

JUST GET OVER IT
SHE SHOULD JUST MOVE ON
LOOK AT WHAT SHE'S WEARING
YOU CAN'T SAY NO
SHE WANTS ATTENTION
LIAR SHUT UP
SHE ASKED FOR IT
BE QUIET
THIS IS HUMILIATING
I DON'T BELIEVE HER
ARE YOU SURE?
SHE'S DRUNK
FAULT



SEARCHING FOR SUPPORT:
Improving campus sexual violence policies
(P. 2)

CAUS calls for cohesive sexual violence policies on campus

Ryleigh Stangness

Staff Writer



Student leaders have collaborated on a research paper on campus sexual violence. Photo courtesy of Unsplash

The Council of Alberta University Students (CAUS), which represents over 100,000 undergraduate students at Alberta's five publicly-funded universities, has released an "in-depth research paper exploring campus sexual violence at Alberta's post-secondary institutions. It's the first of its kind in Alberta to be written by student leaders that is research-intensive and focuses on recommendations for the Government of Alberta's consideration."

Shayla Breen, SAMRU president and sitting representative of MRU for CAUS, has been an integral part of this initiative over the span of several years. Breen says this paper is a continuation of the work of many that has been done through advocacy and research for many years.

CAUS made five main recommendations from their research based on anecdotal information, consultation work and statistics from the National College Health assessment survey, and faculty research on sexual violence on campus to understand the student impact.

"What this means for MRU students is that we take their concerns very seriously," says Breen. "It's a step in the direction of accountability

from institutions, and acknowledgement of the fact that this is an issue on our campus and post-secondary campuses across Alberta and Canada. It is also a commitment to the advocacy work that we're doing here in order to change the culture at MRU and hopefully secure funding for MRU to create a safer campus community."

The paper emphasizes a three-pronged approach, says Breen. The first focus is the policy and the development of a good foundation and structure. The second emphasis of the paper is the need for a systemic culture shift, education and training.

According to the published policy paper, "While experiences of sexual violence happen at an individual level, the problem is systemic. Further, broader systemic issues such as racism, sexism and homophobia all play a role in enabling perpetrators, upholding rape culture and marginalizing and silencing survivors. It is against this backdrop that this research paper will explore the issue."

Policies need to reflect a change in narrative to combat rape culture and myths, says Breen, adding this could look like breaking down statements

such as "What were they wearing?" or "Were they drinking?" and reappropriating the blame to the perpetrators and not the victim.

Other elements include education surrounding consent and what that means, or what it means to be a bystander, says Breen.

The third focus of the paper is timely and adequate support services, whether that is accessing a counsellor, dropping a class, having someone to help a student navigate the policy or access external resources, explains Breen.

Breen says MRU is not unique in its lack of current resources for response to sexual violence, adding it's an issue for students.

"When we think about sexual violence, it's a different type of trauma and it's a type of trauma that needs to be dealt with by someone who has certain skills in that area. While we do have things like counselling services and peer support networks, there is a special type of training and education an individual needs to have, in our point of view, to handle, support and deal with campus sexual violence."

CAUS is imploring the government for more funding to increase these resources including hiring positions and training staff to respond to disclosures.

"Currently, we partner with Calgary Communities Against Sexual Assault (CASSA) and they come to campus once a week to meet with students. However, the waitlist to see that counsellor from CASSA can be up to a couple months at a time, depending on the time of the year," says Breen.

A great asset to MRU's resources is Cari Ionson. She is the Sexual Violence Response and Awareness

Coordinator and is the only designated person on campus for responding to disclosures of sexual violence. Ionson invites anyone who has been impacted — recently or historically — by sexual, dating or domestic violence, to come to her office located at NC201. Ionson wears many hats, and her role varies on the needs of students from supporting those victimized by sexual violence support to safety planning and educating around campus on concepts such as consent.

Ionson is there to support and educate not only 11,000 students, but over 900 faculty and staff as well. Hence, Breen emphasizes a desperate need for funding to create more positions to support Ionson.

Breen says that at the time the current MRU policy was written, MRU did well with the resources it had, especially in comparison to other policies in Alberta. MRU, she says, built a strong foundation but it's just not meeting student needs.

"I think there are a lot of gaps in [the policy] and a lot of loopholes, especially when we start digging down into the procedures that really leave students marginalized and leave students on the outskirts of the policy," Breen says.

What does that mean for students who fall through the cracks and don't have access to resources to things like CASSA or specifically trained counsellors in a timely manner?

Breen explains a lack of resources for students in the past has meant the rise of mental health concerns, dropping classes or unjustly halting their education altogether.

"We know students have dropped out of Mount Royal because of the trauma they have faced on campus and so it is pretty high risk stakes when

we think about it and the lack of access to resources," says Breen.

However, this is a problem across many Alberta campuses. CAUS writes that one of the main issues is there is "no minimum standard" or "stand alone policy to inform" campuses. Overall, the policy report claims, "the [Government of Alberta] lags in terms of campus-specific policy and actions."

"It is time it's updated and it's time that students are given a better sense of safety but also accountability," Breen says.

CAUS has already presented these recommendations to the Alberta Ministry of Advanced Education and the Ministry of Culture, Multiculturalism and Status of Women and they were very receptive to the recommendations in the paper. Conversations are pointing towards legislating policy needs, according to Breen.

"These are great starting points of a conversation, but I think the biggest push for us is going to be the push for funding," says Breen.

"One of the biggest challenges is this government was elected on the platform of fiscal restraint, and looking at the Mckinnon Report and the last provincial budget that was tabled and approved, I think the province has sent a very clear message that universities need to be less reliant on government funds and more reliant on tuition and internal revenue generation," Breen says.

While CAUS continues to advocate for more funding, they are doing what they can working with the ministry to legislate changes, and focusing on education and culture shifts to form what they describe as a holistic approach to addressing sexual violence on campus.

MRU student leaders react to tuition increases

Noel Harper

Staff Writer

Upon returning from reading week, MRU students were greeted by major changes to tuition as well as a new group of student leaders who will be representing them in a few months.

On Feb. 24, the university's Board of Directors voted to approve a number of fee increases for students in the upcoming academic year and beyond, including a seven per cent rise on domestic tuition and further increases in the next two years, resulting in a 22.5 per cent higher bill for the 2022-2023 year.

The board approved the motion in a 12-3 decision to help make up for budget cuts to the university from the Government of Alberta, which will only continue if their 2020 Budget is any indication.

"The alternative to these increases is a much deeper cut to operations," said Annalise Van Ham, MRU's vice-president of Finance and Administration, who voted in favour of the tuition hikes.

One-time increases to the student services fee and the recreation and athletics fee — of 25 per cent and 10 per cent, respectively — were also approved. International tuition will go up by 2.4 per cent, and any program-specific fees will increase by seven per cent as well.

According to Van Ham, without the added costs, MRU "would fall behind our counterparts and competitor institutions, with no means of catching up."

In an effort to soften the blow, MRU opted to invest 25 per cent of funds acquired through the tuition increase — nearly \$1 million — back into student bursaries that will offer financial aid.

"We are not aware of any other university directing this large a portion of their tuition increase to bursaries," said MRU's President Tim Rahilly in an email to students.

Several representatives and students alike participated in a silent demonstration against these fee increases — walking from Council Chambers

in Wyckham House to Ross Glen Hall, where the meeting took place. Many carried signs featuring quotes from MRU students and held them up as board members spoke.

"I do not think it is responsible for the government to take a step back when the future is on the line," read one sign. "Rather than budget cuts, why aren't there policy changes?" asked another.

The notion of raised tuition at MRU has been promoted through literature, student consultations and the media for the last few months. "Students presumed the decision to be a foregone conclusion," according to a memo from SAMRU.

One of the most significant signs that changes were coming was the government's altered tuition and fee regulations, removing the ability for students to veto any raises in fees.

SAMRU President Shayla Breen was one of three to vote against the board's motion.

SAMRU elections

The fee increases and MRU's future with reduced funding were focal points of the following day's SAMRU Representative Executive Council debate, where candidates for President, Vice-President Academic, Vice-President External and Vice-President Student Life took questions from students.

The winners of these races, each of them students from MRU's Policy Studies program, were announced two days later. Turnout for the vote was 17 per cent, up from 6 per cent in 2019.

Spirit River Striped Wolf, a social entrepreneur and advocate from the Piikani First Nation, was elected as the first Indigenous person to be President of the Student's Association. He is notable for challenging Prime Minister Justin Trudeau "in a one-on-one debate" on Indigenous suicide prevention strategies through the Indigenize the Senate initiative.

In the SAMRU debate, Striped Wolf said he plans to employ a method called

"systems leadership," bringing together government officials and experts in a number of areas to talk about important issues and finding well-rounded solutions— similar, he said, to the Government of Alberta.

"I'm not coming to the table in a particularly partisan way, but I don't necessarily agree with ... their rationale on increasing the tuition cap for post-secondary."

Luc Carels ran unopposed for a second term as Vice-President External and was voted in once again.

"We in Alberta — all students — not just Mount Royal students, face significant challenges that have just recently come down this year," Carels said in regards to the Board's recent decision. "I would like to continue to fight in response to those issues."

Other winners included Carly Bullough for Vice-President Academic and Camille Rhose Tabaccla for Vice-President of Student Life.

Alberta Budget 2020: Post-secondary universities hit hard by budget cuts

Nathan Woolridge

News Editor

The Government of Alberta is planning to spend \$114 million less on post-secondary funding than what they had planned in their 2019 budget — exposing disappointed reactions from student representation and the Mount Royal Faculty Association (MRFA).

The budget includes \$2.2 billion in spending and now further introduces the government's plan to move towards performance-based funding in universities.

The Council of Alberta University Students (CAUS),

who represents over 100,000 university students in Alberta says, "students in Alberta are displeased with the recently announced Budget 2020."

"Students are gravely concerned by this government's continued cuts to post-secondary education," said Sadiya Nazir, Chair of CAUS. "We were told the budget wouldn't be balanced on the backs of students, but what we are seeing here is exactly that. We are already continuing to face challenges from the Fall 2019 in-year cut and with an ill-timed

performance based funding model being introduced, institutions are being asked to do more with less."

CAUS said in a release that a budget like this can have serious impacts on university students, adding students are graduating with higher levels of debt and are delaying "large life decisions such as getting married, buying a house or starting a family."

"Increasing the cost to obtain a post-secondary education is becoming increasingly unaffordable and inaccessible to the average Albertan," says

CAUS.

In a release, the MRFA echoed CAUS' concerns calling the budget cuts "contradictory and harmful."

"The government claims to be taking steps to control spending while supporting the most vulnerable; however, increases to tuition being made by universities to accommodate an overall 8.3 per cent budget cut decrease access to education and increase costs. This amplifies the stress and pressures for learners, thereby making them more vulnerable," says the

MRFA release.

In a brief statement released on Feb. 28, MRU President Tim Rahilly said, "Alberta's post-secondary institutions are major contributors to the strength of communities and the economic engine of the province. We understand, however, that Alberta faces difficult economic choices and this is reflected in yesterday's budget. Our job now is to make these adjustments while preserving the academic rigor of an MRU education and the support necessary for students to succeed."

Tea and bannock to spark conversations at MRU

Christian Kindrachuk
Staff Writer

MRU is a small university compared to student body sizes at other universities across the province and throughout Canada. However, that makes MRU a unique hub for community-building events like the Building Bridges event held by SAMRU.

The event, “Building Bridges: Tea and bannock talking circle,” aims to bring people together in a friendly environment to talk about Indigenous, Canadian and international issues.

Cory Cardinal, the host, is the cultural and Indigenous inclusion programmer with SAMRU. He looks forward to seeing people come by and having a meaningful discussion of issues that have impacted them.

“We develop programs — cultural programs and events — to create awareness and to help the students develop some of their ideas,” Cardinal says.

The event does not just offer awareness to people who are looking to talk about topics they care about, it also brings together people who may be looking to make friends when they first start at university.

For people like Grace Heavy Runner, who started attending Mount Royal in 2015, she had troubles not knowing a lot of people in the community on campus, but says that this event helped her connect with new people.

“[It] doesn’t matter how old you are, maybe I can make some more friends here and start building that way because I didn’t know a whole lot of people and I think that’s really important when you have that support,” Heavy Runner says.

Being open to anyone helps to bring the community together and answer any questions that people have when they come by.

“Building community is very important. We do that with our clubs — we try to get them involved in several of our events and activities. We do that with the different departments on campus and with individual students. It’s a good way to meet people and to share the space,”

Cardinal says.

The event offers the chance for meaningful dialogue and for meeting new people.

“It’s just really surprising how fast you can develop friends and again, build that community and the support I just feel like it was a great idea,” Heavy Runner says.

The tea and bannock talking circle is significant in that it can mean something different for everyone. For Cardinal having the bannock is a symbol of

colonization, whereas for Heavy Runner it is symbolic of a family traditional dish.

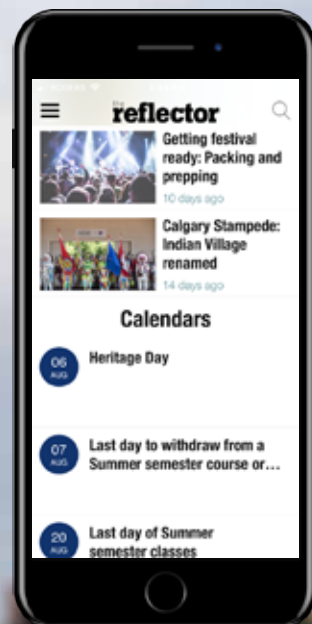
“I grew up with bannock and fried bread as a little girl. My mom and my aunt would make it and to me, it’s a traditional dish,” Heavy Runner says. “Now, I could honestly say that because it’s always been with Indigenous families — like every house I went into you could smell the delicious bannock and cooking.”

The event series is taking

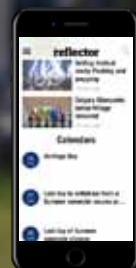
place in Wyckham House on the second floor in room Z203 once a month from noon to 3 p.m. as a walk-in. The next event will be held on March 23 and can be found on the SAMRU Facebook page.

“I think it’s important because it gives us a chance to reach out to the community and show them what we’ve got and give others the opportunity to come see what we’re about,” says Cardinal.

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A student guide to a day in Banff

Blaise Kemna

Contributor



Banff attracts visitors from all over the globe, but Calgarians are only a short drive away from the enjoyment. There's lots for everyone to do, including students. Photo courtesy of Unsplash

Here's the scenario: you're heading to Banff for a day trip with a bunch of your friends. It's been a while since you've made it to the mountains, so there's pressure to cram absolutely everything into the day. Plus, you want your friends along but suddenly feel obligated to cater to every whim of a group with a wide variety of abilities, interests and expectations.

Considering all these factors, even deciding what to do in the first place can be a daunting task.

Under the time restraints, you can't just go skiing for the day. Don't get me wrong — skiing's amazing, but it's pricey and since you're pressed for time, it's all about maximizing the things you're able to do.

You also obviously want the classic photo-op but you still want to do stuff that's actually authentic and fun, not just something that will look good on your Instagram. Because seriously, that's just vain.

The requirements only grow and grow.

But have no fear. I've been in the same position and I'm

here to give you a road map. Here's my classic Banff day trip — with a little something for everyone!

Stop 1: The Fudgery

You haven't lived unless you have had a candy apple from The Fudgery. Crunchy, green apple flesh covered in smooth, chewy caramel. You can even watch employees make them in front of your eyes. My mom remembers going here in her childhood, I've gone there in mine and one day, so help me God, I will drag my own sorry kids into that shop by the lobes of their unhearing ears and force feed them the sweet family tradition started all those generations ago. Cute, I know. Trust me, it's a tradition you want to start too.

Stop 2: Skating

In my last article, "Five ways to maximize the cold weather this winter," I ranted about how amazing skating (specifically playing hockey) is. And I'm going to do it again. There's truly nothing better.

Okay, I retract that statement. There is perhaps only one thing better than hockey — hockey in the mountains. With the crisp air and echo of skates carving ice, combined with the most epic stadium in the world, this isn't just the best way to spend an afternoon with friends, it also might be the perfect photo-op we talked about earlier. There's a rink in the middle of Banff, or if you're feeling particularly adventurous, you can go to Two Jack Lake or the Bow River.

Stop 3: Starbucks or McDonalds

While you may be able to keep warm during hockey, you'll cool down fast once you stop moving and the air reaches the sweat between your skin and waffle-print thermal. Plus, you drove for a couple of hours and skated for a few more — chances are you're getting pretty bagged. Sounds like you could use some warmth and caffeine. If only there was this crazy drink that combined both... Whether

you're a boujee coffee snob or a thrifty drinker, Banff has you covered, with a Starbucks and McDonalds where you can warm your hands and thaw your cheeks.

Stop 4: Old Spaghetti Factory

By this point in the day, you've also worked up an appetite. You probably woke up early, grabbed a coffee and a light breakfast and hit the road. Who has time to pack a lunch anyways? So you've just played hockey and got your second cup of joe for the day, but the caffeine isn't enough to dull the small pang of hunger in the pit of your stomach. You're ready to feed a small army. I've been there. The Old Spaghetti Factory, located in the Cascade Shops shopping mall, has developed a bit of cult status for me and my friends. I don't really know how it started but it's the go to spot for a warm, hearty, homestyle meal when you're famished and in need of good value.

Stop 5: Banff Hot Springs

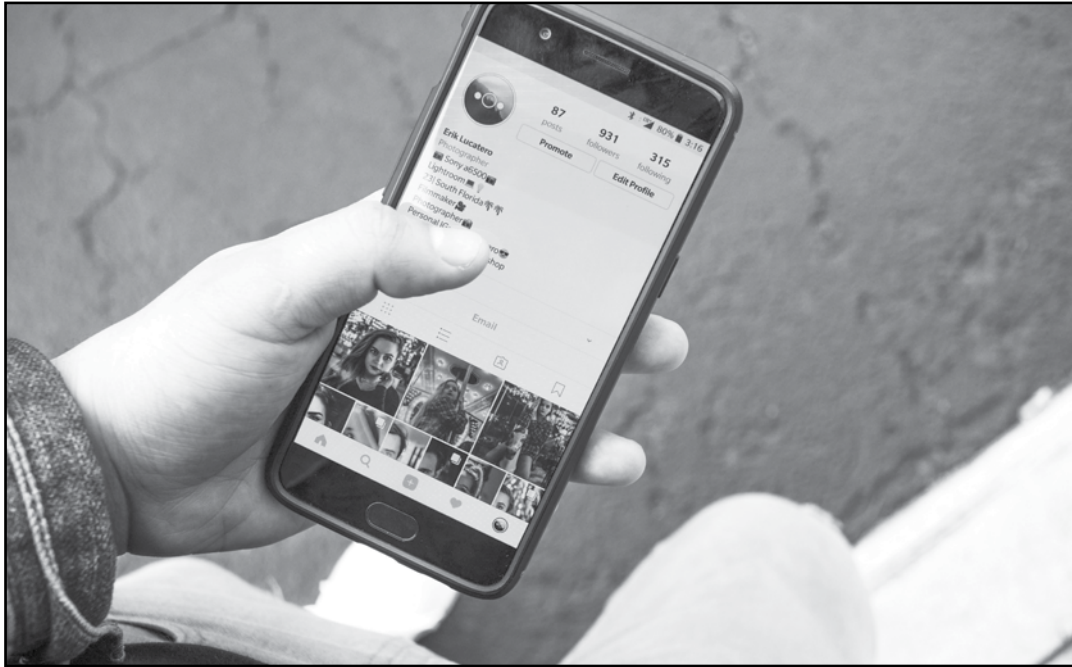
Now that you have 20 pounds of pasta in your stomach, you're all prepped and ready to go into hibernation. If someone told you it was fun to soak in a cesspool of sweaty humans for a few hours, it might not sound very great. But somehow, it's undeniable: there's nothing quite like the Banff Hot Springs (there's actually no note of sarcasm in that statement). Warmth over your body, exposed to the elements just hours before. Steam coming off the water and obscuring the details of faces across from you. The dark sky, moon and stars above you. The looming presence of the mountains around you. I'm serious, it's magic.

Having exerted yourself, fed yourself and soaked all your deepest insecurities away in a hot pool of sulfur, you're ready to go home. But make sure you trust whoever's driving. Let's just say that after the massive meal and hot water soul therapy you've partaken in, falling asleep at the wheel isn't the least likely outcome!

Instagram may be coming after your profile

Kemi Omorogbe

Staff Writer



Instagram has a new update that tracks down manipulated images. Photo courtesy of Unsplash

Everyday, we scroll through social media thinking we are seeing the authentic lives of the people we follow.

Instagram has such a big influence on the masses that the app has led to people using the social media platform to display their best possible selves. Instagram used to be all about adding a filter and a few embarrassing words to your selfies, but it has evolved. People aren't just using filters anymore, they are editing and manipulating their photos to look slimmer, smoother and curvier.

This Photoshop manipulation may come to an end though, because Facebook, who bought Instagram back in 2012, has announced that any image

believed to be manipulated, will be flagged. This is meant to stop the spread of misinformation on the platform, and increase transparency between what is real, and what isn't.

You may ask, how is this possible?

Instagram has said they will take the information from users and technology to figure out who or what may not be as real as they seem.

When the first sighting of this update took place, people thought the images were going to be taken down once figured out by these IG bots, but that's not the case.

According to Instagram's

Continues on Pg. 7



@samrubuzz

samru.ca

Chatime
Good Tea Good Time

NOW OPEN

Edo
Japan

ZEN
VIETNAMESE GRILL

Booster Juice

Thai express

Good Earth
COFFEEHOUSE

What are you eating today?



Good eats at the
Wyckham House
Food Court

(in Z wing beside the West Gate entrance)

INS
MARKET

cultures
fresh food... healthy spirit

Vanellis
FRESH ITALIAN FOODS

DQ
Grill & Chill

Machoburrito
freshmexicangrill

Wycked Deli

SUBWAY

Continued from Pg. 6

statement: “We don’t hide content because it’s photoshopped, we apply a label when a fact-checker has rated it. Upon review from the fact checker, they changed the rating, so it is no longer being labelled as false on Instagram and Facebook.”

Now that Instagram has updated their terms to track

down any photoshopped images, maybe we will see the honest truth about the pictures displayed all over the web and really get the understanding that not everything is as real as we once believed.

Social media platforms like Instagram, which focus more on one’s personal identity, has really shaped societal norms which motivates people to create a real or fake persona

that falls in line with the rest of the world.

The creation of these personas is what causes photo manipulation and it’s something that is so ingrained into society, that it may be hard to let go of, even with this fact-checker Instagram has implemented.

People may not stop with Photoshop, so we may have to rely on these technological

fact checkers to get to the bottom of these fake images, but technology can be very unreliable.

There can be many problems that can arise when technology analyzes images — racial or gender bias are just some of these issues.

So as we utilize this new update, we have to think about if it really is helping the problem of societal standards

or creating new issues that we aren’t quite prepared for.

Although we will finally get some truth on Instagram, we have to ask ourselves if it’s worth any possible future mishap.

Will this change the way we use Instagram?

For now, we have no clue — all we can do is sit back to see if Instagram’s new terms really make a difference on our feeds.

How to eat your way around the world in Calgary

Mackenzie Mason

Contributor



Supporting local takes an international turn with these excellent Calgary food finds. Photo courtesy of Unsplash

Nothing beats exploring a new city on the other side of the world, and all the culinary experiences that come with it. But not everyone — especially us students — can afford to travel across the world to try new foods and see new places.

Don’t sweat it you hungry vagabonds, you don’t have to go too far to get the same experience here at home! Here’s how you can eat your way around the world here in Calgary.

Morocco: Moroccan Tent

11566 24th Street SE

Morocco is known for its beautiful, handcrafted rugs and tapestries and Moroccan Tent in the Douglasdale area makes you feel as though you’re right in the action!

Decorated with the traditional rugs and tapestries draping from the ceilings, walls and along the floors, Moroccan

Tent provides authenticity both in the dining, and in the experience.

Dominican Republic: Simply Irie

1510 6th street S.W.

It’s been pretty cold in Calgary recently, and the winter blues have begun to kick in for most of us. If you didn’t get to go somewhere warm for reading break, eating at Simply Irie is the closest you’ll get to a tropical, Caribbean getaway.

Simply Irie is a family-owned and run restaurant that strives to bring the feel and taste of the Caribbean here to Calgary through authentic Caribbean cuisine.

Patterson, the restaurant’s cook, was born in the Dominican, so you know what you’re eating is authentic. Dig in and enjoy the good vibrations!

Brazil: Gaucho Brazillian BBQ

100 - 5920 Macleod Trail SW

South America has a rich, western history rooted in pride and tradition and Gauchos, the cowboys of South America, represent these values as a national symbol.

Residents of the Brazillian state Rio Grande do Sul are also referred to as Gauchos, which made the choice of name for the restaurant so obvious, considering Rio Grande do Sul is the birthplace of Chef Edmilson Rodrigues, owner of Gaucho Brazillian BBQ.

The food is prepared the same way it would be prepared in Rio Grande do Sul, with a Churrascaria, translating to “the house of barbecue.”

You’re sure to feel like you’re really in Brazil in this “special place that bursts with authentic South American atmosphere.”

Greece: Santorini Greek Taverna

1502 Centre Street N

If you can’t have your real life *Mamma Mia!* moment (yet), then going to Santorini Greek Taverna is basically the next best thing.

The restaurant was born when Andreas Nicolaides immigrated to Canada from Cyprus. While travelling in Vancouver, Andreas met Maria who was also from Cyprus, and not long afterwards the two were engaged!

After travelling back home to Cyprus for their wedding, the couple moved to Calgary for a new beginning. And that beginning turned into Santorini Greek Taverna!

If that touching story didn’t make you want to visit then their delicious, authentic Mediterranean food will.

Philippines: Lola’s Filipino Kitchen

255 28 Street SE

In December of 1986, Juliet Peredo and her husband, along with their three daughters immigrated to Canada from the Philippines for a better life. They worked every job they could to make ends meet until they were able to settle down and open Lola’s Filipino Kitchen, lola meaning “grandmother” in Tagalog.

They pride themselves on using quality ingredients and providing an authentic Filipino culinary experience based on family recipes directly from the Philippines and it shows!

Going to these restaurants will make you feel as though you’ve done the Grand Tour, or it will at least satisfy your travel bug’s taste buds... for now.

YOUR STUDENTS' ASSOCIATION



Reduce The Stigma

Around 70,000 post-secondary students in Canada experience homelessness in some capacity.

Tell us your story,
so we can advocate on your behalf!

For additional information, contact vpstudentaffairs@samru.ca

All information collected will be used to inform university administration and staff only. Your personal information will remain confidential.



SCAN ME

featuring local professional and amateur performers!

Be wowed by drag queens, drag kings, burlesque dancers, musicians, and more!

Free for MRU students! \$5 for non-MRU students.

This is an 18+ event. Please bring your government-issued ID!

Questions? Contact s.armstrong@samru.ca.

THROW IT BACK TO THE '90S WITH

GENDER BENDER

MARCH 11 - 8 TILL LATE - WEST GATE SOCIAL

WEST GATE SOCIAL
MARCH 17TH. 2020
3:00 PM TO 7:00 PM

ENJOY SOME GREEN BEVERAGES AND LIVE MUSIC AT YOUR VERY OWN STUDENT LOUNGE, WEST GATE SOCIAL



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Hope from heartbreak

How fashion designer Nina Kharey is making a difference

Cassie Weiss
 Staff Writer



With strength and resilience in mind, Kharey created NONIE in an effort to teach her daughter to believe in her dreams and work hard. Photo courtesy of NONIE

Sometimes, even the least suspecting person can be a hero, and any one thing — big or small — can change a life forever. It's the traditional plot of a Marvel movie, but it is also a statement that refers to Nina Kharey, a Calgary raised fashion designer.

With a passion for design, hoping to follow in the footsteps of her parents who

worked diligently in the clothing and textile industry, Kharey's plans were soon changed when she lost her younger brother to gang violence. Deciding to keep her head down and follow a more traditional path, she became an engineer — although something with that decision never sat quite right with her.

"It all goes back to my

brother; 15 years ago. It prompted me to develop a passion to educate children against being recruited," Kharey mentions, discussing the harsh reality that young children in grades five and six are finding themselves consistently in danger.

"It's becoming more of a problem. Children find they don't have support at home.

They don't have a place to belong and [these gang members] become like big brothers or big sisters."

Two years after her brother passed away, Kharey states that she began working with the Calgary Police Service, and although her role has changed throughout the years, her message has not.

"I've been [working with] CPS for years. I talk about the experience we went through as a family. I saw the reality, but so many people only see what is in the media. I tell the story of what it was like to lose him."

Having lived the experience, Kharey knows how important it is for children to recognize the strength in themselves. The truth is sad, but she states that it always starts the same — with a child who doesn't feel accepted, one just looking for someone to talk to.

Kharey adds it is extremely hard for a family to watch their child fall deeper into the trap, while not having any idea of what to do about it. She believes those are the hardest conversations to have.

"I talk one-on-one with the children with concerns. I've seen them listen with wide eyes, hear them wanting to help out their friend or their sibling. It's definitely worth it."

Her weekly presentations in Calgary schools are not the

only thing that makes Kharey stand out among the crowds. It is also her drive and passion to design the clothing she had always dreamed about.

Launching her brand, NONIE, in 2012, the celebration of the modern woman became her focus with "clean lines and bold patterns designed to flatter every figure", according to her bio. With strength and resilience in mind, Kharey created NONIE "in an effort to teach her daughter to believe in her dreams and work hard."

During a collaboration with Telus, NONIE created the design of an anti-bullying shirt, working closely alongside "#EndBullying." Turning her side passion into her full-time focus supported an environment where she was able to do what she loved, stand up for what she believed in and work her hardest to protect at-risk youth.

With hopes to work with schools across Canada, there is a powerful message that came from Kharey's tragedy, one she continues to promote.

"Life is in [these children's] hands. They can make themselves to be whatever they want. I want them to know they can reach out to someone they trust, and that they don't have to hurt the people they love."

OUT'N ABOUT

International Women's Day Women & Wealth Gala

The gala on March 7 is aimed towards empowering, inspiring and supporting women who are becoming the next leaders in our communities.

LOOK 2020

Contemporary Calgary is gearing up for the Look2020 fundraising gala on March 7. Tickets include access to a host bar, hors d'œuvres, live music, feature entertainment, a live art auction and admission to the Blur after-party.

National Fair Trade Conference

The event at Hotel Arts on March 13 and 14 will include panels, break-out sessions, a trade show, the Canadian Fairtrade Awards and a special focus on the cacao and chocolate industry.

Sunalta Live

The Sunalta Community Hall is hosting a night of live music on March 13. There will be performances by Arizona Pony, The Frontiers and DC & The Struggle, plus surprise guests, that will bring the sounds of roots, soul, pop and punk to the stage.

Embracing the evolution of art

Ayra Fouad

Staff Writer



The saying that art is in the eye of the beholder is perhaps the best way to define art, as it reinforces the idea that art is valid in all of its forms, as it appeals to every individual. Photo courtesy of Unsplash

Societal biases are a subconscious force over which we, as individuals, have minimal control — yet they have a great influence on our opinions. We are so heavily affected by our environment, that often times, we forget to detach ourselves from our embedded biases in order to fully experience the world.

When it comes to defining ideas, like art, everyone has a different perspective on it. Even within a single society, there are different definitions of art — with some only accepting certain styles, with others only accepting certain mediums. Oftentimes, that is how our society works — accepting things which are often used simply for aesthetics which, therefore, don't serve any practical purpose, only acknowledging works displayed in big museums signed by big artists.

In studying the human condition, one of the most crucial milestones in our

lineage was the beginning of art — things such as the cave paintings and pottery. Cave paintings, however, were never made for the purpose of art as far as we know. Instead, they were most likely created by priests, or shamans, inscribing prayers or drawing out their visions. They served a very different purpose for the people and the culture at the time. In cases like this, while the intended purpose may have been practical or spiritual for some, the people who see it as art today are just as valid.

Mediums such as sculptures and paintings are often easier to accept as forms of art for a vast majority of people. Things like buildings and bridges are less-recognized forms of art due to their more technical nature — as if there are too many grids and formulas involved in the process for them to be considered art. Things such as car models and robots are even less-recognized

as being works of art. Mimicking a human being in art through a painting or a carving is considered art by the masses, but trying to build a being which mimics human behaviour is seldom recognized.

To define art, we must broaden our perspectives to understand those of others. While some things may look like art to us, perhaps others will perceive it differently. Even within our society, for example, there are mediums, such as graffiti, which are considered a nuisance by some and beautiful works of art by others.

The saying that “beauty is in the eye of the beholder” is perhaps the best way to define art, as it reinforces the idea that art is valid in all of its forms, as it appeals to every individual. It is simply something created by someone which invokes an emotional response. While someone's work may not look like art to you, it may be a masterpiece to someone else.



Perfectionism

Hotel Mira
Light Organ
Records

Score: B+

Perfectionism is the first album I've heard from Canadian band Hotel Mira, formerly known as JPSNGRLS. My first impression? They're 2020s answer and salvation to the dying art of punk.

The album was released on Valentine's Day, an ironic statement, given that most of the songs in the album are about heartbreak. Full of angst and fierce anger, it reminds me of growing up in the heavy-eyeliner, straight-side bangs, skater-boy era of

the 2000s. Yet, aside from commemorating punk, this album is still relevant today. *Perfectionism* is an album of healing — it depicts the grieving, anger and acceptance that one goes through after a heartbreak. After listening to Hotel Mira, I can't help but think about going back to Hot Topic. It's about time for punk's resurrection.

- Mikaela Delos Santos

Hold It Together

JP Saxe
Arista Records

Score: B-



When I first listened to *Hold It Together*, I wasn't the biggest fan. I had high expectations after hearing the single he released, 'If the World Was Ending' with Julia Michaels. But after listening to it again, I realized that this isn't your ordinary pop album.

Hold It Together is an emotional album chronicling the story of attempting to move on. You can hear the heartbreak and the nostalgia

in Saxe's voice — a connection that will move you. Saxe's approach in this album is also soothing, a characteristic that will lull you into closure and acceptance. *Hold It Together* depicts the moment when you are remembering a bittersweet memory that used to make you cry, but somehow, the tears just don't flow anymore.

- Mikaela Delos Santos

Making it big: Two Cougars go pro

Dan Khavkin

Sports Editor

A pair of graduating fourth-year Mount Royal Cougars hockey players moved onto the professional level after the conclusion of the Canada West season that saw MRU fall short in overtime of game three of the quarter-finals.

Defenceman Jesse Lees and forward Chris Gerrie became the 13th and 14th Mount Royal players to move onto the pro ranks after serving time with the Cougars.

Lees inked his first professional contract with the ECHL's South Carolina Stingrays who are the minor league affiliate of the Washington Capitals, while Gerrie signed with the Wichita Thunder who are the East Coast affiliate of the Edmonton Oilers.

Both players enjoyed unique roads to pro during their time at MRU.

Calgary native Lees had been a hot-commodity in the pro-hockey market since before getting recruited by the Cougars back in 2016/2017.

In 95 Canada West games, Lees put up 79 points including 34 goals for the Cougars.

Lees was named to the Canada West all-rookie team while getting recognized on the national level getting called to the USPORTS all-rookie team after putting up 20 points through his first 28 university games.

He followed up the brilliant rookie campaign with the Cougars by smashing the record for defenceman scoring when he put up 25 points through 26 games,

including 11 goals.

Lees was then named to a Canada West first-team all-star.

"The thing is, you have to perform at pro. That's what we take pride in as Cougar Hockey. I'm not an agent for the guys to get an opportunity to play a pro game. We want you to be ready to play and be impactful," Cougars head coach Bert Gilling notes.

That, Lees did.

In just his second professional game with the Stingrays, Lees secured his Stingrays two points that went along with a playoff berth when he wired a wrist shot during a 6-5 win.

Picture the moment: It's a 3v3 overtime situation and the ECHL leading South Carolina Stingrays have a guy from Mount Royal University who on his third day with the team, is taking the ice in overtime in a game-winning situation... and delivers.

"Jesse wasn't treated like a 6th or 7th defenceman sitting on the end of the bench. They caught on very quickly that this guy can play," Gilling says.

"Moments like that are why we were prideful from our staff and Cougar Hockey program. That's why we do this type of training and hold these practises. That's why going to school, instilling that discipline and maturing makes them that much more ready for pro compared to being a 20-year-old out of junior hockey."

Steve Bergin, director of hockey operations and head coach of the ECHL leading

South Carolina Stingrays says: "With his resume, we knew that's a guy you couldn't pass on.

"Anytime you can add a guy like that of his caliber, you have to pull the trigger on him."

Lees did not have to drop out of classes despite leaving campus out of nowhere. At the time of this interview, he was Skyping his class before having to submit projects and midterms online later this week.

Gerrie on the other hand, joined the Cougars as one of the most experienced players in the dressing room despite the fact he entered campus as a winter semester transfer in 2017-18.

Prior to his collegiate career, Gerrie played two seasons for the AJHL's Olds Grizzlys. Gerrie racked up 115 points (43G, 72A) in 119 games during his two seasons with the Grizzlys before committing Michigan Tech. He then headed to the BCHL's Penticton Vees. Gerrie potted 42 points (16G, 26A) in 56 games for the Vees.

Gerrie was named as the AJHL and CJHL Rookie of the Year in 2013-14 and helped Michigan Tech to a WCHA Championship in 2016-17.

He registered 46 points (19G, 27A) in 68 games for the Cougars.

MRU's education and reputation for smaller class sizes were additional benefits that convinced Edmonton native Gerrie that Mount Royal was his perfect fit both on and off the ice.



Calgary native Jesse Lees showing off his new threads with the South Carolina Stingrays. Photo courtesy of Jesse Lees

Mount Royal has only been competing in USPORTS for eight years now. So to bring an impactful NCAA DI transfer like Gerrie meant a lot to the growth of the Cougar Hockey culture at the time, according to Gilling.

"He came from that environment, so he blended with our guys and helped push the culture... he made us better."

Coach Gilling and Gerrie were speaking the same language upon recruitment.

Gilling, who has nearly two decades of NCAA DI coaching experience, helped facilitate the perfect marriage between Cougar Hockey and Gerrie.

"He made the whole transition easier and helped me get more confident. It meant a lot at the time," Gerrie says.

Gilling adds: "When I was saying we want to 'build on-and-off-the ice like a division

one program,' he knew exactly what I was talking about. I needed people who understood that culture and who can lead and show the players what that meant and to spread those ideals through the locker room. Chris accelerated that for us."

Gerrie saw the opportunities Mount Royal offered on the ice and took full advantage of them, according to Gilling.

"He was very coachable. He watched film, talked to coaches... he went to work every single day and that's reflective in his game," he notes. "He accepted any role we gave him which was a gift for us. It showcased his versatility which made him an attractive player for Wichita."

"I came to USPORTS at the perfect time. You see the league growing and a lot more guys are turning pro," Gerrie says.

#S

9, third-period comeback wins for the Calgary Flames this season.

65, games to reach 100-points this season for Edmonton Oilers superstar Leon Draisaitl.

4.39, seconds for NFL draft prospect Isaiah Simmons which is the second-fastest time by any LB at the Combine.

18, Liverpool FC's loss to Watford falls short from tying the longest win-streak in the history of Europe's top-5 leagues.

Cougars' hunt for nationals still alive

Dan Khavkin

Sports Editor

The dreams of Mount Royal's women's volleyball and hockey teams fight for a national title are still alive despite coming out of their respective series with losses.

Both teams saw the hunt for their school's first Canada West banner fall short, but their seasons still go on.

Cougar Athletics is enjoying a legendary athletics campaign across the board.

Men's soccer earned MRU's first-ever Canada West medal when they won bronze in November. Women's basketball reached its highest win total since joining USPORTS. Men's Hockey set a record for wins in a season while women's volleyball enjoyed the best regular season finish in school history.

"Everyone is learning and feeding off each other," notes women's hockey head coach Scott Rivett. "It's been a build and it's great to see everyone grow from one another."

With that being said... step aside men's soccer! There's a new Mount Royal Canada West record to be broken.

Women's hockey

The Cougars women's hockey made school history during the weekend becoming MRU's first silver-medalists.

They fell 2-0 in the best-of-three Canada West finals after getting swept by now back-to-back champions, Alberta Pandas in Edmonton.

"We've been getting better and better every year. We learn from experiences and take the next step," notes MRU coach Rivett.

Last season, MRU forced a game-three against U of S before losing a heartbreaking triple-overtime game. This last weekend was a similar story but MRU took the next step as a program.

This season saw another step forward for the women's program after facing elimination early after dropping game one against rival Calgary Dinos in the semifinals. Before they went to win the final two games of the series, including a 1-0 overtime win, to not only be the first MRU squad to qualify

for the Canada West finals, but the USPORTS national playoff as well.

MRU's first trip to a conference final however, didn't start the way they had hoped when the Cougars dropped game one 5-1.

Alberta outshot MRU 25-14 in the opener.

Their dominant stance on defence held the Cougars to just one shot in the second period. Alberta scored all five goals unanswered including two power play goals.

Jayden Thorpe was the lone MRU goal scorer in the series.

The Cougars didn't help their cause as they took five of the game's seven penalties.

MRU netminder Kaitlyn Ross was pulled after allowing her fourth goal on her 19th shot and was relieved by Zoe DeBeauville who stopped five of six shots in 14:13 of relief.

Alberta went on to capture their record 14th Canada West title after blanking Mount Royal 2-0 in game two.

Despite a better defensive showing on MRU's end, their discipline was once again the cause of their downfall.

Alberta's two markers were on the power play and were 2-5 on man-advantage for the second straight night.

Despite the heartbreak, the Cougars look ahead to their first USPORTS tournament appearance in PEI on March 12-15.

Women's volleyball

Mount Royal's epic run comes to an end. The 21-3 Cougars saw their conference playoffs end at the hands of conference powerhouse Alberta Pandas.

The Cougars will get one last shot to qualify for the USPORTS national playoff when they get a chance at MRU's second-ever Canada West bronze medal match on Friday.

"Our program is very proud of where we're at," says Cougars women's volleyball coach Sandra Lamb.

The Pandas outlasted MRU 2-1 during the best-of-three Canada semifinal series.

Alberta started strong to win game one on the road 3-1 (25-

14, 21-25, 29-27, 25-14).

With their backs against the wall for the second straight weekend, the Cougars upped their play to fight another day when they answered back with a 3-1 (18-25, 25-19, 25-19, 25-18) win of their own.

The Pandas however, sealed the series during the sudden


death game three with a 3-1 (25-18, 27-25, 22-25, 25-15) win.

Alberta started strong and opened with a set victory before barely getting by a feisty Cougar counter during the second set.

Down 2-0, the Cougars found a pulse of life when they won the third set 25-22 but the 11-

time title holders Alberta got the job done with a decisive 25-15 win in the fourth and final set.

Mount Royal will host the Canada West bronze medal match when the Thompson Rivers WolfPack visit Kenyon Court on Friday, March 6 with first serve set for 7 p.m.



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