

the reflector

FREE
October 24, 2019
www.TheReflector.ca



Trudeau's
Liberals win
the 2019
federal election
(Pg. 3)

How Calgary
businesses
are promoting
sustainability
(Pg. 7)

In review:
*How to Fall
in Love with
Anyone*
(Pg. 9)

Q&A with
Men's Soccer
superstar Justin
Anderson-Louch
(Pg.11)

Why MRU's growing Indigenous student population is significant

"We are reducing barriers. We're opening up the doors."

Andrea Wong

Contributor

MRU has never seen more Indigenous students than those walking on campus today. In the last five years, the number of self-identified Indigenous students has more than doubled to 800 and for the first time has reached a higher retention and graduation rate than non-Indigenous students.

It's a milestone worth celebrating, but the successes along the way stir a greater appreciation for how these students got here and where they are heading.

Navigating the university system

Historically, assimilation and systemic racism has permeated numerous sectors of Canadian society, and the post-secondary institution is no exception. Until the 1960s, under the Indian Act, if an Indigenous person attained a university degree their Indian status would be taken away, which meant losing their treaty rights and connections to family and community.

The lack of support services posed another barrier to higher education and made post-secondary institutions "impossible to navigate," says MRU alumni Steve Kootenay-Jobin from Stoney Nakoda nation.

When he first stepped into the halls of MRU in 2007, Kootenay-Jobin was the youngest amongst a few other Indigenous students. With little support on campus and many of his peers dropping out, Kootenay-Jobin often felt alone and hopeless.

"Indigenous peoples have specific needs. We need to be able to feel like we have a sense of belonging [and] a sense of identity," Kootenay-Jobin says.

Creating space for Indigenous students

Today, Kootenay-Jobin works in the Iniskim Centre as the Indigenous housing coordinator. He says he is very happy to see a positive shift as hundreds of Indigenous students attend MRU.

He attributes this change to the university's Indigenous Strategic Plan and commitment to reconciliation.

MRU was one of the first universities in Canada to adopt the Indigenous Admission Policy, which reserves seven per cent of all program seats for incoming Indigenous students. The policy makes room for students who meet the minimum requirements but might not be at the competitive average.

While some may think those seats are being "tossed around as perks or privileges," Kootenay-Jobin says it allows opportunities for first-generation university students to break through barriers of trauma and discrimination.

"Many people, unfortunately, don't feel secure in continuing on in schooling if they're consistently told no," Kootenay-Jobin says. "We are reducing barriers. We're opening up the doors and our institution is showing a commitment to reconcile but also address the inequities and the inequalities of the past."

Building bridges

The Iniskim Centre has also expanded to a robust "one-stop-shop" that provides community and brings together resources that help students navigate university in a culturally safe space.

The Indigenous University Bridging Program, in particular, plays a key role in helping

new students transition into university. That's how Nikita Kahpeaysewat, whose Cree name, Usinee Iskwew means 'Rock Woman' in Plains Cree, found her place at MRU.

Originally from Moosomin First Nation, Sask., Kahpeaysewat had been out of high school for about three years when she decided to move and go to university. While she was upgrading through the Indigenous University Bridging program, Kahpeaysewat had academic support from tutors, as well as program director Tori McMillan. With their help, Kahpeaysewat was able to succeed and eventually discovered a love for science.

"When you provide an opportunity, you'll see the best come out of people, you'll see them thrive," McMillan says. "That's the story here in our school. The students are thriving because they have a community here and through that sense of belonging, it carries them through the challenges of being a student."

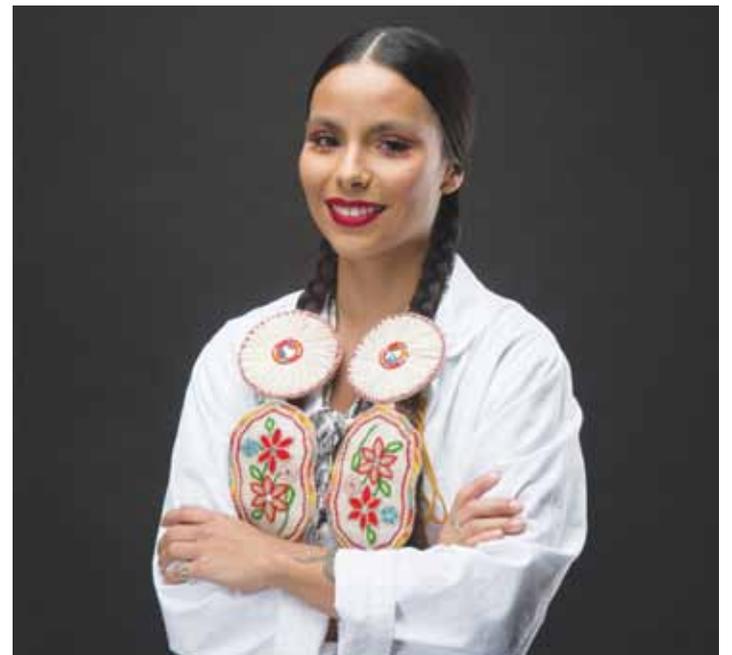
Kahpeaysewat is now in her second year of environmental science and has attended national conferences such as the American Indian Science and Engineering Society Summit, where they featured her in their magazine.

"If somebody would have told me that I'd be in science and I'd like school back when I was in high school, I probably would have laughed because it was the complete opposite back then.

"I didn't have the drive to do well in school," Kahpeaysewat says.

However, none of these opportunities would be possible without the support she received.

"If it wasn't for the people at Iniskim guiding me, I feel like it



This past spring, Nikita Kahpeaysewat's university story was featured in the *Winds of Change* magazine. Photo courtesy of Blaire Russell

would have taken me a lot longer to figure it out. And maybe by then, I would be struggling so much, I wouldn't want to stay."

Beyond the walls of university

While Kahpeaysewat has gotten "really comfortable as a student," she has plans to work in research and policy where she hopes to impact Indigenous communities like her own concerning water quality.

It is aspirations like Kahpeaysewat's that Indigenous recruitment officer Melanie Parsons says MRU aims to build. While speaking to Indigenous communities across Canada, Parsons shares her own university experience as a Cree Métis woman and inspires students to consider the possibilities of higher education.

"There is a safe place for Indigenous students at Mount Royal ... where they can make something of themselves and make their dreams come

true through education and experience," Parsons says.

As more Indigenous people go to university, they also bring their friends, family members and communities.

For Kootenay-Jobin, two of his brothers followed after him, and it is a reality that his nephew has grown up seeing.

"Education is no longer a 'what if' factor [or a] 'do I have what it takes?' It has become normalized for my nephew now, where it's 'when I go to university.'"

Parsons agrees, adding that as more Indigenous people move into different roles and work in their communities, they will inspire others to do the same.

"The more people that are getting their education the better, so that we can have Indigenous doctors and teachers and social workers," Parsons says. "It's about creating an opportunity for yourself [and] creating opportunities for your community."

Liberals win minority government, but lose popular vote

Noel Harper

Contributor



Justin Trudeau celebrated his win with a speech that cut off the speeches of his competitor, Andrew Scheer. Photo courtesy of CTV News

Shortly after the polls closed for Canada's 43rd federal election Monday night, Liberal Leader Justin Trudeau took to the stage in Quebec and spoke to his supporters with the confidence of a politician who had the support of a nation behind him — support that he may not have.

Trudeau will form government once again after winning the most seats of any party nationwide. But, different from his last victory in 2015, this government will be a minority. The Liberals won 156 seats — losing 28 seats from last election and failed to secure the necessary 170 seats for a majority.

"Regardless of how you cast your ballot," Trudeau said on election night, "ours is a team that will fight for all Canadians."

Andrew Scheer's Conservative party managed to make gains in the House of Commons, winning 26 more seats than 2015, totaling 121 seats. They also won the popular vote of the close election, capturing 34.4 per cent compared to the Liberal's 33.1 per cent — but could not defeat the incumbent Trudeau.

Despite this, Scheer said, "Conservatives have put Justin Trudeau on notice, and Mr. Trudeau, when your government falls, Conservatives

will be ready and we will win."

Rounding out the rest of the results across the country, the Bloc Québécois more than tripled their seat count from 2015, coming in third place overall. The NDP under Jagmeet Singh dropped to fourth, suffering a significant decrease in seats.

"The winner of this election is not a leader or a party — the winners should be Canadians. They want a government that works for them. Not the rich and the powerful," Singh tweeted early Tuesday morning.

The Green Party, under fourth-time leader Elizabeth May, won three seats, the most the party has ever won, including a gain in Fredericton.

Former Conservative MP Maxime Bernier experienced perhaps the biggest disappointment of the night, failing to win a single seat for his new People's Party of Canada.

"We will be there to criticize the next government and offer better solutions," said Bernier, who will not sit in the House, losing his seat to his former party.

Calgary's 13 federal ridings all elected Conservative members, with noteworthy incumbents including Michelle Rempel (Calgary Nose Hill) and Len Webber (Calgary

Confederation) returning to the House.

Alberta at large experienced a near sweep by the Conservatives, with the exception of Edmonton Strathcona, where NDP candidate Heather McPherson was elected. Not a single seat in the province was awarded to the Liberals, with the party losing all three of its members in the two major cities.

Kent Hehr, the last remaining Liberal candidate in Calgary, lost his riding to Conservative candidate Greg McLean in one of the country's most-watched races.

"I'm elated for my team that we pulled this off," McLean said to his supporters. "We didn't know what tonight would hold."

Hehr graciously accepted defeat, saying that McLean "always treats me with dignity and respect ... I know Greg's going to do a super job as a Member of Parliament for Calgary Centre."

The other riding to watch in the city was Calgary Skyview. Also picked up by the Liberals in 2015, the seat became independent following the ousting of Darshan Kang from the party caucus.

Nirmala Naidoo, a former journalist and news anchor, attempted to win the riding for the Liberals, even participating

in a rally with Trudeau in Calgary to drum up support, but ultimately lost to Conservative candidate Jag Sahota.

"I hope [Jag] will represent these people and give them the kind of representation that they deserve," Naidoo said after conceding to Sahota.

Polls in Alberta were among the last to close nationally, around the same time as networks began to project a Liberal minority government. The early prediction kept most party leaders quiet until later in the night, when it was certain the outcome wouldn't be what they hoped for.

Accepting his own defeat, Singh addressed his supporters from his riding in Burnaby — but, as he was finishing, Scheer chimed in from Regina with a similar sentiment to Conservative voters, speaking over the tail end of Singh's speech.

Just then, Trudeau spoke over his competitor by cutting into Scheer's speech just after 11 p.m. MT — resulting in, for a brief moment, three federal leaders speaking across the country at the same time.

It was a fitting metaphor for the minority parliament that lies ahead for Canada's federal parties, and how they might work together throughout the next four years.

THE REFLECTOR

Issue 4, Volume 58

EDITORIAL STAFF:

Publishing Editor: Andi Endruhn

Managing Editor: Ivar Bergs

News Editor: Nathan Woolridge

Features Editor: Isabelle Bennett

Arts Editor: Sarah Green

Sports Editor: Dan Khavkin

Photo Editor: Riggs Zyrille

Layout Editor: Karina Zapata

Web Editor: Rosemary De Souza

CONTRIBUTORS:

Andrew Wong, Noel Harper, Christian Kindrachuk, Cassie Weiss, Alaina Shirt

STAFF WRITERS:

Mackenzie Gellner

COVER: Illustration by Riggs Zyrille

The Reflector, with an on- and off-campus circulation of 5,000, is the independent voice of the students of Mount Royal University. It is published fortnightly during the academic year (Sept. to April).

The Reflector is editorially autonomous and financially independent from all other governing bodies at Mount Royal University.

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.

Complaints arising from the content of the paper should be directed to the Ombudsboard. This board has been established as a mediator between the Reflector Publications Society staff and its readership.

All decisions of the Ombudsboard are final and binding on both parties. Letters to the Ombudsboard must be sent in confidence, care of the Reflector Publications Society, to the Reflector Publications Society office.

Submissions and letters to the editor should be a maximum of 500 words, typed, double-spaced, and contain the writer's name and phone number. No unsigned letters will be published. Only in exceptional cases, at the discretion of the Publishing Editor, will writers' names be withheld. The Reflector reserves the right to edit submissions for brevity.

Contents are copyright © 2019. No material may be reproduced without express written consent.

All opinions contained within this paper are those of the individual authors, and not necessarily those of the Reflector Publications Society. For more information, contact The Reflector office at:

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

How MRU's new security system helps campus safety

Christian Kindrachuk

Contributor

MRU has begun to implement the use of artificial intelligence with its new security systems designed to make the campus safer and security's job more efficient. The university is the first institution in Canada to use this new technology during its upgrading.

"Most of our cameras dated between 2001 to 2011 and we did have some newer sites, but the technology was also somewhat old. Everything on campus up until 2016, was an analog deployment," says Peter Davison, the director of security services.

With the new security technology available through iCetana, it has made MRU security's job easier detecting important situations and changes on campus and then allocating the correct resources to deal with it.

"Being the dispatcher, I think when you do sit down and do the actual dispatch duties, it's a lot easier to be able to prioritize what is actually important for us to go and respond to," says Manisha Sidhu, a security supervisor at MRU.

The way the new camera technology works is fairly simple, it detects anomalies that are out of the ordinary. These anomalies then proceed to pop up on a security monitor screen to let security see what is happening.

Over a 14 to 28 day period the system learns what a given

area looks like, and then notes if there are any anomalies that occur, says Davison. By having the capacity to trace patterns in the security camera system through pixels, all screens do not need to be on at once for security to spot an issue.

"The other term for this is 'black screen technology.' In our lower monitors, the [screens are] black, but when an anomaly comes it actually pops up," says Davison.

It is also able to capture very specific things like lighting changes in the library and smoke plumes coming out of buildings, says Davison.

"My favourite capture was a windowpane popping off. [It was] 2 a.m. in the morning in a hallway ... and just like out of a horror movie, it suddenly just shatters. It was just like a structural thing," says Grant Sommerfeld associate vice-president and facilities management of MRU's Finance and Administration Division.

While improving security on campus, the new system has the benefit of being cost-efficient, which was not initially on the university's radar, says Davison.

"On top of all the operational ease, it's going to lower the total cost of ownership of that system dramatically," says Davison, adding the system runs on the same technology, but also helps with a maintenance cost that adds up with older systems.

iCetana itself was not made in North America, but is being used readily in the United States says Sommerfeld.

"The software was actually developed by engineers in Australia as a fluid dynamics exercise that they were doing to measure ocean currents," says Sommerfeld.

While that may not sound applicable to a security system at first, it does benefit the

overall system and campus safety. It helps to give security a force multiplier, says Davison, which is to boost the effectiveness of a response to an incident essentially.

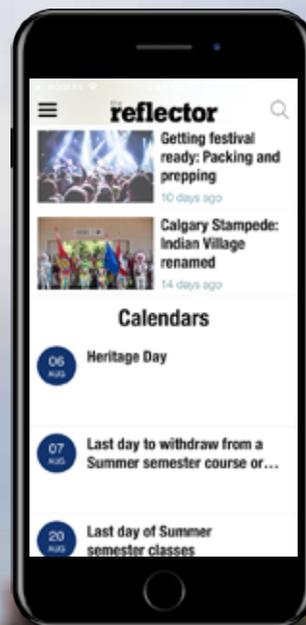
"It really maximizes our system and often that's what we're trying to do whenever we pick a new module — or we pick something to add to the security level," says Davison.

"I feel like the biggest change

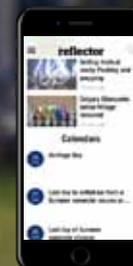
for us with the system, it's really doing a lot of work for us, which really simplifies our work," says Sidhu.

As mentioned, MRU is the first place in Canada to adopt this iCetana system and use it. This has brought interest from oil and gas companies and municipalities to come and see how the system operates and is used, says Davison.

The Reflector Newspaper app available now in your favourite app store



Get The Reflector Newspaper app available in the App Store and in Google Play. It has all of the up-to-date news and information to enhance your Mount Royal University experience



Download on the
App Store

GET IT ON
Google Play



Here is one of many security cameras around MRU that can capture changes on campus using AI technology. Photo by Christian Kindrachuk

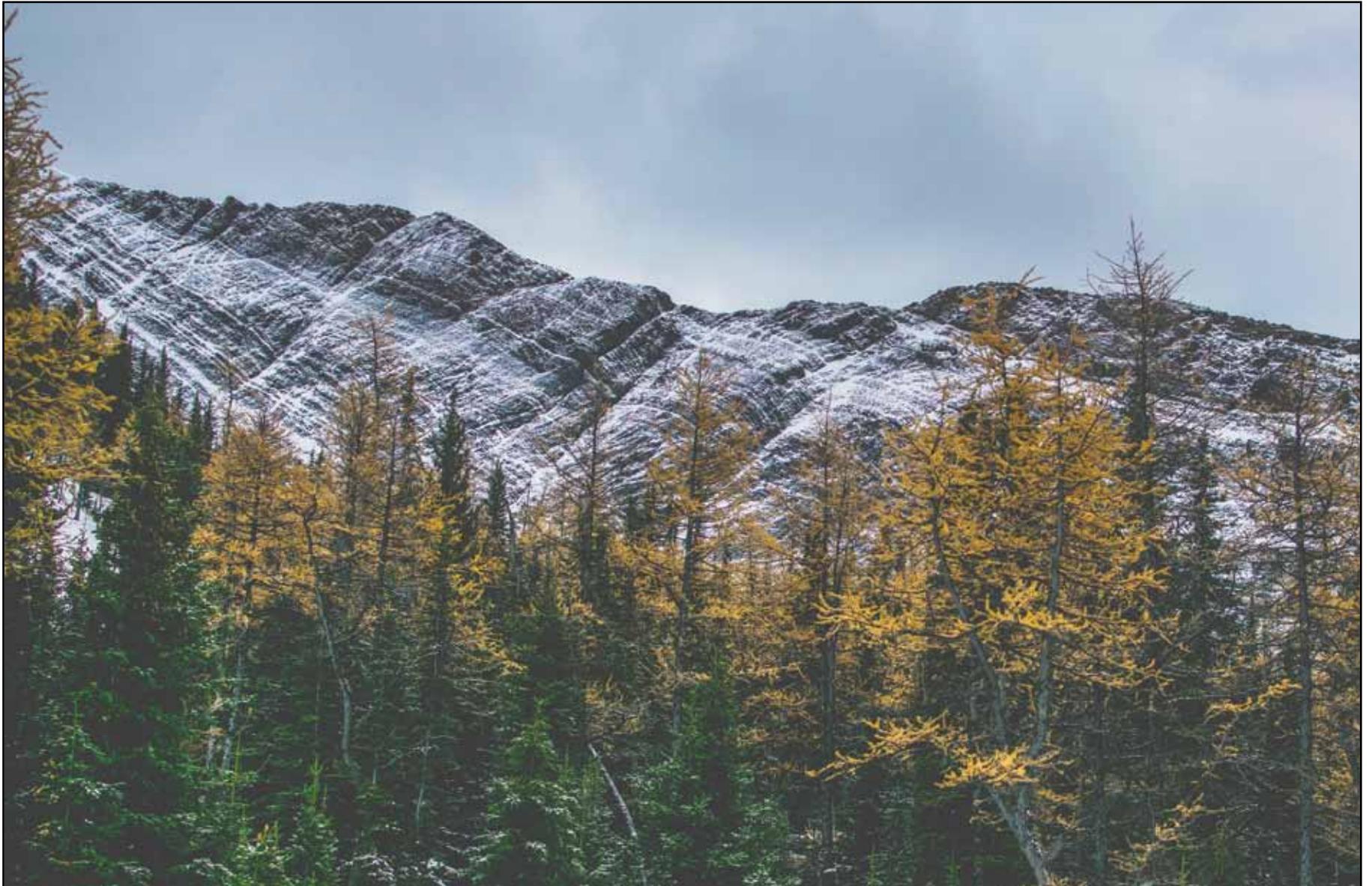
features

Features Editor
Isabelle Bennett
featureseditor@thereflector.ca

5 ways to enjoy the magic of autumn

Cassie Weiss

Contributor



The Rummel Lake hike is a moderate hike, just over an hour away from Calgary. It features stunning views of the Spray Valley, as well as a beautiful collection of larches, the only pine trees to turn yellow and lose their needles in autumn. Photo by Cassie Weiss

It isn't hard to explain why autumn is my favourite season. There is something mystical about the way dying leaves brighten up the skyline with oranges and yellows, about the way the crisp air and earthy scents make me want to spend all of my time outside.

I've never been one to spend my days indoors, but autumn gets me feeling all spooky, outdoorsy and determined to soak up whatever warmth we have left as the days grow shorter and the snow slowly starts to creep in.

Luckily, I also enjoy sharing my love of autumn. I believe in the magic of pumpkin spice lattes and sweater weather.

So just in case you feel bogged down with schoolwork, and just need a tiny reprieve, here are some of my all-time favourite things to do when the leaves start to fall.

Go for a hike

Only a stone's throw away from Calgary are the beautiful Rocky Mountains, filled to the brim with autumn glory. Larch trees are the only pine trees that turn yellow and shed in the fall. Chester Lake and Rummel Lake are two moderate hikes that feature snow-capped peaks and bright yellow and green foliage. And they only take a few hours round trip.

Create leaf art

While I'm out hiking, I collect foliage. Once I'm home, I throw it all together on a canvas and paint vibrant autumn colours across them. Once dried, I lift the leaves off. The picture left behind is a neat take on the season — it brightens up your living room too.

Find the perfect pumpkin

Calgary has some great pumpkin patches littered throughout. Take your partner, take your friends and go find the perfect pumpkin. I found one shaped like a goose last year.

Study by the river

I know, I know, this one is school related. But I've even found a way to enjoy autumn while doing the dreaded schoolwork. The Calgary trail and park systems are phenomenal, and I take every chance I get to grab my pup, take my textbooks with me and get outside. She plays in the leaves, I study in the fresh air — we both win.

Go for a (photo) walk

Not everyone is a photographer, and that's okay. Take your camera, journal, phone — whatever

you use to create — and make magic. Photograph weird angles, pretty reflections, that one lone leaf on the concrete. Write about the silence as the snow starts to fall. Remember there is beauty in everything, and that it really is all about our perspective.

The crispness of autumn leads into the coldness of winter, and no one wants to give up their sunny days. So, I make the best of it, and maybe with these suggestions you can as well. We enjoy every last bit of summer — why can't we enjoy every second of autumn as well?

Getting jiggy with hygge

Here are 5 ways to do it right

Isabelle Bennett

Features Editor



Hygge is a Danish word without a direct English translation, but an understanding of the concept can benefit anyone around the world. Photo courtesy of Unsplash

Hygge: it's not the name of the side table you just bought at IKEA, the nickname of a Harlem Globetrotter (as far as I know) or an alternative way to write the sound that sneezes make for those whose level of sophistication is above the common man's, "achoo." It's actually a Danish term (pronounced hue-gahhh) that English doesn't really have a translation for — but must wish it did because it's so dang cool.

Because there isn't a direct translation, it's difficult to clearly understand what it really means. My understanding (based on a culmination of about six internet definitions) is that it refers to a feeling or atmosphere of warmth, coziness, comfort and contentedness. It also incorporates peacefulness, aliveness, connectedness and pretty much everything else that's good in the world. Yes,

we could all use a little more hygge in our lives — and here are a few ways to get it.

1. Smelly, happy candles

My gosh, what are you waiting for? Candles — though excellent for filling decorative purposes — are wasted if not burned. There's no better way to add a little ambiance to a dinner table or coziness to a living room. My personal favourites are Capri Blue candles because of their heavenly scent and adorable jars.

2. Pillows, blankets and pyjamas

There's something so soothing about being warm and cozy (ahem, hygge) in the midst of a bundle of clothes. I'd also argue that no one is ever too old for a blanket fort or to be

Continued on Pg. 7



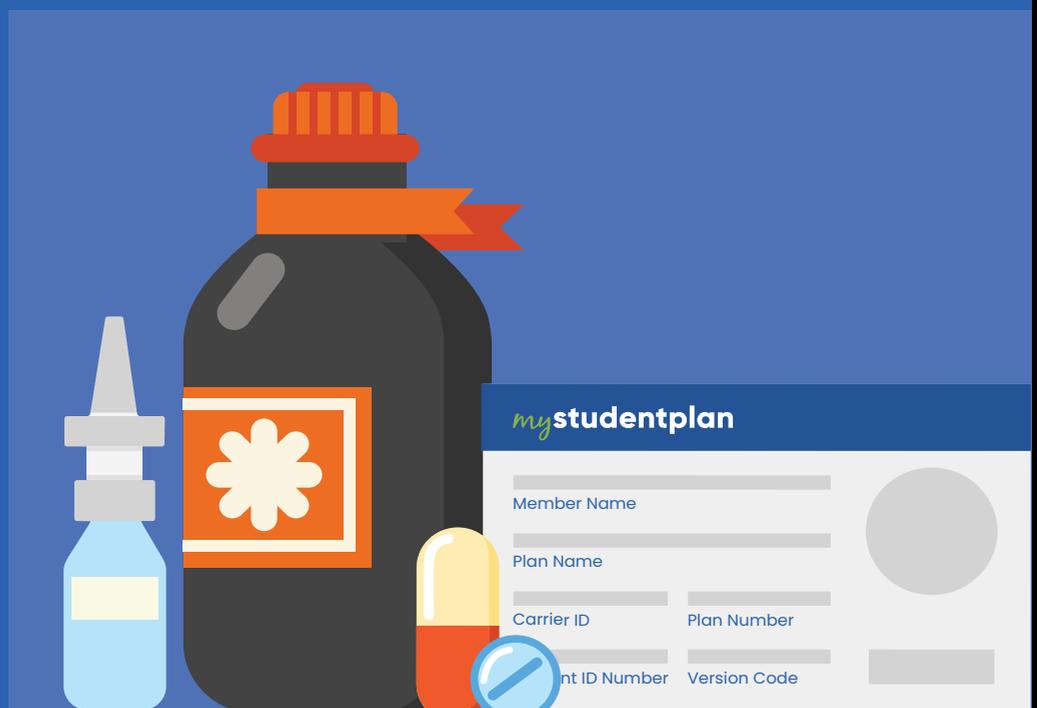
@samrubuzz

samru.ca

mystudentplan.ca

Did you know
you have a
health and
dental plan?

Learn about your coverage
at www.mystudentplan.ca.



Continued from Pg . 6

tucked into bed mummy-style — what else are roommates (or mothers) for? And if you don't already have some, reading socks are a must for achieving maximum coziness.

3. Eating your feelings

I'm a big proponent of intuitive eating, which is basically an anti-diet approach to eating based on your body's natural hunger or fullness and making choices about what to eat based on the way certain ingredients make your body feel. In my humble opinion, it's okay if your body occasionally

needs a cookie to help you feel happy or soup to help warm you up from the inside out.

4. Cash in some rest and relaxation

Relaxing hobbies like knitting, listening to music, going for a nature walk and so

many others are an excellent way to slow your mind and body down for a hot minute. Another great way to slow down your mind and body is with a nice nine-hour nap. You decide.

5. Spend time with (or without) people you love

Extroverts recharge by being around others, introverts recharge by being by themselves, and either is okay and allowed. Chill by your lonesome or seek out good company and break out the board games if needed.

3 Calgary businesses that make sustainability easy

Alaina Shirt

Contributor

I became interested in the environment in elementary school, when for a couple of formative years, I was a passionate member of the 'Recycling Club.' My role involved walking between classrooms and combining the contents of each recycling bin into one larger bin. It was a simple job that felt heroic.

Unfortunately my dedication left me with nothing more than slightly above average recycling skills. These have mostly led to judgement from my roommate as I root through our garbage, making sure that everything ends up in its rightful home: the

recycling bin.

Recently, I have become aware that despite what my younger self believed, recycling is only a moderately heroic act. When late this summer, Calgary news outlets reported that 2,000 tonnes of plastic had been buried in the landfill because there was no viable way to recycle it, I started to wonder whether my garbage sorting habits were all for nothing.

While recycling isn't an environmental cure-all, one way to make less of a dent on the planet is by shifting towards more sustainable products. This includes items that are made

with little to no packaging, or containers that can be refilled and re-used rather than thrown out after one single use.

The idea of shifting towards a zero-waste lifestyle may seem impossible, but there are a few spots opening up around the city that take out the guesswork. Consider checking out one of these three Calgary businesses for all of your eco-friendly needs.

nudemarket

nudemarket is a zero-waste option in Calgary that carries a range of products. The company works only with suppliers who

are able to clean and reuse their containers, so nothing ends up in the landfill. Under the nudemarket umbrella is nuderefillery — a delivery service where customers have the option of getting refillable containers of home and body products delivered to their homes or for pickup.

Canary Goods

This Kensington refillery and zero-waste market carries a range of sustainable lifestyle products. There is also the option to refill containers with products like cleansers, soaps, toothpaste and deodorant.

Canary Goods also has other products like dryer balls, reusable brushes and stainless steel straws.

The Apothecary

If essential oils are your jam, then you will love this Inglewood store. Beyond aromatherapy, customers can bring their own containers to be filled and refilled with items ranging from cleaning products to bath and body. Along with the usual zero-waste items, the store carries some different ones too: unique eco-friendly products like menstrual products, bandaids and stain remover.



Sustainability is a growing trend and several Calgary businesses are here to help those trying to make their footprints a little smaller. Photo courtesy of Unsplash



YOUR STUDENTS' ASSOCIATION

pride centre samru

Sexpo Week

OCTOBER 29 – OCTOBER 31
WYCKHAM HOUSE

SAMRU.CA FOR MORE INFO

CULTURAL AND INDIGENOUS INCLUSION PROGRAMS

samru.ca/ciip

- METIS HISTORY
- TEA & BANNOCK TALKING CIRCLE
- DRUM CIRCLE
- INTERNATIONAL STUDENT EAT & GREET
- INDIGENOUS CRAFTS
- ABORIGINAL ANCESTRY PROGRAM

Sex Toy Bingo

OCTOBER 31
WYCKHAM HOUSE / 7-10PM
FREE ADMISSION FOR MRU STUDENTS!

SAMRU.CA FOR MORE INFO

18+ pride centre samru Sexpo Week

How important is love anyway?

Analyzing Mandy Len Catron's book, *How to Fall in Love with Anyone*

Sarah Green

Arts Editor

For the longest time, I thought love was something that happened to me. I pictured love as this formulaic and calculated concept that would decide to strike when the time was right. In my mind, I would simply wake up one day and be head over heels in love. I always envisioned myself lying in my bed, smiling to myself as I realized that I was a young woman in love, and there was nothing I could do about it.

I don't know where this slightly bizarre narrative came from. Maybe it was the copious amounts of young adult fiction I read growing up (seriously, I won library bookworm contests as a result of my obsession). Or maybe it came down to the unhealthy amount of romantic movies I watched (or still watch), where the beautiful goody-two-shoes falls in love with the handsome bad boy, no matter how hard she tries to fend him off. Whatever the case, my concept of love was deeply flawed — I believed I was completely passive when it came to love, with no control over why, how or when I fell in it. However, Mandy Len Catron's book, *How to Fall in Love With Anyone*, completely altered my perspective. Here's why.

In essence, Catron's book is a set of beautifully written essays as well as a vulnerable memoir

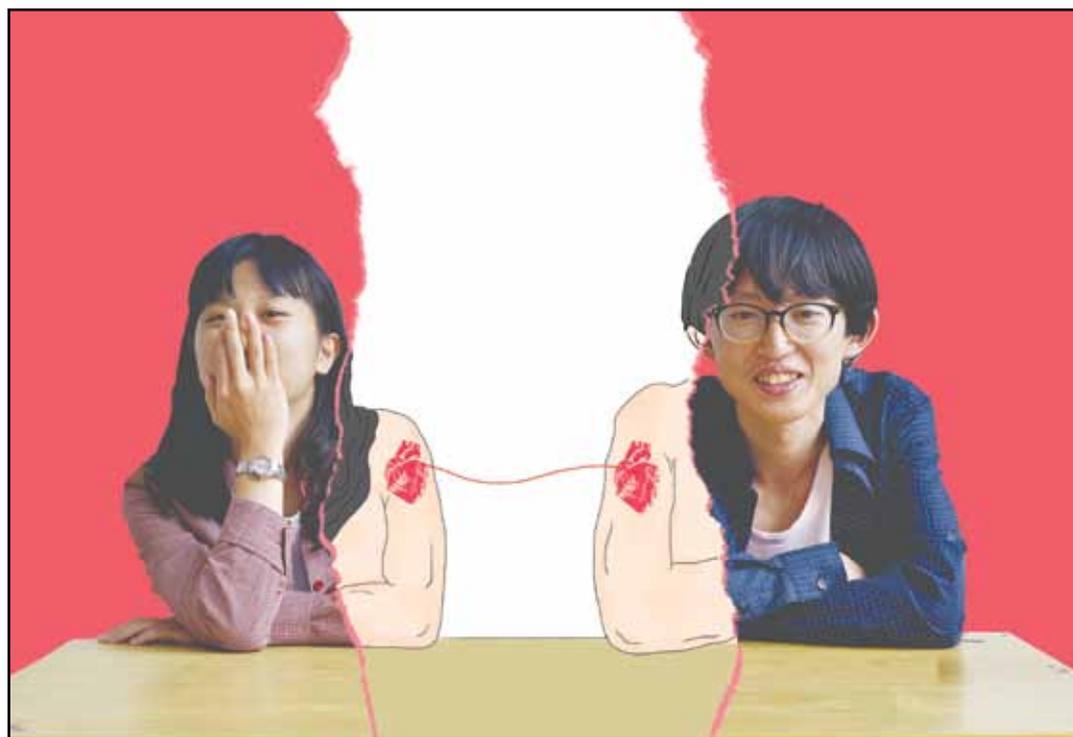
detailing her love life. Each one of Catron's essays are backed up by psychology, history and science on the nature of relationships, all delving into the question — how important is love anyway?

Ultimately, all of Catron's research boils down to this — love stories are problematic. She believes they perpetuate a set of unrealistic expectations on the importance of acquiring love and maintaining it. Throughout her book, she offers a counter-narrative to contrast the passive picture of love society paints. Time and time again, she reiterates that we are able to reclaim a sense of agency over our love lives.

"Reframing love as something I get to create with someone I admire, rather than something that just happens to me without my control or consent, is empowering," writes Catron.

Even with this liberating truth in hand, Catron believes many people live their lives according to society's definition of love — a definition that has profitable and idealistic motives.

"The most validating thing for a woman is being loved by an interesting or powerful man in the context of so many of our narratives — it's in a lot of Cinderella-type stories," Catron explains in a CBC



Catron's essays are backed up by psychology, history and science on the nature of relationships, asking one question: how important is love anyway? Graphic by Riggs Zyrille

interview.

"There is something appealing in our culture about this belief that there are larger forces that act on us and absolve us of agency over our behaviour. When it comes to love, maybe this is something that we want even though it's not very good for us."

To put it simply, this definition embodies the easy and digestible version of love that many people desire. This form of love doesn't require any sense of ownership,

responsibility or effort — it simply falls into our laps and sweeps us off our feet. However, Catron believes that in its truest form, love is not a walk in the park.

"So many of [society's] stories are about how two people get together, but ultimately we don't talk that much about what it means to stay in a relationship and what that looks like and how that works," says Catron.

In Catron's mind, falling in love is the easy part. Falling

in love is not the same thing as staying in love — love is a continual choice that requires true grit, determination and selflessness on both ends. Even though this isn't the most sexy definition of love, it gives me hope. It reminds me that love is a powerful choice I can make each and every day. It reminds me that I can choose to build a beautiful future with someone who chooses me. Most importantly, it reminds me that love will always be something worth fighting for.

OUT'N ABOUT

Girl Power Hour

The Friends of Girl Power Hour are hosting a fundraiser in support of the Lionheart Foundation and its initiatives surrounding young women's mental health on Oct. 25. Guests will enjoy a reception and luncheon gala with MC Dave Kelly.

Fashion Forward YYC

On Oct. 23, Holt Renfrew is hosting a fashion show, featuring Kiesza and an appearance by Heartland's Michelle Morgan. Funds raised will support HomeFront's efforts to eliminate domestic violence.

Department of Art — Print Sale

Calling all art lovers! On Oct. 21 from 11 a.m. to 2 p.m., UofC's Department of Art is holding a three-day flash sale of hand-print lithographs, etchings and screen prints, all for the low price of \$30 per print.

Calgary New Music Festival

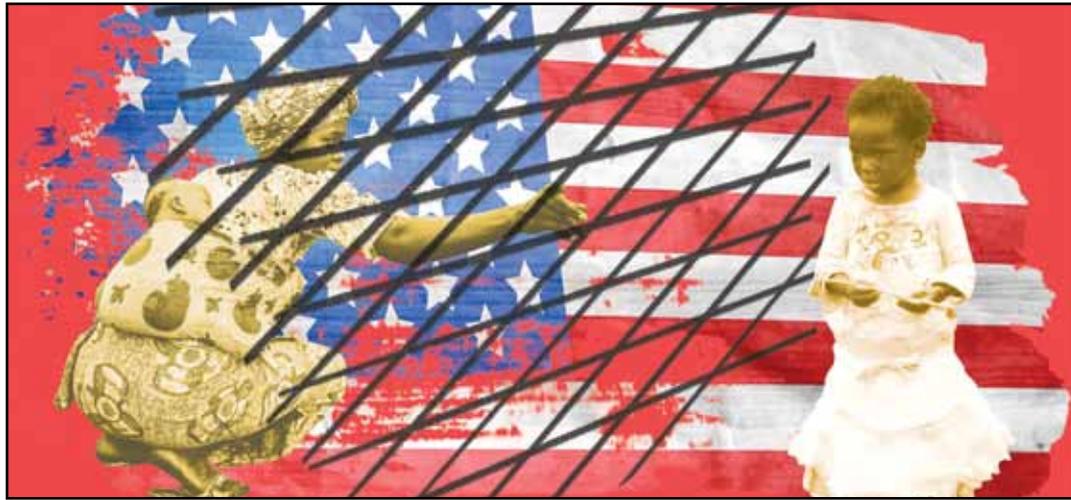
Attend nightly performances from Thursday to Saturday, followed by a full day of programming at Festival Hall on Oct. 27 as the "Festival Marathon" closes out the event.

Netflix or news?

Living Undocumented *humanizes the struggle of immigration*

Mackenzie Gellner

Staff Writer



Living Undocumented tells the stories of eight immigrant families living in the United States as undocumented immigrants. Graphic by Riggs Zyrille

This is not your typical Netflix series. This is happening as you read this. This is real; these people are real.

Living Undocumented, produced by Selena Gomez, tells the stories of eight immigrant families living in the United States as undocumented immigrants. The series delves into how the immigration policy in the States has been changing with time.

The series discusses how under the current Trump administration, the use of detention centres by the government has proliferated, and their extensive use has many concerned about their state and condition.

New Jersey's Ellis Island Immigration Station is a notable example of an American detention centre, with its creation in 1892 making it the first detention centre in the world. Overall, detention centres have been used by the United States government continually to hold immigrants in civil detention while they wait for a hearing to determine whether they will be allowed to continue living in the country or not. But, with their skyrocketing use in recent years — being estimated to have grown twentyfold from their 1979 predecessors — current detention camps have been compared to the conditions of concentration camps during the Holocaust. Detainees of the detention camps described them as overcrowded, the food

either raw or foul and the water provided, a dark color with sediment in it, according to *The Atlantic*.

Each family featured in the series struggles with the possibility of being deported, or having a family member deported and the mental and psychological effects of this reality. When discussing the idea of returning to their country of citizenship, you can hear and see the pain in these families' voices. Especially when it comes to children, being born in a country does not necessarily make it your home; many immigrant children only lived in their country of origin for a handful of years, making memories of their childhood primarily within the States.

One of the largest issues facing immigrants on the verge of deportation revolves around their safety. Many of these families fear going back to their country of origin due to war, lack of opportunities, poverty and other political, social and economical aspects, which were the main catalysts for inspiring their move to the land of the 'free.'

So why is this Netflix series so important to watch? Why does it matter if you're not living in the States? Or if you're not undocumented?

The answer: They are people, just like you and me, and they need support from as many other people as possible, no matter where in the world.

According to *Rolling Stone*, Selena Gomez stated, "It is a

human issue, affecting real people, dismantling real lives. How we deal with it speaks to our humanity, our empathy, our compassion. How we treat our fellow human beings defines who we are."

There is always concern around supporting social and political issues when you are not directly involved in them. There is a fear of saying or doing something wrong due to a lack of knowledge about the situation. However, the outside voices can be the loudest. In order for a group to really be heard on a magnified level, those unaffected must speak towards the injustice taking place. It is about speaking on what you believe to be right, even if you don't know someone personally who is struggling with it.

Living Undocumented makes the issue of undocumented immigration in the States more tangible for those of us living outside the States, or who have never considered the issue our own. By hearing the stories from the people who live them as realities, we are able to humanize the issue and understand it as something directly affecting those around us. The humanization of a problem so massive and politically charged is essential to strike empathy within viewers and motivate action. Without the media documentation of these undocumented people, movements to enact change on their treatment might never happen.



Blue World is an album of unreleased takes recorded by the John Coltrane Quartet at the height of their masterful jazz cohesion, made three weeks after their 1964 sessions that resulted in the creation of *Crescent*. In essence, it is a play on the old phrase — what's old is new again.

Each track on the album is an older song from the Coltrane oeuvre, given new life by the quartet's ever evolving sound. Songs like 'Village Blues' find their way onto the album, not once, nor twice but three times — each take a unique display of the quartet's skill and the elasticity of each song. Ostensibly the same song, each take is looping and mesmerizing with its own

variation on the rhythm, driving each version to a different place. 'Traneing' (previously released in 1958), spends a third of its seven minute runtime weaving through time with a meandering double bass line before the piano and drums jump in, making it completely different from the previous versions.

Blue World isn't an album in the classic sense. The repetition and production values (grainy, not slick) discount that. But without adding to the Coltrane canon of music, it provides a glimpse into the growth of the quartet, enriching the narrative growth of their music.

- Andi Endruhn

MONOH
MONOH
Quiet Love
Records
Score: A-



MONOH is the debut, self-titled EP from MONOH, Roger Odermatt's solo project focusing primarily on the use of sitar. The EP follows the parting between the artist and his mentor, which is felt through the sitar being a grounding force among an otherwise wide range of instruments and sounds, bringing each track to its artistic focal point.

The tracks are long, with three out of the five of them being upwards of six minutes. The third track, 'Panjaam,' is just over nine minutes and is the driving force behind the EP. The length of the track gives Odermatt bountiful

time to showcase his skill and creativity. Although each song flows smoothly into the next, they are each distinctly their own satisfying track. The only thing that could have bolstered this album is a sporadic use of a vocal presence. The narrative of the EP is indisputably in the composition of each track, but from an album that is self described as feeling like "a little Indian street food stall" by Bandcamp, vocal harmonizing in a track or two would have fit right in. Overall, *MONOH* is a beautiful musical experience that will leave you satisfied yet wanting more.

- Jenna Tytgat

Q&A with Men's Soccer superstar Justin Anderson-Louch

Fourth-year MRU vet sits down with The Reflector

Dan Khavkin

Sports Editor

Fourth-year MRU Cougar superstar Justin Anderson-Louch recently came back from a 392 day hiatus after tearing his ACL on opening day in September of 2018.

Anderson-Louch sat down with *The Reflector* to talk about the wild personalities of the men's soccer team.

The Reflector (TR): Who is your favourite player?

Justin Anderson-Louch (JAL): It was Steven Gerard, but now it's gotta be Leo Messi.

TR: Dream job?

JAL: Professional footballer of course.

TR: Dream club?

JAL: Liverpool for sure.

TR: Do you have any pre-game superstitions?

JAL: I'm always at the back of the line for warm up and second last during walk out. And after handshakes, I do one jump at half. I've got a few smaller ones as well.

TR: Your favourite celly?

JAL: You might get a fist bump in there depending on how big the goal is. Playoff game, you might even see a knee slide. But if it was a final and it was the game winner, the shirts coming off 100 per cent.

TR: All-time warmup song?

JAL: I'm a big Drake fan so I've got a few. 'All Me', 'Legend', 'Energy', '6 God' to name a few! I'm usually on the aux in the dressing room so I've got quite the list of pre game music.

TR: What about your guilty pleasure song?

JAL: Honestly, 'Gravity' by John Mayer. Tough one to admit but great tune.

TR: Your favourite store to shop at?

JAL: I'm a big Zara fan, for sure my go to place for clothes.

TR: Celebrity crush?

JAL: Huge crush on Alex Morgan. Who doesn't?

TR: Your go-to pick up/Tinder line?

JAL: I mean, I have a few but I can't be letting my secrets out.

TR: Who's the team's ladies man? Why?

JAL: Well I mean, Dane [Domic] would probably sweep the votes on that one. You could toss a few others in there if Dane wasn't there. We've got a great looking team to be fair.

TR: Who's the quiet but innocent guy who has hidden flirting skills?

JAL: Oh this has Zach MacDonald written all over it. Nicest man you'll meet but he's for sure smooth with the ladies.

TR: Who is spotted swiping on Tinder the most?

JAL: This is a risky one but I'm sure no one wants to be exposed, so I'll keep it safe and say no one. (Too many to choose from).

TR: Who's got the best Instagram game?

JAL: I'm giving myself this one. Follow me @justin_07. We've got some dead Instagram accounts so it's not too much competition. Dane [Domic] does have 27.5k followers but

he's got some questionable pics up there.

TR: Who's the dad of the team? Why?

JAL: 4-million per cent it's Evan [Kakke], absolute dad in everything he does ... even looks like one.

TR: Who gets roasted the most?

JAL: I'd probably give that one to Romel [Ayerdis] but everyone gets their fair share of banter. It's also dependant on if someone slips up one week or something. Fabian [Bunk] would be able to tell you about that. We like to hold onto banter and use it continuously.

TR: Describe the five Germans on the team in one (or five) words.

JAL: Crazy, funny, odd, weird, great.

TR: Who flexes the most?

JAL: Tom [Ruetten] likes to flex his gigantic chest. Hafiz [Mahjor] grinds in the gym and loves to walk around looking large... and of course Tysen [Chatani]. If Tysen was actually big he would never stop flexing.

TR: Thoughts on Coach Gyaki's man-bun?

JAL: Gyaki's man bun is iconic. Suits who he is! You should see him with his hair down ... You'd wish it was still up in that little acorn on the top of his head. The good thing about it is that he can never talk about anyone else's hair with his being in the state that it's in.

TR: Can you talk about your rivalry with the Calgary Dinos?

JAL: We try to think of them as just another team, but the rivalry there is huge. I wouldn't say that there is hatred, but the desire and motivation to smack them is next level. Opening our season handing five to them in front of our home crowd felt unreal.

TR: What's an MRU goal you'll never forget?

JAL: This is a tough one. It's a split between my goal against the Dinos in my first year, or the program's first ever playoff goal versus UBC. The edge probably goes to my playoff goal against UBC. Incredible feeling to score to go up 1-0.

TR: What's your favourite MRU memory?

JAL: That's a tough one. It's gotta be when we beat Dinos at home, under the lights on senior night in my second year. We won 1-0 and our senior keeper, Kamil, stopped a penalty in the 86th minute.

TR: One thing you'll miss about MRU?

JAL: I'll miss the whole feeling of Cougars Athletics. Our soccer program is something special. I've spent a long time trying to help the program get to where it is now and I'll miss it forever. The whole Cougars program is incredible. It's such a close program with all teams supporting each other every single weekend. I'm extremely happy I chose MRU and was able to be a part of all this.

All answers have been edited for order and clarity.



Justin Anderson-Louch recently came off 392 of rehab after tearing his ACL in September 2018. Photo courtesy of Justin Anderson-Louch

#S

9-4-1, the best record in MRU men's soccer history while also capturing the Canada West Prairie Division

17-5, Toronto Raptors record without Kawhi Leonard

16, longest number of plays on an opening drive by the New England Patriots this season against the New York Jets

15, consecutive CFL playoff appearances by the Calgary Stampeders

MRU Cougars MSOC set for playoffs

How will the boys carry regular season success into the postseason?

Dan Khavkin

Sports Editor

Summer's weather has turned gray and with fall in full swing, it's that time when the Mount Royal men's soccer squad rev up for their fifth consecutive playoff appearance.

"This year was special," says Cougars head coach Ryan Gyaki.

The 2019 Canada West season proved to be the most successful since the USPORTS transition in 2012.

The Cougars finished the regular season 9-4-1 while locking up a division title for the first time in their time competing at the university level.

Mount Royal mainly carries positives into their Canada West home quarter-finals matchup against Thompson Rivers, on Oct. 26.

"Coaching dedicated players is always enjoyable," Gyaki says.

The Cougars finished the season undefeated at home, boasting a 6-0-1 record while inside the friendly confines of Mount Royal Stadium Field.

Opening the season with three home games on the schedule allowed for the squad to settle and start off on the right foot.

"It gave us a nice rhythm, it created a good environment which brought excitement and joy to open our season."

Losing in B.C. after opening the season with five consecutive wins brought a change in the team despite losing their first two games.

"We learned we're not invincible," Gyaki says.

"I've never once walked off the field upset with our performance."

Potential Canada West rookie of the year Dane Domic, had a monstrous debut campaign for the navy and white, scoring six goals while racking up eight assists which put him second in all of Canada West in the point scoring race.

'Magic' Moe El-Gandour didn't show a single sign of the sophomore slump, leading MRU in goals with seven while also contributing four assists.

His 11 points put him third behind teammate Domic.

Between the posts, second-year goalkeeper Kyran Valley held the third lowest goals against average with .81, allowing the least amount of goals for a starting goalie, conceding nine goals during 13 starts, while tallying a Canada West high 990 minutes of game time with three clean sheets to his name.

For the other netminders, Sterling Kerr picked up wins in both of his first MRU starts including a clean shot during the 5-0 rout of Trinity Western

and rookie Fabian Bunk, appeared in an MRU kit twice in his rookie campaign.

"It's the best depth we've ever had. We brought guys on the field 20 minutes at a time

or have guys who saw no play time fit right in," Gyaki notes.

"We had more rhythm across the board. From the coaching staff, the medical team who supported the

players to perform on the field ... we soaked in the celebrations on the field but it wasn't just because of the players. Lots goes on behind the scenes."

BRENTWOOD VILLAGE DENTAL CLINIC

www.BrentwoodVillageDental.ca

Proud to be your MRU dental provider

Don't forget, coverage starts in September and continues through to August 31st

DR. RONDA SALLOUM, DR. ALANA CARTWRIGHT, DR. LAURA METCALFE,
DR. TONY KIM, DR. ZAINAB BAGHDADI, DR. REKHA PARAJULI,
DR. JACK TAN, DR. DIANA KINYUA

FREE WHITENING!! GENERAL DENTISTRY PRACTICE

MRU students enrolled in the SAMRU health and dental plan are covered at Brentwood Village Dental Clinic—if you're a full-time student, you're already covered, why not just use it?

100% Exams, first cleanings and fillings

70% Root canals

70% Additional cleanings

We extract wisdom teeth in our office

NO NEED TO PAY UP FRONT FOR COVERED SERVICES

We bill student's insurance directly

We directly bill most insurance companies even if you're not covered by SAMRU's student insurance plan

Conveniently located in the Brentwood Village Mall close to the Brentwood and University C-Train Stations

Mon. - Fri. 8am-9pm • Sat. 8am-6pm • Sun. 11am-5pm
3630 Brentwood Road NW 403-210-5050

MRU regular season

AUG 24: VS CALGARY W, 5-0
AUG 31: VS SASKATCHEWAN W, 2-0
SEP 1: VS LETHBRIDGE W, 3-1
SEP 7: @ ALBERTA W, 2-0
SEP 8: @ MACEWAN W, 2-1
SEP 13: @ UNBC L, 2-3
SEP 15: @ UFV L, 0-1
SEP 21: VS THOMPSON RIVERS W, 2-1
SEP 22: VS TRINITY WESTERN W, 5-0
SEP 28: VS MACEWAN W, 3-1
OCT 3: @ LETHBRIDGE W, 2-0
OCT 6: @ SASKATCHEWAN L, 0-1
OCT 12: VS ALBERTA T, 1-1
OCT 19: @ CALGARY L, 0-1