

the reflector

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THE LOVE ISSUE

THE ANNUAL SEX SURVEY IS HERE!
(PG. 6)

HOW TO GET INVOLVED
IN THE LOCAL
MUSIC SCENE.
(PG. 11)

ADORABLE STORIES
ABOUT 'PUPPY LOVE.'
(PG. 7)



PAN Calgary exists to equalize the abortion rights debate

U of C Club aims to counter-protest triggering pro-life signage on campus

Sydney Fritz
Staff Writer

The pro-life vs. pro-choice debate has been causing a stir on campuses across Canada for a long time. But Pro Choice Activist Network Calgary (PAN Calgary) has made the choice-side of the debate far more visible on the University of Calgary (U of C) campus.

PAN Calgary is a rising activist group that campaigns for reproductive and sexual health rights of women across Canada, in partnership with the women's studies and Feminism club at the U of C.

"The group was founded in response to the increased presence of anti-choice demonstrators [at the U of C]," says PAN Calgary founder Claire Hickie.

Hickie says the group, "is dedicated to dispelling myths and misinformation about abortion and sexual health."

Part of this is done, she explains, by showing up where there are "anti-choice demonstrators" with their own pro-choice signage.

Hickie utilizes the PAN Facebook group to connect pro-choice activists

and supporters. This helps to mobilize group demonstrations or "counter protests" as she calls them, and provide support for people who have negative reactions to some of the more graphic pro-life displays.

She says they do so, "to show students and community members that they are not alone and to show that there is support for the Pro-Choice movement on campus."

"While counter-protesting we will also check in with any individuals who seem upset or triggered by the displays and need immediate support or help and will walk with them to get peer support... depending on their preference," says Hickie.

In some cases PAN Calgary Members provide information to those looking to make a report to campus security if they are "causing security issues" such as blocking entrances, or causing emotional harm with a display.

The main group PAN Calgary aims to offset is associated with the Genocide Awareness Project (GAP).

According to their website, GAP provides visual displays "which graphically compare the victims of abortion to other atrocities,

such as Jews in the Holocaust or African-Americans during the Civil Rights struggle in the US." The GAP website says this is done to stimulate "dialogue among students and others who ordinarily ignore the abortion debate" and to "humanize the pre-born and dehumanize abortion."

Currently, PAN Calgary is most active at the U of C, however the group is looking to expand to MRU.

In March PAN Calgary group is hosting a Pro-Choice Activist Volunteer Training on the U of C campus. This event will be open to university students and anyone looking to learn how to start similar events on campus.

"We encourage open discussion on issues such as sexual health and abortion, but strongly believe that graphic displays meant to trigger and upset students and other passersby are not an ethical or effective way to stimulate respectful and healthy debate," says Hickie.

"We will continue to advocate on behalf of the rights and well-being of Canadian women and individuals of other genders who require access to abortion and other sexual health services."



Clare Hickie is the founder of Pro Choice Activist Network Calgary (PAN Calgary) a pro-choice group on the U of C campus that sends out pro-choice supporters with signs to balance out some of the more graphic signage of pro-life activists. Photo courtesy of Clare Hickie

MRU Alumni returns as new Conservatory Director

Brad Mahon has high hopes for "world class music facility"

Riley Nerbas
Staff Writer

Long before he became the new Mount Royal Conservatory director, Brad Mahon was a conservatory student in the early '90s.

After a failed bid to become the next big thing in the hair metal music industry, he turned to classical guitar training in the crooked halls of W-wing, the old music conservatory.

He graduated and then took on instructor roles in Regina and Medicine Hat before returning to Mount Royal University (MRU) this year.

After a temporary falling out among students and instructors over the firings of two faculty members, Mahon says he has come to MRU to heal old wounds. This January, Mahon replaced Paul Dornian, Director from 1992

– 2015.

He sets his focus on the future of the school's program and new conservatory, "I've got a team and I'm going [forward]."

Mahon places a large emphasis on the future of the music conservatory. He hopes to expand post-secondary offerings for music programs at MRU.

The conservatory is looking into two possible new programs. One is the Artist Diploma, to be added for graduates from universities in Calgary.

"Not everyone is looking for a four-year degree program, we are looking at a two-year diploma that is more flexible and may work for a variety of people," says Mahon.

MRU is also looking to implement a one year certificate for individuals looking to help improve their teaching skills, "centered on teacher training."

The conservatory also has outreach programs that help the students and faculty play for individuals around Calgary.

"We have instructors and students who go over to Garrison Green, a seniors home, to play and connect with them," Mahon says.

Mahon sees a bright future for the Mount Royal Conservatory, calling its faculty and students 'world class'.

"The thing about [the phrase] 'world class,' [is that] people use that a lot, but I really do think that we have the opportunities of a world class facility with world class instruction," says Mahon. "It's exciting."

Mahon will be attending regular meetings with advisors as he settles in over the next semester and brings a fresh and innovative beginning to the Mount Royal University Conservatory.



Brad Mahon is the new Mount Royal University Conservatory Director and an MRU alumni, he has high hopes for the "world class" program and students he deals with. Photo courtesy of MRU Media Relations

How MRU is making trash “greener”

Environmental services implementing program to help sort waste on campus

Anna Junker

Contributor

Mount Royal University is getting creative with environmental solutions for waste. In Sept. 2016, MRU rolled out an improved recycling and sustainability program. The aim is to reduce the university's waste footprint.

In Jan. 2016, a waste audit found MRU was diverting 35 per cent of its waste away from the landfill.

“Hopefully we’re going to get to 75 per cent diversion rate by the end of 2017,” says Carol Hartwick, the information manager of Environmental Services.

According to information provided by Environmental Services, the university generated

376.59 tonnes of waste and recyclables in 2015. To put that into perspective, 376.59 tonnes is equal to 250 midsize cars.

The 90 new bins provide different ways to get rid of waste:

1. Mixed Recycle: all kinds of paper and paper products, cardboard, coffee cups with lids, food containers, metal, glass bottles, and recyclable plastic. A triangle indicates this.

2. Refundable: bottles, cans, milk and juice cartons and tetra packs. These can also be placed in mixed recycle, however, going through refundables allows MRU to get revenue back which goes towards more sustainability programs.

3. Paper/Cardboard: only white paper, cardboard and folded down poster board.

4. Landfill: non-recyclable

plastics such as straws and plastic stir sticks, styrofoam, cellophane (candy, chocolate bar wrappers or chip bags) and chewing gum.

There is a fifth option: organics, which is currently available in areas where there are food services such as Wyckham, The Table, Tim Hortons and Jugo Juice. Organic recycling can also be found where there are events such as the Lincoln Park Room, Ross Glen Hall and the Knuckle. This reduces leftover food waste from being brought to the landfill.

“Mixed recycle takes almost everything. Almost all your waste should be diverted into mixed recycle... Those wooden stir sticks or your chopsticks from Edo, or any of that, that can go in organics, as can your napkins and your paper towels and your food waste of course,” says Hartwick.

The bins have images on the front of them to help people sort where their waste goes but Hartwick says Environmental Services is hoping to have the images at eye level soon in order to provide easier sorting. The different waste options are only available inside the university at this time.

Hartwick says, “We have to eventually become compliant outdoors as well. So that’s just being studied right now on how we’re going to implement that. Right now, we just have landfill and refundable outside.”

As Hartwick puts it, change is happening slowly but surely.

Hartwick also says that the library has specialty recycling where people can recycle their



Gerry Young (left) the manager of Environmental Services and Carol Hartwick (right) the information manager of Environmental Services play a large role in the implementation of the new recycling and waste bins on campus. Photo by Anna Junker

pens and old cell phones.

“A lot of cell phones have certain elements within them that are very rare on Earth, so we do send them back and the school actually gets money back into its sustainability program.”

Gerry Young, the manager of Environmental Services at MRU says, “There’s a huge enthusiasm throughout the university, really everybody wants to get on board with [the program].”

Not only are these new bins permanently located in the main traffic routes and hallways of MRU, but there are also mobile bins to be brought in for events.

“They’re on wheels and are clearly marked, the red is landfill, green is organic. So we bring them to your event and it makes it really quite easy,” says Hartwick.

Currently, there is a one-month pilot project where five office areas are involved in determining the best mode of sustainable waste disposal. Through a survey based on experiences with five different methods, Environmental Services will decide which is the best option to move forward with.

“The pilot project will go back out for one more month with whichever the best one was. And at the end of that, one more survey and then the powers that hold the money will decide how we will roll out to the greater university,” says Hartwick.

We can also expect to see another pilot project in the near future.

“We will be doing a bathroom/washroom pilot project to get paper towel into the organics in places where there aren’t hand dryers,” says Hartwick.

Paper towel is unique to other paper materials, which is why it needs to be placed into organics.

In order to get people more excited about sustainability on campus, there will be a sustainability fair on Main Street near East Gate through March 21-23. Young says they are hoping to have zero waste stations, an e-cycle, a book exchange, a clothing exchange, and a plant sale with possible terrariums.

Hartwick says the response to the program has been really positive. “People have been really [on board], they want to learn.”



New bins on MRU's campus allow waste to be sorted in different ways to be more sustainable and bring less to the landfill. The available options are landfill, organic, refundable and mixed recyclable. An option not pictured is paper and cardboard. Photo by Anna Junker

Pride Scholarship first of its kind in Calgary

Mount Royal University unveils LGBTQ scholarship for academic performance and positive contributions to community

Josie Lukey

Contributor

It’s a first for LGBTQ students in Calgary.

Mount Royal University has unveiled a Pride Scholarship, awarded to any full-time students enrolled in the second or third year of any program in the upcoming Fall semester.

The Scholarship will award \$500 to two students who demonstrate academic achievement and have contributed positively in the LGBTQ community through extracurricular activities.

Dave Beninger funded the Scholarship through proceeds from an event hosted yearly and donations. He says he wanted to fill a gap for students in such a large LGBTQ community in the city.

“The scholarship was one of those moments where it’s like, ‘oh my gosh,’ the people who are waiting for it are ourselves. We’re the ones who are waiting for it. We’re the people that need to step up and fill this gap,” says Beninger.

So far Beninger has raised

more than \$2,000 to keep the scholarship going for the next two years. He adds he will be holding another event in September and will continue asking people to donate in order to keep it alive in the future.

The deadline for the scholarship is March 1, 2017.

Donations for the Pride Scholarship are accepted online.



Mount Royal University will now offer a Pride Scholarship to full-time LGBTQ students enrolled in the second or third year of any program in the upcoming Fall semester.

You do you

This is our Valentine's Day issue and we couldn't be happier to celebrate a "capitalist, cis-centric, heteronormative, hallmark-card selling, bullshit holiday" with you all. (That is a direct quote from Arts Editor Kennedy Enns.)

Since couples are out celebrating this lovey dovey time, I'll leave them out of this.

Read on for a single's guide to enjoying a couple's world.

1. Feeling lonely on a Friday night? All your friends with their significant others? Go to Sobeys and buy at least three types of fancy cheese, cranberry crackers and a bottle of shiraz. This is for you to enjoy in front of your fireplace, watching a PVRed Bachelor episode on your laptop, smiling to yourself as you enjoy a content, single life.

2. Do you ever go out with friends and suddenly realise that you are the only unpaired person? Not to worry! Tequila is there for you. As you drink (responsibly) you will start to remember why YOU are the most awesome person you know. If your friends and their SOs start to drunkenly bicker, you will again be reminded how great it is to bicker only with your own conscience.

3. Anytime our couple-oriented society has you feeling down, be it Valentine's Day or any other, remember that you are the only person who can't leave you. And while that sounds like a convoluted and depressing thing to say, it's also true. Being in touch with who you are is essential to achieving happiness whether you are alone or with your soul mate.

Xoxo,

Publishing Editor



The Mount Royal flags were flying at half mast Valentine's Day out of respect for the MRU aviation crash that killed two instructors. Photo by Jennifer Dorozio.

Mount Royal mourns

MRU plane piloted by two Mount Royal aviation instructors crashed, no survivors

Jennifer Dorozio
News Editor

On Feb. 13, just before 6 p.m., one of the seven planes owned by Mount Royal, a twin-engine Tecnam, fatally crashed while two MRU aviation instructors were on board.

The next day the two instructors were identified as Reynold "Reyn" Johnson and Jeffrey Bird. Johnson had a 35 year career in aviation working with both Air Canada and Jazz. Bird had more recently joined the team at MRU and was formerly a pilot instructor with the Royal Canadian Air Force in Moose Jaw, Sask.

In a tearful statement the day

after the crash MRU President David Docherty expressed the impact the loss of the two exceptional instructors will have on MRU faculty and students, along with sympathy to the victims' families.

"Today has been an extremely difficult day for everyone here on campus," said Docherty.

Johnson and Bird were reported to have been on a "routine training flight" when something went terribly wrong. There has been speculation about how the crash happened but at press time MRU had not released a statement on those details yet.

All MRU flights and aviation classes have been cancelled for the week and the program's fleet is voluntarily grounded until further notice. Docherty stressed

that, "The program will continue, what we will do is make sure that both the students and instructors will get back in the planes when the students and instructors are ready to fly."

Luc Sinal, president of the aviation student executive, also addressed the media on Feb. 14. He described the two crash victims as, "extraordinary flight instructors."

Sinal went on to say that the small aviation program is very close, "like family", and that about 40 students met in a dorm after hearing the shocking news in order to share memories about the two instructors.

It is this "tight-knit community"- the aviation program only accepts around 30 students per year- that makes the tragedy that much, "more tragic," says Docherty.

MRU is providing counselling to grieving students, "There was a lot of handholding, a lot of sitting in circles and talking," said Docherty, choking up again. "The tough part is they feel the loss personally, but they're bonding together to make sure that everyone will get through this, they are so supportive of each other, that was incredibly touching.

Docherty mentioned that there will be what's called a "pop-up memorial" soon where people will be able to express grief at MRU.

"It is very, very tragic because these are individuals [for whom] flying is their life and they wanted to teach others to fly and fulfill their dreams," Doherty says.



Reynold (Reyn) Johnson was one of the two MRU flight instructors killed in a plane crash the day before Valentine's Day northwest of Calgary in the Waiparous area. Johnson had logged over 20,000 flight hours with over 15 different air-planes throughout his career. Photo courtesy of the Johnson Family.

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EDITORIAL STAFF:

Publishing Editor: Nina Grossman
Managing Editor: Ivar Bergs
News Editor: Jennifer Dorozio
Features Editor: Robyn Welsh
Arts Editor: Kennedy Enns
Sports Editor: Brendan Stasiewicz
Photo Editor: Ingrid Mir
Layout Editor: Bigoa Machar
Web Editor: Brett Luft

CONTRIBUTORS:

Sydney Fritz, Riley Nerbas, Josie Lukey, Anna Junker, MacKenzie Gellner, Amber McLinden, Colin Macgillivray, Maria Dardano.

Cover Photos: Amber McLinden and Cameron Mitchell.

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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

What makes you feel beautiful?

Examining self-love and perception

Mackenzie Gellner

Contributor

What really makes you feel beautiful? Maybe a particular outfit, person or action comes to mind.

With Valentine's Day still in the air, we should remember that being single doesn't mean we can't celebrate the day. I encourage everyone to show a little self-love and embrace their

inherent beauty.

When you go from one person to the next, there is always something uniquely beautiful to find. This beauty is immeasurable and looks and feels different depending on one's personality. Some people may love wearing overalls, while others may enjoy purple hair, wearing wide-brimmed glasses, or having tattoo-covered skin. Beauty isn't

only about physical appearance though; personality always plays a part.

It can be seen when someone is talking passionately, making people laugh without being mean or helping others without getting anything in return. Beauty is perception: what each person personally sees as beautiful.

Through the media, the public is shown a type of beauty that is

only attainable through excessive means like professional makeup artists or stylists. Since most people are unable to afford this kind of lifestyle. The beauty portrayed leaves the public with the false assumption that being beautiful is unachievable. Being and feeling beautiful, all depends on personal perception. So what is it for you? What makes you feel beautiful?

A group of eight individuals from Mount Royal University, consisting of administration, faculty and students, were asked what makes them feel beautiful. Their personal responses and photos are shown below. You are able to see individuality in both their photos and words, illustrating that everyone has a unique beauty.



"What makes me feel beautiful is the fact that I can make so many people laugh within the span of fifteen minutes of knowing me. It makes me feel beautiful because I know that at the end of the day I can say I put a smile on someone's face. And it really does boost the way I see and feel about myself. Beauty can be defined in many ways, but the way I see it is through the smiles on others faces because [of] something I did.

— Kemi Omorogbe



"What makes a person beautiful is the fact that they could just portray their natural inner and outer beauty without being defined by the amount of makeup they wear. Beauty is about expressing yourself in the way that you want and living carefree and happy with your own personal judgments and what you think makes you feel beautiful."

— Asia Mationg-Smith



"Personally, I think feeling beautiful is achieved by living in a way that makes you happy. Dress, work and live how you want to. To me, feeling beautiful and being happy are intertwined. Something that specifically makes me feel beautiful is if I can make someone else feel beautiful. Reminding someone of how amazing they are and seeing them smile makes me feel like a beautiful person."

— Mackenzie Gellner



"I feel beautiful when I take the time to pamper and express myself. I do this through makeup. To me, makeup is a form of art and I use it to express myself with a sharp wing or bold lips to make a statement. I incorporate different colours, highlight and contour to dramatize my look. It makes me look good, and when I look good I feel good. Getting dolled up and taking the time to pamper myself is so important to me. Being comfortable in my own skin, with or without makeup, able to be myself, makes me feel beautiful."

— Fatima Ahmad



"I think people feel beautiful when other people acknowledge and embrace the things that are different about you, this helps people become more comfortable and confident with themselves, which is true beauty, when you are able to be completely yourself and confident because you believe other people see you as beautiful as well."

— Hailey Wilson



"I would say what makes me feel beautiful is usually if I am wearing a nice top, unlike today, if I feel I am presenting myself in a fashion-sensitive way. Also, what makes me feel really good about myself is when I do something for somebody else, like when I pay it forward."

— Jane Roberts



"When I do something beautiful for humans then it makes me feel beautiful inside, it's about how you think about others and how you relate to others. That's why I teach [a] course on alienation."

— Bassem Hafez



"Smiling and engaging in conversations with anyone makes me feel beautiful, knowing that smiling at someone and having them smile back makes me feel beautiful."

— Angelica Nefulda

Reflector's annual sex survey

What all of you are up to in your spare time?

Hanna Deeves
Sex Columnist

Valentine's Day may be over, but that doesn't mean love isn't in the air!

Our survey came back with a relatively small sample size this year of 21 respondents. We got feedback from 33 per cent males, 61 per cent females, and four per cent other.

The sexual orientations of the MRU students polled were 71 per cent heterosexual, 10 per cent homosexual, five per cent bisexual, four per cent pansexual, and 10 per cent undecided.

At the end of the survey we asked MRU students to share

first-time sex stories and sex questions. Here are some of the best:

Your first time

"It was the sweetest five seconds of my life."

"I once took a guy's virginity in the back of his car, and immediately after he hung fuzzy dice from the mirror and fist pumped... smh."

"I was sweaty, smelly and gross. Second time was much better."

"My first time was on my honeymoon!"

"In a hotel. Funny enough, my best friend also had sex in the

same hotel the same weekend."

"In high school a girl and I had a spare at the same time. Both horny, we decided to go to my place and have sex. Only ever happened once."

"He handcuffed me to the bed for my first time. It was amazing."

All you want to know

"Can you get pregnant the first time?" – Yes. It is possible.

Any time you have sex there is a possibility of pregnancy. So please be cautious and always use protection!

"What is pansexual?" – A pansexual person is someone

who can be attracted to anyone regardless of their biological sex, gender or gender identity.

"Am I gay if my boyfriend and I want to have sex with another woman?" – Are you attracted to women or are you just curious about the experience of being with a woman? Ultimately, the only person who can decide your sexuality is you. But it's also totally okay to not know, or not label it. As long as you are happy, that's all that matters!

"Best position and how to give a great blowjob?" – Cosmo would like you to think there is a definitive answer, but if you ask me, both of these

things are a matter of trial and error. Everybody's bodies are different with different sweet spots, different comforts and different likes and dislikes. And every pair of people is different. You just have to try a bunch of things and see how your bodies work together. You may love one position with one partner and be bored of it with another. As far as oral, same thing. Try a bunch of things and pay attention to how your partner responds. The biggest key is only do it if you want to. Your partner can tell if you are bored or doing it out of obligation. If you are enjoying yourself, so will they.

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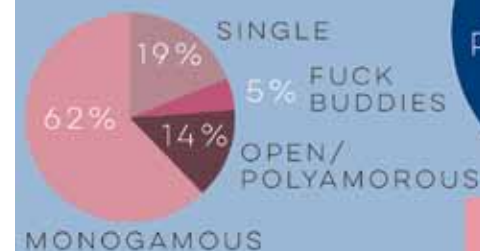


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2017 SEX SURVEY

RELATIONSHIP STATUS



2/3

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PENETRATIVE
SEX OVER
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MASTURBATION?

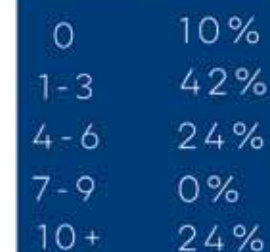


SEX TOYS?

ONLINE DATING?



NUMBER OF PARTNERS



SEXUAL FANTASIES



Based on a sample of 21 MRU students. Percentages are rounded and some questions allowed for multiple responses. Vectors courtesy of Vecteezy.com. Infographic by Robyn Welsh.

Puppy Love

Tales of four-legged friendship



Andy (left) is a German shephard-rottweiler and Mo (right) is a black Labrador. Photo by Leah Mitchell.

Mo was the unexpected one. Perhaps Andy seemed lonely. Or maybe we just wanted another dog with a stupid name. Whatever the case, Mo joined the household. I am never sure if Andy likes having Mo around. She's a bit of a bully sometimes, definitely the dominant one. She steals his toys. Yet, often, there seem to be moments of genuine

affection between the two, a moment of play in the park, the times they'll fall asleep on the couch together. Who knows what to expect from a pair of dogs that sound like a comedy duo.

-Cameron Mitchell, Staff Writer



Marley (left), a yellow Labrador retriever, was almost like a grandpa dog to Nahla (right), also a Lab. Photo by Jennifer Dorozio.

We got Nahla when Marley was already 10 years old. He was a little over the hill by then but Nahla, the rambunctious little puppy that she was, wouldn't stop pestering him until Marley gave in a started playing with her. In my family we always say Nahla

gave Marley a second wind at life. He was fairly sick, but after being introduced to Nahla lived almost four more years in what we lovingly referred to as "the grandpa dog" role.

-Jennifer Dorozio, News Editor



Shadow is a super sweet and friendly dog that loves to cuddle and nap the days away! Photo Courtesy of Brett Luft.

It's pretty convenient that Shadow rhymes with Doggo. I used to have an irrational fear of dogs because I had a paper route growing up — it comes with the job. But then we got Shadow through a weird series of circumstances and he took every fear I had away. Nothing beats driving home through an onslaught of traffic after a hard day of work or school and getting

greeted by a tiny dog who almost literally jumps over the moon when he sees a friendly face. He's a favourite in our family. One thing that he enjoys is digging into my pillow while I sleep so that he can get as close to me as possible and away from the scary noises of the night. He also enjoys napping the days away, and that's something I can get down with.

-Brett Luft, Web Editor

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Brewing bridges between communities

Solidariteas creates vehicle for awareness and community collaboration

Amber McLinden

Staff Writer

In one of her classes, Mount Royal University English major Alexandra Daignault was tasked with finding a way for people to interact with a social justice movement in their everyday experience.

One day the Indigenous studies minor was sitting in a coffee

shop, thinking about the “locally driven” brands around her. She asked herself: how can tea help us interact with social justice in our everyday lives and build community? The answer was in her product, Solidariteas.

About a year after her initial idea, Daignault met Anna Johnson, an alumni of MRU’s Business Administration program. They started to work on building a new business.

The duo are working to build an

enterprise that sells tea through various revenue streams, and donate part of the profits back into the Indigenous community, seeking to help missing and murdered Indigenous women.

Neither women are Indigenous and realize the importance of consulting with the Indigenous community.

“The whole premise of Solidariteas is working in respectful collaboration with communities,” Daignault

explains. “We’ve worked with local communities and Elders to help build this project.”

“We don’t want to be held on a pedestal at all,” Johnson says. “We’re not doing this alone, by any means. We’ve had an amazing support network that just keeps growing.”

Building a cultural advisory committee, having community members give advice and be involved in the process of building the startup is vital, they both emphasize. To their count, upwards of 40 people have been involved so far.

“It’s not just us going into communities and saying, ‘this is great,’ it’s community giving to community. We just happen to be facilitating it,” Daignault says.

But the company wants to extend beyond just monetary impact. An awareness component is built into the packaging, with a story written on it, explaining why missing and murdered Indigenous women is something we should all be aware of and stand in respectful solidarity

with.

“It’s a Canadian issue that’s often just ignored, and it’s time to stop ignoring it,” Johnson says. “Alexandra and I have the privilege and ability to be able to have this awareness tool to build communities.”

Building communities means allowing those not directly affected by an issue to stand in “solidaritea” with those who are. Building those bridges is the entire premise of Solidariteas, and while reconciliation seems to be a word all Canadians know, they don’t necessarily know how to contribute.

“Ask questions. I think that one of the most powerful things you can do as a person is ask questions instead of, ‘I’m gonna do this awesome thing and I’m not gonna ask you how you feel about it, or ask you what your preference is, it’s just going to help you,’” Daignault says.

Check out Solidariteas on Facebook or Etsy and look out for their launch in March 2017.



The brand Solidariteas was created to determine how tea can help us interact with social justice in our everyday lives and build community. Photo courtesy of Sydney Fream Photography.

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Flick game strong

The best movies to watch during the most romantic time of the year



Why don't you Netflix and chill this Valentine's day? Photo by Andi Endruhn.

Colin Macgillivray
Staff Writer

It's safe to say that I am the most romantic person in the world.

Whether it's surprising my girlfriend with an elegant, candle-lit evening at Subway, the finest sandwich establishment in the world, or leaving her bewildered with love after I leave a glow-in-the-dark poster of Adam Sandler's masterpiece Jack and Jill on her doorstep.

But, as a financially unstable student, sometimes Subway breaks the bank, and it's easier to stay home with your significant other and watch a nice romantic movie or if you really want to disappoint your lover, you can go with a romantic-comedy and leave them disappointed and confused.

Luckily for you, through sleepless nights and tireless research, I have concocted a list of the most sensual films ever made. So, grab some fuzzy blankets, dim the lights, cuddle up to your gentleman caller or your cute little sweetheart, sit

back and drink in the pure, unbridled romance that these movies are sure to bring.

Ex Machina

I don't know about you, but artificial intelligence gets me pretty hot and heavy. An incredibly romantic film about the forbidden love between a human and a robot, Ex Machina is a must-see for any couple who is looking for some romance.

First of all, the eye candy in this film is second to none. Not only is the already gorgeous Alicia Vikander made even more stunning through the use of her titanium shell and robotic wiring, but the sequence where she peels off the humanoid skin of previous androids is an aphrodisiac in itself.

Then you have Oscar Isaac, whose narcissistic and crude portrayal of a steamy yet troubled genius is a real lady killer. He actually kills a robotic woman in this movie. Not to be outdone by his fellow cast mates, Domhnall Gleeson's character has potentially the sexiest job on the planet, a computer

programmer.

Between lustful robots and the age-old question of what true love is all about, Ex Machina is sure to have you and your partner giving each other the old, "robot sex-eyes" for the next couple of days.

Blue Valentine

There is nothing that makes me feel closer to my girlfriend than watching a real relationship completely disintegrate on screen before me. Pulling back the curtain on an ill-fated relationship, Blue Valentine will not only make you laugh from all the hilarity that comes with a break up, but it will also serve as a do's and don't's guide for your own relationship. Ryan Gosling is handsome as ever and it's truly a treat to see him in a comedic role after playing so many brooding, seductive high school dropouts.

Michelle Williams offers up a few laughs as well as the focal point in an often hilarious love triangle.

Filmed in Scranton, Pennsylvania, Blue Valentine

shares some similarities with The Office, also filmed in Scranton.

Plus, this movie has "Valentine" in its title, so you know it is incredibly romantic and never sad.

Revolutionary Road

What can I say that hasn't already been said about the chemistry between Leonardo DiCaprio and Kate Winslet. Recapturing the fire, passion and lust that the two shared in Titanic, the romantic-comedy that is Revolutionary Road is sure to be a hit with your boy toy or gal pal during the most romantic time of the year.

The clever, smart and funny story about a couple living in a Connecticut suburb and struggling with their own personal hardships while trying to raise a family is an absolute hoot. By focusing on the new age American tragedy that sits squarely on the shoulders of marriage and family, Revolutionary Road gives us cool and hip young adults an opportunity to relish our youth and appreciate being young and

carefree. By watching a movie where a couple demonstrates such disdain and vitriol for one another, you and your partner can bond over the fact that at least you don't hate each other. If that isn't romantic, I don't know what is.

I could go on and on about countless other perfect Valentine's season movies, but instead I have a confession to make. This list is satire. I urge you to not watch any of these movies on a romantic evening because they are sure to raise some questions from your boyfriends or girlfriends, and they could honestly feasibly ruin your relationship because they are all extremely sad. They are all incredibly powerful films about love and relationships, and they are definitely worth the watch, but maybe don't watch them with your partner or you might lose faith in relationships all together. So, instead, take your Valentine's date out to a nice meal at Subway, surprise them with a nice bag of Sweet Chili Heat Doritos, load up Netflix, and just watch Zootopia or something.

OUT'N ABOUT

Music:

Did you know the National Music Center hosts free public workshops? On Feb 24 check out the museum if you haven't yet and drop into their latest artist's Lisa Lipton's workshop.

Television:

Get ready for the new season of Twin Peaks with a free screening of the first episodes of season one at Local 510 on Feb 26. Perfect for new and old fans alike!

Folk Fest:

Catch a glimpse of Calgary Folk Festival's Black History Month programming with the many talented artists they are bringing to festival hall this month. Show details are available online at calgaryfolkfest.com

Film:

The latest in a series of Studio Ghibli film's being shown at the Globe Cinema, Quickdraw Animation Society presents Spirited Away on Feb 25. Tickets are only \$7 so get them quickly!

Not Kid-ding around

Kid Mellow's unconventional journey to musical success

Bigoa Machar

Layout Editor

Graduating from SAIT's Mechanical Engineering program seemed like a promising career path for Chris Antonio. But the impending economic downturn had other ideas.

"With this economy it's been hard to put my foot in the door," says Antonio. "I'd love to do some work in the field here and there, but I needed something more steady other than the part-time work I was getting."

During the job search, Antonio, who goes by the musical moniker 'Kid Mellow' was able to explore a long-time passion: making music. Ever since he was young, hip hop music has been a common theme in Antonio's life.

"I started in the b-boy scene in Calgary and I was in it for a long time. That basically went on for almost seven years. During this, I would always listen to old-school, boom bap beats like J Dilla and 9th Wonder," says Antonio. "I would listen to a lot of instrumental beats and I got to the point where I thought to myself, 'this is something that I could do too.'"

In order to start making music, Antonio says he had to teach himself the in's and out's of music production.

"I began looking into what tools I could use to make music. Once I understood the process of making it, I started to appreciate vinyl records more and I started collecting them," says Antonio. "That's how I sample most of my stuff. A lot of the music I make is really 'dusty' because I try to maintain that whole sound to keep it original, while



Chris Antonio, aka Kid Mellow, was able to explore his musical passions after Alberta's economic downturn. Photo courtesy Chris Antonio.

incorporating my own sounds at the same time."

Antonio says one of the biggest inspirations to his style of music is the late J Dilla, known for his ability to create instrumentals out of samples borrowed from other artists.

"For myself, I'm only sampling right now. There are producers out there that make things directly from scratch, and I have mad respect for them. I think ultimately when you're making something from scratch, you have to make something make sense

out of nowhere," says Antonio. "When it comes to sampling, it's almost like 50% of the work is done for you and you just have to add your unique ideas and sounds to it."

Although some may be critical of making music out of samples rather than making beats from scratch, Antonio says there's still plenty of artistic value in creating music this way.

"Making good music really depends on the artist and what kind of ideas they want to project. Sampling music is hard

because when you listen to a sample, anything can go infinitely with any ideas you have," says Antonio. "When I sample, I'll sit on my chair for hours and hours to just listen to something until I can feel it."

While he enjoys making music more than anything, Antonio says not everyone shares the same sentiment he does.

"Coming from a Filipino family, you're expected to follow a career path that your parents encourage you to do. I don't regret it at all because I might be able to use it in the future," says Antonio. "If there's something that I'm not seeing right now on what to do with my experience, so we'll see. I'm not even mad though, because I'll probably do the same thing to my kids."

While his parent's weren't very receptive at first, Antonio says it was only a matter of time before they warmed up to it.

"My parents really don't understand what I do, but I don't really expect them to. As long as they appreciate it, then I'm okay," says Antonio. "I showed my mom some of my jazz-style beats and the first thing she asked me was where can I buy it. That was unreal."

With his family now by his side, Antonio says the next step is marketing himself for a larger, more global audience online.

"The main network I use for exposure is Instagram, where I can make visuals with my music to go along with my beats," says Antonio. "I have a background in visuals, so I like to make really artistic videos that represent my ideas to go with the beat. When people watch this, people are inclined to watch and they want the sounds more."

From marketing to continuing to hone his craft, Antonio says this is all part of the complicated process of becoming a better artist in the long run.

"Comparing myself to when I started producing two years from now to today, I would say there's a huge growth, largely because of the people that pushed me to be better," he says. "I saw what other people were able to do with their music and I worked off that."

As Antonio looks ahead to the future, he hopes to find new opportunities, make new friends and continue to grow as a person and artist.

"That's the beauty of hip hop. It's a global community with some really good people that are willing to work together, but you have to trust yourself to put yourself out there and find them. You might get rejected sometimes, but that's what it is."



The kid with a lot of soul is one of Kid Mellow's beattapes that are available for download via his bandcamp page. Photo courtesy of kidmellow.bandcamp.com

Your guide to local venues

The music scene in Calgary is worth checking out. Here's how.

Amber McLinden

Staff Writer

Calgary's local music scene is thriving. If you're looking to cure some winter blues, you might want to check out some of the bands and musicians that make this city a place with music worth seeking out. But if you're not sure where to start, here's a (semi-comprehensive) list of some of the venues that host excellent local shows.

Tubby Dog 1022 17th Ave SW

Leave it to Calgary to bring you the weirdest music venue you could possibly imagine. Yeah, I can deal with gourmet hot dogs. But putting on a show in a gourmet hot dog store? The wiener shop was featured on the Food Network's "You Gotta Eat Here!" for a good reason — the dogs are delicious. It's definitely one of the city's more unconventional venues, and its shows match. It's also well known for being an all-ages venue, so if you're not 18 but still looking to attend shows, check out Tubby Dog.

Broken City 613 11th Ave SW

This venue is pretty well known in the music community here in Calgary. Situated on 11th Avenue and Sixth Street SW, the bar has been supporting the local music



Marlaena Moore performing at Broken City. Photo by Amber McLinden.

community for about a decade now. It might look a little intimidating from the outside, but trust that once you're inside you'll start to feel right at home. The bar has not one, but two locations for shows - their main stage inside and the patio upstairs in the summer or during the winter for Big Winter Classic. They host not only bands and musicians but have events weekly, including drag, trivia, karaoke and much more.

The Legion 116 7th Ave SE

You might not be able to see shows regularly at this venue but it's worth a mention. Likely one of the oldest stages on this list, the Royal Canadian Legion #1 opened its doors to the city in 1922. Even if you aren't a veteran, you can still experience this historic community space with festivals like Femme Wave and Sled Island. Both use the space for their festivals in November and June, respectively. The Legion and Calgary's local music are two things that definitely go together.

Festival Hall 1215 10th Ave SE

Calgary Folk Music Festival is a well known and respected showcase of folk music here in Calgary. It only makes sense, then, that its headquarters have amazing shows year-

round that give you a little taste of the festival that comes around every July. Located in the heart of Inglewood, the venue is available to rent for shows and community events. The hall is built for excellent acoustics, making the main hall a perfect space to host shows. The venue has been used for events like Calgary Pride and Block Heater; Folk Fest's winter counterpart.

Local 510 510 17th Ave SW

As a photographer, it's my worst nightmare, but as a show attendee, I adore the vibe that Local 510 gives off with its low lighting and cozy space. This pub has amazing beer on tap and even better food. It's another venue that has multiple stages, including one outdoor when the weather is right. This bar is also a featured venue for festivals like Sled Island. You can always count on Local 510 to have something going on, whether it's having a few local bands play, a Beatroute Magazine issue release party (with more local music) or even karaoke.

The Palomino 109 7th Ave SW

Located on what some know as Calgary's ugliest block, The Palomino might not look like a place that hosts excellent local music from the outside. Once you get in the door, you'll find another pub with two stages — one upstairs and one downstairs. The upstairs is a restaurant setting, with tables

crowded in a decently big room with a large bar in the middle. Downstairs is much more show focused, with an empty space in front of the bar to stand or mosh to your heart's content.

Venues that deserve an honourable mention: *Good Life Community Bikes*, *Commonwealth Bar and Stage*, *Dicken's Pub*, *Vern's*, *Nite Owl*, *The Hifi Club*, *Wine-Oh's*, *Ironwood Stage and Grill*.



Jaye Kovach from Homo Monsterous performing at the Royal Canadian Legion. Photo by Amber McLinden.

Culture of Consent

Good sex and healthy relationships require renegotiations and collaborative considerations of everyone's needs and boundaries to ensure that what is happening feels good. A culture of consent promotes healthy relationships and sex that is safe and affirming.

Whether a relationship is long-term, or a hook-up, understanding affirmative consent promotes connections of respect and integrity and cultivates a community where consent is valued and violence is prevented.

mtroyal.ca/sexualviolence

NOISE 101

I watched the Grammy's so you didn't have to

What's the point of all this other than Beyonce?

Kennedy Enns

Arts Editor

Awards season is finally coming to a close. Now that they're finally out of the way we can stop tuning into them just to understand the eventual memes that come out of the night. That's why everyone watches them anyway right? I would argue, the most important part of the night was whatever outfit Cee Lo Green was wearing. It's incredibly hard to top a head-to-toe gold C3PO inspired outfit.

As far as awards go, Adele won big by taking home every award she was nominated for, collecting five gold gramophones in total. Or, four and a half if you count the one she broke in half to split with Beyonce. This is the second time Adele has swept her categories she was nominated in, as well as the second time Beyonce has lost record and album of the year despite her critical acclaim. Even though *Lemonade* was universally loved by critics and fans alike, she still managed to lose to Adele's *25*. By 'splitting' her GRAMMY for Album of the Year with Beyonce, Adele tried to make up for yet another awards show snubbing the clear winner.

Together both Knowles sisters stole the show. Beyonce and her baby bump stunned as beaming symbols of warmth and motherhood in a gold-sequined gown, a glittering chain bikini and a headdress; looks some believe were inspired by West African Yoruba deity Oshun, goddess of fertility, motherhood, love and prosperity.

Between Bey's other-worldly performances of "Love Drought" and "Sandcastles" and Solange's win for "Cranes in the Sky," the Knowles sisters proved they don't really need awards to be the night's winners.

David Bowie was honored posthumously with his album *Blackstar*, cleaning up every category it was nominated for. But he wasn't the only artist the GRAMMY's paid tribute to. Most notably, Prince, Leonard Cohen and George Michael were given the GRAMMY's recognition. Adele's performance of George Michael's "Fastlove" got mixed reviews as she stopped mid way and needed to restart, stating, "I'm sorry, I can't mess this up again."

Chance the Rapper won big by taking home Best New Artist as well as Best Rap Performance and

Best Rap Album. Drake didn't do badly either with *Hotline Bling* alone picking up two GRAMMYS, one for best song and the other for best performance.

Twenty One Pilots won the award for Best Pop Duo for their song "Stressed Out" and accepted the awards sans pants because of an "agreement" they'd made years ago while watching the awards show in underwear. Ha ha. The whole story seemed to be a bit of a pointless attention grab.

The rest of the night I would compare to watching the 'who gets the awards for Best Sound Editing at the Academy Awards.' Does anyone really care who won Best Engineered Album, Classical? (It was Corigliano: *The Ghosts of Versailles*, if you do) No offence to any fans of jazz, latin or spoken word albums, but I think we can agree that they aren't the focal point of the show in terms of hollywood glitz and glam and that comes with other categories.

With this year's awards season finally coming to a close, we can look forward to all the great new media of 2017, and the eventual snubs from this year too.



The 59th Grammy awards took place on Feb. 12. Photo courtesy of Wikipedia Commons

New Age Warriors Remix
Crossfaith
Sony Japan
Score: B



Crossfaith has always done a good job at living between electronic and metal music. *New Age Warriors* was a proper metalcore EP, but *New Age Warriors Remix* pays tribute to fans of their other brand. It's short, much like the last release, but it's definitely a great spot for fans of a more hardcore stream of the electronic genre(s) to start exploring what Crossfaith has to offer.

Tracking down *New Age Warriors Remix* might be a bit challenging, as — although the album is in English — it is a Japanese release. Some tracks are available on

YouTube and the band says the full album can be purchased online if your streaming service doesn't have it readily available. Even though I'm not a huge fan of electronic genres — anybody driving behind me has probably heard my mixtape full of slam jam mashups — I do take any option to listen to "Rx Overdrive" quite seriously.

—Brett Luft



Fin
Syd
Columbia
Score: A-

From *Odd Future* to *The Internet* to her first solo project, alternative R&B artist Syd does a fantastic job on her first independent record. In an album that is 12 tracks long it's surprising that not a single song felt extraneous. A single song couldn't be removed without taking away from the overall theme of the album. Standouts from *Fin* include the opening track, "Shake Em Off", the love song "Got

Her Own" as well as the album closer, "Insecurities." If you consider yourself a Frank Ocean or Kaytranada and haven't given this album a listen yet, you're really missing out. Slick and overall romantic in its themes, this album is also perfect for your Valentine's playlists.

—Kennedy Enns

Fantôme
Utada Hikaru
Universal Japan
Score: A



Utada Hikaru is a goddess. If you don't believe me, check the facts. *Fantôme* is a Japanese-language album that charted in 28 countries on iTunes during its release, including number one in six countries. Prior to the release of Adele's *25*, Hikaru held a 14-year record for highest single-week sales for an album in a single territory. And even with all of that hype, you might expect *Fantôme* to miss a few punches. But it doesn't. *Fantôme* is a breathtaking album regardless of whether or not you can understand any of it.

"Ore No Kanojo" includes what I describe as the most impressive use of a stand-up bass in this cen-

tury. Some tracks are a bit too experimental at first — looking at you, "Boukyaku" — but they get better and better with each listen. You can feel the passion (that's a pun, in case you missed it) with each passing second. You can feel the years of work and energy put into this album with each listen. It's incredible. It's a great companion for Valentine's Day season, whether you're alone or with a partner.

—Brett Luft

Local talent represents AB at Nationals

Mount Royal student on way to UNB to further curling career

Brendan Stasiewicz
Sports Editor

This guy's got stones. Literally. Tyler Lautner was born to be a curler. From the age of five, his father, who also played curling at a high level, got his son involved in the sport. And the rest, as they say, is history.

Lautner fell in love with the sport. The Calgary product played through the junior ranks before playing in his first international tournament in 2014, where he had the honour of playing skip, finishing in fifth.

The skipper throws the final two rocks of each end, and is often known as the leader of the team.

But, as fate would have it, Lautner's junior team was about to go through turmoil. The team decided to split ways, and according to Lautner the breakup wasn't pretty.

While most breakups are usually followed by listening to Marvin's Room, excessive drinking, and sending passive aggressive text messages, Lautner would actually get the chance to settle the score.



Calgarian Tyler Lautner throws a rock at a league match at the Calgary Winter Club. Photo by Brendan Stasiewicz.

Reading on Facebook that another high level Alberta curling team led by skip Colton Goller was in need of a player, Lautner "hit him up" and became the team's newest addition.

In the semi-final match of the 2017 provincial championship in early Jan., Lautner would face his former team to determine

who would have the chance to represent Canada at the national finals in Victoria.

You can imagine this meeting went down like all of the biggest rivalries of our generation: Kobe vs. Shaq, Pacquiao vs. Mayweather, Michael Jordan vs. the Mon-Stars in Space Jam, you name it, the theatrics matched.

The nailbiter went to an extra end, where Goller, Lautner's teammate, had a chance to knock out an opponent's rock on the final throw to win the match. With Lautner sweeping to help the rock around a guard, the rock curved into the opponent's rock, knocking it out, booking the four man team's ticket to the West Coast.

Talk about poetic justice.

"There's always bad blood," says Lautner. "The way we broke up wasn't the most G rated breakup, I'd give it a solid 18A rating, I definitely wanted to bring my 'A' game and beat those guys."

Lautner's new team, now representing Alberta, made the trip to BC in late January, where they finished the national championship with a record of 5-5, a few spots shy of a playoff berth.

Though they didn't get to play for the right to call themselves Canada's best, Lautner says that the experience was rewarding.

"I've been to a tournament like that before in 2014 [and] only three teams made the playoffs, but overall it was a great experience," says Lautner. "As for our finish during the week,

it wasn't good but it definitely wasn't bad."

Though the team finished in the middle of the pack, the experience has given Lautner an opportunity for the future. With Mount Royal lacking a formal curling program, the head coach of the University of New Brunswick caught wind of Lautner, offering him a spot on the team.

"Unless you go to the [University of Alberta] you don't really get to play university curling in Alberta," says Lautner. "New Brunswick's coach mentioned he had a few guys graduating and asked if I'd be interested in playing."

Though it's easy to believe Lautner 'curls for the girls,' the real reason he plays is his unequivocal love for the rink. A love that will take him over 4,000 km away from home next September, as he has accepted the University of New Brunswick's offer.

"I've gotten through all the junior levels of curling, I feel like the university level is the next step," Lautner says.



Lautner sweeps with a teammate during a league game Feb. 7. Lautner's father, Jim Lautner, also plays on the team and has been Tyler's coach from a young age. Photo by Brendan Stasiewicz.

#S

1390 career blocks for Serge Ibanka since 2008-09, most in NBA

1,000 career points by Sidney Crosby

727 games for Henrik Lundqvist to reach 400 wins, fewest number of all time

5 Super Bowl rings for Tom Brady, most ever for a QB

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The 2017 Crowchild Classic

Dan Khavkin and Sydney Fritz

Staff Writers

The ‘crosstown smackdown’ or the Crowchild Classic as it’s officially known, took place at the Scotiabank Saddledome on Feb. 3, and it certainly lived up to the hype. This year the Mount Royal Cougars and Calgary Dinos brought in 11,902 spectators for the men’s evening game while the women’s game saw 5,000 attendees.

While the Cougars women’s team clinched the last playoff spot prior to this game, the Dinos sat near the bottom of the conference and it showed on the ice as Mount Royal was all over the Dinos, winning the game 3-1.

The Cougars, who proved too fast for the Dinos, dominated the first period. Both goals in the first period were powerplay goals scored by Nicollette Sepper and Shawni Rodeback, who both finished off very similar passing plays to tap the puck over goalie Kelsey Roberts on the far side. The second period showed more Cougar dominance, as MRU players kept Roberts busy with shots 25-10 in favour of MRU heading into the third period. Team defence was the story as the Dinos mustered a measly 15 shots on Cougar goalie Emma Pincott who, despite only facing a handful of shots a period, made the big saves when needed.

The Cougars closed out the third easily, taking the first game of the evening 3-1. Coming into the second contest, the boys in blue representing MRU (15-8-1) were snake bitten by the Golden Bears two games prior. The Dinos (14-9-1) had only won two of their past six games prior to the Classic. Captain Cougar Matt Brown made sure he left a mark on his final Classic game when he drew first blood, jumping on a loose puck before slotting it between veteran Steven Stanford’s legs, helping raise the roof for MRU supporters in the Saddledome.

Goalie Colin Cooper only faced five pucks in the first frame, but one snuck past him on a screened shot from Jared Hauf to tie the game. Not too long after, Jamal Watson deflected Jesse Lees’ point shot on the powerplay to restore the Cougars lead heading into the second frame.

David Stephens gave his team some breathing room when he

blew by the Dino defense and managed to tuck the puck in on the far side of Stanford in a highlight reel fashion to restore a two-goal Cougar lead. But as we’ve come to know, the 3-1 lead is dangerous (looking at you Oakland and Cleveland).

The Dinos started pushing more and more and while they only had 12 shots by the end of the second, they made their last couple count.

Dylan Walchuk scored on a cross crease feed from Dylan Busenius, who had three assists on the night. Walchuk chipped the puck into the side of the net in the last minute of the second period. Adam Kembeitz then tipped a floppy shot on net past Cooper to tie the game heading into the third period.

The Cougars kept hurting their own cause when they gave their rivals more than a minute of five-on-three powerplay time, giving time for veteran Elgin Pearce, who finished off a passing play from the bottom of the faceoff dot, to give the Dinos a lead with five minutes remaining. But the fighting Cougars kept clawing away with less than two minutes left.

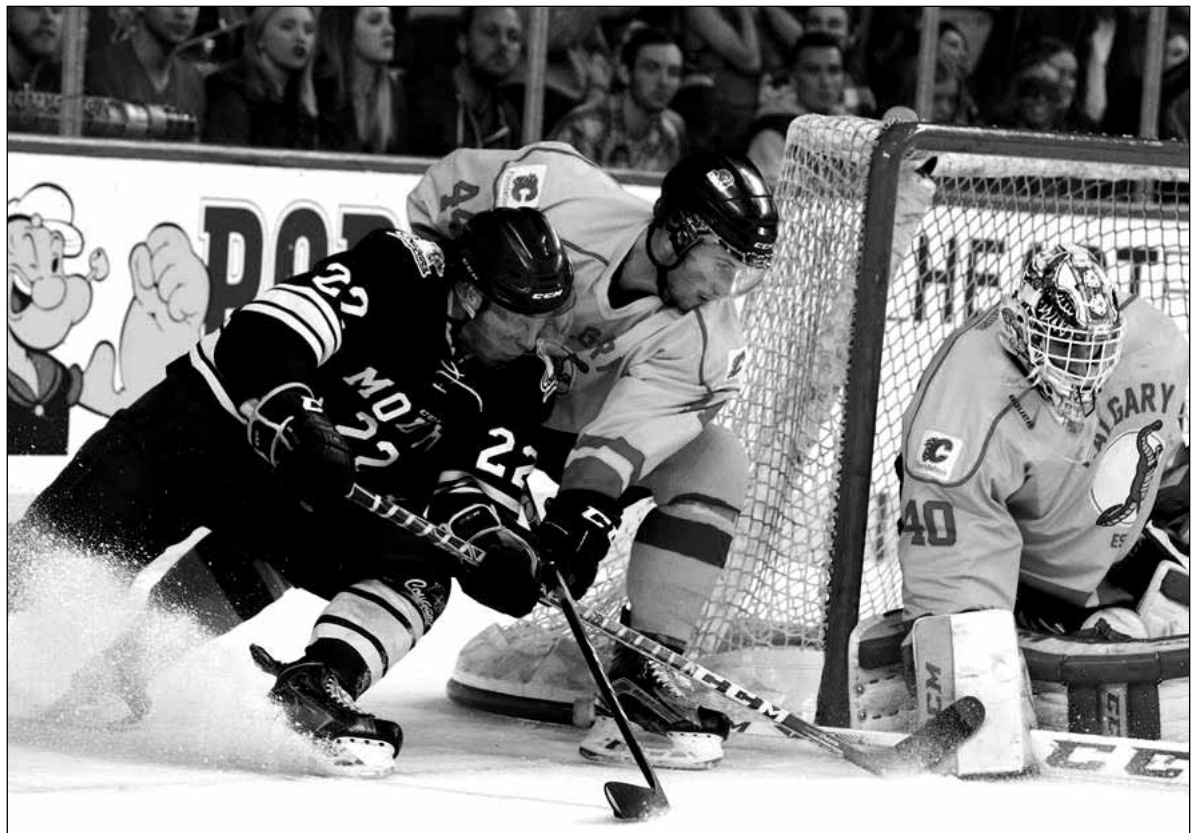
Ex-Hitmen, and no stranger to the Saddledome, Connor Ranking one-timed a puck with just getting enough power behind it to get it over a sprawling Stanford, setting up an overtime for the ages. Mount Royal came alive after the tying goal but Stanford stood his ground and helped force a second overtime frame, where he stole the show and broke Cougar hearts.

Devin Gannon, the 2014 hero, picked up the puck from the high slot early in overtime and fired it into Stanford’s glove, absolutely robbing him in Miika Kiprusouff like fashion.

Moments later Jesse Lees’ stick broke, resulting in the most brutal and disorganized two-on-one anyone can think of as the tired MRU forwards hustled back to cover.

Cam Maclise managed to block a shot that went past Cooper, but fortune was with the Dinos that night as Danny Gayle swatted a backhand past all the bodies to give the Dinos the win.

The Saddledome is no stranger to cheering fans, fun mascots and good hockey. The hopeful Cougars fans and family members found their



Fifth year Cougars' Captain Matt Brown attempts to put a wrap-around attempt past Dinos' goalie Steven Stanford. Photo by Zenon Andreas.

seats and wasted no time showing support.

Whether painting their chests blue, sporting school colours or just screaming in the crowd, everyone was excited. “Being here makes you feel like you’re part of something really cool,

I just want to yell ‘Go Cougars!’ every time I see blue,” says Cassidy, a 22-year-old nursing student.

She wasn’t the only one ready to show her school spirit. You couldn’t walk fifteen feet without hearing someone

yell, ‘Go Cougars!’ “We may be a smaller school with less students but you couldn’t tell,” says Devin, a 19-year-old MRU criminal justice major.

“We are way louder than the U of C.” This was especially noticeable during the Girls game. While Cougars fans may have been outnumbered, you couldn’t tell from the thunderous cheering heard from all corners of the dome.

“This is my first time here [and] it’s crazy! Everyone is lit! It’s wicked!” says 18-year-

old social work major, Leanna.

Although the men’s team didn’t end the game as joyfully as the women, it didn’t stop Cougars fans from showing support.

“Yeah I want our boys to win but I am blue win or lose. Go Cougars!” says Spencer, a 20-year-old athletic therapy student.



Zack Henry cuts up ice at the Crowchild Classic. Though the Cougars dropped the game, they’re safely in a playoff spot and play the Manitoba Bisons the weekend of Feb. 17. Photo by Zenon Andryo.

The story behind a YYC Cycle Motivator

It's not just biking for Lainey Bennett

Maria Dardano

Contributor

For many people physical fitness is a catalyst for self-betterment, growth and passion. But for Lainey Bennett, 25, it's been so much more. Bennett began her journey in July 2014 when she was looking for an escape from her regular life and began taking

classes at YYC Cycle.

It can be difficult for anyone to be satisfied with life, your job, relationships or even your purpose. Bennett found spin classes to be her release.

Bennett was previously working in oil and gas, and although she landed a career that supplemented her business

degree, she wasn't happy being cooped up in an office.

Spin was the turning point – the point where Bennett decided she wanted to make a change in her life. After one and a half years of spinning at YYC Cycle as a customer, she decided to act on the love she had for spin and the studio, and

asked for a part-time position.

"I was going through a really awful part of my life and spin was my source of letting go of whatever I was going through," Bennett says. "I made clean break from that old life by coming to spin. I found spin after I was in that dark place."

In Sept. 2015, Bennett began her journey as a part-time leader at YYC Cycle. A month later, she was laid off from her position as an oil and gas drilling and completion specialist.

Bennett may have lost her job, but she says she took it as a blessing rather than a curse.

The weekend after Bennett was let go, she took a trip to Los Angeles. When she returned, she was offered a full time position at YYC CYCLE. Bennett accepted.

In January, Bennett took another step in the right direction and traveled to Asia. The trip ended up extended to five months, where she lived on a tiny island in Thailand and completed her diving masters.

Five months later, Bennett received a phone call from Andrew Obrecht, co-owner and motivator at YYC Cycle.

"I was expecting he would just tell me they wanted me on full time again."

But Bennett was mistaken.

The two sat down for coffee to discuss Bennett's wild vacation, and the conversation turned into another job offer – regional manager and YYC Cycle motivator. A motivator's role is to teach the spin class but empower the riders to dig deeper than just the class.

Bennett was in awe. She

accepted the position and hasn't looked back since.

Bennett says it wouldn't have been possible without her boss and life motivator, Andrew Obrecht.

"He's such a believer in greatness and good. He's super supportive and makes you feel like you know you're supported and if you need anything at all, he's there for you - which is super nice to have that type of relationship with your boss," Bennett says.

Obrecht says he saw something in Bennett that he couldn't pass up, which is how she ended up where she is today.

"She has an ability to connect with a group that's very unique, she also has an ability to step into an owner's mentality – when things need to get done, they get done and she's a great team player which is the most important thing – especially when your team is 120 large in Calgary," says Obrecht.

These days, Bennett is managing three YYC Cycle studios in Calgary – Kensington, Marda Loop, and Avenida Village. Additionally, she teaches three classes and works roughly 60 hours per week. This number is always changing but Bennett is loving life and wouldn't have it any other way.

The best part of Bennett's journey has been her ability to find who she really is.

"I was so lost before and now I feel like I'm part of something bigger and I feel like I belong here."



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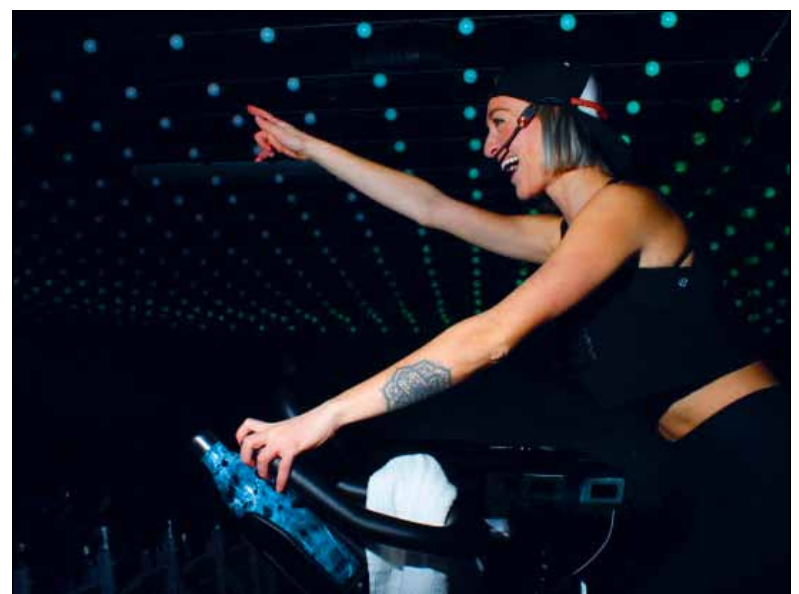
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The 25 year old YYC cycle motivator has found a passion in life, whether it be on the bike or behind the desk as the YYC cycle brand becomes increasingly popular. Photo by Maria Dardano.