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# MRU Now aims to update campus with important information

**Ryleigh Stangness**

Staff Writer

Kim Cousineau, a risk analyst at MRU, has been working closely with app developers since 2018 to optimize and tailor the new security app, MRU Now, for students to access safety features and resources. An MRU alumni herself, Cousineau says she hopes students will get the benefits of the app that she would have found useful during her time here as a student.

She explains that this app was a risk management initiative, and it is a separate initiative from the recent overhaul of MRU's security system which was nearly two decades old.

Although risk management works closely with the MRU security department to respond to incidents such as injuries, ambulances and property damage, this app is not solely intended for security — it aims to get information and resources to students about residence information, safety concerns, emergencies, resources, wellness and safety tools. It was implemented to address “a gap in immersive notifications and an emergency-addressing app essentially,” explains Cousineau.

Cousineau says they are trying to reach more students, although they are seeing the number of downloads increasing consistently.

Cousineau says they are constantly updating the app, and looking for feedback, while engaging with SAMRU president Shayla Breen for student perspectives.

“We’re trying to add as much value as we can to it and not make it another app that people download and they get a bunch of push notifications

... What we want, is for it to really add value and to provide students easy access to resources,” explains Cousineau.

The app, which can be found in Google Play for Android and iTunes for IOS users, is free to download. It includes quick links for users to immediately get help or report a situation to security.

The app has 12 icons upon opening: offering options to call security, request a SafeWalk, report tips or incidents, campus safety, information on emergency procedures (information which is also posted in classrooms), requesting push notifications for East or West residences, campus map and health and wellness resources.

The campus safety icon, directs you to crisis resources such as sexual violence response, human rights advising, crisis counselling and environmental health.

Cousineau points out that many of the other features are offered on the MRU website, but the app is more mobile friendly and accessible. “We want to make sure that all those sources are there, rather than having to open up a browser and go looking for them.”

Crisis counseling resources, student counseling and wellness services want to make sure that, as a student, you know that those services are available so that they’re being utilized, explains Cousineau.

## Managing emergencies

Cousineau points to recent events at the neighbouring University of Calgary, with an incident involving



The new app was designed with being a student in mind with features, such as Friend Walk, which sends a friend your location on campus. Photo courtesy of MRU

a paper mache gun rifle. The incident led to many students questioning the value of university's app, with a regular abundance of seemingly irrelevant notifications, but yet no information notified students about the potential risk of a shooter.

She says, although it is difficult to say what MRU would do in a similar situation, there are some takeaways from this incident about what students want from an app.

“The biggest thing is timely notifications during emergencies for things like floods, fires, mass campus closures and things like that. We want people to know about those things in a timely fashion,” Cousineau says.

MRU is also using the app to communicate about fire drills.

“One of people's biggest complaints is with fire drills. They don't know when to go back in. Students who are busy ... faculty members get really frustrated when they're standing around outside looking around going, 'I don't know, is it over? Can I go back in?' We're trying to use it for those timely notifications

to say, 'Okay, the fire drill is over. It's time to go back in,'" explains Cousineau.

## Using the app in residence

Cousineau hypothesizes the app will be especially useful to students living on campus. There is a careful balance to make sure the information is succinct, but also relevant.

“It will be used for communicating when there's an emergency in the building or 'Hey, it's -20, close your window. Don't hang your clothes on the sprinkler lines in your room,' and things like that. There's that tailored piece toward residents.”

However, Cousineau says that it also has value for non-residents at MRU. Cousineau says, “I think any student could find some benefit.”

## Friend Walk

A new feature, unique to the app is Friend Walk, says Cousineau.

“There's SafeWalk and most people know what that is, but rather than calling security and asking security to walk you to your car or walk you to class, you can actually send

your location to somebody in your contact list.”

She explains that whoever opens the link you send “can watch you in real time and they can text with you on your way to your car or residence.”

Cousineau says she can relate her experience as a student and seeing the need for a feature like this.

“Personally for me, having been a university student for a long time, I never would have reached out to security. I hate to say that, but I would have texted a friend and said, 'Can you stay on the phone with me? Can you, you know, just make sure I get back?'”

## Future features

Cousineau says they are consistently tweaking the app for user experience but they have even more plans for future features.

“We're hoping to eventually be doing wayfinding, where it'll actually tell you where you are and where you need to go,” Cousineau says. “I remember what it's like to be a first year university student ... they're completely lost. I know we're not a huge campus, but it can be intimidating.”

# MRU students express concerns over UCP budget

**Nathan Woolridge**  
News Editor

MRU students are expressing their concerns over the recent provincial budget, which saw the United Conservative Party (UCP) government increase interest rates on Alberta student loans, lift the previous tuition cap and eliminate millions in funding to universities such as Mount Royal.

"I was honestly pretty angry when I read the budget. When you're a student, you want to be focusing on school and the last thing you want to worry about is money," says Dhafnie Basilio, a policy studies student at MRU.

SAMRU Representation Executive Council (REC) President Shayla Breen says she has heard from students with the same concerns as Basilio about the provincial budget.

"A couple of different themes that we've been hearing is obviously there's a lot of concern around the cost of [tuition]," Breen says. "There's so much uncertainty of what post-secondary is going to look like in the next three years."

Breen says some of the main concerns she has and has heard from students revolve around the elimination of the tuition cap, allowing universities to raise tuition by up to seven per cent per year for the next three years.

"When compounded, this could work out to a 22.5 per cent increase in tuition over three years," SAMRU wrote in a message to MRU students on Oct. 25. Breen adds that it's unlikely MRU's tuition will increase by seven per cent, but that students should expect some form of tuition increases.

"Post-secondary is already pretty expensive and the fact that this government is eliminating the tuition cap and allowing universities to increase our tuition yearly is absolutely ludicrous. I don't want to spend the rest of my life paying off my student loans," Basilio says.

Breen says, "There is a lot of worry around what that cost is

**\$3.6M APPROXIMATE CUT**  
on the Infrastructure Maintenance Program which is used for classrooms, labs and study spaces on campus.

With the removal of the tuition cap, universities will be able to raise tuition up annually by **7%**

The \$10M budget for the Summer Temporary Program which employs about 3,000 students per year was **ELIMINATED COMPLETELY.**

**WHAT THE BUDGET CUT MEANS FOR MRU STUDENTS**

**MRU students have expressed concerns over the new provincial budget, but SAMRU's Representation Executive Council is currently asking students to submit their concerns in writing so they can use their stories to advocate on behalf of students. Graphic by Riggs Zyrille Vergara**

going to be. 'Am I going to be able to afford it?' That sort of sentiment." She adds that some students are worried they may have to work more or take out additional student loans.

As an explanation for lifting the tuition cap, the UCP wrote in their budget, "Lifting the freeze on post-secondary tuition to reduce reliance on government grants and encourage more self-supporting alternative approaches to funding post-secondary programs, as recommended by the MacKinnon Panel."

Basilio believes the increases will do more harm than good for encouraging students to attend university.

"A well-educated workforce benefits our society but these tuition hikes are hurting us. This government is setting up our generation for failure," she says.

Breen says alongside the tuition cap being lifted, students are also worried about increases to interest rates and the elimination of the Summer Temporary Employment

Program — commonly referred to as STEP — where an allocated \$10 million offered subsidies to businesses to help employ approximately 3,000 students per year.

According to SAMRU, "MRU has lost 1.3 per cent in funding from the Government Campus Alberta Grant this year which equates to approximately \$1.3 million." SAMRU adds it is expecting "more cuts to MRU over the next three years."

"The Infrastructure Maintenance Program (IMP) has been frozen for this year equating to an approximately \$3.6 million cut to MRU. The IMP is used for things like classrooms, labs and study spaces on campus," SAMRU says.

Breen says in order for herself and REC to advocate for students they need to hear more from those who feel they could be affected by the budget.

"We're asking students to submit thoughts, opinions and personal stories about how they perceive this project will impact them," Breen says. "And then

we're taking those stories to the board of governor's meeting, we're taking those stories to the Minister of Advanced Education and anyone around the table that has a say about the implications of this budget. We really need those stories right now."

At the moment, Breen says not enough students at MRU have expressed their thoughts and opinions on the budget. She hopes more students will open up in order for the REC to work hard to advocate for students.

"I don't have the mandate right now from [our] membership to do a whole lot because they're pretty quiet right now. It's interesting in comparison to other universities, like the University of Alberta where students, for example, are holding a demonstration because that's how angry and vocal students are being," Breen says.

Students can visit [www.samru.ca/budget](http://www.samru.ca/budget) to find out more information and to send in their thoughts and concerns over the next few weeks.

## THE REFLECTOR

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### EDITORIAL STAFF:

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**Layout Editor:** Karina Zapata

**Web Editor:** Rosemary De Souza

**CONTRIBUTORS:** Andrea Wong, Cassie Weiss, Hermie Ocenar

**STAFF WRITERS:** Ryleigh Stangness, Mackenzie Gellner

**COVER:** Illustration by Riggs Zyrille Vergara and Mikaela Delos Santos

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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](mailto:TheReflector@TheReflector.ca)



# Popularity rises at West Gate Social

*West Gate Social has a cheaper service model and menu to reflect student requests*

**Ryleigh Stangness**

Staff Writer

Over the past summer, the Hub saw radical changes that John Hadley, Director of Business and Building Services, says have been vital to the revival of this student social space. The success of these changes has led to an influx of students at the newly branded West Gate Social, which is now looking for other ways to increase seating capacity.

Hadley was inspired to make changes when he observed the tragic underutilization of the space. He explains the space is owned by SAMRU, and SAMRU is here for the students.

"I really felt it should reflect student wants and needs," he says.

That's why last year, Hadley saw student surveys as an opportunity to get valued student feedback. Overwhelmingly, Hadley says, students expressed that they wanted value and price. And SAMRU listened.

To reflect this value, West Gate Social renovated its service model and cut its number of servers and now has patrons pay when they order at the bar. Customers are given a number and their food is brought to their table.

Their new branding advertises: "In a rush? Then you'll love our new self-service model for West Gate Social! Grab something quick like a salad or sandwich from our Grab-and-Go counter. Have more time and want to relax in the space? Order a hot meal from the counter to be delivered to your table. Maybe add a brewski while you're at it."

The adjustment to a cheaper menu includes a swap for foods that won't spoil as quickly and a minimal menu. Hadley says he recognizes that these changes mean that West Gate Social may no longer meet the preferences and dietary needs of all students, but he hopes the new concept

of allowing outside food will compensate for that. Students are encouraged to come in and tag along with friends, even when they don't want to purchase anything.

"Sometimes you already brought a lunch, or you're waiting for payday, but now you can still be involved," he says.

Hadley adds that surveys also showed, that although students previously were coming, they weren't coming often — merely once or twice a semester.

**"I really felt it should reflect student wants and needs."**

*John Hadley*

He hopes cheap prices, Minute to Win it Mondays, Variety Wednesdays and live music every Thursday will cause students to visit more regularly.

"We always have something going on. We try to plan our events around other things [happening] on campus that students might want to attend, but we usually have something fun going on."

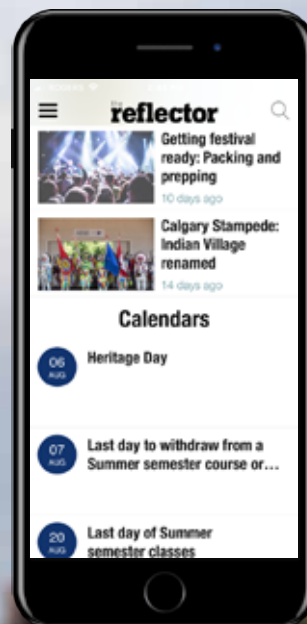
Hadley emphasizes that SAMRU is continuously seeking student feedback, although so far, students seem content with changes as there have been less than a handful of complaints.

"It's been a while since I was a student and I don't necessarily know what it's like to be a student now, so I'm always looking for feedback," Hadley says. "We really wanted this to be a social space."



West Gate Social has been busy since opening in September due to its renovations and changes to its service model and menu. Photo by Riggs Zyrille Vergara

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## Face your tears: How to uncover the benefits of crying in adulthood

**Andrea Wong**  
Contributor

From the moment we are born, we cry. During our earliest years, crying is a normal way to communicate our needs and deal with new or difficult emotions. As we grow older though, we often feel the need to hide our tears, similar to covering up an exposed wound.

By suppressing our emotions we may actually be robbing ourselves of the benefits it brings. According to an article by WebMD,

worked with clients to help them become more aware of their emotions and build that familiarity into their daily routine.

“Once they understand what they’re feeling, we can start talking about the root issues and process through that, which then often comes naturally with crying because then there’s a release that happens,” says Hynd.

The opposite can also be true when we are met with

**“Once they understand what they’re feeling, we can start talking about the root issues and process through that.”**

*Nadine Hynd,  
registered psychologist*

crying can help regulate our mood and release stress by activating our parasympathetic nervous system and restoring the body to a state of balance.

Other studies suggest that it’s not simply the act of shedding tears that creates relief, but the social context that it occurs in and the reactions from others. For instance, we may feel better when we receive emotional support and understanding in response to our tears.

Giving ourselves space to cry is also a part of processing our emotions. Nadine Hynd, a registered psychologist at Calgary Counselling Centre, has

disapproval or negative reactions, which causes us to avoid displays of emotion and the problems beneath it.

In Hynd’s experience, many of her clients will apologize for crying, a reaction that she says is largely due to guilt and shame.

“Our culture isn’t used to being vulnerable at all,” Hynd says. “There’s that whole perception of ‘I have to have everything together — have the American dream.’ So anytime I show any sort of vulnerability, it’s seen as a weakness.”

**Continues on Pg. 4**

### Five tips to process what you're feeling

- JOURNAL WITH A PEN AND PAPER.**  
Writing physically can provide release and healing. As you're seeing and thinking about what you're writing, it opens different neural pathways and helps with processing for your brain.
- TRY MEDITATION.**  
Practicing sustained focus on a feeling or idea can help your mental processes and control your reactions to stress, anxiety or depression.
- FIND A DISTRACTION.**  
Not to be mistaken for avoidance or pushing away a feeling, distractions shift your attention to something else until you regain the capacity to focus on whatever is upsetting you.
- GET OFF SOCIAL MEDIA**  
Instead of escaping through social media, take the first step to talk to someone you're comfortable with. Though it might seem intimidating, be vulnerable and other people will be vulnerable with you.
- REMEMBER EVERYONE'S DIFFERENT.**  
Our feelings are not cut and dry, so depending on the situation, you may experience different emotions in unpredictable waves. As long as you give yourself time and are patient through the process, you'll be on the right track.

Crying as an adult can feel like an unwanted reaction. But there are more pros than cons when dealt with the right way. Graphic by Riggs Zyrille Vergara

Continued from Pg. 5

## How suppressed tears can hurt you

Ryan Seggie, a peer support administrator at MRU, recalls a period when he was physically unable to cry because of issues with medication he was taking.

"I would get frustrated, like the anger that comes with not being able to have some sort of release," says Seggie. "Just feeling like you're getting really good at ignoring your emotions because you can't cry anyway. That's what scared me."

Hynd compares holding back your emotions to concealing a zit. The more you cover it up, the more clogged it becomes and the bigger it gets. Similarly, when you prevent yourself from crying, it inhibits you from processing your emotions and can eventually lead to health risks like nervous breakdowns, panic attacks or depressive episodes.

Emotional awareness "affects pretty much everything," says Hynd.

Humans have both the rational brain and the emotional brain, so when the emotional side is not engaged, it causes an imbalance with the other side. This disconnection affects our decision-making processes and makes it difficult to relate to others, which hurts our relationships and even our job performance.

Seggie says isolation is another result of suppressing our emotions, especially when standards of masculinity are involved.

"Men can't talk about crying. Men can't even talk about thinking about crying," Seggie says.

"It's that secrecy that creates the negative attitudes in society. If you're not able to be vulnerable with yourself or anyone else ... you're not telling the truth in your daily life. And so essentially, you're just going to feel really lonely when you refuse to let yourself cry."

## Helping versus harmful crying

Crying in itself is a process, and it can either work for us

or against us.

When crying allows us to understand what we're feeling, it can provide a way for us to move forward. However, when we fixate on a sense of hopelessness, crying can make a situation worse.

"If you're just staying in it, and you're just dwelling and kind of brooding, the

psychological term for it is 'ruminating,'" says Hynd. "If I'm going over and over the same thing expecting a different result, and I'm stuck in a loop, it's probably not a helpful thing that I'm in because I'll just keep crying for no apparent reason."




Seggie, who grew up as a "very sensitive" child, says he used to hate crying


because he wouldn't be able to control it. Now he finds that crying helps him recognize and work through the causes.

"Sometimes when I start crying, my reason is different at the beginning than it is at the end ... It just kind of makes you more aware of what is actually upsetting you."




As we grow older, we often feel the need to hide our tears. Photo courtesy of Pixabay





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students' association  
of mount royal university

# Holiday markets for everyone on your list

**Cassie Weiss**

Contributor



Candy cane popcorn is a tasty treat to snack on while shopping at the Banff Christmas Market, held Nov. 22 to 24. Photo by Britt Rose

Holiday decorations are going up around the city, the snow is sporadically falling, and — unless you are one of those people who have all their gift shopping done months in advance — Christmas lists are being scribbled onto napkins as you try and decide what to buy and where to buy it.

Luckily, we live in a city that has so much in the form of holiday markets from now until the day the man in the red suit himself shows up.

If you're lost on what to buy, these markets have a little something for everyone. The last one is even in the mountains, so if you can't find anything to buy, at least you'll have spent a snowy mini getaway in Banff — who would complain about that?

## Calgary Christmas Market

*Nov. 14 until Dec. 23, (Thursday to Sunday 9 a.m. – 5 p.m.)*

*Free*

Held at the Calgary Farmers Market, this market boasts to be Calgary's most festive destination for everything on the table and under the tree. From fresh grown vegetables from B.C. and Alberta, handcrafted gifts and a multitude of other items, this market is completely free and full of cheer.

## Calgary Expo Holiday Market

*Nov. 30*

*\$10 admission*

For all those nerds out there

(don't worry, I play Dungeons & Dragons more than I do anything else), we've got a market for you. The BMO Centre will host all things nerdy, scientific and fun. With local retailers, artists, makers and others, you can find that perfect piece for the gamer in your life. Cosplay dress up highly recommended.

## Spruce Meadows International Christmas Market

*Nov. 22 to Nov. 24, Nov. 29 to Dec. 1*

*\$10 admission*

Held at Spruce Meadows, the equestrian venue and home of Calgary's new soccer team, transforms into a winter wonderland brimming with entertainment, music and

over 300 different vendors to shop from. To make matters even better, there are fun areas for children, a beautiful lane of Christmas lights and an outdoor skating rink. The Spruce Meadows website boasts stress-free shopping featuring everything from imported items from around the world, handcrafted gifts and even groups of traditionally dressed carollers.

## Calgary Night Market (Holiday Edition)

*Friday's Nov. 22 to Dec. 20*

*Free*  
The downtown beauty of Eau Claire Market will showcase over 40 vendors of handmade and vintage goods,

body and bath wonders, baked items and much more. There will also be a DJ so you can shake your booty (exercise guys, it's important) while you shop. Admission is free, so you can spend your money on gifts instead.

## Banff Christmas Market

*Nov. 22 to 24*

*Free*

Take a short trip out to Banff and hit up this beautiful celebration, featuring mountains, sleigh rides and bonfires. Held at Warner Stables, market attendees might even catch a glimpse of the stable kitty if they're lucky.

No matter where you find your feet this holiday season, happy shopping.



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# Women are more than their relationship statuses

*The outtakes of Emma Watson's 30-minute Vogue interview*

**Mackenzie Gellner**

Staff Writer

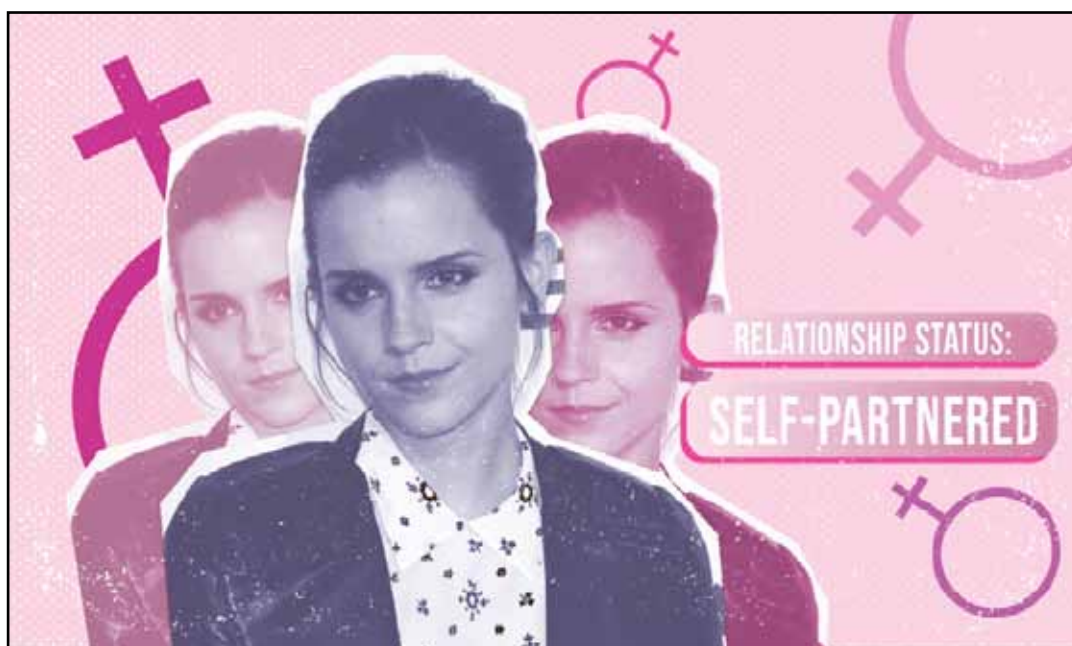
If you haven't already heard, Emma Watson was interviewed by activist Paris Lees for *British Vogue* in the past month. The interview was packed with heavy topics relating to feminism, transgender rights, inclusion, societal standards and anxiety around social media.

In addition, Watson also discussed her take on being single. She labeled herself as being "self-partnered," a term she has coined to show her sense of self-love and self-acceptance of not being in a relationship.

Out of the 30-minute-long interview, "self-partnered" was plastered and emphasized throughout the media. It is ironic that although she discusses serious issues happening globally, her relationship status was the focus.

In wake of Watson's interview, Twitter blew up with tweets for and against this term Watson generated, however, one idea stood out suggesting that no matter your successes outside of dating, you are still perceived as a failure if you are a single woman.

One tweet by Andi Zeisler, writer and co-founder of *Bitch Media* read, "The takeaway from this piece isn't the term 'self-partnered' but the fact that you can be a BAFTA recipient,



**Even in recent times, it is all too common to see that in the eyes of the public a woman's marital status outweighs the importance and achievements of her career.**  
Graphic by Mikaela Delos Santos

UN goodwill ambassador and beloved icon of a generation of women and people will still ask if you feel like a failure because you're 30 and not married with kids."

This isn't just an issue for women in the entertainment industry, but is an expectation for all women due to gender roles and societal standards.

*Gender Role Attitudes and Marriage among Young Women*, by Jennifer S. Barber and William G. Axinn states, "We

confine our consideration of gender role attitudes to those attitudes directly related to men's and women's roles within marriage: whether women should be responsible for taking care of the home and family to the exclusion of a career."

Despite our perceived progress — due in large part to the rise of feminism — it is all too common to see that in the eyes of the public a woman's marital status outweighs the importance and achievements

of her career.

Within her interview, Watson discusses the pressures that come with turning 30 for a woman. Even being the highly successful actress and activist she is, Watson still feels pressure about being married with children by now.

"Cut to 29, and I'm like, 'Oh my God, I feel so stressed and anxious.' And I realise it's because there is suddenly this bloody influx of subliminal messaging around," she states.

"If you have not built a home, if you do not have a husband, if you do not have a baby and you are turning 30 and you're not in some incredibly secure, stable place in your career, or you're still figuring things out ... There's just this incredible amount of anxiety."

Even as feminism continues to push the boundaries of how society views women, there will inevitably be those voices in our head telling us we must be married with children in order to be considered a woman.

In the trailer for the upcoming film *Little Women*, Watson's character, Meg, whose primary motivation is to marry and have children in contrast to her sister's ambitions to be a writer, says that, "Just because my dreams are different than yours, doesn't mean they're unimportant."

Watson explains in her *Vogue* interview that feminism is essentially about giving women choices. If a woman wishes to have a career, she can, but if she wishes to be a housewife, that's acceptable too.

This shows how we have the power and ability to direct our own narratives, no matter where they lead us and even if they do not match the ideals of living.

## OUT'N ABOUT

### Fusion Music Festival

Experience hip-hop, EDM and country in one lineup from Nov. 22 to 24. The festival features performances, following a livestream of the Grey Cup in the heated CP Tent at McMahon Stadium.

### Alberta Spotlight: Copperhead

Calgary's own Copperhead are revisiting their roots with their genre-bending ambient sound at Studio Bell as part of the Alberta Spotlight series on Nov. 22 at 7 p.m.

### We Don't Have Time to Feel These Feelings: An Indigenous Film Screening

Head over to cSpace on Nov. 23 at 6 p.m. to experience five short films from some award-winning filmmakers.

### Noel Indoor Light Park and Christmas Market

Buy early tickets to Canada's largest indoor light park and Christmas market, happening between Nov. 28 and Dec. 31.

# How the world was changed by the beat generation

**Ayra Fouad**  
Contributor



The beats were the voice of political dissidents. Photo courtesy of Pixabay

This is the story of how a late 1950s literary revolution inspired a generation of hippies to change the world.

Today, the greats of beat poetry — often referred to as the beat generation — are one-sidedly depicted as maniacal characters who are always on the hunt for their next acid fix. While this image isn't all that inaccurate, it is important to recognize the immense impact they've had on the way we think and live today.

No singular defining writing style was used by the beats; instead, an unconventional approach and their own individualistic style determined the aesthetic. This unique style expressed an unconventional outlook on the world and society as the poet's experienced it. With each stanza, they broke as many rules as they could.

The beats were the voice of political dissidents — stressing the importance of environmental consciousness and the fight for change, while emphasizing the need for more freedom of self-expression and spirituality. They constantly broke societal taboos, all through the bluntness and vulgarity of their poetry.

San Francisco columnist Herb Caen combined the

words beat and Sputnik — the name of the satellite launched by the Soviets — in an attempt to indirectly label those who subscribed to the beat generation poets as communists. Thus was born the title “beatnik.” To this day, hardcore beat poetry fans brandish this title and wave it around for the whole world to see, even though they realize it sounds like something a toddler would name their favorite stuffed bunny.

Beatniks heavily influenced the start of the hippie movement by participating in peaceful rallies and protests, all with the goal of fighting against segregation and discrimination. Their fight to make the world more open minded and accepting by giving people the opportunity to freely express themselves is something that echoes to this day in Canada — be it through modern day hippies or the average Calgarian.

Meditation for example, is a modern practice that has been adopted by many. Even on our very own MRU campus, students are provided with a meditation room just off of Main Street. Meditation, spirituality and yoga were all practiced by the beat generation long before it became mainstream. Their

religious experimentation was something that was largely frowned upon at the time, but later inspired the practices of mindfulness that many of us partake in today.

Although many are becoming increasingly conscious of Indigenous affairs, there is still much learning to do and change to be made. Jack “King of The Beats” Kerouac wrote in *On The Road*, “The waves are Chinese, but the earth is an [Indigenous] thing. As essential as rocks in the desert are they in the desert of ‘history.’”

He openly shared his opinions about such issues decades before any action was taken against the poor treatment of Indigenous communities. Though he was born in America, his French-Canadian roots heavily influenced his ideas.

Throughout history, the beat generation's effect on our societal outlook was quite immense. Though the beat generation will die with the last beat poets, their essence is present in our day to day lives and societal conceptions. As Michael McClure once replied to a curious student, “Where's the beat generation? It's in you somehow.”

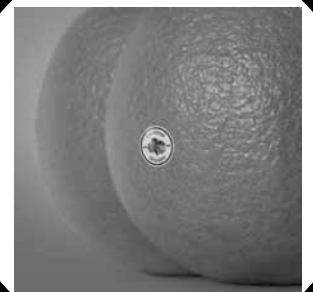


Doja Cat has fans shaking with her newly released album, *Hot Pink*. Celebrating female sensuality, the American singer-songwriter is changing up the rap community and giving West Coast artists a run for their money. *Hot Pink* holds kooky beats and out there lyrics. It's undeniable that Doja is a well rounded artist who has an immense understanding of incorporating various elements into her music, setting herself apart from

other artists. The album starts with “Cyber Sex” and listeners are introduced to Doja's frantic rap, two tracks after “Bottom Bitch,” which has a completely different tone. Depending on the track you're listening to, this album is a whole new experience. Doja Cat has given us hip-hop fans what we've all been waiting for — something fresh, new and different.

- Hermie Ocenar

**The Juice, Volume II**  
*Emotional Oranges*  
Avant Garden/  
Island Records  
**Score: C+**



The anonymous duo known as Emotional Oranges have managed to produce a hip album that integrates funk and R&B. Their newest album, *The Juice, Volume II*, starts with, “Don't Be Lazy” which sets the tone for the rest of the album. Each song effortlessly plays into the next throughout the entire record. Packed with hazy vocals and lo-fi beats, it's obvious where their strengths lie as R&B artists. However, they fall

short when the album's lyrical creativity is analyzed. The album's third track, “Your Best Friend Is a Hater,” is a song you sing along to strictly in your head because the words “swagger like a dagger” are too embarrassing to say out loud. The beats are solid and the added smokey guitar makes it all the better, but the duo lacks lyrical talent and originality.

- Hermie Ocenar



## Perfect 10 for MRU Cougars WVB

*Cougars women's volleyball catch fire early on*

**Dan Khavkin**  
Sports Editor



The MRU Cougars women's volleyball squad celebrating a sweep on home-court against the UBCO Heat. Photo courtesy of Cougars Athletics

No Mount Royal Cougars varsity program has started a season 10-0 since joining USPORTS in 2012... until this year.

The MRU women's volleyball program caught fire early in the 2019/2020 Canada West season heading into their final weekend set this semester.

It's been pure dominance. The Cougars have won 30-6 sets this season while sporting the undefeated record.

The Cougars also cracked the national top five for the first time in program history and became the second Mount Royal club to do so since the legendary 2018/2019 run of the men's volleyball team last year.

"We've been playing some really good ball," says women's volleyball head coach Sandra Lamb on the brightest start to Cougars history.

Lamb explains the older girls

in her core have been light out in doing their job.

"It comes back to the chemistry we added and the years of experience carrying over the years," she says.

MRU women's volleyball program was an odd case where the Cougars saw early success when they joined the university ranks.

The Cougars cracked the national top 10 in their inaugural season before seeing a dip in that standard. Since then, MRU have reached playoffs as the last seed their last four seasons.

Lamb believes past veteran players retiring due to injury has been one of the reasons the program had lapses in chemistry during those middle-years.

"The rotation of older players just wasn't there. The chemistry and comfortability of the two

squads from the early years to today is very comparable," Lamb says.

But the big elephant in the room remains: Is there a loss coming?

"We can't think about that. We just need to keep playing our game," Lamb says.

"We're fortunate to sit at 10-0 but it's 0-0 every weekend. In the grand scheme of things, it really doesn't matter. You have to prove your way into the playoffs and perform on those weekends later on."

The older girls are also doing what is needed from them in terms of leadership on the court with their play and off of it, according to Lamb.

"Every weekend is a grind in this league. The girls are the ones making the changes and doing what they have to do. Everyone buying in makes everything flow."

They've been clinical with their two-way play which already proves to be an early key to dominance.

"Everyone is doing their job and it shows," Lamb says.

This year's recruiting class has also been a major cog in the MRU system.

Lamb continues: "We want depth and it's kind of a nightmare. We have players in good places who can play at any moment of the game."

"They have the opportunity of learning and not getting thrown into the fire."

Meanwhile, second-year middle Dholi Thokbuom sits in fourth place with a .321 hitting total in the conference. She also dominates the other side of the net, posting a second-best 1.31 blocks per set so far this season.

Thokbuom spent her summer with the Next-Gen Team Canada volleyball program.

"Being able to be there and focus solely on volleyball and then bring that experience here is huge for her and for us," Lamb says.

Outside-hitter and senior Chantal Park is first-place in Canada West with a .80 count in service aces per set.

"In her fifth-year, she's taken her game into the next level. She's doing everything we need her to do," Lamb says praising her senior.

Third-year setter Quinn Pelland sits in second-place with 9.57 assists per set.

MRU sits in second with 442 total kills but averages a conference second-best 12.28 kills per set while also sitting in second with total digs at 542.

"The confidence and ability to hold each other accountable has been a big part of our success," Lamb says.

# #S

**20**, year-old Dallas superstar Luka Doncic becomes the second-youngest player in NBA history with a 40-point triple-double.

**254**, power play goals for Russian icon and Washington Capitals captain Alex Ovechkin, moving him fourth on the all-time list.

**86-7-5**, record of the Chicago Blackhawks when Patrick Kane and Jonathan Toews both score in the same game.

**83**, an NHL-high amount of times the Calgary Flames have been shorthanded so far this season.



# Calgary Flames first quarter report

**Nathan Woolridge**

News Editor

During a recent and short road trip to the desert, the Calgary Flames were shutout 3-0 to the Arizona Coyotes and 6-0 to the Las Vegas Golden Knights — an unfortunate depiction of how the Flames' season is going so far.

After their Nov. 17 loss to the Golden Knights, the Flames have only scored one goal in their last eight periods of hockey up to that point.

This is not great numbers for a team who had five 70+ point players last season — the most of any NHL team — and finished second overall in the league last year.

Second.

At first, it just seemed like the beginning of the season jitters, but instead of getting better, the Flames continue to slip away and somehow get worse as the season continues.

The Flames have multiple players in the negative double-digits recording some of the worst +/- records in the league, while also having multiple players lead the league in minor and major penalties.

Against the Golden Knights, the Flames' top line superstars, Johnny Gaudreau and Sean Monahan were on the ice for five of the Knights' six goals — achieving the opposite of what they're being paid to do. The top line and top six should be producing points rather than contributing to the other team scoring goals.

Many players, including captain Mark Giordano, have negative records right now.

Monahan and defenseman Noah Hanifin both have -11,

Mark Jankowski has -10 and Mikael Frolik has a -12 record so far this season during the Flames' 10-10-3 record.

At one point, Frolik led the league in minor penalty minutes as well. That's why the veteran forward was a healthy scratch before recently rejoining the team.

Jankowski, who led the league in shorthanded goals last season, has not even been on the ice for a single goal this season. He currently has zero goals, zero assists and hasn't even been on an ice surface to celebrate a teammate's goal.

That definitely doesn't help.

Even Matthew Tkachuk, who signed a three year \$7-million AAV contract prior to this season has been having a rough time these past few weeks. Tkachuk, who leads the team in points with 20, has only one goal and one assist in his last 5 games between Nov. 7-17.

As of Nov. 18, the Flames sit at a 10-10-3 record leaving the players and fans concerned about how the season is going so far.

"It's disgusting. It's bad. It's bad right now. We need to change this around ... something's gotta change here. We've gotta get back to the old us and get out of this little funk here because this is not fun," Tkachuk said in a press conference Nov. 17.

Only a few players have lived up to expectations early on this season, reported journalist Wes Gilbertson.

"Realistically, how many #Flames have played up to

expectations so far this season? Lindholm, Tkachuk, Rittich, Hanifin, Andersson would be on my list. There are others, but not many," Gilbertson said on Twitter. And he's not wrong.

It appears only a handful of players along with goaltenders David Rittich and Cam Talbot are the only Flames to show up

so far.

Despite their poor efforts so far, the Flames still maintain a decent record and still have time to turn this season around... but it won't come easy. The Flames have easily had one of the hardest schedules in the league playing some difficult teams and spending a lot of time on

the road.

But, something has to change in the next couple of weeks. The team shouldn't be panicking but they should be concerned. Everyone knows this team can do better than this. They just have to work on scoring some goals and proving they want to win.



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Calgary Flames forward Matthew Tkachuk involved in a scuffle during a 6-0 loss. Photo courtesy of NHL