

# the reflector

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## PAGE TWO

MRU CONSERVATORY  
BY THE NUMBERS

## PAGE FIFTEEN

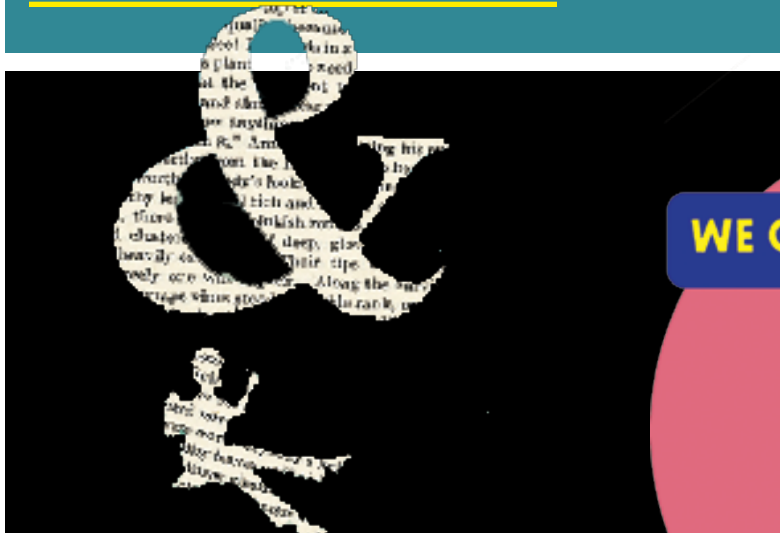
EVERYTHING YOU  
NEED IN YOUR  
GYM BAG

## PAGE TWELVE

BEST HALLOWEEN  
MOVIES TO WATCH



**PAGE SIX**  
**BREAST CANCER**  
**AWARENESS MONTH**



AUTHORS JOINED LITERARY  
FANS TO APPRECIATE WRITING  
AND SHARE KNOWLEDGE  
AT **WORDFEST** THIS OCTOBER.



# #MRU

HAVE YOU SEEN THE  
HEAD-TURNING POSTERS ON  
CAMPUS? THE ALL NEW  
GENDER EQUALITY CLUB IS  
GAINING TRACTION. FIND  
OUT WHAT ITS ALL ABOUT.

# news

News Editor  
Amy Tucker  
newseditor@thereflector.ca

## "How do we live together?"

Canadian politicians talk to MRU students about being a leader

**Amy Tucker**  
News Editor

Wykham House would have seemed unassuming on Oct. 13 apart from the soft jazz performed by MRU alumnus' jazz band Haven Vanguard and the hum of a politely excited group floating down from the second floor.

However, squished in the modest space upstairs, about 30 MRU students and professors along with a handful of Canadian politicians sipped wine and beer, played icebreakers and chatted about what it means to be a leader in the community.

Between the cocktail tables and conversations of current political affairs, an idea began to set in - forming a strong, educated opinion and speaking up may not only help you be a better leader, but will also help you be of service to the community as a whole.

Liberal MP Kent Hehr, among the political leaders in attendance at the Students Association of Mount Royal University (SAMRU) event, said it is important for millennials to do their research and make an opinion as a way to move society forwards.

"Don't sit on your couch. Go join a group, join a cause, join a political party," said Hehr.

The MP emphasized to think of the collective consequences when

making decisions.

"What are actual outcomes," Hehr said. "for not only you as an individual but to you and society as a whole because they're not always congruent."

Towards the end of the event and much to the anticipation of many of the attendees, mayor Naheed Nenshi arrived for a speech.

In his usual purple-slashed attire, Nenshi urged students to speak up, both within their community and to politicians, to make meaningful change.

"When you disagree with government, tell us you disagree. When you agree with us tell us you agree. When we need help and support to do stuff that will make a difference in the community, give us that help," said Nenshi.

He continued in his humorous air that always grabs students attention.

"When we're doing stuff that's totally wrong, tell us it's totally wrong - I'll disagree with you - but tell us it's totally wrong," said Nenshi as his audience breaks into laughter.

Much less laughable however, the mayor brings up his next point - how can Canadians care



**"Our enemy is apathy. Our enemy is people who don't care about people in their community."**  
-Mayor Nenshi

Selfie sticks were handed out at the event for one of the icebreaker games. The leftover selfie stick was claimed by Mayor Nenshi. Photo By: Sasha Semenov

more about one another.

"We hear way too much [sic] voices of intolerance, xenophobia, or islamophobia, pulling us apart rather than bringing us together," said Nenshi.

He explains that fundamentally, when we get to that question of how do we live together, it's not about opposing the voice of hate, it's fighting indifference.

"Our enemy is apathy. Our enemy is people who don't care about people in their

community," said Nenshi.

"I happen to believe there's very few people that don't care. But I also believe that we don't work hard enough as government, as civil society organizations, student leaders in our communities to give the voice to the people who care and to make sure that voice is about caring for what's best to the community as a whole."

Nenshi proposes, in the wake of Canada's sesquicentennial (150th celebration), his "3 things" campaign. In short, each student at the event - and each Canadian - can do three acts of services, whether as big as "running for student president" he uses as example, or small things like shoveling your neighbour's driveway.

Nenshi explains that if each Canadian can commit to doing three acts of services that will set 100 million positive changes, whether big or small, in motion.

The "secret" fourth thing, Nenshi said, is to not be shy about the good things you do.

"Tell them about the difference you make, but more important, tell them about the joy it brings you. And bring more people into the circle."

Pins and postcards were handed out. Students are encouraged to write to their friends and family about the "three things" initiative to spread the word in a "retro-grassroots"

fashion.

"I think Canada has the opportunity to act as a beacon to the world."

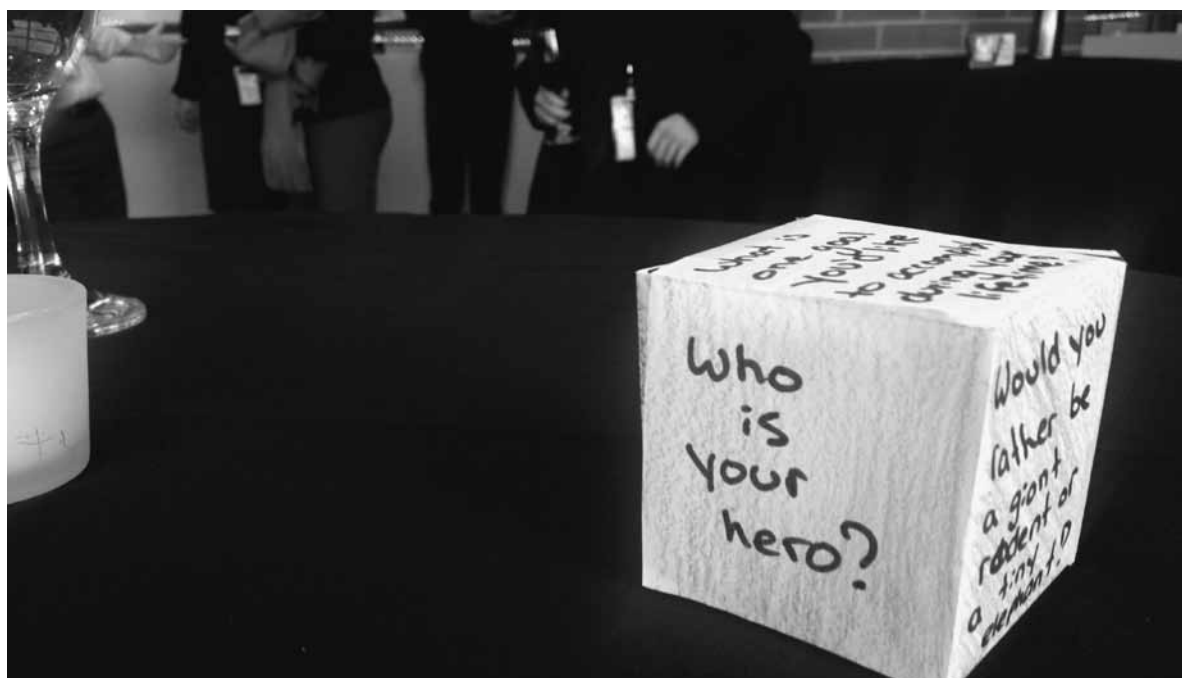
Raj Lahhen, a fourth year policy studies student, attended the event for the chance to tell politicians what matters to him.

"People, especially me and many other students, we are the future. So whether as future voters, involved in the bureaucracy or whatever... It's important for politicians to talk to us, get a feeling of what's important to us," said Lahhen.

Kieauna Kittlaus, education elementary first year student, said the evening would be educational for her.

"I'm here to hear some different viewpoints and kind of broaden my understanding. I just turned 18 so I'm not really educated in politics," said Kittlaus.

The evening wrapped up with mingling and selfies with the Mayor.



Students and politicians had the opportunity to get to know one another during the icebreaker games. Photo By Amy Tucker

# Do you stand up for Gender Equality on campus?

**Amber McLinden**

Staff Writer

The newest club on the metaphorical Mount Royal University block is MRU Students for Gender Equality and they're wasting no time starting a conversation.

If you find yourselves walking through the halls and catch a glimpse of one of their posters on any bulletin board, you might look twice. "Do you believe in the equality of all genders? Do you want to share your opinions and be heard by other feminists? Are you wishing you knew more about feminism in general? Have you ever been referred to as a feminist killjoy? If so, you should check out our brand new club."

The posters have been turning heads, and the club has gained some traction despite it's

inception being this semester. They have around 20 members now, and are looking for more. Annie Telfer and Skylar Caldwell founded the club hoping they could create a space for people who were just as interested in discussing feminist topics as they were.

"I think it's a place to meet like-minded individuals and have conversations about current events and stuff," Telfer says. "We live in such a sexist culture and there's so much derogatory language, especially in a university culture."

"I feel like a lot of people's minds are opened when they go to university and our club is just another outlet."

The most perplexing aspect of the club is that it hasn't been



**Annie Telfer (pictured above) and Skylar Caldwell are the club founders.**

**Photo By Amber McLinden**

created sooner. Many were interested, yet nothing like it existed previously. Despite the focus being feminism, the club was purposely named "MRU Students for Gender Equality" to make sure anyone felt welcome and able to take part in the

conversation.

"What we're trying to have is an open space for people just to talk about whatever they want," Telfer explains. One particular topic of discussion is that "there's just no procedure in place for sexual assault victims to report a crime at Mount Royal, so we were kind of trying to work on that."

Feminist is a word we see people associating with less and less Telfer explained. There's a stigma around it, she says, which is likely part of the reason the club didn't exist yet. Taking on the responsibility of creating a positive space for people looking to discuss gender equality is a big task.

"A lot of women don't like to identify as feminist because

there's so many negative things around that word." She says. "I've even heard people say to me 'Oh, I definitely am for equality but I don't like to call myself a feminist.'"

The club's page on the Students' Association website describes their mission and goals. The club hopes to "learn through discussion, open our minds to different perspectives and challenges, and ultimately gain something from each and every member." It also states that they "value respect, honesty and equality."

If this sounds like something you might be interested, the club is taking members. Reach out to Telfer and Caldwell at [mrufeministclub@gmail.com](mailto:mrufeministclub@gmail.com).

# Suffering from a learning disability? Tough luck

**Riley Nerbas**

Staff Writer

In response to "abrupt" funding cuts for students with learning disabilities, Janalee Morris began an online petition over concerns for the future of the students she advises.

The funding cuts impact Academic Strategists within the Accessibility Services department of Mount Royal University and the students who see them. The services provided by Academic Strategists have been provided for just under a decade for students with learning disabilities such as ADD, ADHD and dyslexia. The government cuts to funding will see the services provided by these specialists disappear and with that disappearance, the success of these students is put in question.

The funding cuts have been considered abrupt and without warning. The department and the students who access its services were not notified of the changes. Morris and her co-workers found out about the funding cuts when the program's requests for funding were returned with a request from the federal government that the program reduce their asking amount.

"We sent in our Schedule Four forms and in the second week of September they started sending them back," Morris said.

The Student Grant is a federal program, but is administered by the province through Alberta Student Aid. Morris likens the funding cut to giving out basic needs and then taking them

away.

"Saying to someone you can wear glasses for the first ten classes and now you should be fine, so take them off, you should be able to see the board because you're fixed now" said Morris. She explains that permanent disabilities, like ADHD, do not go away.

"It's an executive functioning disorder and the treatment for an executive function disorder is that you can't internalize things like time management, they have to be externally managed for you or by you and that's never going to change," said Morris.

Stephanie Marston, who is in the entrance program for Nursing, has seen Morris once a week for a year to help Marston manage her ADHD.

"I have bad test anxiety," she said. "I would put [it] under the table and ignore it and it wasn't until last year that I confronted the fact that I go completely stone cold during an exam and lose it, but the strategies she (Morris) taught me enabled me to get the highest marks I've ever gotten."

Marston feels that whoever decided on the cuts has a lack of understanding of what it is to have a permanent learning disability.

"I have been diagnosed with a permanent disability and I have come to terms with it and accepted it and love my ADHD," she said. "But the fact of the matter is that every single day I get up it impacts my life, I do struggle with it every single day." Marston commented that though she has been given

amazing strategies from Morris, the learning is not complete because of the always changing environment of post-secondary education.

Maxine Sephton is a 4th year student, majoring in English. Sephton has used an Academic Strategist since the fall semester of 2015 and continues to see her strategist on a bi-weekly schedule. Though she struggled at times during her post-secondary education, she believes that seeing an Academic Strategist has had a profound impact on her studies and grades.

"It's no coincidence that I was able to get on the Dean's Honour roll last semester," said Sephton. "I honestly do not think that I could have achieved such a feat on my own without my strategists' help and guidance throughout the past year and a half."

Sephton feels that the individual approach given by the strategists is what helps the students who use the services succeed. "No two students are the same. Strategists often go above and beyond to make sure that each student has a plan that is crafted with the student's personal goals and requirements in mind."

Matthew Warren is a student with ADHD in his mid-twenties, who upon leaving high school, did not immediately have this type of access for learning disabilities.

"I never had someone to help me strategize, so I ended up trying things that didn't work and I bought into them. And

I only started doing different things because I failed so badly, I had nothing else to lose." He feels that if he had the opportunity to access such a reservoir of help that his post-secondary experience, as well as his life, may have taken a different direction and he would have succeeded in his goals much earlier. He emphasized that not everyone has a second chance at education like he has been lucky to have, and that for many students post-secondary education is their only to succeed.

"A strategist is a lifeline for those students and it can prevent them from, as simple as it sounds, committing to poor strategies which can lead to academic failure, academic discouragement, or a devaluation of self."

Warren believes that cutting funding to a program as important to a student's success as an Academic Strategist is essentially taking away a lifeline for those students trying to succeed with their disabilities.

Steve Fitterer, Vice President of Student Affairs and Campus Life, believes that the funding is a necessity for the students who need to access the strategists.

"This program is incredibly important to Mount Royal University, different students learn in many different ways, and the assistance this program has offered has been vital in helping students be successful at Mount Royal," he said.

Fitterer also acknowledged Mount Royal's role in trying to find answers while reaching out

to the government.

"Mount Royal intends to do everything we can to find ways to restore funding provided to our Academic Strategists." He also added, "I am committed to finding the funding necessary to ensure that our students get the help they need through to April 2017."

Representatives for Accessibility Services plan to meet with Fitterer and Peter Brodsky with hopes of reaching out to the government and discussing continued funding.

Morris added, "It's really important to note that the problem isn't with Mount Royal, Mount Royal has been incredibly supportive and offered space to work in, and offered us lots of opportunity for professional development, provided us the background to offer this, but they simply don't have the funding to continue the program."

If you would like to sign the petition or gain further information on the funding cuts, the link is provided below. At the time of printing the petition had 159 signatures, and will need 41 more to reach the goal of 200 signatures.

<https://www.change.org/p/the-honourable-jean-yves-duclos-minister-of-families-children-and-social-development-goc-review-the-canada-study-grant-for-students-with-disabilities>

# Midterm SZN

Autumn has always been a time of seasons: Sports season, fall season, election season and cuffing season. However, there's one season in the midsts of all this that brings much less joy than all of these seasons; midterm season. As the weather gets colder, so do the hearts of our professors as they pile on test after test after study guide. Throughout my entirety of my university career, midterm season has been the bane of my existence, creating a three week period of hell between the return from Thanksgiving and the mini reading break we get in November. While it may be stressful, it is most definitely is manageable. Like DJ Khaled likes to say, time management is a major key to surviving midterms season. Be sure to make a list or schedule to highlight everything that you have to accomplish. Set hard deadlines and stick to them, no negotiating. I've found that if I'm strict with myself and when I have to do things, it's much easier to get everything done.

Another thing to keep in mind during midterm season is that you're still a human being, and human beings need time for rest and relaxation. Be sure to make time to hang out with friends, play video games or whatever you do to reduce stress. Taking an hour or two each day for yourself is really important and will make the midterm struggle so much easier.

The most important thing to remember during midterm season may be the best, yet most neglected. Regardless of what your schedule is like, sleep is the most important thing for your body and mind. Getting a solid 6-8 hours of sleep each night, especially before tests, is better than any amount of cramming. Prioritize sleep over everything and I promise your midterm season will be less stressful than ever.

Take it from me, I've done this many times and this is the best advice I can give you. If you need any more information, swing by our office and I will yell in your face a la Samuel L. Jackson to give you the burst of adrenaline you need to get through this.

Xoxo, Publishing Editor

**@BRADYPEMBER**  
GOOD TIMES MEETING WITH PROVINCIAL AND FEDERAL POLITICIANS WITH @MRUPOSTSOCIETY FRIENDS @SAMRUBUZZ STUDENT CONNECT. #MRU #MRULIFE #ABPSE

**@MOUNTROYAL4U**  
#MRU OPEN HOUSE IS SATURDAY, OCT. 29 9:30 A.M. TO 3:30 P.M. TOURS, ADMISSIONS, MEET FACULTY FROM ALL PROGRAMS #YYC

**@DR\_SONYA**  
IT'S HALFWAY THROUGH THE SEMESTER AT #MRU. FEELING OFF-TRACK? GET BACK ON & JOIN ME IN THIS 30-DAY #STUDENT-SUCCESS CHALLENGE! @MOUNTROYAL4U

**@KENTHEHR**  
HAD A GREAT TIME AT THE MRU STUDENT MIXER - GREAT PEOPLE, A LOT OF BIG CHANGES, AND PLENTY OF BIG IDEAS. #MRU @SAMRU #ABPSE #YYC

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## THE REFLECTOR

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### EDITORIAL STAFF:

**Publishing Editor:** Bigoa Machar  
**Managing Editor:** Ivar Bergs  
**News Editor:** Amy Tucker  
**Features Editor:** Robyn Welsh  
**Arts Editor:** Kennedy Enns  
**Sports Editor:** Brendan Stasiewicz  
**Photo Editor:** Melanie Walsh  
**Layout Editor:** Nina Grossman  
**Web Editor:** Brett Luft

**CONTRIBUTORS:** Dan Khavkin, Riley Nerbas, Colin MacGillivray, Kendra Krighton, Amber McLinden, Alec Warkentin, Kourtney Meldrum, Cameron Mitchell.

**Cover Photo by Melanie Walsh**

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

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### the reflector

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

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

# features

Features Editor  
Robyn Welch  
featureseditor@thereflector.ca

## Running for the cure

*You can help make a difference*

**Melanie Walsh**

Photo Editor

According to Statistics Canada about 1 in 9 Canadian women are expected to develop breast cancer during their lifetime: that is 68 Canadians every day.

October is dedicated to breast cancer awareness to not only shed light on the devastating epidemic but also honour the brave women who have battled breast cancer, those we have lost and those who continue to fight.

On Oct. 2, nearly one hundred thousand people adorned their pinkest clothing items and headed to Southcentre Mall parking lot for the CIBC Run for the Cure. The event was more than just a fundraiser. It was a chance to fight back, celebrate and remember.

It was truly remarkable to see the huge crowds of people, a flood of pink, fluffy tutus and shirts with supportive slogans.

Throughout the course of the five kilometer walk I was inspired and moved several times. I was walking alongside my 26-year-old cousin, Courtney Phillips who is battling breast cancer for the second time within a year. Courtney is more of a sister to me having spent the better half of our childhood growing up together. She taught me how to kick a soccer ball, how to cook and bake and would always pick me up from late night study sessions when the city transit

was no longer running. She underwent a mastectomy only a few weeks before the run and on that morning she was smiling and acting as her beautiful and goofy self with her curly thick hair coming back in full force after losing it all the prior year.

Courtney has faced many adversities the past year. She has gone through two operations, chemotherapy and is now completely changing her lifestyle as she is undergoing homeopathic treatments.

Despite all the adversities she has been forced to face, this event was a change to honour that and gather with her caregivers, friends and family for a positive and uplifting event.

Breast Cancer affects so many women through potential hair loss, damage to the reproductive system and mastectomies - some things that women should not have to go through.

Mixed in with the sea of runners, along with the heartwarming feeling of hope and support - furry canines were sporting some pink collars and sweaters on the chilly autumn morning. That's when I noticed Stella (pictured top right) waddling through the parade of pink, donning a little sign pinned to her doggie sweater reading "I'm running for my mom." Touched by the sweetness I introduced myself to

the owner - Heather Williams, a 6-year Breast Cancer survivor.

Heather let me pet and embrace her fur baby and shared with me how truly special the pooch was to her. No longer able to have children of her own, Stella is now her baby. Heather and Stella make sure to attend the Run for the Cure annually, an activity they can do together.

Support is such a vital factor when battling cancer, for the survivors themselves and the caregivers. Having a whole month dedicated to spreading awareness about the issues and having fundraisers is a way the average person could help change the glum statistics. All of the money raised from the run will go towards the Canadian Breast Cancer Foundation. They will invest in groundbreaking research, improving screening technology, developing new and targeted treatments and discovering how to reduce the rate of recurrence.



**ON THE COVER:** Stella has been running for her "mom", Heather Williams for six years now. With pets not being allowed in the hospitals this is one way Stella really gets to show her support. Photo By: Melanie Walsh



Courtney Phillips, 26, is a two time breast cancer survivor and participated in the CIBC Run for the Cure with her team "#courtneystrong," along with her childhood friend, Jamie Hannigan who came all the way from Fort McMurray, Alta for the event. Photo by: Melanie Walsh



A parade of pink consisting of nearly one hundred thousand people participate in the CIBC Run for the Cure in Calgary to kick off Breast Cancer Awareness month. Photo by: Melanie Walsh

# Pick Your Poison

## A Spooky guide to Halloween drinks

**Kourtney Meldrum**

Food Columnist

In stores, boxes upon boxes of small candies are appearing on the shelves and pumpkins sit outside, ready to be cut into. Your friends have most likely begun to discuss at length their costume plans and ideas, and this all means one thing - Halloween is just around the corner.

Halloween was always something to look forward to as a kid; dress up in fun and ridiculous costumes, stay out late with your friends roaming the neighbourhood, and ultimately coming home with mountains of candy that you'll always devour way too fast.

But as we get older, Halloween changes: gallivanting from house-to-house to party-to-party and from sugar induced comas to painful hangovers the next morning. Whether you plan to hit the town this Halloween, throw your own festive party, or stay in and hand out candy to the kids, allow yourself a sweet treat to enjoy the night with.



**This caramel apple sangria is like sparkling apple cider with a caramel twist. Photo By: Kourtney Meldrum**

### Caramel Apple Sangria

This fun take on sangria is fairly easy to make and is hauntingly delicious. All you'll need is: 1 bottle of chilled white wine, 1 bottle of chilled sparkling apple cider (I chose sparkling apple juice for the same effect), ¼ cup of warmed caramel syrup (or more if you really want a sweet drink!), and 4 chopped apples.

Begin by adding your chopped apples into the bowl or pitcher your sangria is going into so that everything can be poured over top of them. Next add in the white wine and mix in the caramel syrup (I found it was easier to mix if the syrup was warm but it doesn't have to be). Lastly, add in the sparkling apple cider or sparkling apple juice, this should go in last because mixing with sparkling substances can sometimes cause a bubbly mess!

This festive take on sangria similar to a boozy apple cider with a twist. The ghosting of caramel and crisp apples provide a refreshing touch that will make you want to drink this all night long. If you're hosting a party, make this drink in a cauldron for an extra eerie feel!



**This spooky black treat is easy to drink despite the colour and is similar to a ghoulish Halloween mimosa. Photo By: Kourtney Meldrum**

### Black Magic Halloween Cocktail

This Halloween cocktail is festively spooky, but despite its dark look is easy to drink. To make this cocktail you'll need: ¼ cup of ice, ½ cup of orange juice, ½ ounce of triple sec, and 1 ½ ounces of black vodka (if you can't get your hands on black vodka, you can use regular vodka with food colouring for a bit of a different taste but similar effect).

To start you'll add together orange juice and triple sec in a cocktail shaker over ice and shake well before straining into a glass. Next you'll use the back of a spoon and pour the black vodka slowly over top of the spoon and into the glass so the black vodka sits on top (this is easier said than done), or you can mix it directly in for an all black drink.

If you wish to add a fun garnish, you can sugar the rim of the glass with black food coloured sugar before you make the drink.

The colour scheme on this fun cocktail makes it perfect for a Halloween speciality drink, and the strong orange presence also makes it a perfect Halloween morning of drink if you're looking to get a head start on the drinking with a take on a ghoulish mimosa.



**This shot features a Bailey's "brain" that will either sit at the top or bottom of the glass. Photo By: Kourtney Meldrum**

### Bloody Brain Shooter

If you want to impress your guests with something truly ghastly, or maybe start your night off with a true fright, then this bloody brain shooter is definitely the shot for you.

You'll need: 1 ¼ ounces of chilled strawberry or raspberry vodka, ¼ ounce lime juice, a splash of grenadine, and ¾ ounce Bailey's Irish Cream.

Start by adding together the chilled vodka and lime juice into a shaker, shake together and then strain into your shot glass. Next, use a straw and dip into your Bailey's Irish cream. Once your straw is submerged, place your finger on top of the straw in order to hold the Bailey's in and then dip the straw into the shot glass and release your finger - this causes the Bailey's to curdle into strands for a truly wicked looking drink.

The Bailey's "brain" is supposed to sit on the top of the shot, but mine sat at the bottom which still looked equally as spooky. Your final touch will be to add a splash of grenadine as the blood in your haemorrhaging brain. This shot looks seriously revolting in the most festive and spirited way possible, and is very Halloween appropriate.

So whether you're making a pre-night-out concoction, mixing up a potion for a haunting gathering, or mixing up a hair-raising elixir to settle in with, pick your poison and drink responsibly.

### SHOPPING LIST

#### CARAMEL APPLE CIDER (PITCHER):

- 1 bottle of chilled white wine
- 1 bottle of chilled sparkling apple cider or sparkling apple juice
- ¼ cup of warmed caramel syrup
- 4 chopped apples

#### BLACK MAGIC HALLOWEEN COCKTAIL (ONE GLASS):

- ¼ cup of ice
- ½ cup of orange juice
- ½ ounce of triple sec
- 1 ½ ounces of black vodka (or regular vodka with food colouring)

#### BLOODY BRAIN SHOOTER (ONE SHOT):

- 1 ¼ ounces of chilled strawberry or raspberry vodka
- ¼ ounce lime juice
- a splash of grenadine
- ¾ ounce Bailey's Irish Cream



### CONSUMER HALLOWEEN TRENDS

54% of Canadians say they will go to Halloween parties despite it falling on a Monday\*

**BLOCKBUSTERS:** Suicide Squad is nearly three times as likely to inspire costumes over The Avengers

**CHOOSING A COSTUME:** About 28% pick a costume that will make them look beautiful, handsome or sexy, but the vanity factor increases to 40% for millennials

**GROUP COSTUMES:** Most people believe that Pokémon GO will be the most popular group costume inspiration, but millennials are much more inclined to say it's Suicide Squad. And when it comes to Star Wars, the Force is strong with those aged 35 and older

**CELEBRITIES:** Approximately 30% of Canadians are confident that Ellen DeGeneres will be the most worn celebrity costume this year, with 15% saying Justin Trudeau and 6% as Justin Bieber

**KIDS:** When it comes to costumes for kids, one in three Canadians think Frozen will be the top source of inspiration

**Sports:** Of the 2016 star athletes, one in three Canadians picked Usain Bolt as the most popular Halloween costume, followed by Michael Phelps and Penny Oleksiak

\*The Value Village Halloween Shopping Survey was conducted by Edelman Intelligence during the summer of 2016 and polled 1,009 nationally representative consumers aged 18 and older.

Source: Value Village Press Release.

# Wine and food: Not just for rich people

## Drinking our way through Calgary's Wine and Food Festival

**Robyn Welsh & Alec Warkentin**

Features Editor & Staff Writer



Rock Town offered an array of bourbon whiskeys from Arkansas for four tickets a sample. Photo By: Robyn Welsh

As the crowds diverged on the BMO Centre on Friday, Oct. 14, some headed to the Calgary Flames game, others to a tattoo convention, and the rest to the Calgary Rocky Mountain Wine and Food Festival. Despite the name - the festival features an array of decadent alcoholic beverages and is the perfect place to taste things you may never get a chance to on a student budget. From smooth, crystal-clear gin, various whiskeys and beer, and surprisingly flavourful vodka (that didn't even taste like rubbing alcohol), there is no shortage of material to sip on.

However, the featured wines were what many came for. With wine-glass slings around their necks, festival-goers wandered from booth to booth trying pinot noirs, cabernets, malbecs, and more. The festival showcased wine from vineyards all around the world, including selections from Argentina, Brazil, and Spain. A standout among the more conventional wine selections, the Rimon winery from Israel offered a unique experience to thirsty patrons by offering a wine made completely from pomegranate. Unlike regular grape vintages, wines made from pomegranate tend to be sweeter due to a higher content of sugar, which means a higher alcohol content after the fermentation process is complete.

Lindsey Morgenstern donned a party hat adorned with the number 30; it was a telling sign that it was her birthday. When asked why she was attending the festival, she said, "I wanted

to drown my sadness about turning thirty." She then added some words of wisdom after deciding that her statement was too pessimistic. She advocated that we should all, "slay all day and then rosé." Definitely a good motto to get anyone through a Friday.

The festival also featured quite a few crowd-favorite foods.

**"Slay all day  
and then  
rosé."  
-Lindsey  
Morgenstern**

From crab cakes to tacos and empanadas, and barbecued meat, there was no shortage to munch on. Seafood lovers could even indulge at an oyster bar with a choice of seven sauces for five coupons a piece.

To get into the festival, an initial purchase of a ticket to get through the door is required. If individuals bought Early Bird or Front of the Line tickets from May 25 through June 1, a portion of the proceeds were donated to the Canadian Red Cross.

Like most food and beverage festivals, the Wine and Food Festival utilized a redemption process with tickets. Every two tickets have a monetary value of one dollar, but the ticket booth offers deals for purchasing large amounts. It is definitely in your interest to go with a small group

and take advantage of this by buying your beverage and food tickets together. While most food cost anywhere from five to ten tickets, a small beverage sample tended cost anywhere from two to eight tickets - depending on the value of the product. Samples were said to go up to twenty coupons depending on the price set by vendors, though we did not see any this expensive.

If people enjoyed what they had tasted at the festival - they were able to stop by the on-site Sobeys Liquor and Safeway Wine & Spirits to pick up favorites to enjoy at home.

Events like the Calgary Rocky Mountain Wine and Food Festival allow people - both young and old - to get together under one roof and indulge in old favorites while sampling some amazing and interesting things that they would likely never get the chance to otherwise. So grab your glass and get ready to start sipping at next year's Calgary Rocky Mountain Wine and Food Festival!



Some exhibitors went all-out on decorating their booth, which contributed greatly to the ambiance of the festival. Photo By: Alec Warkentin



Not only focused on drinks, the festival also served delicious (and moderately priced) delicacies such as crab cakes with mango salsa. Photo By: Alec Warkentin

the  
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Society of Calgary**

**2016 Annual General Meeting  
Monday, October 31, 2016, at 12:00 noon  
Reflector Office, 2002 (basement) Wyckham House**

**Members of the Reflector Publications Society will be presented audited financial statements for review and approval, will be asked to appoint auditors for the next year, and will be asked to elect two (2) students at large who will sit as directors on the Reflector board of directors. For information on Student at Large nominations, contact The Reflector at 403-440-6268.**

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# arts

## The best of Wordfest

*Festival brings literary talent to Calgary*

Arts Editor  
Kennedy Enns  
artseditor@thereflector.ca

**Riley Nerbas and Cameron Mitchell**

Staff Writer & Contributor

Wordfest 2016 was held in Calgary from Oct. 7 to Oct. 16. Taking place in a various assortment of venues across the city, many events at the festival of literary talent follow the simple format with a stage of four or less authors who share readings from their novels with the audience. After the initial readings, the authors are asked a couple questions from an interviewer before it is the audience's turn to ask. The events are held in small auditoriums, spreading an intimate feel to the audience members and the authors.

### Authors give insight into war torn areas

The event Modern Conflict From The Inside Out was held at the Glenbow Museum and featured authors who have travelled and reported extensively from conflict zones around the globe. Authors at the event included Deni Ellis Béchard, Deborah Campbell, Kevin Patterson and Russell Hillier. The Brenda Strathern Late Bloomers Award, which is a literary award offered in Calgary for unpublished writers over forty years of age, was also introduced.

The first author to read and field questions from the interviewer was Russell Hillier, who wrote a book about his brother joining forces with the Kurdish army to fight ISIS. Next, Deborah Campbell read from her novel about her fixer (a local person who helps the reporter investigate their story) who was stationed with her in Syria in 2007 reporting on Iraqi refugees. She was in stride working within what seemed a natural environment for her. The

two authors who followed were Deni Ellis Béchard and Kevin Patterson. Béchard's novel, "Into The Sun," examines expats in Kabul who are trying to reinvent themselves in a war torn country. His sense of humour was a breath of fresh air and made for a new take on conflict zone reporting. Kevin Patterson took the stage after him and had a tough time following the charismatic Béchard.

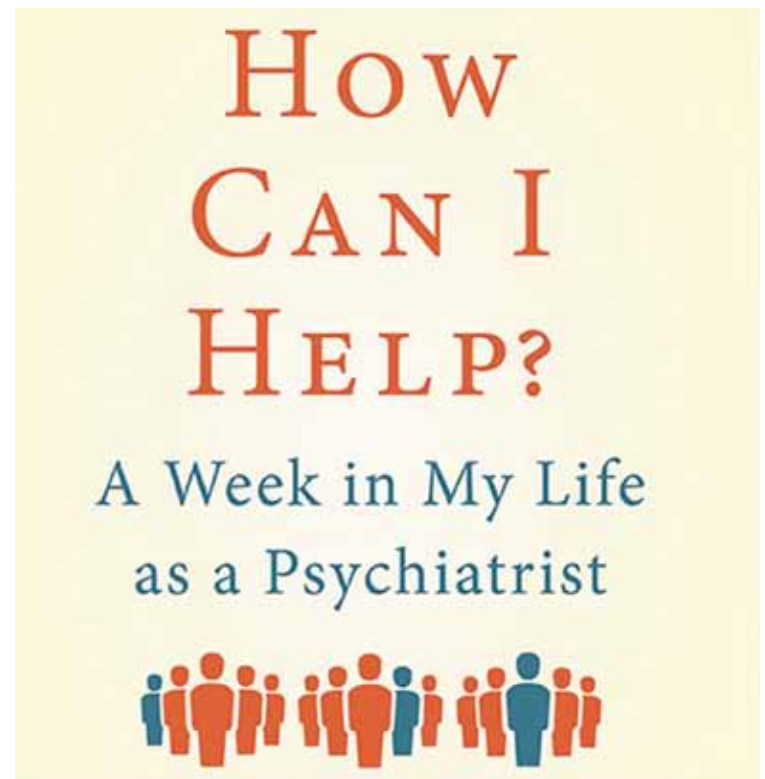
### Dr. David Goldbloom brings humanity to mental health treatment

Every year, one in five Canadians will require psychiatric care. For people under the age of twenty-five, suicide is the leading cause of death behind only car accidents. Facts like these made Dr. David Goldbloom's presentation at this year's Wordfest incredibly poignant. In support of his new book *How Can I Help?*, Dr. Goldbloom engaged the audience in a candid conversation about a subject that far too many people, both inside and outside of the medical community, have very little understanding of.

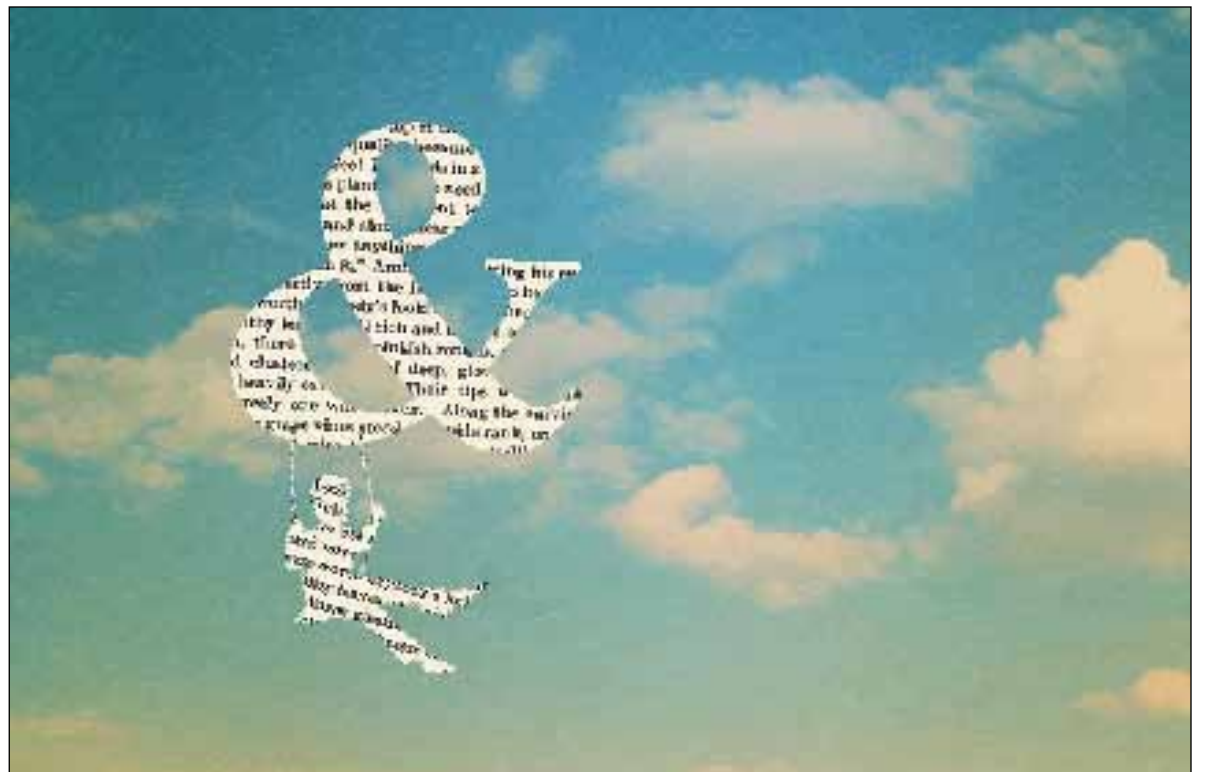
One of the presentation's most effective aspects was Goldbloom's ability to convey his own expertise without condescending to his audience. Consistently engaging those present, he used his audience's own experiences with mental health to highlight his arguments and apply real world examples to abstract concepts.

As a speaker, this was Goldbloom's greatest strength.

He made the issue, and its solutions, real. One way he linked those suffering from mental conditions and those who are not was illustrating a sense of comradery with the phrase, "they are us." By highlighting the often distant nature of mental health treatment, he was able to dissuade the notion of a detached therapist. There, before us, Dr. Goldbloom embodied the capable and intelligent medical professional who truly cares about those he treats. Using personal anecdotes and striking observations, Goldbloom worked to bridge the gap between doctor and patient.



David Goldbloom and Pier Bryden's book tackles the stigma surrounding mental health while shedding light on individual's stories. Photo Courtesy of: Wordfest



Wordfest took place Oct. 7 through Oct. 16. Graphic created by: Robyn Welsh

## OUT'N ABOUT

### Arts:

*Screamfest is coming back to Calgary! Some of the themes for haunted houses this year include Clown Town, Bates Motel and What Lurks In the Dark. Get your tickets now before they sell out.*

### Film:

*The Calgary European Film Festival celebrates it's 5th year and fills the Globe Cinema from Nov. 7 until the 13.*

### Sports:

*Alex Ovechkin and the Washington Capitals have a date with the Flames at the Saddledome on Oct. 20.*

### Dance:

*Calgary's Fluid Festival showcases dance and performance art in it's 11th year. Expect a wide range of both local and international talent. Fluid Festival runs until Oct. 29.*

# Noise 101

## Kanye West sends Edmonton on an Ultralight Beam

People from across the province flock to Lord Yeezus

**Bigoa Machar & Brendan Stasiewicz**

Publishing Editor & Sports Editor

If there was a tour that epitomised Kanye West, this would be it.

Alone on a floating stage 10-feet above the ground, Kanye preached his lyrics down to his fans frantically followed underneath, and around the stage as it moved back and fourth above the brand-new Rogers Center floor. It was as if he were a God.

While each and every Kanye West album from College Dropout to his most recent release, *The Life of Pablo*, have had different sounds and themes, what they have in common is that they're never conventional. Yeezy's show on Oct. 15 in Edmonton - and I'm sure the other stops on the Saint Pablo Tour - followed in this light. The show was anything but conventional; it was a true celebration of Kanye West's genius.

While before the tour there was speculation of some of West's GOOD Music counterparts serving as openers, in true Kanye fashion he opted to be the opener, the main event, and the closer. Doors at 7, Kanye at 9.

Those who arrived at the nine o'clock set time didn't have to wait long. The lights going down at quarter after nine was met with mass screaming

from Kanye's faithful, as the lengthened intro to "Father Stretch My Hands" built for what seemed like ages until the beat finally dropped, giving light to the awe-inspiring stage hoisting West atop one end of the floor.

As the show went on, the stage began to move above the floor, radiating light atop the fans directly below the stage, making them even more visible than Kanye himself. Often seen by a dull red light, or a faint spotlight from above, what made the concert truly startling was the fans on the floor jumping up towards the stage as West continued his set unobservant of those below.

Again breaking away from convention, this was another element that only Yeezy would add (or subtract). You know the old saying that goes "Dance as if nobody is watching?" Well that's exactly what Kanye did. Not once did he try to interact with the crowd during the 90 minute set. More times than not, artists will usually have a "Hey [Insert city name here], make some noise!" Kanye did no such thing, which to me was a little disappointing because it really did seem as if Kanye didn't really care for the Edmonton crowd.

Most of the tracks Kanye played were from his two newest albums, "The Life of Pablo"

and "Yeezus," with a few of his signature tracks played few and far between. Mixing in the old with the new, Kanye's track list was on point and made for one hell of a show.

Another thing that was somewhat interesting was how Kanye would replay the beginning of certain songs if he felt the crowd reaction to them wasn't good enough for him. At the beginning of the concert, he asked his DJ to play the beginning of Famous four times over for some reason. By the third time, there were audible sighs from the audience. Definitely not the most ideal crowd-hyping technique, but who am I to question our lord and saviour Yeezus Christ.

Despite all of this, when Kanye West finished "Ultralight Beam" and he descended into darkness below his stage without a word, we realized we saw something special. The "Saint Pablo" stop in Edmonton was one of the best concerts we've been to in a while, and it'll be a long time until we forget the old Kanye, straight from the 'Go Kanye.



Kanye West is known for putting on extravagant shows with crazy displays and over the top stage technology. Photo Courtesy of Wikipedia Commons.

## Regina Spektor

*Remember Us to Life*  
Sire/Warner Bros

Score: B+



Photo Courtesy of Wikipedia

Born from a prominence in the latter end of New York's anti-folk movement, Regina Spektor has accomplished quite a lot over her storied seven-album career. Her latest release *Remember Us to Life* blends Spektor's casual, sing-song lyricism with piano-driven instrumentation to create a sound that can best be described as polished.

However, what *Remember Us to Life* lacks in bite, it makes up for in poignant, well-composed tracks like standouts "Grand Hotel" and "Seller of Flowers," along with darker, Fiona Apple-esque

tunes like "The Trapper and the Furrier" and "Tornadoland."

Overall, *Remember Us to Life* is a coherent, consistent record that plays it safe while simply allowing the listener to bask in the melodies of Spektor's talent. She doesn't necessarily push any limits, but this far in, she doesn't have to.

—Alec Warkentin

## The Game

1992

*Blood Mone*

B-



Photo Courtesy of Wikipedia

One of Compton's finest, *The Game* continues his storytelling style of rap on this project, discussing the variety of issues in the Los-Angeles county city. From police violence to the tensions between the crips and the bloods, this album shares the horrors of Compton through his eyes, a concept that isn't all that original. The album's instrumentals are on point and *The Game's* lyrics are as good as ever. The single "92 Bars" (which

is a track aimed at dissing Meek Mill btw) is the best song on the album and showcases everything that's good about it.

Although the album is a good listen, it's nothing that we haven't heard from *The Game* in the past. As someone who's been around for a while, there isn't much diversity in his albums and mixtapes when it comes to his sounds, and it's no different on this album. *1992* probably won't stay in my song rotation for a while, but it's worth a listen.

—Bigoa Machar

## Blood on the Dance Floor

Scissors  
Dark Fantasy  
Records

Score: W



Photo Courtesy of Wikipedia

Scissors by *Blood On the Dance Floor* is terrible. I could feel the weight of my phone increase as each byte of data was consumed by the album. It's a sad attempt to be edgy for the sake of appealing to a group of wannabe scene kids. The entire concept of the titular track is using scissors as a metaphor for what I can only imagine is suicide, which then acts as a metaphor for love. "Sharp and cold; deadly when together. Dangerous to hold; this is forever." What?

Let's look at a positive track, "Let Us All Unite!" It's rambling.

It feels like nonsense. It's an attempt to be edgy by leveraging positive rhetoric. It's best described as the musical equivalent to an alternate dimension where Donald Trump is offering his support for Hillary Clinton. Sad! Nobody wants that. Scissors by *Blood On the Dance Floor* garners a grade worse than F. It gets a W. Because the album is so bad it feels like the band withdrew from music halfway through production - thankfully it IS their last album.

—Brett Luft

# Netflix and Kill

## Must watch Halloween movies

**Riley Nerbas & Colin Macgillivray**

Staff Writer & Contributor

As Halloween approaches, many of us will be spending our time sitting through class wondering what we will be dressing up as for the clubs, the pubs or our friend's house. For the day after, or for those who no longer dress up but stay in on All Hallows Eve, here's a list of Horror movies you should check out with your candy and popcorn!



### Ginger Snaps

A Canadian cult classic featuring two strong female leads, *Ginger Snaps* grips from the beginning in a macabre environment as it takes you through two teenage girls' fascination with death until they encounter a werewolf and turns their obsessions to reality. *Ginger Snaps* shows all the blood and guts surrounding puberty by wonderfully comparing a first period to becoming a werewolf. There is a great amount of gore, but if you love dogs you may want to pass up this film. Poor, poor Norman.



### 28 Days Later

This is the movie that rebirthed the zombie into everyday Hollywood filmmaking and television show entertainment. The classic coma patient waking to a world overrun by zombies is how this story begins. The film has breathtaking shots of empty streets in London and wild horses running gracefully through empty landscapes, while the world the protagonists inhabit is being torn apart. The film carries all the common tropes of zombie films: group of survivors scavenging for survival, bumping into soldiers who have created their own law, and the captured zombie, but one thing differs, these zombies can run and they are fast and hungry.



### The Invitation

No dinner invitation will be the same after seeing this film. The tension is built around the main character's relationship with his ex-wife and the flashbacks of their son, whose death is never

fully revealed to the audience. The suspicions and tension between the dinner guests is what drives this film and you will be completely spellbound until the ending when everything unravels.



### An American Werewolf in London

Yes, there are two werewolf movies on this list, but nothing to do with Taylor Lautner shirtless in *Twilight*, so you're welcome. Another cult classic for its humour and grotesque werewolf changing sequence set to *Blue Moon* by the soulful voice of Sam Cooke, this movie is unique, be it aged. Set in London – of course – it follows two American backpackers and their encounter with a wolf in a midnight field, and one man's subsequent descent in becoming a werewolf while talking to the ghosts of the people he has killed. One mesmerizing scene will have you forever terrified to take the train at night.



### Don't Breathe

Fede Alvarez's sophomore effort as a feature filmmaker was definitely a success, as *Don't Breathe* is a tight and confined thriller. Its premise is quite simple; Three down on their luck, Detroit delinquents make a living by breaking into homes and selling the items that they retrieve. They decide to rob a rich blindman, thinking of it as an easy score, but just like all horror movies, it takes a turn for the worst for the protagonists. *Don't Breathe* succeeds in conveying the sense of fear and claustrophobia that the characters are feeling to the audience, as well as offering some incredible cinematography, established in a beautiful unbroken shot that defines the space for this largely one-setting exercise in terror. *Don't Breathe* offers a clever twist on the whole home invasion genre, and it is sure to keep you on the edge of your seat.



### The Witch

Robert Eggers delivers a masterclass in psychological horror in his debut as a director. An incredibly compelling and visually stunning piece, *The Witch* is a 17th century period piece which follows the plights of an incredibly religious New England family. Upon having their youngest son disappear right under their eyes, the family goes through countless horrors which leads them to question their faith, their lives, and Satan himself. As deeply unsettling as it is, I couldn't keep my eyes off the screen. Coupled with a haunting soundtrack, an excellent cast, and the exquisite attention to period detail, *The Witch* was a film that kept me up thinking of black magic and witchcraft for days.



### The Green Room

It might not be your typical horror, but *Green Room* was an extremely tense and chilling experience. An uncommonly fun horror-thriller, *Green Room* follows "The Ain't Rights", a group of punk rockers willing to play any gig they can get their hands on. When their next venue turns out to be a Nazi skinhead bar in the backwoods of Oregon, the punk rockers clearly realize the sinister intentions of the bar owner, a white supremacist brilliantly played by Patrick Stewart. Intense, emotional and ridiculously twisted, *Green Room* is so far my favourite film of 2016 due to its twists and turns and different take on the classic horror tropes. Regardless if you are a horror fan or not, *Green Room* is worth the watch due to it being one of the late, great Anton Yelchin's last performances, and as usual, he is incredible.

# The Dudes bring scares to SAIT

Calgary band wows in return to the city

**Kendra Crighton**

Contributor

Calling all witches, ghosts and ghouls. The Dudes annual Halloween party is back for the fourth year at the Gateway on Oct. 29 and it's sure to be nothing short of a screaming good time. Bog Bodies is set to open at 8pm with The Dudes headlining. The

Calgary natives are sure to put on a hell of a good show.

Michael Gloria, an avid fan of the band, has gone to the show every year with the same people and says they still talk about it.

"Every time I go there I meet someone new that I would have otherwise not met," says Gloria.

He believes the main appeal of the show is the homey feeling.

"They've built a community for themselves, and it's a super cool community" says Gloria.

He says the fact that The Dudes play mostly dive bars is what allowed them to connect with so many Calgarians.

"You can feel the emotion of the crowd, because every time you go it's the same people plus new people," says Gloria. He

has seen The Dudes play over 20 times and says each show is better than the last.

The Dudes fan base all seem to have something in common – the first show they saw them play was free.

Mark Moir, one of the guitarists in another local band called Here for Beer, says that the first time he saw The Dudes play was at the Coke stage about six years ago.

"We stopped and listened to a couple songs, and fell in love," says Moir.

Moir says that Here for Beer draws a lot of inspiration for The Dudes.

"We try to emulate their stage presents as much as we can, because if you've seen them play it's pretty [amazing]," says Moir "[It's] good old fashion rock and roll, which isn't as prominent now a days but I'd say that they really put that out there."

He says the unique atmosphere is what draws him to the band. The positive energy, and good mood produced on stage is in replicable and gives The Dudes

their one of a kind charm.

The Dudes got their start in 2002 with the release of their first album *This Guys the Limit*. Since then they have toured across Canada three times and have gained international attention. Their down to earth attitude matched with a sense of humor is what leaves fans coming back for more. Their newest single is titled "Everybody Dies Too Soon" and is off their new album set for release in late 2016 or early 2017.

"They really bring out your pride in Calgary and show what [the music scene here] is all about," says Moir.



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The Dudes live show never ceases to amaze. Photo Courtesy of the Dudes Website.

# sports

Sports Editor  
Brendan Stasiewicz  
sportseditor@thereflector.ca

## What's in our gym bags?

Accessories to help you get the most out of your gym session

**Brendan Stasiewicz & Melanie Walsh**

Sports Editor & Photo Editor

Frequenting a gym can be a life changing experience. Whether you want to shed a few pounds or gain some muscle, when used in conjunction with a good diet the gym is the gift the world has given to help fit-goals reach new heights. If you're a student at Mount Royal University (MRU), you've already been endowed this gift. But before taking the initiative to set foot in the gym you first need to know what to bring. So, what should you have in your gym bag?

### Basics

M- My gym bag is the classic black and white striped Victoria Secret bag, mainly because I got it for free and it is the Mary Poppins of gym bags - aka it holds a lot of stuff.

I typically like to carry around everything but the kitchen sink because for starters it's basically a workout in itself and I always like to be prepared. Between balancing school, two jobs and trying to live a healthy lifestyle, my schedule is usually packed. With my trusty gym bag, I'm

always ready for action.

B- Unlike Melanie, I try not to overload my blue Projekt backpack. However, I would never discredit its importance; It is the Viagra of gym bags - aka it helps me get huge.

### Essentials

M- In a small toiletry bag I keep the obvious essentials like deodorant and pony tails. These new "telephone-wire" plastic hair elastics are revolutionary, no longer will you be trying to re-do your hair while simultaneously running on the treadmill or going into downward dog during hot yoga. I also have a small towel, some travel size shampoo and conditioner and a bottle of body spray to freshen up after a workout and get me ready to face the world again.

In the main compartment I keep my shoes, and a pair or two of socks, and a couple of different clothing options. Depending on the workout I like to wear different things. Usually I balance out my "skin-ratio" and wear shorts like the Nike Pro's

with a longer sleeved shirt or a Lululemon tank with pants. This helps keep me cool but also get a nice sweat on too! For days when I really want to sweat and get a good detox I use my Sweet Sweat band that I ordered off Amazon for about \$40. Although it is marketed as a waist trimmer, it is more of a compression band that supports your back and abdominal muscles to help target those muscles and promote more perspiration!

B- Also unlike Mel, I don't keep my gym bag all that organized and I have quantifiably less hair products. Why is this? Mostly because organization has never been a strong suit of mine and I've never personally had a problem with my hair on the treadmill (I never touch the treadmill). Instead, when I leave in the morning I make sure to have a lock in the bag to prevent the few and far between robbers of MRU from taking off with my stuff like Jameis Winston took off with those crab legs back at Florida State. I also throw in a body towel, deodorant, and a pair of Adidas running shoes, because when I forget those I'm forced to pump iron in unstable Yeezys, making my squat rack desires futile.

Finally I put in a pair of gym shorts and a Nike Dry-Fit shirt. It is important for the shirt to be about a half size too small, making you look bigger. This is especially useful when you're maxing out on the bench press-seeing the illusion of massiveness will make others think you're just warming up. But in all seriousness, everyone at the gym only cares about themselves and, unless you're setting world records, don't know you exist, so don't sweat other people's opinions. Everyone starts somewhere.



### Extras

M- Perhaps the most important item is a good water bottle! According to WebMD you should be drinking close to a full liter of water during a 60 minute workout, so making sure you pack a good water bottle can help you reach your daily goals! The S'Well bottle has become my best workout buddy. The 17oz bottles range from \$30 to \$40 and although they do have a screw top lid I feel that this makes me really take my time and get a good gulp of H2O down! The best thing about the bottle is that it keeps your cold drinks cold for 24 hours (no ice needed) and your hot drinks warm for 12 hours. My S'well bottle has gotten me through numerous hot yoga classes and help me survived some harsh winters!

Instead of bringing my entire makeup bag, I picked up the Naked on the run pallet from Urban Decay cosmetics. It has all the essentials - bronzer, blush, mascara, eyeliner, lipgloss and a couple eye shadows in one portable square pallet and a nice compact mirror. This bag leaves me with no excuse for not squeezing in a workout as I can easily get ready for any event after!

And last but not least - headphones. I either listen to tracks on my phone or instead of watching my favourite shows on the couch, I head to the gym and tune in during my cardio sessions.

B- I like to start with a good pre-workout mix, which I usually keep in my bag along with a shaker cup for easy mixing. I have C4 (pre-workout powder) in the bag right now and it's basically watered down speed. This is also a good idea because the cup can be reused after the workout for a protein shake. Sometimes I keep the protein container in my locker or car, but more often than not I'll fill a ziplock bag with protein mix before I leave the house in the morning.

Having a pair of headphones in your bag is an absolute must. Have you ever been forced to train without music after forgetting your headphones? I have. I think I heard the same dumb Meghan Trainor song over the gym intercom at least three times. With headphones you can plug in your phone and listen to whatever gets you pumped up most. For me, hitting play on hard hitting tracks like Drug Dealers Anonymous or any old Jay-Z increases my productivity and allows for the highest opportunities for success and results in the gym.

Finally I keep a Fitbit, and sometimes a squash racket in my bag. While I don't usually wear the Fitbit during gain sessions, when in a competitive "workweek hustle" Fitbit battle with friends the added 10,000 steps from a good game of squash can be just what you need to power yourself to supremacy over your Fit-foes.



# #S

6 points by Connor McDavid in two games against the Flames

.818 save percentage for Brian Elliot to start the season

2 World Series championships for the Toronto Blue Jays

0 L's taken by MRU's men's hockey team on opening weekend

# 2016-17 NHL almost-preview

## How will your team do this season?

### Brendan Stasiewicz

Sports Editor

The fact that we're nearly a week into the NHL season while I write this preview is not going to help me. Why is this? Because a week into the 2015-16 season eight of the 16 teams that would eventually go on to make the playoffs were on the outside looking in.

The eventual Stanley Cup champions Pittsburgh Penguins started the season 1-3. The Anaheim Ducks started the season disastrously, just to storm back during the last half of the season to win the Pacific Division. The Montreal Canadiens started out 9-0 just to miss the playoffs after franchise player Carey Price was shut down for the year because of a knee injury.

My point is that it's impossible to tell how a season - especially an NHL season - is going to unfold based on the first week, or even month. All we can do is guess. And while most of you can make guesses without any repercussions, I'm going

to publish mine, which will undoubtedly lead to April embarrassment and perhaps even my firing. Lets dive in.

### Pacific Division

I'll start with our home division. Fellow Flames fans, it's going to be a tall-task to crack the top-three. The 2016-17 Sharks are just as good as their predecessors who made it to the finals. Evident from the opening few games of the season, the Oilers have improved, however the Flames looked like 18 Dion Phaneufs on the ice. The Kings might take a step back after losing Lucic and there could be some tension in a locker room after Dustin Brown was stripped of his captaincy. I wish I could give the Flames a wildcard spot. I still have faith they'll pull things together, but they'll have to compete for a wildcard spot against teams from the league best Central Division; don't hold your breath.

1. Sharks
2. Ducks

3. Oilers

### Central Division

This is a superb division. The Blues are awesome, the Stars have one of the best offenses in the league and of course the Predators and Blackhawks are always solid. If that wasn't enough, the hard-hitting Wild are always tough to play. It's unfortunate for the Jets who have to play most of their games against these division rivals. It'll be the usual suspects coming from here, with the Blackhawks taking the most notable step back after losing key player such as Andrew Shaw and Andrew Ladd. The Stars, Predators, Hawks and Wild, at least three of these teams will make the playoffs, and similar to last season, I think they all will.

1. Blues
  2. Stars
  3. Predators
- WC: Blackhawks, Wild

### Atlantic Division

The ageless wonder of the

NHL, Jaromir Jagr, will once again have his throne in the Atlantic Division. The Florida Panthers are the best team in the division, edging out the Tampa Bay Lightning. I'll make a bold statement, the Detroit Red Wings will miss the playoffs for the first time in 26 years. With Datsyuk gone, questionable goaltender and less than their usual phenomenal drafting the past few seasons, they will fall just short; and currently being tied with the 1980-2004 St. Louis Blues for longest playoff streak in NHL history, it's going to hurt. Look for the Ottawa Senators to finally pull through and be in a wild card battle late in the season with teams like Philadelphia and New Jersey.

1. Panthers
  2. Lightning
  3. Canadiens
- WC: Senators

### Metropolitan Division

Perhaps the most fun division in the league, the six quality

teams are going to be vying for position all season. The Capitals are just as strong as a year ago, and if Marc-Andre Fleury can hold down the fort for Pittsburgh they should again see the post-season. The young Rangers team full of Americans looks to be solid yet again, leaving the Islanders, Flyers, and the Devils (yes the Devils), to fight for wild card positions with Atlantic Division teams like Ottawa and possibly Boston.

1. Capitals
2. Rangers
3. Penguins

WC: Islanders

Sit back, and enjoy the show.

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# Inside Cooper's corner

Q&A with one of Canada West's bright young talents

## Dan Khavkin

Contributor

Coming into the 2015-16 season, Colin Cooper was the first year goalie on the Mount Royal University hockey team who thought he was going to be finding a comfortable spot on the end of the bench for the season. Besides, coming off of a stellar season for the Cougars, Cam Lanigan was the undisputed starter. But the world has a funny way of working out.

After Lanigan suffered an injury early in the season, Cooper was forced to start on the biggest stage of his life. And guess what? He played incredibly well; so well in fact that he posted a 2.30 GAA in 19 games started. He was named to the CIS rookie team and hasn't looked back since.

Going into his second year majoring in Business Administration, we had the chance to sit down and get inside the mind of Colin Cooper.

**What's your favourite NHL team?**

I would have to say the L.A. Kings

and those guys, more presently it would be Quick, and Price is getting up there too.

**Favourite hockey memory?**

I'd go back to my first junior win, it was pretty cool. I played on the Canucks (AJHL) and we weren't really a great team but we started off real nervous and we got the huge win so I'll never forget the feeling after.

**Best save you can remember?**

(Smiling ear to ear) It would've been in Junior as well. We played in Brooks, they had a 3 on 1, one of their guys dropped it down low, I slid across and my defenseman was sliding into me so I had to hurdle over him and gloved it

**Best memory in a Cougars jersey so far?**

Beating Alberta my 2nd weekend. We came out and won 3-1, being a first year and seeing a team like them who were at the pedestal of Canada West for so long, I remember being nervous all game so getting in there for

Tough, but I would have to say Selena Gomez.

**I think she's everybody's (laughing). Pre game ritual? As a goalie you must have something crazy.**

Well I usually try and stay pretty calm and not rile myself up. I have my headphones in all day at the rink, stay in my own little zone, then I go stretch, sit on the bench before the game and kind of visualize and kind of say my last prayers before the game and get focused for it.

**Talking about prayers, a player comes in on you 1 on 1 in overtime, what's your move to stop him?**

For goalies it would be more patience, so kind of hoping they make the first move and stay aggressive. I would wait for the guy to make a move but you know you can throw in a poke check in there and force him onto his backhand, so that would be my only move.

**Who would you say has the strongest social media game on the team?**

(Laughing) I would say Jesse Lees, he's one of the new guys. He's got a pretty good Instagram going and Dominic Thom.

**Why those guys?**

Well if you look at their followers they got tons and those guys are always on their phones so they must be good at something.

**Which teammate would you like to room with the least?**

Well for most I would say Jesse [Lees]. I've known him the longest out of everyone on the team, and the worst, geez I don't know that's tough.

**Pick someone who smells bad or something like that**

(Laughing) well I think I would say Emerson Hrynyk, just because he's such a big dude, always aggressive, I would feel he'd take me out at one point.

**Why did you choose MRU?**

It was more proximity to home. I talked to division-1 schools but

I didn't feel like leaving home honestly. When I met coach Bert [Gilling] it was huge. He didn't compare me to my size like other schools; I felt comfortable as soon as I got here.

**Did you know Bert before?**

Yeah I heard of him. I knew some of the guys who were on the team and they said they really liked him, talking to him throughout the season was cool. He's such a passionate guy and you don't get that from a lot of the coaches, he showed how much he cared for you.

**On a road trip, how do you kill time?**

Homework honestly, either napping or doing homework, we're pretty busy. We fly in and have a team dinner so our downtime would be doing homework or watching game highlights, but for the most part it's crushing naps, the games keep us busy enough.

**On the topic of school, as a student athlete do you have a certain standard you hold yourself to?**

Bert is pretty hard on us, and he explains to us that school comes first - we're student athletes, not athlete students, so he's good with that. He keeps us accountable along with the older guys; if our grades aren't good we don't get to play.

**You talked about the older guys help hold teammates accountable; with you being a bit more of a "senior", how do you help the new guys fit in?**

For me I'm more of a quiet guy, so I'm more of a "lead by

example". I'd ask the guys "hey I'm going to go study, want to join?" or ask them if they did their homework, I wouldn't force it down their throat.

**How did you handle the transition from the AJHL to university level hockey?**

It was different, we practice at such a high tempo and it becomes intimidating for a new guy like myself last year. You go from being the oldest guy to the youngest, the players play better, they make decisions faster so it brings your mind tempo up and keeps you going all the time.

**Having a new WHL goalie partner in Wyatt Hoflin, do you expect to learn anything from him?**

I mean you can learn anything from anyone, so for me I would try and understand where he is strong and see if that helps me, so, we always bounce ideas off each other. Hof, Lanigan and myself are all good friends, so that's been kind of a blessing for us.

**Coming off your great season where you were named to the Rookie All Star Team for Canada West, how can you beat that?**

You have to build off it and not be contempt with anything, right? It was a huge honour to be named to that, but I also know it came with hard work and pressure, so for me it would be to add more practice and work harder.

**Do you think this year's squad is better than last years?**

Last year we had something special with the guys. We had guys like Carts (Cody Cartier) and Fids (Tyler Fiddler) who play professional now.

Definitely skill wise we're going to be a better team with all the



Cooper passes the puck to a defenseman during one of the 19 games he started during the 2015-16 season. Photo by Adrian Shellard

**When did you become a fan?**

Kinda when Quick started coming out, I obviously love goalies, so when he was being more known I guess is when I started watching them so, I like how they play and they're such a hard working team and I like that about them.

**On the topic of goalies, who's your favourite all time?**

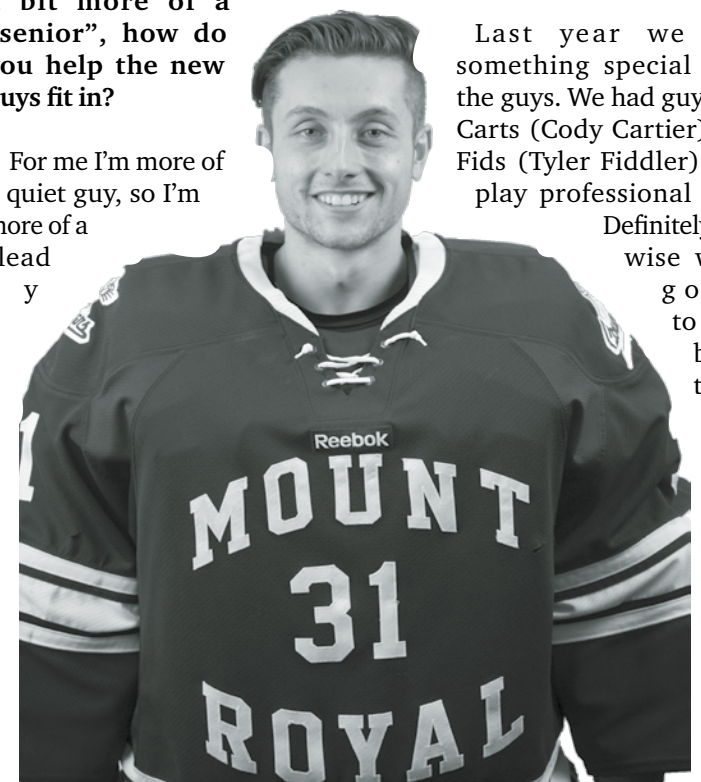
I would say Quick still, but you have to think about Patrick Roy

the win and seeing how good our team was, it was a good feeling.

**How did you feel last year when [Cam] Lanigan got injured and you got the call to start for your team for the rest of the season?**

I mean I was nervous at first, but I took everything in stride. I knew everything happened for a reason so I put on my work boots and trusted that the guys at the front would help me out.

**Who's your celebrity crush?**



young guys coming in, like you said, guys like Hof, so if we continue to grow as a team then we'll be good.

**As a player, do the fans make you play better or do they add to the nerves?**

I usually don't let that get to me. I'm pretty much zoned into the game, but at home it's great that we have the energy we get. I mean, it's better than playing at away barns where we just get yelled at so that's good, but as a player I don't let it get to me.

**What's next for Colin Cooper?**

I would still want to peruse hockey and get a pro contract abroad in like Europe or something, but if that doesn't work out, that's where my education comes in and I start looking for a job.



**"I PUT ON MY WORK BOOTS AND TRUSTED THE GUYS IN FRONT WOULD HELP ME OUT."  
-COLIN COOPER**

**Top Right: Getting defensive support for the Cougars has helped Cooper shine, as he posted a .962 save percentage during the Cougars opening weekend. Photo By: Zenon Andryo**

**Bottom Right: As far as goaltenders go, Cooper is relatively short at 5'9, which forces him to rely more on skill to cover the entire net. Photo By: Adrian Shellard**



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