

the reflector

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defeated the
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Gadamsetti
wins SAMRU
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“Frank” Conversations About Sexual Violence

New campaign promotes preventing and recovering from sexual violence

Amy Tucker
Staff Writer

Lets be frank, talking about sexual violence isn't the breeziest topic, especially at the university age (18 to 25) — the most vulnerable demographic.

That's why “Who's Frank?,” an anti-bullying campaign which seeks to open up the conversation of sexual violence amongst young adults, hosted a panel discussion to educate an audience of students and faculty on how and why to open up the dialogue.

“The idea of everyone being Frank and having open, honest discussions about things is the starting point of understanding critical issues,” said Natalie Badenduck, a founding member of Mount Royal's University's “Who's Frank” campaign.

SAMRU Vice-President Student Life Zoe Slusar says that initiating these critical issues in a light manner as opposed to

hitting students with “brutal” subject matter, will make it more comfortable for students to kick-start a conversation that will lead to the serious heart of the issue.

“We wanted to present it to students as something that we can be talking about and that it's okay to have questions about, and it's great to have dialogue about,” said Slusar.

The MRU Students Association works to promote student's sexual health and has so far championed various programs such as “How to be a Better Lover,” a workshop designated to educate students on how to have healthy relationships, and “Man Enough” which is an eight-week interactive program for men to learn about perceptions of masculinity.

Cathy Carter-Snell, MRU School of Nursing and Midwifery Professor, says that everyone has a role in prevention, and that one goal of the campaign is to help people recognize vulnerable situations.



Frank, the pink elephant mascot and the panel speakers from left to right: Gaye Warthe, Zoe Slusar, Cathy Carter-Snell, Scharie Tavcer and Joe McGuire.

There are “serial” sex offenders, explains Carter-Snell, who hang out in bars and other social areas and will prey on the people that seems the least likely to defend themselves.

Carter-Snell says that prevention includes planning ahead, for example lining up a designated driver when going out and ensuring you go home with that driver instead of with someone you met at the bar.

“If the person is attractive then, they will still be attractive the next day,” she says.

Joe McGuire, Sexual Assault Educator in the men's program with Calgary Communities Against Sexual Abuse (CASA), says men experience sexual violence too and opening the dialogue up to them is crucial.

McGuire says that the stereotypes in society ruling men

as “always willing” to have sex causes barriers for men to come forward or even recognize that sexual assault has occurred.

“Even if there are men out there who have recognized that something has happened to them was assault, there's often a problem of not really understanding where they can go,” said McGuire.

Scharie Tavcer, Criminal Justice Associate Professor, discusses systemic biases which prevent victims from coming forward for legal action.

“One tenth of victims report to police, a fraction of that goes to court, a fraction of that ends up in a conviction, a fraction of that ends up in incarceration,” said Tavcer.

Gaye Warthe, Chair and Associate Professor in the Department of Child Studies and

Social Work, says “bystander intervention” is needed to help victims come forward to speak about their experiences.

Warthe notes that it is the best way to invite students to lead the conversation without feeling as though they need to dive head first into involvement. Bystander intervention can be as simple as actions congruent to the “I believe you” campaign which involves listening and acknowledging a victim.

To learn more about the ‘I Believe You’ campaign visit www.ibelieveyou.info. If you or someone you know is a victim of sexual assault or relationship abuse, there are resources available through www.mtroyal.ca/steppingup.

Movement for Equality or Mockery?

An investigation of “men's rights” after the cancellation of a “pro-rape” rally in Calgary

Georgia Longphee
Staff Writer

If you thought that misogyny hadn't ruined everything in our society, you might be wrong.

“Meninism,” a men's rights movement that started in the early 2000's, was spearheaded by men with misogynist goals to undermine modern feminism. This ‘meninist’ movement started around 2013, when twitter account @MeninistTweet, as well as several other twitter accounts, started their attack on feminism. These self-proclaimed ‘meninists’ use social media to mock rape posters, domestic violence and the real-life

struggles of the female gender, solely for satirical purposes.

A rather disturbing example was a tweet from @samstaydipped, who said: “Men should have a say in abortion. It's my child as well #YesAllMen #MeninistTwitter.” This tweet was subtweeted by @smoke1playa, who replied: “@samstaydipped: WE DO! It's called...” with the bottom right photo attached.

Isabelle Sinclair is an MRU Sociology major with a minor in Gender Studies. Sinclair says that meninism is a “backlash to feminism” and that by mocking feminism; ‘meninists’ are putting down every social change group. Gender justice, she explains,

is giving everyone the means to succeed, and meninists are afraid that if feminism achieves their goals their privilege will be threatened. “They feel that by females and other groups gaining equality, they're benefits from being (generally) white males will be taken away from them,” she says. Sinclair points out that ‘real’ feminism is equality for all people, no matter their gender, race or sexual orientation, and that there are men's rights issues being fought for by feminism.

Several organizations promote men's rights without using misogyny, including the National coalition for Men, National Coalition of Men Successes

and Men Do Complain. These organizations tackle issues such as male rape and domestic abuse, as well as providing resources for these matters. The National Coalition for Men has dealt specifically with the issues of male domestic violence, as well as trying to get diaper tables in men's washrooms and fighting the anti-male bias in the justice system (especially in family courts). Men Do Complain deals with the issue of male infant circumcision and genital mutilation.

While there are many men's rights movements promoting misogyny and inequality hopefully the recent cancellation of the “pro-rape rally” is an indication that they

will never gain any real footing.



A disturbing image tweeted by a self-declared “meninist.”

New Broadcast Media Studies at MRU

Communications broadcast program is the first of it's kind in Western Canada

Sam Ridgway
Staff Writer

Our very own Mount Royal University has offered a broadcasting diploma since 1961, but as of September 2016, a Bachelor of Communication Broadcast Media Studies program will begin to replace it. The new four-year program is already taking applications, and will lead to the eventual disappearance of the two-year diploma.

MRU was given permission from the Government of Alberta and the Ministry of Advanced Education to add this fourth major to the existing Bachelor of Communication program. The school has chosen to implement the change because of increasing education demand in the

industry.

“Transforming the broadcasting program will better position future graduates to compete [...] It will also be a crucial long-term advantage for students who become successful professionals and seek career advancement and executive level promotions,” says Paul Boyd, former CBS co-host and a 1997 graduate of MRU’s broadcasting diploma.

The program is being touted as the first of its kind in Western Canada, and is in fact only the second of its kind in the entire country – the other program being Bachelor of Communication Media Production degree from Ryerson University in Ontario.

According to the MRU program description, the program will

offer extensive training in audio and radio production, as well as additional video and live event production. The learning experience of working on CMRC/The Shift, which is offered in the current diploma version, will continue, but students of the new program will be given the opportunity to engage more thoroughly.

The degree program will allow students to explore different aspects of broadcast media, and the school believes that this will help them to be better prepared not only for reporting, but for advertising, producing, and managing. Additional theory content will also aid in this end goal, and will have the broadcast media students joining the other Bachelor of Communication students – including Public

Relations, Journalism and Information Design – in several classes.

In addition to the theory and hands-on classroom work, students in the degree program will participate in a paid work term. The work experience term is meant to give students the opportunity to apply their skills as well as “expand the students’

network, build confidence and create opportunities to travel”, according to the Mount Royal University website.

“Congratulations Mount Royal University,” says Boyd in a YouTube video recording. “I wish the next generations of students much success going forward with this exciting new program.”

Crude Glut Starving Out Alberta Jobs

“Undeniable interconnection of the global energy market will continue to be a factor in Alberta’s oil downturn”

Amy Tucker
Staff Writer

Global energy markets are more connected than ever before. Over production of crude oil coupled with lowering demand means jobs in the province will continue to decline. Right now, it appears there is nothing Alberta can do to stop it.

Ariel Cohen, Founder and Director of the Center for Energy, Natural Resources and Geopolitics, explained in a presentation at Mount Royal University that tremors from one disruption in the entanglement of energy markets will be felt throughout.

That’s why when global oil production soars to a jarring rate - up 400 per cent in just five years - and demand in the world’s largest markets slows, the Alberta work force takes a blow to its energy sector.

Already the price of oil is at a near historical low. At \$20

per barrel, its lost a third of its worth in just one month. Yet while too much product has caused staggering prices and the resulting job losses, Cohen said that global production is expected to continue rising.

“What we are looking at today is a glut,” said Cohen.

One possibility of absorbing the glut in Canada, says Cohen, is to begin exporting to emerging markets such as China and India before another nation does.

However, the possibility of quickly turning around Alberta’s dire economic situation would be a tragic alternative.

Cohen said that violent conflict — a “major shooting war” between Saudi Arabia and Iran, according to him — would be required to cause an interruption of oil flow, creating higher demand and thus improve job prospects.

The conventional wisdom, however, is that there is no way of knowing what the turn of prices will be.

“Nobody is willing to speculate what the future holds for oil and gas prices,” said Cohen.

If this conventional wisdom is true, then the future of Alberta’s recovering job market remains up in the air.

Summer Employment

Our family is looking for a responsible student to care for our 3 children (2 school age, 1toddler) over **summer 2016** (June, July & August).

Ideally someone with **experience caring for children or in the nursing, early childhood education or a related program**. No cleaning or cooking required. Just enjoying games, movies and trips to the park. We live within 10 min of MRU and within walking distance of parks, library and an outdoor pool.

Pay is negotiable and schedule will be flexible. References will be required. Please contact Jennifer at 587-707-9700 for more details. We look forward to hearing from you!!

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› Thomas Edison:

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On physical health

Last issue we talked about mental health, and because of our amazing at home fitness sports section, this issue we are talking about physical health.

Being physically healthy can mean different things to different people, maybe you are just working out once a week which is better than you have before; or maybe, you workout everyday and are about to compete in a fitness competition. Whatever suits you, physical health is extremely important, especially as a student.

There is nothing worse than feeling that dragging, “oh gosh, another morning class” feeling, but surprisingly your physical health could be affecting this well known exhaustion. Exercising, as many know provides you with endorphins, and those endorphins are what give you energy and motivation to get through the day.

While it isn't always easy as a student to focus on physical health, it is something that should be a focus.

Getting to the gym for an hour everyday might not be an option for you, but surely parking a little bit further away in the parking lot, or walking to the coffee shop is possible, and all those little things are going to give you endorphins that help to make your days easier.

Also, there is sure to be some part of your day set aside for down time, whether that be watching the Bachelor to see who gets the final rose, or catching up on the hockey trades, but while you are doing that why not try to get a few endorphins in. Make the commercial breaks your workout times, and do jumping jacks, or lunges, or pushups or squats, whatever gets your heart rate up.

The reason this is so important is because keeping yourself healthy is what keeps you going, it will help get your grades up, help you focus in class, and give you the motivation to finish up the semester strong.

If you are looking for some way to kickstart your new fitness regime, check out our entire sports section, which focuses on three at home workout plans to get you going.

-The Reflector Staff

Correction

We would like to apologize for a mistake in our Feb. 11, 2016 print edition regarding the article headlined “Learning has No Boundaries.” We mistakenly wrote “...the options through Mount Royal’s International Student Centre include...” and we acknowledge that the international programs are run out of the office of International Education, not the International Student Centre. The International Student Centre is a volunteer-run space that supports the office and its initiatives.

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

SAMRU 2016 Election Results



Newly elected VP External Dexter Bruneau, President Shif Gadamssetti, VP Student Life Valerie Caden-Baptiste and VP Academic Robbie Nelson celebrate shortly after election results.

Nina Grossman

News Editor

It's Wednesday, March 2 and a party is happening at The Hub. The Student Association of Mount Royal University (SAMRU) is announcing the results of the elections for a new Representation Executive Council.

A DJ is playing an assortment of techno and 90s hits that I haven't heard since my last drunken night in Commonwealth's basement, played at what some might call an alarmingly loud level.

Hub staff, the former president and vice presidents and the 2016 hopefuls drink and dance away their fears as the results roll in at a painfully slow pace.

Four SAMRU positions are up for grabs: President, Vice-President Academic, Vice-President External and Vice President Student Life.

Former president Eric Queenan stalks around the bar (looking pretty good not gonna lie) surveying his soon to be former kingdom. Ah the throes of democracy. Presidents come and presidents go.

“Whats going on?” shout some semi-drunk students who joined the party around 7pm (it's now 9:41.) “I don't know!” responds Sam Ulmer-Krol, adjusting his top hat and throwing some head bobs towards the ever-present beat from the DJ.

“SHE IS HERE,” yell the students.

We don't know who they are talking about, but suddenly, she appears.

“She” appears to be a woman with a folder.

Lord, if you exist, now is the time to announce the results of this goddamn election.

Just as we suspected, the folder contained the results.

Criminal Justice Major Dexter Bruneau, the only running candidate for Vice President External, had a landslide win with 1,394 “Yes” votes. Bruneau campaigned with promises of “collaborative leadership” and “more money back in student's pockets.”

Vice President Academic candidate Robbie Nelson won with 1,026 votes, pulling a 381 vote win over candidate Sam Ulmer-Krol. Ulmer-Krol took the loss graciously, applauding his opponent's win. Policy Studies student Nelson's slogan: “Your Voice for a Better MRU” will be the driving force behind his efforts for “strong, effective student representation” and an assortment of other goals like later course withdrawal dates and accessible, up-front grants for students.

Valerie Caden-Baptiste won the Vice President Student Life position by a mere 38 votes with candidate Isabelle Sinclair coming in close second. Like Nelson, Caden-Baptiste is a Policy Studies major. She campaigned on promises that include improving Wi-Fi, supporting mental health initiatives and increasing the

number of events and concerts at The Hub.

Finally, the moment we all waited for: Shif Gadamssetti won the role of President with a grand total of 1,003 votes. Laurie Gaal took second place with 731. The opponents were seen hugging after the announcement.

Gadamssetti's campaign listed initiatives' like a “stronger student community,” free, open textbooks, increased student funding, “improved transit access to and from campus” and “healthy and diverse food options” for a “healthier and more energized community.”

We look forward to seeing if Gadamssetti can “get shif done,” like she's promised.



New SAMRU President Shif Gadamssetti looks forward to presidency next school year

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COVER PHOTO BY: SAMRU executives: Nina Grossman, Oscar Winners courtesy of Flickr

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Buzzed on Beeswax

How my obsession with beeswax led me to the discovery of MRU's beekeeper, historian and instructor Will Pratt

Kitty Dang
Contributor

My obsession with skin care ingredients started with my own sensitive skin and my background in chemistry. Armed with a degree in chemistry and prone to eczema, rosacea and other skin ailments, I was determined to find a solution.

I'm a fan of Burt's Bees iconic, beeswax lip balm – and other beeswax products. Burt's Bees can be found in many stores across Canada. When I stumbled upon Burt's Bees in the early 2000s, I was attracted to its bright yellow colour and simple packaging but because of Burt's Bees' popularity, I often found stores do not always have the product in stock. My solution – make my own.

Candles, lip balm, lotion and salve are just some uses for beeswax. As a science nerd, I wondered what the pharmacological and biological properties of beeswax were that

“[beekeeping] has been learning by disaster – from the first moment, you will be doing things wrong because no one agrees on anything”

–
Will Pratt

made it so versatile.

A search in Leung's Encyclopedia of Common Natural Ingredients Used in Food,

Drugs and Cosmetics states; “In animal studies, a mixture of high molecular weight primary alcohols isolated from beeswax with triacontanol as the main constituent, antioxidant, antiperoxidative, anti-inflammatory, antiulcerogenic, gastroprotective, and anticolitis activities were shown.”

What does this paragraph with so many big words mean?

It's quite simple. Beeswax is good for you. It helps with ulcers, stomach aches and swelling in general.

As an antioxidant and antiperoxidative, beeswax can also act as a preservative in skin care products that are not water-based. Water helps things grow (bacteria and all sorts of microbes), so water-based products need potent, manufactured, antimicrobial additives – typically the culprit for skin sensitivities and skin allergies.

The Encyclopaedia Britannica says that beeswax is an “animal wax secreted by the worker bee



Photo courtesy of Will Pratt

Meg Braem poses with her hives.

to make the cell walls of the honeycomb” and that it comes in different natural colours – yellow to almost black.

In my near-obsessive search for natural skin care ingredients, I often search for raw material sources that are close by. In one of my recent searches, I came across Mount Royal University's own humble beekeeper and history instructor Will Pratt. Will and his wife, Governor General nominated Calgary playwright Meg Braem, operate an agribusiness known as Ol' Grumps' Honey. The name pays homage to Pratt's dad – a self-confessed closet-curmudgeon who lives near Cochrane where the beehives are housed.

Pratt said they started beekeeping on a whim when they attended a garden show and a beekeeping booth piqued their interest. Pratt says since then “everything has been learning by disaster – from the first moment, you will be doing things wrong because no one agrees on anything.”

They started with one beehive, and after learning helicopter-parented bees are not good for honey production; they've now taken a more relaxed approach to parenting bees. Pratt, the lead drone and “swarm-catcher” –

self-attributed titles – now cares for over a dozen beehives.

Braem said that swarming occurs when, “there are too many bees for a beehive and the bee colony creates a new queen. The old queen leaves with half the bees – it's how hives reproduce.”

Swarming happens every spring. Pratt is on a swarm-catching list. As a swarm-catcher, he helps swarming bees relocate to empty beehives.

In addition to making honey, Pratt and Braem also use the beeswax to make candles and other beeswax products. If you are interested in locally produced honey, beeswax and beeswax-products – or just interested in the daily activities of MRU's local beekeeper – check out olgrumpshoney on Facebook and Twitter.

As a lecturer at MRU, Pratt's passion for history shows through his beekeeping. You'll find interesting historical beekeeping facts and tidbits posted on his social media sites.

My journey to discover the secrets of beeswax led me back to my own doorstep, the discovery of MRU's very own beekeeper, lead drone and swarm-catcher. You never know what those professors get up to in their spare time!



Photo courtesy of Will Pratt

A queen bee, workers and beeswax comb.

How To Have a Great Threesome

Tips, tricks and advice to multiply the fun

Hanna Deeves

Sex Columnist

Ah the elusive threesome. Sex with one person is great, so the more the merrier right? If done correctly, absolutely. Let's go over the tips and tricks to having an amazing threesome.

First thing's first, there is no wrong way to have a threesome unless someone is being forced to do something that they do not want to do.

The idea of multiple partners can be pretty nerve-racking. It's hard enough to impress one partner, how am I going to perform for two?

Talk it Out

The most important part is communication. Before, during, and after. Don't plan and choreograph the whole thing. Talk about all of your intentions and why you want to do it. Discuss what you are and are not comfortable with, your likes and dislikes. Also discuss specific things you want to try and set some boundaries like having a safe word. It can put your mind a little more at ease knowing you have a pause button at your disposal.

Voice Your Concerns

If you change your mind about something during, don't be afraid to say something. You should be having sex with people you trust and are understanding enough to respect that your mind and your wants can change.

After, make sure you debrief with your partners about things you liked and things you might want to change for next time.

Adding a Third

Now let's say you are in a long-term relationship and your partner brings up the idea of adding a third. Have a discussion about why they want a threesome and what it would mean for the relationship, you don't want to fight or risk the

relationship over wanting to try something new. Also will this be a one-time thing or something a little more consistent? Next, decide what you are okay with such as, gender preference, what you are okay with them doing to you, what you are okay doing to them and will it be a friend or a stranger?

If it is a stranger, are you picking them up from a bar or an app like Tinder or Plenty Of Fish or 3ndr which was created just for this purpose. Perhaps take them out for drinks first to see if the three of you have good chemistry.

Making a Guest Appearance

Now let's assume you were approached to join a couple in bed. Let's also assume that you are really stoked about this proposition but, make sure you know exactly what your role is. You might be the star; you might not be the star. The couple might want to spoil you, and focus the whole endeavour on your enjoyment. But they might want you to help spoil one of them.

Gathering a group is the low stress option, non-committal and open to many possibilities. Chances are you already have a few friends you wouldn't mind hooking up with, or already have. If you ask around you can probably find two friends willing to give it a try.

Something important to remember is to make sure you start out with lots of foreplay. Make sure that everyone is really into it and ready to go before getting too wild. This time also allows for the three of you to get an idea of how everyone acts and reacts.

Once you start really getting into it, if all you're doing is trading off, that's not a real threesome. As hard as it can be to multi-task, it is worth trying. You are there for the group activity, make sure everyone

is included equally. There are positions and formations that benefit everyone.

More Tips

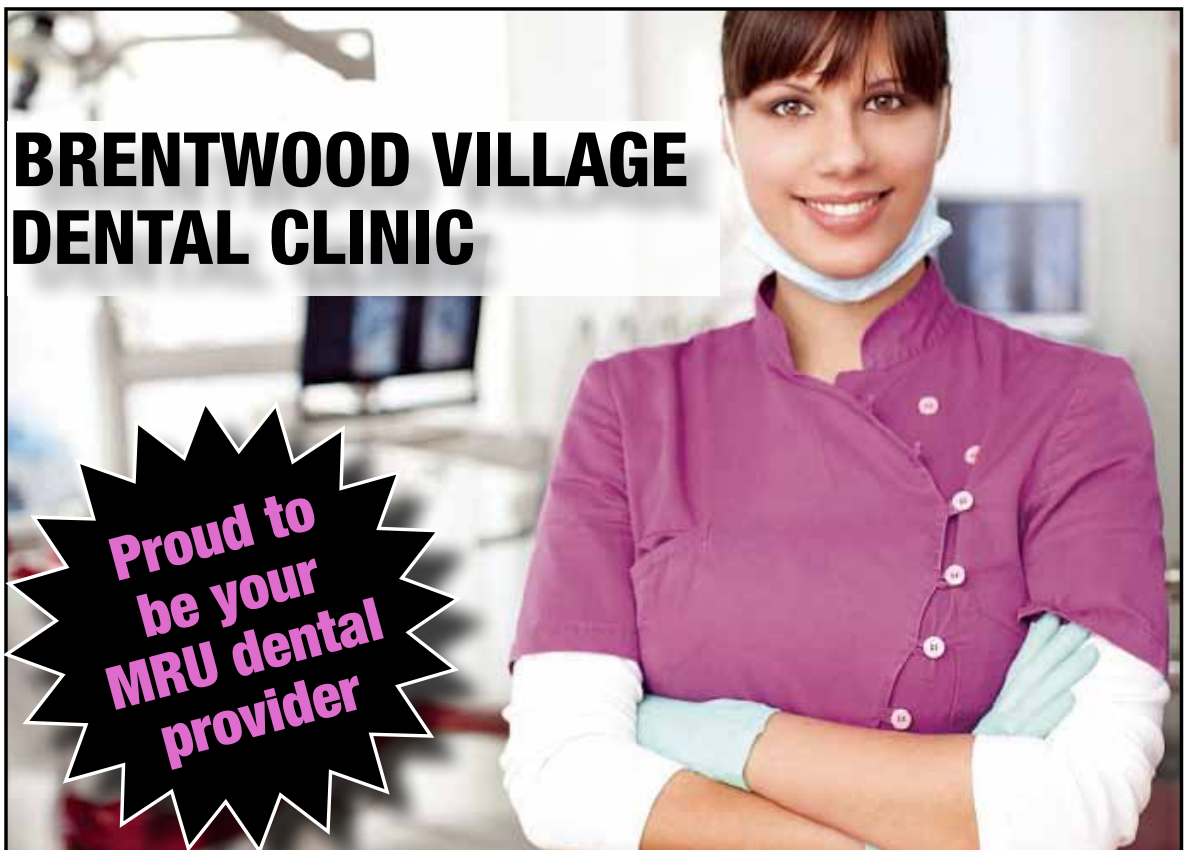
Use protection, especially if you are fooling around with someone new. Also, it may seem like a total pain, but try to grab a new condom before engaging in penetration with a different partner. Not only does this provide

a new clean protective barrier but with use, friction does have an impact on the structural integrity of the condom.

Go With the Flow

There is nothing to stress out about. It's natural to feel a little nervous, but don't let it get in the way. You are all there because you want to be. There is no need to be self-conscious, these people find

you attractive enough to want to have sex with you, they aren't noticing the flaws you think you have. A threesome doesn't have to be a big deal unless you want it to be a big deal. It can be intimate for some, or purely recreational for others. You just have to decide for yourself what role it plays in your sexual life. Lastly, don't be afraid to try new things, and just have fun!



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Photo By Hanna Deeves

Doesn't matter who you do it with as long as you have fun.

Q&Arts: Andy "Smoothie" Ta

Former MRU student making waves in professional League of Legends

Bigoa Machar
Arts Editor

Playing video games for a living may sound strange to most, but for some people it's the result of thousands of hours of practicing and striving to be the best at what they love doing. Andy Ta is one of those people. Currently playing League of Legends professionally for pro gaming organization Team Liquid, The Reflector caught up with the former Mount Royal University student to see what it's like to be a professional eSports athlete.

TR: When did you start playing League of Legends and what about the game got you so hooked on it?

AT: I first started playing 'League' in 2009, right after the beta ended. I actually didn't like the game at first, however with

some time and playing with my friends it quickly grew on me. I played with a lot of people and made a lot of friends in my time playing 'League', that in term made me a lot more competitive. That competitive drive kept me hooked.

TR: The whole aspect of ranked and the challenger ladder makes the game that much more fun. So speaking to the competitiveness of the game, you climbed the ladder and got really good. Was there a particular point in time when you realized that you were really able to turn the game you're good at into what's now your profession?

AT: Honestly speaking, the realization of me being good wasn't there until I was approached by my first team, Team Dragon Knight, who was composed of very competent players who were on prestigious teams in the past, and even then

I wasn't convinced because I only played the game for fun as a pastime. With my time on the team I slowly got better and better and realized that I really could make this my profession.

TR: I can only imagine what being around guys like Seraph or Kez who have been pros for years must feel like. But you guys really worked hard and well together and made it through the Challenger scene to the League of Legends Championship Series (LCS), which is so hard to do with the amount of good teams in the NACS. But when you guys did make it in, what kind of emotions were you feeling after making it to the LCS?

AT: When we qualified for the LCS, the realization that I was about to make my hobby my career was really surreal. It was all so crazy to me because just 3 months before qualifying, I was going to school every day, doing the same thing every day in the same place and now, I get to live my life in California playing a video game that somehow I got somewhat good at, while having fun. I was very happy to be doing what I love to do and just wanted to get better at the game, which was possible because I could spend all my time in the game without school or other external factors not allowing me to.

TR: It sounds like the life. Living in Santa Monica and waking up knowing that you're going to do what you do best and love sounds amazing. Speaking of living in California, one thing that people unfamiliar with eSports don't really know about is gaming

houses. What's it like living with nine other teammates and most of the support staff all under one roof?

AT: Living in a gaming house is both a lot of fun and hard work. You are surrounded by people with the same interests and it's easy to get along usually, however at the end of the day it's still work. Everybody in the house is really passionate at what they do and spend countless hours practicing every day.

TR: It sounds like fun, but it really is work at the end of the day. What are your typical days like in the gaming house?

AT: My daily routine is on weekdays wake up at 10am and get ready for the day. At noon, we scrim other teams (for those that don't know what scrims are, they're simply games vs other teams that are around the same skill level for practice) until 7pm and it's free time from there on, but a big majority of players still invest most of their free time into practicing by just playing the game. On weekends players go and play in the LCS, which is where 10 teams compete for the highest ranking and best 3 teams at the end of the season go play against other top teams around the world.

TR: There's really a lot of work behind the scenes that people unfamiliar with eSports under-appreciate. Speaking of being unfamiliar, tell me how you explain your job so someone who doesn't know much about competitive gaming?

AT: If I were to explain my job, it would be simply playing games.

It's just regular people who happen to be really good at a video game, practicing to get better. Sounds pretty easy and dumb but it's pretty physically and mentally straining because of the amount of hours a professional league player needs to put in to actually yield results. A top team in the LCS usually have players that practice for at least 12 hours a day, as well as look over their games in the past to try to fix their mistakes and learn the game which is always changing. In most aspects aside from physical, professional gaming, eSports in general are very similar to traditional sports, in that they're extremely tedious and require countless hours of practice to achieve any sort of improvement, and there is a lot of thought that goes into being good at the game.

TR: By the sounds of it, you seem really busy and have your gaming career sorted out as of right now and all of that hard work is bound to lead to success. What do you hope that the future brings, and what are your long term goals?

AT: For the future, I plan on playing the game for as long as I can and trying to slowly get better. I'm doing what I love to do so I really want to keep playing for myself and becoming the best. I hope to be able to compete at an international level and compete with the best players in the world.

Be sure to follow Andy on Twitter (@liquidsmoothie) and Instagram (liquidsmoothie) to cheer him on and keep up with his journey through the North American LCS.



Ta says that he practices League of Legends almost seven hours a day as a professional athlete.

OUT'N ABOUT

Theatre:

For one night only, the show *Dancing in the Streets*, featuring music from Stevie Wonder, Lionel Richie and the Supremes, is coming all the way from London's West End to the Jubilee Auditorium on March 5. Tickets can be purchased from jubileeauditorium.com.

Science:

On March 10, the Telus Spark's adult only night comes with a bit of a twist. Participants will draw up a survival plan if they were trapped in a city without basic continence needs, like a smartphone or the Internet. Visit sparkscience.ca for more info.

Dance:

Decidedly Jazz Danceworks' is hosting their annual fundraising party on March 5. Participants will dance the night away in their finest black and white attire. The event will feature live music and a silent auction. For more information, visit decidedlyjazz.com.

Food:

March 5 and 6 marks Calgary's biggest francophone culture event, as Heritage Park hosts the Calgary Maple Festival des Sucres. The event, put on by the of the Association canadienne-francaise de l'Alberta, will feature francophone food, and musical performances all weekend. For more information visit calgarymaple.com.

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Noise 101



Kip Moore's newest studio album *Wild Ones* shows the singers growth while also appealing to his fans desires.

There's Something About Kip Moore

"Bro-country" King lights up Cowboys dancehall

Kari Pedersen
Publishing Editor

Country star Kip Moore rolled through Calgary recently for a two-night stand at Cowboys Dancehall, and can I just say, I wouldn't mind more than a two-night stand with him. But Moore offers a lot more than just good looks and charm.

The singer, who rose to success after his first album *Up All Night* hit the scene, has to be the hardest working guy around. Touring nearly 365 days a year, Moore spends his life on the road, and it is clear that he has perfected his craft.

On Feb. 15, Moore took the stage for night one of his shows and entered the room to deafening screams, from both the ladies and the men of the audience. The thing about Moore is that he doesn't just appeal to the women who see him, but the men who want to be him.

Moore has been tirelessly touring to promote his newest studio effort *Wild Ones* and throughout the show filled the crowd with anecdotes about the writing process, his struggles with the record label to conform and his love of whiskey (which he chugged from the bottle on stage).

What makes Moore unique though, is his genuine concern that people have a good time. I had the privilege of attending a pre-show acoustic performance by the singer with about 30 other people, and he asked us more than once if we were enjoying ourselves, and on top of that, he genuinely cared! Allowing us to shout out what we wanted him to play, and then playing it on command. His two song performance turned into an almost hour long party.

The real show, obviously more high energy, still has a focus on the fans having fun, and Moore is

always taking in the crowd and interacting with his fans.

If you were lucky enough to take in both performances, the show on Feb. 16 was definitely not cookie cutter, in fact Moore and his band changed up what songs they played, what covers they did the jokes and the drinks. There was not too much similarity between the two shows, other than the fact that both were amazing "bro-country" performances.

If you were smart enough to stick around Cowboys after the show, the man himself continued showing off his personable self by coming out and partying with all the fans who stuck around. While Moore may seem like a badass on stage, it's clear that he genuinely cares about his fans, after all they are what got him there.

Basically, what I am trying to say is there is just something about Kip Moore.

Wolfmother
Victorious
Universal Music
Enterprises
Score: B+



Photo Courtesy of Facebook

Wolfmother is sticking to its roots and delivering a hard rock sound that hasn't strayed much from the band's 2005 self-titled release. But while the sound hasn't changed, the content is still fresh, so diehard fans of Wolfmother should be pleased with the band's direction for the album.

The album starts off strong, reminding fans what makes the band special through some catchy riffs and a build-up of instruments until the classic hard rock vocals kick.

For those who have moved on with their music tastes since 2005, *Victorious* might be a bit

more difficult to swallow. The album has energy, but the content is lacking. A 35 minute album seems quite short in the modern music scene, especially when past releases by Wolfmother have stuck in the 40 to 50 minute range.

Wolfmother isn't afraid to stay true to their sound, and it's this comfort that makes *Victorious* worthwhile as the band reunites listeners with the classic sound that built the hard rock genre.

—Brett Luft

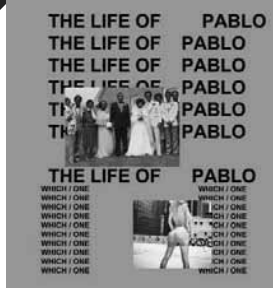


Photo Courtesy of Facebook

The Life of Pablo
Kanye West
G.O.O.D Music
Score: B+

Controversy. Crazy. Carefree. All of the above can be used to describe the process leading up to Kanye West's latest project. Me, being the Kanye fanboy that I am, was more than excited when the album FINALLY dropped and could forgive this album being almost a year late. From a musical standpoint, Kanye returned to his roots, allowing his A1 music production skills to shine. The beats are on point, arrang-

ing from gospel, to spacey, to bangers all throughout. My only issue with the album are some of the wonky lyrics on it. Kanye has never been the strongest lyricist, but lines like "Now if I fuck this model. And she just bleached her asshole. And I get bleach on my T-shirt. I'mma feel like an asshole" are unforgivable. Regardless, this album gave me what I was looking for and lived up to the hype, so this is worth a listen for any hip hop fan.

—Bigoa Machar

Armour
Rae Spoon
Coax Records
Score: A+



Photo Courtesy of Facebook

Calgary native Rae Spoon's latest release, *Armour*, is a fresh take of Spoon's signature haunting melancholy. Following up 2013's *My Prairie Home*'s blend of folk and ambiance, Spoon has ditched the acoustics and seamlessly blends their pensive lyrics with dancey synth tracks.

Stand-out tracks include the percussively ghostly anthem, "Written across the Sky," "Stolen Song," a rhythmic track that has a more pop feel; and "Flood," a devoted love song. The album finishes strongly with a softer note

with "Try Again at Everything," a track bigger than the others on the album that leaves listeners with a new resolve.

If *My Prairie Home* was Spoon reflecting on growing up as queer in the harsh Prairies, *Armour* is an album full of a seemingly renewed energy from Spoon—reassured, confident, and optimistic.

—Beck Paterson

It's About Damn Time

Leo way overdue Oscar could not have come at a better time

Bigoa Machar

Arts Editor

In what's been an annoying internet meme for years, Leonardo DiCaprio finally took home his first Academy Award on Sunday. DiCaprio claimed the award for Best Actor in a Leading Role for playing a grunting, bear-fighting fur trader in *The Revenant* (which is an excellent movie for those who haven't seen it yet.) It is a damn shame that Leo had to wait so long for his recognition from the Academy. After four previous nominations, Leo used his moment to discuss the importance of the environment and the world around us.

"Making *The Revenant* was about man's relationship to the natural world," said DiCaprio during his acceptance speech. "Our production needed to move to the southern tip of this planet just to be able to find snow."

DiCaprio went on to urge the millions of those watching worldwide to take the issue of

climate change to heart and do their best to make a change for the better.

"Climate change is real, it is happening right now. It is the most urgent threat facing our entire species, and we need to work collectively together and stop procrastinating. We need to support leaders around the world who do not speak for the big polluters, but who speak for all of humanity, for the indigenous people of the world, for the billions and billions of underprivileged people out there who would be most affected by this. For our children's children, and for those people out there whose voices have been drowned out by the politics of greed."

With 2015 being the hottest year on record, the world needs more advocates like DiCaprio to step up and challenge those who doubt climate change and its long-term impacts. While some may choose to point fingers and laugh at him for his misdiagnosis of a Chinook while filming in Alberta last year, it doesn't discount the seriousness

of DiCaprio's message and of climate change. Besides, nobody outside of southern Alberta has really ever experienced a chinook, so to those unfamiliar,

it may seem kind of unnatural.

So while Leo's busy celebrating his win, we can only appreciate one of Hollywood's best and passionate actors, both on screen

and for the world around him. Meanwhile, we can only look forward to whatever memes the internet comes up with next.



Photo courtesy of the Kevin Winter/Getty Images

No, this is not photoshopped.

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KARAOKE
NIGHT

How spending 90 Days in your own living room can get you fit

Tony Horton's workout program, P90X, is designed to get you into shape, without ever leaving your house

Brendan Stasiewicz
Staff Writer

If you haven't heard of P90x, the high-level home workout regiment led by personal trainer (and entertainer in the P90x workouts) Tony Horton, then you've either been living under a rock or are trying at all costs to avoid a workout that would make TLC workout shows look like a cakewalk.

The basis of P90x, which was launched back in the ancient days of 2003, is simple. A workout a day for 90 days chosen for you from one of the 12 workout DVDs, and a meal plan to be used for best results.

There are three fundamental reasons why I believe P90X works so well, and ultimately became so successful.

The first is that when it comes to working out the only person holding you back from reaching your goals is you. When it hurts, you stop, and that pain is what makes many people hate the

thought of exercise. Some people have a voice inside their head saying, "keep going," and some people need to be pushed. Tony Horton in P90X is that voice. He pushes you and lets you know that even if you have to take the odd break, the pain is a good thing and he's right there doing it with you. He also does this at a fraction of the price of a personal trainer.

Whether you're trying to lose weight or gain muscle, Horton does a great job in P90x to give variants for each exercise to fit different skill levels. For example in the "Ab Ripper X" DVD, perhaps the most famous of the workouts, when doing the Leg Climb he tells participants the different ways they can lay their leg on the ground to make the workout "hard," "easy" or "easiest". However, none of the variants are particularly "easy" for anybody doing an ab ripper for the first time, which is why P90X is probably best fit for individuals who already have an active background.

The second reason to love P90X is that it gives you a home gym without needing much equipment at all. Many people hate the thought of having to go out to the gym, but P90X gives you the opportunity to sweat all you want in the comfort of your living room. All you need is a couple dumbbells of varying weights, and a pull-up bar. When I did P90x I didn't even use a pull-up bar, instead replacing pull-ups with even more pushups in the "chest and back" video.

The only problem here is that you can only get so big without the use of heavy weights at the gym, so for those bodybuilders looking to see "huge gains," P90x is not a great alternative. However for us normal folk just looking to gain strength and be in great shape, look at the mastermind Horton who's one of the most fit guys you'll ever see.

The final reason why I believe P90x is a great workout is because of the DVDs themselves, they're not easy. I did P90x in my grade 12 year because I didn't

have access to a gym and didn't want to look like the smallest guy in the world in my basketball uniform. The *Shoulders and Arms* DVD leaves your arms feeling like noodles, the *Plyometrics* DVD is perhaps the hardest home cardio workout you'll ever do, and the rest of the DVDs in the pack never fail to leave you hurting the next morning.

Of course the advertising scheme for P90x follows the same trend as every other workout marketing technique with before and after pictures designed to make the "after" photo look a lot better than it actually is. More tanned, better haircut, and perhaps slightly photoshopped. But don't let this throw you off; if you're looking to get into doing some home workouts then I'd definitely suggest trying out P90x, and sticking to the model it gives.

90 days isn't a big commitment at all, and if done right there is no chance of trying the program out for three months without seeing results.



Take three weeks and get your fix

21 Day Fix will have you eating and looking better

Kate Holowaty
Features Editor

I ordered the 21 Day Fix after watching the infomercial. Classic. Also I realized that my Dad had already done it a few times and he had good results from it. Also classic. If you haven't heard of

the 21 Day Fix it's a workout and eating plan that is set up to last for 21 days but it can be repeated until you reach your desired weight. The eating plan is all about portion control with colour coded containers and an eating guide that outlines exactly what each container means. It's fairly inexpensive if you don't buy all of the unnecessary add-ons that

Beach Body tries to make you buy and all the reviews I watched via YouTube seemed positive.

It arrived quickly and I got to work reading all the information and figuring out a grocery list. It actually was very simple and easy to do. You get the containers for certain food groups and need to eat a certain amount of each group

per day. I used the containers as measuring cups and put all the portions into small plastic bags to make throwing together meals easy. The workouts were super straightforward and only 30 minutes long so they went by really quickly. I liked how they had days where you did yoga or pilates workouts that were lower impact and helped your sore

muscles recuperate.

The 21 Day Fix creator is Autumn Calabrese and she is actually really great and knows her stuff. If you're looking for a new workout plan or if you've been following a certain plan and want to take it the next level definitely try out the 21 Day Fix or the 21 Day Fix Extreme.

#S

5-3 was the final score for the last MRU Cougars mens hockey game as fell to the U of A Golden Bears and came just one round short of making it to the national championship for the second straight year

2nd place in the NBA Eastern Conference currently goes to Canada's only team, the Toronto Raptors

9 games remain in regular season for the National Lacrosse League's Calgary Roughnecks

27th top scorer in the WHL is Calgary Hitmens own Radel Fazleev

How 28 minutes can nearly kill you

Getting through the first seven weeks of Bikini Body Guide has changed my fitness level

Kari Pedersen
Publishing Editor

Seven weeks ago, the new year had begun and once again I made a commitment to my health, this time though, I have stuck to it. When I started Kayla Itsines "Bikini Body Guide" I thought that it would be pretty easy, I mean it's only 28 minutes long. Four quick circuits, with four exercises each for seven minutes a circuit, how hard could it be, right?

Well don't go into it thinking that, because it is hard AF. Itsines designed this cardio and strength training program into a 12 week guide, that has become an Instagram sensation, often referred to as #BBG. The program uses a variety of exercises such as burpees, pushups, squats and skipping to achieve results.

If you follow Itsines on Instagram (@KaylaItsines) you will see a lot of motivational messages and progress photos to inspire you. In my personal experience the program is unreal. Aside from the weight loss I have experienced, my confidence has grown and my overall fitness has greatly improved. I can't believe

the changes I have seen.

Let me break down a week in my Bikini Body Guide life.

Monday

Monday's are typically legs and cardio, which means you can expect a lot of squatting, maybe some skipping, definitely some burpees and without a doubt lunges. The first day your legs will burn like you never believed they could, but once you get to week three things start to move and your body starts to respond in the right way.

Tuesday

This is usually a day for LISS: intensity steady state, essentially a cardio workout. I usually go for spin at YYC Cycle. It is so motivating, and you have never sweat so much. Give it a go!

Wednesday

Wednesday is arms and abs for the first several weeks. This was the workout that made me think I was going to die. Sometimes I have nightmares about sit-ups with a twist. But as time progressed, I have realized that I am boss at straight leg lifts now, and that's pretty amazing.

Thursday

LISS day two, this is usually an elliptical workout, where me and my workout buddy catch up, while getting our cardio on. I really enjoy the LISS workouts, as it is a break from the stabbing pain in my abs. But in all seriousness, it is great to break up the strength workouts with cardio.

Friday

Full Body. This day combines all of your least favourite exercises from the first two strength days into one miserable package. This

is definitely the hardest of the three strength days, but at the end of the 28 minutes, you feel amazing and like you can take on absolutely anything.

Saturday

Guess what? Another LISS workout. Once again I hit a spin class, and once again it is amazing.

Sunday

Sunday is typically my rest day, which at the beginning is like an amazing sanctuary, but as crazy as this might sound, I am about

to add another spin class to my regime. I just can't get enough of the workouts, and that is what Bikini Body Guide does for you.

So if you are looking for something to rejuvenate you and get you excited about fitness again, give Bikini Body Guides a chance. You can download the app, Sweat with Kayla, for \$29 a month, or find the guides on Pinterest. But if you invest in the app you get a meal plan too, not too shabby of a deal when you consider the cost of a personal trainer.

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