

the reflector

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Reflections on remembrance

Calgary-based veteran and military collector reflect on war and why it's important to honour veterans' stories

Christian Kindrachuk

Staff Writer



Jamie Jamieson at Royal Canadian Legion Centennial Branch of 285.
Photo by Christian Kindrachuk

Decorative Remembrance Day poppies lined along a fence next to
Crowchild Trail. Photo by Christian Kindrachuk

“There’s an old saying: ‘History repeats itself.’ If you don’t understand history, you run the risk of having to make the same mistakes again,” says Dave Love, president of the Calgary Military Historical Society.

That’s why on Nov. 11, Canadians host Remembrance Day ceremonies all across the country to pay tribute to their fallen soldiers and to remember the sacrifices Canadians have made in the past and today. The holiday provides an opportunity for Canadians to experience first hand accounts of history from veterans, and learn from experts adding a deeper level of understanding that could otherwise be missed.

“Military action, and unfortunately, warfare and conflict is all too much a part of our society and our culture,” says Love.

Love has been collecting military memorabilia for over 50 years starting when he was 13 years old. He does anything from appraisals, identifications and has helped with making storyline and storyboards for the Military Museum in Calgary.

Love says it’s one thing to

know about the history, but it’s something different when it comes to appreciating it. Getting that appreciation for military history and conflicts doesn’t just come from books, it comes from veterans who have lived through the experience, such as veteran Jamie Jamieson, who is 87.

Jamieson, originally from Calgary, came from a family of nine with a history of military service.

“My dad Frank was in Vimy Ridge, four brothers in the Second World War, three in the Canadian Army, one in the American and I’m a Korea boy,” says Jamieson, referring to his own service in the Korean War.

Jamieson joined the army at age 17 because he says there wasn’t much opportunity for employment in 1949. He joined the Lord Strathcona’s Horse (Royal Canadians) regiment in 1950 right before the Korean War. Jamieson went to Korea as a volunteer.

It’s not uncommon to know someone who is in the military in Canada,

says Love, adding he had family members who fought in World War I and his dad fought in the Second World War.

“Most families in Calgary as well as most across much of Canada, [...] have a member of their family in uniform,” says Love. These

“If you don’t understand history, you run the risk of having to make the same mistakes again.”

– Dave Love

experiences are often shared and passed down through veterans’ families.

Jamieson spent 402 days in Korea and tells the story of how he spent most of the time working on the front lines.

“After you get there it’s on your mind, and you say to yourself, ‘You don’t complain. What am I doing here? I didn’t have to be

here, I volunteered, but what an experience,” says Jamieson, adding that what is experienced in a military conflict is something that never quite goes away.

“It’s hard to explain whether you accept them or not, they’re embedded for life, and the memories — if you want to call them memories — never go away because you do get flashes,” he says.

Once Jamieson got back, he continued to work with the Canadian military. He has gone on peacekeeping missions in the Middle East and in Germany. After 17 years in the Canadian army, he left to do other work and is now retired.

“It opens your eyes,” says Jamieson. “The good days and bad days, of course. Well, that’s life wherever you go.”

Someone like Jamieson who has experienced war first hand is not as common to see today. Nearly 27,000 Canadians fought in Korea, according to Veterans Affairs Canada, while World War II had over one million Canadians who served. However, today, there

are only a few thousand veterans from World War II, as opposed to the hundreds of thousands earlier in the century.

Calgary specifically has a very strong history with the military. In 1875, the Northwest Mounted Police were stationed in Calgary and played the role of law enforcement and military presence, says Love.

“Calgary was just about the best preferred posting in Canada, and the reason is the city supported them. From day one, they’ve always supported the military,” says Love. “By going to Remembrance Day, I think this is one way to remember the service of these people and appreciate them.”

Remembrance Day is not just about giving the ‘motherhood statement’ of honoring those who gave their lives and efforts, but it’s about having that appreciation and deeper understanding of what people went through and the reasons behind that.

“The reality is, I think it’s become a far more personal and, in some ways, there’s an intimate need to do this,” says Love.

New app promotes safety at MRU

Ryleigh Stangness
Staff Writer

This summer, MRU's security oversaw a complete overhaul of a two-decade-old system, "replacing aging technology on campus with new safety equipment and technology that is more effective, easier to update and cheaper to operate."

Not only was MRU security first to use the iCetana technology in Canada, but they are bridging gaps and reinforcing safety at MRU with a new app called MRU Now.

This security app, which can be found in Google Play for Android and iTunes for iOS users, is free to download.

MRU advertises that the app can alert "users to any safety concerns on campus and includes quick links for users to immediately get help or report a situation. It has features called Work Alone and Friend Walk, which lets you share your location with someone who can follow you in real-time as you work on campus or walk across campus."

MRU Now uses MRU Bluelight, which allows users "to send their location to MRU security in real-time in case of an emergency and allows users to access Mobile BlueRequest 24/7 Safe Walk services. These are also features of nine newly implemented 'Code Blues,' or help stations, which were installed this past summer.

The app has 12 icons upon opening, offering options to call security, either by activating Emergency Mobile Bluelight, which sends your location to security, where you can either speak with security on the phone at the same time or you can call the non-emergency line.

The campus safety icon also directs you to crisis resources such as sexual violence response, human rights advising, crisis counseling and environmental health and safety. Other features include reporting tips, incidents, requesting SafeWalk, requesting push notifications for East or West residences, campus maps and health and wellness resources.



MRU recently launched a new security app that allows you to receive security updates from campus, contact MRU security and share your location with a friend. Photo courtesy of MRU

Among the notable features include Friend Walk, where you can notify a friend to watch over you as you head to your destination by sending them a link to click, which will bring them to a map they can track you in real-time.

"If you're in a panic, hit the button to notify your friends and start an emergency call. If your friend disconnects, it will end the walk and give you the option to make an emergency call... just in case."

Wexit talk and events follow the federal election

Nathan Woolridge
News Editor



Around 700 Albertans gathered in Edmonton's Boot Scootin' Boogie Dancehall calling for western separation from Canada, under the name Wexit. Photo courtesy of CBC

On election night, I logged onto Facebook and found a troubling number of posts about Alberta separatism from upset Albertans in my timeline. This new wave of Alberta separation is being referred to as Wexit.

Justin Trudeau's Liberals snuck by with a second term after winning a minority government, despite falling short in the popular vote — leaving some Albertans up in arms and ramping up talks about Albertan separation. Some Albertans have expressed their views of Trudeau and his government for the past four years.

CBC reported that around 700 Albertans attended a Nov. 2 Wexit rally at Edmonton's Boot Scootin'

Boogie Dancehall, adding over 262,000 people are members of the Vote Wexit Facebook group which hosted the event.

Wexit leader, Peter Downing, told *CBC* that his organization plans to register as a "political party, and Wexit Alberta will start drafting the province's first constitution in the near future."

But, as many know, to make this happen isn't an easy task. There would have to be a complete separation process, which includes an Ottawa-approved referendum. There is also the issue of having to sort through land ownership, including Crown land and military bases, which would have to be an ongoing process with Ottawa.

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What does the budget mean for university students?

Nathan Woolridge

News Editor

The United Conservative Party (UCP) recently announced its 2019 provincial budget, which saw some concerning slashes to universities and the likelihood of tuition increases for students.

Jason Kenney and Finance Minister Travis Toews announced the budget on Oct. 24 and some Albertans, including students, were not happy. The budget eliminates the education tax credit and tuition tax credit, which were implemented by the previous New Democratic Party government.

“The inevitable tuition hikes will be challenging for students, doubtless forcing many to take out bigger student loans,” *Postmedia* columnist Don Braid wrote. “There’s a petty whiff of payday loan about this. These loans are already a debilitating burden for many graduates, often for years after they finish school.”

Toews said the UCP wants to “ensure better outcomes for our post-secondary students. Post-secondary education accounts for nearly 11 per cent of our budget.”

“Spending on post-secondary education has grown at a rate of four per cent per year – three times the rate of enrollment growth. We spend \$36,500 per student, per year. That’s \$5,000 more than British Columbia, \$10,000 more than Quebec, and \$15,000 more than Ontario,” Toews added in his 2019 budget speech.

Toews added the Minister of Advanced Education is working on consultations with post-secondary institutions in order to set a new course that focuses on “performance, accountability and cost management.”

“Our post-secondary institutions will help hone the next generation of great leaders, and education is one of the best personal financial investments you can make,” Toews said.

The UCP also announced they will end the five-year tuition freeze and decrease institutional dependence on taxpayer dollars. He adds that his government will “maintain a high level of student

support through scholarships and endowments.”

The decision to remove the five-year tuition freeze seems to come from the idea of creating competition between universities in the province.

“Removing the cap on tuition will incent our universities and colleges to compete for enrollment by focusing on the delivery of programs that directly meet student needs,” Toews said.

“The 2019-23 Fiscal Plan states that tuition fees are permitted to increase by up to seven percent per year for the next three years. Those with student loans will now pay prime plus one percent on interest, tuition and education tax credits have been eliminated, post-secondary funding will see cuts and the Summer Temporary Employment Program for students will be eliminated,” says Shayla Breen, the president of SAMRU’s Representation Executive Council.

In an email sent to SAMRU members, Breen encourages members to engage in conversations about the budget to learn more.

“In the coming weeks, you may hear a lot of speculation from the media, staff, faculty and community stakeholders on what the budget will mean for students at MRU. We encourage you to engage in dialogue with your peers, check people’s sources and please reach out to your representatives here at SAMRU; we want to know how you perceive the changes to post-secondary could affect you.

“The tuition decision at MRU rests with the Board of Governors, of which VP Student Affairs Kainat Javed and I are voting members. We will bring your concerns directly to the decision-makers as your representatives,” Breen says.

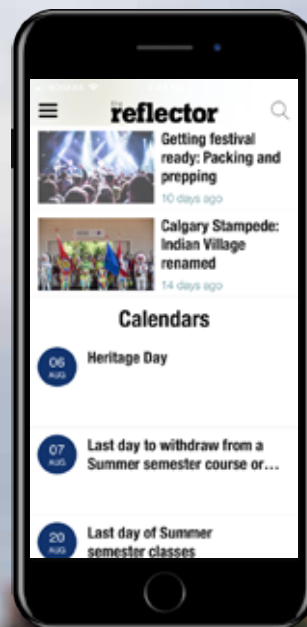
MRU President and Vice-Chancellor, Tim Rahilly, also weighed in on the new budget saying that the university will “adjust while preserving the quality of students’ programs and services and ensuring access for Alberta learners.”

“Mount Royal is proud to serve the Calgary community, and through our operations and our graduates, we are an important contributor to the local and provincial economy,” Rahilly said. “We understand that Alberta faces difficult economic choices as reflected in today’s budget. Mount Royal is committed to improving the delivery of advanced education in Alberta.”



Finance Minister Travis Toews (left) and Premier Jason Kenney (right). Photo courtesy of Postmedia

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features

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5 ways to maximize the cold weather this winter

Blaise Kemna
Contributor

You know the click-click-click to the top of a rollercoaster? The way you begin to brace yourself? The way you white-knuckle the safety restraint as you crest the top before plummeting to the ground?

Is the experience enjoyable or terrible? Is the anticipation worse than the actual drop?

I've been pondering these sorts of questions as we approach our yearly plunge into a good old Alberta winter. Only a few days ago, a friend and I bemoaned the darkness, isolation and clichéd seasonal depression that can quickly become all too real during the cold months.

Go to school in the dark. Go home in the dark. Repeat.

Click-click-click. Are you feeling the dreadful anticipation yet?

If you are, I've got a few ideas to brighten your winter. With our final few weeks before snow, it's time to make a point of authentic connection with friends and nature this winter. Press into it. You might just have a better time than you think.

Here's a list of five things you can do this winter:

1. Shiny on the ODR

Shiny on the ODR means hockey on the outdoor rink — if you didn't know what that meant, you're forgiven. I've grown up playing hockey and my mom still doesn't know what that means, so you're doing fine. Whatever you want to call it — and whether you've played for years or never skated — this has to be number one on the list. There's nothing quite like the sound of skates carving the ice, pucks banging against the boards or the hooting and hollering when someone scores. Plus, is there anything more quintessentially Canadian... eh?

2. Settlers of Catan

Go ahead and call me a grandpa or a nerd, I don't care. This popular strategy game is worth whatever labels might be associated with it. It's perfect for a stay-at-home game night with friends. Last winter, some of my buddies and I held epic Settlers tournaments and it was actually a blast. If you've got a fireplace or kettle, now's the time to fire them up. Just one word of warning though, you may want to be selective about who you play with, this game can get intense. Don't come crying to me if an alliance gone wrong puts a rift between you and your bestie, or you develop a mortal enemy along the way. Otherwise, have fun!

3. Snowshoeing

If you're prepared to layer up and brave the cold, this is an awesome option on a budget. As opposed to skiing or snowboarding, where you pay an arm and a leg (and then likely break your remaining arm and leg on the hill itself), once you've bought, or rented your snowshoes, you're ready to go — no extra cost. Snowshoeing is also a perfect way to take advantage of the Rocky Mountains in our backyard. There are plenty of trails in Kananaskis and Banff for you to make good use of. Just don't forget your long johns and mittens!

4. Movie marathon

This one is cliché, I know, but it's also kind of obligatory isn't it? It doesn't matter whether you're a toddler begging your parents to watch just a few more minutes before bed or a university student bingeing a new show when you should be studying, deep down everyone's just looking for an excuse



Shiny on the ODR, or hockey on the outdoor rink, is one excellent way to maximize the cold weather that is fast approaching. Photo courtesy of Pixabay



Settlers of Catan is one way to make the hours of cold fly by. If you've got a fireplace or kettle, fire them up for a tournament. Photo courtesy of Pixabay

to watch more TV without getting in trouble for it. How's a minus 30 degree snow day for justification? Make some popcorn, grab approximately 200 blankets and you'll be well on your way to a successful movie night. As always, friends or a significant other are a great addition.

5. Homework

I get it, this one's pretty lame. Definitely the last thing you wanted to read in this list. But that's just it, this one is a last resort. If worse comes to worse and you can't do anything else, you can always cloister yourself away

for the day and do something productive. Winter might be a good time to experiment with the art of learning itself. Switch up your routine, try to make it enjoyable or go to a coffee shop. Go with whatever motivates you and you might just learn something — imagine that.

Flow: A different kind of high

Riggs Zyrille Vergara

Photo Editor



Creatives like painters were the first few noted people who experienced flow on a regular basis. Photo courtesy of Unsplash

From my experience doing layout and graphic design, there's something about being in the middle of a process that makes me feel calm. A soothing feeling seems to take over which empties my mind of anything but the act of blending colours or tracing an object's edges. Little did I know, this phenomenon of an almost meditative state is helpful to my mental health — it's called flow.

According to *Psychology Today*, flow is an "optimal state of consciousness where we feel our best and perform our best." During flow, concentration is at its peak, and external distractions like time and hunger are tuned out. Self-awareness and self-criticism diminishes as one fully enjoys the task at hand. Luckily, these tasks are not restricted to creative pursuits — they also exist in work, sports, learning and even in simple everyday tasks.

In Mihály Csíkszentmihályi's article, "Flow Theory and

Research" which first defined "flow" in psychology, Csíkszentmihályi interviewed artists who were so immersed in their work that they would forget about eating, showering and sleeping.

Research on flow revealed people who experience it regularly have lower levels of depression and anxiety. Inversely, it also showed the lack of flow increases anxiety. The tasks we achieve through a state of flow can also contribute to mental health as task completion shoots dopamine — a happy hormone — to our brains.

Since the discovery of flow, many have become interested in achieving this creative high. In Csíkszentmihályi's studies, he found out that for someone to achieve optimal flow, that person must challenge themselves to a task with high-level difficulty using high-level skills.

The optimal condition for flow

to happen is when the challenge level of the task is high, met by the high skills of the person accomplishing the task. The key is to not put yourself in a comfortable level of using your skills, but to push and challenge yourself.

Since reading about the studies on flow, it made sense why my mental state is so different when my client's art direction prompts me to try a different art style, compared to when I'm doing generic simple designs. I think one of the best takeaways I got from reading about flow is that adding challenge to your everyday life is helpful. Not only will you create or accomplish something extraordinary, but you will reap emotional benefits and grow in your skills along the way.

I've always thought that going with the flow of everything in life will make it easier. As it turns out, you can get a different kind of flow when you go against the current.



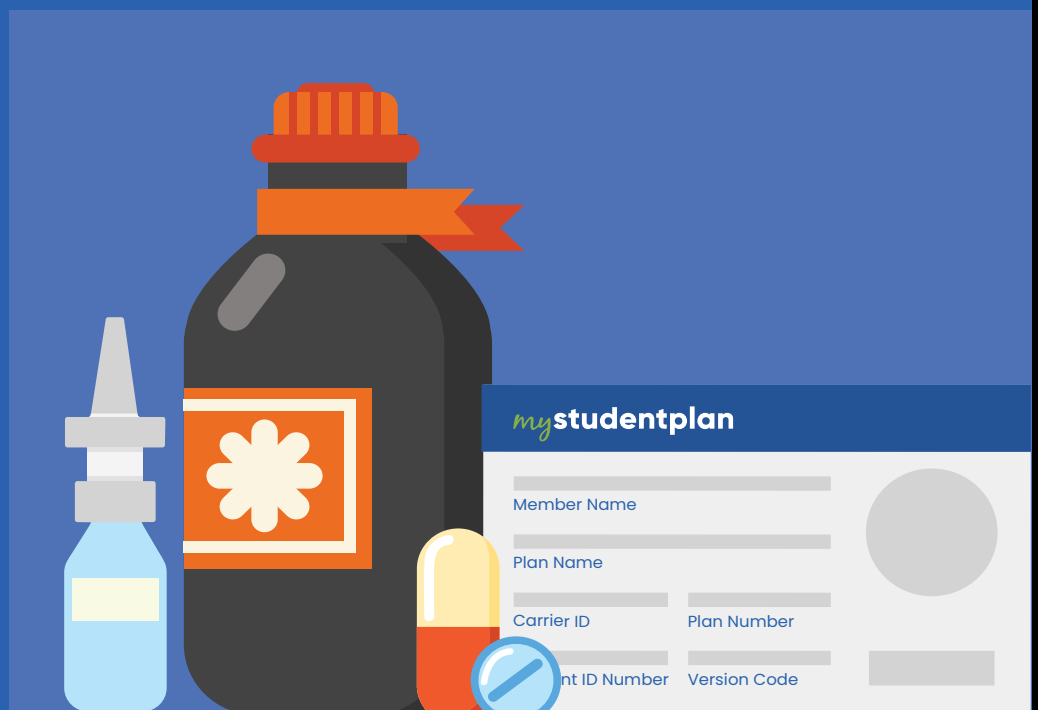
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Stay focused with these 3 snacks

These snacks will hold you over until the holidays

Hailey Payne

Contributor



Homemade granola bars can be easily prepared with common household ingredients and a few favourite treats like crasins, chocolate chips, and coconut for a flavour much more exciting than the store-bought kind. Photo by Hailey Payne

Often when I'm studying, I get caught up in my head daydreaming, repeatedly going over all that I have to do or zoning out completely with absolutely no idea what I was doing in the first place. Hours can pass this way, but there is a simple solution: study snacks.

I'm not the only one who gets distracted oh-too easily, finding myself on Pinterest for who knows how long browsing for shoes or gazing fascinatedly at a structure made out of pipes that plays different chords when the wind goes through it. This all goes to show how important study snacks can be in keeping students focused and engaged with the material.

One popular study snack is

candy, from Nibs to gummy bears, to my new personal favorite, Jolly Rancher Misfit MER-Bears. Candy can be used to set goals where students have to get to a certain point in their studying before they give themselves a treat. This can be an effective (and fun) way to study, but I personally can only eat a little before feeling worse not better, so I went out to find healthier snack options that are still fun, and just as satisfying. Here are a few favourites.

Apples, peanut butter and chocolate chips

This is a personal favourite of mine. It is a simple, easily

accomplished snack that will give your body the needed energy to keep studying, and requires little foresight or initial planning. All that is needed is an apple, peanut butter and some chocolate chips to create a fun treat that thanks to the apple, still has some nutritional value. To prepare, cut the apple into rings, spread peanut butter and garnish with chocolate chips. Rings can be sandwiched together for a slightly fancier snack option. For some, cutting the apple into rings might be too much, and the funky design might not provide the fun factor necessary for the extra work. These people can modify the recipe by simply cutting the apple normally and topping as preferred.

Homemade granola bars Ding Dong

This snack requires some planning ahead of time, but is definitely worth it. The best thing about homemade granola bars is that they are easily customizable. Many granola bars are prepared with staple ingredients like butter, brown sugar, corn syrup, vanilla and rolled oats. Besides these, you really can put whatever you want in them. My personal favorite additions are peanut butter, coconut, chocolate chips, dried cranberries and nuts. Not only are these nutritious, they are significantly more exciting than store-bought granola bars.

For those who crave salty over sweet, this snack is for you. Ding Dong is a Filipino snack brand that I hadn't heard about until recently. Their snacks can be easily replicated at home using the basic ingredients of nuts, dried peas and dried corn, though many store-bought options include corn nuts as well.

Similar to the case of homemade granola bars, the beauty of making this snack yourself is that you can personalize it to include anything you want. Ding Dong is a unique, relatively healthy and simple yet satisfying snack.



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Maintaining the masterpieces

Why cultural institutions still have value in today's society

Sarah Green

Arts Editor

We live in a world where we can access pretty much anything with a little digging and a few clicks. The Internet has opened up a digital universe brimming with unique stories to uncover and art to appreciate. This then begs the question: what value do museums and cultural institutions have anymore?

Through our screens, a wealth of information and experience is at our fingertips waiting to be discovered. Perhaps the most powerful part of the Internet is its accessibility. As users, we don't have to leave the comfort of our own homes to experience the depth and breadth of what the world has to offer. Instead, we are immersed in our own little bubbles where we can experience everything from afar — whatever form of art or culture it may be.

Recently, I stepped out of my bubble and visited four museums in New York City and Washington D.C. — The Museum of Modern Art (MoMA), The Guggenheim, The Smithsonian Natural History Museum and The Newseum. There is something magical about stepping into a sacred space reserved for art, culture and history to be preserved and appreciated. It was incredibly refreshing to immerse myself in the slow-paced

environment and take a step back from the hectic routine of modern life. For the first time in a long time, I let myself breathe as I wandered through the exhibitions, soaking up all of the intricate details. Each museum I visited contained a unique atmosphere that cannot be translated through words — their spaces acted as a safe-haven from the hustle and bustle of the outside world.

MoMa is a stunningly minimal space. With its clean lines and white walls, MoMa describes its galleries as reflecting the ever-expanding story of modern art, bringing together powerful voices from around the world. From 2017 to 2018, MoMa welcomed over three million visitors from 56 countries and displayed a variety of exhibitions, ranging from celebrating inspiring women to utopian models.

Located on the Upper East Side of Manhattan, The Guggenheim defines itself as the permanent home of a continuously expanding collection of impressionist, post-impressionist and contemporary art. The building itself is a stunning landmark — its unique ramp gallery extends up from ground level in a long, continuous spiral. The exhibitions featured in The Guggenheim are nothing

short of breathtaking, with a strong variety of pieces that give viewers a holistic sense of the art scene.

The Smithsonian Natural History Museum is on a level of its own. Located in the heart of the National Mall in Washington, D.C., the museum's collections tell the history of the planet and act as a record of human interaction. By housing a collection of 145 million specimens and artifacts, the museum attracted 4.8 million visitors last year.

The Newseum is considered one of the most interactive museums in the world. It features 15 galleries and 15 theatres all with the goal of increasing the public's understanding of the importance of a free press. Throughout its six levels, visitors experience the history of news and how the role of a free press directly applies to their lives. In 2018, over 770,000 people walked through the Newseum's doors and took part in the incredible exhibitions featured in this space.

After spending many hours in these four museums, I now realize the sheer value these spaces have in modern day society. So many of us have tunnel vision when it comes to our daily routines and we fail to recognize the vast beauty and history that



There is something magical about stepping into a sacred space reserved for art, culture and history to be preserved and appreciated. Photo by Sarah Green

surrounds us. Even though we can Google the various pieces and artifacts being featured in galleries or museums, the atmosphere

of these sacred spaces cannot be replicated through writing. There is such power in tangibility — I encourage you to find it.

OUT'N ABOUT

Remembrance Day at Studio Bell

Go back in time on Nov. 11 at Studio Bell, with a performance by the Southern Stardust Big Band, a 20-piece orchestra playing dance music from the '40s golden era of big bands and more.

The Vagina Monologues

Appreciate the narrative of womanhood at the production of *The Vagina Monologues* on Nov. 7, hosted by The Women's Resource Centre and the Werklund School of Education.

A Night of Seduction

Experience an evening filled with beauty, wit, joy, word and music riffs as JazzYYC and the Calgary Spoken Word Society join forces for A Night of Seduction on Nov. 8 at 9:30 p.m.

Alberta Electronic Music Conference

The Alberta Electronic Music Conference returns to Studio Bell for its fourth annual gathering of artists, industry members and experts.

Fascination with fear

Why people enjoy watching horror films

Mackenzie Gellner

Staff Writer



The primary factors that make horror films alluring are tension, mystery, terror, shock and gore. Photo courtesy of Unsplash

Everytime I sit down to watch a horror movie, I know I am going to end up with my fingers crammed in my ears with a pillow over my head, shielding myself from a movie that I decided to watch. So why do I keep deciding to watch them?

It turns out there are not only various reasons for why I — and others like me — do this. In fact, there are even benefits to these terrifying movies. Kind of hard to imagine, right?

Horror films, such as *The Shining*, *The Conjuring* and *Saw*, are loved by many. People will voluntarily pay to sit in a dark theatre, knowing what they are about to see will haunt their dreams for the next week. Some people are even die-hard (excuse the pun) fans of the gore and gruesome. These people choose to regularly pay to witness their fears.

For example, a common fear for many children and adults, myself included, are clowns. So, if this is a well-known fear, how did the movie *IT* and *IT Chapter 2* become as successful as they did? According to the *New York Times*, *IT* collected

over \$300 million in box office revenue when it was released in 2017. This all prompts the question: why buy the ticket if you know you have a fear of clowns?

I'm scared of clowns, but did I go see *IT* and *IT Chapter 2*? Oh absolutely! But why? Why spend the time and money to have your heart race and your palms sweat? Where is the enjoyment? Why did the horror film industry rake in \$733 million in ticket sales in 2017?

According to *Psychology Today*, "the primary factors that make horror films alluring are tension, mystery, terror, shock, and gore." Think back to your Netflix history and your most recent theatre ticket — do those factors line up with your recently watched list?

These psychological factors all relate to the immediacy of watching a horror movie in the moment, but what about after the credits roll?

Horror films can trigger fight-or-flight responses, but in a controlled environment. This gives the viewer a chance to become more practiced in handling

anxiety-infused situations for future, more realistic ones. However, no one necessarily goes into a horror movie looking for practice in this.

Another reason why people watch horror movies is to develop so-called "good stress." Studies have shown that manageable amounts of stress can be beneficial because it gives the immune system strength to build resilience.

Still, most of the time, people don't have these factors in mind when choosing what to watch. It's usually based on what's been newly released or what mood the person is feeling. I, for one, do not critique how a plot will affect me later on in life.

Those feel-good romantic comedies are obviously good for bringing about brighter moods. Generally, when you've had a rough day, you want to watch something light and happy to destress and unwind. Yet, horror movies appear to help you in the long-run.

All of this to say: next time you're wanting to watch a movie, choose your genre wisely.



A Pill for Loneliness

City and Colour
Still Records

Score: B-

City and Colour has returned to re-break our hearts four years after the release of *If I Should Go Before You*. In his latest album, *A Pill For Loneliness*, Dallas Green lyrically captures a dysfunctional relationship headed towards catastrophe. This eleven track album explores themes of loneliness, separation and an overall grim outlook on life. City

and Colour is no stranger to the indie emo community — his gentle voice layered on rugged rock synth will have you listening to this album on a dark cloudy day. Although this album is lyrically brilliant, it lacks when it comes to the instrumentation. Overall, it's nothing new but it's a solid album.

- Hermie Ocenar



Twister

LEISURE
Netzwerk
Score: A

Hitting perfect notes of melancholy and groove, you'll find yourself vibing to LEISURE's newest album, *Twister* on a Sunday night, while winding down from a crazy week. The fourteen track album of electronic funk creates a new listening experience with each and every song. There's nothing

better than when artists challenge your ears and push the limits of what you consider to be "good music" or "bad music" — this album does that. *Twister* delivers a sound that requires a few listens before you really start to understand why it's good.

- Hermie Ocenar

Top five 2019 MRU men soccer moments

Dan Khavkin
 Sports Editor

5. Second 5-0 beating, first ever MRU MSOC hat-trick

In late September, the Cougars faced their first test of adversity... having their perfect 5-0-0 run snapped while also suffering its first sweep of the season.

MRU came back to the friendly confines of Mount Royal Stadium Field in dominating fashion.

Sure the 2-1 victory against the Thompson Rivers WolfPack was special. Fourth-year vet Justin Anderson-Louch had come back after 392 days since tearing his ACL and other ligaments on opening day last year in 2018.

But the Cougars shook off their only sweep by redeeming their back-to-back losses with a sweep of their own after dumping the Trinity Western Spartans 5-0 on Sep. 22.

Not only was it a huge six-point weekend against B.C. opponents, the result also saw the first ever MRU men's soccer hat trick as defender

Travis MacPhee tallied three times during the win.

4. T-Wrecking the Dinos on opening day

Derby Day opened the 2019 Canada West campaign for the boys in blue as they hosted the Calgary Dinos to open their historic campaign.

Hanging a 5-0 'L' on your city rival was important but also brought a feeling of school pride and excitement that couldn't have started a soccer season any better.

Anderson-Louch says that as much as they'd like to, his team can't ignore the rivalry between the Cougars and the Dinos. Winning the opening game "felt unreal," he says.

3. The clinch

Oct. 3 marked the day the Cougars clinched the program's first ever Canada West Prairie Division after blanking the Lethbridge Pronghorns 2-0 on the road.

MRU already held a vice-grip over the division sitting at 8-2-0 and even squeezed

inside the USPORTS top 10 for the first time since 2016 the week prior.

The win brought epic memories. Another goal was checked off the list but plenty of work was still to come.

Sophomore and first-team Canada West forward Moe El Gandour recalls the feeling on route to the vital road game.

He says: "It finally set in that this game was going to be massive, not only to just gain three points, but this would clinch the Prairie Division for MRU for the first time ever while securing our spot in the playoffs."

2. First playoff home game, birth of MRU Ultras

"I felt the season was very disappointing after a 3-0 loss to UBC in quarterfinals where the program has never surpassed," El Gandour notes.

This was it.

Four years of quarter-final exits came down to this program-defying moment when the Cougars hosted their first ever playoff game.

MRU hosted the TRU WolfPack for the second time this season but this fixture made a dent in the Cougars' history as they came through with a 2-1 win on Oct. 26.

The atmosphere was nothing like the Mount Royal campus has ever experienced before. The gray skies were masked by blue smoke. Drums were beating in a rhythm the whole 90 minutes. Banners were impossible to miss and were waved and planted along the touchline all... game... long.

Every MRU dispossession, WolfPack turnover... any Cougar play and Wolfpack mistake brought an earth-moving reaction from the frozen bleachers, led by the debut of the MRU Ultras.

When the game-winning-goal was slapped into the net by Anderson-Louch, you can only dream of the MRU hopeful's reaction as school history was made.

"I blacked out," Anderson-Louch says after scoring the go-ahead goal against TRU.

"This win, this season, wasn't just for us. It was for

everyone involved around this team, for everyone who supported us this whole time."

1. Dirty gold

The boys in blue representing MRU topped off their historic campaign by bringing home Mount Royal's first ever Canada West medal after beating out the Saskatchewan Huskies 3-1 in Vancouver.

It marked Mount Royal's first ever Canada West medal.

"This season's memories will be apart of MRU history. Being an athlete who helped that is something to be very proud of. I truly believe this bronze medal is the start of something special for this school and I'm truly proud to say I was apart of this success," says El Gandour.

El Gandour adds: "We still understood that we can make history by winning a bronze medal in our final game of the season. We not only wanted to do this for the school, program, and coaching staff, but for each other who have fought tooth and nail to get to where we are."



MRU MSOC defending home-turf one last time after beating out TRU 2-1 on Oct. 26. Photo by Sajan Jabbal



The MRU Ultras were alive and well during the historic 2-1 home playoff victory against the WolfPack. Photo by Sajan Jabbal



The boys in blue sporting MRU's first-ever Canada West medal on Nov. 2. Photo courtesy of MRU men's soccer staff

#S

80, 40-point games for Houston Rockets superstar James Harden, passes Allen Iverson for fifth in NBA history.

2008, Mike Soroka becomes the first Canadian AL or NL rookie of the year finalist since Joey Votto.

1,500, career NHL games for Bruins icon Zdeno Chara, becoming the sixth D-man in history to do so.

3,770, totals the most assists in Toronto Raptors history owned by retiring point guard Jose Calderon.

Newly appointed MRU Cougars women's basketball coach ready for tasks at hand

Sajan Jabbal, Dan Khavkin

Contributor, Sports Editor

Mount Royal Athletics hired newly appointed women's basketball coach Robyn Fleckenstein on Aug. 1 this past summer. Fleckenstein brings in a loaded resumé into her first Canada West head coach job.

A former player of the Acadia Axewomen program from 2008 to 2010, Fleckenstein brings first-hand experience of women's basketball at the university level to the team.

"Being a player and an assistant at this level gave me a good idea, but of course being a head coach is much different," she says.

Fleckenstein's playing career was cut short at Acadia University due to an ACL tear. After her surgery, she began coaching.

"I got involved with coaching provincial teams in Nova Scotia, but even then I still didn't really know what I wanted to do."

After becoming a high school science teacher, Fleckenstein began coaching high school basketball while also working as an assistant coach with the Alberta Pandas.

Leaving Strathcona High School for Ross Sheppard in the Alberta capital, she got a phone call two years into the new job.

A former player at U of A who was an Alberta Colleges Athletic Conference (ACAC) coach was stepping away and asked if Fleckenstein would be interested in the head coach position.

In all but three weeks, Fleckenstein became the head coach for the ACAC's Augustana Vikings.

Taking over as Cougars head coach

"I haven't had a job for longer than two years," Fleckenstein says with a smile. "I'm hoping this is the job I stay at for a long time."

She knew what she was getting herself into, claiming that what went on before she got to Mount Royal never bothered her. The Cougars held 1-19 and 2-18 records in the last two seasons.

"I never saw that as a reason not to take the job," she says. "It was more of me knowing MRU was a good school for me personally. Calgary is a great city and that mattered more to me than where the team was when I wasn't there. I wanted to be here."

The nature of the Cougar Athletics and the potential of the women's basketball program was also a bright-spot.

"Small schools have a major place in this world ... You just have to find the athletes who want to be here. Losing isn't a curse. It's about changes and putting in the work."

Nothing immediately jumped off the page for Fleckenstein when she took over either.

"It's more important to run a style of play to suit your athletes but there wasn't anything that I noticed where I had to stand there and say 'No, you guys can't this-or-that,'" Fleckenstein says.

"We are changing the style

of play to cater more to the athlete's strength. They have to play a little faster but we have a lot of good pieces."

As the saying goes: Rome wasn't built in a day. In

her case, Augustana didn't make the playoffs for two years while also not making playoffs Fleckenstein's first year at the helm. The following year, they were

nationally ranked every week and finished fourth in the ACAC.

"I believe anything can change, you just need to be patient."



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Robyn Fleckenstein has plenty on her resume taking on the head coach role; a challenging task ahead, turning around a struggling program. Photo courtesy of MRU