

the reflector



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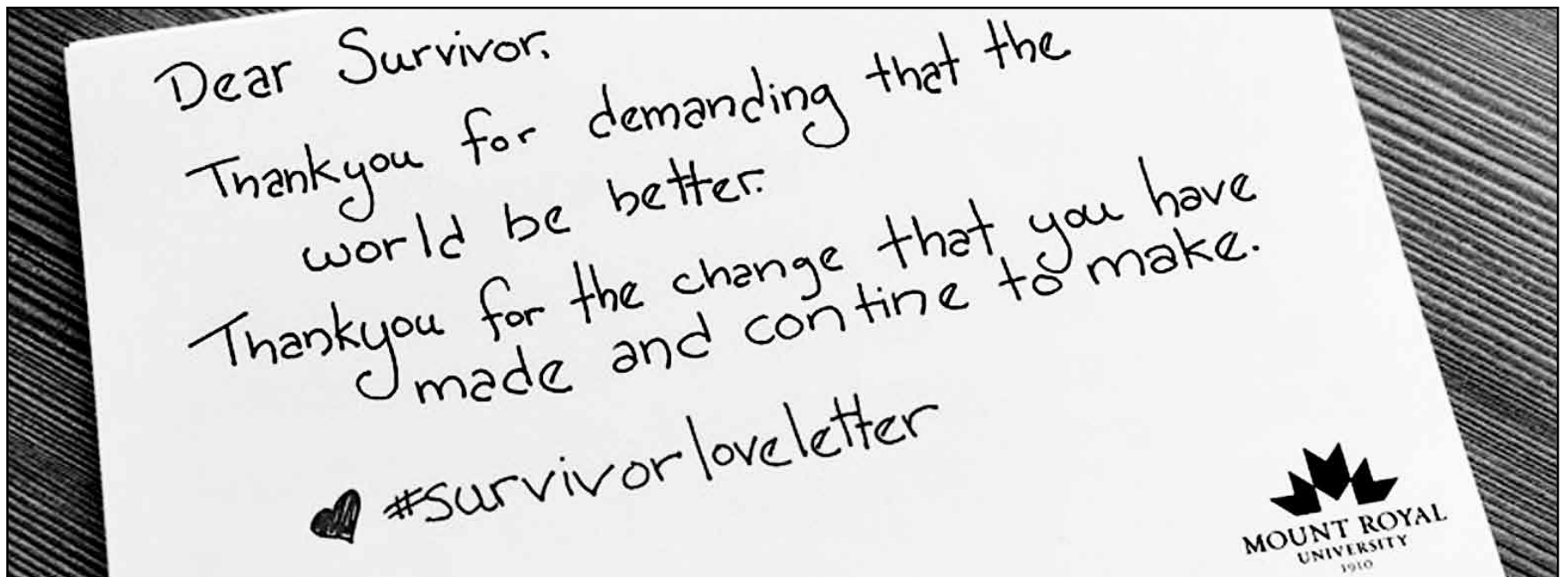
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Love Letters for Survivors

Raising awareness for sexual violence

Ryleigh Kampman

Contributor



Last year, Mount Royal University's Office of Campus Equity and Meaningful Inclusion raised awareness about sexual violence through a campaign called Love Letters for Survivors. Photo courtesy of @MRUCEMI on Instagram

Last May, campus was quiet and halls were sparse, but Mount Royal University's Office of Campus Equity and Meaningful Inclusion (CEMI) was buzzing and plugging away with their latest campaign called Love Letters for Survivors.

Its aim is to raise awareness about sexual violence. As the stir of the fall semester begins to perk up again, Love Letters for Survivors is an excellent reminder of the community's support, belief and resources at MRU for survivors of sexual violence.

Just a few simple pieces of paper, a pen and a booth located on Main Street, was all it took to encourage students and faculty to foster a culture of change and support, simply by taking the time to write a love letter.

"Dear Survivor, you are not the problem. You are not an inconvenience. The sexual abuse was not your fault and you are not responsible for what happened to you," read a letter, which was posted on the Instagram handle @MRUCEMI.

Throughout the month of May, Alberta's Sexual Assault Awareness Month, CEMI posted love letters on their social media to raise awareness and cultivate a sense of community in which survivors of sexual violence felt supported and believed.

Cari Ionson, Sexual Violence Response and Awareness Coordinator at CEMI, says the project was a success but was not the first of its kind. It was led in collaboration with Bow Valley College and the University of Calgary and was pioneered by campaigns such as #Ibelieveyou and 'Dear Survivor'.

"For a lot of people, they don't necessarily want to talk about their experience or want to disclose it to anybody and that's OK, too," Ionson said. "But what we are wanting to do is just make sure that [survivors] know that they are supported and that they are believed and that what happened to them was not their fault."

Ionson works with anyone who has been impacted,

recently or historically, by sexual, dating or domestic violence. She explains how her role may vary depending on the needs of students.

"It might be immediate intervention and support in that moment [or] I might be doing things around safety planning, or checking in around workplace or academic accommodations. "If somebody is wanting to make a report to the university I can certainly support that, or if they're wanting to make a report to the police, I can talk to them about what that would look like and connect with them around what that would mean for them in their lives as well," Ionson said, adding her office, located at NC201, is always open.

"For reports of sexual assaults that have happened recently, within the past four days (96 hours), we do have the Calgary Sexual Assault Response Team available as well," she said.

MRU also offers services like counselling, and hosts Calgary Communities

Against Sexual Abuse, a local sexual assault agency, once a week.

Ionson also said students may not know about Alberta's One line, which launched this year — an Alberta-wide number that you can text or call at 1-866-403-8000.

Ionson explains there are people specialized in talking to folks around this issue, as well as making sure that they can access support available to them.

"For some of our students, for example, if they were to go away for Christmas holidays and wanted to talk to find out what resources were available in their [home]town in Alberta, they would be able to call that line and find out what's available there, too," Ionson explained.

She hopes Love Letters for Survivors helped address the stigmas surrounding sexual violence, noting that, "one of the primary reasons people won't come forward is because they're worried that they won't be believed.

"We're working through things like Survivor Love Letters, to create that culture of support and fighting stigma," Ionson said.

According to Ionson, stigma often looks like, "questioning what the survivor was doing before the assault, what they were wearing, what they were drinking."

All attitudes, according to Ionson, create a culture of blame and shame that don't allow people to access the support and healing that they need to be able to thrive within our community.

"I really just wanted to demystify or destigmatize seeking help and recognizing what seeking help could look like ... what could be possible for people," Ionson said. "I hope that people saw a lot of community within this as well — a community of support and believing ... to see how many people are caring about this issue, wanting to seek changes — that was really meaningful."

Students to show up in large numbers for federal election

Nathan Woolridge
News Editor



Prime Minister Justin Trudeau and Calgary-Centre Liberal candidate Kent Hehr, will both be running for their seats in the upcoming federal election. Photo by Nathan Woolridge

Prime Minister Justin Trudeau arrived at Rideau Hall in Ottawa on Sept. 11 to ask Gov. Gen. Julie Payette to dissolve Parliament so that Canada can enter its 43rd election — also declaring the vote to be held on Oct. 21.

With an official election date coming up next month, Canadians will be faced with a short election period covering a variety of issues. During this year's election, students in particular, will be faced with voting for candidates with their interest at the forefront.

"Youth voter turnout in the 2015 federal election was the highest since turnout estimates began in 2004, jumping to 57.1 per cent from 38.8 per cent in 2011," according to a Canadian Federation of Students statement.

Through a partnership with Elections Canada, which will see 115 advanced polling stations on campuses

across the country, up from 70 in 2015, the Canadian Federation of Students expects youth voter turnout will be even higher this election, the Federation said in a press release.

"Students and youth will be the biggest voting bloc this election and we are looking for bold solutions to fix our post-secondary education system," said Sofia Descalzi, national chairperson of the Canadian Federation of Students. "This election, students are looking for candidates who will commit to eliminate tuition fees and student debt for all students, fight climate change, respect Indigenous learners' rights to post-secondary education and provide fairness to international students."

Students are worried about issues related to their education and the Canadian Federation of Students said there are other issues that will

be important to students, too.

"Students have a lot of concerns when it comes to climate change and the affordability of post-secondary education and they want to see their issues reflected in federal parties' platforms," said Descalzi.

Some parties and candidates are already releasing promises to appeal to students. On Sept. 13, Andrew Scheer, Leader of Canada's Conservatives, announced that as Prime Minister, he would introduce the "Green Public Transit Tax Credit to reduce the cost of public transit and put more money back in the pockets of Canadians," according to a Conservative Party release.

"For so many Canadians, especially our students, young professionals, young families and seniors, the cost of public transit can be a significant out-of-pocket expense. The Green Public Transit Tax Credit will

provide much-needed relief to transit users and commuters so they can just worry about getting home on time, and not so much about their bottom line," Scheer said in a statement. Other similar and competing policies, from the Conservatives and other parties, are likely to be released throughout the election to appeal to student voters.

The Canadian Federation of Students, represents over 500,000 students across the country and recently launched its Time to Be Bold campaign. The goal is to encourage post-secondary students and youth to head to the polls in October and to "vote for candidates who prioritize students' issues."

"We hope that the Time To Be Bold campaign, coupled with high youth voter turnout, will push federal parties to seriously address these issues," said Descalzi.

THE REFLECTOR

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EDITORIAL STAFF:

Publishing Editor: Andi Endruhn

Managing Editor: Ivar Bergs

News Editor: Nathan Woolridge

Features Editor: Isabelle Bennett

Arts Editor: Sarah Green

Sports Editor: Dan Khavkin

Photo Editor: Riggs Zyrille

Layout Editor: Karina Zapata

Web Editor: Rosemary De Souza

CONTRIBUTORS:

Mackenzie Gellner, Ryleigh Kampman, Bigoa Machar

COVER: Photo by Riggs Zyrille

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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.

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the reflector

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

All depts.: 403.440.6268

Fax: 403.440.6762

TheReflector@TheReflector.ca

Construction near MRU continues

Updates on Calgary construction projects near university

Nathan Woolridge

News Editor



A new pedestrian bridge was installed above Crowchild south and will soon be fully-operational likely sometime this fall. Photo courtesy of the City of Calgary

Construction on major routes near MRU are still in full-swing and lane closures seem to continue slowing down traffic in some busy areas around the university.

Many of the delays are happening due to the widening of Glenmore Trail and various interchange upgrades.

Crews are currently working on the eventual eastbound lanes of Glenmore and are also focused on the widening of Crowchild Trail to the west. Designs for these projects occurred in late 2017 and are scheduled to be finished this fall, according to the City of Calgary.

The Glenmore Trail Widening and Interchange Improvements project is a City-led project to connect Calgary's road network to the ring road.

According to the City of Calgary, the project will "accommodate changes to traffic volume and patterns that are expected after the opening of the Southwest Ring Road."

Glenmore Trail will be extended to six lanes between 37 St. and Crowchild Trail S.W. The goal is to create better access to the "overall transportation network," the City said in a statement.

"The upgrade to the Glenmore Trail/Crowchild Trail S.W. interchange will modify the current interchange to manage traffic that's moving east to north and south to west," the City said. "A City study to update the long-term plans for the Glenmore Trail/Crowchild Trail S.W. interchange will occur in the future."

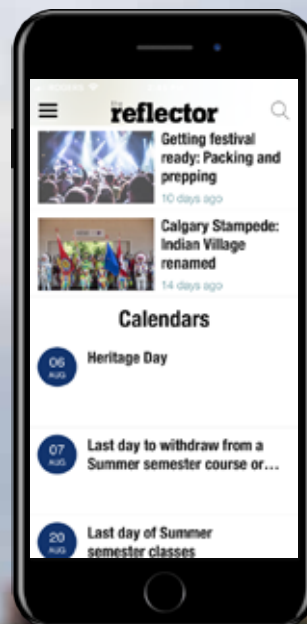
Other features of construction in the MRU area include, constructing a new pedestrian bridge over Crowchild Trail at 54 Avenue S.W., other pedestrian crossing improvements along 54 Avenue and improved traffic signal coordination on Crowchild Trail.

With the construction happening near the university, it's important to leave earlier, including on public transit, if you are travelling along these routes in case traffic is backed up in key areas.

There will be significant lane closures from Sept. 18 to Sept. 23 and beyond both in the daytime and in the nighttime at various hours. If you are planning to travel along these routes, be sure to keep updated with important dates for road and lane closures on calgary.ca/Transportation



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Review: LimeBike's electric scooters are underrated

Plus everything you need to know to get started

Isabelle Bennett

Features Editor

I spent this year's short summer out of town, so one could imagine the curiosity I felt when I returned to my downtown dwelling only to find that the city I'd previously known and loved had become saturated with something I'd never seen before: electric scooters. To pique my interest further, a huge percentage of them were identically, lime green.

I recognized the branding from the bikes that LimeBike had released earlier this year. This left me assuming the scooters were likely another mode of transportation where users could pick one up wherever, pay a fee per minute of use and leave it

wherever is convenient for them. The biggest difference I identified between their products (aside from the obvious, one was a bike and one was a scooter) was that I already had a bike, but I'd never even tried an electric scooter — and I desperately, desperately wanted to.

It felt urgent, and I related it back to childhood experiences of missing out on trends like Skip-Its and Heelys. As a 21-year-old woman, I now realize that Skip-Its are weird toys that lead to loneliness and extremely unbalanced leg muscles. I still think Heelys are incredibly cool, but I have yet to find them anywhere in

adult sizes — I'm holding out hope while simultaneously preparing to use that anecdote in the speech I'll give my future children when I break the news to them that life is just not fair.

These scooters on the other hand, were extremely accessible — by that, I mean they were absolutely everywhere. The process of becoming a user was simple, too — all I had to do was download the app and enter my credit card information before finding a scooter. I chose to upload a whopping \$5 credit to my account, which allowed me to ride for 15 minutes. Ordinarily there would have been a

\$1 activation fee, but it was easy to track down a referral code which I redeemed for one free unlock. You can get the same deal by entering the referral code exclusively for Reflector readers RZYWGK, which may or may not give me a free unlock as well — thank you and you're welcome.

A note: those familiar with Calgary's electric scooter scene might have noticed that I have centred this article around the Lime scooters and ignored Bird scooters except in vague generalizations. The reason for this is because I think Bird scooters are dumb. They lack the screen that Lime scooters

have which shows users how fast they're going (from my experience, Lime scooters cap at around 20 km/h, FYI). They're also \$0.05 more per minute (Lime charges \$0.30 per minute), with a higher activation fee (Lime charges \$1 to get started while Bird charges \$1.25). That considered, Bird appears to offer literally no advantages over Lime, except arguably being an opportunity for the rich and famous to flex their egos. I, however, find financial responsibility much more admirable and silently judge Bird users every time I see them, but you do you, boo.

Finally and most importantly, I must acknowledge that these scooters are frigging fun. Honestly, I don't think they are a very practical mode of transportation considering their limited speed and storage in comparison to other alternatives. It also seems unlikely that people would use them for far enough distances to make it worthwhile to scoot somewhere rather than using the totally free and healthful alternative called walking. But if you're wanting a great date idea, friend activity or a way to get some fresh air flying solo, this is for you. One of my favourite experiences with them so far was scooting across Peace Bridge, along the river, back across to Prince's Island Park and home again after sunset. I hate to be melodramatic, but nothing compares to the wind in my hair, the city lights at night and a dream fulfilled.



Electric scooters have been saturating the city since they came about as an easy and fun mode of transportation. Photo courtesy of Flickr

Why I switched to menstrual cups (and you should too)

Isabelle Bennett

Features Editor

There are several products that I'd consider revolutionary — the wheel, for instance. The inventors of AirDrop, Instant Pot and PopCorners Carnival Kettle Corn Chips are also highly regarded in my books for having marketed their genius ideas. I'm pretty sure I could meet a word count with any one of those inventions as my topic, but in my efforts to facilitate a greater good, I've chosen to focus it around another life-changer: the menstrual cup.

As the name suggests, menstrual cups are a feminine hygiene product that can be used instead of pads or tampons. Basically, they're small, flexible cups that get inserted into the vagina to collect blood during

an individual's period. After they're worn for a number of hours, they can simply be removed with the help of the little stem, emptied and used again and again and again.

I was quick to hop on the bandwagon as soon as I heard about it, but I realize there may be some folks out there who require some extra prodding. If that's you, this is your cue. Here are a few reasons why:

1. I owed it to Mother Nature.

According to *Glamour Magazine*, traditional plastic tampon cartridges take a hot 500 years to decompose, and about 10 billion of them

are discarded every month worldwide. Pads take even longer. I'm not intending to shame a sister for creating some waste during what is, for many, an already agonizing time of the month, but I do think it's important for humans to be conscious of their environmental footprints and consider ways they can reduce it. Menstrual cups are an awesome, zero-waste way to get through a period, and reusable pads or period underwear are another great option (just beware of the laundry).

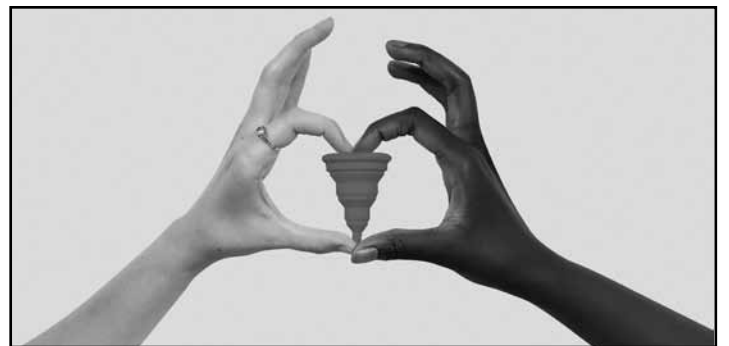
2. I wanted to save buttloads of money.

Pads and tampon costs add up

quickly when periods reoccur every month for days at a time. I didn't crunch any numbers, but *Huffington Post* did and confirmed that Aunt Flo is a high-need lady with champagne taste. Menstrual cups, on the

other hand, only need to be purchased once and can last for up to ten years with proper care, meaning they're cleaned properly with warm water and

Continued on Pg. 7



Menstrual cups are a sanitary pad or tampon alternative made of medical-grade silicone. Many types are available to suit individuals with all types of periods. Photo courtesy of Flickr



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Continued from Pg. 6

a gentle soap. Soaps specially designed for cups are available, but not required.

3. It's discrete.

When playing the tampon/pad game, there are a few challenges someone might encounter when dealing with their period. There shouldn't be any shame around it (the fact that human bodies are capable of growing other humans inside them is freaking amazing) but I understand that not everyone is comfortable letting the world know about their monthly business.

Anyone who has been through the agony of opening a pad wrapper only for it to crunch like cellophane, or the scarring moment of drying off after a day at the pool only to find the string of your tampon had been

sneaking out the side the whole time knows. Menstrual cups, on the other hand, are ninjas when it comes to keeping blood at bay and don't even cause an underwear line. Heck, I think you could get away with going commando with one of those things inside (not endorsing it, just saying).

4. It's convenient.

One of the best things about menstrual cups is how much blood they're capable of holding, meaning that they don't need to be emptied and replaced very often — many brands say they'll hold up for 12 hours. This means it's very possible that cup users won't have to empty the cup while they're out and about at all, which is good because although it's a decently quiet process, it can leave someone looking like they killed a man until they

wash their hands. If you do need to deal with it in public, consider bringing wipes for cleaning your cup (toilet paper can also be used) and some hand sanitizer.

5. It's the best product to get the job done.

It can be discouraging as heck to find blood on your sheets and 27 articles of clothing month after month, and even more dreadful (though, again, not shameful) to have incidents occur in public. Unfortunately, these are side effects that aren't as easy to avoid as that girl in the tampon commercial who entered a limbo contest wearing white pants makes it look. But I am pretty sure the reason there's so much hype around menstrual cups is because so many people (myself included)

have found they're the most effective method to do the job. I'll acknowledge that there can be a learning curve and it may take someone a few cycles to get

it in and out comfortably (or at all), but with a little practice it's so great to have — thank me later.

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Recipe: I owe my survival to this green smoothie

Isabelle Bennett

Features Editor

Let's start things off with a disclaimer: I'm one of those weirdos who hates cheesecake because I feel that cake should be sweet and cheese should be salty — I also feel that the real weirdos are people who happen to like cheesecake. Similarly, I used to feel that smoothies should be sweet and vegetables should, well, not be in them. Green smoothies appeared to be a way to just ruin a good thing. But then, I tried them.

As someone who is always on-the-go (a nice way of saying

"often running late"), I need a breakfast that is fast and easy to make. I don't drink caffeine, so it also has to be something that wakes me up and keeps me full for the morning. As though those expectations weren't high enough already, I wanted it to be something that sits lightly so I can avoid cramps and feel energized when I work out. My breakfast favourites have phased in and out over the years, but one of my all-time favourites is a nice, green smoothie. Here's how I make it.

Start with a big handful of spinach.

I grab as much spinach as one handful can hold and put it right in my blender, but if you have giant hands that might be a little too green for you. You won't be able to taste it, but I find adding spinach makes the whole thing seem a bit more flavourful (and it makes me feel Popeye-level shredded). I'm guessing one packed cup is good, but the beautiful thing about smoothies is that you can easily fix your mistake of adding too much of one thing by adding more of everything else. I buy spinach in bulk and freeze it since I eat one of these things every blinking day and running out sucks.

Add in one banana and five to ten large strawberries.

Like the spinach, I often keep the strawberries frozen. Particularly during winter, I've found it to be cheaper to buy frozen strawberries. It simplifies things too, eliminating the need to cut out the stem. Whatever

you have for bananas works, it doesn't matter if they're fresh, frozen, bruised or brown, just make sure you take the peel off.

Add yogurt and a splash of orange juice.

In case it's not clear yet, I'm all about ease. This is part of the reason why I usually buy individually-portioned yogurt cups to add to my smoothie. I find it saves me money, because it stops me from using too much and it seems like they're always on sale. The flavour doesn't really matter, I find this mainly just helps with the consistency (and the probiotics leave me feeling like a health queen). I don't really know the difference that orange juice makes but I've always added it in and I don't like to mess with a good thing. It probably also helps the consistency.

Channel your inner Gordon Ramsay and add whatever else you want.

I usually skip this step, but I don't know you or what you've been through or what your body needs. Sometimes I add another type of berry if its on hand or some grated ginger if I'm feeling really crazy. There's this weird guy I know who likes to add raw eggs for protein. Protein powder or other kinds of nutrient-rich blends are also options.

Blend well and enjoy.

I'm a bit of a blender snob and I'll never stray from my Vitamix blender. I don't think the type of blender you use matters much at all, though. The cup doesn't matter, nor does whether you use a straw or not. I like to take mine with me in a shaker cup so that I don't have to aggressively sip it all at once. What matters is that it tastes great!

Let me know your thoughts if you have a chance to give this recipe a try. Good luck chaps!



This green smoothie has been part of my breakfast routine for months — I love the energy and great flavour it offers. Photo courtesy of Isabelle Bennett.

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Make your binge-watching beneficial

Mackenzie Gellner

Contributor

Binge-watchers are a common persona nowadays, we all know them. And let's be real, we all are them.

The term binge-watching refers to watching multiple episodes of a show or several movies in one sitting. It's difficult to find someone who is not guilty of continuously hitting the "next episode" button on Netflix, especially when it is so accessible with smartphones, laptops and televisions.

A Netflix survey revealed that 76 per cent of streamers stated watching several episodes in one sitting relieves them from their busy realities and even makes the show more enjoyable.

This statistic, combined with a national poll by the American Psychiatric Association, makes the concept of binge-watching even more justifiable. The poll explains how from 2017 to 2018, there was an increase in anxiety between five categories of health, safety, finances, relationships and politics for United States residents. This has given people more drive to take a break and watch some shows.

It is important to note that with many people cutting the cord nowadays, relevant news stories are not always heard on a national or global scale. Ultimately, this is where

deciding what you will binge-watch can be the difference in building or demolishing that barrier.

Streaming has inevitably affected the way people spend their time on their screens, but that doesn't mean it can't be utilized valuably. On popular streaming sites, there is an endless list of lighthearted shows and movies you can dig your teeth into. However, amongst these titles are numerous documentaries that tell refreshing tales of personal pursuit and strength in the face of adversity.

On the top of my list is Kiki Goshay's documentary, *Not Alone*. To try and gain a better understanding about her own best friend's suicide, a young girl, Jacqueline Monetta, interviews teens who did, and still do, struggle with mental illness and suicide attempts. Throughout the documentary, teens share their stories about dealing with mental health at a young age and create a strong sense of human connection.

Another documentary available on Netflix is *He Named Me Malala*, which tells the incredible story of Pakistani activist and Nobel Peace Prize laureate Malala Yousafzai. The film focuses on Yousafzai's survival when shot by a Taliban gunman in the midst of the opposition to girls'



We're all guilty of it: binge-watching. Photo courtesy of Unsplash

education in the Swat Valley in Pakistan.

Prior to the murder attempt, Yousafzai was making many efforts to support girls' education, even being nominated for the International Children's Peace Prize. Due to her activism, she was hunted down when on a bus heading to school. This, however, only inspired and drove Yousafzai to fight harder for girls' education rights.

Another title on my list is a miniseries recently released on Netflix, called *When They See Us*. This series tells the important, heart-wrenching true story of the Central Park Five. The episodes delve into the injustice that occurred to a group of young boys who were wrongfully accused for

assault and rape in Central Park in 1989. Convicted with maximum sentences, the boys were not freed until 2002 when the true offender confessed and DNA evidence was found.

Watching true stories, such as *When They See Us*, brings awareness to the mistakes made in the past and encourages the public not to repeat them in the future. It gives us a chance to view another person's life and understand the importance of staying aware of political, economical and societal actions.

Yes, everyone loves binge-watching a good, lovable show that leaves the heart full. I, for one, can't count the number of times I have rewatched *Friends* because it always gives me a

sense of comfort and warmth. However, I believe our love for binge-watching has placed a negative effect on the way we spend our time and is even impacting our health and relationships.

Therefore, I believe there should be some benefits to gain from this activity. This can be achieved through filling your screen time with elements of real-life perspectives and events.

Binge-watching is a concept that will be around as long as streaming sites are. My point is not to make you stop watching those classic "feel-good" shows, but if you're going to spend a good chunk of time cuddling with your laptop, dedicate some of your time to watching some meaningful content.

OUT'N ABOUT

Sony Be Alpha Photography Event

At this all-day photo workshop on Sept. 22, hear from The Camera Store, representatives from Sony and photojournalist Todd Korol on how to improve your skills and build your portfolio.

KOAC 2019 Art Auction Gala

Head over to Hotel Arts on Sept. 20 to celebrate Kiyooka Ohe Arts Centre's fundraiser. The event will feature over 40 works from renowned experts and emerging artists. Funds will support KOAC's Art Centre and Sculpture Park.

East Side Studio Crawl

This classic 16-year-old Calgary event features more than 50 artists at six different venues. Visit the beautiful studios located in Ramsay and Inglewood throughout the day on Sept. 21.

Alberta Spotlight: Beach Season

Experience a night of vibrant music and see duo Beach Season as they showcase their unique blend of R&B and electronic pop at Studio Bell on Sept. 20.

Print is not dead

A deeper look at deliberate and valuable content

Riggs Zyrille

Photo Editor

We currently live in an age of information overload. Every day, our faces are plastered to our screens, constantly taking in a variety of information. Tristan Harris, Google's former design ethicist, points out that our smartphones are designed to be addictive in a way that it will always keep us engaged — through social media, gaming apps or even just reading the news.

In 2019 alone, various media companies all over Canada have reportedly laid off numerous people due to company reorganizations that focus on increasing resources for digital content. CTV already laid off 11 people in Vancouver and is expected to lay off 50 to 200 more. Alberta's local print publication, the *Red Deer Advocate*, owned by Black Press Group, has laid off 26 newsroom staffers and has announced that it will shut down its paper's weekly edition. *Canadian Living*, *Style at Home* and *Elle Canada* magazines owned by Groupe TVA also cut around 28 jobs this year.

In an era where older, print companies are struggling to switch to digital, and new companies are thriving on digital-only platforms, is it time to ask the age-old question, "Is print dying?"

When reading digital, it's a given fact that we can access multiple news source sites with just a few swipes and clicks. However, the way current digital content is created and designed might not have the best effect on the readers' depth of understanding. Most digital media sites today fight for the ever-decreasing attention span that we have. Generating news has become a game of who can incorporate the most topics that piggyback off trending issues, all with the goal of creating traffic and viewership. Former reputable newspapers now have to rely on the giant social-media sites



just to gain notice on their own content. This results in trends like clickbait headlines and severe sensationalizing of content.

Franklin Foer, the former editor-in-chief of *The New Republic*, calls it, "a mad, shameless chase to gain clicks through Facebook," and, "a relentless effort to game Google's algorithms." Due to this fast-paced and revenue-driven type of digital content, we have become passive to in-depth print content.

However, print is still a living and breathing industry. It might be the permanence of ink and paper in our hands or the nostalgic beauty of magazines and newspapers, but whatever it is, print is on a slow surge of coming back, surprisingly, through younger people. Zines, usually self-published small-scale magazines, have been a popular trend in Canada. Those who publish zines are usually people who have unique, non-mainstream voices who have created communities of their own through gatherings, fairs and festivals. The Toronto Asian Zine Fair, Femme Wave Zine Fair, and We Are Not An Island Queer Zine Fair are just a few of the successful jam-packed events that have been organized to celebrate print.

For some magazines, niche marketing has acted as a lifeline. With digital publications shoving loads of content into our faces

every day, the uniqueness and personality of print has become a safe escape from all the clutter. Additionally, some magazines have a subscription model, enabling them to not solely focus on easy-selling topics and ad revenue, but instead on what's appealing and relevant to their subscribers. This results in quality content that will inevitably be read with much intent. Gerald Richards, CEO of literacy project, 826 National, emphasized this point by saying, "[Print and digital] need to do different things. To survive, the newspaper, and the physical book, needs to set itself apart from the web. Physical forms of the written word need to offer a clear and different experience. And if they do, we believe, they will survive."

For a long time, we have been hearing about the imminent death of print. But so far, it hasn't arrived, and that is simply because print is growing and evolving.

It might not be the number one industry today, but print has opened wide to make way for unheard voices, niche interests and an integration to the digital world. The impact of its permanence shows how it can outlive the fast, short-lived content of the online world. It might look different in another year or another decade, but as long as there are those who value deliberate and meaningful information it will live, and it will stay.

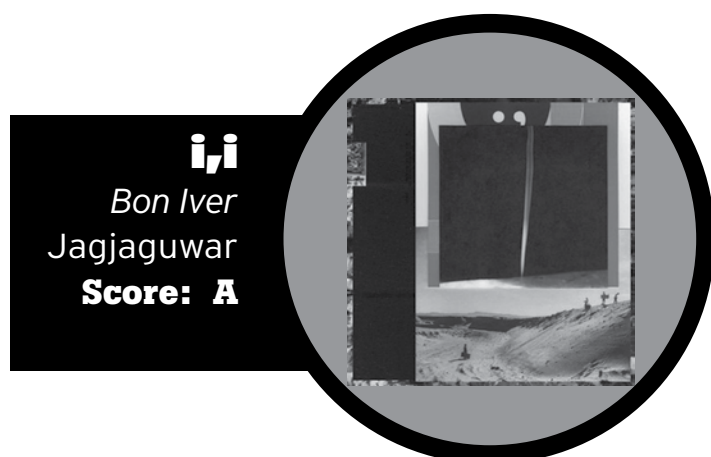


If you're having trouble soothing the painful sting of heartbreak, or if you're looking for a new single girl anthem, Mahalia's newly released album *Love and Compromise* is the album for you. With songs featuring Ella Mai and Burna Boy, Mahalia is able to find the perfect balance between R&B, soul and jazz.

There are noticeable differences between *Love and Compromise* and her previous

album *Diary of Me*, which I personally feel catered more to hopeless romantics who were just yearning for love. *Love and Compromise* celebrates newfound independence after ditching a toxic relationship — it is perfectly engineered for listeners who are in need of a good cry and who also want to dance while doing so.

- Hermie Ocenar



As we make the transition from hot summer days to cool autumn nights, consider having Bon Iver's fourth studio album, *i,i*, your background music. Listen to it as you watch the leaves turn from their vibrant green to varying shades of yellow and orange.

What I enjoy most about Bon Iver's music is that it's not too alternative to scare you away, but it's also enough to not bore you. In his fourth full-length studio album, singer-songwriter

Justin Vernon challenges listeners' sense of hearing by turning regular daily noises such as static and the sound of changing a radio station into auditory bliss.

i,i is a collection of tracks written and produced at separate times in different places. I would even say that most of it is improvised but that's what makes it an experience worth listening.

- Hermie Ocenar

sports

Sports Editor
Dan Khavkin
sportseditor@thereflector.ca

Mr. Big Chest's wild ride

It's AB's world and we're all living in it

Bigoa Machar

Contributor

Nothing says autumn like millions of people around the world tuning in every Sunday to observe a group of 22 men play hot potato with a sack of pigskin.

The NFL, one of the most watched sports leagues in the entire world, is set to celebrate 100 years of existence — but nobody has controlled the league's headlines in recent weeks like New England Patriots wide receiver Antonio Brown.

Brown made his season debut with the Patriots during week two against the Miami Dolphins, and took a very long and unusual path to get to professional football's Valhalla.

In order to fully understand the greatest temper tantrum in professional sports history, we have to go back to December 2018, to the frozen tundra of Pittsburgh.

It was here where Brown and his Pittsburgh Steelers were preparing for their most important game of the season

against their AFC North division rivals Cincinnati Bengals.

Not even a week after putting up 185 yards and two touchdowns against the New Orleans Saints, Brown reportedly got into a heated spat with quarterback Ben Roethlisberger.

Feeling disrespected, Brown decided to skip practice for the remainder of the week, leading to Steelers head coach to bench him for the pivotal game.

While the Steelers won this game, they were eventually defeated by the Jacksonville Jaguars in the first round of the playoffs, a game in which Brown was also benched. It was clear to the observer that Brown had played his last game as a Steeler and the question was not if he would be moved from the team, but a matter of when.

Also known by his self-anointed nickname 'Mr. Big Chest', Brown eventually agreed to meet with Steelers ownership once the season had concluded. These meetings eventually proved unfruitful, and Brown decided to start handing out roses for his eventual suitor.

Knowing that his on-field talent was matched only by his off-field antics, it proved to be a matter of time before some team would be duped into giving up real-life assets for this man.

That team was the Oakland Raiders, a team so

incompetent

they almost make the Edmonton Oilers look like a functional sports franchise.

General manager Mike Mayock decided a third and a fifth-round pick was the right price for Mr. Big Chest's services.

Raiders coach John Gruden spoke of Brown like a teenage girl talking about One Direction in 2011.

"I've told our receivers, if you watch him practice, you'll see what unlocks the greatness in him," Gruden says. "[Brown] is the hardest working player I've ever seen practice."

Turns out everyone at the Raiders organization thought the same about Mr. Big Chest, as the team rewarded him with \$30-million guaranteed over five years.

Much like every couple from *The Bachelor*, the honeymoon was short lived, as Brown quickly forgot that he is, in fact, Antonio Brown.

Act One:

In May of this year, the NFL implemented a new set of rules that would distinguish which helmets would be okay on the field and which ones wouldn't in an effort to reduce concussions, cases of CTE and mediocre Will Smith movies in the future.

This did not sit right with Mr. Big Chest, as his beloved helmet was now invalid. He took his frustration out on his coaches, openly clashing with team officials at off-season training camps and refusing to participate in any activities. Brown even decided to Scooby-Doo his way out of this by painting his old Steelers helmet

black and silver, hopefully tricking team trainers.

Narrator Voice It didn't.

Act Two:

It is now early August and one might think that Brown might be getting cold feet. And that's quite literally what happened. When Brown made his training camp, he reportedly entered a cryotherapy machine wearing the wrong shoes. This resulted in severe frostbite on his feet, bad enough that he had to go see a feet specialist. To make matters worse, Brown took to Instagram to show his flesh-less feet in all their glory.

With the regular season right around the corner at this point, it was time for the Raiders brass to sort things out with Mr. Big Chest once and for all.

Act Three:

ESPN's Adam Schefter reported that the meeting between the two parties was "tense" and a number of choice words were exchanged. Due to a clause in Brown's contract, all of his guaranteed money was now void due to 'conduct detrimental to the team'. Brown had no reason to play for the Raiders and asked for his release. After this confidential meeting, Brown took the audio from the call and turned it into a hype video that Nike advertising reps would be jealous of.

Not only did this violate team policy, but releasing recorded phone audio without both parties' consent is illegal in the state of California (but let's be real, this is the NFL. Nobody cares what you do as long as you don't smoke a little weed

or kneel down during a song.)

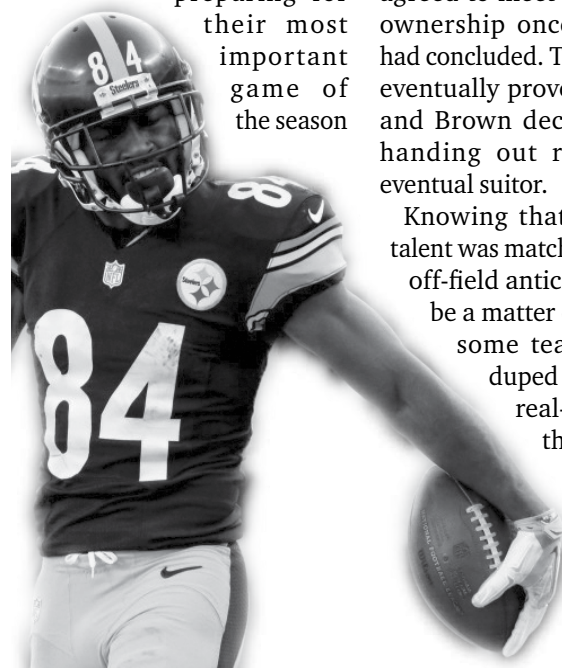
Reluctantly, the Raiders decided to grant Brown his request, allowing him to sign with the NFL's version of Thanos, the New England Patriots.

The reigning Super Bowl champions were already in a good position to repeat, and having arguably the best wide receiver in the league fall into their lap is the type of middle finger you'd expect the Patriots to give the rest of the NFL. The bad guys won, no lessons were learned, and Mr. Big Chest got all of the hype and attention he so desperately wanted.

During his debut a 43-0 rout of the lowly Miami Dolphins, Brown caught five balls, picking up 56 receiving yards that went along with a touchdown.

For a man used to catching 100+ and being targeted at least 10 times a game, his behaviour will undoubtedly be muzzled by the likes of Patriots coach Bill Belichick who has a reputation for allowing circus acts — ranging from murderers, drug addicts and whatever else you can think of — will make Mr. Big Chest understand they can win with or without him with the support of the six Lombardi trophies sitting inside Gillette Stadium.

Brown is currently under investigation for a sexual assault case relating to a former trainer so it only makes sense that a team like the Patriots will use his talents while they can, or simply cut ties with the top three receiver because they simply can win without him — as shown with the 33-3 dismantling Brown's ex-team to open the season.



#S

\$10.8M,
the amount Mitch Marner signed for the next seven years in his new contract.

22, the age of Pittsburgh Steeler Juju Smith-Schuster, now the youngest receiver to reach 2,500 receiving yards in NFL history.

95-88, the score in Spain's win against Argentina for it's second ever FIBA World Cup.

250-122,
passing-rushing yards makes Lamar Jackson the first NFL quarterback to reach that stat.

Is this the year for Men's Hockey?

Dan Khavkin

Sports Editor

Five consecutive trips to the Canada West semi-finals have teased Cougars head coach Bert Gilling and his MRU teams year in and year out. But this year should be the year — the boys in blue reach uncharted territory.

The Reflector takes a look into what went wrong and right last year for the team and how this year will shape up.

Last year's overview:

The Cougars opened the season with two convincing wins against the Regina Cougars before dropping the next four games against UBC and eventual conference champion the Alberta Golden Bears. Picking up two wins against Manitoba on home-ice, the Cougars lost another four straight, this time against conference powerhouses Calgary Dinos and the Saskatchewan Huskies.

The longest win-streak of the season happened with a sweep of the Lethbridge Pronghorns before winning game one against Regina at the schedule reset.

Failing to sweep Regina after dropping a 2-1 overtime loss, the Cougars went on to a four-game win streak against UBC, sweeping the Manitoba Bisons.

MRU cooled off with a six-game losing skid, against Alberta, Saskatchewan and Calgary.

The Cougars split their regular-season finale against Lethbridge during the final weekend and failed to clinch home-ice over UBC who bettered the Cougars in the final weekend.

Beating out the T-Birds in three games in playoffs, MRU failed to get over the hump after reaching another semi-final appearance.

What went wrong:

Mount Royal was sixth in penalty kill with a 79.3 per cent, while other playoff teams finished with 80 per

cent or higher. This proved costly in playoffs as MRU fell shorthanded 16 times and allowed five goals — the worst of the six teams in contention.

On the man advantage, the Cougars ranked last with an 11.5 per cent score during the season. They scored three times while being up a man 18 times in playoffs.

What went right:

MRU scored the fourth-highest amount in the regular season and were first outside of the top three with 87 goals in 28 games.

The Cougars allowed 76 goals and were fourth in the conference and again, holding the best total outside the top three.

Senior David Stephens carried the load on offence and finished as the team's leading scorer with 23 points in 28 games. Meanwhile rookie Colton Kroeker tallied six goals and 16 assists, which was second among rookies.

The goaltending question seems to be figured out after Cougars goaltender Riley Morris posted a 10-5-1 record with a .919 save percentage and a 2.55 goals against in his first season.

The new guys:

The Cougars recruited goaltender Kurtis Chapman who is coming off an impressive 26-9-1 record with the BCHL's Victoria Grizzlies, posting a .933 save percentage and a 2.51 goals against.

On defence, MRU brings in Tri-City Americans captain Nolan Yaremko who put up 122 points in his final 138 games in the WHL.

Calgary native Connor Blake split two seasons with the AJHL's Calgary Canucks before heading north to Grand Prairie, putting up 109 points in 115 games with the Storm, wearing the 'C' prior to MRU.

On the note of leadership, coach Gilling brings in the first ever national champion to Mount Royal with the addition of Nic Sicoly who lead his Aberdeen Wings

to the NAHL title this past spring.

Edmonton Oil Kings graduate and former Calgary Hitmen centre Andrew Fyten attended a Calgary Flames rookie camp after putting up a career-high 41 points in

60 games between the Swift Current Broncos and the Oil Kings last winter.

"I think we'll be fine. It's just that we need to find our culture and identity again," Gilling says. "From where we were the past two years, it'll

take time to build up from that."

Tyson Helgesen owns the honour of wearing the 'C' on the Cougars crest.

"He'll be the strongest leader we had since Matt Brown," Gilling says.



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