

# the reflector

FREE  
March 7, 2019  
[www.TheReflector.ca](http://www.TheReflector.ca)



**SAMRU  
elects new  
representatives  
after another low  
voter-turnout  
(Pg. 3)**

**Discover  
how sexual  
violence  
affects  
survivors  
(Pg. 6)**

**What did *Split*  
get right about  
dissociative  
identity  
disorder?  
(Pg. 7)**

**Historic  
men's  
volleyball  
season still  
alive  
(Pg. 10)**

## Women in leadership during a time of disruption

*The event is designed to celebrate women in leadership and to help develop leadership skills*

### INTERNATIONAL *women's day*

#### *Women in Leadership During a Time of Disruption*



On International Women's Day, MRU will be hosting an event to celebrate women in leadership, which will see guest speakers and seminars about celebrating and developing leadership skills. Graphic by Ryleigh Kampman

#### **Ryleigh Kampman**

Contributor

Navigating the workplace as a woman has its own unique challenges.

The Bissett School of Business at Mount Royal University (MRU) is hosting a conference where Calgary leaders can come together to inspire future leaders to navigate the workplace and business world — both as innovators and as women in a time of marketplace disruption.

Event organizer Rachel Pettigrew, an assistant professor at the Bissett School of Business at MRU says, “We’re really excited, we’ve been planning this event for three to four months now.”

The event, which is sponsored by Chevron and ATB, is free to current full-time MRU students. The event costs \$25 for alumni and for any others who would like to attend. It will be hosted at Ross Glen Hall from 10 a.m. to 3 p.m. on March 8.

Pettigrew encourages students to attend, “Make sure you register,” lightheartedly adding, “bring five friends, too!”

The event is geared to address a changing dynamic in a business where disruptive innovations change the market so drastically that the old innovations can no longer compete. Such disruptors could be what Uber is to taxis. As well, the development of new and upcoming tech and artificial intelligence possibilities.

Pettigrew says these are just a few of the topics that are going to be discussed by panelists and keynote speaker, Denise Man, who is head and senior vice president of Digital Transformation at ATB. The former U of C graduate will be speaking to relevant topics, as well as her personal career, journey and various successes.

The day will start with Man’s keynote presentation

and then filter into a breakout session. The breakout session will offer five to six workshops and an opportunity to do three of those within an hour and a half.

“The workshops will cover topics such as managing stress and burnout as well as things such as knowing your employment rights,” says Pettigrew. She adds the workshops address career tools to help students move into their career, advice about grad school and gender in the workplace.

Dr. Kimberly Williams, a Women’s and Gender Studies professor at MRU says, “the notion of having people there in the fields that you want to go into is a hugely valuable experience. Women don’t often get to see ourselves in leadership roles explicitly in that way. I think it’s a really great opportunity to make that happen.”

The workshops will be followed by an hour and a half panel discussion. The audience will hear from MRU alumni Kylie Woods, founder and executive director of Chic Geek. As well, Dr. Amanda Williams, MRU’s very own assistant communications professor, Paula Blackmore-White, manager of people development at Benevity, Dr. Nadine Pearson, a petroleum geoscientist with Chevron Canada Resources and Jake Stika, the executive director and co-founder of NextGen Men and Equity Leaders.

Williams says that she’s excited for participants to hear from panelists who work in traditionally male-dominated fields such as tech and law. She goes on to say, “We’re very underrepresented in those fields so it’s kind of cool to have role models come in and say, ‘Hey you, you can do this,’ ... It’s really cool.”

Williams recalls, “It’s a really exciting thing that they’re doing. I’ve been here 10 years and it’s not been done in my time here.

“You know best case scenario you get to meet all these great people and have really cool experiences and hear really fun stuff,” says Williams. “And worst case scenario is you hear something you don’t like and be like, ‘Well I won’t be doing that with my career, or I won’t do that when I’m in a position of leadership or maybe even that really works for me’ right?”

Williams also stated, “I’m also hoping that they will open it up intersectionally to think about gender non-conforming folks. Women in the workplace face particular kinds of challenges, but then gender non-conforming folks face different kinds of challenges [that are] still related to gender.”

# SAMRU election results

**Nathan Woolridge**  
News Editor

On March 1, 2019 the Student Association of Mount Royal University (SAMRU) announced the newest members of the 2019 Representative Executive Council. These representatives were elected by only 6.8 per cent of eligible voters at MRU. According to SAMRU, the votes for the various positions for the 2019 council looked like this:

## President

Shayla Breen (Elected)  
Votes: 515  
Matt Mickelson  
Votes: 210

## Vice-President Academic

Nathan Lawley (Elected)  
Yes: 544  
No: 103

## Vice-President External

Luc Carels (Elected)  
Votes: 350  
Meri Topchieva  
Votes: 318

## Vice-President Student Affairs

Kainat Javed (Elected)  
Yes: 552  
No: 104

The new president, Shayla Breen, was recently the VP of Student Affairs for 2018. Breen says, "For myself, this has been 2.5 years in the making. I am so humbled by how many people believed in me and helped me to get here. I am ecstatic for the year ahead with my team."

This year, the ballot also involved a plebiscite question:

"Do you support SAMRU working with the World University Service of Canada (WUSC)'s Student Refugee Program in order to sponsor and support student refugees to come to Mount Royal University?"

545 students voted yes and 126 students voted against the plebiscite question and initiative.

This year saw a slightly higher voter turnout than last year. In 2018, about 6 per cent of eligible students voted. This year, the voting was just shy of reaching 7 per cent of eligible voters. According to SAMRU, 11,393 students were eligible to vote, but only 781 actually took the time.

## THE REFLECTOR

Issue 8, 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  
**Sports Editor:** Dan Khavkin  
**Photo Editor:** Sam Nar  
**Layout Editor:** Andi Endruhn  
**Web Editor:** Nathan Kunz

**CONTRIBUTORS:** Isabelle Bennett, Ryleigh Kampman

**STAFF WRITERS:** Riggs Zyrille Vergara, Alec Warkentin

**COVER:** Illustration 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.

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

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

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

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

Contents are copyright © 2019. No material may be reproduced without express written consent.

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

### the reflector

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

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

# How to vote in the upcoming provincial election

**Nathan Woolridge**  
News Editor

Alberta will be having a provincial election this year that brings a lot of significance. In Alberta's political history, the province has always elected majority governments and it always elects dynasties.

This election will see a hard-fought battle between Rachel Notley's New Democratic Party and Jason Kenney's United Conservative Party.

There are also many issues at stake this election. There are concerns over building pipelines, creating jobs and even the rights of the LGBTQ+ community. These, among others, are some of the factors that will be present in the leadership debates and election.

In 2015, the NDP took the PC party by storm after ending their 44-year reign of Alberta. To some, it was a shocking outcome, which saw a voter turnout of 57 per cent of eligible voters.

## When will the election happen?

It really is hard to say when the election will be called. But, the election does have to be within a three-month period, which begins on

March 1 and ends on May 31, 2019. This is why it is important now to register to vote, do some research and begin to prepare for the upcoming election.

By the time you're reading this an election day may or may not be set, so it is important to keep informed about what's happening in regards to the election.

What we do know is that once the election day is set, polling stations will be open from 9 a.m. to 8 p.m.

## Why do we vote?

In Alberta, we vote representatives called Members of the Legislative Assembly (MLAs). Most of these representatives belong to political parties. The parties who have the most elected MLAs will form the provincial government.

The role of an MLA is to make decisions regarding policy and pass laws for the province. It is important to vote because MLAs work to make decisions that affect all Albertans.

It is important to do research to find a political party and MLA in your area that shares common needs and interests to your own.

## How to vote

To vote in Alberta, you need to be:

A Canadian citizen  
18 years of age or older  
Ordinarily resident in Alberta

## You need the proper identification

"You can provide one piece of government-issued ID containing your photograph, your name, and current address (such as your Drivers Licence or Alberta Identification Card). Or, if you cannot provide government issued ID, you must provide two pieces of authorized ID. Both must have your name. One must have your current physical address."

Graphic by Nathan Woolridge

Source: Elections Alberta

## How do you vote?

According to Elections Alberta, "There are roughly 2,615,000 people in Alberta who are registered to vote in a provincial election."

So, how can you vote in the upcoming provincial election?

To be eligible to vote, you must be a Canadian citizen who is at least 18 years of age. You must also be an ordinarily resident in Alberta.

Elections Alberta describes what an "ordinarily resident" means. Ordinarily residence refers to the notion that "a person can have only one place of ordinary residence to live and sleep."

"When the person is absent from it, the person intends to return; and when a person leaves Alberta with the intention of becoming ordinarily resident outside Alberta, the person's ordinary residence in Alberta ceases."

Voting in the election does require you to use proper identification. You can view what identification is acceptable on Election Alberta's website. The most common use of identification is your Alberta-issued driver's license.

You can even register to vote online at Elections Alberta to make the election day process much easier.

## YOUR STUDENTS' ASSOCIATION



GET OUT THE

**VOTE**



LET'S GET OUT THE VOTE. **SIGN THE PLEDGE.**  
[www.gotvab.ca](http://www.gotvab.ca)



STUDENT HEALTH & DENTAL PLAN

**OPT-OUT**

ALL OPT-OUT CHEQUES ARE NOW  
AVAILABLE FOR PICK UP!



**Town  
Hall  
Series.**

**Your chance to discuss  
important issues  
with campus leaders.**

January 23 & March 13 - Wyckham House Bowl  
12pm-1pm. FREE SNACKS!

Visit [samru.ca/Townhall](http://samru.ca/Townhall) for more information.



@samrubuzz



@samrubuzz



@mysamru

[samru.ca](http://samru.ca)



## Aftermath: A sexual violence survivor's relationship without disclosure

*An introspective look into the relationships of sexual violence survivors without the openness of disclosure*

**Riggs Zyrille Vergara**

Staff Writer

In a 2015 study by the 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 is 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 providing more focus to 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.

"Russ" was only 10 years old when his older brother stripped him and repeatedly bludgeoned the back of his thighs when Russ said 'no'. He was molested by his own brother at their own home. It took him more than two years to say that word — 'no'. But the abuse continued, without anyone knowing about it even years after. Now a 20-year-old Open Studies student at MRU, Russ navigates his life anxious around sweaty bodies inside gym locker rooms, afraid of the company of his uncles and cousins and agitated at the first move of any potential romantic partners.

Russ, who has chosen to use a pseudonym, did not speak to anyone about the incident until he was 18. He, like most survivors, suppressed his trauma by moving away from his brother. His anger and depression subsided. Kitchener-Waterloo Sexual Assault Support Center calls this the "outward adjustment stage" which can go from months to years. But it is only after that stage, called the "integration phase," that survivors can experience the long-term effects of trauma like re-living the attack, nightmares and more importantly, problems with relationships.

"When I tried to have sex for the first time after all those

years, I cried in the middle of it. All of my horrible childhood memories suddenly came rushing back," Russ explains.

Past trauma can significantly affect a survivor's current and future relationships, especially when the people around them are not aware of the incident. A survivor should have the right if and when they want to reveal their stories. But as its symptoms can arise unpredictably, it's important for the survivor to be informed of what is happening to them and how it can affect their relationships.

### Distorted beliefs

*Treating the Trauma Survivor*, a guide book about trauma-informed care, points out that when a person experiences trauma or abuse, there are five areas of belief about one's self and the world that will most likely be distorted. Survivors distort these beliefs — safety, trust, esteem, intimacy and control — to make sense of the abuse. With the awareness of how these beliefs are disrupted and how they could be regained, people who have experienced sexual violence might develop their own ways to address their problems in relationships.

A survivor can manifest disbelief in safety through the need to have extreme measures of safety like sleeping with a



The Aftermath series explores the effects of sexual violence on survivors.  
Graphic by Riggs Zyrille Vergara

weapon nearby and avoiding situations connected to their past trauma.

"I'm constantly in this state of hyper-awareness and aggression, and I don't want to spend the rest of my life like that. I want to be able to relax and walk the streets without that kind of threat in my mind," says 40-year-old actor and performer Imogen Butler-Cole in *The Independent*, who has a solo stage show about life after sexual assault called *Foreign Body*.

Disbelief in trust can be very common with perpetrators being a trusted person like family members or friends. Statistics Canada reported that 31 per cent of police-reported

family violence against children and youth are sexual offenses.

"When I'm reunited with male relatives, it makes me so uncomfortable to be around them in closed spaces," Russ recounts.

Psychotherapist Beverly Engel points out in her *Psychology Today* article that one of the main reasons why some victims don't come forward sooner is low self-esteem. One of her clients said that the assault was a turning point to using drugs and engaging into party group sex. Her client tells Engel, "What have I got to lose? I just stopped caring about myself." Engel reports that, "Little by little, acts of disrespect, objectification

and shaming whittle away at her self-esteem until she has little regard for herself and her feelings."

Rape Crisis Scotland reports that intimacy and sexual activity are also gravely affected by sexual violence. Survivors have different reactions. Some may no longer enjoy sex in the way they used to. Some react by having more sex or rushing into sex because they think that that's what people want from them or to prove something to themselves. For Russ, it was being very sensitive to touch. Unsolicited actions of intimacy like hugs, strokes or pats can be triggering to him.

The World Health

**Continued on Pg. 6**

**Continued from Pg. 5**

Organization states that “the underlying factors in many sexually violent acts are power and control, not, as is widely perceived, a craving for sex.” They emphasized in their guidelines for medico-legal care for victims of sexual violence that perpetrators use it to degrade, dominate, humiliate, terrorize. This generates

“learned helplessness” — a concept originally developed by the research of psychologist Martin Seligman and Steven D. Meier that says when people feel like they have no control over what happens, they tend to simply give up and accept their fate.

**Starting point**

Knowledge of these beliefs

greatly helped Russ recognize how some terrible situations in his life can be tied back to his trauma. He felt assured that by the time he decides to face formal treatment and counselling, his recovery will be something possible through the development of these beliefs that he had pushed away.

The distortion of these beliefs can look different in

each survivor. Others may have difficulty in only some of the five. As many psychologists have mentioned, survivors forge their own paths of healing depending on their experiences and situations. It’s important to note that these kinds of help, even without their disclosure, must always be available. What should be prioritized is when and where they feel most

comfortable.

Being armed with these kinds of information, having the feeling of recognition and knowing that some had succeeded in their healing after trauma can be great starting points for any survivor, especially when they are not ready to reveal their stories yet.

# Instagram poets speak to a new generation of readers

*The role and impact of poets are being recast in cyberspace*

**Isabelle Bennett, Sam Nar**

Contributor, Photo Editor

Traditional poetry is losing presence in a society overtaken by technology. But a new generation of poets are taking advantage of new technology like Instagram to share their work and communicate with fans.

Jillian Dez, a Calgary poet behind the Instagram account @fromsaltandsea, is one of many authors making the transition.

“I had this library of so many pieces, and I thought, ‘what am I doing if not sharing it with the people?’” says Dez.

“It was terrifying, it was exhilarating, it was rewarding. I share a lot of my life on social media so ... it almost felt like I was naked in front of everyone.”

Dez began posting her writing on social media in early January of last year and already has more than 900 followers.

“Poetry has always been a huge ... way to connect with people. I follow a lot of other poetry accounts, and I thought, ‘maybe if I share my poetry with others, it will be beneficial to my own journey as well as someone else’s.’”

Digital technology is revolutionizing written art, Dez says, with poets creating short, reactive poems that are easy to like and share through popular social media platforms.

And Dez isn’t alone in her belief.

Jenny Vuong, a student at MRU, is an avid fan of digital poetry. She follows Instagram



**Social media has become a medium for (left to right) Jillian Dez, Najwa Zebian and Nicholas Desrosier to showcase poetry. Photos by Isabelle Bennett and courtesy of Najwa Zebian**

authors like @vav.ava and Lebanese-Canadian writer, Najwa Zebian because of the convenience.

“I would say online poetry is becoming a trend because it’s a way for people to express themselves, especially when everyone invests so much time into their phones,” Vuong says.

“Technology makes poems more available to everyone as well as making it easier for people to become poets themselves.”

Nicholas Desrosier, a Calgary writer known on Instagram as @dashboardstargazing, is an example of a fan turned self-poet.

“I’ve always loved writing. When I first started, ... I thought poetry was just these abstract, complicated paragraphs almost, but they’re just sentences,” says Desrosier.

“They hit people so hard, and it can change someone’s life. It can motivate them and create a feeling. I thought that maybe I

could do that too.”

Richard Harrison, an English professor at MRU and winner of the Governor General’s Award for English language poetry, says a poet’s art is a lot harder than it sounds, regardless of the medium.

“Poetry is the best words in the best order,” Harrison says, quoting American poet, Stephen Dobyns.

“You’re not just looking for one or two words that say exactly what you want to say. You’re looking for how to order them so ... you can hear them with your eyes.”

Digital poets find ways to express these words uniquely despite using common digital tools.

For example, Dez consistently posts images of typed words on a blue background while Zebian shares personal photos, videos and text with over 800,000 followers on her Instagram account, @najwazebian.

Zebian, digital poet and

author behind traditional poetry books, *Mind Platter*, *The Nectar of Pain* and *Sparks of Phoenix*, explains that poets are not only writing for other people — they are also writing for themselves.

“I’ve discovered the power of giving myself a voice — by listening to myself first, before waiting for someone to ask how I’m doing,” says Zebian in a phone interview.

Zebian focuses her poetry on empowerment, authenticity and community.

Her values make it difficult for her to acknowledge her fans as “followers”, despite this being the term Instagram uses.

“I don’t see them as people who just blindly walk behind me and back me up no matter what I do,” says Zebian.

“They are walking this journey with me; they are not following my journey.”

Zebian compares her work to climbing a mountain.

“The struggle [of life]

elevates you somehow just like climbing a mountain elevates you,” says Zebian.

Although sharing her words on social media was initially “terrifying,” Zebian was confident in her message to persevere regardless of the type of feedback she received.

“For every person who thinks ... that social media is the wrong place ... to expose my vulnerability, there are 100 people who are saying ‘thank you for telling me that I’m not alone,’” says Zebian.

Zebian’s success suggests poetry has a bright future.

She says that we express ourselves using poetry more often than we think.

“When you tell someone that you love them, when you try to explain yourself to someone and express your feelings — that’s all poetry.”

Now, this can all be done digitally. With the power of mobile devices and their influence over the masses, poetry is tapping into a wider audience than ever.

“No matter what you do, you will always find an audience. Whatever you do, you will always have someone who listens to you,” says Desrosier.

But the future of poetry is both something new and nothing new at all. According to Harrison, poetry isn’t dying, it’s just changing.

“Every art form responds to the overarching dialogue of its time.”

# Understanding dissociative identity disorder

*Split paints an unrealistic picture of those living with the disorder*

**Karina Zapata**

Arts Editor

*Split*, directed by the award-winning M. Night Shyamalan, came out in 2016 and was all the craze, enveloping the internet with countless memes involving Ms. Patricia acting as their drunk selves. However, anyone who watched the movie knows that *Split* was written entirely around the controversial mental disorder, dissociative identity disorder (DID), previously known as multiple personality disorder.

In the middle of January, *Glass*, a sequel to *Split* and *Unbreakable* starring Bruce Willis was released in Canada. The film occurs three weeks after the ending of *Split* when the Beast murdered the two young women Dennis kidnapped and was left in control of the Horde. In *Glass*, the three main characters — Kevin from *Split*, David from *Unbreakable* and Elijah, the mastermind with brittle bone disease — are put into a psychiatric research hospital to help scientists understand their gifts.

However, there has been plenty of backlash in regards to Shyamalan's work with DID in *Split*. Many people, including experts, have said that Kevin's experiences in the film aren't representative of the disorder. Of course, the director of *Split* exaggerated

the symptoms and signs of DID to unwavering lengths for dramatic effect. However, *Split* was likely the first time that many encountered the disorder and watched the impacts of it so closely. Because of this, the image that was put out into the world about DID is potentially dangerous.

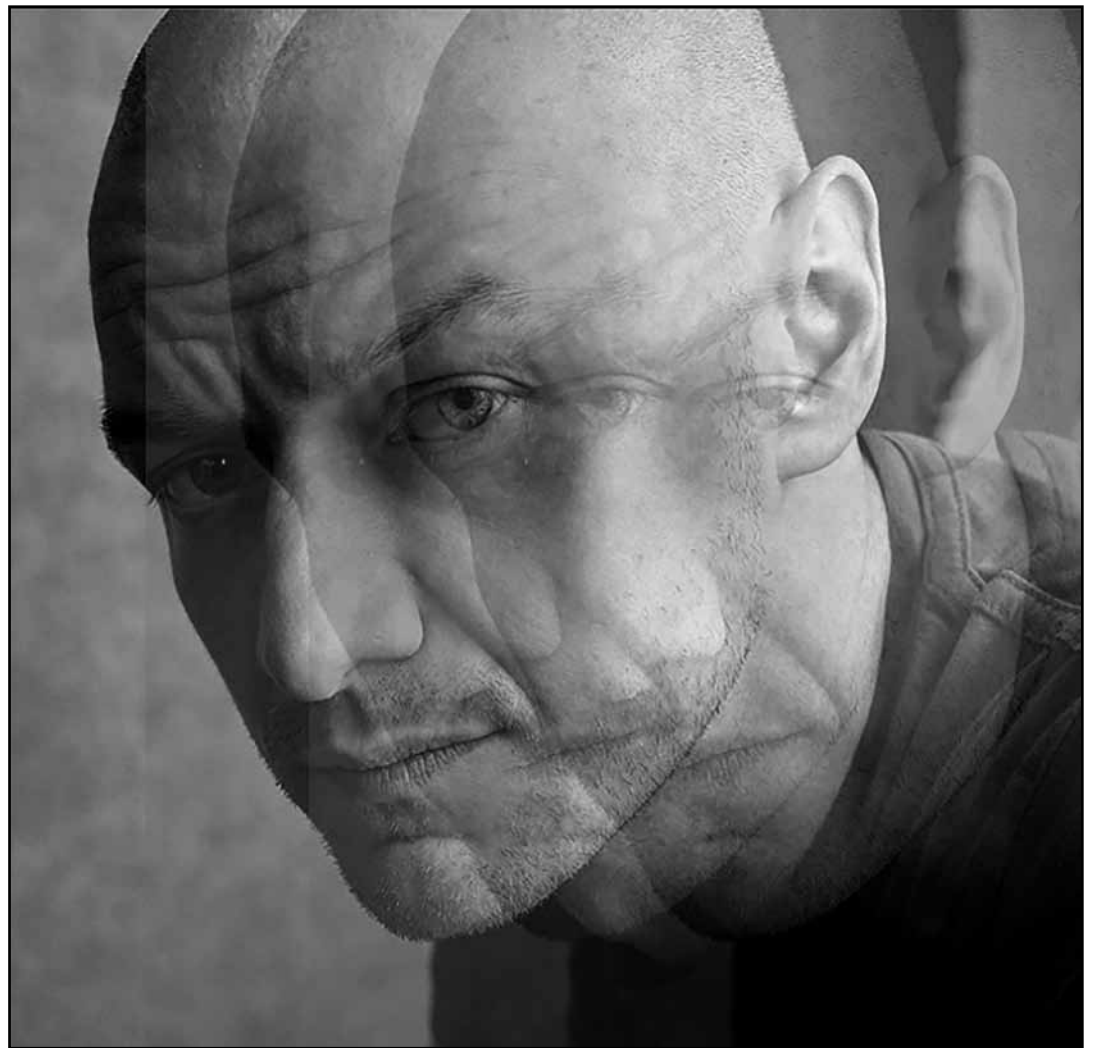
But in light of recent events, like the release of *Glass*, it's time to examine: what exactly did Shyamalan get right about DID in these films?

## Quick *Split* recap

In case you don't remember, let me break it down for you. In *Split*, the main character Kevin Wendell Crumb, had 23 other personalities. These other personalities were Barry (a fashionista who regularly visited a therapist), Dennis (the kidnapper), Ms. Patricia (an elderly lady who looks after all the personalities), Hedwig (a 9-year-old boy), Jade, Orwell, Heinrich, Samuel, Mary Reynolds, Ian, Norma, Mr. Pritchard, Luke, Goddard, Bernice, Polly, Rakel, Felinda, Ansel, Jalin, Kat, B.T. and last but not least, the Beast.

Altogether, the 24 personalities made the Horde.

In the film, Kevin's "strongest" personality is the Beast. The Beast is a



The film *Split*, focused on dissociative identity disorder, was released in 2016. Photo courtesy of James McAvoy on Instagram, photo illustration by Karina Zapata

monster serial killer who is stronger than normal humans, climbs on walls and eats the flesh of young, impure girls. Throughout the entire film, you are able to see the Beast coming to life

through the beliefs of the other personalities — Ms. Patricia speaks about him like a character in a fairytale and Dennis kidnaps the three girls to bring the Beast closer to the light.

## What did *Split* get right about DID?

In *Glass*, the Beast mentions that he was created to protect

**Continued on Pg. 8**

## OUT'N ABOUT

### TV Binge-Watchers Club: *The Handmaid's Tale*:

On March 12, give yourself a quick recap of *The Handmaid's Tale* before its third season premiere in April. Wordfest welcomes you to Memorial Park Library to chat your frustrations out.

### Adults Only Night: Circus! After Dark:

On International Pi Day, March 14, join Telus Sparks on a circus-themed Adults Only Night. What's better than a pie-cannon launch, high-wire walks and clown-egg painting on a Thursday night?

### The Black & White Ball:

Celebrate the return of Decidedly Jazz Danceworks' annual fundraiser at the Fairmont Palliser on March 16. Show up in black and white and be ready for an evening of dancing and a silent auction.

### Femme for All:

Celebrate International Women's Day on March 8 at Memorial Park Library for a free day of visual art, film, music and a panel about women in music.



**Continued from Pg. 7**

Kevin. In the case of many people living with DID, this is true — their alternate selves (also named alters) are created to protect themselves from traumatic events or triggering experiences.

Like Kevin, this trauma often stems from their childhood. Kevin was physically abused by his mother which is when the dissociation emerged. Dissociation, or the state of being disconnected from body and mind, is something that most people experience on a day-to-day basis. For most people, this looks like daydreaming or letting your thoughts wander. But for people living with DID, dissociation is something else entirely.

In a 2009 study about DID, Paulette Marie Gillig states, “In general, practitioners who accept the validity of DID as a diagnosis attribute it to the effects of exposure to situations of extreme ambivalence and abuse in early childhood that are coped with by an elaborate form of denial so that the child believes the event to be happening to someone else (perhaps starting out as an imaginary companion).”

This is why most people living with DID have one or more child personalities.

When a person living with DID gets an alter to “take over” for them (or as stated in *Split*, “take the light” for

them), the alter then holds the memory. This is depicted through the scene in *Split* in which Kevin’s therapist meets Dennis for the first time and, when asked about the childhood trauma that Kevin experienced, Dennis becomes defensive and emotional as if he experienced the abuse himself.

Shirley J. Davis, a blogger who writes about her experiences with DID, said in a blog post that she has hundreds of six-year-old child alters but a three-year-old child alter named Mary Ellen sticks out to her the most.

She explains, “Child alters are you formed and trapped at different ages in trauma-time (the actual time that a traumatic event occurred.) For instance, Mary Ellen developed when I was around three and holds all the memories of traumatic events that happened at that time in life.”

**Change in body chemistry**

Another interesting thing about DID that *Split* got right was the changes in body chemistry between the alters. One of Kevin’s personalities, Jade, has diabetes when none of the other alters or even Kevin himself has diabetes. Jade takes insulin to keep her blood sugar levels steady — Kevin does not.

This is something that has been spoken about for years. In 1985, Daniel Goleman with

the *New York Times* wrote about a man named John who had DID, at the time called multiple personality disorder. Goleman focused on the changes in body chemistry between the alters, bringing in Dr. Bennett Braun, former director of a unit treating multiple personality disorder in Chicago.

Braun spoke about different cases with his patients living with what is now DID. One of his patients had a personality who was colourblind for blue and green and, with proper treatment, eventually was no longer colourblind. Another patient had some personalities that were allergic to citrus while his other personalities were not.

“Some multiples carry several different eyeglasses, because their vision changes with each personality,” added Braun.

Of course in *Split*, the Beast’s superhuman strength and bulletproof skin is a play on the riveting aspect of this disorder. It shows how people living with DID can change their body chemistry to what they believe in and what helps manage their trauma.

However, if there’s one thing to remember, it’s that *Split* is an unrealistic take on DID. People living with DID are normal human beings whose brains took severe and repeated trauma and turned it into ways to survive through dissociation; they are not monsters.



**Tasmania**  
Pond  
Spinning Top  
Records  
**Score: A**

Constantly peaking and dropping with reverb wrapped vocals and cutting synths, Australian psych-rock elites Pond create an atmosphere of dizzying cosmic-soundscapes on *Tasmania*.

Often more of an overarching feeling rather than a collection of standout tracks, *Tasmania* excels in finding climaxes through all-in strikes of instrumentation. Opener “Daisy” sets the tone for the 48-minute rollercoaster, swelling with strings before dropping into a funk-fuelled groove complete with dancing drums and bass.

On “The Boys are Killing Me,” Pond is at their best, dropping in and out of a waving chorus that strikes with confident vocal croons and heavy weaving synths. Any

comparing qualities to fellow Australian heavyweights Tame Impala is no accident, with the bands sharing many of the same members, with Impala frontman Kevin Parker taking producing credits on the album as well.

Where Tame Impala may be more inclined to find refuge in the safety of proven formula, however, Pond is more likely to step out into untested grounds of zero gravity atmospheric arrangements, making them a must-listen for anyone itching for a further dive into the psychedelic landscape introduced by their brother band.

- Nathan Kunz

**After its own death/  
Walking in a spiral  
towards a house**  
NIVHEK  
YELLOWELECTRIC  
**Score: A-**



In terms of contemporary experimental output, Grouper’s Liz Harris is virtually unmatched.

Reaping the acclaim from a slew of stunning records — 2013’s *The Man Who Died in His Boat*, 2014’s *Ruins* and last year’s *Grid of Points* — the choice to release now under a different name, Nivhek, is both surprising and, in a way, reaffirming.

This four-part ambient epic — heavy on clicks and reverberating electronics —

does not disappoint, but for those expecting the quasi-indie affectations of Grouper-proper may feel that way.

It’s an album meant to play across a brutalist dystopia. It’s cold and echoing — like fog emanating from the mouth of a cave. For those that are patient, it’s worth the listen — 59 minutes spaced out in the ether — but don’t expect too many surprises in the mist.

- Alec Warkentin

# Let’s talk about periods

*Oscar-winning documentary, Period. End of Sentence., is opening the conversation*

**Karina Zapata**

Arts Editor

We have all heard stories of women in developing countries whose lives are turned upside down the minute they get their periods. But the Oscar-winning short documentary, *Period. End of Sentence.*, brings that reality to life.

The film directed by Rayka Zehtabchi and produced by Melissa Berton demonstrates the difficulty of menstruation in Hapur, India. *Period. End of Sentence.* showcases how debilitating and life-altering periods can be for women in countries with

very little resources during menstruation.

Often, in developing countries, women don’t have access to sanitary napkins, tampons or menstrual cups. Instead, like demonstrated in the

**Continued on Pg. 9**





***Period. End of Sentence.***, released in 2018, won best short documentary at the 2019 Oscars. Photo courtesy of *Period. End of Sentence.* Instagram

### Continued from Pg. 8

film, they use old cloths that soak through easily, causing major discomfort. Sometimes, women are too embarrassed to clean or dry their cloths, putting their health at risk by re-using dirty rags.

Additionally, it's not uncommon for women to drop out of school once they get their period.

But in a conservative country like India, it isn't only a lack of resources that women have to struggle with. One major hardship women face once they hit puberty is the significant stigma surrounding menstruation.

"We don't pray to any of the gods during our periods," said a young girl in the film. According to her elders, the prayers of women on their periods aren't heard.

As the film progresses, it becomes more hopeful. A man named Arunachalam Muruganantham recognized women's issues surrounding menstruation and used his entrepreneurial skills to create a low-cost sanitary pad-making machine.

But it gets better — he then teaches women in

the village how to use the machine and allows them to take over, making profit from creating and selling efficient sanitary napkins.

In her acceptance speech for best short documentary at the Oscars, director Zehtabchi sobbed, "I can't believe a movie about menstruation just won an Oscar!"

But unfortunately, menstruation isn't always a hopeful topic for women across the world.

In an interview with *Refinery29*, Zehtabchi explains the taboo behind periods in India, discovered by hundreds of surveys done to understand the stigma.

"When a girl hits puberty and starts to menstruate, she ultimately blossoms into a woman, and then becomes a target for sexual assault or harassment," explains Zehtabchi. "What parents try to do is keep it hush-hush, so that when a girl menstruates, no one is really aware."

A study titled, "Childhood Abuse and Age at Menarche" published in *The Journal of Adolescent Health* found a link between sexual abuse and early onset of menstruation.

The study reported a 49 per cent increase for early onset menarche (starting their period at an early age — prior to 11 years old) in women who reported childhood sexual abuse.

'Hidden in Plain Sight', a report published by Unicef about violence against children, shows that in all, 42 per cent of Indian girls face sexual violence before they become an adult.

Thus begins a vicious cycle.

While sexual violence isn't addressed in *Period. End of Sentence.*, the stigma surrounding menstruation makes you wonder: What societal systems in place are making it difficult for girls and women to function on the weeks of their period?

The film works with The Pad Project, a non-profit corporation in California, to raise funds and awareness for women who are devalued by their periods. There are similar projects throughout the world, including The Pad Project Africa which has the same mission for women in Africa.

All in all, *Period. End of Sentence.* has been hugely successful because periods affect females across the

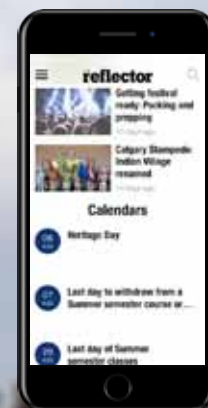
globe.

On The Pad Project's website, they state, "When a girl gets her period in the United States, she may miss a class. When a girl gets her period in a developing

country, she may never go to school again.

"A period should end a sentence, not a girl's education."

### The Reflector Newspaper app available now in your favourite app store



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

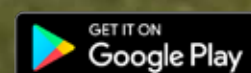
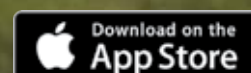


Photo graphic by Rafael Fernandez - Own work, CC BY-SA 4.0, <https://commons.wikimedia.org/wiki/File:Pixelart-512-626>

# sports

## National title hopes still alive for MRU men's volleyball team

*Historic season still has another chapter left*

**Dan Khavkin**

Sports Editor

Cougar Athletics saw its most historic run in school history hit a bump in the road last weekend as MRU's men's volleyball team were swept at the hands of the best volleyball program in the nation, the Brandon Bobcats in the Canada West semi-final.

Despite the hopes of a conference banner being cut off, MRU's post-season is still alive.

USPORTS week 24 rankings show the Cougars sitting fourth place. Pending that ranking holds heading into the weekend, MRU would officially be one of two schools within the top six to qualify to the national playoffs next week.

Heading into the Canada West playoffs, MRU finished their season 15-7 and peaked as high as second in the national top 10 rankings from the second weekend of the season.

MRU sat consistently well within the top five and struck fear down its opponents back every weekend as a team to beat.

After getting handed their first and second losses of the season in the second weekend of play, MRU went on an 11-1 tear before getting plagued by injury and losing its brightest stars in a star-studded roster.

Both fifth-years, outsider Tyler Schmidt and setter Tanner Graves fought through injury in the latter half of the winter semester that also saw the Cougars drop in form as they finished the season 2-4 after the monstrous run.

On the backs of veterans carrying the load along with the contributions from keynote additions, MRU finished fourth in the formidable Canada West conference that saw eight of the national top 10 programs come from the West Coast with the Cougars finishing the season in fifth to mark their best regular season since joining the university level seven seasons ago.

The Cougar program's accolades began to slowly pile on one another. On top of finishing with an impressive 15-7 record in Canada's toughest conference, the Cougars hosted the first ever USPORTS playoff match on home court.

"There's a lot of pride. We had so many milestones this year coming off a rough season last year. Our veteran core have done what they have done and to watch a number of keynote additions thrive the way they have has been a lot of fun," says head coach Shawn Sky.

Despite the back-to-back losses in the final weekend of play to the Saskatchewan Huskies, another important moment in the program's history was made as Schmidt became Canada West's number one leader in all-time points and kills.

In the quarter-finals, both teams drew each other for a rematch just one weekend apart but it was the Cougars who put on a dominating display on home-court and swept the 12-10 and no.8 nationally ranked Huskies

to advance into the semi-final and be two wins away from securing a spot at nationals.

The nation's number one team in the 20-2 Brandon Bobcats played hosts to the chasing Cougars. MRU handed Brandon its only two losses during the season and seemed to the the Bobcats' kryptonite once again, winning a game one decision in straight sets and were only mere three sets away from moving onto the Canada West finals.

The Bobcats however, responded ferociously and formulated 3-1 and 3-0 wins of their own to abruptly end any hopes of MRU reaching the Canada West final but the hopes of reaching nationals was unofficially solidified with that huge game one win over BU to open the series.

"I knew going into Brandon we had an 80 per cent chance of going. When we won game one that jumped to around 95," says Sky.

As soon as no. 2 TRW moved on, MRU's chances of qualifying for the national playoffs was pretty much set in stone.

If Trinity Western or now ranked no. 5 MacMaster lost their playoff series, MRU's season would have officially ended.

Beating BU helped the Cougars jump up the national rankings as the volleyball ranking system takes the degree of difficulty into account, among other things.

The weekend at BU was a great step for the



Photo courtesy of Cougars Athletics

preparation for nationals.

Sky explains, "Nationals is a week-long event. I don't expect any hangover in terms of prep for nationals. Our guys are missing a week of school and within that week we are going to rest and catch up on academics.

"Our guys gave tremendous efforts against the highest ranked team in the nation."

He adds how the weekend was a great way to prepare for the biggest stage of them all.

"The crowd was over

capacity, they had around 1,500 in attendance every night and it was good prep for us to play in that environment. We had a great Thursday but Brandon adjusted well and did a great job responding.

"Anytime you lose it's disappointing but at the same time our guys fought through a number of injuries along with the silver lining being that we get a week to prep and be healthy for nationals.

"The year has been a success already and the



fact we get to do what we love for another week is fantastic,” says Sky.

Sky’s team is the first team at MRU to qualify for a USPORTS national playoff.

“It was only a matter of time before one of the sports or one of the programs made nationals. I hope it becomes a vicarious experience for everyone in our school and all our teams at Mount Royal. We’re thrilled to be going to nationals.”

Barring the injury bug plaguing the squad again, Sky’s boys will look to be in their best medical shape since early January.

“Thank you to the professors for their support. It’s not lost on us that we lost school time. A special thanks to our athletic therapy that has carried the load behind the scenes and we would not have gotten where we are without them, helping with all the injuries we faced.”

“As excited as we are, we have to focus on the idea that it’s just volleyball at the end of the day.”



MRU’s most successful team are in a good position to qualify for nationals. After a 15-7 effort in the regular season, the Cougars got ousted in the Canada West semi-final by no.1 Brandon Bobcats but the season isn’t over yet. Photo courtesy of Cougar Athletics



@samrubuzz



@samrubuzz



@mysamru

samru.ca

# GET YOUR TAXES DONE FOR FREE!

Weekdays Mar. 4 – 29  
10am – 4pm, Z204

Visit [samru.ca/tax](http://samru.ca/tax) to schedule your appointment.

For more information:  
E-mail [tax@samru.ca](mailto:tax@samru.ca)  
or visit [samru.ca/tax](http://samru.ca/tax)





# Experienced Cougar hockey rookie Tyson Helgesen talks journey to MRU

**Dan Khavkin**

Sports Editor

Cougar Hockey rookie Tyson Helgesen went down a different road on his way to MRU compared to his teammates, but his ideals and experience were a vital cog in his recruitment for the blue and white in his first season.

Helgesen and his Cougars made a trip to the semi-finals for the fifth straight season and once again could not get over the hump the program is looking get over — being able to beat the elite top-two conference opponents.

He reflects on his first year and says it was a success despite the new environment and the harsh end to the season.

“My first season went well. We had some ups-and-downs but it was a good season overall,” he says.

“We had games we should’ve won that we didn’t win, it was a constant battle with that. For me, it was easier to adjust compared to Junior because we only have two games in a week. You get four, five days to right your wrong in practice and move forward like that.”

The move from Juniors and being away from school bothers every recruit the same way, but adjusting to a new culture is a mentally inducing challenge on its own.

Helgesen had an interest in the Cougar hockey program almost as soon as he heard about Mount MRU.

“I knew (Connor) Rankin,” says Helgesen. “I talked to him

about MRU a bit but I honestly didn’t know much about USPORTS or anything that came with it.

“I knew we had a strong recruiting class heading into this year and I knew it would be an exciting time to be a part of Cougar hockey right now.

“I wasn’t too sure what to expect with balancing school and hockey. I knew it would be a change from Juniors since all I had to worry about was hockey where as of now you have to worry about rent, school all with hockey.”

Like many WHL grads, he knew the clock was ticking on his WHL scholarship and decided to take both his life and passion for the game to the university level.

After his final season with the Spokane Chiefs, Helgesen received a call and got an invite to play games for the Hartford Wolfpack of the AHL and suited up four times as a pro. In spring last year, he began to look into schools and had his sights set on MRU from the beginning of his hunt.

“Some of the top players in my age group were there so it was really tough competition. It was a small gathering of where you need to get to and be on that next level.”

He chose MRU despite having other tempting offers.

Helgesen had other options on the table and had heavy talks with rival University of Calgary Dinos, UBC and East Coast powerhouse UPEI but none stood out more than MRU did.

“The whole idea that Bert (Gilling) laid out to me about developing here and getting to a next level after MRU. Another dealbreaker for me was the school itself. The smaller class sizes stood

out for me,” he explains.

“It’s a nice change. Your body doesn’t get beat up as much,” he notes with a smirk.

“We took steps. There’s a

lot more steps we need to take to get where we want to but overall it was a good season. We want to get to nationals and that’s everyone’s goal

as it should be. It would be an honour to be the first Cougar team to make an appearance at the national championship.”

## BRENTWOOD VILLAGE DENTAL CLINIC

[www.BrentwoodVillageDental.ca](http://www.BrentwoodVillageDental.ca)

Proud to be  
your MRU  
dental  
provider

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

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

## FREE WHITENING!! GENERAL DENTISTRY PRACTICE

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

**100%** Exams, first cleanings and fillings

**70%** Root canals

**70%** Additional cleanings

**We extract wisdom teeth in our office**

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

**We bill student’s insurance directly**

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

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

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



Photo courtesy of Cougars Athletics