

A+

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news

News Editor
Dayla Brown
newseditor@thereflector.ca

Matthew de Grood's psychological assessment to be released

Assessment will reveal whether de Grood can be held criminally responsible for his actions

Dayla Brown
News Editor

The results of Matthew de Grood's psychiatric evaluation will be released in late September. Initially, the court would hear whether de Grood could be held criminally responsible for his actions on Aug. 29, but after appearing briefly on Aug. 28, the court learned the report was not ready for release.

De Grood has been charged with first-degree murder of

Zackariah Rathwell, 21, Joshua Hunter, 22, Jordan Segura, 23, Kaiti Perras, 23, and Lawrence Hong, 27.

On April 14, 2014, de Grood appeared at a house party celebrating Bermuda Shorts Day, a 53-year-old tradition highlighting the last day of class before summer at the University of Calgary. It is presumed that at approximately 1:30 a.m., de Grood grabbed a kitchen knife from the household and targeted the victims.

According to an article published from the *Globe and Mail*, Perras and Hong were taken to Foothills hospital, where they passed away hours later.

On April 16, de Grood met Calgary defence lawyer, Allan Fay at a psychiatry centre where he underwent a psychological assessment. In May, results of the assessment confirmed de Grood was fit to stand trial.

Fay told the media, "Being fit to stand trial only means that he understands the process and he can instruct council. You can still be very profoundly mentally ill and be fit to stand trial."

On July 22, Fay requested another psychiatric evaluation to see if de Grood was considered not criminally responsible for the murders, according to an ar-

ticle from Global News.

De Grood is expected to return back in court on Sept. 26, 2014.

The results will indicate whether de Grood can be held criminally responsible for the attacks.

The students' deaths have shaken the city; it was the worst mass murder Calgary has ever experienced. Students gathered together at various memorials to mourn the losses of their peers.

When asked about the second psychiatric evaluation to determine if de Grood could be held criminally responsible, many students voiced that they wanted more information, being unable to understand what happened that night.

Marcus Smith, fourth-year student in criminal justice at

Mount Royal University says, "I think the second evaluation is a good idea. It's hard to think a kid with so much potential, and on the path that he was, could be capable of having a criminal mind and performing these acts."

"I think there's probably a mental disorder that needs to be discovered and treated," says Smith. "But also there has to be justice for the families."

Hailey Boutin, fourth-year student in criminal justice at Mount Royal University says, "I just feel really horrible for him. I can't imagine snapping out of whatever he was in and realizing what he did."

David Reil, third-year student in policy studies at Mount Royal University says, "I think it's important to gain as much objective and accurate information as possible in order for those who make the decision to make the best decision."

Preliminary hearings are set to be held from March 2 - 13, 2015.

Photos courtesy: Facebook



Zackariah Rathwell



Joshua Hunter



Jordan Segura

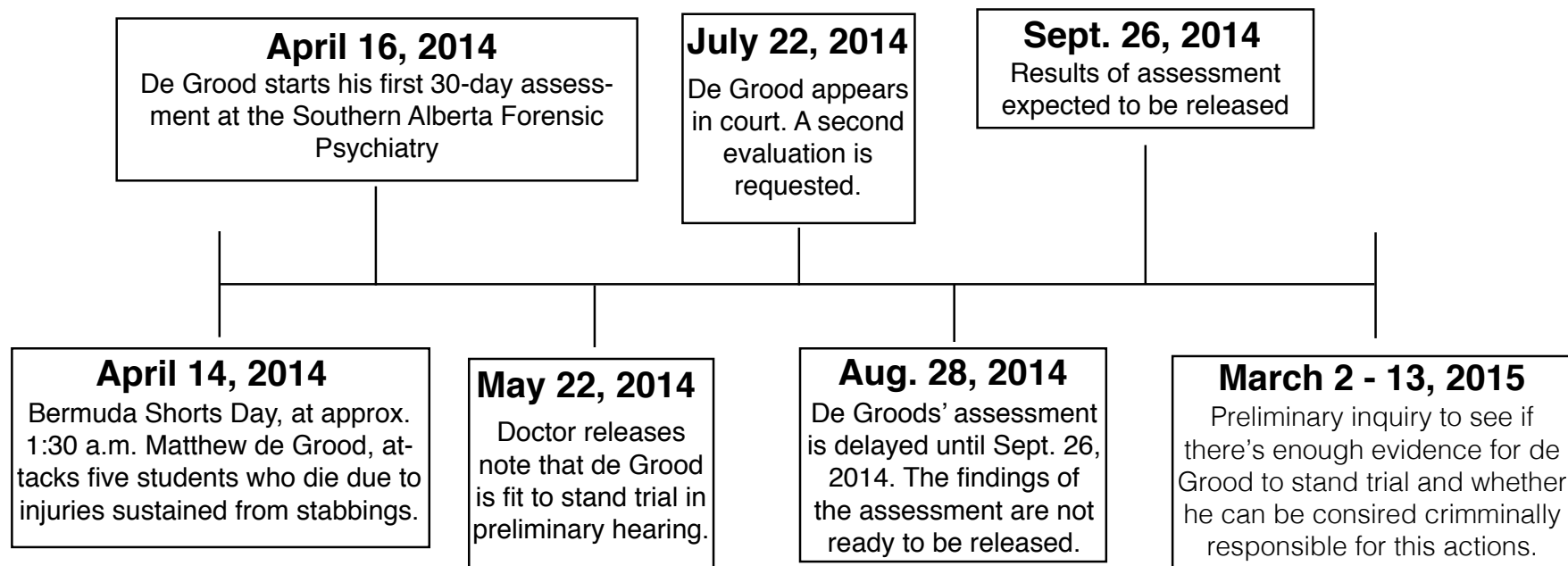


Kaiti Perras



Lawrence Hong

TIMELINE: Matthew de Grood's Charges



Infographic: Kaity Brown

Calgary-Elbow byelection

Upcoming byelection will determine new MLA to replace Alison Redford

Dayla Brown

News Editor

A Calgary-Elbow byelection is expected to kick-off soon after Alison Redford's resignation as MLA. Last time a byelection was called, Liberal Craig Cheffins managed to make a hefty dent in votes, according to an article published by the *Calgary Herald*.

According to the article, Alberta Liberal Leader Raj Sherman believes the Liberal candidate will have a strong advantage due to the controversy occurring between the Alberta Progressive Conservative and Wildrose parties.

However, according to another article published by the *Calgary Herald*, Wildrose leader Danielle Smith said her party will be "fighting tooth and nail" in the next byelection.

According to The *Calgary Herald*, Brian Henninger, a PC Candidate who lost to Cheffins in the last byelection, told voters to not take their anger out on the Tory in the upcoming election.

"I don't care what message you want to send to the premier, don't do it with your vote," he said. "Make sure your riding is represented by someone who really cares about your riding."

Why should you vote?

You've heard it before but the numbers don't lie: post-secondary students have the lowest voting demographic. This results in platforms not being tailored to students' needs. A most visible repercussion of not voting is in the budget cuts that occurred in 2012.

Programs across Alberta post-secondary institutes were discontinued due to the budget cuts, Mount Royal University being one of them. Platforms are currently geared towards the voting demographics and as a result there's a higher focus on senior rights and primary education. In order for post-secondary students to be heard, they need to be voting. Mount Royal University students in residents who are Canadian citizens can vote in byelection.

There will be more information released as the byelection draws closer.

We chose the top four reasons of why students should vote from an article called "10 Reasons College Students Should Vote" written by Douglas Fehlen.

Your Vote Matters

Many students don't believe their vote will make any difference, but recent history has shown that elections can be decided by a handful of votes. In fact, many local contests end in ties each election year with winners being determined by a coin flip. Taking the initiative to vote can help prevent elections from being left to chance.

Politicians won't address student needs without student votes

Politicians know who votes each election, and they are more likely to support initiatives that are popular among groups with the highest voter turnout. For college students to have significant political influence, they must turn out in greater numbers than is traditionally seen. You have a part to play in that.

You're part of an important voting bloc

The college vote can swing elections. There are more than 75 million Millennials, a number that rivals the number of Baby Boomers — another important voting bloc. The problem is that college students typically vote in much smaller numbers than older citizens. Mobilized, Millennials represent a powerful political force.

Shape the social agenda.

Are you passionate about a particular social issue? Gay marriage, capital punishment and the separation of church and state are only a few of many contentious topics that dominate the political discourse. Learn about candidates' views on issues that are important to you, and vote in support of your beliefs.



After Calgary-Elbow MLA Alison Redford's resignation, a byelection will be called to find a new MLA.

Riddell Library breaks ground

Out with the old: Riddell Library and Learning Centre to offer students a richer learning environment



Photo courtesy: MRU Marketing & Communications

Construction for the new Riddell Library and Learning Centre is underway. The RLLC will have four floors, meaning so much more room for activities!

Dayla Brown

News Editor

A donation of \$85.5 million from the government and the Riddell family has led to the development of the Riddell Library and Learning Centre (RLLC), which is expected to open early 2017.

According to Carol Shepstone, the university librarian, this centre will bring several improvements to campus.

"Our current space is lovely in many ways but very outdated in design, quite inadequate in terms of overall space and of course, not the type of learning space we need as a university," said Shepstone.

The building will have a wide range of new types of learning and study spaces, from stand-up and treadmill desks to media production rooms with greenscreens and sound equipment. It will also have "maker space" with specialized equipment like 3D printers.

"The new facility will offer exciting new learning spaces, and opportunities to work in new and creative ways with resources and technologies," says Shepstone.

The additional space will allow more room for students to study. The current library has 600 seats, but the RLLC will have 1500.

"The new building is four floors so it is a significant addition of space."

According to the Mount Royal University website, collaboration between several of MRU's services such as the Student Learning Services, the Academic Development Centre and START

(Student Technicians and Resource Tutors) to name a few are critical to the success of the project.

"The old space will be reviewed as part of a renewed campus master planning process," says Shepstone.

University President David Docherty says, "Students need a space where they can study, think, exchange ideas and create new ones, where they can experiment and fail before they succeed."

"The library is where it happens. It's where our students evolve into the young, bright adults they become when they leave Mount Royal and go on to be future leaders and great citizens of tomorrow."

For more information on the development of the RLLC, visit the mtroyal.ca webpage.



Photo courtesy: flickr / Wicker Paradise

THE REFLECTOR

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EDITORIAL STAFF:

Publishing Editor: Kaitly Brown
Managing Editor: Ivar Bergs
News Editor: Dayla Brown
Features Editor: Becca Paterson
Arts Editor: Kari Pedersen
Sports Editor: Amanda Ducheminsky
Photo Editor: Albina Khouzina
Layout Editor: Michelle Vaniersel
Web Editor: Bryce Visser

CONTRIBUTORS:

Logan Krupa, Maria Carbajal, Caitlin Clow, Chad Baird, Hannah Cawsey, Nathan Ross

COVER PHOTOS /

ILLUSTRATIONS:

Duck: flickr / Joshua Smith
Music: Nathan Ross
High Hopes: Facebook
McMorris bros: Facebook

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

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the reflector

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

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

“...I was concerned that my friends would no longer be friends with me if they knew I didn't like Cool Whip.”

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#MRU TWITTERSPHERE

@CourtneyPenner: I'm truly amazed at how friendly everyone is in uni. The stuck up highschool girls have been replaced with friendly, intelligent women. #MRU

@bigbabycarolyn: im gonna pee in every washroom on campus by the time i graduate #mru #academicgoals

@becca_turner: great first impression when the prof doesn't show up on the first day... #mru #idlikeabonus2percentpls

@grapesodapin: Sorry about grumpy tweets but back to class means back to sass #mru #yearfive

@tlwarner_: Just dropped "textual analysis and composition in spanish" because i'm not a glutton for self-punishment #mru #praisedalord

@MakeThatChang: Assigned readings and I haven't even had my first class yet. #MRU #unilyfe #isitweirdthatImstoked

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 at TheReflector.ca,
 on Facebook or on
 Twitter @ReflectThis

What's your non-academic goal for this year?

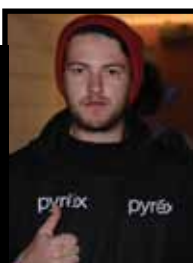
"To meet new people. I'm in second year and last year I didn't get a chance to do so."
Maddie Patterson
 Arts



"Save more money."
Keyva Hutchinson
 Arts



"I'm here from New Zealand and would like to meet as many new people as possible."
Gareth Clark
 Sports and Recreation



"Get into better shape."
Nick Buragina
 Health and Physical Education



REFLECTORIAL

On adaptability

"How can you do 'new math' with a 'old math mind'?" said Linus.

Maybe you're taking five courses, or more, you work part-time, volunteer on the weekends, you're in a club, you're taking additional courses online, you're an avid blogger or you have friends that are in a really rough place and they need your help. We don't know exactly where you are in your scholarly career but what we do know is that there is a sudden pressure to adapt.

First years, do you have pressure from your parents? You have to get your books, you don't know where any of your classes are and you inadvertently took a class that is not working for you. You're coming off the summer high and suddenly there's no time to just hang out. You're being pulled in a million different directions.

Second and third years, are you second-guessing where you are in your courses? Did you go into psychology but would rather be in business or vice versa? Did you get a new opportunity after doing an internship and you can't see the point of your degree?

Fourth years, and those doing a "victory lap" or two, are you scared? Do you feel like you have wasted your time on your degree? Do you feel unprepared for what is coming next? Does it seem like people around you got it together and that you haven't figured things out?

No matter what your situation, there is only one thing you can do: Adapt.

And hard as it may seem, you will adapt. You will get it together because it's all you can do. And you can do it.

There will be a lot of trials and tribulations. You will become a nocturnal multitasker who can do anything that needs to get done in inhumane time-frames, despite what you may think. Why? Because, in a way you have no other choice. 'New math' will become 'old math' sooner than you think.

Don't be freaked out by the change. Embrace it. Humans are the most adaptable creatures there are. It's the second week and you're already thinking about everything you need to do, and in just thinking that way, you're starting the process of getting to the next chapter of your life.

Heck. Even we have adapted over the years.

Cheers to change!

— The Reflector Staff

Comments? Visit thereflector.ca or in person at our office in the basement of Wyckham House.

features

Features Editor
Becca Paterson
featureseditor@thereflector.ca

Your homework: go to more concerts

One student's discovery on coping with stress and tackling coursework

Chad Baird
Contributor

For the past two years, I have been partaking in an experiment. I am the test subject and I am the evaluator. I believe that one simple factor can make you a better student. I want you to truly smile, embrace life and make the most of it. My name is Chad Baird and I want you to go to more concerts.

My hypothesis was that consistent concert attendance could improve GPA and mental health in post-secondary students. My findings lead me to believe that live music may possess this power.

Dr. Daniel J. Levitin, California-rocker-turned-neuroscientist, explains how concerts literally affect the brain in his book, *This is Your Brain on Music*. At a decibel level of 115dB, the average decibel level of a concert, music causes “auditory saturation, causing neurons to fire at their maximum rate.”

Here are the statistics: I have attended roughly 20 concerts during my time in university, I have a 3.79 GPA and I had severe depression for four years. Because of the latter stat, I needed to find a radical and effective outlet for stress. I found that solace in concerts.

The atmosphere of a concert is like no other. While the stage



Photo: Nathan Ross

Music can help you unwind and relax but it can also help you deal with stress and maybe even increase your GPA.

lights spill across the smiling faces and the strobes flash, people dance and the bass ripples through your soul. A crowd of individuals becomes a single organism, moving in unison like a grand ocean wave.

In contrast, we all know the student life is not so glamorous. There are bills, deadlines, essays and exams. There is immense stress bestowed upon every student and the only way to get through post-secondary successfully is to find a way to weather the storms and effectively handle

pressure.

There are no documented activities in history that have ever demanded the full neural capabilities of the brain — except for music at the 115dB level. When you go to a concert, your brain is forced to let go of the problems of the day because it doesn't have the neural capability to absorb the sound and think about how you are going to pay off that student loan. You have no choice in the matter, your brain rids itself of previous problems for a window of time.

Concerts offer an effective escape for a night. Live music offers a chance to unplug and unwind. Think about it: at concerts, you naturally loosen up and forget deadlines and real life for a moment. Furthermore, writing down a concert date in your agenda gives you a goal and gives you a near-future focal point. At a base neurological level, it gives you a little more incentive to complete assignments and carry on with your day because you have something positive to look forward to. Hark! There is a light

at the end of the 3000-word-essay tunnel!

There have been times that I have nearly been crushed by the school workload. There have been times where depression has got the best of me and affected my grades. Friends, I can tell you in full confidence that concerts have made me a better student. I am more relaxed, I am happier and I am mentally healthier. These three factors equal better academic success, period. Find your happy place. It may very well be at the side of the stage.

Wyckham House events

Sept. 15 to 26 at a glance

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
15	16 <i>YouTube Jukebox</i> @ The Hub	17 <i>The Royal Streets (band)</i> 8 p.m. @ The Hub	18 <i>Meet & Greet Dance Party</i> 7 p.m. networking 8 p.m. DJ @ The Hub	19
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
22	23 <i>SAMRU Clubs Days</i> 10 a.m. to 2 p.m. @ MRU Main Street <i>YouTube Jukebox</i> @ The Hub	24 <i>SAMRU Clubs Days</i> 10:00 a.m. to 2:00 p.m. @ MRU Main Street <i>Karaoke, 8:00 p.m.</i> @ The Hub	25 <i>Cougars Night</i> 8 p.m. @ The Hub (DJ)	26

Caffè Artigiano



When it comes to an incredible coffee, latte or espresso experience, Caffè Artigiano is in a league of its own.

Regarded as North America's premier coffee-house chain, Caffè Artigiano launched in Vancouver in December 1999 with a vision of an Italian-style coffee house and bistro that offered superior coffee, excellent food and a lively-yet-comfortable atmosphere. Today, the company famous for its stunning 'latte art'—a unique rosetta, tulip or heart atop each cappuccino and latte served—offers a warm atmosphere rich with rustic-meets-contemporary Italian flare.

Of course, it all starts with the best beans. Caffè Artigiano sources and purchases only the finest coffee beans from select farms around the world, ensuring superior-quality coffee, espresso and lattes. From the handling, grinding and temperature control to roasting to perfection, in its state of the art roasting facility, Caffè Artigiano takes meticulous care of its beans so that all the flavours in the bean are maximized. What customers don't taste is the burnt flavour so prevalent in other beans as a result of over-roasting.

Caffè Artigiano is proud to have won numerous accolades over the years for its team of highly skilled professional baristas, who ensure that each cup of coffee is

poured to perfection. The company is the only cafe in the world to place in the top seven in the World Barista Championships for six consecutive years, and holds three second-place finishes; one third place, one fifth place and one seventh at the world level.

Join us for the coffee, the lattes and the espresso, and stay for the food and atmosphere. Caffè Artigiano offers an array of Italian-inspired café fare made with only the highest-quality ingredients available. The menu includes made-to-order panini sandwiches, along with specialty baked goods such as fresh pastries, muffins and scones.

Now that there is a new artisan café in your neighbourhood, there is a no better time to stop in, sit back with a heart-topped cappuccino and a golden panini, and let yourself be transported to a bustling bistro in Italy (passport not required).

www.caffeartigiano.com



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Back-to-school sex rules

Your guide to getting down and dirty in university

Caitlin Clow

Sex Columnist

It's fall, and the smell of freshly sharpened pencils, pumpkin spice lattes and new textbooks are in the air. But wait, what is that smell? Why, it's the smell of fresh strange!

Fall is the most wonderful time of year because a whole new flock of ladies and gents become the new extras in your university life. These soon-to-be-familiar faces are in the hallways and they're filling the seats of The Hub, so it's time to make some new friends. Maybe you'll even find the love of your life this season...or at the very least, a fuck buddy.

I am all for sexual exploration — especially if it means everyone is getting some. That being said, there are some simple rules that everyone should follow.

First and foremost: don't be a dick. Know the difference between being MRU's Don Juan and being a total creep. If you are ten beers deep and slurring your shitty pick-up lines to the hot blonde at the next booth and she has her "GTFO" face on...take note. Pay your bill and bail, dude, 'cause you're a creep. Ladies, same goes to you, read that man's body language. His abs are not braille, so keep your hands to yourself — unless of course, he invites you in.

Don't ever pressure a potential partner into bed with you either. Even if this is a casual, no-strings-attached lovin', it's important to remember that the only thing that means yes is "yes." Consent is sexy.



Photo illustration: Albina Khouzina

School isn't just a place for books and learning, a new year brings new adventures.

Communicate with your mystery mate. Make sure that you are both clear on what is acceptable and what is totally off limits. Not everyone likes it in the A, especially if it comes as a surprise. Make sure that both of you are on board so that feelings don't get tangled up in the sheets with you.

If you have anything you need to tell your partner, do it beforehand — or else your case of crabs may end up spreading like wildfire. Honesty is the best policy in terms of those uncomfortable itches and bumps down there, because the truth is way easier to handle. A case of the herps... well that's for life.

Always be courteous to your neighbours. Keep it down if you

have roommates because they're the last people you want to piss off. You don't want to end up sleeping in the hallway. If your bang goals are set high maybe you should buy your roommates a pair of nice headphones so they don't have to listen to your moans and groans.

And remember kids, safety comes first, so pack a condom. Keep it in your backpack rather than your wallet because you don't want to be that guy. Girls, you should have some stashed in your purse too, just in case your guy doesn't come prepared.

not agree with how they feel, but they are following their beliefs which make sense to them. Surely there are beliefs that you hold that other people don't necessarily agree with.

Pastor Rick Warren once said, "Our culture has accepted two huge lies. The first is that if you disagree with someone's lifestyle, you must fear them or hate them. The second is that to love someone means you agree with everything they believe or do. Both are nonsense. You don't have to compromise convictions to be compassionate." You can retain your beliefs while still caring for those who believe something different. That is, you do not have to agree on everything in order to love someone.

I remember when I was in Grade 5 that I was concerned that my friends would no longer

The Chromecast experience

Turn your HDTV into a Smart TV

Logan Krupa

Tech Columnist

My PlayStation 4 sits in the corner of the room, unplugged. Meanwhile, the remote for my satellite TV receiver has vanished into the couch cushions as a thick layer of dust forms on my collection of DVDs. Despite this, I'm always ready for a night of movies and video games, all thanks to Google Chromecast.

Chromecast is a \$39 device that allows media and apps from compatible Android and iOS devices to be displayed on the larger screen of an HDTV for much more comfortable viewing.

Setup of Chromecast is simple. All it requires is plugging into the small device into an open HDMI port on your TV and power it using either the included USB cable or an AC adaptor. The rest of the experience is controlled entirely by your smartphone.

After downloading the Chromecast app, and connecting to your home Wi-Fi, you'll be prompted through the quick software setup.

Currently, there are a small number of apps that have Chromecast functionality built-in, such as Netflix and Songza. Google's suite of apps is also compatible, of course. Tapping the Chromecast icon that appears in an app instantly brings the associated content up on your TV screen. The number of apps might be limited, but the selection available on both major platforms is slowly starting to grow.

The Chromecast experi-

ence is best if you have a recent Android smartphone or tablet. For instance, using Chromecast with an iOS device requires the use of Google-branded apps or sketchy third-party alternatives to stream movies and photo galleries. Android is a Google-made operating system and such functionality is more seamless with an Android device.

One of my favourite features of Chromecast is "mirroring" the screens of Android tablets and smartphones. Only a select number of Android devices have such functionality, which allows anything your phone or tablet can display to appear on your TV. I find gaming and browsing the web using my Nexus 4 smartphone on my 55-inch TV to be quite fun! There is a slight amount of control lag relative to what appears on screen, but that does not impact the experience too much.

Even with a limited number of apps, Chromecast is a great value simply because of the offers Google sends to Chromecast users. Last month, I received a \$20 credit to the Google Play Store. Google is also offering users who activate Chromecast before Sept. 30 a three-month trial of Google Play Music's unlimited service, valued at \$30.

I feel that Chromecast is a highly worthwhile purchase for any owner of an Android or iOS device. While Chromecast does have some limitations, it is a great way to free your smartphone from its tiny screen for only \$39.



Photo courtesy: Flickr / Maurizio Pesce

Tech columnist Logan Krupa says Chromecast is a great technological investment.

Love thy neighbour

...but does that mean every person?

Maria Carbajal

Faith Columnist

Quran 45:14
Matthew 5:44

Many religions call for their followers to love one another, including their enemies, which seems to be a contradictory and difficult task. If you love someone, wouldn't that make them no longer an enemy? With all the hurt in this world, how can we possibly love everyone? People do wrong and hurt us, which makes it seem impossible to forgive them, let alone love them.

I was taught that when I am hurt or offended by someone, to focus on the idea that what they did made sense to them. Everyone has their own thoughts, experiences and opinions which make them unique.

But what about people who are hateful? Do they deserve to be loved too? The simple answer is yes, because fighting hate with hate will not improve anything. If you hate those who hate, or discriminate against those who discriminate, you are going to find yourself at their level. You may

be friends with me if they knew I didn't like Cool Whip. Hopefully, adult debates have more depth than whether or not one's friends enjoy certain dairy products, but the idea is the same.

We want to be accepted even though we don't agree with our peers. It seems silly to me now, at the time, my concern made sense. My friends still loved me, even though I didn't like Cool Whip! If a few 10-year-old kids can still love someone who doesn't agree with them on everything, then you can too!

But is it alright to disagree with people? Of course! Is it okay to have an argument or different ideas? Absolutely! As long as you are debating because you care for this person and not picking a fight with the intention to hurt them, then you are capable of loving.

Your Students' Association



Find your kind



CLUBS DAYS

Join a Club! ...Or start your own.
Contact: Clubs Coordinator clubs@samru.ca

September 23 & 24
10am - 2pm, Main Street, MRU



Find yourself with us

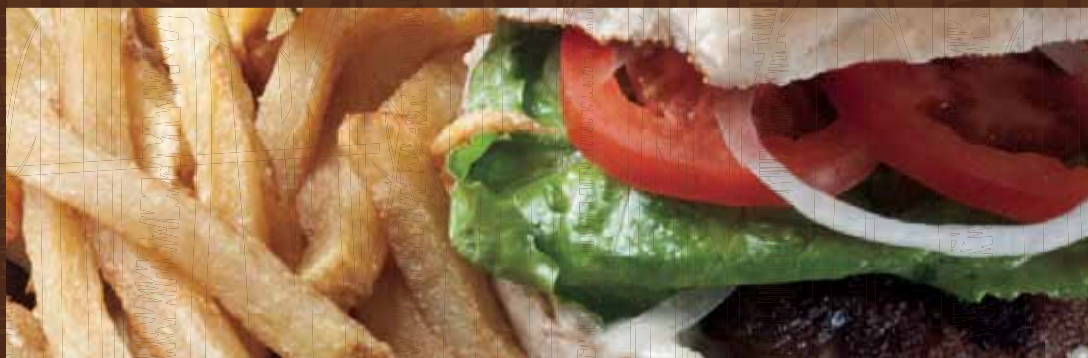
Volunteer with your
Students' Association



THE HUB

Where the campus connects


Good eats in Wyckham



OPEN:
Mon, Tues : 11am - 9pm
Wed - Fri : 11am - 11pm
with extended hours for events

Check inthehub.ca for weekly events

Must have ID for liquor service.
Don't drink and drive

 Your Students' Association:
Bringing you the ultimate student experience



Pull through the 'Fall blues'

Our music must-haves for surviving this season

Kari Pedersen
Arts Editor

Missing the summer freedom already? Well, we have a list of music to get you back in the game so you can tackle this semester of school and get back to the cold patio drinks.

Thankfully, fall is full of a few great things. Music is definitely one of them. So, whether this is your first year at Mount Royal University, you're halfway through your daunting degree or you're in the home stretch, nothing will get you through the first month back quite like a great playlist.

If you are like many MRU students and coming off the music-fest high before starting school, there is nothing like some alternative rock, country or pop to get you in the mood for school! Or at least get you in the mood to push through until you can hit The Hub.

We have compiled this list to get you through the month and maybe even several more.

Alternative

1. Jack White - "I'm Shakin'"
2. Arctic Monkeys - "From The Ritz to the Rubble"
3. Fitz and the Tantrums - "The Walker"
4. Cage the Elephant - "Cigarette

- Daydreams"
5. Foster the People - "Don't Stop"



3. Ariana Grande - Breakfree
4. Maroon 5 - Maps
5. Charli XCX - Boom Clap



Country

1. Garth Brooks - "Standin' Outside the Fire"
2. Kenny Chesney - "Boys of Fall"
3. Jason Aldean - "Burnin' it Down"
4. Lee Brice - "Good Man"
5. Florida Georgia Line - "Dirt"



Study songs

1. Sam Smith - "Stay with Me"
2. Disclosure - "Latch"
3. Maroon 5 - "It Was Always You"
4. Ingrid Michaelson - "Boys Chase Girls"
5. Vance Joy - "Wasted Time"



Top 40

1. Keiza - Hideaway
2. Taylor Swift - Shake it Off

No matter your mood, pick a song off our list and get to work. Don't worry – we only have three and a half months left in the semester, right?



OUT'N ABOUT

Theatre:

12 Angry Men
Sept. 11 - 20, Pumphouse Theatre
This gripping and renowned trial drama showcases the ripple-effect of 12 strangers deciding someone's fate.

Art:

Cut: New Works
Sept. 3 - Oct. 4, Trepanier Baer Art Gallery
Michael Smith's collage-esque exhibition is a unique showcase featuring ripped, jagged explosions that give way to a feature that is both "exquisite and disturbing."

Jazz:

18 Degrees of Jazz
Sept. 13, Stephen Ave.
A night of jazz benefitting the big brothers and sisters of Calgary. 18 Degrees of Jazz is a night of smooth jazz and 1920's personality.

Music:

The Kingston Trio
Sept. 12 & 13 - St. Stephens Ukrainian Cultural Centre
After years of touring this folk band, The Kingston Trio's first stop in Calgary. This is a small show featuring perogies, bratwurst, and great music.

Noise 101



Photo: courtesy: Facebook

High Hopes, a benefit concert for the victims of the Brentwood stabbing, had over 2000 people in attendance.

Giving hope back to Calgary

After the worst mass murder in Calgary's history, students and community join to honour those lost

Kari Pedersen
Arts Editor

Hope: the grounds to believe that something good may happen.

High Hopes, a benefit concert for the victims of the Brentwood stabbing, took place on Sept. 4 at the Southern Alberta Jubilee Auditorium. A large group of friends, family and supporters gathered. Music was performed, raffles were awarded and t-shirts were purchased. But just what was High Hopes?

The event celebrated the lives of five young people taken from us far too soon — Zackariah Rathwell, Joshua Hunter, Lawrence Hong, Kaiti Perras and Jordan Segura - who died in a devastating house party last spring, an event that rocked Calgary as a community and changed the city forever. Being defined as Calgary's largest mass murder in history, the event has brought a significant cloud over our city, leaving citizens, students and friends wondering why.

But on Sept. 4, everyone stopped wondering why for just a short period of time, instead celebrating the lives of the five young people. They celebrated their lives with art, music, laughter and dancing, giving everyone

in attendance the opportunity to heal, even if it was just for a little while.

Barry Mason and Kyle Tenove, the remaining members of Zackariah and the Prophets, worked together to remember their friends in a way that honored them best, choosing to host this benefit concert. The support they received was described by the duo as “overwhelming” and “outstanding.” Local bands Fox Who Slept the Day Away, Jesse and the Dandelions, The Ashley Hundred and Windigo performed, as well as a much loved and highly anticipated performance and tribute by none other than Zackariah and the Prophets.

Although there were mentions of the five who were in celebration, there was little sadness at the event. The focus was on enjoying the moment, having fun and listening to some great music. Mason acknowledged the tragedy only once, stating that “we are all hurting, everyone in this room is hurting and that’s why we are all here it’s great to see everyone here.”

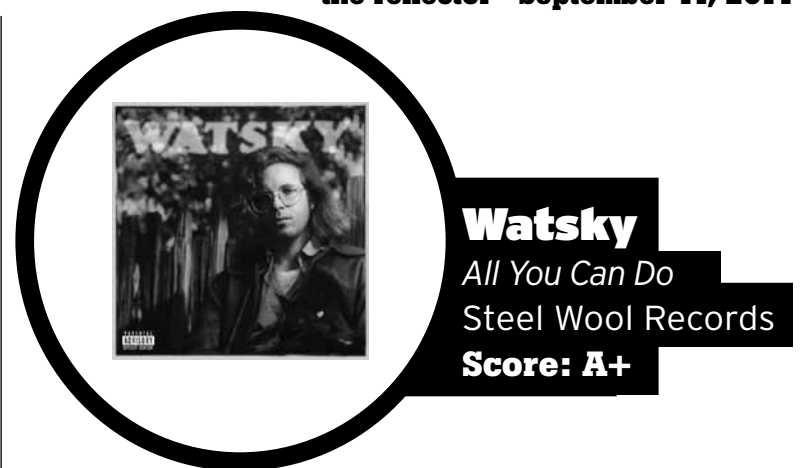
The tribute, a musical performance of Zackariah and the Prophets’ six-song EP was performed by Tenove, Mason and some friends. It was the high-

light of the night, giving everyone in the room a chance to experience the liveliness of an incredible group of musicians.

The Ashley Hundred performed a stand-out piece with their song, “I Won’t Forget,” a fitting piece about the loss of their friends. The song brought the crowd back to reality for a minute, giving everyone the chance to appreciate why they had gathered there.

The event raised thousands of dollars for the various trust funds and scholarships set up in the names of the five victims, far exceeding the expectations of the remaining members of Zackariah and the Prophets. With over 2000 people in attendance, their fundraising goals for this great organization were definitely reached.

Zackariah and the Non-Profits, an organization started by Mason and Tenove in memory of their fallen friends, will be hosting more events in the future, to support the local art and music scene. For more information please go to www.zatnp.org.



Watsky
All You Can Do
Steel Wool Records
Score: A+

Poet-turned-rapper and San Francisco native, George Watsky, follows-up his 2013 *Cardboard Castles* with *All You Can Do*, which is without a doubt his best release to date.

Watsky displays his talent throughout all of the tracks on this album. “Whoa Whoa Whoa,” is an aggressive, beat-driven, pump-up jam. “Right Now” is a softer track that is reminiscent of hanging out in a basement with your best friends. “Grass is Greener” is another

slower track that sets Watsky’s emotional depth on display. Finally, the album finishes with “Cannonballs,” a spoken word, poem-song hybrid — an interesting choice because it ends the album in a heavy way. With Watsky’s raw honesty evident in each track, and the beat-driven old school feel, *All You Can Do* is a beautifully cohesive album that is definitely worth checking out.

— Becca Paterson

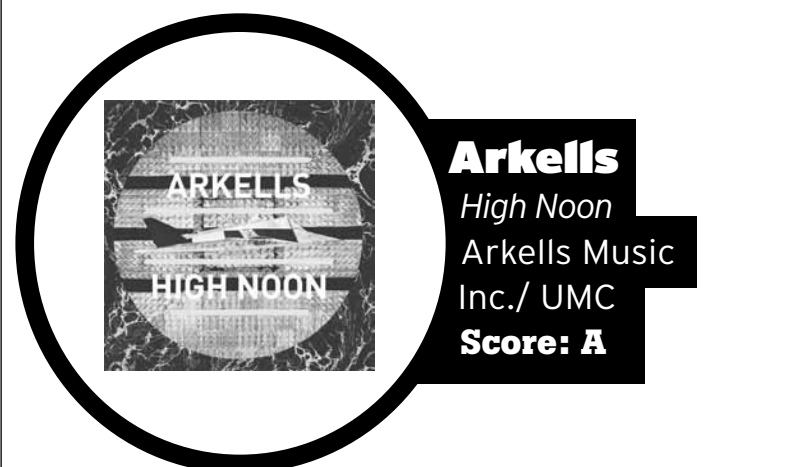


The Gaslight Anthem
Get Hurt
Island Records
Score: A-

The Gaslight Anthem’s fifth studio album is on track with their Bruce Springsteen-esque grit, adding an all-American grunge rock n’ roll sound. The 12 track album contains emotionally driven songs with lyrics that tell stories of pain and loss. “Get Hurt” — the album’s first single — is a song that carries a relatable sentiment and reminds you

of your first love lost. “Stay Vicious” and “Dark Places” bring back their traditional edgy punk sound, maintaining the theme of heartbreak and pain. Overall, the album brings a new dimension to the band’s musical repertoire which proves that they can change up their sound while staying true to their fans.

— Hannah Cawsey



Arkells
High Noon
Arkells Music Inc./UMC
Score: A

“High noon” is the most active time — a very creative time. Things come together for Arkells in their third LP, *High Noon*, where it seems they have settled on a vocal and instrumental quality at which they’ll stay. The keys are the definite star of High Noon — the record starts with keyboard fanfare in “Fake Money.” “Cynical Bastards” features a riff you’ll have to

shake out of your head. *High Noon* boasts a slightly more “polished” feel than previous records, but it includes acoustic versions of “11:11” and “What Are You Holding On To?” to appease softer listening ears. Simply put, you can’t not dance while listening to this record. Don’t miss it.

— Michelle Vaniersel

Nuit Blanche expands Calgary's artistry

Second annual downtown art festival expects more than 10,000 viewers

Kari Pedersen

Arts Editor



Photo courtesy: Facebook

Nuit Blanche, a bi-annual festival, turns the downtown core into a civic art gallery for the night. On Sept. 20 from 7p.m. to 1a.m. thousands will gather to view the art on display.

Focused around performance art, Nuit Blanche hopes to redefine the way the city sees creativity, hoping to bring excitement and celebration to the art form. Taking place at Olympic and Municipal plazas, the art exhibition is highly anticipated, previously receiving accolades from sup-

porters such as Mayor Naheed Nenshi.

Supported by Invest YYC, "the Calgary stages" will host works produced by local artists Sarah Smalik and Wednesday Lupyciw. Both performances aim to captivate audiences by involving them in the unique process. This festival allows the audience to get into the performance to share a piece of themselves, which turns Nuit Blanche into a strong social experience truly engaging Calgarians with the art community.

The goal of the event is to have community members experience the show "en-masse" at sunset on the date of the show.

Donations for Nuit Blanche will be accepted until Sept. 22 at midnight will go to continuing to produce the project and can be facilitated through Invest YYC.



Photo courtesy: RAD packs

RAD packs use recycled denim to create unique backpacks, featured at Market Collective.

A cornucopia of local art

Shop to support local artists at Market Collective

Kari Pedersen

Arts Editor

The six-year anniversary of Market Collective took place this past weekend at Calgary's East Village Riverwalk. Started by Angela Di-one and Angel Guerra, Market Collective is a place to come together and experience local arts and culture, building the Calgary arts market.

Vendors displaying a variety of creations line a tent in East Village giving Calgarians the opportunity to find interesting ways to fill their homes, accessorize and try new things.

Local company, RAD Packs (standing for Recycle All Den-

im), is a company started by two brothers, Jay and Rob Heule, who chose to try their hand at backpack design. The backpacks made from recycled denim, uniquely use all pieces of the denim, (from fly to pockets) to add special touches to the packs.

"We came to Market Collective last year and we were looking for a way to get more into the Calgary market, so we got accepted and had a really successful first Market Collective," said Jay Heule, one of the vendors.

Rob Heule says of his journey, "I thought, 'What could I make a bag out of that will be durable and easy to come by?', and I always did a lot of thrift shopping where they have aisles of denim

so I gave it a shot."

The rest is history according to the duo and they have been selling their unique backpacks ever since.

The brother duo feels that Market Collective is "the perfect way to bring people together, and give local artists the opportunity to sell their products and promote themselves."

The whole event was very well organized with live music, food trucks, yoga on the river and of course, the main event of shopping.

For more information on Market Collective, or the event itself please visit marketcollective.ca. To check out RAD packs head to their website at radpacks.ca.

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Beakerhead blasts off again this week

Catapult your stuff, build an art car or stroll through the human brain

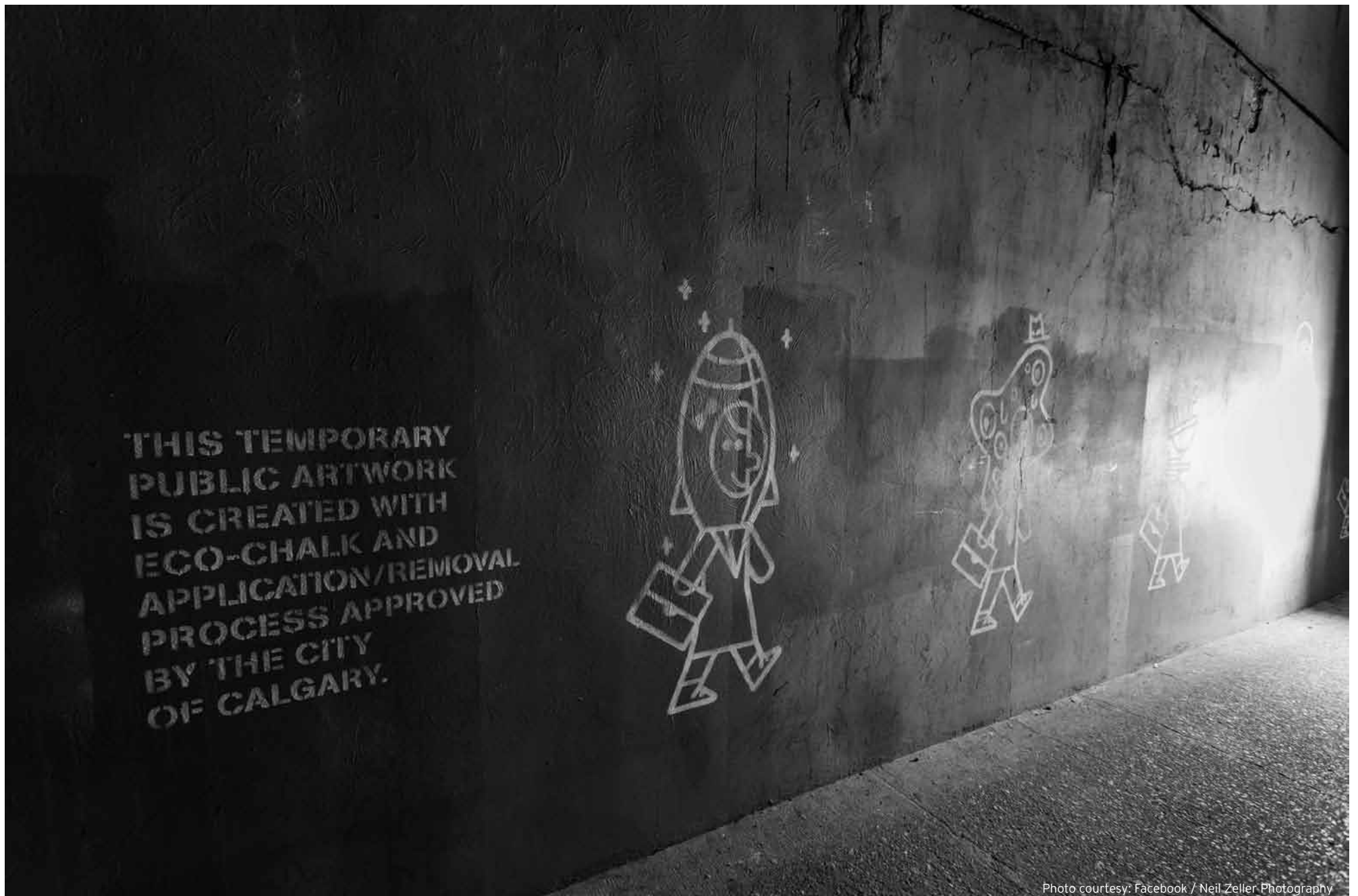


Photo courtesy: Facebook / Neil Zeller Photography

Science meets art, as Calgary welcomes back Beakerhead to the city with cool eco-friendly graffiti in busy underpasses downtown.

Kari Pedersen Arts Editor

Beakerhead, an opportunity to break down the stereotypes of science, continues this week with more fantastic events to capture your interest.

Here are a few more of our picks for you to schedule in to get the most out of this week's festivities:

A Giant Walkthrough Brain

This three-dimensional brain is sure to be a hit during this week's events. Taking place on Sept. 13 and 14 at the Telus SPARK Dome Theatre this 90 minute "fantastic voyage" will take you on a musically driven

tour of the brain. Dr. Christian Jacob University of Calgary professor has developed this unique multimedia project with the Hotchkiss Brain Institute at the University of Calgary.

Art Cars

On Sept. 12, Art Cars will take over the downtown streets. At this free event you will see the world's largest solar-powered tricycle and have the opportunity to create your own Art Car. This is your chance to create the creative car of your dreams!

Catharsis Catapult Competition

Sure to be a popular event among thrill seekers, the Catharsis Cata-

pult Competition will be taking place on Sunday Sept. 14 at Canada Olympic Park. The competition will have several teams building catapults to launch items that "you love to hate" – whatever that means to you. We're thinking old textbooks, ugly Christmas sweaters and that Hanson Christmas CD you have been holding on to. A beer garden and food will be on site.

Art on Fire: El Pulpo Mecanico

This will be the Canadian debut of fire-breathing octopus, El Pulpo Mecanico. The octopus will put on a full extended performance nightly Sept. 10-12 from 7p.m.-11p.m. through the streets of Inglewood. This interactive sculpture was made pri-

marily out of recycled junk found in a scrap yard. To catch the show visit the Crown Surplus at 1005 11St S.E.

The Chemistry of Make-Up

This Beakerhead must-see will combine beauty and science, providing a night of DIY beauty. Marie Rayma of DIY blog Humblebee & Me wants you to start thinking about what you are putting on your face every day. She will be giving you the opportunity to learn what's really in your make up from chemist Adrienne Lee. The event will be hosted at John Fluevog shoes in Fashion Central on Thursday, Sept. 11.

Beakernight

The motherload of all science parties, Beakernight will be taking place on Sept. 13 showcasing everything science, fashion and art. If you can make it out, you will have the opportunity to see Laser Cat from Barcelona, an incredible fashion show by Make Fashion and a drive-in video game. This is the perfect night to wrap up the two weeks of science and arts mash-up events.

If these events are for you, visit beakerhead.org for more information.

sports

Sports Editor
Amanda Ducheminsky
sportseditor@thereflector.ca

The fantasy sports phenomenon

Think you have what it takes to build your own team?

Amanda Ducheminsky
Sports Editor

According to the Fantasy Sports Trade Association (FTSA), in 2014 there were 41 million Canadians and Americans, age 12 and over, playing fantasy sports. American football is the most active fantasy league in the U.S. and Canada before baseball and hockey, states the FTSA. What is this growing phenomenon and why is it so popular?

What is fantasy football?

Fantasy football is an interactive “game” where players compete against friends, co-workers or strangers using real life football player statistics. Competitors act as virtual general managers, picking their own fantasy teams.

Picks are made by drafting, adding, trading or dropping player names onto a fictional team roster. The roster has specific categories that must be filled. For example, the Canadian Football League (CFL) fantasy football weekly roster includes one quarterback, one running back, two receivers, one flex spot (either a running back or receiver), one kicker and one defense/special teams player.

Points are awarded based on the performance of the players picked. Performance is based on game statistics such as yards run or completed passes made. For example, a picked quarterback is awarded four points if they score a touchdown in that week’s game. The winner of fantasy football has the most points overall, based on football players’ performances, at the end of the season.

Other factors, such as weather

and injuries must also be accounted for when making picks. Specifics on points, timing and budget vary depending on the fantasy tournament.

Why are fantasy sports so popular?

Fourth-year Mount Royal University criminal justice major, Kevin Pedersen, has taken part in fantasy football for five years. He’s tried out both the ESPN and National Football League (NFL) websites. Pedersen started playing to compete with friends and fellow fans. “I got started because I really enjoyed watching football. It was an opportunity to learn more about players and have fun competing with friends and other football fans.”

He enjoys the football learning curve that fantasy football provides. “You begin to root for specific players and begin to enjoy watching specific teams based on fantasy performance. Since you are following individuals, it really makes you diversify the teams that you follow and not limit you to one or two.”

Fantasy football makes Pedersen feel more connected to the league. “It also allows you to follow football more closely and feel like you have a connection with the players and teams that are on your fantasy team,” he said.

The trend has increased in popularity since player stats have become readily available online. Mobile apps and increased live coverage have made it that much easier to follow players and keep up-to-date with team progress.



Photo illustration: Albina Khouzina

Is this the real life? Is this just fantasy (football)? In fantasy sports you can build your own dream team online.

According to the FTSA, the average person spends three hours a week managing their fantasy team.

Pedersen says one negative of playing fantasy football is the time factor.

Virtually all major sporting sites offer fans the ability to join a league. Competitors can compete for free and for bragging rights or with real money. Depending on the league, winners can enter for prize packages. The

CFL started up its own online fantasy league in 2004. Brent Scrimshaw, former CFL chief marketing officer, made a statement after the CFL decided to continue on its fantasy league, after its first year of success. He explained that fantasy football “not only allows us to grow the connection between CFL fans and our game, but it also provides the perfect medium for die-hard CFL fans to better connect and compete with each other.”

Texas University researchers, Seunghwan Lee, Won Jae Seo and Christine Green, identified 13 motives behind fantasy sport participation including game interest, becoming a general manager/head coach, love for the sport, prize, competition, entertainment value, bonding with friends/family, social interaction with other participants, knowledge application, hedonic (up-and-down) experience, escape and substitute for a losing team and gambling.

Mathew Cauz, TSN 1050 radio host and CFL writer, started a “Cauz vs. Canada” fantasy pick in 2013. He started the competition because he wanted to be able to poke fun at his rivals on social media and learn more about some of the ‘obscure’ players in the CFL. He wrote, “It increases your knowledge of the game, it forces you to be more invested in the sport and it gives you an excuse to watch the fourth quarter of a horrible blowout game.”

It’s not too late in the CFL or NFL season to join a fantasy league. Learn more about the game you love and pick your players today.

#S

9 is the number of CFL wins the Calgary Stampeders currently have making them #1 in west.

21 of Sept. is when the Calgary Flames NHL pre-season starts against the Edmonton Oilers.

411 minutes since the Vancouver Whitecaps last scored a point on Aug. 10.

1993 was the last time the Toronto Blue Jays won the World Series.

Cougars bring in the season with a beat-down

Mount Royal soccer teams win home openers

Amanda Ducheminsky
Sports Editor

finis with a 4 — 0 home opener win at MRU on Saturday, Sept. 6. Cody Cook scored two goals,

while Rory Torrance scored a third. The fourth goal was committed by the Griffins. The game

also saw a 20-minute delay after Griffins player, Esu Yohannes, collided with Cougar player Kyle

Houston. Yohannes was treated by ambulance for broken collarbone precautions.

Mount Royal University's women's soccer team won their first game on home turf Saturday, Sept. 6. The team beat the University of Lethbridge Pronghorns 3 — 1. Offensive player, Kelsey Kinzer scored the first Cougar goal in the 16th minute. The Pronghorns' only goal was scored by their player, Kayla Blacquiere. Emily Sands scored the second MRU goal, after the second half in the 70th minute. The final and third goal was scored by Briana Keil.

The men's team also destroyed the MacEwan University Grif-

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Professional athletes' advice to Mount Royal students

McMorris brothers speak at New Student Orientation

Amanda Ducheminsky
Sports Editor

Mount Royal University's Kenyon Court bleachers erupted with cheers as 1,600 students welcomed a 2014 Sochi Olympian and his brother to the stage during this year's new student orientation. On Wednesday, Sept. 3, Mark and Craig McMorris spoke about their experiences and how to "make your mark" in university and in life. The pair gave four key points to success:

1. "Find what you love and do it a lot."

Mark McMorris, 20, grew up in the flat lands of Saskatchewan. He started snowboarding at age five in Lake Louise, Alta. After that first ride, he began to develop his skills further at home. Mark McMorris practiced on the vertically-challenged prairies using custom built ramps and rails on his family's farm. In 2010, he won his first World Cup at Canada Olympic Park (COP) in Calgary. That win helped Mark McMorris realize he could have a future in snowboarding.

The athlete went on to win numerous X Games competitions, developing a strong reputation in slope-style snowboarding for progressive tricks. He became the first person to land a triple cork snowboarding move in 2012, and he was the first Canadian to win a gold medal in the 2014 Sochi Olympics.

2. "Keep good times close and good friends closer."

From playing on the farm to Mark McMorris' appearance on the Olympic podium, Craig McMorris has been Mark McMorris' motivator, supporter and friend. Mark McMorris described how Craig McMorris would help push him to the limit in the simplest ways.

"Craig is a huge motivator in everything I do. Here's a story: Craig was the first one to do a

back flip. He was probably five and I was three. I was like, 'Are you kidding me?' It didn't matter, even when I was younger, I just had to learn. The back and forth we have and the progression — I would be no where without that."

Siblings and family, friends, professors or other people in your life can become life-long inspirations. Mark McMorris says, "Find your support team and the people who are going to help you in your journey." Craig McMorris stressed that students should be "open to new relationships."

3. "Live for the moment."

Craig McMorris asked the audience, "How can you use 'you' to make a mark?" He says that to make your mark in life you have to live in the moment.

"Mark lives for the moment more than anybody I've ever seen in my lifetime. The look that he gives at the top of the slope is something to be reckoned with."

4. "Expect challenges... that's where the living starts."

Eleven days before Mark McMorris was to compete in Sochi, he broke a rib in an X Games competition.

"I was thinking way too far ahead, and I missed the pop [rail] by two inches. I slammed my rib right on the edge corner, and I landed on my rib and my back."

Craig McMorris points to a photo from that day. He asks Mark McMorris, "What was going through your mind in that 30 seconds?" Mark McMorris replies, "My Olympic dreams are flashing before my eyes. You know, you work so hard to get somewhere, then in a split second it can be all over."

For the next two weeks Mark McMorris did water aerobics and therapy. He recovered enough to compete and later win a medal at



Mark and Craig McMorris siblings share stories and speak directly to new students in Kenyon Court.



New Student Orientation leaders had the opportunity to meet the McMorris brothers.

the Olympics.

"Seeing my family there and with all of Canada watching, it

made me want to do it that much more. It takes hard times to get back to the good times."

MCMORRIS & MCMORRIS TIDBITS

1. Mark McMorris got a 'live for the moment' tattoo at age 15 in New Zealand.

2. Craig McMorris was a broadcaster at the 2014 Sochi Olympics. He covered his brother's qualifying jump.

3. Craig McMorris is also one of Canada's top snowboarders. In 2013, he was on the Canadian National Snowboarding Team.

4. Both brothers starred on MTV's *McMorris & McMorris*. The show documented Mark's ride to Sochi with his family and friends.

MRU Cougars soccer teams were successful in their home openers against the University of Lethbridge Pronghorns and MacEwan University Griffins.

Photos: Amanda Ducheminsky



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