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What happened in Calgary over the summer?



Over the summer, Calgary City Council approved a new arena deal with the Calgary Sport and Entertainment Corporation (CSEC) located at Stampede Park. The demolition of the Scotiabank Saddledome was also included in the deal. Photo courtesy of the City of Calgary

Nathan Woolridge

News Editor

For both Calgary residents and out-of-towners starting or returning to Mount Royal University this fall, there's a few things that happened in the city that you may not be aware of.

Here's some of the summer's top news stories, including city council budget cuts, a new NHL arena and the addition of permanent pride crosswalks.

Calgary Cuts: \$60M in budget cuts

On July 23, Calgary city council approved \$60 million in budget cuts, which include cuts to transit service, fire services and affordable housing in Calgary.

Council first elected to cut budgets in light of complaints from small business owners over steep tax hikes on commercial properties.

City administration released a broad plan to cut municipal budgets in 2019

by \$60 million over the summer and council spent hours debating the proposal behind closed doors.

The plan was approved with a 13-1 vote. Coun. Druh Farrell was the only council member opposed.

The cuts were reported to impact 48 different services. The cuts resulted in 115 municipal employees losing their jobs.

NHL arena approved

The Calgary Sport and Entertainment Company (CSEC) and the City of Calgary have decided on a proposed agreement July 22. The City is to pay around half of the arena costs, which is predicted to be around \$550 million. Meaning that both sides will be pitching in around \$275 million for the new arena.

According to the terms of the new deal, the city will retain ownership of the new building in Victoria Park and

the Flames will cover operating and maintenance costs, reports say. Part of the agreement states the Flames would upkeep the facility for at least 35 years.

City council voted yes to the deal on July 30. The council held a meeting a week after the announcement, allowing both council members and Calgarians to think about the deal and provide feedback.

Calgary Municipal Land Corporation will follow through with the construction and consultations on the building's design.

The CSEC, as part of the deal, is also supposed to provide around \$75 million towards local amateur sports and organizations within the 35 proposed years of the agreement.

The Scotiabank Saddledome will be demolished and the city will pay for the cost. The Flames will help pay 10 per cent of the demolition costs.

The July 22 conversation

behind closed doors involved members from the CSEC, the City of Calgary and the Calgary Stampede.

The plan involves restaurants and retail spaces on the surrounding streets and there is not a finalized design as of now.

Walking with Pride in Calgary

This summer, Calgary became home to permanent Pride and Trans-Pride crosswalks in the downtown core. The Pride crosswalk at MRU, near the Riddell Library and Learning Centre, was the city's only sole Pride crosswalk until the new additions over the summer.

The new downtown crosswalks are located between Stephen Avenue and east and west of Centre Street.

Calgary Pride said Zoom Painting installed the crosswalks and will maintain the crosswalks for up to 10 years. Zoom painting is the same company that painted MRU's

Pride crosswalk last year and will be maintaining that one for five years.

The new Pride crosswalks have garnered a lot of attention within the city, but recently had some negative actions taken towards them. The crosswalks have seen repeated vandalism, including spray-painted words like "Lost" and "Lust."

Each instance of vandalism since being installed, Calgary Police Service (CPS) said, are believed to be committed by different individuals.

CPS was able to charge one man in the case of one of the vandalisms. Kevin James Gavel, 54, is charged with one count of mischief. According to CPS, the crosswalk was vandalized early morning on Sunday, Aug. 18 with the message "Shoot A F*****." Gavel is due to appear in court on Oct. 1.

Zoom Painting has since painted over the hateful messages.

What's new at MRU?

Nathan Woolridge

News Editor

With another semester and academic year beginning, there's a lot to remember and a lot of new changes for both new and returning students. There are a few noteworthy changes that students should be aware of, such as MRU new security system and the university's new OneCard student identification number.

Here's what you need to know about these new changes in the fall:

MRU's new AI security system

MRU's network of security cameras were nearing the 20-year mark and need some upgrades, MRU said in a press release. The outdated technology is being replaced with high-resolution cameras integrated with artificial intelligence (AI) technology.

The university said the new system will "make it easier to see issues in real time."

"Study after study shows that a single operator can basically only look at two cameras," Peter Davison, director of Security Services said in the MRU release. "Now, the dispatcher sitting at the console is no longer looking at 300 images at a time. This has allowed them to concentrate on just the certain things that pop up."

MRU claims to be the first in Canada to adopt this new security system.

"The system learns and recognizes normal activity as movement patterns across campus. [It] learns and recognizes shapes, sizes and movement — not people or specific objects — and it can't differentiate between people. If an active assailant walked down Main Street with a weapon, for example, the system would immediately notice the sudden, hurried movement of all the people (as pixels) around that person because that wouldn't be normal,"

MRU said.

According to security services, the system caught someone doing donuts in a parking lot and a group of people "play-fighting" on the third floor on its first day of being installed.

MRU introduces new ID cards

MRU is replacing current Student Identification Cards with OneCard.

Starting on Aug. 27, students can pick up their OneCard from a temporary location at G100 near the East Gate and along Main Street, MRU said in an email sent to students. The location will be open until Sept. 13 and will operate from Monday to Friday from 8 a.m. to 6 p.m. and Saturday from 10 a.m. to 4 p.m.

The new OneCard will be students' MRU official identification along with be used for access to controlled and locked areas, used as students' library cards and

a way for students to access printing services.

OneCard will also be used as students' access to MRU's recreation centre, computer and science labs and office spaces. The U-Pass for Calgary Transit will also be a part of the new cards.

A new feature from the old campus cards is that you will be able to "load Flex Dollars onto your OneCard to pay for merchandise and food at many campus vendors," MRU said.

Eventually people on campus will be able to use their OneCard for vending machines, parking and more.

MRU advises that OneCard is "your most important piece of identification" on campus and encourages students to carry it with them whenever they are on campus.

For questions about the new OneCards, you can visit The OneCard office in the Campus Store (H100).

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

COVER: Illustration by Andi Endruhn

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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

SAMRU revamps The Hub, creates West Gate Social

Riggs Zyrille Vergara

Photo Editor

Through a significant amount of feedback from their members, the Students' Association of Mount Royal University (SAMRU) have finally decided to renovate The Hub to create a new space called West Gate Social, which aims to be a better avenue for socialization, low-cost food and convenience for the students.

One of the features this new space can boast is its affordable appetizers and entrée items that will be priced at \$6.50, as well, students are able to bring their own food to the

establishment.

"We know how much financial pressure there is on our members, so we've made it a priority to make students feel welcome even if they aren't there to purchase something," John Hadley, SAMRU Director of Business & Building Services shares as he talked about this decision.

As a treat they've prepared for new students this semester, SAMRU will be giving out reusable tumblers that students can fill with coffee, tea or pop for \$0.50 throughout the whole academic year.

For faster service, West Gate Social will run on a counter-service model where students can easily access "Grab-and-Go" food items but can still also be able to order hot food items to be delivered to their tables.

The renovation will also include the installation of more power outlets to be used by the patrons during their stay in the space.

Although renovated, SAMRU's well-known activities and events like karaoke and trivia nights will still be a vital part of the West Gate Social's

operations.

"We don't see West Gate Social as a bar or restaurant—it's a welcoming and fun social space for students. Our primary focus now is providing students with a great place to hang out while maximizing the value they get for being members of the Association," Hadley emphasized.

West Gate Social will open its doors on Sept. 3, with regular operating hours of 11 a.m. to 7 p.m. Monday to Friday. For more information about their activities on that week, head on to www.samru.ca/westgatesocial

features

Features Editor
Isabelle Bennett
featureseditor@thereflector.ca

5 spots on campus to take advantage of this semester

Say it a little louder for the first years in the back

Isabelle Bennett

Features Editor



Whether you've got pages of brain functions to memorize or millions of words to type, this study area is an excellent place to get stuff done. Photo by Riggs Vergara

Nearly 10,000 full-time students attend MRU during a given academic year. And every-freaking-one of them is going to be flocking to the same three spots when classes begin: the bookstore, the campus card line and transportation services. A lot of changes have occurred throughout the last few years, and the relocation and combination of these destinations has become commonplace.

As a result, every year I do the same three things: wish I'd ordered my books online, regret I'd neglected to come in early for my campus card and laugh at those around me while I stand in line, uncomfortably ashamed at the fact I'm just another cat in the herd. But this year, I've got five spots that I'm excited to find some solitude in and gracious enough to share with our readers because they're just that good.

The climbing wall

This summer I gave climbing my first fair try, meaning I didn't immediately label the wall as faulty just because my noodle arms couldn't get me up it. I ended up going back dozens of times and was guaranteed a good workout as long as I genuinely tried — as a cardio addict, that means a lot. I've also found that climbing tends to attract a really chill, down-to-earth type of people who genuinely want you to succeed, so it's a safe space for beginners to try something new. For years I've walked by the climbing wall in Mount Royal's Recreation Centre, but I'm excited to give it a go this fall. As an added bonus, admission is free for full-time students!

The T-Wing Study Hall

If you want to achieve highly academically (or

— at the very least — pass your classes) the first place you should scope out is a go-to study spot. Every department seems to have their own little hub, but there are a few gems out there for those willing to go beyond the halls of their designated wing. My favourite place to study is the silent room in the T-wing with the stained glass windows. It has another name too, but I just like calling it the silent room in the T-wing with the stained glass windows and that's all. If you want to get stuff done, it's the place to be. If you want to chat, don't you dare corrupt my study haven.

The library treadmills

Did you know that movement helps increase retention? It's true - a little increase in blood flow promotes mental acuity and serves as an excellent

aid in memorization. It can also produce endorphins which help reduce stress and improve mood - basically a win, win, win situation.

The 2nd-floor bathrooms by the track

As my pals at Charmin like to say, "We all go, why not enjoy the go?" If you're in the midst of a study marathon, your trips to the lieu might be the most promising opportunities to relax throughout your day. Unfortunately, most of the bathrooms that line main street are small, three-or-four-stall numbers that are fortunately kept quite clean but are unfortunately often closed for cleaning. They can also be quite busy, especially during breaks, due to their location in a high-traffic area. But if you've got a few minutes to devote to this important business, I'd recommend the bathrooms on the second floor near the Jugo Juice and the running track. From my experience,

they're spacious, spotless, and typically empty.

The Meditation Room (W201)

MRU is home to a lot of cool and inclusive rooms on campus, and regardless of the communities you choose to be a part of, there's something for everyone. After reading over and over again about how insanely amazing meditation is, I've started practicing it for myself and have quickly discovered that a quiet, peaceful space makes all the difference — I'm excited to try out this one! Overwhelmed with schoolwork? Meditate. Stressed about a test? Meditate. Can't decide between The Table's chicken burger or Mucho Burrito for lunch? Neither can I. Perhaps it's time for some soul searching questions — this is the perfect place.

Save someone's semester by telling your friends (but not too many of your friends) about these go-to places on campus, too.



MRU has several spaces on campus devoted to student wellness, and the meditation room is definitely one worth checking out. Photo by Riggs Vergara

Opinion: Why I'd give Rate My Professors a solid 2.2/5

Isabelle Bennett

Features Editor

Three years later, and I still can't shake the memory of hysterically crying, body limp as left-out lettuce against my parent's tile floor circa August, 2016. My brilliant, university-bound self had made my first post-secondary mistake and neglected to pay my tuition fees before the deadline I didn't know about. One glance at my freshly de-cluttered (to nothing) class schedule, a bitterly-paid re-registration fee and many, many prayers later I had crammed my way back into whatever classes would give me credit toward my degree. Beggars can't be choosers, right?

I was so upset about my error and so convinced that it proved I was destined for failure no matter what, so I

didn't consult the student bible for class selection otherwise known as Rate My Professors. But to my delight, this didn't turn out to be a bad decision.

For those who haven't heard, Rate My Professors is a website where students can rate teachers or classes out of five for their overall quality and level of difficulty. Reviewers provide context by stating whether their class was for credit, attendance was mandatory, what grade they received and more. They can also offer up remarks (some after a full semester of experience, some — I'd imagine — after a few drinks) in their own words, too. Some teachers or classes have hundreds of reviews from students from years past, and

some reviews even contain tips on how to get on a professor's good side or score an A in the course.

For students not unlike myself just waiting for the recipe for that secret sauce that'll get me the scholarships necessary to beeline into retirement upon graduation, the site might sound like a dream. But I can sincerely say I'm glad I didn't sneak a peek at my professors' reviews before I took their classes my first year.

To illustrate my point, let's say I had. Let's say I'd noticed Dr. A had a great rating, and Dr. B had a terrible rating, each with a sample size I deemed satisfactory. As much as I'd like to believe reading these reviews wouldn't have

affected my performance, there's a very real possibility I would have slacked off in Dr. A's course, assuming their class was easy or that they would be the facilitators of my learning so that I wouldn't have to be. I could also force myself putting forth crappy efforts in Dr. B's course, too, justifying my poor performance with my belief (and the solidarity of my fellow students) that they were the problem and that getting a better grade was simply unachievable.

When I put it that way, it's a clear lose-lose situation. I will admit, though, I've read some reviews of professors after taking their class and been impressed to see that my fellow student body has hit the nail on the head,

their specificity making me wonder whether their review was actually written by me in another dimension. I've also read some that make me wonder what criminal methods some professors are using to coerce positive reviews out of their students, or if they're that pathetic that they write their own.

At the very least, I'd urge students take this as a word of caution, to not trust a rating at face value and never let a review affect their own effort. In summary, don't knock things before you try them — regardless of whether "things" is referring to a professor, class, or cinnamon chutney on a turkey sandwich. One can never know what they'll discover by taking a chance.



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Isabelle Bennett

Features Editor

I think we all have one in our lives — that person who can't get through a conversation without redirecting it toward their latest listening muse. Perhaps they've sent you a casual link or two, or maybe they've even been so bold as to suggest a specific episode. Groups clench and individuals flee when they walk into the room, fearing they'll follow up with their friends (for the zillionth time) on whether or not they've indulged the invitation to "just give it a try". There's a name for those people: podcast pushers. A disclaimer: I'm one of them.

I haven't always been this way. Sure, I had the app for it, but aside from being plunked into a junk folder every time I'd reorganize my phone, it went untouched. In fact, there was a time when I didn't even know what a podcast was, beyond — of course — a pretty purple icon. I hopped on the bandwagon early enough to get a metaphorical window seat, though, and won't be getting off in the foreseeable future. Why? The versatility of podcasts trumps all other kinds of media (I type begrudgingly into an article) and the variety of topics caters to every imaginable mood and human being. You're a veggie-chopping mom of four who keeps her cool with cult tell-alls? There's a podcast for that. You're a gym buff who thrives off debates about what constitutes the perfect fantasy football league? I can't relate, but there's a podcast out there that can. You're a business guru who needs a dose of the funnies during their lunch break just to stay awake? You do you, boo. My point is this: there's a podcast out there for everyone, just waiting to be discovered. If you don't know where to start on your quest, my personal favourites might make a good starting point:

Dr. Death

Dr. Death is a long-form (binge-worthy) podcast by Wondery. It shares the (alarmingly) true story of Dr. Christopher Duntsch: a charismatic American neurosurgeon with the world at his scalpel. He's regarded as the go-to guy in Dallas to take away your pain and fix your achy breaky back. But it takes approximately 2 seconds for him to turn sketchy and start botching peoples surgeries, leaving listeners to grapple with the question: is he entirely incompetent, full of greed, or just plain irresponsible? After listening to the entire series (some parts twice) I still can't decide. My advice: skip the intro and start at episode one. If you're as squirmy at the sound of surgery as I am, I promise it gets less gory after the first episode. If you can't get through the first episode, you're probably not cut out for the medical field.

Swindled

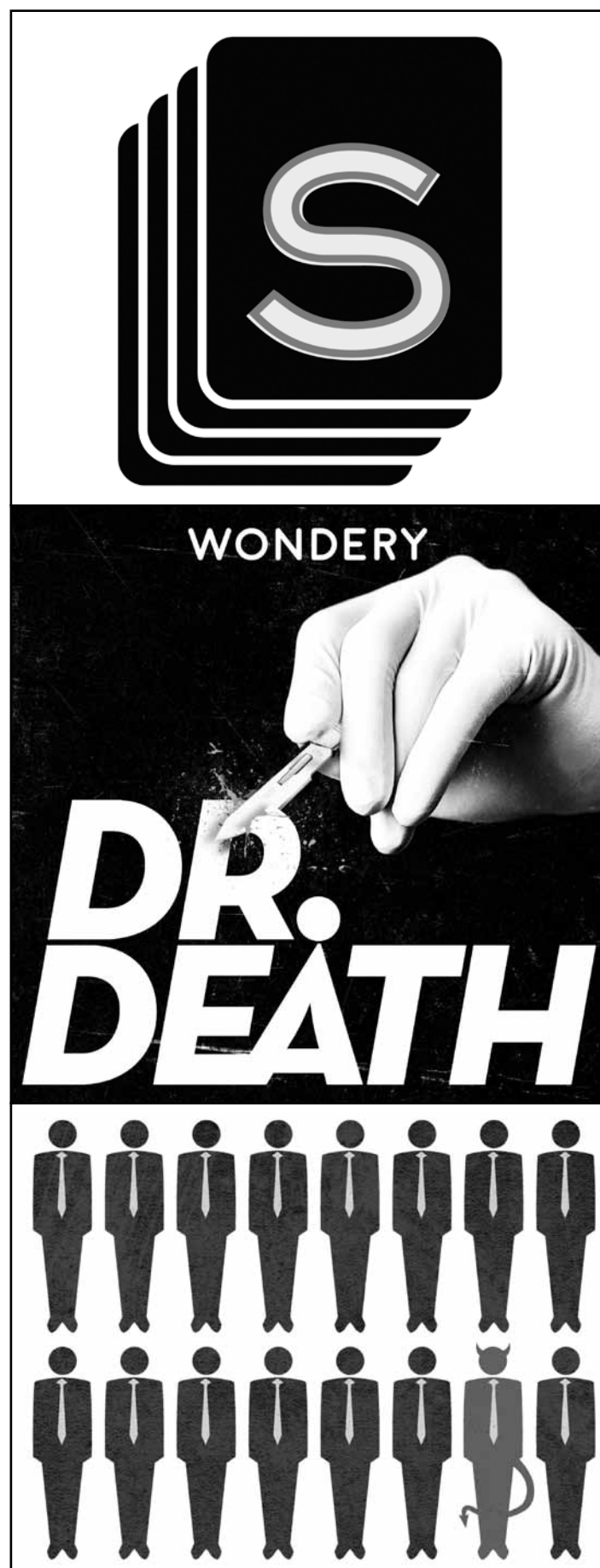
Contrary to *Dr. Death*, *Swindled* is constructed such that each episode is its own neatly-packed story, ready to digest on a singular, approximately 30 to 45 minute commute. Similar to *Dr. Death*, *Swindled* features true stories about white-collar criminals — the Posh Spice's of world — who use their positions of power for evil rather than an excuse to flaunt the planet's most polished bob haircut. Mayors, CEOs, televangelists and more: the people this podcast speaks of will make you discerning and skeptical in a way we all ought to be. My advice: for the love of all that's good, don't start at the beginning of this one, guys. To be honest, I haven't even listened to the beginning of this one (yet), but I find that most independent producers take a while to find their rhythm and voice in the

podcast world, so it's best to start with a title that really interests you when you're wanting to get a good taste of what it's all about. This guy's voice is a little monotonous, but the content makes it worth it.

Serial

In case my podcast genre preference wasn't painfully obvious, I'm a sucker for true crime. *Serial* features yet another investigative journalism expedition from the creators of *This American Life*. It's infamous in the world of true crime because it's won a million awards and a bunch of people actually know what this one is, and for good reason. Season one (the one I'd recommend) tells the story of Hae Min Lee, a high-school senior and murder victim in Baltimore, 1999. They think it's the ex-boyfriend, Adnan Syed, although his innocence (or whether or not it's been proved enough for him to actually be in jail) is highly debatable. In fact, my partner and I listened to this one together while on a road trip and came to different conclusions. I know, I know — some of you reading this might have glanced at the year and tossed this page into the nearest bush or the grand abyss of cyberspace after seeing that the story happened before you were born. But don't dismiss it so quickly — this podcast has led to interesting developments in the fate of the accused. My advice: like *Dr. Death*, skip the intro and listen in order from episode one. I've said too much already.

I hope this gives you a starting place on your road to happy listening. And let me know what you think (and what your verdict is on whether Adnan is innocent or guilty) by sending me a note at featureseditor@thereflector.ca or dropping by our offices!



Serial, *Dr. Death* and *Swindled* are all true-crime podcasts guaranteed to make your morning commute filled with intrigue and wake you up with a shudder. Photos courtesy of serialpodcast.com, wondery.com and swindledpodcast.com

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In review: *Three Women* by Lisa Taddeo

A heartbreakingly raw portrayal of female desire

Sarah Green

Arts Editor

Three Women by Lisa Taddeo is perhaps the most important book I have ever read. Let me explain.

This summer, I was wandering through Chapters in Chinook Mall with a friend, pretending like I wasn't an unpaid intern who could, in fact, pay \$35 for a book and not think twice. As I glanced around the store, I came across *Three Women* on a random display and passively flipped to the first page. Immediately, I was captivated by the first sentence of the book — Taddeo didn't hesitate to launch right into the twisted nature of women's sexuality. She writes, "When my mother was a young woman, a man used to follow her to work every morning and masturbate, in step behind her."

I told my friend to get comfortable and went on to read the entire first chapter, right in the middle of Chapters. The next few days were a blur as I took the book with me everywhere I went, attempting to read a chapter or two amidst my busy schedule. I was hooked. Looking back now, I am convinced it was the best \$35 I have ever spent.

Taddeo documents women's sex lives in a way that I have never seen before — she takes on the perspective of a journalist and puts together a detailed non-fiction account of sexual desire. Over a decade

of reporting, Taddeo paints a picture of three American women who are each in different stages of their sexual journeys. Throughout the course of her book, I got to know Maggie, Lina and Sloane on a level I never thought possible. Looking back now, I feel as though these three women are the sisters I never had.

After driving across the United States six times, Taddeo chose to write about Maggie, Lina and Sloane because of their honesty, vulnerability and ordinariness. However, the truth that these three women represent is far from ordinary. Overall, these women are each a tangible representation of the female struggle to achieve sexual fulfillment, physical autonomy, and emotional connection.

First, I was introduced to Maggie, a seventeen-year-old high school student who is in love with her English teacher. In essence, Maggie appeals to the naive and innocent part in all of us. As a young girl, she is swept up in a hopeless romantic affair with her thirty-year-old superior and ultimately, is taken advantage of. After a year-long intimate relationship, he dumps her on her eighteenth birthday and leaves her broken, hopeless, and depressed. A few years later, after learning her former lover has been named teacher of the year, she comes

forward with her story in court. Taddeo's account of Maggie's story is heartbreakingly raw, "Men come to insert themselves, they turn a girl into a city. When they leave, their residue remains, the discoloration on the wood where the sun came through every day for many days, until one day it didn't."

Next, I am introduced to Lina, a mother of two who is stuck in a sexless and loveless marriage. After reaching a breaking point, she leaves her husband and pursues her high school sweetheart. Her and Aidan's passionate affair solely takes place in cheap motel rooms and dark cars, but she is enthralled with her sexual liberation. Eventually, she realizes that she is only a temporary distraction for Aidan, yet she is addicted to him. Lina's account is primarily a lament on how furiously she pines after Aidan, contrasting how passively he views her. Despite this unhealthy dynamic, her sex life is completely revolutionized and she is determined to never settle for any lesser passion moving forward.

Last but not least, there is Sloane, a beautiful and accomplished woman who is extremely aware of how her beauty gives her power. She is married to Richard who finds satisfaction in watching her have sex with other men and

women. Sloane's story is one of asking where true sexual desire begins and ends. Her and Richard's relationship pushes and redefines the boundaries of sexual intimacy while representing the dangerous fallout that can come as a result of messy secrets. Sloane's journey reminded me of how perfection is truly unattainable inside and outside of the bedroom — there is no definitive endpoint to desire and satisfaction.

As *Three Women* came to a close, I was left with a feeling of emptiness. There's no denying that Taddeo's book was one of the most profound books I have ever read yet, I was disheartened at the reality of women's sexuality. In my eyes, *Three Women* essentially acts

as a reality check by painting an accurate picture of the fragile and insecure mindset we, as women, take on when approaching the topic of desire. I believe society tells us to make ourselves small when we deserve to take up space, specifically regarding sex and the pursuit of satisfaction. As a result of this, so many of us have been conditioned to have zero self-regard in our sex lives, which is a norm that needs to be broken. By getting to know Maggie, Lina and Sloane's stories, I am determined to make big strides on my own journey with desire and self-acceptance. Ultimately, these three women taught me to pursue what I deserve, inside and outside of the bedroom.

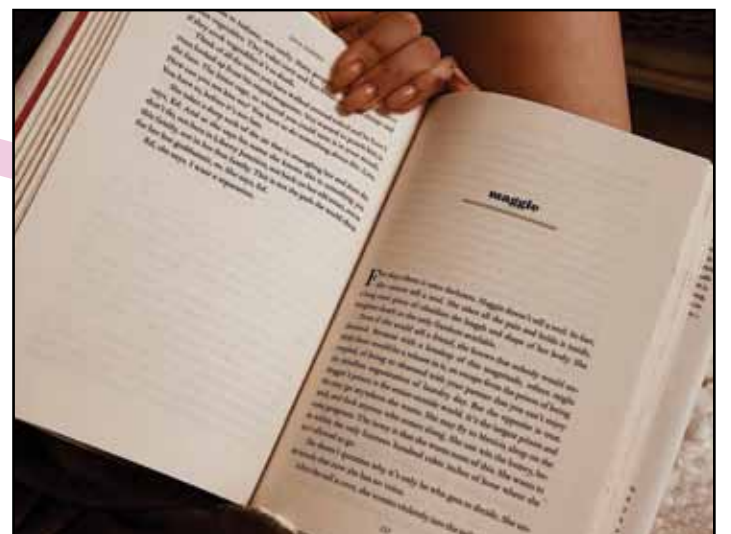


Photo by Sarah Green

OUT'N ABOUT

Femme Wave Fundraiser:

Head on over to the Globe cinema Sept. 8 at 8 p.m. in your best sci-fi attire and enjoy an evening filled with music, auctions, and film. All proceeds from the event will support Femme Wave's 2019 festival, happening Nov. 7 to 10.

Japan Film Festival:

Dedicated to promoting Japanese culture through cinema, the festival comes to Calgary's Globe Cinema on Sunday, Sept. 8. Films are free admission, but seating is first come, first serve.

Secret Cinema:

Secret Cinema is returning on Sept. 12 with another collection of mystery screenings. These films are from the collection of the Calgary Society of Independent Filmmakers. Each film title being featured remains a secret until the night of the event.

Made in Alberta Conference and Awards Celebration:

Learn how to grow your business with first-hand advice shared by other local entrepreneurs. Head on over to SAIT's Heritage Hall on Sept. 20 to join in!

5 ways to support the arts in Calgary

Karina Zapata

Layout Editor

If there is one thing that I took away from my recent internship at an arts and culture non-profit, it is that acquiring money—whether it be through sales in marketing or donations in development—is really, really hard at arts and culture organizations in Calgary. Not only is it extremely difficult to get Calgarians to understand the importance of arts and culture in our city, but it is extremely difficult to acquire funds to stay afloat.

Arts and culture organizations simply cannot use empathetic tactics like most other non-profit organizations across the world. They cannot pull people in by promising to feed starving children—instead, they must prove that their organization is contributing to building a more vibrant, dynamic city.

If you are like me before I started my internship and loved to support the arts but didn't know where to start, I'm here to help!

Make a list of organizations

I am a huge art geek. I will find ways to stand in art galleries for hours at a time, both because I love art and because I love the calming, inquisitive environment in galleries. There are dozens of arts and culture organizations in Calgary, so find your favourite ones and dedicate your time, energy and money to them!

Attend those spaces

As a supporter, the best thing you can do is go to those chosen spaces! It goes hand-in-hand with saying you'll buy something from a small, local business and actually buying it. The more you attend these spaces, the more you'll learn about them, which means you'll be better equipped to spread the word. Make it a date, take your family from out of town, and bring your

parents over the weekend as a bonding experience! There is so much opportunity to take the organizations you love and support them in creative ways, but ultimately, it starts with attending the spaces.

Share the love on social media

I don't know about you, but when I visit the places I love, I can't help but take a ton of photos—even when I've been there dozens of times. If you are like me, this gives you the perfect opportunity to share the love on social media! When you post photos of the building or work, it doesn't only prove that you appreciate the work that the organization is doing, but it opens up a world of opportunity for the people following you. Spreading the word about the organization on social media is the fastest, easiest way of helping them gain awareness and supporters.

Become a member

Becoming a member of an organization seems like a prestigious thing that only retired seniors do, but that is truly a myth. Over my 12 week internship, I learned a lot about how organizations work to ensure that the benefits outweigh the price. The truth is that most memberships across the city are extremely affordable, especially for students! For example, the Glenbow Museum has an annual student membership for \$20 that includes unlimited general admission, an exhibition guide delivered to your doorstep and reciprocal access to 10 select museums and galleries across the country. If you get a non-student adult membership to the Glenbow (which goes for \$55), you also receive guest admission passes so you can bring along some friends for free! As another example, NMC's membership for students is \$45 and includes incredible benefits such as

unlimited general admission, exclusive access to members-only events, discounts on performances, free access to Artist in Residence workshops, etc. If you look hard enough, you will find incredible deals across the city.

Give small donations

Believe it or not, small and frequent donations are often what keep non-profit organizations afloat. I always believed it was the million dollar donations from major donors that do the trick, but they aren't sustainable like small and frequent donations. Even just \$10 a month makes a huge difference, both financially and knowing that the organization is doing work that is impressive enough to have regular donors. Additionally, as a donor, you will receive the recognition you deserve, likely flowered with compliments about how the organization wouldn't exist without you (true) and possible acknowledgement on their website (which is pretty cool).

Volunteer

Volunteers are truly the backbone of non-profit organizations. Having that group of people who are willing to donate their time and volunteer solely because they support the organization is truly an incredible resource. Volunteering is a great opportunity for students who are low on money and are looking to build their resumes. Not only will you be supporting the organizations that you truly care about, but you'll learn more about how their system works and be even better equipped to spread the word about the organization. You will also meet people who share the same interests as you, creating a more vibrant, dynamic city together!



Divinely Uninspired to a Hellish Extent

Lewis Capaldi

Virgin EMI

Records

Score: A-

Out of all the b o p s this summer, there's Lewis Capaldi's debut album filled with his rougher-than-gravel powerhouse vocals and weepy sentimental ballads. *Divinely Uninspired to a Hellish Extent* is a rumination of the Scottish singer-songwriter's struggles in his relationships. Although most of the songs' chord progressions can be a bit monotonous throughout the album, Capaldi's emotive voice made each song more painful than the next.

If the album will have an exception, it'll be 'Someone You Loved'—the album's breakout record that explored themes of loss and bereavement. Highlighting his well-intentioned falsetto cracks and hoarse notes, the song skyrocketed as UK Singles Chart's number one for seven weeks. Overall, should Capaldi work harder on variety—both sound and lyrics—he's in a sure path for unthinkable heights in his career.

- Riggs Zyrille

Morbid Stuff

PUP

Rise

Score: A



Returning with their third album, PUP's *Morbid Stuff* is front to back what pop-punk dreams are made of. Where the Toronto band's second album, *The Dream is Over* explored the exhaustion and despair of what a successful touring band looked like *Morbid Stuff* is a loud angry explosion of what to do after that. *Morbid Stuff* is about embracing anger and frustration as something to be used.

In 'Free At Last' PUP's signature group vocals has them all yelling in unison "just cause you're sad again / it doesn't make you special at all" hammering the sentiment home. In a world filled with self-care and being gentle with yourself, PUP's aggressive stance lining up more with throwing barbed wire into a bathtub than a bathbomb,

stands out.

The band continues to flex their musical chops while retaining the ability to create imminently catchy pop songs to scream in the car. The track 'Full Blown Meltdown' contains the careful fingerpicking and heavy sludgy guitar solos and thrashing drums that are more often found in metal songs, while 'Bloody Mary, Kate and Ashley' is a delicately coordinated mess of a half-speed pop punk thrasher.

Despite their slow rise in the music world, PUP retains their underdog status and *Morbid Stuff* is a testament to that, with explosively dramatic and depressed lyric, ringing as true as is did on their first album.

- Andi Endruhn

Cougars soccer: Kicking off strong

The boys in blue are off to a hot start

Dan Khavkin
Sports Editor



The boys in blue kicked off their year the proper way with an emphatic 5-0 cross-town beatdown of the Calgary Dinos on Aug. 25. Cougar rookie Dane Domic carried the load on the stat sheet, scoring once while assisting twice during the contest. Photo courtesy of MRU Cougars Athletics

While everyone was clocking in their final full-time hours at work or spending their last hours out in the sun, the boys in blue representing MRU kicked off the 2019 Canada West campaign in dominant and historic fashion by starting the season with a perfect 3-0 record.

The Cougars opened the campaign by giving the Calgary Dinos a 5-0 cross-town beatdown on Aug. 24 before dusting aside the Saskatchewan Huskies 2-0 under the lights on Saturday Aug. 31 before holding off the Lethbridge Pronghorns 3-1

on Sep. 1.

Mount Royal rookie Dane Domic absolutely shined during his Cougar debut with a goal and two assists during the rout of the Dinos, and has four points through the opening three matches.

The Cougars carried the momentum before the academic year began on Sept. 5 with two victories during the final weekend of the summer to finish a three-game homestand.

Cougar sophomore Moe El-Gandour scored during the 2-0 victory over the Huskies before he picked up a red card during the win.

The next afternoon, MRU dusted the Pronghorns in convincing fashion with a 3-1 win.

So far so good for Ryan Gyaki and his squad who start the season with three wins on the trot for the first time in program history and are already over half of last year's win total.

MRU finished the 2018 season 5-9-1 last season before being ousted once again by the UBC Thunderbirds in the Canada West quarter-finals in an extra-time session last fall.

Coach Gyaki brings back 17 players from last year's relatively young squad.

Third-year forward Orest Ndabaneze and second-year El-Gandour carried the load on offence with six points each last season. Ndabaneze finished as the Cougars' leading scorer with five goals that went along with an assist.

Both players scored in the season opener.

El-Gandour finished his first season under an MRU kit with two goals that went along with a team-leading four assists.

Returning players Tysen Chatani and Berlin, Germany native David Schaefer also finished their rookie campaigns with two goals

each. Chatani saw 10 starts last year to Schaefer's six.

Veteran Rohin Nazri contributed with a goal and three helpers of his own.

The return of Justin Anderson-Louch will bolster the Cougars' veteran presence as the midfielder saw a knee injury take him out of commission last season just minutes into the fresh 2018 season.

Foothills U23 stopper and Cougars captain Daniel Harrison looks to continue to guide the relatively young crop of players into continued MRU success.

#S

3-0, the best start the Mount Royal Cougars men's soccer team has had since joining USPORTS.

\$90M, Dallas Cowboys' Zeke Elliot becomes the highest paid running back in NFL history after finally signing a six-year deal.

220, the number of games without a shut out for the New York Yankees, the streak ended on Sept. 3.

37, different pitchers used by the Toronto Blue Jays so far this season (18 starters).

2019/20 Cougars home games

Women's Soccer

MRU vs. UBC
Sept. 14 @ 1:00pm
MRU vs. Victoria
Sept. 15 @ 1:00pm
MRU vs. Alberta
Sept. 28 @ 1:00pm
MRU vs. MacEwan
Sept. 29 @ 1:00pm
MRU vs. Regina
Oct. 5 @ 1:00pm
MRU vs. Saskatchewan
Oct. 6 @ 1:00pm
MRU vs. Lethbridge
Oct. 12 @ 1:00pm

Men's Soccer

MRU vs. Calgary
Aug. 24 @ 1:00pm
MRU vs. Saskatchewan
Aug. 31 @ 6:00pm
MRU vs. Lethbridge
Sept. 1 @ 4:00pm
MRU vs. Thompson Rivers
Sept. 21 @ 1:00pm
MRU vs. Trinity Western
Sept. 22 @ 1:00pm
MRU vs. MacEwan
Sept. 28 @ 3:30pm
MRU vs. Alberta
Sept. 29 @ 3:30pm

Women's Hockey

MRU vs. Saskatchewan
Sept. 27 @ 1:00pm
MRU vs. Saskatchewan
Sept. 28 @ 7:00pm
MRU vs. Alberta
Oct. 18 @ 7:00pm
MRU vs. Regina
Oct. 25 @ 7:00pm
MRU vs. Regina
Oct. 25 @ 3:00pm
MRU vs. Lethbridge
Nov. 9 @ 7:00pm
MRU vs. Calgary
Nov. 15 @ 7:00pm
MRU vs. Manitoba
Jan. 3 @ 7:00pm

MRU vs. Manitoba
Jan. 4 @ 2:00pm
MRU vs. Alberta
Jan. 11 @ 7:00pm
MRU vs. Lethbridge
Jan. 24 @ 7:00pm
MRU vs. Calgary
Jan. 31 @ 7:00pm
MRU vs. UBC
Feb. 7 @ 7:00pm
MRU vs. UBC
Feb. 8 @ 3:00pm

Men's Hockey

MRU vs. Manitoba
Oct. 11 @ 7:00pm
MRU vs. Manitoba
Oct. 12 @ 3:00pm
MRU vs. Alberta
Oct. 19 @ 6:00pm
MRU vs. Lethbridge
Nov. 8 @ 7:00pm
MRU vs. UBC
Nov. 22 @ 7:00pm
MRU vs. UBC
Nov. 23 @ 3:00pm
MRU vs. Saskatchewan
Nov. 29 @ 7:00pm
MRU vs. Saskatchewan
Nov. 30 @ 6:00pm
MRU vs. Alberta
Jan. 10 @ 7:00pm
MRU vs. Regina
Jan. 17 @ 7:00pm
MRU vs. Regina
Jan. 18 @ 7:00pm
MRU vs. Lethbridge
Jan. 25 @ 6:00pm
MRU vs. Calgary
Jan. 30 @ 4:00pm

Men's/Women's Volleyball

MRU vs. MacEwan
Oct. 18 @ 6:00/8:00pm
MRU vs. MacEwan
Oct. 19 @ 5:00/7:00pm
MRU vs. UBC Okanagan

Nov. 8 @ 6:00/8:00pm
MRU vs. UBC Okanagan
Nov. 9 @ 5:00/7:00pm
MRU vs. Alberta
Nov. 22 @ 6:00/8:00pm
MRU vs. Alberta
Nov. 23 @ 5:00/7:00pm
MRU vs. Thompson Rivers
Jan. 17 @ 5:00/7:00pm
MRU vs. Thompson Rivers
Jan. 18 @ 5:00/7:00pm
MRU vs. Saskatchewan
Jan. 31 @ 6:00pm
MRU vs. Saskatchewan

Feb. 1 @ 5:00pm
MRU vs. Winnipeg
Feb. 14 @ 6:00/8:00pm
MRU vs. Winnipeg
Feb. 15 @ 5:00/7:00pm

Men's/Women's Basketball

MRU vs. Regina
Nov. 7 @ 11:00am/1:00pm
MRU vs. Regina
Nov. 8 @ 12:00/2:00pm
MRU vs. Victoria
Nov. 29 @ 6:00/8:00pm

MRU vs. Victoria
Nov. 30 @ 4:00/6:00pm
MRU vs. Manitoba
Jan. 10 @ 6:00/8:00pm
MRU vs. Manitoba
Jan. 11 @ 4:00/6:00pm
MRU vs. Lethbridge
Jan. 16 @ 6:00/8:00pm
MRU vs. UFV
Jan. 24 @ 6:00/8:00pm
MRU vs. UFV
Jan. 25 @ 4:00/6:00pm
MRU vs. Calgary
Feb. 8 @ 4:00/6:00pm

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DR. JACK TAN, DR. DIANA KINYUA

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