form to enter either the Bachelor of Science in Cellular and Molecular Biology or Bachelor of Science in Health Science programs were notified via email that both degrees have been filled."

The email, which sharply precedes registration dates, has come as a shock to some students. The petition

speculates the department may have been aware of the lack of space for some time given their meeting in late April to evaluate the programs.

According to the petition, the announcement has added great stress to students who are reeling to accommodate new full-year registration processes. With more than 200 signatures at the time of publication, the petition asks the department of biology to consider adding to the budget and increasing capacity for the program to accommodate the high demand for students who wish to declare their major.

The petitioner, Hope Guenard, hopes to gain the attention of Dean Jonathan M. Withey.

"Thank you to everyone who has signed so far," says

Guenard on the petition page after reaching 50 supporters. Currently, the petition has over 200 supporters.

This has become an unnerving issue for certain students, specifically for those who entered the program before 2017. Students who applied thereafter were herded directly into their prospective majors.

"Completely altering plans for our academic schedules on such short notice has added a large amount of stress on students who are still expected to perform in their classes," according to the call to action in the petition.

Currently, the Bachelor of Science Program offers six majors: Chemistry, Environmental Science, General Science, Geology, Health Science and Cellular

and Molecular Biology.

With Health Science and Cellular and Molecular Biology majors being filled, it leaves senior students in a bit of a bind. Specifically, those who have been taking the necessary courses and planning to declare their majors.

Yet, this is not just an issue for senior students. It is proving to be problematic for students who wish to change majors and has shadowed their desired degree.

Numerous courses, strategically taken to satisfy major requirements, will be left unused. Students may even have to compensate, setting them back in their timelines for graduation as they may have to fulfill graduation requirements for another major or the one they are in now.

THE REFLECTOR

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You are what you eat, so eat something awesome

5 downtown dining spots to spruce up your work week



El Furniture Warehouse is a great place to go enjoy a quick bite, refreshing drink or good time with friends. The braised beef dip au jus, like everything else on the menu, is only \$5.95. Photos by Isabelle Bennett

Isabelle Bennett
Staff Writer

Let it be known: the need to wear three pairs of pants and a parka is slowly dissipating. Not only does this validate the faith our society puts in the psychic capabilities of all the groundhogs who bet their shadows on an early spring this year, it also signifies the glorious conclusion of another semester. For some, this means travel. For others, this means work. But regardless of your summer plans, you've got at least one thing in common with the rest of us — we all need to eat.

As the proverbial saying goes, “you are what you eat,” so eat something awesome — or something like that. Here are five spots that will help you fill your lunch breaks and hangouts with good eats of all kinds for diets of all sorts and

budgets of all sizes.

El Furniture Warehouse

107 8 Avenue SW

Located along Stephen Avenue in the heart of the city, El Furniture Warehouse offers a comforting, hole-in-the-wall feel with a menu to match. Homestyle favourites like nachos, perogies and chicken wings are available along with some less familiar dishes like quinoa and green apple salad, fried avocado tacos and chaing mai bowls. As if the food's not tempting enough, it all costs \$5.95 all day long.

Ten Foot Henry

1209 1 Street SW

A safe-haven for basketball

players and vegetarians alike, Ten Foot Henry is a Calgary favourite with a whopping 4.7 stars out of a possible five according to good ol' Google. The restaurant's name derives from 1930's comic strip star, Henry, who went on to become an icon among Calgary's creatives. With its plant-based menu, industrially chic vibe, lightness and brightness thanks to vaulted ceilings, as per the name suggests, Ten Foot Henry is surely becoming an icon on it's own.

Luke's Cafe and Restaurant

800 3 Street SE

You can read all about this recent addition to Calgary's food scene in its home, the new Central Library. If there

isn't a book all about it, there'll be a tasty sounding menu to peruse instead. The menu changes throughout the day, giving a great excuse to never leave. From sandwiches that look better in real life than most foods do on advertisements to kale risotto and brown rice congee, there will be something for everyone.

Burger 320

1314 9 Avenue SE

Fact: there are a lot of burgers out there in this big bad world. Opinion: burgers as tasty as the ones from here are pretty rare. Customers can choose from traditional and signature combos or be the visionaries behind their own meals with Burger 320's choices of cheeses, fixings,

aiolis, relishes and extras to top a branded bun. Washed down with a hand-spun shake, lunches don't come much better than this.

Model Milk

308 17 Avenue SW

Offering an upscale experience of innovative classics in the midst of terrific ambience, Model Milk will surely wow. Their claim to fame is bringing in whole animals from local and regional farms, which they butcher on site and use resourcefully. À la carte options like wagyu beef tartare, roasted arctic char and fricassee of calamari typically grace the menu while Sunday suppers feature three special courses for \$40 per guest.

Aftermath: Breaking through uncomfortable conversations

Appropriate and effective ways to support sexual violence survivors in the event of disclosure

Riggs Zyrille Vergara

Staff Writer

In the 2015 study of Women's Media Center on how the U.S. media covers campus rape and sexual assault, they found that 41 per cent of the topics given focus in these stories are rape proceedings and only 12 per cent are on the impact of the event on victims and perpetrators. They also found that it's rare for the public to read whether the self-identified victim suffered mental health issues or a loss of social status because of the event.

In response to the need of giving more focus on the well-being of the survivors rather than just the personalities involved or the circumstances surrounding the incident, The Reflector initiated "Aftermath: Sexual Violence" — a three-part series shedding light on the importance of the outcomes of sexual violence for the survivor.

Sarah Whitney, one of the featured public speakers at Rape, Abuse & Incest National Network's (RAINN) "20 Years: 20 Voices" campaign about sexual violence, was sexually assaulted by a stranger when she was 16. The first person she told about it was her boyfriend who blamed her and broke up with her on the spot. After a year of experiencing depression and anxiety, she attempted suicide. Only then she had the courage to tell her family — through a nurse — about her experience.

"He was the closest person to me at the time, so I thought if he didn't believe me, no one would," Whitney added in her story at RAINN's campaign.

Whitney is one of the estimated two-thirds of all sexual violence survivors who disclose their experience to at least one person. Along with that number, Courtney Ahrens, member of the psychology department faculty of California State University, reported in her article, featured in the *American Journal of Community Psychology*, that when survivors are exposed to victim-blaming behaviours or attitudes, the experience may feel like a "second assault," a phenomenon known as "secondary victimization."

Through the the global rise of the #MeToo movement

last Oct. 2017, the average number of police-reported sexual assault cases went from 59 to 74 per day, according to a Statistics Canada report published in Nov. 2018. Sexual violence survivors are breaking through uncomfortable conversations to get their message across and get the support they deserve. But with the lack of proper responses from would-be supporters, many of them might go back into hiding. So how do we respond to them?

Listen and believe

When asked what's the first thing anyone should do when someone disclosed to them, Cari Ionson, MRU's sexual violence and awareness response coordinator, said "Believe them. I can't say that enough. Make sure they feel that there could be no way it's their fault."

In a culture that propagates the myth that those who report sexual violence are liars, statements like "I believe you" and "It's not your fault" can go a long way for survivors. As they have higher feelings of distrust and hesitation, this can prompt them to be more comfortable in the conversation. When we acknowledge these biases on the culture surrounding sexual violence, we can be more



Graphic by Riggs Zyrille Vergara

aware of how our statements impact survivors close to us.

Often when Ionson meets parents of survivors, she noted, she always receives questions around why their child was breaking curfew or drunk at a party or why were they participating in any kind of rule-breaking activity. These questions might seem to have good intent, but what it suggests is by choosing to break that rule, the survivor established an opportunity to be sexually violated. We need to understand that there are consequences to rule-breaking and other unsafe actions, but it should not be sexual violence.

Another myth around sexual violence is how perpetrators are characterized as some stranger hidden in a dark alley

waiting for their next victim. But according to Southern Alberta Housing Association, in 82 per cent of sexual violence incidents, the victim knows the perpetrator. Within this myth is the struggle for someone to believe that their friend or relative has sexually assaulted someone else. But when we immediately make statements like "I can't believe that's something they could've done" or "Are you sure it's actually them?" it can suggest disbelief and distrust to the survivor's story.

Bringing back control

One of the things Ionson emphasized is that sexual violence constitutes a loss of power and control. The ability

to choose is taken away from the survivor. So, a part of their healing becomes bringing back their control. This could come in the form of asking them how they want to heal. "How can I support you?", "Do you want to talk about it?" and "What can make you comfortable right now?" are questions we can ask them.

There might also be times when we feel like giving them advice on what they should've done during the incident is the most helpful thing to do. But as Tarhata Brazsal, another one of RAINN's campaign speakers, had said "Offer yourself to be part of their healing process but do it on their timeline." The actions that we think must have been

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effective in our own crisis, can look different when done on someone else's traumatic experiences.

Knowing the resources

As much as we want to be always present for the survivor, we as supporters have our

limits. One way to mitigate this is to have a good network of help. This includes knowing the nearest points of support within the community, may it be in the school or in the neighbourhood.

But this kind of help doesn't stop in merely "pointing out" the options for them. It can look like making the call or going with them to the place

of support. At MRU, Ionson offers help in the office of Campus Equity & Meaningful Inclusion, where she guides students into other points of support within and outside the campus. Within the first 96 hours of the incidence of sexual violence, the Sheldon M. Chumir Health Centre's Sexual Assault Response Team can be the nearest available

place someone can go to.

A culture of care

In our culture where, unfortunately, there is a high prevalence of sexual violence, it has become an important mission to eradicate the surrounding victim-blaming behaviours as much as it's important to prevent sexual

violence itself. The best way to do it is finding ways to talk about sexual violence, no matter how uncomfortable it can become. As Ionson had said, "The more we create a supportive environment for [sexual violence survivors], the less supportive environments become for people who choose to use violence."

Opinion: Why should you know about Corazon de Niña?

A family shelter in Puerto Vallarta gives children the education and care they need to succeed, and with your help they can continue

Cassandra Jamieson

Contributor

I didn't really know about this place until my grandmother passed away. She was a monthly donor and actively saw the children on a somewhat regular basis. She had wanted to take me personally to see the kids, but unfortunately passed away before she got the chance. Over reading break, my mother and I ventured to Puerto Vallarta, along with some other family friends. After our visit, I wrote this piece because children are our future and once we give them love, they will love us back and themselves deeper and harder than before. When the children were heading back to class after our tour, one little boy ran up and gave me the biggest hug I will ever receive. My eyes teared up.

The innocent and delicate heart of a child outpours with love and deserves to be a recipient of affection, regardless of the circumstances some were born into.

For the children at the Fundación Corazon de Niña, a home for many abandoned and abused children at Puerto Vallarta, Jalisco, Mexico, all they search for is love. This is exactly what husband and wife Melissa Canez and Juan Meza set out to do when they co-founded the non-profit organization. But it is also thanks to the help of multiple donors across North America that the children at Corazon



Children stand in front of breakfast tables to present their song and poem to visitors. Photo by Cassandra Jamieson

de Niña are continuously cared for, ensuring them a brighter future.

A safe haven

The children of Corazon de Niña have been rescued from inadequate living conditions, which may include sexual abuse, neglect or abandonment. Other children arrived because their parents simply couldn't afford to have a child.

Even though housing more than one child can be hard, Canez and Meza do an excellent job of keeping on top of all their children.

Today, they house a total of

"It's about faith, love, commitment and attracting a lot of angels."

- Melissa Canez, Vallarta Tribune

81 children, all ranging from age one to 20. When Corazon de Niña was first established, however, it was only a house for girls. But the husband and wife duo found that boys also needed a place to go. Thus began their journey welcoming boys into their home. Boys and girls have separate sleeping quarters, each with bunk-beds that have individual reading lights, places for stuffed animals and a security ledge.

Walk into Corazon de Niña

The first floor of the main building includes the kitchen,

dining room and classrooms. The classrooms are small but each class only contains a handful of children. Three computers are set up in a back room and a trampoline is set up outside.

The core of the program at Corazon de Niña is based on the acronym L.I.F.E. It begins with love, the essential glue that bonds, fosters trust, heals wounds and grows joy. I for integrity, of belief, words and actions of our caregivers and children. F for family, which is the anchor, support and deepest connection to

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humanity. And finally, E for education, in which they equip children with self-confidence, hope and tools for a successful, happy future.

"It's about faith, love, commitment and attracting a lot of angels," says Canez during an interview for the *Vallarta Tribune*.

The second floor contains the sleeping quarters, toilets and shower stations. The third floor is where they have set up a couch and TV as well as the kitchen for the employees.

The top floor is where they have their workshops. One room is their designated sewing room where eight sewing machines sit covered in plastic, waiting for the children to come and make something beautiful.

Next door is the carpentry room, set up with two large saws and multitudes of wood. Across the floor is the art area, where a medium-sized kiln sits for pottery-making and boxes upon boxes of paint, for canvas and scarf staining.

Corazon de Niña will bring in artists to teach the kids new techniques and show them how

to paint one of their famous paintings. The children will copy the artist's painting and will sell them, along with all the scarves, clothing, jewelry and pottery they make downstairs in their little gift shop.

Tours of the facility are provided every Tuesday and Thursday morning at 9:30. It is a guided tour provided by either Canez or her husband, after the children bring out plates of breakfast — egg tortilla with plantains, orange juice and sweet coffee.

This is where you come in

Corazon de Niña is a not-for-profit organization, the only one of its kind in Puerto Vallarta. However, they rely heavily on outside donations and support.

Lots of their support comes from their G.E.M. (Give Every Month) program. This program allows the people who come to visit a chance to donate every month. Just as little as \$10 a month will help buy school supplies and building materials.

Monetary donations are the best and fastest way to ensure

these kids receive what they need. The organization also accepts material donations. A list of items is provided to each person walking through their doors. This list includes items like toothbrushes, food, batteries, candles, bed sheets and towels. For all monetary donations from Canada, visit their website at www.fundacioncorazon.mx.

Currently, Corazon de Niña is in the process of building their transitional housing unit. This is where the older students and alumni can come and receive further education that will help them find a career. It'll teach basic skills for labour jobs and more advanced skills for jobs in engineering or medicine. The transitional housing unit will help prepare students for life outside of school.

The tour ends with a song and poem recited by the children. Before heading back to class, the kids walk around and get to know the people visiting them. The sweetest and most loving of gestures witnessed are the cute, shy hugs exchanged between the children and visitors.



The children enhance their painting skills by mimicking the painting of a famous artist, sometimes the children's paintings end up being better than the original. Photo by Cassandra Jamieson



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Want to win

\$500?

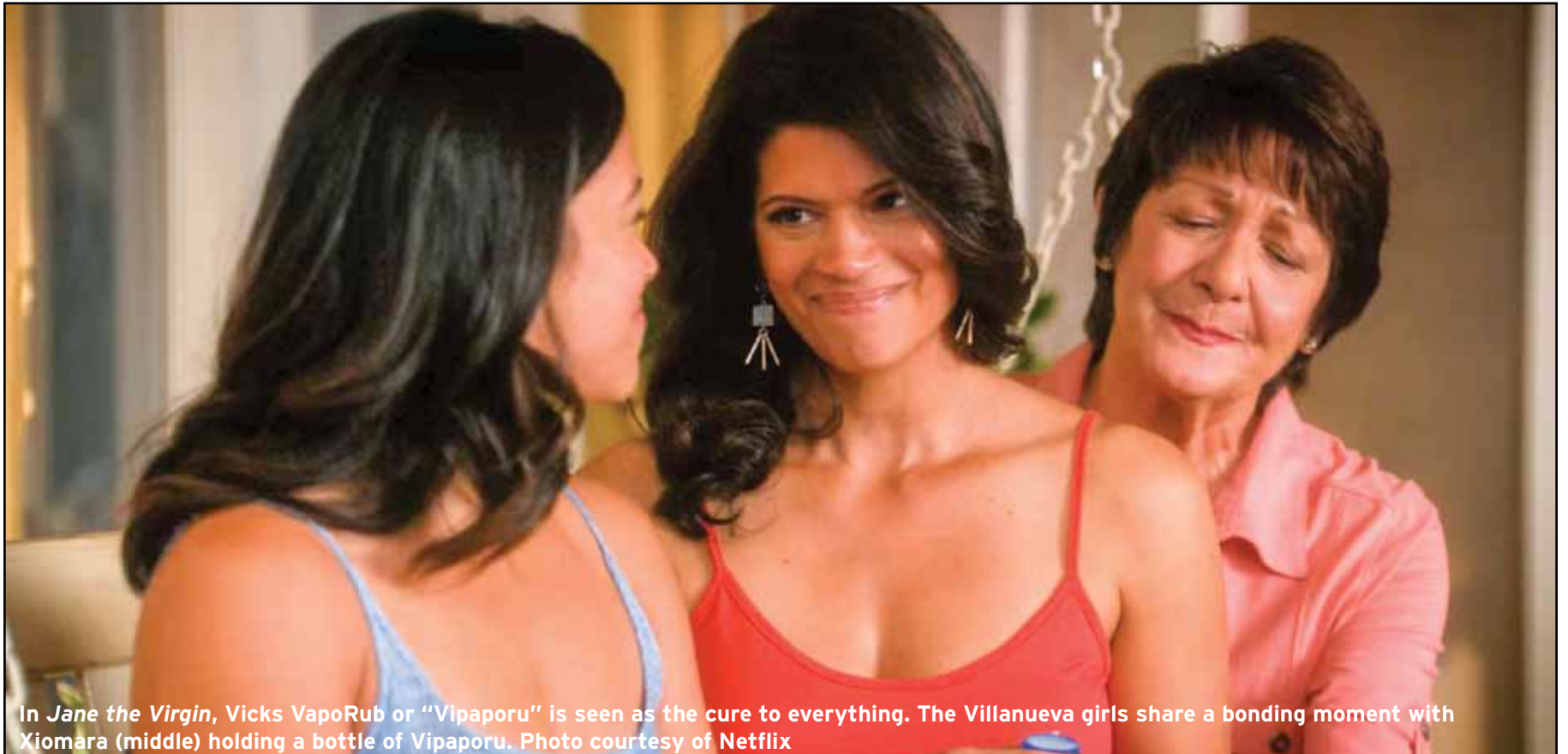
SAMRU is looking for your feedback
to improve your student experience!

Visit samru.ca/survey
to give us your feedback,
and be entered to win!



Let's celebrate because *Jane the Virgin* is back

How the show's respectful inclusivity helps minorities feel seen



In *Jane the Virgin*, Vicks VapoRub or "Vipaporu" is seen as the cure to everything. The Villanueva girls share a bonding moment with Xiomara (middle) holding a bottle of Vipaporu. Photo courtesy of Netflix

Karina Zapata

Arts Editor

Finally, we are able to say the beloved five words: *Jane the Virgin* is back.

The CW's show is scheduled to premiere Season 5, its final season, on Wednesday, March 27. After the Season 4 finale, a.k.a. the biggest cliffhanger in *Jane the Virgin* history, fans across the world were begging to know more.

"The only good part about

the end of March for me is that #JaneTheVirgin's final season is coming out and I'll probably be glued to the screen," said one Twitter user.

"Is it March 27th yet?! #JaneTheVirgin I need to know everything ahhh!!" said another.

So what exactly is so special about *Jane the Virgin* and why do so many people resonate

with the show?

If you haven't watched the show — in which case, it's time to binge watch to catch up — *Jane the Virgin* is about a 23-year-old Hispanic-American woman named Jane Villanueva, played by Gina Rodriguez, who decides to remain abstinent. However, due to a series of accidents and miscommunication,

she's accidentally artificially inseminated which causes drama — especially with her abuela, or grandmother, who has always been preoccupied with Jane's purity.

Having grown up in a devout Catholic household, Jane decides to keep the baby. Things get complicated when she discovers that the baby's biological father is none other

than Rafael Solano, a very wealthy man who Jane shared an innocent kiss with five years prior. Rafael used to have cancer and set aside samples in case he and his wife, Petra, decided to have children one day. Funnily enough, it was Rafael's sister, Luisa, who accidentally artificially inseminated Jane when she

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OUT'N ABOUT

Ann Hui: Chop Suey Nation:

Globe and Mail national food writer, Ann Hui, will be speaking on March 25 at the new Central Library about Chop Suey Nation, her new book that looks at immigration stories through the families who own Chinese Canadian restaurants.

We've Read This Book Club: There There:

With rave reviews coming from Margaret Atwood and the New York Times, Wordfest is hosting a book club dedicated to Tommy Orange's *There There* at the Memorial Park Library on March 27.

We Care Ball:

Support Easter Seals Alberta, which helps Albertans with disabilities and medical conditions, at the 34th annual We Care Ball fundraising dance. Buy your tickets online to celebrate on April 4 at Hotel Arts — this year's theme is Hollywood glamour.

The Venue Reveal:

There's going to be a new arts venue opening up in High River! The space, amusingly called "The Venue," is hosting presentations and performances on April 5 to give the public a sneak peek of what they've been up to.

Continued from Pg. 9

was meant to inseminate Petra.

While Jane and Rafael's incident seemed like fate, Jane was in a committed, long-term relationship with police detective, Michael Cordero. Rafael's marriage with Petra came to a close, which was already in the works before Jane's pregnancy. Soon, Jane, Michael and Rafael are caught up in a love triangle which gets more confusing when their son, Mateo, is born.

After the quick introduction, the show's intensity picks up. Soon, it is no longer an innocent comedy-drama about a type-A woman whose life is turned upside down because of an unexpected pregnancy. It turns into a television show about crime and murder mixed with family, friendship and love.

It's easy to connect with

Jane the Virgin because of how normal Jane is. She is a passionate, hard-working writer who loves too hard and feels too much. Having grown up without a father, she was raised by her mother, Xiomara and her grandmother, Alba, whom she lives with throughout the first few seasons of the show. She barely thinks twice about the lack of a father figure in her life because of the strong women who raised her.

Of course, later on, she finds out that her long-lost father is Rogelio de la Vega, a famous telenovela star. But that's beside the point.

One of the most important parts of Jane's life — and the entire show in general — is her culture and ethnic background. As a Venezuelan-Mexican woman (the latter part discovered when she meets her biological father),

this part of her identity steers a significant amount of her decisions.

And her Latina background is something else viewers can closely relate to.

According to Statista, 73 per cent of Hispanic adults are subscribed or have access to Netflix (where *Jane the Virgin* is also released) and 32 per cent of those use Netflix multiple times a day.

There is a type of camaraderie that comes with seeing your culture represented accurately on mainstream television. And while this isn't limited to Hispanic or Latino viewers, *Jane the Virgin* fills an obvious gap within the community.

Jane the Virgin fully encapsulates what it is like being Latina and demonstrates a family dynamic that is familiar to viewers across the world. But most importantly,

Jane the Virgin shows these cultural traits without being blatant or obnoxious.

In an interview before *Jane the Virgin*'s pilot premiere in 2014, Gina Rodriguez touched on this subject.

"For once, I was reading a script where they weren't talking about my ethnicity. They weren't putting a Puerto Rican flag on my shoulder. They weren't putting a taco in my hand."

In the past decade, there have only been a handful of shows that have had this effect on Hispanic viewers — the main ones being *Ugly Betty*, *Jane the Virgin* and *One Day at a Time*. However, with *Ugly Betty* wrapping up in 2010, *Jane the Virgin* being on its final season and the recent announcement of *One Day at a Time* being cancelled, Hispanic viewers (and non-Hispanic viewers who resonate with the

cultural diversity) are left with little to nothing.

"I've always found it funny that the shows I've felt most seen in were #UglyBetty, #JaneTheVirgin and #ODAAAT. Although the leads were all Latina, their multi-generational families looked most like mine and I loved them for it. I am fully devastated by this," said well-known freelance writer, Cate Thornback, on Twitter.

Despite this, these shows — especially *Jane the Virgin* — have proven that there is hope in mainstream media to be respectfully inclusive of other cultures. Success is measured in many different ways and the ability to make minorities feel seen is the best one.

So don't forget: *Jane the Virgin* is back for its final season on Wednesday, March 27. You certainly won't be the only one watching.

Opinion: Learning feminism through conversation

How The Vagina Monologues changed my perspective on women's empowerment

Sarah Green

Contributor

When I first saw the word "vagina" printed on a hot pink book cover, I was immediately overwhelmed by a sense of uncomfortable curiosity. Casually scanning my surroundings, I made sure no one could see me taking interest in such a book. I was convinced if someone were to notice me, a blaring alarm would go off, broadcasting to the world that I was intrigued by the "v-word." *Vagina*. The word was printed in a bold, serif font and it seemed to stare back at me as I hesitantly picked up the book and turned it over in my hands. As I flipped through the first couple of pages, I was immediately captivated by the authentic tone. In that moment, I was introduced to *The Vagina Monologues* by Eve Ensler.

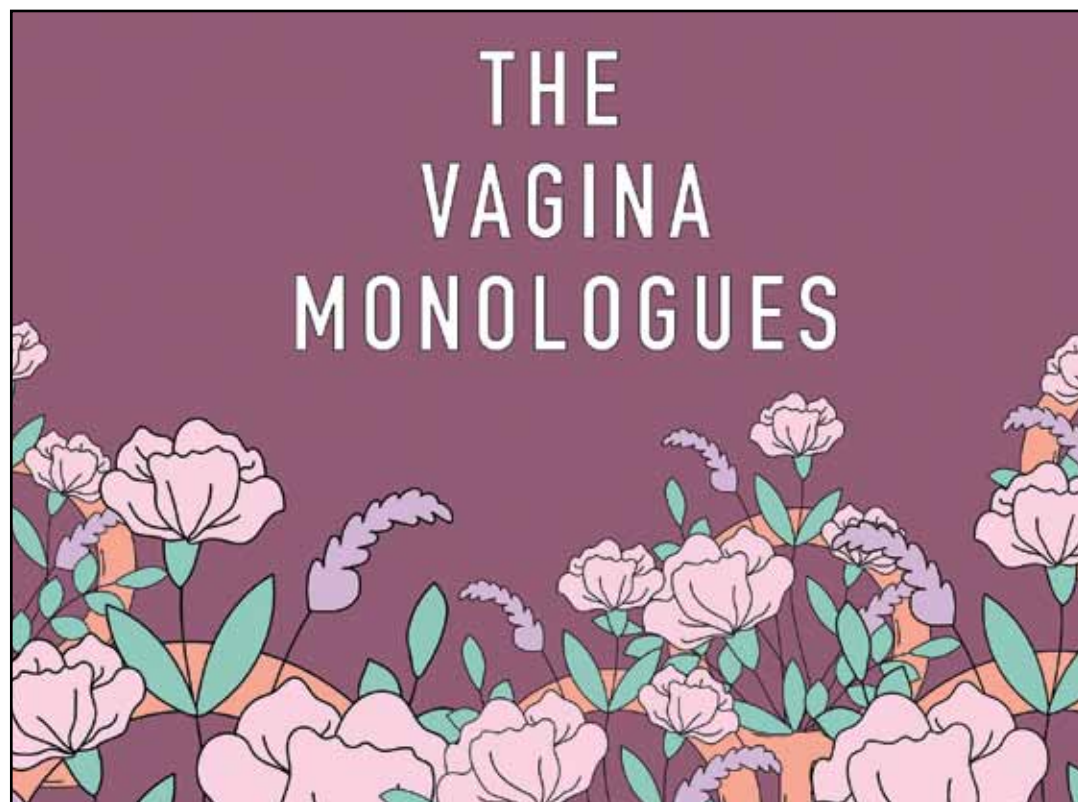
The Vagina Monologues

first took form in the 1990s as an avant-garde play in New York. Ensler was inspired to write the play after interviewing more than 200 women about their experiences with womanhood. Each monologue is uniquely vulnerable, as a variety of topics are discussed including sexuality, abuse, genital mutilation, love and birth.

As the first of its kind, *The Vagina Monologues* proliferated and was performed in 50 different languages throughout 140 countries. *The New York Times* described it as, "Probably the most important piece of political theater of the last decade."

Now, more than 20 years later, the famous monologues take form as

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***The Vagina Monologues*, written by Eve Ensler, is an episodic play that tackles political subjects to honour female sexuality. Graphic by Karina Zapata with resources from RawPixel**

Continued from Pg. 10

a book, graced with a hot pink cover. *The Vagina Monologues* is a refreshingly heart-wrenching read. Through her hundreds of interviews, Ensler created a safe space where women were able to freely express their stories. For the first time, women were given the opportunity to candidly speak about a part of their body that had previously been riddled with taboos.

In an excerpt from the book, Ensler writes, “At first women were reluctant to talk. They were a little shy. But once they got going, you couldn’t stop them. Women secretly love to talk about their vaginas. They get very excited, mainly

because no one’s ever asked them before.”

In addition to pioneering *The Vagina Monologues*, Ensler founded V-Day, a global movement to end violence against girls and women. Since its birth in 1998, V-Day has raised more than \$100 million to help free girls and women from situations of rape, battery, incest, female genital mutilation and sex slavery.

In modern-day society, women are trapped in situations that are painted as “uncommon” and “irrelevant.” However, according to the World Health Organization, it is estimated that more than 200 million girls and

women alive today have undergone female genital mutilation. Furthermore, there are an estimated 3 million girls at risk of undergoing female genital mutilation every year.

Ensler writes, “Slowly, it dawned on me that nothing was more important than stopping violence toward women ... When you rape, beat, maim, mutilate, burn, bury, and terrorize women, you destroy the essential life energy of the planet. You force what is meant to be open, trusting, nurturing, creative, and alive to be bent, infertile, and broken.”

If I can promise you one thing, it’s that this book is not just for radical feminists or women’s studies majors.

Rather, it’s a book by women for women. It’s a masterpiece brimming with raw, messy and vulnerable stories that will shatter your heart and heal it at the same time.

After reading *The Vagina Monologues*, I was left with a sense of awe, pain and discovery. Most importantly, I was left with a fresh perspective on a beautiful form of feminism: conversation. By simply opening up the conversation about our bodies, specifically our vaginas, we are rewriting the narrative that has kept us confined for so long. Rather than experiencing suffocating feelings of guilt, shame and embarrassment

when approaching this dialogue, we are finding freedom in our powerful stories. We are no longer forced to tiptoe around our identity and sexuality; rather we are able to wholeheartedly pursue our desires.

As an avid feminist myself, *The Vagina Monologues* acted as a catalyst for a time of serious self-reflection. The book made me question why I saw “vagina” as a dirty word. It made me dissect the dozens of humorous euphemisms I would use instead of uttering the v-word. Vagina. Most importantly, it made me realize how empowering it is to re-write my own narrative on womanhood.

Trying to grasp homelessness in India

The Song of Kahunsha places readers in the shoes of 10-year-old orphan

Karina Zapata

Arts Editor

Kahunsha, or “the city of no sadness”, is a place that 10-year-old Chamdi created in his head. In Kahunsha, children aren’t abandoned and the world is colourful and bright.

Raised in an orphanage in Bombay, Chamdi has spent the greater part of his short life finding solace in anything he possibly could — the smell of rain, the rare sounds of children laughing, the vibrant pinks and reds of the bougainvilleas that sing lullabies in the orphanage’s courtyard.

Every night, he looks far into the distance, at the lights of Bombay, and believes that is where Kahunsha must be.

The Song of Kahunsha follows young Chamdi’s search for the city of no sadness. When he learns that the orphanage he grew up in is being shut down by land developers, he runs

from the orphanage, taking the only belonging he owns: a blood-stained cloth that his long-lost father left him in as an infant.

But the truth hits the hopeful Chamdi hard and fast: Bombay (now Mumbai) is nothing like Kahunsha. Instead, the city he runs straight into is grey and unkind with children begging on the streets and violence everywhere he turns.

This novel, written by Indian-Canadian novelist and playwright Anosh Irani, is nothing short of outstanding. Irani was born and raised in Mumbai before he moved to Vancouver to study writing.

Compared to Khaled Hosseini’s *The Kite Runner*, *The Song of Kahunsha* puts you straight into the shoes of a young, abandoned boy whose

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Respiratory Therapy

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...compassionate patient care*



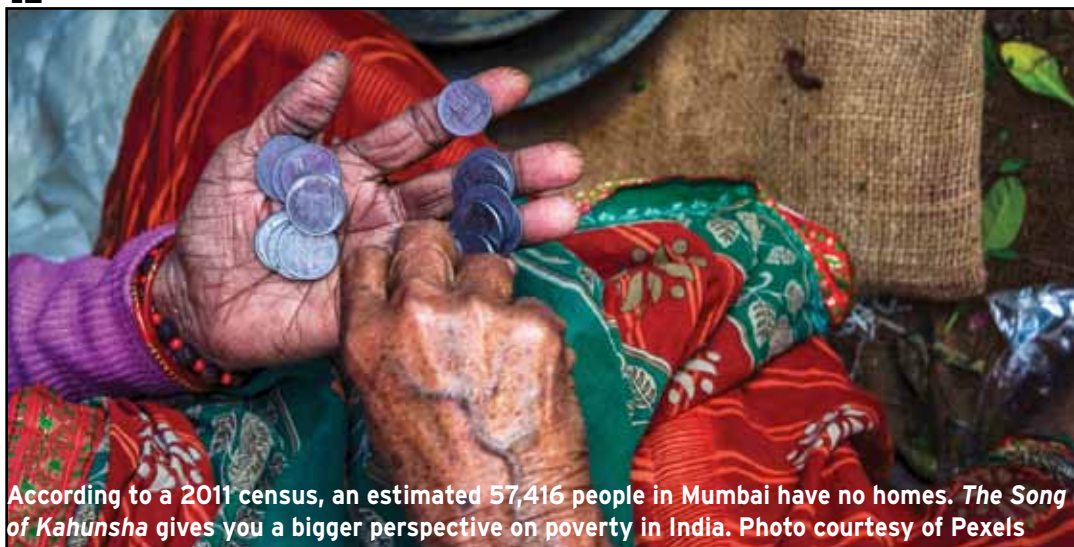
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According to a 2011 census, an estimated 57,416 people in Mumbai have no homes. *The Song of Kahunsha* gives you a bigger perspective on poverty in India. Photo courtesy of Pexels

Continued from Pg. 11

innocence and dreams are crushed by reality.

After running from the orphanage and meeting the real Bombay for the first time in his short life, Chamdi meets two siblings on the streets whom he thinks he can trust. The brother, Sumdi, and the sister, Guddi, beg on the street to look over their sick mother and newborn sibling. Using extreme wit and strength, the pair only survive by outsmarting the system.

When Chamdi agrees to work alongside the siblings, he has no idea that the money they receive from begging on the streets goes straight into the hands of Anand Bhai — an abusive, power-hungry man who has full control over the

lives of the homeless people on the streets.

Soon, Chamdi is one of the many homeless people under the control of Anand Bhai. He tries to resist the tasks assigned to him, but in the midst of Hindu-Muslim conflicts, Anand Bhai is more cruel and violent than ever. He is described as “the man who turns people into boxes.”

The Song of Kahunsha, though a fictional novel, truly showcases the reality of children trapped in suffering while in the brunt of poverty. This book forces you into a new perspective, understanding what it's like to be a beggar rather than being the one with the money to give.

Within his first few days on the street, Chamdi witnessed a

man whose arms and legs were cut off. He was unable to do anything but lay on the street and he only ate when Guddi, the sister, had enough food to feed him. He served as a spy under Anand Bhai — he also was an example of what could happen to those who got on Anand Bhai's bad side.

Many people have criticized *The Song of Kahunsha*, saying that life in Mumbai is not actually how this book depicts.

“We read about the poor reality of Indian people, but this is not true. Irani presents an extremely unrealistic image of life in India and ruins it completely,” says a Goodreads reviewer.

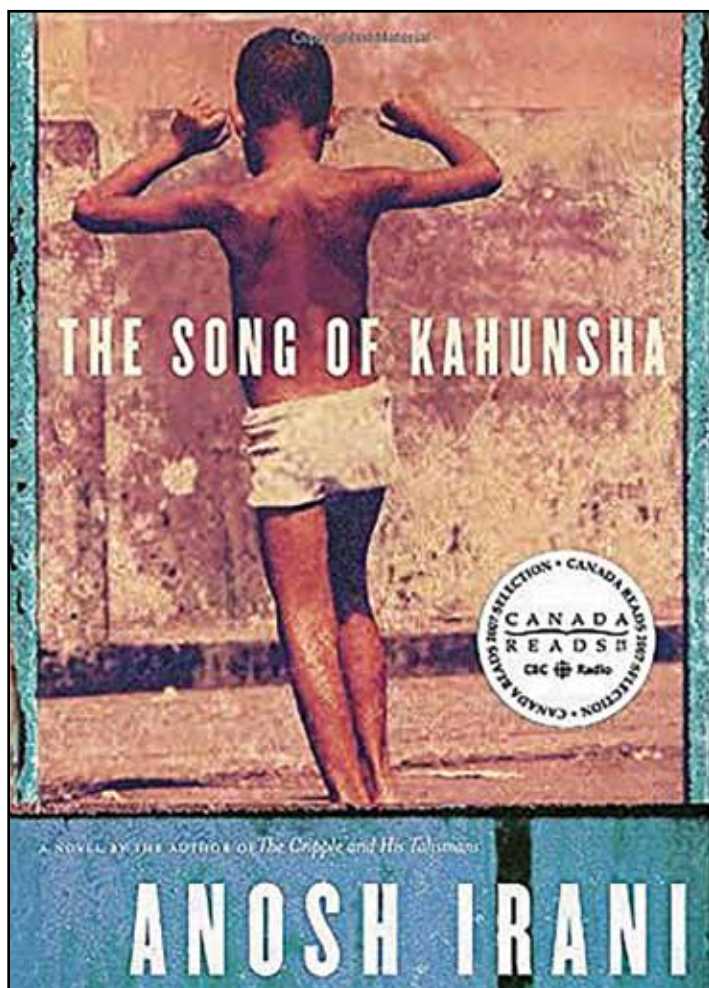
However, the reality seems to be that even if this novel isn't completely accurate (it is fiction after all), homelessness and poverty is a major issue in Mumbai.

A 2011 census states that there is a homeless population of 57,416 in Mumbai, though housing rights activists believe this is a gross underestimation. Additionally, they have recorded 2.7 lakh homeless children in India altogether, which calculates to 270,000 children with no homes.

Although this book may not be the most accurate depiction of life in Mumbai, it is a telling story of the tragedy of poverty. It is a telling story of the trauma that homeless people encounter. It is a story of political unrest. It is a story of violence, pain, death and rebirth.

It is a story that will change the conversation surrounding empathy and make you rethink each choice you make when it comes to your privilege and freedom.

The Song of Kahunsha is a story of a young boy whose biggest flaw is his innocence and, in a corrupt world, believes that the world is still greater than it seems.



The author of *The Song of Kahunsha*, Anosh Irani, grew up in Mumbai and witnessed homelessness and poverty in the city first-hand. Photo courtesy of Anchor Canada



Beware of the Dogs

Stella Donnelly
Secretly
Canadian
Score: A

Stella Donnelly, on her debut LP *Beware of the Dogs*, finds ways throughout to ambush her listeners in the best way possible.

Exploring themes of sexual assault and toxic masculinity, the Australian indie songwriter finds room to wryly strike with an undeniable wit while never losing the message.

On breakout single “Boys will be Boys,” Donnelly fills the open soundscape with an attack on victim-blaming, never shying away

from the uncomfortable topic of rape-culture while putting the pressure on both the societal structure that allows it and the mindset that contributes.

All paired with a contrasting warmth and intricacy in instrumentals, Donnelly is a voice of authenticity in the moment, finding and fulfilling concepts with an undeniable confidence throughout.

-Nathan Kunz

This Is How You Smile

Helado Negro
RVNG Intl.
Score: A+



If you're only interested in listening to one new album this month, it should be Helado Negro's *This Is How You Smile*, a sonic collection of intimate tracks penned by Roberto Carlos Lange that drift through the ether like the soft winds of spring.

The short, clichéd way to describe this album is beautiful, but it's so much more than that. It's sparse, delicate and at times resonant with life — experimental, wistful and

multilingual.

Helado Negro's sixth is a masterwork in downtempo alternative music; catchy as all hell without seeming forced, personal without seeming cheesy.

It's one of the first truly great albums of 2019 — a year that's already shaping up to be a catch-all killer — and we're only three months in.

-Alec Warkentin

ICYMI: MRU Cougars chase for national volleyball title cut short

Historic run finally comes to a close

Dan Khavkin
Sports Editor

A season covered in accomplishment for the MRU Cougars men's volleyball team came to an abrupt end during the 2019 USPORTS men's volleyball national playoffs.

This year's men's volleyball became the first team in the school's history to qualify to USPORTS national playoffs.

MRU drew familiar foe in the Alberta Golden Bears in the quarter-final of nationals with the Bears completing a 3-0 win in straight sets.

The Cougars however, kept their heads high and ended up winning the consolation final, defeating the rest of the eliminated schools in an unofficial playoff.

Despite the bid for a national championship being cut short, the Cougars have plenty to look forward to.

MRU finished the Canada West regular season with their best record since joining the university level seven years ago with a 15-7 record.

Two of those losses came at the hands of the Golden Bears in the second weekend of the season in which MRU responded with by going on an 11-1 tear.

The Cougars were two

games behind U of A in the final league standings but finished the season higher in the national rankings.

MRU peaked as high as second in the national rankings, not dropping below the fifth spot all season long.

In the Canada West playoffs, MRU retained the right to hosting privileges for the first time in program history, hosting the number eight nationally ranked Saskatchewan Huskies in a final weekend rematch that saw the Huskies sweep MRU at home.

This time it was MRU who returned the favour, winning the best-of-three series 2-0 before advancing to the semi-final.

In the final four, the Cougars travelled to the number one volleyball program in the nation for a weekend set against the Brandon Bobcats.

The 20-2 Bobcats suffered their only defeats at the hands of the Cougars and seemed to still be in trouble against MRU as the Cougars stole a game-one decision in straight sets. BU however, responded ferociously and won the next two games and moved onto the regional final.

The Cougars' season was not over yet as they finished

well within the final top eight national rankings and booked its ticket to nationals on the merit of capturing a wild card playoff spot.

The Cougars had about an 80 per cent chance of making nationals but the win against BU solidified that chance at around 95 per cent according to head coach Shawn Sky.

"We knew right away our season is not over. A little disappointing not to

win our league but being the first program in MRU to qualify for nationals is special and the guys know it too."

MRU ends its season with the following accomplishments: best regular season record, first ever home-court playoff game, trip to quarter-finals, then semis, lasted to game three in Canada West semi-final action, first trip to USPORTS national playoffs and the first MRU team

to qualify for nationals. Tyler Schmidt is now also Canada West's all-time leading points and kills getter, while two athletes recognized at the national level (Schmidt, first-team all-Canadian, Luis Lange, all-rookie team), with three also recognized at the conference level (Schmidt, first team all-star, Tanner Graves, second-team all-star, Lange all-rookie team).



MRU's MVB saw its most successful season in program history that was decorated with accolades such as hosting a home playoff game, reaching the Canada West semi-final and reaching the national quarter-final. This year's MVB team is the first team of all Cougar Athletics to qualify for nationals. Photo courtesy of Cougars Athletics

#S

44-21-7, the record of the Flames who became the first team in the Western Conference to clinch a playoff spot.

3142, the career point total for Dallas Mavericks icon Dirk Nowitzki, becoming sixth in the NBA all-time scoring list.

12, year and \$430 contract deal with L.A. Angels superstar Mike Trout, the biggest contract in American sports history.

244, combined points for the Calgary Flames' top line of Johnny Gaudreau, Elias Lindholm and Sean Monahan.

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Hitmen push for playoffs

WHL team pulls through after an up and down season

Jackson Reed

Contributor

The Calgary Hitmen have had a long season. At one point, their season was hanging in the balance in early October, but they've managed to turn their fortunes around and squeak into the playoffs.

Calgary finished the regular season with a 36-26-5-1 record, securing the final divisional playoff position during the final stretch of the regular season, beating out rivals, such as the Medicine Hat Tigers, by two points in the wild card standings.

Led by captain, leading scorer and Hitmen player of the year Mark Kastelic, the Hitmen began to find the win column more often as the season dwindled down, picking up 20 wins at the turn of the calendar.

Goaltender Jack McNaughton was thrown into the fire and came out standing tall as the Hitmen rookie put up a 25-14-3-1 record with a 0.888 save percentage and 3.25 GAA. He is the first Hitmen rookie since 1990 to put up 25 wins in his first season.

Calgary rode a long four-game losing streak heading into the playoffs, be it against

the top two teams in the Central Division.

The Hitmen hosted the Edmonton Oil Kings in the final game of the regular season on Sunday March 17, at the Scotiabank Saddledome to conclude the rollercoaster season.

The Hitmen came off a 6-1 loss to the Oil Kings in Edmonton the night before and were looking to bounce back against their provincial rivals, who will enter the playoffs as the Central Division champions.

Riley Fiddler-Schultz opened the scoring for the Hitmen in the first period, but the Oil Kings bounced back with a pair of powerplay goals in the second. An empty netter with 25 seconds left sealed a 3-1 victory for the Oil Kings.

Despite the loss, the Hitmen are now focused on their first round playoff matchup with top contender the Lethbridge Hurricanes.

The Hurricanes finished second in the Central Division, only one spot ahead of the Hitmen. However, the Hitmen struggled against Lethbridge

all season, going 1-5 against the Hurricanes.

Hitmen head coach Steve Hamilton believes that the regular season results don't matter once the playoffs begin.

"I've coached teams that have had tremendous success against teams in the regular season, and had no success in the playoffs, and been in the exact reverse," says Hamilton. "It really is a reset in every sense of the word. At this point, we can't be concerned with what happened."

Hitmen forward Kaden Elder knows that the team has the ability to keep up with the Hurricanes in the playoffs.

"They're a fast team, but we're just as fast. We're definitely at their caliber. If we work hard, good things will come to us. We're a young team, but we know how to play," says the graduating 20-year-old forward.

Game one of the series starts on Friday March 22 in Lethbridge. The series returns to Calgary for games three and four on March 26 and 28.

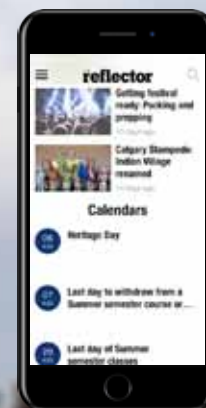


Rookie goaltender Jack McNaughton put up the first 25-win season since 1990 for the Hitmen, being a huge part in the second half turnaround that saw the Hitmen win 20 games in 2019. Photo by Jackson Reed



Calgary finished the season just above the conference's wild card playoff race, finishing two points ahead of rival Medicine Hat. Despite the rough stretch against the top-two in the Central Division to end the season, the Hitmen are confident in their ability to play with the best starting with Lethbridge next week. Photo by Jackson Reed

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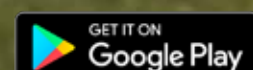
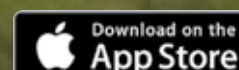


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One-on-one with MRU international student Joao Freire

Cougars volleyball player details transition from Brazil to MRU

Dan Khavkin

Sports Editor

Originally from a small town that's six-hours away from Rio de Janeiro, Brazil, Joao Freire has had quite the journey on his way to Mount Royal.

Playing a lot of soccer in his early days living as a kid in big-city Brazil, Freire ended up finding his passion for sports that he carried through life so far.

"I'm from Brazil, everybody plays soccer when they grow up," he says.

Freire started to play volleyball at the age of 11. He joined his local club just to see his friends more often after school but he began to fall in love with the sport and began play at a more serious level.

He moved to Canada in August of 2017 after a best friend began to attend school at Medicine Hat College a year prior and put in a word to the volleyball coach there.

"I just wanted to live something different, have a life experience. I did not want to play professional volleyball anymore," he recalls.

He began an English degree in Medicine Hat in order to jump-start his ability to learn the language.

After one year playing for the Vipers in the ACAC, Freire was contacted by MRU head coach Shawn Sky.

"He contacted me on Facebook and Instagram and saw me play and asked me to play for him and the Cougars," Freire remembers.

He ended up making the jump this past summer as a second-season eligible player.

Freire says, "I moved to MRU because of how close it is to Medicine Hat ... Living in Calgary makes me feel

more at home because I grew up in a big city, I'm used to it.

"Here you have more things to do as well. In Medicine Hat, everyone goes to the same place where here, there's more option, more people ... There's traffic!" he says smiling.

"I want to be a big contributor for our team in Canada West and nationals if we make it."

That he did, as the first-year Cougar was one of many stars on this year's volleyball team that had its most successful in school history, finishing 15-7 in the regular season and making it to the Canada West semi-final and the national quarter-final.

"I like the small classes just because my English isn't the best yet so I can talk to professors more often and stuff. I can express my ideas in class a lot."

Freire says his life is very busy. On top being a top-level volleyball player and being a top performer in the classroom, he got a part-time job working at the recreation desk outside the MRU gym to cover living expense.

"It helps me a lot with my English. I work there and people recognize me sometimes and talk to me. They'll say like 'oh I've seen you before, what's up?'" Freire says.

Freier says he actually doesn't face many hardships in life and considers his life not to be lived in any other way.

"My life like other people's, it's super busy. I live alone so I have to cook for myself and pay for my own rent,"

"I like living in Canada. The weather is the only challenge for me."

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