

the reflector



FREE
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Bring your food donations to the Reflector office in the basement of Wyckham. More on page 4

Driving High

How the legalization of marijuana will affect impaired driving laws

Kari Pedersen
Publishing Editor

There is no secret that times are changing in Canada. There is a Liberal government for the first time in a decade, but there is another big change likely to come; the legalization of marijuana. While this big change follows the lead of several American states, and will likely make for a very different Canada, it affects more than just how much we'll be spending on potato chips. There has been a lot of discussion over how being under the influence of marijuana affects the ability to drive. Now that the drug is likely to be legalized, the question is, how will this be handled?

Canadian Centre on Substance Abuse (CCSA) suggests that as many people die yearly in drug related crashes (34%) as those who are involved with alcohol related accidents (39%).

According to an article published in 2013 in the National Post, the current process for prosecuting drug-impaired driving is completely dependent on the

feelings of the officer. If the officer believes you are impaired, and you fail a field sobriety test, then you can be charged. That field sobriety test can be anything, including reciting the alphabet backwards, which lets be real, most people can't even do sober.

The article also stated, "Cannabis-impaired drivers tend to drive more slowly and cautiously than drunk drivers, but evidence shows they are also more likely to cause accidents than drug and alcohol-free drivers."

Currently it is almost impossible to prove that someone is under the influence of marijuana, there is no hand-held device, no breathalyzer and no machine to determine sobriety, nor is there regulations for a blood-cannabis limit. It seems that finding a way to actually prosecute the offense fairly will be the biggest challenge for lawmakers and RCMP.

While there is no information on the plan for this so far, it's expected that the RCMP and city police forces will be searching for ways to prosecute. In the past, possession was enough to get you in some serious trouble, but soon that will be a thing of the past in

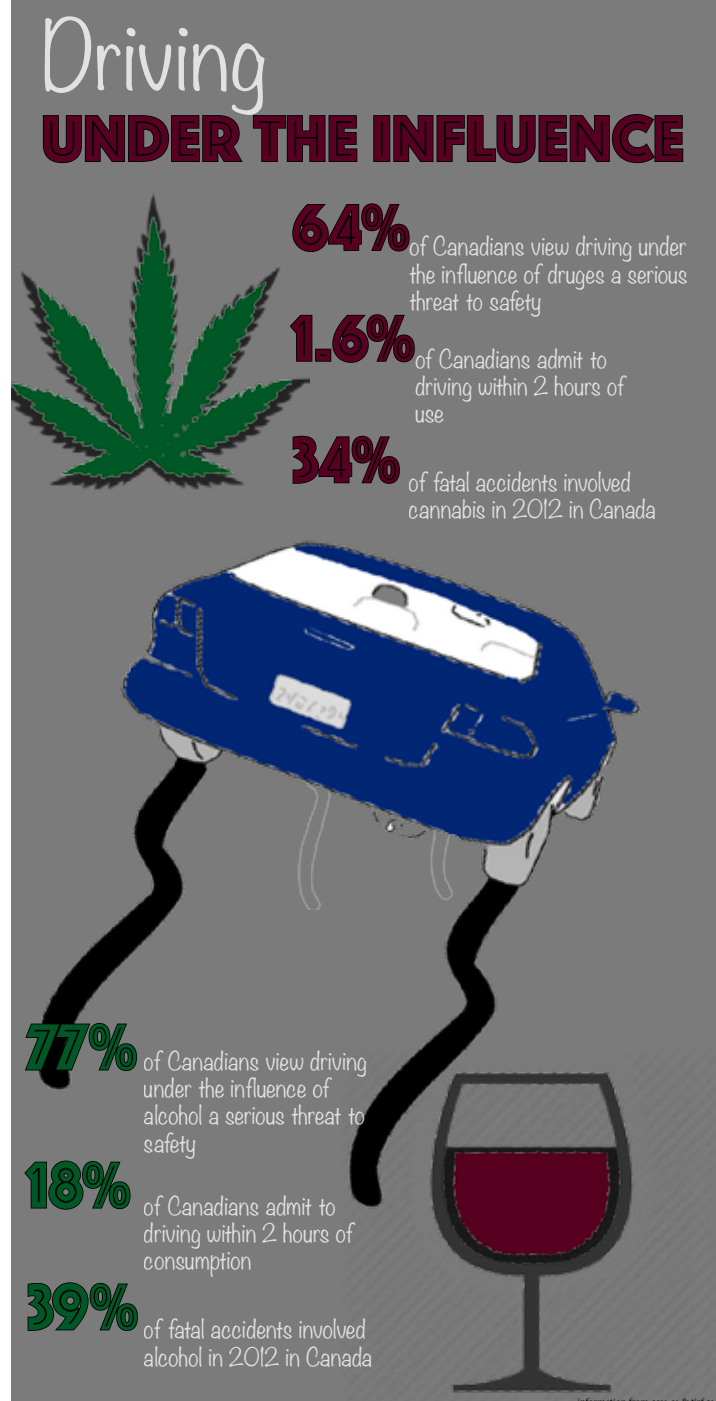
Canada... it might feel a little bit like Amsterdam in this country. Another potential issue is urine samples. While this can be the most effective drug testing method for employers, there is no way to determine when the marijuana was consumed, inhaled or used, therefore making it hard to determine if the driver was actually under the influence when the incident would have taken place. Besides, are the police really going to patrol with a urine test on hand?

In other locations where cannabis has been legalized, such as Colorado or Washington State, there has been no recorded increase of impaired driving charges.

While there will probably be controversy on how to tackle impaired driving, the answer won't likely go back to making marijuana illegal. We don't ban alcohol because of drunk drivers, so that argument would be a little difficult to hammer home.

While only time will tell what protocols will be put in place, there are sure to be many questions regarding impaired driving in Canada's new political landscape.

Courtesy of Kari Pedersen



Faculty's New Code of Conduct Creates a "Chill" over Mount Royal University

Restriction of academic freedom for professors is a student issue too and diminishes the university's atmosphere

Amy Tucker
Contributor

Mount Royal University, in compliance with Alberta legislation, officially approved the controversial code of conduct for faculty and staff members in late October, a code that had received 224 signatures in opposition to its earlier draft. Scott Murray, Associate Professor of History, says the code creates a chilling effect over academic freedom creating an issue that

the MRU Faculty Association says may trickle down to students as well.

Murray, award winner for the study of human rights, says the code surpasses what Alberta legislation required of the university; to create provisions that employees conduct themselves impartially, that employees act in a way which doesn't further their self or private interests, and that employees disclose any conflict of interests.

"The code that wound up being

produced went way beyond that and engages in the policing of behaviours of faculty and staff by requiring that we act in the best interest of the university," said Murray.

MRU President David Docherty could not be reached on time but told Metro Calgary in an email statement that the MRU board of governors respects the consultative process and values the feedback received thus far.

Until then however, faculty still remain concerned over a few of the code's provisions including

one that requires employees to report any suspected breaches of the code by colleagues. Murray says it goes against the type of atmosphere a university should provide.

"If I knew for example that one of my colleagues or the person who delivers our mail was violating any university policy, I would have an obligation to basically snitch on them."

Marc Schroeder, President of MRU Faculty Association says that while students aren't subject to the code, it could

potentially create the image that the University may not defend freedom of expression.

"I think students should be interested in seeing a code of conduct form for faculty and others that doesn't limit their right to ask tough questions," said Schroeder.

Schroeder says despite the code being approved, he is optimistic that a review process will occur soon where the remaining issues will be addressed.

Your Used Coffee Cup Can Help the Environment

New company GreenCup wants to make a difference with compostable cups



Photo courtesy: Facebook

"Green Cup is a small business, but has plans to help with some big change."

Nina Grossman

News Editor

Mount Royal Business Students Austin Lang and Emily Bartlett were inspired to create their company, GreenCup, when they learned that in Calgary alone, 337,000 disposable coffee cups are thrown out every day. These paper cups are coated in polystyrene, a synthetic resin that prevents the cups from biodegrading and potentially keeps them in landfills for up to 500 years.

Lang and Bartlett teamed up with Enactus Mount Royal; an organization of students that works on community-oriented and impact-driven projects, to create their new company. According to information from the company, GreenCup is "environmentally focused" with a goal to "make a large impact on the sustainability of the planet." GreenCup works by creating awareness of coffee cup waste and provides compostable coffee cups to businesses. Advertisements on the cups allow GreenCup to provide these cups

for free. The Reflector sat down with Austin Lang to get some more information on the new sustainability focused company.

Q&A with Co-Founder and GreenCup Project Lead Austin Lang

The Reflector: What is GreenCup?

Austin Lang: We are a social enterprise, whose mission is to reduce disposable coffee cup waste. Our solution to this problem is to put advertising on disposable coffee cups and this will allow us to give compostable coffee cups to coffee shops for free. We will also be setting up a collection system in local coffee shops to ensure the cups are composted correctly.

TR: How did this all begin?

AL: It all started out of Enactus Mount Royal, we were trying to develop a way to recycle or re-use Starbucks or Tim Hortons coffee cups. After unsuccessful attempts we had to think outside the box and look at where the problem started instead of the end.

TR: How are you implementing this business plan?

AL: We are currently reaching

out to local advertisers to buy our advertisement space. We have locked down a manufacturer to create the custom compostable cups for us and we've already locked down some local coffee shops to give the cups to.

TR: Why does this matter to you?

AL: I saw how many cups could go into the landfill and how it was affecting the environment and I wanted to do something to protect the environment. This was a problem that I saw that I could fix and although it might not be the solution to all environmental problems, it gets people thinking about the environment and that's what leads to true change.

TR: You've been in the news lately, tell me about the petition against Tim Hortons?

AL: So we started the petition to basically get awareness for the project and on campus waste. We were just trying to get enough people to catch the attention of Tim Horton's and start the talk of compostable cups or recycling their cups. This is mainly because we plan to launch an education program, and a collection

program on campus, as good earth coffee cups are already compostable.

TR: What sets you apart?

AL: Most coffee shops don't have enough money to buy compostable cups but they have good intentions. There's some coffee shops that do have compostable cups, but are not making sure that the cups make it to the right facility and therefore not solving the problem. We are hoping that our partnership with Enactus Mount Royal brings awareness to the coffee cup recycling problem and allows us to collect the compostable cups and take them to a compostable facility.

GreenCup's simple alternative to disposable cups is a great example of student innovation. Sometimes small changes can have the biggest impact. For local businesses that are interested, students that want to get involved or anyone who wants to learn more about GreenCup's initiative for change, email Austin Lang at alang362@mtroyal.ca

What does a Red Cup Teach us about Holiday Spirit?

The Starbucks 'red cup debate' adds to controversy over secular holiday promotion

Sam Ridgway

Staff Writer

Here in Canada, we like to think that we are a part of a diverse country of acceptance while in many places, people are being persecuted for their religious practices on a regular basis.

Each year as the snow flies, the debate rises anew – Happy Holidays, or Merry Christmas? The 2015 edition of this debate has been more heated than ever, with an international refugee crisis on everyone's minds and, as of Nov. 3, the release of the decoration-free red holiday cup from Starbucks.

Yes, the infamous Starbucks cup. Since the coffee company swapped out their regular white to-go cups for the red holiday edition, the internet has blown up. This year, rather than having the red cups decorated with winter icons, they are a simple bright red.

The tradition of the holiday cup

was born in 1997, with a "jazz-themed design in jewel tones of deeper reds, greens, and blues." In the following years, the cups have featured a wide variety of seasonal decorations. There have been fir trees (2014), snowflakes (2013), snowmen (2012), and sledding (2011.)

While all of these themes have evoked a sense of winter, none have been exclusive to Christmas traditions. In fact, the last Christmas related cup – and one of the only ones – was released in 2009. The 2009 cup was decorated with tree ornaments with words such as "hope" and "wish" inscribed on them.

Only two days after the 2015 cups were brought to stores, "social media personality" Joshua Feuerstein uploaded a video to Facebook in which he criticized Starbucks' cup as a war against Christmas and Christianity. He calls for patrons to boycott the company, or to go in and request that staff write "Merry Christmas" on the cup, in lieu of the patron's name.

"Choose to not be politically correct, just correct," says Feuerstein in his viral video, which had reached 16.5 million views as of Nov. 27. He is not the only public figure to have commented on the Starbucks cup. On Nov. 9, American presidential candidate Donald Trump spoke against Starbucks at a rally in Illinois.

"No more 'Merry Christmas' at Starbucks," Trump said. "Maybe we should boycott."

Despite all of the negative attention the cups have received, there has been an equally strong outpouring of support for them. Singer Demi Lovato and singer/songwriter Michael Castro have both tweeted in support of the campaign.

Castro (@MCastroMusic) tweeted: "As a Christian, I can tell you that the color of Starbucks cups have nothing to do with Jesus, the gospel, or Christianity. They are cups." And Lovato (@DDLovato) asked why Starbucks doesn't just make winter-themed cups (as they have been in recent

years), then followed with "Also, why do we care this much about a cup...?"

Twitter user @MyDaughtersArmy chimed in regarding the hypocrisy of the complaints: "As you ignore the cold homeless guy sitting outside Starbucks, please be sure to complain about the 'non-Christian' red cup of \$5 coffee."

Starbucks has weighed in as well, in an effort to clarify their decision as supportive of all customers rather than as an act of war against Christmas or Christianity. Starbucks Vice President of Design and Content Jeffrey Fields released a statement encouraging customers to use the red holiday cups as a blank canvas on which to design their own stories.

"This year we wanted to usher in the holidays with a purity of design that welcomes all of our stories," the statement read.

The Starbucks cup might not have created so much controversy if the Internet wasn't easily prone to overreaction and

misplaced activism. In fact, #MerryChristmasStarbucks has consistently been trending above any refugee-crisis-related hashtags since the start of November.

As the semester comes to a close and the holiday season comes ever closer, perhaps it is time to remember what the sense of the holidays – all holidays – are really about: giving. As Joie Bauer (@JoieBauer) tweeted: "Wasn't Jesus born to Middle Eastern, refugee parents fleeing violent tyranny? By all means, continue talking about @Starbucks cups..."



Photo courtesy: Facebook

On giving ...

The holidays are quickly approaching! This time of year is always exciting, the air is crisp, people are happier and the world just seems a bit more exciting. There is so much to look forward to as this semester comes to a close, and the time with our family and friends begins.

Although, it isn't all excitement for some Calgary families, especially with this economy. Many people are going into this season a little less fortunate than in the past, and others are struggling to make ends meet. Those of us who are able to do something to help definitely should.

The Calgary Food bank recently released their yearly numbers, and families who are using the food bank are up by 23% in Alberta. No doubt due to the desperation caused by the current economy. But this means that the food bank needs help! Not just with volunteers but also with food.

There are so many ways you can help, for example the CBC/Suncor annual food drive is going on for the entire month of December and it is a great way to get involved. The drive raises over 1 million dollars most years, and they expect to do just that again this year! Although getting down to the food bank, or other designated drop off areas may be difficult, coming to school is not! So up until the last day of exam time we will be accepting food and cash donations for the CBC/Suncor food drive.

Anything that you want to donate we will make sure to get in the right hands so feel free to bring it down to The Reflector office anytime, and we will do the difficult part for you! (For those of you who don't know we are located in the basement of Wyckham house!)

I know that it is hard to make time to give back with our busy schedules and Christmas shopping and final exams, but we have to help our fellow Calgarians and reach out in any way that we can.

There are so many organizations that need help over the holidays such as Inn from the Cold, the Drop-Inn centre, YWCA, Mustard Seed or just by donating to various charities. If you are more into helping our furry friends try visiting Pawsitive Match or the Calgary Humane Society, as there are many animals that need to find forever homes, and they need help finding them.

Whatever you choose to do this holiday season, try to give back! It will make your holiday even more meaningful knowing that you helped someone who is less fortunate than you!

**Happy Holidays,
and we will see
you next year!**

-The Reflector Staff

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

THE REFLECTOR

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EDITORIAL STAFF:

Publishing Editor: Kari Pedersen
Managing Editor: Ivar Bergs
News Editor: Nina Grossman
Features Editor: Angie Lang
Arts Editor: Bigoa Machar
Sports Editor: Melanie Walsh
Photo Editor: Zana El-Youssef
Layout Editor: Masha Scheele

CONTRIBUTORS:

Kate Holowaty, Kennedy Enns, Andrea Roberts, Amy Tucker, Robyn Welsh, Brendan Stasiewicz, Sam Ridgway, Logan Krupa, Kiah Lucero

COVER PHOTOS:

Kennedy Enns

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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 haven't seen anyone disallow this much rubber since the show "John and Kate Plus 8".

-Pg. 14

What's your favourite holiday food?

"I like candy yams, they're delicious"
 - Jordan Hofmeister, 3rd year Health Sciences

"My favourite is cranberry sauce. I don't even eat it with meat...I eat it alone. Just solely alone."
 - Allison Badger, 4th year Communications

"Hot turkey sandwiches the day after Christmas because left over turkey is just so good."
 - Jill Battison, 4th year Communications

"My absolute favourite holiday food is mandarin oranges."
 - Paul Brooks, 4th year Communications



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 or Instagram @ReflectThis

#MRU TWITTERSPHERE

@mountroyal4u: The Transgender flag is flying on #MRU campus today in honour of Transgender lives lost

@toristosky10
 #inspiremru #makechange
 #mru spending time in nature inspires me!

@KayPearcey: Why is it that I always get sick at the end of the semester when I need my energy the most? #MRU #studentlife

@cp_stylebook: Two more weeks until I've finished my journalism degree at #MRU Excited to move on to big opportunities! #journaljobs #partylikeajournalist

features

Features Editor
Angie Lang
featureseditor@thereflector.ca

2015 Holiday Gift Guide

We have gift ideas for all those hard to buy for friends and family

Angie Lang
Features Editor

Oh, the weather outside is frightful, but oh my, so are the people you need to buy for this holiday season! Who says buying the perfect gift isn't achievable, well obviously you didn't have this trusty little gift guide up your sleeve.

Whether it be the secret Santa gift for your weird co-worker or your best gal pal, ladies and gents', we have your back! The only thing we can't do for you is actually go out and buy the gifts for you, but if you really need someone, our publishing editor, Kari might be available with enough bribes.

Gifts for the beauty expert
You can't please every girl, but you can come pretty close! If your lady love, or gal pal is a makeup censurer, go with the Sephora Favorites Superstars (\$248.00 value), \$90.00 box set from Sephora. It will have all her favourite things in one box so you don't have to worry about picking something out that she might not like. Another great idea is a perfume box set. Most come with two to three smaller bottles, so she can try them all out! Pick up the Marc Jacobs Daisy rollerball trio (\$105.00 value), \$55.00, or the NEST Eau de Parfum rollerball trio (\$73.00 value), \$13.00 — what a deal!

Gifts for the health nut
We all have that one person who likes to sweat it out, whether male or female, we have a couple ideas for you! For your Zen friend, why not give her a custom monogrammed yoga mat to fit her unique personality. Choose your mat color, and thread color for \$50.00 (mycustomyogamat.com). A good pair of yoga pants or hoodie is always an awesome gift, check out Lululemon for the latest and greatest in athletic wear. Pants starting at \$92.00 and hoodies starting at \$128.00. If you're not into buying clothes, why not give your fitness loving buddy a cook book. Check out Hungry Girl to the Max! The Ultimate Guilt-Free Cookbook for \$15.00 (amazon.com).

Gifts for the men in your life
(who have everything)

Men are hard enough to buy for, but even harder when they have everything and "don't want anything". For the beer drinker in your life,

set them up with a DIY beer making kit. Available at Nordstrom for \$55.00, but can also be found on other websites. If you really want to please him this holiday season, no one will turn down a Smart Self Balancing Scooter with LED lights. You can find them on amazon.com for \$320.00 plus free shipping. And if you want a gift that keeps giving, take a look at the Trunk Club gift card. Every member has a personal stylist who hand picks a selection of premium men's clothing based on their personal preferences. Includes free shipping both ways and a ten day refund policy, this is a gift that keeps him looking good all year long! Memberships start at \$100 at TrunkClub.com. For everyone and everything under \$50

Whether you need a gift for your co-worker or a second cousin, twice removed, we have gifts that anyone would love. For those in need of a festive caffeine boost, DavidsTea Winter Collection, \$28.00, davidstea.com or in store. For the Mr. Fix it in your life, buy the Multiuse Tool from orvis.com. It includes a wire cutter, a hammer, a saw and more for only \$35.00. For the lady who is always asking for something, get her the cute Minimergency kit from Pinch Provisions, full of 17 must-haves that's enough to pop in their purse. \$24.00 from jcrew.com. And for the most inappropriate, but secretly hilarious of the group, buy them Cards Against Humanity for \$30.00 (cardsagainsthumanity.com)

Gifts for the foodies
If the foodie in your life hasn't hopped on the box subscription train yet, it's time you buy them an express ticket! For the aspiring chef in your life, turn them from zero to kitchen hero with the Chef's Plate weekly subscription box. Each week they will receive a box of fresh, seasonal pre-portioned ingredients with

recipe gourmet or less. check out com. Gift the male why not get them

cards to make a meal in 30 minutes For \$49.80 a week, www.chefsplate. cards available. For cooks in your life, increments of one month, three month, six month and 12 month. In almost one year the company has sent out over 1500 amazing fun filled candy boxes. But what's even better, is they donate to the Calgary Make A Wish Foundation and plan to continue the tradition for years to come. Kerr says they are growing and they want to give back.

manliest of manly box subscriptions, the Mantry subscription box that includes six full sized food products from the top artisan food makers. Leave the guess work out of it and leave it to the experts. Each month is themed with past boxes being "the tailgate party", "pizza party" and "bourbon BBQ". Plans start at \$75.00 plus shipping (mantry.com).

And for the sweet tooth lovers in your life, send them a unique candy box subscription exclusive to Canadians only from project candy box. Founder, Aaron Kerr came up with the idea when he was doing research on subscription boxes and found that nothing dealt with candy or chocolate. Kerr says that every box contains 10-15 full size products all differing in where the products come from.

"One of our key things is to provide a few items that are international," says Kerr.

What Kerr is finding is what people love most is being able to try international style candy. "We source things from overseas, Europe, Asia and South America."

Subscription boxes can be given as a one-time gift or in

increments of one month, three month, six month and 12 month. In almost one year the company has sent out over 1500 amazing fun filled candy boxes. But what's even better, is they donate to the Calgary Make A Wish Foundation and plan to continue the tradition for years to come. Kerr says they are growing and they want to give back.

"We're pretty proud to be based in Calgary and we are a Canadian company," says Kerr. "We encourage Canadians to buy from us."

Check them out at www.projectcandybox.com, prices starting at \$24.50 plus shipping. Hopefully this gift guide helps you out for all those people you're not too sure about. If you have a Grinch in your life, better to just say Bahubug and get on with it, they might just be a lost cause!



We Wish You a Techy Christmas



This gift guide will cover all the tech lovers on your holiday list this season!

Logan Krupa

Tech Columnist

Welcome to The Reflector's 2015 Christmas tech gift guide! Regardless of your interests or budget, there's plenty of awesome technology to put under the tree this year!

For Star Wars fans: The Sphero BB-8 App-Enabled Droid \$189, Best Buy

The trailers for Star Wars Episode VII: The Force Awakens have a lot going on, but one droid in particular has stolen the hearts of Star Wars fans. The cute little BB-8 droid has a spherical body on which its head seems to defy the laws of physics by staying balanced. Robotic toy specialists at Sphero have released one of the hottest toys of the Christmas season with a 9-inch tall, smartphone-controlled version of the BB-8 droid. Using an iOS or Android smartphone, users can steer the roly-poly droid around, send it voice commands, or even set it to explore its surroundings as it tries to avoid obstacles. Seriously, this little droid is adorable!

For music fans: The Chromecast Audio

\$40, store.google.com

Last year, I praised Google's Chromecast as being a great way to get video from smartphones and computers onto a TV. Now, Google has done something similar for music with Chromecast Audio. The little hockey-puck shaped device can send audio from any iPhone, iPad, Android phone or tablet, Mac or Windows laptop or Chromebook to any speaker with an auxiliary jack, an RCA connector or an optical audio connection. Like many of Google's devices, the setup is dead easy, and this is a great way to get music onto a speaker that is not Bluetooth enabled.

For those who love drawing and sketching: The Wacom Bamboo Spark

Approx. \$180 depending on model chosen, Best Buy

As much as smartphone and tablet technology has evolved, you just can't beat the feel of drawing and writing on real paper. The Wacom Bamboo Spark

allows users to write or draw on regular paper using an included pen. At the push of a button, the user's writing or drawings can be transferred instantly to a connected smartphone or tablet. Previous devices of this type required that the user buy special pads of paper to use, so this is certainly an improvement! Wacom also has built-in support for common note taking apps such as Evernote. There are various forms of the Bamboo Spark, tailored for different types of use and different devices, so find out which one...draws... your interest!

For those with multiple devices: The Logitech K480 Bluetooth Multi-Device Keyboard

\$70, Logitech.com

I find myself using a Macbook Pro, a Windows desktop PC and an Android phone throughout the day. A consistent typing experience is a luxury for people who frequently switch devices, and Logitech delivers one. The K480 Bluetooth Multi-Device Keyboard is meant to pair with any Bluetooth-enabled tablet, smartphone, desktop or laptop.

The only notable exception is Windows phones. Users can simply switch between paired devices with an easy turn of a dial, and type away!

For people who can't decide between buying a tablet or a laptop: the Microsoft Surface Pro 4

Starting at \$899, the Microsoft Store

Microsoft has touted its Surface Pro line of tablets as being "the tablet that can replace your laptop." Running a full version of Windows 10, the Surface Pro 4 demonstrates Microsoft's growing confidence in creating great devices. The Surface Pro 4 features a 12.3 inch display, with an innovative Surface Pen that magnetically attaches to the side of the device. Despite being quite a powerful device with a full range of Intel processors available and up to 16 GB of RAM, the Surface Pro 4 is only 8.45 millimeters thick and it weighs a featherweight 1.73 lbs. The newly improved Type Cover keyboard (a separately sold accessory) designed for the Surface Pro line has also been

greatly improved this year.

For those curious about smartwatches: The Pebble Time \$250, Best Buy

The Apple Watch may get all the press when it comes to smart watches and Android Wear watches may be improving, but I still have a soft spot for Pebble. My original pebble smart watch has lasted me years and I enjoy how Pebble's software updates have added truly useful functionality over time.

The Pebble Time now has a colour screen that is still easy to read in direct sunlight. However, unlike virtually all other smartwatches, the Pebble Time has up to a week of battery life before needing a recharge. I think that's a big win. The Pebble Time does a great job of displaying basic info and notifications, with a growing number of watch faces and apps that are available.

So if you can't decide on what to get the tech person in your life this holiday season, chose from any of these great gifts no matter your budget and they will love you forever, or at least until next holiday season!

The gift that keeps on giving

Dr. Jess's most recent sexual guide "The New Sex Bible" doesn't disappoint

Kate Holowaty

Sex Columnist

Ahh the holidays, a time when we give and we give and we give and oftentimes forget to treat ourselves in ways other than stuffing our face full of Nana's macaroons. If you're not sure what to get for yourself and you also happen to feel like you're in a sexual rut with your current partner or lacking single adventuring prowess, look no further than picking up Dr. Jessica O'Reilly's Phd. most recent book *The New Sex Bible*. I had the honour of meeting Dr. Jess in person at the Taboo Naughty but Nice Sex Show for the previous column. She has an acute awareness of modern sexual society and

has a keen and critical eye for identifying not only sexual issues but relationship issues as well. Her book highlights new scientific discoveries relating to our anatomy, as well as, new positions and techniques to ramp up your sexual repertoire. If you're too intimidated to pick up this book yourself here are some of the highlights.

Chapter 1: The Science of Sex

A lot of us might like to think we know a lot about the science behind sex, but your sex ed from high school needs an update. This is a recap of sex ed in a much more modern way, no bananas and condoms here, but there are familiar pictures included. Some

highlights from this chapter include:

According to neuroscientist Dr. Gert Holstege, there is only a five per cent difference between our brain's observable reaction to sex and our brain's observable reaction to heroin.

The clitoris has legs people. Both the clitoris and the penis are derived from the same tissue in utero. If you understand the complex anatomy of the clitoris you will understand while the elevator button press and release method doesn't work. "Comparable to pressing on the head of the penis: It's not the worst move ever, since someone is touching your dick, but those hands could certainly be put to better use," says Dr. Jess in her book.

Less well known female

erogenous zones: suprasternal notch (triangular dip at the base of a woman's neck centered above the collarbone), philtrum (cupid's bow area on the upper lip), crook of her elbow, backs of her knees, ankles, eyelids and bellybutton.

Less well known male erogenous zones: Inner thighs, ankles, treasure trail, raphe (the dividing line that runs all the way from the anus to the tip of the penis) and the perineum (may be the hottest point on his body, stretch of skin between the balls and the anus).

Chapter 2: Desire and Seduction

Some main takeaways from this chapter include:

Indulge in each other's fantasies and maintain independence when it comes to your relationship, as this can create more sexual tension. Getting in the mood is no simple task and can consist of relaxing, doing something together that gets you both turned on, meditation/breathing and becoming in tune with your body. If trivial thoughts still creep into your mind during sex, don't stress about it and just let it go. This chapter also explains the importance of erotic touch that doesn't always lead to sex play, as well as, some unique massage techniques. One to try: Awakening touch; using only the backs of your fingernails run them across your partner's back, arms and legs. This light touch can stimulate the nerve endings that are the most sensitive to

light touch and are “primed for heightened pleasure” because they don’t register pain. Another takeaway is to not stop kissing even when you’re in a long term relationship. Studies have shown that couples who were told to kiss more reported fewer fights, greater relationship satisfaction and less stress.

Chapter 3: Sizzling Oral Sex

In this chapter oral sex includes a concept most of us would admit we need to work on: Dirty talk. These sensual verbal mutterings are a tough thing to put into practice if it doesn’t come naturally, but it is very much worth incorporating into your sex play. Dr. Jess suggests starting small with phrases like “Yes!,” “More!,” and “Fuck!” I didn’t realize how many styles of dirty talk there are and Dr. Jess gives examples of phrases for each. Categories range from romantic and alluring to aggressive and naughty. The book then gets into several oral sex moves for him and her. I chose to include these ones because they seemed pretty unique.

pressure, but it also provides full-contact stimulation of the entire vulva. By wrapping your mouth all the way around the outer edges of her pussy, you’ll titillate and awaken all the inner and outer components of her highly responsive clitoris”
 Take position: “Kneel on a pillow on the floor next to the bed as she lies down with her knees bent and legs hanging off the edge.”
 The Moves: “Tease all around her pussy with some gentle breath kisses without allowing your lips to contact her skin. Breathe heavily over her thighs and mounds, allowing your cheeks and nose to touch her only incidentally. With a wide, flat tongue lick from the very bottom of her vulva up to the top as slowly as possible. Repeat this lick in the same direction for thirty to sixty seconds. Switch directions and lick from her clitoral glans down to her fourchette (where her inner labia meet at the bottom) using the warm, flat, underside of your tongue. Repeat for another minute. When she starts to thrust her hips into you, open your mouth wide and press her hips into you, open your mouth wide and press your lips around the outer edges of her vulva.”

An oral sex “move” for her:

Sweet Suction

“This technique not only combines licking sucking and deep

An oral sex “move” for him:

Two Thumbs Up

“This technique requires some coordination, but a few minutes of practice will be well worth the orgasmic rewards. Using both your hands and mouth, the Two Thumbs Up allows you to activate nerve endings in three of his most excitable hot spots: his balls, the lower third of his shaft, and the underside of his head.”

Take position: “Positioning is important, as you need to be able to tuck your head between his legs in order to suck his balls right into your

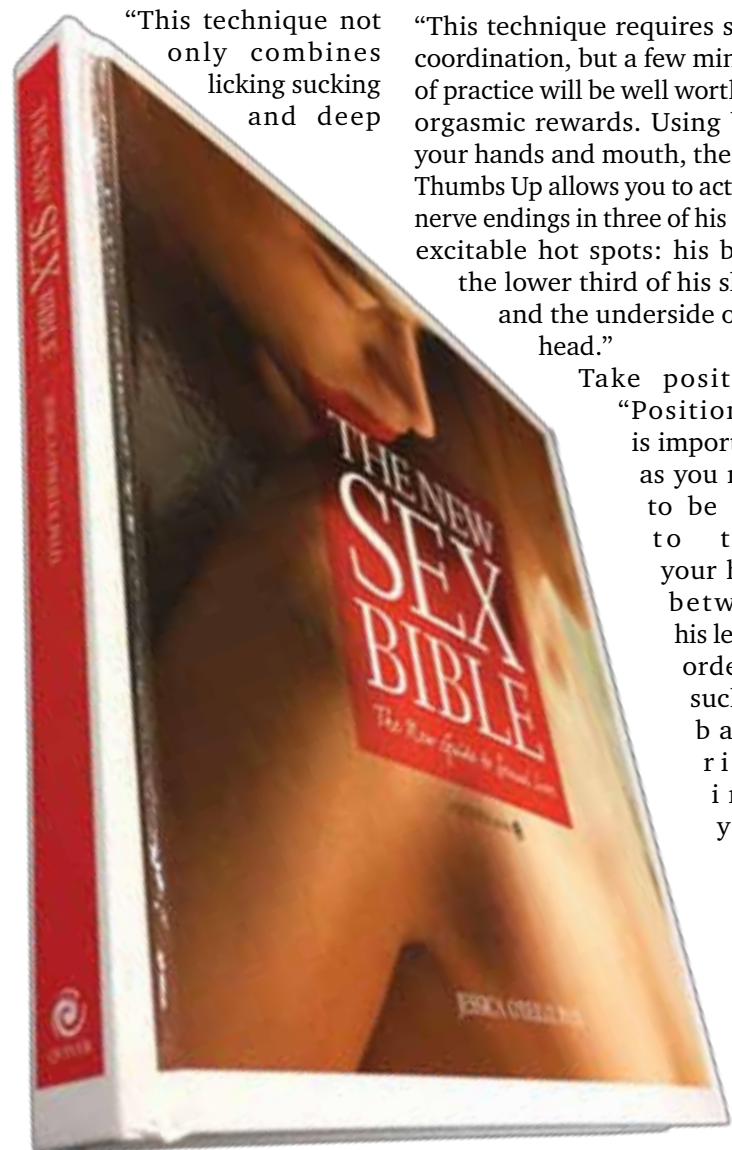


Photo: Kate Holowaty

Find the book on Amazon.ca for around \$20 and you can start having the best sex of your life

mouth. Try this one on your knees as he relaxes in his favourite armchair or let him sit on the edge of the (sturdy) kitchen table.”
 The Moves: Climb between his legs and sweep your tongue lightly around the edge of his balls. Trace a figure eight shape over the front and scoop your tongue underneath to lick the responsive rear surface. As you twirl your tongue around, slather your hands in lube and clasp the base of his cock with one hand as lightly as possible. Stroke up to the top holding his cock with one hand as loosely as possible to pique his interest. Alternate hands for several strokes ensuring that your touch is featherlight. After a minute or two, increase the pressure of your strokes and

wrap two hands around his base, interlacing your fingers with your two thumbs straight up toward the tip. Add lube to ensure it’s super slippery. Stroke upward and sweep the pads of your thumbs in a circular or heart-shaped motion when you reach his frenulum, the soft skin on the underside of his head. Increase the pressure as you squeeze both hands around the lower third of his shaft and suck his balls right into your mouth. Coordinate twirling your tongue around his balls or sucking downward on them as you stroke upward and massage his frenulum and head to elongate his full unit. As you squeeze around his lower shaft, gently press his balls up toward his body with your lips.”
 Now if after reading that you

feel like you could never be able to pack all those technicalities into your sex life, fear not. Dr. Jess makes a note reminding us that there really aren’t any rules for oral sex and that all of these moves are just guidelines that you can take and change to suit your personal needs. The book goes on to include chapters covering anal play, props and toys and intercourse positions, but this is where I’ll leave you, with some things to try and a book to read. What I like about Dr. Jess is she recognizes that everyone’s sexual path is different and it’s important to remain true to that and stay in tune with what you like and need sexually in order to bring that knowledge to any new or existing relationship.

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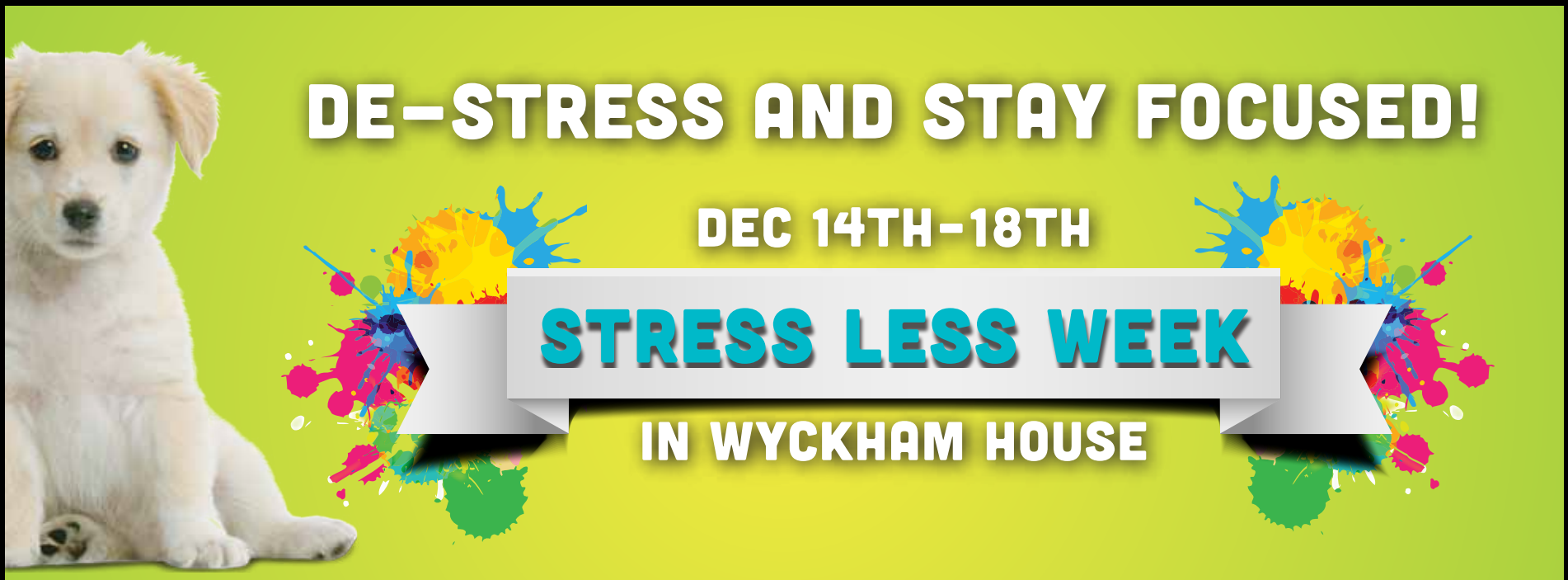




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A bright queue at the Zoo



Photo by Kiah Lucero

In addition to all the traditional things at the Zoo this year, Calgarians will be able to interact with the attractions more so than ever.

Photo by Kiah Lucero



zoo lights returns, calgary's most popular winter activity runs throughout the month of December



Photo by Kiah Lucero

if you're looking for a fun way to spend an evening check out the millions of lights on display, sure to get you in the Christmas spirit

Looking at what's new at this year's Zoo Lights festival

Kiah Lucero
Contributor

The annual winter event present by the Calgary Zoo is finally here. Zoo Lights is Calgary's ultimate event for the holiday season for pretty much everyone.

"It's a destination for a lot of families, kids, friends and couples, to get them in the holiday mood," says Larissa Mark, spokesperson for the Calgary Zoo Lights. The massive light display of 1.5 million lights set up is depicted in various forms, like animals and holiday caricatures representations like Santa, Cupid and many others. Among the many activities at Zoo Lights, like the classic free skating rink and of course Santa's visitation to the Zoo, there are

many new things to look forward to at this year's Zoo Lights. This year, there's an activity called Build a Buddy Snowman, where people get to decorate their very own snowman. Another thing new this year is the Sugar Shack. While it is new to Zoo Lights, the Sugar Shack, or "Cabane a Sucre," is originally an old classic French Canadian tradition. The Sugar Shack makes these traditional maple syrup treats by pouring maple syrup on the snow then attaching it onto a popsicle stick to make essentially a maple lollipop.

Another new activity is an interactive light display which depicts a polar bear is sitting on polar ice caps. Adult and kids are then invited to place their hands on a console. The console will read how much heat the hand is emitting and will then show how this will affect the

polar ice caps. This activity is called "One Degree of Heat" and it aims to give people a visual representation of how our energy consumption and human activity can impact the polar ice caps, a home to the polar bears. Moreover, since the Zoo is a conservation organization which is conscious of their energy consumption. The 1.5 million lights are actually LED lights which require less energy and are less harmful to the environment. Mark also offers some recommendations for Zoo Lights visitors. As the event is expected to see over a hundred thousand guests this year, taking the LRT and Calgary Transit can ease any stress for finding parking. The Zoo Lights is definitely a staple winter event for Calgarians of all ages. It runs from Nov. 27th up until January 2nd from 6PM to 9PM.

OUT'N ABOUT

Theatre:

Former Breakfast television host Dave Kelly is taking to the Lunchbox Theatre until Dec. 23 for his brand new one-man show *Epiphany*, the story of one man who aims to balance the stresses of his family and the holiday season. Tickets are \$25 on Lunchbox Theatre website.

Art:

A group of graphic designers and photographers teamed up during Beakerhead to create visual art all around the event. Their final projects will be displayed in the Peanut Gallery on Stephen Avenue. The exhibition runs from Dec. 1-12.

Food:

Brand new PRLR Lounge in Kensington is now open for business. Located underneath the Oak Tree Tavern, PRLR Lounge is a very modern spot made to fit Calgary's rapidly growing population. Visit it at 124 10 St. N.W.

Music:

The world-famous Soweto Gospel Choir will be bringing their talents to the Banff Centre on Dec. 13. With their act wowing audiences on large stages like *The Tonight Show* and Nelson Mandela's memorial concert, tickets will be starting at \$25.

Noise 101



Courtesy of AndreaPetrity.com

Andréa Petrity wasn't always sure if she wanted to do music, but decided to run with it.

The Pizzazz with Jazz

Calgary jazz pianist tells us the do's and don'ts of making it in music.

Bigoa Machar
Arts Editor

While you may think it only appears in elevators and right before James Bond beats up a bunch of generic henchman, jazz piano is something that can lift up anyone's soul in an instant. While the term itself is pretty generic, there's nothing smoother than a well arranged jazz song to make you feel 1000 per cent classier.

Enter Andréa Petrity, Calgary's very own jazz music pianist and arranger. As part of many different jazz and blues groups across the city, as well as a solo CD under her belt, Petrity has really made quite the name for herself. But like all musicians, she had to start somewhere. "My parents, like everybody's parents, put me through piano lessons, so that's what really got me into it," says Petrity. "It wasn't until after high school when I wasn't sure what I was going to do. Everybody was going off to University and doing different stuff like that. I ended up getting a day job and realized 'I really don't like doing this.' I started to pay for my own piano lessons and got into jazz, which is really when everything started to turn around." And quite the dramatic turnaround it was. After graduating from Mount Royal University with a Diploma in Jazz & Contemporary Music Performance, Petrity began to look for opportunities to grow and refine her new found love. Petrity says she became a 'Yes Woman,' if you will. "Even when I was in University, I was still getting asked to do a dif-

ferent number of things. I remember being asked by the head of the music program at the time if I'd be interested in accompanying ballet classes. A few other opportunities came my way. I started playing in a big band and a trio at the time. I think when you're still that age, you say yes to everything, which I still do today."

As part of expanding her skill set musically, Petrity began arranging music herself, taking songs already made and adding her own jazzy twist to them. A remix if you will. Petrity says there's a lot that goes into arranging, but the music really becomes your own.

"I really love to arrange. A few years ago, I realized that I like to take songs and play them in ways that not everyone else plays them. I'm not good at playing what everyone else is good at. Everyone is going to recognize that Elton John song and I'm not going to play it like him and if I mess up one part of the chord, everybody is going to know it. I really wanted to showcase the arrangements that I do. I like to change the chords, change the meter, all while staying true to the original melody. I also like to take songs that aren't as popular and play them my own way."

While this is usually the part of the story where our hero discovers themselves and pushes forward, Petrity says her music career hit a bit of a stall, where she says she really began to doubt investing this much time into music.

"I still have a day job, but I keep myself as busy as I possibly can with music. There was a point when I didn't want to feel like I belonged

and I totally doubted myself. I felt like I wasn't part of the music scene at all. Really, it was only about six years ago when I thought if I wanted to do this, I really have to do it now because I'm really no spring chicken anymore," says Petrity.

Part of this "Do it now" mentality which she adopted was to do what she wanted to do for a very long time: make an album. With an expertise in playing jazz piano and arranging songs from her experience from a variety of performances, Petrity had all the skill needed to make an album, but quickly learned that it really isn't all roses.

"For one thing, you're not going to make money off of just an album. I was talking to someone a while ago and they really thought that they could make money off of it. It doesn't happen like that unless you're Shania Twain or Diana Krall. I really had to do it for me because I really enjoy making and arranging music," says Petrity.

While she hasn't made money off direct album sales, Petrity has made quite a name for herself in the Calgary Jazz scene. While she has accomplished a lot so far in music, Petrity emphasizes that playing the music you want to hear will help you stay happy.

"One of the things I've tried to do while playing these songs is to really listen to what is in my head. It's really hard to let so many other styles and versions of things you hear influence you too much because you'll start to say 'Oh I don't like this' or 'Oh I think this is dumb.' I think that if you're feeling it, then it's going to sound right to everyone else."

Drivers

Joanna Newsom

Drag City

Score: A



Photo Courtesy of Facebook

Joanna Newsom's fourth album *Drivers* draws on themes of love, forgiveness, and sadness, but it does not contain your typical love songs. Newsom splices playful notes of blues with dream-like sequences. From the dreamy lyrics, to the intimacy of her concepts, everything about this album is intriguing. The singing harp, strings, and piano, along with her alluring voice that recur throughout the album transport the listener to another dimension. Joanna Newsom has such a unique voice and distinct sound that is unmatched by any other artist and reached new highs in her newest album. The

songs in *Drivers* have a refreshing mix of slow, lyrical and upbeat sections. "Leaving the City," for example, mixes slow medieval-sounding chords and upbeat jaunty melodies in order to create an ambiance that takes you to an entirely new time and place. As a whole, the album feels like a mixture of the best elements from her previous albums and deserves a listen.

—Robyn Welsh

Adele

25

XL Recordings

Score: B



Photo Courtesy of Facebook

Break out the tissues for this one y'all, you're going to need them. Adele's latest album will have you feeling some type of way, with song after song after song dealing with some form of broken love. Adele does a really good job of channeling her inner T-Swift and pre-2013 Drake with deep lyrics over melancholy beats on *25*. Tracks like the mega radio hit "Hello" and "Water Under the Bridge" really make you want to give

Adele a giant hug for whatever the fuck she's been through. The album really portrays this emotion of sadness REALLY well, but that's really all it offers. With one message being repeated over and over again over a few different piano swells, I can't imagine myself listening to this album again unless I'm crying over a tub of Ben & Jerry's while watching nature documentaries on Netflix.

—Bigoa Machar

Purpose

Justin Bieber

Def Jame Recordings

Score: A



Photo Courtesy of Facebook

If you didn't already have Bieber fever then you might catch it after you hear some of the tracks off his newest record *Purpose*. Bieber has done a lot of work to clean up his image and make people hate him just a little less. Bieber is definitely doing a good job, as his Saddledome show was almost impossible to get tickets to. But back to the album, there are soulful melodic tracks like

"Children" and "The Feeling" as well as some upbeat tracks expected from the beats like the hit single "Sorry" and the catchy break-up ballad "Love yourself." Overall Bieber is the perfect road trip anthem.

—Kari Pedersen

Wondercat knows where it's at

An eccentric man, his show cat, and their story.

Robyn Welsh

Staff Writer

Underground film festivals are full of films that try to bring fresh perspectives to the big screen. According to Tony Massil co-director of *Frank and the Wondercat* along with Pablo Alvarez-Mesa, “underground films are trying to push the boundaries” set up by traditional film makers. He feels that “there is a wide variety of films that can be made. Stories can be made in different ways.”

In their first feature length film, Massil and Alvarez-Mesa aimed to tell a unique story with “Frank and the Wondercat.” Frank Furko, an eccentric and hilarious old man, recounts his adventures with the rescue cat he made into a sensation: Pudgie Wudgie. The film centres on old VHS video clips of Frank and Pudgie Wudgie that the directors spent hours going through with Frank. These clips include television pet competitions, home videos, and school visits. Wherever Pudgie Wudgie went, a video camera and joyous smiles followed.

Frank always dressed this incredible showcat in quirky outfits. He wore glasses, hats, and even a custom made cow suit on occasion. The people of Allegheny Valley, Pittsburg loved their town wondercat. Pudgie Wudgie even dressed up in football gear and went out to support the local football team. He was a local legend, and his

death hit the town hard.

Not only does Frank and the Wondercat explore Frank’s experiences with Pudgie Wudgie, the film explores Frank’s relationship with his father, his decision not to have children and his experience entertaining in the Korean War.

“For our film we were trying to make an emotional narrative so that it was a portrait of [Frank] and the journey that he took within himself over his life,” says Massil.

Massil and Alvarez-Mesa felt that it was important to look at the story as a human story rather than one about a cat. Pudgie Wudgie was an important aspect of the film, but they felt it was important to emphasize that the film was about Frank.

“People are really complex and have many facets. This is just a portion of who Frank is. It was just a story that we wanted to tell,” Massil says.

As if all of this wasn’t enough, Frank used to have a wiener dog that he used to dress up and play with, however, the relationship he had with this dog was nowhere near as personal and in-depth as the relationship he had with Pudgie Wudgie.

The film was simultaneously an adorable and funny glimpse into a cat’s life and a beautiful look into a man’s struggle to cope with loss.

If you would like to see videos and pictures of Pudgie Wudgie visit www.pudgiewudgie.com



Photo by Robyn Welsh

Tony Massil was in Calgary for CUFF Docs 2015, to show his documentary *Frank and the Wondercat*.

Jr. Name, Sr. Taste

Fast-food giant setting up shop in Calgary

Bigoa Machar

Arts Editor

YYC foodies rejoice! Calgary is about to get a new, tasty treat, and not just in the figurative way. Fast-food chain Carl’s Jr. will be opening their very first location in the city on Dec. 1. After successful stints in British Columbia, Saskatchewan and Ontario, the brand new restaurant, located on 16th Ave. across from SAIT, the owners behind Carl’s Jr. are hoping to bring a new dining experience to the city.

Fraser Landeen, one of the many partners behind the restaurant and a longtime

resident of Calgary and experienced fast food guru, used a rather unorthodox tactic to find out what Calgary wanted to see in their newest restaurant. The partners used the forum /r/Calgary on Reddit to ask questions and pitch ideas to hungry Calgarians, who were very willing to provide feedback and suggestions for the food joint.

“We heard that Calgarians wanted the same quality as they had experienced in the American restaurants and low prices. So we’re offering exactly that; premium food, exceptional service and great pricing. Plus we have the ambience and table service of a sit-down restaurant

with the convenience and price of a quick-service operation,” says Landeen.

William Wei, another partner involved in the project, says that Carl’s Jr. should have no problem competing in the competitive market that is Calgary food.

“I’m confident that Carl’s Jr. and its big, charbroiled burgers will very quickly become the destination of choice for discerning burger lovers in Calgary,” says Wei.

In addition to providing the people of Calgary with delicious burgers, the branch will also employ close to 50 full and part time jobs, mainly aimed at students who may be looking for work.



Photo from Carl's Jr. Canada Facebook

Get ready to sink into some burgers and sip on some milkshakes at Carl’s Jr., opening Dec. 1

The Animation Invasion



Photo courtesy: Vimeo

Lyle Pisiso was a featured artist at this year's GIRAF festival.

YYC's best and brightest animators show off their skills

Kennedy Enns
Staff Writer

The Giant Incandescent Resonating Animation Festival or GIRAF is put on each year by the Quickdraw Animation Society, an artist-run non-profit centre right here in Calgary. This month, it is proud to feature it's best submissions from around the world to showcase from Nov. 26 to 28. One of the featured artists at the festival, Lyle Pisiso is a Calgary-based musician, artist and animator. Starting in 2012, Lyle has been working on his "Haikus;" short stop motion animated films set to music he has collaborated with musicians. Pisiso has been a huge fan of stop motion animation since he was young. One of his bigger influences —

The Brothers Quay, even inspired him to create his own band, the name taken from one of their shorts, 'The Street of Crocodiles.' Pisiso describes his animation process as almost a collaboration with himself. "All I have to have is ten seconds worth of ideas to begin filming," says Pisiso. He goes on to say a 10 second idea alone will take him all day to film and the rest goes from there. His collaboration with other local artists has felt natural to him as putting visuals to his audio has just felt like the next step. "I always felt there was a connection with the music we played" Pisiso continued. GIRAF is presenting Pisiso's Haiku series featuring a performance with his band, 'Street of Crocodiles' Nov. 27 at the Globe Cinema. If you can't come to the show but still want to check out his work visit him at vimeo.com/pisiso.

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Healthy Holidays



Photo Courtesy of Jamie MacDonald

Staying on track with your fitness routines will be easier if you balance your diet and workouts

Melanie Walsh
Sports Editor

Ever since the first leaves fall from the tree, many things are symbolized. Colder weather, pumpkin spice lattes and the return of the NHL and football seasons. Also, the holidays are approaching and for every athlete and well human being, that means food. It's a busy time of year, with Christmas shopping, semesters ending and holiday festivities. Often times we tend to neglect our bodies with feasting and indulging or by not making the time to squeeze in a proper meal.

Jamie MacDonald, personal trainer and nutrition coach at O2 Fitness Centre says that to maintain your healthy lifestyle you have to remain on track and stick as close to your normal routine as possible.

In order to have some holiday fun and treat yourself, MacDonald offers some helpful tips.

You can start by tracking your food intake. If you are currently working on losing weight, then you will want to watch your calorie intake. If your bulking up and working on adding a few extra pounds, you'll

want your meals to

High Intensity Interval Training is what Jamie MacDonald recommends for anyone looking to make the most out of their workout.

have a surplus of calories. To do this, MacDonald uses the MyFitnessPal app on his smartphone. This free app counts your calories for you. You can track everything from beer to blueberries and MacDonald recommends that you should so you can plan your meals accordingly.

"If you know you're going to have Christmas dinner and some adult bevys ... adjust your day accordingly," says MacDonald.

MacDonald advises that cutting back on sugars which contain empty calories is a good idea, for example, dressings and dipping sauces don't serve your body well and is a good idea to take away. Your body will not miss them and if you're concerned about your tastebuds, he adds that vinaigrette dressings are your friend.

Being conscious of the different foods you are eating is key to finding a healthy balance that people are looking for over the holiday season. A simple swap of taking more vegetables and less heavy carbs can help your stomach feel filled and satisfied without bloating you.

To prepare for abnormal indulgences, such as, a holiday dinner feast, you can start your day off with some oatmeal and protein such as eggs while

avoiding olive oil with fats for breakfast. Throughout the day protein shakes and fruits and vegetables will make the perfect snack, giving your body nutrients while still saving room for that bigger meal.

workout," says MacDonald. In 30-45 minutes you could really get a good workout in.

HIIT workout can consist of alternating from the treadmill, bike and interval weights with shorten bursts of work, 30

"if you know you're going to having Christmas dinner and some adult bevys ... adjust your day accordingly"

Jamie MacDonald, personal training and nutrition coach

If you do overindulge, MacDonald has one solid piece of advice, "forget about it."

To feel like your old self again, divide starches and stick to lean meats with little to no fat and more proteins and veggies.

MacDonald says the first steps to getting back on track with your workouts and fitness is, "finding the energy and motivation to actually get to the gym but once you're there going to put in the work."

MacDonald is a huge fan of high intensity, interval training, otherwise known as HIIT.

"Best way you can do cardio because it will have an effect on your metabolism, get your heart rate up really high and burns calories after the

seconds of high intensity work.

"Twenty or 30 minutes of HIIT is better than a one hour jog on the treadmill at a medium intensity is because you will get your heart rate up higher and burning calories even after you are done working out," says MacDonald.

If your looking to really burn fat, resistance training with weights and building lean muscle will all help.

Although there will be lots of temptations over the holidays with different cookies, pies and a couple of turkey dinners, if you balance your diet and continue your exercising you shouldn't have to ask Santa for a new pair of pants.



Photo Courtesy of Jamie MacDonald

Personal Trainer and Nutrition Coach, Jamie MacDonald sheds some light on how to keep on track with your fitness regime this holiday season.

#S

103rd grey cup was awarded to the Edmonton Eskimos when they beat the Ottawa Redblacks 26-20.

8-14-2 are the current stats for the Calgary Flames placing them in 6th place for the western conference.

10 participating countries will compete in the 2016 IIHF Ice Hockey World Junior Championships including everyone's favourite rivals, Team Canada and Team USA.

20 seasons were played by NBA star Kobe Bryant of the LA Lakers, the only player in history to play that much for one team. Bryant announced his retirement last week.

Player Profile: Emma Pincott gives 0 pucks

Q&A with one of the top goalies the Canada West has to offer

Not only is she a great goalie, Emma Pincott also comes with a sense of humor.

Photo Courtesy of Cougar Athletics



35 EMMA PINCOTT
HOCKEY

“After a big save it’s usually pretty good feelings, I’m pretty happy, but after a goal I stay neutral and say, ‘okay it’s over, I can’t change it.’ But I always feel like I should’ve had it”

Emma Pincott #35 for the Mount Royal Cougars Womens Hockey Team



Photo by Brendan Stasiewicz

Emma Pincott is keeping pucks out of the net for the Mount Royal Cougars women’s hockey team.

Brendan Stasiewicz

Staff Writer

Last issue I wrote a story titled “Is this the best Mount Royal women’s hockey team... ever?” Since that story went live, the team’s only lost once and have six wins in their last eight games. So yeah. They’re the #GOAT at Mount Royal.

But now I pose a new question. Is Cougars’ goaltender Emma Pincott the best goalie in the Canada West Conference? She has a 1.62 GAA, putting her statistically in second. I haven’t seen anyone disallow this much rubber since the show “John and Kate Plus 8”.

Enough of me, here’s my Q&A with the second year goalie who talks about hard hitting issues such as her teammates twitter games, and that time she fell flat on her face in front of half the school.

The Reflector: Talk me through the emotions you feel when the puck gets past you, and the emotions after a big save?

Emma Pincott: After a big save it’s usually pretty good feelings, I’m pretty happy, but after a goal I stay neutral and say, “okay it’s over, I can’t change it.” But I always feel like I should’ve had it.

TR: Which teammate of yours has the best social media game and why?

EP: That’s a tough one... I’d say Sarah Weninger (@sweninger16) is really funny on twitter... and the worst... probably our rookies. They’re way too obsessed with Instagram. They care way too much.

TR: Like white girl obsessed?

EP: Yeah, they’re like “oh I didn’t get enough likes on my photo.”

TR: So they delete it after 10 minutes... yeah I feel that. Which teammate is the most fun to go out partying with?

EP: Good question... I wanna say everyone, but personally I’d say Jordan Finnie because she’s my roommate and we always have fun together getting into trouble. We’re probably the exact same person when we’re drunk, or partying... oops I just said that (laughs) we always want to have

a fun time and no crying allowed.

TR: If you were stuck in a room with a teammate for a week, which teammate would you most and least like to be stuck with and why?

EP: I’d want to be stuck with Kennedy Bozek because she’s always giving me compliments, so she’d just be nice to me the whole time. And I’d probably not like to be stuck with, oh god, this is mean no matter who I say. Probably Jo (Jocelyn Froehlich) because she’s pretty mean. She’s ruthless and would make fun of me the whole time.

TR: What’s your favourite memory from this season?

EP: Beating UofC in double overtime twice in a row last weekend, such a good feeling for everybody.

TR: Did you expect to start this many games this year?

EP: I’m pretty surprised because Jess Ross is a really good goaltender as well, but I kinda got on a roll. I’m glad she’s getting her opportunity to play.

TR: Head coach Scott Rivett strikes me as a pretty energetic little dude, what’s he like as a coach behind the scenes?

EP: He knows how to chirp us... for sure. He’s really fair though, when we play bad he’ll tell us but without being too hard on us. He’s always making fun of someone. He’ll only yell if we really deserve it, the times we see him as the angry little short man are short lived.

TR: Last year you guys were awful (I’m ruthless, too.)

EP: That’s fair.

TR: But this year you’re amazing... What’s the biggest difference from last year?

EP: I think as a team we’ve meshed a lot better and we’re a lot closer and more confident. With Ross and me on the backend we know even if we only score one or two goals we can pull out the W, and we’re also scoring a lot more and it’s easier for us compared to last year.

TR: Last year you didn’t get

to play at the Scotiabank SaddleDome (in the Crowchild Classic), how excited are you to potentially get the nod this year?

EP: It’s exciting. Big crowds don’t really get to me after the game against UofC with all the cameras. And after last year... I fell off the bench on my face in front of 15 cameras and thousands of people... so I don’t think it can get much worse than that.

TR: (Laughing, kind of with her, but mostly at her) If you weren’t allowed to play in net anymore, how would you be as a skater?

EP: God-awful. I can’t skate. I can’t stop. I can’t stick handle... I can kinda shoot the puck, but I’d probably just be in charge of door opening on the bench.

TR: So like a fourth line grinder, getting in fights?

EP: Now that you say that I’d definitely be the fighter.

TR: (Changing the subject away from her fighting career after laughing at her before) I read earlier this year you played a AAA boys team, how cocky were they going in?

EP: I’d say they were really cocky, cause guys at that age are cocky and say ‘oh we’re so much better than girls,’ so I think they were, but we kinda lit up one of their goalies. Poor guy. He’s probably still getting chirped for that.

TR: There’s been talk of bigger net sizes. Personally I think it’s a terrible idea. What do you think, as a goalie?

EP: I think it’s a terrible idea, too. Being 5’3, a bigger net would not work. I have a tough enough time stopping pucks already, if they make the net bigger then what am I gonna do?”

With her team sitting at a MRU women’s hockey best 8-8, and seeing as they are just two games out of first place, the Cougars are going to be relying on Pincott moving forward. Though all CIS teams take a December break, January will be ever important, dictating whether or not this will be the first Mount Royal women’s team to ever make the leap into the playoffs.

The benefits of yoga and meditation for athletes

How football players can improve their game through their breath

Melanie Walsh
Sports Editor

Mediation is often used to relax the mind. The relationship between one's mind and one's body is quite profound and a lot of coaches and athletes are noticing this. By practicing meditation through yoga they are able to really improve their skills.

Karen Ramsey has been practicing yoga for 20 years and has been a certified instructor for two years. Growing up she was heavily involved in the football community and has been working with football players, specifically the Edmonton Wildcats to help them train.

She has designed a program specifically for football players, incorporating poses for their body type. Every Monday night during the season, Ramsey

teaches yoga to 67 players and has a group of 12 actively participating in meditation during the offseason.

While she herself practices ashtanga yoga which could be hyper competitive, she has been guiding players through hatha yoga with focus on the breath.

Ramsey sees three major benefits in yoga for football players.

1. Injury prevention — while gaining stability and flexibility to keep joints and hips open

2. Mindset—be uncomfortable doing yoga, if they can take risks in yoga class on the mat, they feel more comfortable taking risks on the field.

3. Mindfulness - proper breathing. If they make a mistake or bad play they can take a deep breath and let go of it.

She really notices the players carry what they learn on the mat

to field. "I believe you become more flexible in your mindset, you become more present," says Ramsey. "If you drop a football in a game, if you're being mindful and practice meditation you come off the field and you go into the next play."

At the end of a yoga practice that is when players get into meditation, after stretching out their muscles. This is where they get into the art of breathing as they lay down, flat on their backs in the pose known as savasana.

Ramsey guides the meditation by getting the players to remember the first time they played football, a good tackle they made, or a specific play. This allows their body to remember the good emotions which were released at the time and focuses their mind in on one thing which relaxes them.

Breathing is a very important

aspect to a football player's athleticism. With frequent stoppages of play and heart rates spiking up and down constantly, exercising the lungs properly will help control their heart rates and blood flow.

Lion's breath, holding and releasing your breath and then focusing on inhale and exhaling only through the nostrils is a way in which you can play around with your oxygen intake and learn to relax your body.

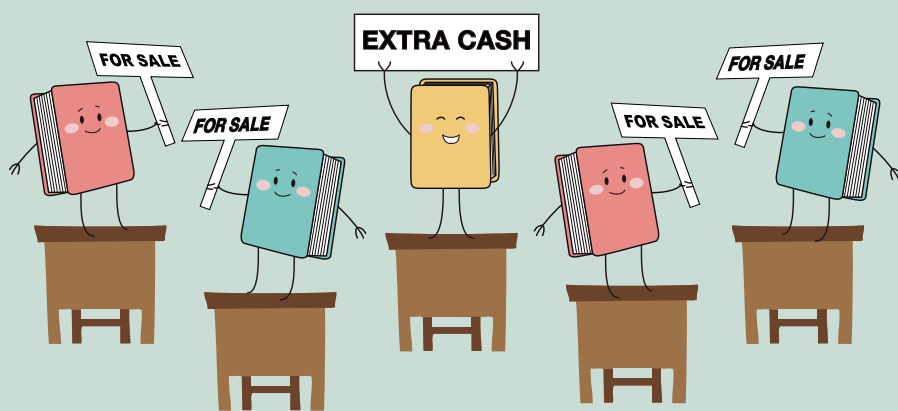


Many athletes are incorporating yoga and meditation into their training to increase flexibility and prevent injuries.

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Cougars' Corner: First half wrap up

A look at the Mount Royal Cougars success



Brendan Stasiewicz

Staff Writer

October and November have come and gone, which means two things. Firstly, we're about to be bombarded with Christmas music and holiday cheer. Shout-out to whoever put up those Christmas lights in the window on the top floor of West residence. You can see those things from rec, pretty dope, you're making the most of having to live on campus, I guess. But red Starbucks cups and eggnog aside, the Canada West conference is taking a short hiatus until January. While that's kind of a bummer, the first half of the season has provided some great moments and even better play from the student athletes. If you've followed along with my columns in each issue (I know you probably haven't) then you've read about a few of the top storylines from the year thus far (but I doubt it). Just in case you haven't been following along with me (very likely), then I'll fill you in.

In the first half of the season, the hockey clubs have been Mount Royal's standout teams. The men, expected after last year's success. But the women, who sit right at .500 with a record of 8-8, have been a surprise after their lackluster six win 2014 campaign. Last year they totalled 38 goals in 28 games, this year they've scored 31 in 16, so things are looking up. Probably the best stat regarding the improvement, the team has already matched their highest ever win total... in 12 fewer games. Sarah Weninger has been the team's best skater, registering a team high six goals, solidifying herself as a favourite among us analysts in the press box. I do use the term "analyst" very lightly. The team's success can also be attributed to solid team defence and great stops in key moments from goalies Emma Pincott and Jess Ross.

The men head into the break sitting in third place in the conference. At 9-5-2, they haven't even reached their full potential yet. Showing they can compete

with each and every team in the conference, last weekend they took one of a possible two games from Saskatchewan, the top seed in the Canada West conference. Forward Tyler Fiddler is tied atop the scoring race with 24 points, and Cougars' veteran Matt Brown is leading the conference with 11 goals. Cam Maclise has also emerged as another goal scoring threat that the offensive minded Cougars can throw at the opposition.

Both the men and women's volleyball teams go into the break at 5-7. The best moment for the women came on Nov. 21 when they took down the University of British Columbia Thunderbirds, who came into the game undefeated. Mount Royal remains the only team who've been able to topple the Thunderbirds this season. Alex Donaghy, Taylor Pelland, and Carolina Alongi have emerged as the best players on the court for Mount Royal, gaining points by committee rather than from one individual player.

Lets look at the basketball squads to finish off Cougars' Corner for the semester. To put it bluntly, basketball has not been Mount Royal's sport so far. The women gained their first win of the season last weekend while the men are 2-6. But thankfully, both teams could take pride in knowing they could each take down the 76'ers. Easily.

Looking forward, Thursday Jan. 21 is the fan favourite Crowchild Classic at the Scotiabank Saddledome. It's really, really fun and everybody should go. Last year somebody drove a car decked out in UofC colours to the school for the purpose of students smashing it in with a sledgehammer. Because who doesn't like being told to destroy stuff? Go Cougars!



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