

# THE REFLECTOR

FREE

November 13, 2008



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## BRIEFS

Mount Royal College will launch its seventh university-level degree this fall. The Bachelor of Computer Information Systems (BCIS) will replace an applied degree and open doors for students. One-third of the courses in the new degree are business-related. “The marketplace is looking for people who have a broad education so, in terms of the course work in the new degree, there is a larger amount of non-computer courses,” said program chair Bill Paterson.

Biology instructor Izak Paul was awarded Mount Royal College’s first annual human rights award during on Nov. 6. Paul was recognized for his role as the principal organizer for the annual Holocaust Education Symposium, over the past 25 years. At the symposium, 2,700 Grade 12 students learn about the mass murder of Jews by the Nazis and discrimination based on race, ancestry and religious belief.



Photo by Alan Mattson

Rally organizer Robin McLeod speaks to about 50 supporters of the Calgary Farmers’ Market the morning of Nov. 8. The developer, Canada Lands Company, isn’t renewing the market’s lease and the popular destination will have to find a new home by November 2010. McLeod said the market should be part of the community CLC plans to build.

# Market on the move

*New sustainable community slated for Currie land*

by **Alan Mattson**  
*News Editor*

In November 2010, the Calgary Farmers’ Market is set to move from its location on the Currie Barracks, right across the street from Mount Royal College.

The developer of the former military base, Canada Lands Company, chose not to renew the market’s lease. It expires in October 2009, however the landowner has granted a 13-month extension to help the market find a new location.

The announcement sparked a public outcry. On Nov. 8, about 50 supporters held a march and rally in support of keeping the market where it is.

“This is just a great, vibrant part of the community,” said Robin McLeod, the organizer of the rally and a member of the Coalition for a Healthy Calgary.

“To lose this would be devastating for our communities around here. It’s an institution for us. It’s a success story that grew out of practically nothing.”

Dave Taylor, the provincial MLA for Calgary-Currie, marched alongside supporters chanting “save our market” and spoke to a cheering crowd outside the market’s front doors.

“(My constituents) can’t imagine how Canada Lands can’t see the wisdom of having this market in the middle of their new development here,” Taylor said.

Canada Lands Company, a federal crown corporation, plans to build a LEED Gold certified community on the

Currie barracks site. It will be the first neighbourhood in Canada with that distinction. (For more information on the certification, visit [www.usgbc.org/leed/nd](http://www.usgbc.org/leed/nd))

“We recognize that the Farmers’ Market is very important to many Calgarians, and we want it to continue to flourish,” said Doug Kester, a regional vice-president for Canada Lands in a press release. “Currie Barracks is simply not the appropriate venue; the market does not meet the established criteria that earned Currie Barracks LEED Gold environmental certification.”

Canada Lands developed two other communities on the Currie land, Garrison Green and Garrison Woods. Both have been recognized through awards for being high-density, pedestrian-friendly sustainable communities.

Taylor acknowledged “Canada Lands knows how to build a people-friendly community.”

But McLeod, who lives in the area, has vigorously opposed the market moving. She visited the local Canada Lands office to personally ask them to keep the market where it is. Her community association organized a petition, but McLeod said the developer only responds with form letters.

In seven years the Calgary Farmers’ Market — owned by a co-operative of farmers — has gone from an abandoned military hangar to one of the city’s most vibrant destinations. The Currie Barracks location was always

considered temporary.

Dozens of vendors sell local produce, crafts, artwork, meat and prepared foods. The location just off Crowchild Trail is close to Mount Royal’s campus and within walking distance of nearby communities.

Taylor said the market is an option for Mount Royal students who want to eat freshly prepared food, support local farmers and reduce their food’s carbon footprint. Produce in most grocery stores often travels thousands of kilometres before ending up on Calgary shelves.

“This is an alternative for all kinds of people. It’s an alternative for people who live within walking distance. I don’t see why you wouldn’t want to keep it here,” Taylor said.

Mount Royal student Amanda Chiddenton lives on campus residence, about a five-minute walk from the market.

“It’s closer than Superstore, Safeway, anything else,” she said. “I enjoy the fact that it’s all local produce, it’s all fresh. I’m really sad to see it go.”

Cindy Tuer lives in Altadore and takes her electric bike to the market every weekend — about a 10-minute trip.

“I use it all the time,” she said. “I come almost every weekend now. It seems I use it more and more as time goes on.”

The Calgary Farmers’ Market at 4421 Quesnay Wood Drive S.W. is currently open Fridays and Saturdays, 9 a.m. to 5 p.m. and Sundays 9 a.m. to 4 p.m..



## Brewery booted

After 12 years at its location adjacent to the Calgary Farmers’ Market, the Wild Rose Brewery is looking for a new home.

The small craft-brewery is a haven for local beer drinkers, but its lease with Canada Lands Company is expiring.

“We know we’re going to be moving to another spot,” said Anthony Lynch, who calls himself the brewery’s taproom ambassador. “We knew that coming into this location. It was a temporary thing.”

Lynch said Wild Rose is in talks about “various locations around the city,” but couldn’t disclose any details.

He said it will take citizen involvement, such as rallies and phoning politicians, if there’s any chance Canada Lands will reverse its decision.

The brewery and taproom is located in an old aircraft hangar on the Currie Barracks. The taproom serves food along with all of Wild Rose’s beers on tap.

# Byelection called for Dec. 2

Arbitrator determines results for president, VP student life invalid

by Alan Mattson  
News Editor

An election will be held for two executive positions in the Students' Association after arbitration determined the results of the March 5 election are invalid.

After nearly six months in their positions, president Jeff Agnew and VP student life Kourtney Smith will have to win another election to hold on to their positions.

The decision followed months of appeals and costly arbitration over a highly

contested election.

Just before the spring election, Chief Returning Officer Jim Robertson disqualified presidential candidate Travis McIntosh and VP student life candidate Liz McKeown.

Robertson decided that a Facebook group created by former executive Tami Rothery endorsed four candidates, including McKeown and McIntosh. This was considered running as a slate of candidates, which is not allowed under SAMRC bylaws.

"This is not something any

candidate asked me to do, but a way I'm trying to decrease voter apathy," Rothery wrote in a Feb. 26 email to Robertson.

Rothery, McKeown and McIntosh quickly launched an appeal of the results, and the SAMRC appeal board upheld the decision. Both sides eventually agreed to turn the matter over to an arbitrator, Jim McCartney.

McCartney's decision was as follows: the disqualifications of McIntosh and McKeown are quashed, their legal costs for the arbitration must be covered by the SAMRC, and elections

for those positions must be held as soon as possible.

(The full decision and history of the appeal is available on the SAMRC's website, [www.samrc.com](http://www.samrc.com))

"We want to make sure our democratic processes are transparent and strong," said Matt Koczkur, VP external for the SAMRC. "The decision itself highlighted a couple of areas of concern that we will work on to improve our processes."

Koczkur said the SAMRC's bill for legal costs related to the arbitration hasn't been determined yet.

Agnew declined to comment, but Koczkur was reassured the arbitrator found "everyone was acting in good faith."

### Important election dates

- Nomination period  
– Nov. 13 to Nov. 19
- All candidates meeting  
– Nov. 21 at 4:30 p.m.
- Campaign period  
– Nov. 23 to Dec. 2 at 5pm
- In-person voting  
– Dec. 1 and Dec. 2
- All candidates debate  
– Nov. 24

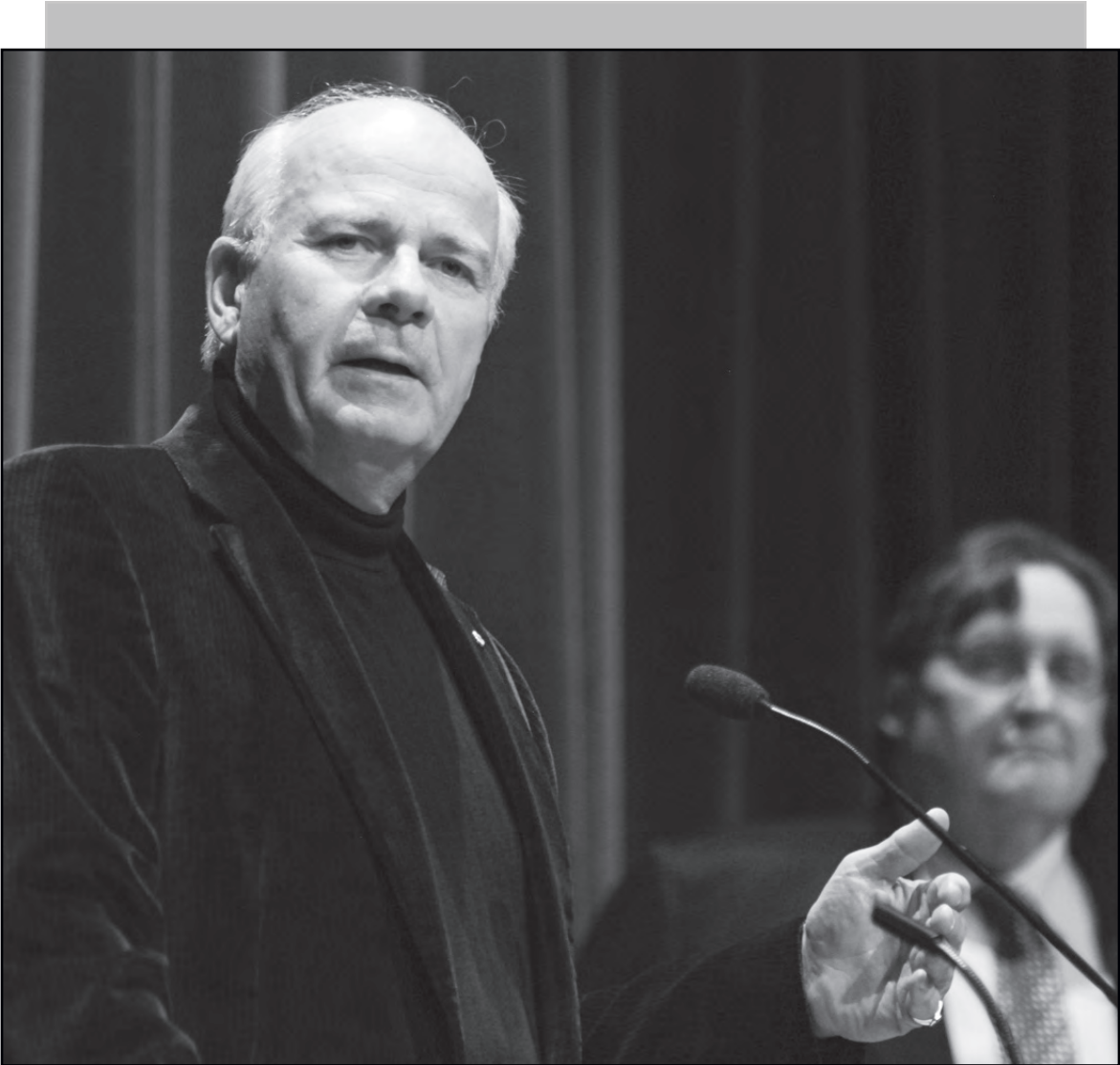


Photo by Alan Mattson

**Peter Mansbridge, anchor of the CBC's flagship newscast, "The National," visited Mount Royal College on Nov. 5. On the right is Marc Chikinda, dean of the Centre for Communication Studies. Mansbridge spoke to hundreds of communication students in the Leacock Theatre about his 40 years of experience as a broadcaster.**

## Reflector recognized

The Reflector recently placed third for content and design in the best of show awards at the ACP/CMA National College Media Convention in Kansas City, MO.

The award was given during a ceremony on Nov. 2 in the four-year school, non-weekly category. The Reflector's competition included dozens of student newspapers from across North America.

"It's nice to get recognition beyond the walls of this college," said Jeremy Nolaïs, the Reflector's publishing editor.

"It was exciting for us — we weren't necessarily expecting it."

This isn't the first award for The Reflector, which has served the students of Mount Royal for more than 40 years.

In 2005 the paper received first place in the same category, and followed up with an honourable mention in 2006.

The Oct. 30 issue submitted for awards had "a range of content" and solid design, Nolaïs said. He hopes the newspaper will keep striving for excellence.

"Obviously you'd like to (place) first ... we have a ways to go. We intend to keep improving," Nolaïs said.

Next year's convention is in Austin, Texas, and The Reflector plans to attend.



## Letter to the editor

I am writing to correct some misinformation in your article "Conference Confessions" (Oct. 30) and the subsequent nameless editorial that followed.

I should start out by saying that I understand the impetus for the story. Holding elected representatives accountable through independent investigatory endeavours is important and often necessary. Also, you certainly managed to get a couple of juicy quotes from an elected representative around which to build a possible story. Unfortunately, having a couple of sensational quotes does not a true story make.

Before I get into any detail, here are some quick facts:

The staff travel and training budget did not increase by 100 per cent. It was combined and increased by 41 per cent.

The executive travel budget did not "balloon" to \$91,350 this year. It decreased by 16 per cent, from \$40,000 to \$36,000.

To get some insight, look at the actual expenditures; you will see that expenditures for travel and training were down by 35 per cent last year.

Of course, your reporter did ask some questions and found out the SA budget combined the staff travel budget with the staff training and development budget. At a very simplistic level, this would make this particular budget *seem* like it's increased by 100 per cent — which, of course, is entirely false.

As I told your reporter, the budgets were combined. If you don't factor in the combination, there was an increase of 41 per cent, not 100 per cent. The increased budget took into consideration inflation, higher gas prices, increased staff for the expanded building, and higher costs associated with training new staff.

On the other hand, the executive travel and conference budget actually decreased by 16 per cent for the year. This is plainly apparent in the budget,

but was completely ignored in your article.

You also reported that all four executives attended a meeting with Gallivan in Vancouver — a trip you rightly stated was paid for by Gallivan & Associates themselves. However, a quick fact check would have shown you that only two executives attended the conference.

(Editor's note: SA president Jeff Agnew told the Reflector all four executives

attended the conference.)

But why even mention the trip if it's not coming out of our budget? I would say one reason is to provide some context for Jeff Agnew's "coast-to-coast" quote — a line which, of course, looks quite sensational as a pull quote, but adds nothing of substance to the main point of your article.

Now, to the truth of the matter.

If there was really some "wastage" in the budget, it would be evident in the *actuals* section. Last year, just over \$40,000 was budgeted for staff travel and training (combined) — not an unrealistic figure for around 25 full-time staff to take courses and attend professional conferences in order to remain current and relevant in their work — which ultimately benefits the students of Mount Royal. Only \$25,000 was actually spent — a savings of 35 per cent. And out of a \$40,000 budget last year, the executives only spent around \$26,000 for 11 conferences — another savings of around 35 per cent.

This year, the executives attended seven conferences thus far, for an expense of about \$19,707.

— Matt Koczkur,  
SAMRC VP External

THE REFLECTOR

November 13, 2008

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Cover by James Paton

The Reflector, with an on- and off-campus circulation of 10,000, is the independent voice of the students of Mount Royal College. It is published fortnightly during the academic year (Sept. to April).

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

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.

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EXPOSURE




Photo by Kelsey Hipkin

An apartment entrance illuminates the Kansas City, MO. night. The city's downtown core is brimming with early 20th century architecture like this.

A galaxy far, far away . . .

PASS OR FAIL?



by **Jeremy Nolais**  
*Publishing Editor*

First off, an arrogant fail to CNN who felt the need to show off their ridiculous new hologram interview technology on U.S. presidential election night. CNN correspondents like Black Eyed Peas singer Will.i.am were beamed into headquarters in a scene reminiscent of Princess Leia’s holographic message in Star Wars. Reports indicate that hated adversary Fox is now trying to one up CNN by building a life-size replica of the Millennium Falcon for anchors to broadcast from.

Checking other political headlines, a fail to Florida porn director Cezar Capone who, in an attempt to reduce democracy to a new low, is offering former Republican vice-presidential candidate Sarah Palin \$2 million to star in an adult film. Titles being thrown around for the flick include “Republican Rink Romp,” “Palin Does St. Petersburg,” and “No Birth Control for me Baby!”

The University of Lethbridge also fails this week, after being forced to shut down for a day last week due to sewage system failure. The problem was fixed quickly and classes have since returned to normal. This just serves as proof that Alberta’s education system is in the toilets. Literally.

Switching to our own glorious province, a fail goes to soon-to-be retired Liberal Leader Kevin Taft for suggesting that rodeo be named Alberta’s official sport. Standing in the legislature rotunda sporting a sleek black cowboy hat and bolo tie, Taft posed the question “What is more Alberta than rodeo?” As if the rest of the world doesn’t already see us as rich, redneck, oil-hoarding cowboys.

Finally, a big fat fail to McDonald’s Corp. who is reportedly contemplating raising the price of the double cheeseburger by 20 cents or more and removing one of the two cheese slices. McDonald’s executives are expected to make a decision in the next few weeks and would like to stress that despite facing new economic pressures they will continue to help loyal customers eat themselves to death.


Clarification

The story “Conference Confessions” that ran in the Oct. 30 issue of The Reflector contained figures that lacked proper context.

The figures used in the story were shown to and initially cleared by SA executives Matt Koczur and Jeff Agnew before publication, with no objections. The story states that the budget for Students’ Association staff travel and conference and development increased by 100 per cent. This is correct, but much of the increase is because the budget for staff training and development was combined into the same line. This fact is stated in the story.

The editorial “Wasteful Conferences Squander Student Money” also in the Oct. 30 issue stated the budget for executive travel is \$91,350. This number represents all funds available for executive travel, staff travel, conferences, training and development.

We apologize for any confusion.



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# Plea for justice

*Local festival features film exposing truth about Darfur*

**by Melissa Welsh**  
*The Reflector*

For most of us, the sound of scattered gunfire and the screams of terror remain in those tragic war-torn areas

of the world such as Darfur, thousands of miles away, where peace is sought after with vengeance and hope still manages to survive in the most barren and ugly circumstances.

But for Adam Abdalla, 42, the reality of genocide in Darfur is something he still remembers, still sees, and hears 20 years later, even though he is on the other side of the world.

Abdalla, president of the Darfur Association of Canada, came to Canada in 2001 and is one of the speakers who will be talking about the movie “Sand and Sorrow,” at this year’s Justice Film Festival in Calgary.

“Sand and Sorrow” directed by Paul Freedman and narrated by renowned actor George Clooney, depicts the tragedy of Darfur, taking a more recent look at a country that has been at war with itself for the last 41 years.

“There is an ideology — particularly with this kind of regime — that they are encouraging an Arabization of this land ... Sudan is an African country, but most of the people in power are of Arab decent, so anyone who is not an Arab, they want to eliminate them and replace them with Arab,” he said.

The conflict in

Darfur emerged when the Sudanese government started to arm its Arab nomadic-grazing tribes in the ’70s, allowing and even encouraging them to attack the non-Arab tribes of Darfuri farmers, wiping out entire villages without consequence.

In 1986, what used to be an otherwise tumultuous relationship between the Arabs and non-Arabs of Sudan became a tribal war with the government commencing a mass genocide that is still taking place today.

Abdalla left the small village of Tumblo in 1989 to study at Nagpur University in India. It had been a couple years since the initial attacks made by the Janjaweed, known as the “Devils on Horseback” but in those couple years Abdalla saw things most of us will never see in a lifetime.

“They mostly attack villages in the early morning when people are sleeping, so elders can’t run, kids can’t run, so most of them get burned,” Abdalla said.

“In 1988, where the classmate of mine lost his life, there was an attack in the midnight where we heard lots of gunfire ... I was still kind of slow, and my mother was crying, saying that they are going to burn you with the house, so get out.”

Darfuri people living in these villages hear of an attack and move immediately fleeing for their lives, leaving everything behind, knowing that they are never to return to their homes after the Janjaweed has burned and looted everything.

“They shoot everywhere, on ground or air, so you get scared, you don’t know what direction they are coming from, don’t know where to run,” Abdalla recounts.

The film introduces us to Abdul Wahid al Nour and Minni Mannawi, two Darfuris who headed the Sudan Liberation Army in 2003.

The Janjaweed couldn’t target the SLA directly, so they struck the Darfuri people. Consequently, as of 2004 100,000 Darfuri people have been killed, one million displaced and over 2,000 had fled to the border of Chad.

“Ninety per cent of the Darfuri population live in IDP (internally displaced persons) camps,” Abdalla said.

Within the camps, the Darfuri people are tentatively safe. Women and girls who leave the camp to gather firewood are frequently raped by militiamen, waiting in the wooded areas.

Some of Abdalla’s family lives in refugee camps like these, but his mother still lives in the villages.

“(She is) always on the move nowadays, sometimes once, twice in a week,” Abdalla said.

Barbara Butt, executive director of Dafurian Congress of Canada, works directly with leaders such as Abdul Wahid to give Darfuris a voice across the world.

“We could be involved directly in the peace process by flying over for the preliminary ... giving them the tools with negotiators, helping them to navigate their direction in the preliminary stage of the peace talks that are to come,” Butt said.

“Will (a peace deal) be in my generation? I don’t know. If it isn’t then we’ve built a good foundation and we will pass our torch to the next one, this is human rights, and the future of us depends on them ... it does affect us.”

Today Olmar al Bashir, the president of Sudan, is charged with three counts of genocide, five crimes against humanity and two murders against the African tribes of Fur, Masalit, and Zaghawa. But without the International Criminal Court, Bashir will walk.

“They should have a democratic government where everyone can vote ... what will that take? Probably an overthrow,” Butt said.

“You see a vision, and the vision is you see a new Sudan.”

Calgary’s Justice Film Festival runs from Nov. 14-16, taking place at the River Park Church Auditorium 3818 14A St. S.W.

# FEATURING

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November 13, 2008

## QUICK QUIPS

**“H**istory provides neither compensation for suffering nor penalties for wrong.  
—John Acton

**“I**f I don’t tell it all now, the story in the history books will always be imperfect and that would be wrong.  
—Christine Keeler

**“T**o achieve the impossible dream, try going to sleep.  
—Joan Klempner

Illustration by James Paton

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See samrc.com for the agenda.

# Catching some shut-eye

Part three of The Reflector's series on mental health

by Josh Naud  
The Reflector

In the spring of this year, a survey was done at Mount Royal College regarding the general health and wellness of students. It followed a model initiated by the American College Health Association, dubbed the National College Health Assessment. At Mount Royal, almost 35 per cent of student respondents said they were having sleep difficulties that were negatively affecting academic performance. Also, 47 per cent said they slept enough to feel rested only three to five days a week, and almost 11 per cent said they didn't ever feel rested in the morning.

Sleep happens in stages, repeatedly moving from light, to deep, to REM (rapid eye movement) sleep in about 90-minute cycles throughout the night.

REM sleep is the stage where dreaming happens, and it's said that waking up during this stage is the reason you can sometimes remember your dreams. This type of sleep pattern — the kind most of us have — can be called monophasic (one phase) sleep, and for most people means the

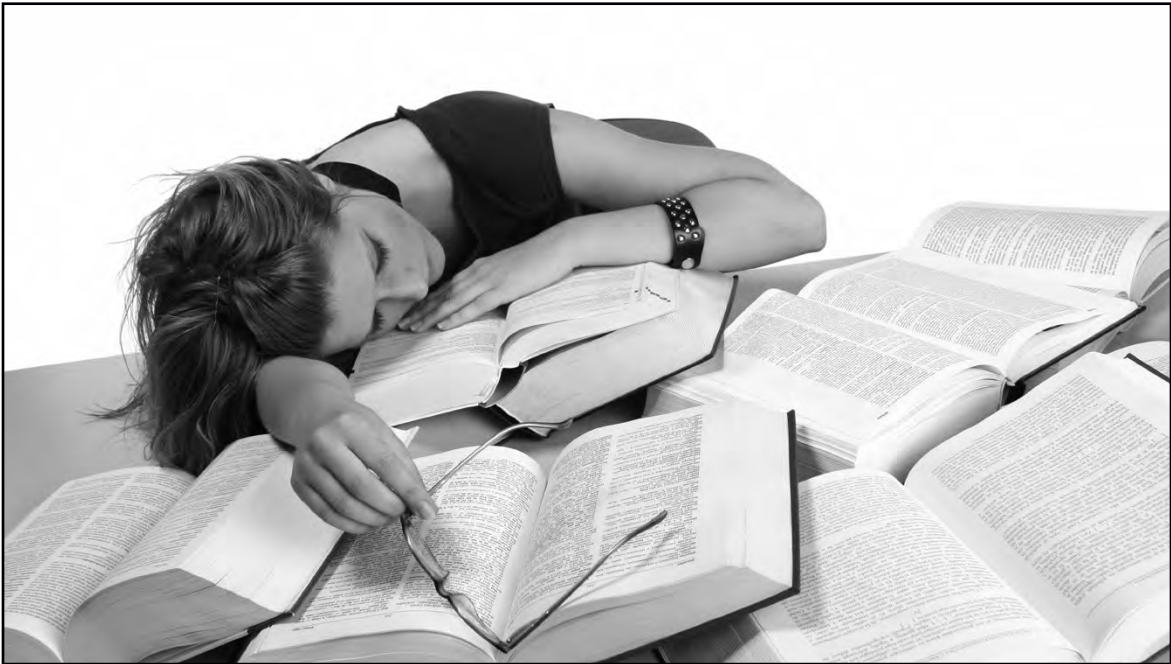


Photo courtesy Simon Podgorsek/ istock.com

In a survey conducted this spring at the college, nearly 35 per cent of Mount Royal students responded that they were having difficulty sleeping.

magic number is seven to nine hours a night to be healthy.

The alternative then, is called polyphasic sleep. This is where you sleep much less at night (two to five hours or so) and take frequently scheduled cat-naps throughout the day. This seems like a decent idea if you're a student who feels like there just isn't enough time in the day. One of the criticisms

though, is you don't get enough time spent in deep and REM sleep.

Insomnia is loosely defined as having trouble falling asleep, or trouble staying asleep. Generally experts say that acute insomnia — sporadic difficulty for periods of less than four weeks — is quite common, and is not really a disorder but usually just a symptom for

which the underlying cause is generally no big secret, and can be treated and managed.

If you consistently have trouble sleeping, and it lasts longer than four weeks (chronic insomnia), then there could be factors at play that are outside of your control and you should seek medical health.

As it relates to college students, it seems the reason we can't sleep is mostly our own fault. Stressing about your workload, relationship situation, future or even what you did last weekend can keep you up at night.

However, there's research done that suggests adequate sleep actually improves your memory and ability to perform tasks learned the previous day.

Harvard medical school professors Robert Stickgold and

Jeffrey M. Ellenbogen in 2000 confirmed a 1994 study, which demonstrated that only when subjects got more than six hours of sleep did they "improve at a task that involved rapidly discriminating between objects they saw." They concluded that "Sleep — in all its phases — does something to improve memory that being awake does not do." Though it is unclear exactly how this happens, research has consistently shown that it does indeed occur.

"We are becoming sure of one thing: while we sleep, our brain is anything but inactive," wrote Stickgold and Ellenbogen in the journal Scientific American Mind.

"One of the roles of REM sleep is to consolidate newly-learned information, which is an essential task for college students," said Leanne Edwards, a counsellor and psychologist at the EnCana Wellness Center here at Mount Royal. "Pulling an all-nighter or sleeping only a few hours can decrease your ability to remember new information."

For most college students, getting more sleep usually comes down to creating a more consistent routine of sleep and wake cycles, Edwards said. This means going to bed and waking up at the same time every day, even weekends if possible. It's about being nice to your body's developed 24-hour clock, known as the circadian rhythm. Medication is an option, but most cases of acute insomnia can be treated by a little stimulus control. Meaning, it's

See **SLEEP** p. 8

## Kissin' and tellin'

Tales of embarrassing sex-capades

JAUNTY JEZEBEL



by Selina Renfrow  
Sex Columnist

When I started writing this column this year I had to stop and think what exactly I was going to write about. What I didn't want the column to be, was a sort of kiss and tell, a recap of what had occurred and my comments and observations on it. However, it's hard not to want to write about some of the crazy things that have happened to me. So I will try my best to keep the confidentiality of people involved and try not to embarrass anyone but myself.

Now, I like it rough. Sometimes.

Depends on the person really and the relationship you have with them. I suppose it's easier to accept new things in the bedroom with someone you know as oppose to someone you just met. So here's the thing, if you like it rough and you're hooking up with a random, don't slap her while having sex! You're not likely to see this person again if it's just a one-night stand. But she'll tell multiple people and possibly write a column about it.

I was a little shocked by this so I decided to talk to a few people about it. Girls seemed to be bothered by this, basically the consensus was "not cool." Guys, however, had a different reaction. One friend, a great guy, laughed his ass off when I told him over dinner. He thought this was hilarious and awesome. Did I also mention this guy can be an ass? My other male friend on the other hand, agreed that it was a little much to bring that out the first time. Might be a good idea to wait until the second or third time you're hooking up with the person.

Hey, want to know a great mood-killer? Getting a nosebleed ... so much for morning sex. Damn dry Calgary weather.

Anyone who still lives with his or her parents knows it's tough bringing someone home from a bar. I just don't do it. Mainly because my parents' room is right next to mine, and I'm not quiet. It's easier to get away with when you live in the basement. Or at least I thought so until my cellphone rang one morning.

Actually it was in the afternoon and partner was snoring away, so as quietly as I could I answered and talked to my friend for a bit. As I was talking, I could hear typing coming from outside

the bedroom door. Outside the room was the family computer and someone was using it. And if I could hear typing, whoever was out there could hear me talking on the phone. I heard the person get out of the chair and I told my friend that I would call back later.

There was no time to hide, no time to do anything but lie face down, put the phone under the pillow and pretend to sleep. It was my partner's dad, he didn't say anything but seemed to stare at the scene before him, his son passed out and the bare back of a naked girl lying next to him. And to further embarrass me, when leaving the house I went out the front door, right past my partner's dad reading the newspaper. Hello. Goodbye.

I could talk about a few more situations. Like sleeping with someone when he's so drunk and you're not, wishing he would finish quickly and shut up about how great we are in bed together. Or being completely wasted and having sex in the shower. Great, but a little bit of work. Giving head in the shower isn't easy either; much better when they are driving, though I'm sure that's not very safe.

To make myself feel better, it would be great to hear your embarrassing situations. I know there are worse so drop me a line at jauntyjezebel@thereflector.ca

## Reflect this!

Can we please get some freakin microwaves in this damn college??  
— Angry at Jeff

That was fuck me with a chainsaw good!  
— Lumberjack Lover

4:20 was fun. Let's do that again.  
— Green Girl

Heart environmentally friendly offshore drilling  
— John McCain

This is my thinking beef...  
— Ginger-Beefed

Change is on the way people. YES WE CAN!  
— Barack Star

We're introducing a new way for our readers to send messages to their friends via The Reflector. Bring in your submissions to the Reflector office in the basement of Wyckham House, or email them to [featureseditor@thereflector.ca](mailto:featureseditor@thereflector.ca). Submissions must include your name, ID number, and phone number. Any submissions judged to be sexist, racist, homophobic or attacks of a personal nature will not be printed.

SLEEP from pg. 7

Your bed (and ideally, bedroom) should be associated with only sleep and sex: not homework, reading, TV, talking on the phone, or whatever else.

Also, if you spend a lot of time lying in bed thinking about your worries or things

you need to do, you can start to associate your bed with this, rather than with sleeping.

Also, she suggests having a specific place you designate for worrying, or your deeper thoughts and considerations; the “worry chair,” as Edwards put it.

“Easier said than done,” she admitted, “but it’s all about

forming habits.”

Edwards said that one student she counselled made the shower her “worry chair,” and over time was able to leave it in the shower, so to speak.

If you’re not sure why you can’t sleep, or if you’re anxious or stressed about things, Edwards said you should come into the centre and talk to a

counsellor. If you haven’t been able to sleep well for more than a month, or feel sleepy during the day even after adequate sleep, there might be something up and — not to sound like your mother, but — you should get checked out.

Here at Mount Royal, “Pulling an all-nighter or sleeping only a few hours

can decrease your ability to remember new information.”

For most college students, getting more sleep usually comes down to creating a more consistent routine of sleep and wake cycles, Edwards said. This means going to bed and waking up at the same time every day, even weekends if possible.

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# Icon visits Calgary

*Glenbow Museum prepares to display travelling Marilyn Monroe exhibit*

**by Kimberley Jev**  
*Arts Editor*

Not too long ago, before the fashion industry and entertainment business placed emphasis on the angular, slim and skinny physique, there lived a woman of the ultimate shape.

This woman was said to have the characteristics of a sweet, good-natured and highly-comedic character. She embodied a spark that was so appealing to photographers that movie directors and artists spent time after time objectifying her physical attributes in their photographs and films.

She was also a symbol to the art and entertainment world, the symbol of "... a womanly figure unlike the standard that is seen today, which tends to be much more angular and muscular.

Not in an unfeminine way but Marilyn was all about 'womanliness' curves and the Marilyn Monroe 'creation' itself was put together

as an embodiment of the dream of a woman that was held by men," said Lorraine Lounsbury, curator for The Glenbow Museum and "Some Like It Haute: The Costumes of Marilyn Monroe."

From Nov. 22 – Feb. 22, 2009, The Glenbow Museum (130 — 9 Ave. S.E.) will house the travelling exhibit "Marilyn Monroe: Life As A Legend" and the curatorial "Some Like It Haute: The Costumes of Marilyn Monroe."

"Some Like It Haute" will show 10 original costumes plus a replica of the famous "subway dress," which was commissioned by top costume designer William Travilla, creator of the original dress.

The collection will have a cross section of garments made for Monroe.

"Marilyn used costumes as props,

those elements were designed to show off her body. The curves, the very full figure that she had," said Lounsbury.

The collection has been pulled from various locations; a good number of costumes have come from a variety of private owners. Auctioned dresses of Monroe have sold for millions of dollars, an example of such a piece was specially designed and made for Monroe by designer Jean Louis, which sold at an auction in 1999 for \$1.2 million.

Monroe wore this dress, for a televised birthday party for President John F. Kennedy.

This was also one of the last significant public appearances Monroe made.

Milly Rose, president of The Costume Designers Guild, has worked with private owners to present costumes of Monroe for the exhibit.

Monroe's suicide in 1962, three months after

singing "Happy Birthday" to the president, left many people full of questions.

"So much of her life seemed made up," said Lounsbury, adding Monroe's display of fame was what in today's world would translate to the stories tabloids print about Britney Spears.

"We know so little about her really — she struggled. It's all very much a drama, her whole life, it attracts so many people to the whole mythology around a startling, compelling, woman and when you take a look at the photographs taken of her during her lifetime it's clear to see.

"Photographers talked about how she was incredible, she'd have this look in her eye and the camera loved her."

Monroe's image presented a "... complicated message, she still puts across in the imagery that exists from her time as a star and the imagery that has been created around the myth of Marilyn reflects many of those same ideas and has been built upon by others," said Lounsbury.

# ARTS

**ARTS EDITOR:**  
**Kimberley Jev**  
artseditor@TheReflector.ca

November 13, 2008

## HOT SPOTS

**S**pend an evening listening to some cool rhythms with The Bicycles, Hot Panda and The Sleepless Night at Broken City (613 11 Ave. S.W.) Nov. 20. See [brokencity.ca](http://brokencity.ca) for more details.

**T**he Wet Secrets are back from New York and are set to play the Marquee Room (612 8th Ave. S.W.) with friends Christian Hansen & The Autistics. Visit The Wet Secrets at [thewetsecrets.ca](http://thewetsecrets.ca).

**A**rts will be on the menu at ACAD's (1407 14th Ave. N.W.) annual Show and Sale Nov. 20 – 22. Entrance is free, it's a good idea to check out the sale for early Christmas presents.

**R**aise the roof at Hi Fi Club's (219 10th Ave. S.W.) new night, 10% Mental, a new regular party dedicated to dub step, garage, crunk, digital dancehall and all things bass music related. Visit [artcentral.ca](http://artcentral.ca)

### WEB EXTRAS



For more on the Marilyn Monroe exhibit

[TheReflector.ca](http://TheReflector.ca)

# Marching to his own beat

*Mount Royal instructor headed to Venezuelan festival*



Photo courtesy Ewa Grywacz

Tyler Hornby jamming away at Poland's Sopot Jazz Festival in 2007.

**by Tricia Edwards**  
*The Reflector*

In a late-night jam session in downtown Calgary, jam host and Calgary drummer Tyler Hornby shared the stage of a basement club with a rotating group of musicians from South American, Europe and Canada.

This is very familiar ground for Hornby, who's also an instructor in Mount Royal College's jazz program and has been on numerous tours through Europe and South America, performing each time with an international roster of musicians.

He travels at the end of this month to Barquisimeto, Venezuela, where long-time colleagues Andy Nevala and Gonzalo Teppa will join him on piano and bass respectively.

The three form Protrio and will headline Barquisimeto's "Festival de los Cuatro Cuerdas (Festival of the Four Strings)." The cuatro, a small four-stringed guitar that had its origins in the region, inspired the title of the event.

"I'm looking forward to being reunited with Protrio," says Hornby. "The three of us went to school together at

the University of Colorado. A chance to expose audiences to our music and to be exposed to Venezuelan music is an honour."

Hornby also plans to return to the Birdland Club in Hamburg, Germany early in the New Year in a return engagement as he also played there in February of 2008 in an event sponsored by the European group Jazzbridge. Jazzbridge brought together Polish and German musicians in an effort to build ties between the two countries cultural communities.

Playing abroad gives Hornby first-hand experience internalizing the highly-syncoated three-plus-two rhythmic complexities of a Venezuelan merengue or negotiating the odd metres of many of the new European jazz compositions.

"I have met many great musicians here in Canada and abroad in Europe and South America," said Hornby. "Jazz is a world music now, so I imagine these tours and recordings I have done will influence my drumming and composing."

Expect to hear these influences in his new album, due to be released in 2009.

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Ze  
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# Struggle of tradition

*Deepak Mehta takes docu-style approach to new Indian-culture film*

**by Melissa Welsh**  
*The Reflector*

From the curtain opening and the lights dimming, your senses will be stimulated with the splashes of colourful saris and invigorating Indian music that arrives in the first scene of Deepa Mehta’s recent film “Heaven on Earth.”

Mehta, who is known most for her trilogy films “Fire,” “Earth” and “Water,” will once again take audiences on an enchanted journey in her new film. It tells a story of Chand, a young woman played by Preity Zinta, who moves from India to marry into an Indian family in Brampton, Ont. The film draws upon similarities of Mehta’s past works by touching on issues such as personal identity and its correlation to tradition, but this time the cinematography is starker and rawer.

Opening with a celebration of women dancing and singing, the film quickly shows its use of contrast by transporting us to a cold Canada, where Chand’s husband Rocky, played by Vansh Bhardwaji, who is first portrayed as a shy and almost endearing man, awaits her arrival at the Pearson Airport.

In Chand’s arrival scene, Mehta gives us a hard dose of reality as we watch her get ready in the airport bathroom, putting on her traditional dress and retouching her makeup before she sees her husband-to-be for the first time.

We are then shown the welcome of Rocky’s family alone with Chand — with their initial open arms — allowing us to almost be optimistic about Chand’s matrimonial destiny.

What follows marks the beginning of a downward spiral of what we hoped was not inevitable in these types of arranged circumstances.

Due to the buildup of congenial emotion in the beginning of the film we are just as shocked as Chand when her life becomes more real and jarring, and where tradition fades into a quaint little notion.

Here Chand’s fears are first conveyed to us by black and white, old and shaky filming. In these temporary and repetitive segments during the film Chand recounts childhood stories about reuniting with her mother in a garden, all the while being protected by a cobra.

The first black and white scene we see is when Chand and Rocky go to Niagara Falls for their honeymoon. While standing in front of the falls, Chand asks if they can take a picture and Rocky responds by saying no. We are drawn in



Photos courtesy Dusty Mancinelli, Mongrel Media

**“Heaven on Earth” tells the story on an arranged marriage between Rocky, left, played by Vansh Bhardwaji and Chand.**

by the irony of what looks like a photograph on the screen, witnessing what Chand was denied.

Zinta does a good job of making us believe she is

terrorized through the film, with her expressions always pained and yet still hopeful, while Rocky confuses us as much as he does Chand, constantly shifting from

vicious to kind.

What is interesting though is how Mehta directs this film. Coming away from “Water” we were captivated by the beauty of Mehta’s filming, the palate

of subdued colour and artfully angled shots.

In “Heaven on Earth,” Mehta’s filming translates almost as documentary, enticing us with the realistic nature of tradition and its consequences.

Furthermore, the use of contrast in this film must be noted. With the quick deportation from India to Canada or the carrying-out-of ceremony ending anti-climatically by turning on the football game, Mehta allows us to see tradition in a new light. In the film, Mehta depicts tradition not as being something that life conforms to such as it suggests in the beginning but rather that tradition somehow fits its way into normal life.

At the end of the film, Mehta leaves us with the question of whether our desires can become so strong as to take on human form and if hell is really better than a heaven with no dignity.



**Preity Zinta portrays Chand as wife torn between Indian and Canadian culture.**

## WEB EXTRAS



For more on Heaven on Earth

TheReflector.ca

# Rock out with your bloc out

Bloc Party reach new heights with signs

<



# Snow day

*Things shaping up for the ski/snowboard season*

**by Katie Turner**  
*Features Editor*

With snow finally touching the ground and colder weather approaching, ski and snowboard junkies are likely chomping at the bit to strap in their feet and hit the slopes.

As opening days approach, representatives for some of the areas most renowned hills believe this season will be one for the books.

“We have targeted Nov. 14 for opening,” said Doug Firby, representative for Sunshine Village. “We need some substantial snowfall between now and then because we ideally like to have a base of 50 centimetres. Our website, skibanff.com, has a snow report that is updated daily, so skiers and riders can watch the progress.”

Once the mountain opens, Firby said Sunshine offers some of the best snow around. Located near Banff, with its highest peak at an elevation of 8,954 feet, Sunshine boasts more than nine metres of snow annually and the longest season in Canada at seven months.

“Our ‘champagne powder’ snow is very dry, and known for its light and fluffy texture. This is the benefit of being at the high altitude,” said Firby.

In addition to the plethora of powder, Sunshine is also home to The Rogers Terrain Park, which has nearly five hectares of jumps, boxes and rails.

Also opening soon are hills that belong to The Resorts of the Canadian Rockies: Nakiska, Fernie Alpine Resort and Kimberley Alpine Resort.

Pending snow conditions, both Nakiska and Fernie are expected to open Dec. 6 and Kimberley is projected to open the weekend of Dec. 13, said Paula Worthington, media relations coordinator for RCR.

Unlike Sunshine, the three RCR resorts do not feature full terrain parks.

“Jumps were removed from our parks last year as part of a safety initiative,” said Worthington. “Investment was made into rail park features. This coming season there will be rail parks at both Fernie Alpine Resort and Kimberley Alpine Resort.”

While Lake Louise was once apart of RCR, it has recently changed hands as RCR wanted to focus on their other hills, said Worthington.

“Lake Louise Ski Area is now an affiliate resort of Resorts of the Canadian Rockies, but is operated separately from Resorts of the Canadian Rockies,” she said.

Despite the recent handover, RCR season passes that have been on sale since May will still be honoured at Lake Louise.

“The partial sale of Lake Louise does not affect season’s passholders,” she explained. “Those with an RCR Super Pass can use their pass at all four resorts. Nakiska, Fernie and Kimberley passholders may even present their pass at Lake Louise Mountain Resort for complimentary early skiing until their home resort opens.”

Lake Louise officially opened Nov. 8.

As for other resorts, Castle Mountain near Pincher Creek will open in December pending snow conditions and Canada Olympic Park here in Calgary has a projected opening day of Nov. 22.

Overall, Worthington believes the season is shaping up to be a good one.

“With so many great resorts in our corner of the country, it’s hard to not get excited about skiing and snowboarding.”

## WEB EXTRAS



For updates on snow conditions

[TheReflector.ca](http://TheReflector.ca)

Photo by James Paton

# SPORTS

**SPORTS EDITOR:**  
**Kelsey Hipkin**  
[sportseditor@TheReflector.ca](mailto:sportseditor@TheReflector.ca)

November 13, 2008

## BY THE NUMBERS

**49:** The number of times Michael Jordan has appeared on the cover of Sports Illustrated..

**50:** Goals in as many games scored by Brett Hull during the 1991-92 season.

**56:** Straight games with a major league hit. Yankee Joe DiMaggio holds the record from 1941.

**655:** Number of players ranked in the World Dart Federation

**2004:**Peak year for snowboarding with 6.6 million riders hitting the slopes.

# THE LISTINGS PAGE

## MOVIES

**THE PLAZA**  
(1133 Kensington Rd. N.W., 283-2222)  
[www.theplaza.ca](http://www.theplaza.ca)  
Nov. 14-20, 2008  
Call for listings and showtimes.

**THE UPTOWN**  
(612-8 AVE. S.W., 265-0120)  
[theuptown.com](http://theuptown.com)  
Nov. 14-20, 2008  
**Happy Go Lucky:** Daily @ 7:00 & 9:15; Sat. & Sun. mats @ 2:45. 14A—Coarse language  
**Dirty Country:** Fri. @ 10:45 p.m. only. Filmmakers in attendance  
**Outsourced:** Daily @ 6:50 & 8:50; Sat. & Sun mats @ 3:00. PG  
**I.O.U.S.A.:** Daily @ 5:00; Sat. & Sun. mats @ 12:45. 18A—Sexual content  
**Choke:** Daily @ 5:10; Sat. & Sun. mats @ 12:45. 18A—Sexual content

**GLOBE**  
(617-8th Ave. S.W., 262-3308)  
Nov. 14-20, 2008  
Call for listings and showtimes.

## THEATRE

**One Yellow Rabbit:** Nov. 25-29, Doing Leonard Cohen. 299-8888. [oyr.org](http://oyr.org). Big Secret Theatre, Epcor Centre.  
**Workshop Theatre:** Nov. 21-29, The Dresser. 403-253-2002.

[workshoptheatre.org](http://workshoptheatre.org). Pumphouse Theatres, 2140 Pumphouse Ave. SW.  
**Broadway Across Canada:** Nov. 25-30, Hairspray; Jan. 13-18, Stomp; Feb. 17-22, 2009, Annie. 297-8000. [jubileeauditorium.com/southern](http://jubileeauditorium.com/southern). Jubilee Auditorium, 1415 – 14 Ave. NW  
**Theatre MRC:** Nov. 20-29, Suddenly Last Summer. 403-440-6821. [mtroyal.ab.ca/conservatory](http://mtroyal.ab.ca/conservatory). Nickle Theatre, MRC, 4825 Mount Royal Gate SW.  
**Pegasus Performances:** Nov. 14 – Dec. 14, Murder Most Fowl. 403-246-4811. [pegasus-performances.com](http://pegasus-performances.com). Deane House, 806 – 9 Ave. SE.  
**Jubilations Dinner Theatre:** Nov. 14 – Feb. 8, CSI: Calgary “Little Murder on the Prairie.” 403-249-7799. [jubilations.ca](http://jubilations.ca). 1002 – 37 St. SW.  
**Mob Hit Productions:** Nov. 20-29, Lobby Hero. [thisisamobhit.com](http://thisisamobhit.com). Arrata Opera Centre, 1315 – 7 St. SW.  
**Front Row Centre Players:** Until Nov. 15, Godspell by Stephen Schwartz. 403-263-0079. [frontrowcentre.ca](http://frontrowcentre.ca) Pumphouse Theatres, 2140 Pumphouse Ave. SW.  
**Sage Theatre:** Nov. 13-22, The Attic, The Pearls, & Three Fine Girls. 403-264-7243. [sagetheatre.com](http://sagetheatre.com). Pumphouse Theatres, 2140 Pumphouse Ave. SW.  
**Stage West:** Until Nov. 16, Viagara Falls; Oct. 20, Tina: A Rock ‘n’ Roll Journey; Nov. 20 – Feb. 8, One Hit Wonders. 403-243-6642. [stagewestcalgary](http://stagewestcalgary). Stage West Theatre Restaurant, 727 – 42 Ave. SE.

**Alberta Theatre Projects:** Nov. 26 – Dec. 28, The Merry Adventures of Robin Hood. 294-7402. [atplive.com](http://atplive.com). Martha Cohen Theatre, Epcor Centre.  
**Vertigo Mystery Theatre:** Nov. 15 – Dec. 7, The Mousetrap. 403-221-3708. [vertigotheatre.com](http://vertigotheatre.com). Vertigo Theatre Centre, 115 – 9 Ave. SE.  
**Theatre Calgary:** Nov. 21 – Dec. 24, A Christmas Carol by Charles Dickens. 403-294-7440. [theatreocalgary.com](http://theatreocalgary.com). Max Bell Theatre, Epcor Centre, 205 – 8 Ave. SE.  
**U of C, Dept. of Drama:** 25 – Dec. 6, Hello... Hello by Karen Hines. 403-210-7576. <http://drama.ffa.ucalgary.ca>. Reeve Theatre, U of C.  
**Loose Moose Theatre Company:** Friday evenings, Theatresports; Saturday evenings, Loose Moose Gorilla Theatre; Friday Night Late, talk, variety, and comedy with hosts A.J. Demers and Rob Mitchelson; Dec. 4-20, A Chrismoose Carol. 265-5682. [loosemoose.com](http://loosemoose.com). Crossroads Market, 1235 – 26 Ave. SE.  
**Lunchbox Theatre:** Until Nov. 15, A Life in the Theatre; Nov. 24 – Dec. 20, The Christmas Tree. 265-4292. [lunchboxtheatre.com](http://lunchboxtheatre.com). Lunchbox Theatre, Bow Valley Square, 205 – 5 Ave. SW.  
**Downstage Motel Series:** Nov. 27 – Dec. 6, Body Language, consisting of Do Me by Jennifer Roberts and Pouring the Liquid Unseen by Marie-Eve Bonneau. 403-294-7459. [downstage.ca](http://downstage.ca). Motel, Epcor Centre, 205 – 8 Ave. SE.

Tuesdays. 403-440-6145. [mtroyal.ca/conservatory](http://mtroyal.ca/conservatory). Leacock Theatre, MRC, 4825 Mount Royal Gate SW.  
**At The Grand:** Nov. 30, Martha Wainwright. 205-2922. [AtTheGrand.ca](http://AtTheGrand.ca). The Grand, 608 – 1 St. SW. 1/17/07  
**Shamrock Hotel:** Wednesdays, Three-O-Seven. 403-290-0084. 2101 – 11 St. S.E.  
**Marquee Room:** Nov. 27, Yes Nice with Darren Fank and Colleen Brown; Nov. 29, The Wet Secrets with Christian Hansen & The Autistics. 403-264-3717. [myspace.com/marqueeroom](http://myspace.com/marqueeroom). 612 – 8 Ave. SW.  
**Jack Singer Hall:** Nov. 14, Faust by Calgary Opera. 294-7455. [epcorcentre.org](http://epcorcentre.org). Jack Singer Hall, Epcor Centre, 201 – 8 Ave. SE.  
**Broken City:** Nov. 13, Wax Poets with Fall Horsie & Chris Gheran & The Graveyard Gang. 608-6360. [brokencity.ca](http://brokencity.ca). 613 – 11 Ave. SW.  
**Jubilee Auditorium:** Dec. 1, An Evening with Great Big Sea. 297-8000. [jubileeauditorium.com/southern](http://jubileeauditorium.com/southern). Jubilee Auditorium, 1415 – 14 Ave. NW.  
**The Union at the U of C:** Nov. 14, In Flames with All that Remains. 403-220-6551. [su.ucalgary.ca](http://su.ucalgary.ca). MacEwan Hall or Ballroom, U of C.  
**Pengrowth Saddledome:** Nov. 19, New Kids on the Block with Natasha Beddingfield & Lady Gaga; Nov. 20, James Blunt with Luke Doucet & The White Falcon; Nov. 24, Kenny Rogers’ Christmas & Hits; Dec. 4 & 5, Metallica with Lamb of God & The Sword;

Dec. 8, Sarah Brightman. 777-0000. [livenation.ca](http://livenation.ca). Calgary Stampede Grounds.

## VOLUNTEERS

GO GLOBAL! Learn about other cultures and make new friends with the **Calgary Catholic Immigration Society**. Help an immigrant senior with language skills and more. Call Carolyn at 403-290-5756.  
GADGET GEEK? Put your skills to work at **YWCA Sheriff King Home**. With the 911 Cell Phone Program, prepare emergency phones for clients. Call Elizabeth at 403-294-3663.  
BENNY THE BOOKWORM needs your help to sort, organize, and sell books to raise funds beginning January. Be rewarded with vouchers for a **Calgary Philharmonic Orchestra** concert. Call Kristin at 403-571-0265.  
LEND A HAND at the **Intercare Southwood Hospice** facility. On reception or on unit, your help is appreciated. Call Jennifer for details 403-252-0620.

DESIGNER EXTRAORDINAIRE? Graphic designer volunteer needed by the **New Gallery** to develop eye-catching creative materials. Excellent resume booster. Send resume and portfolio to Jessica@thenewgallery.org.

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## DANCE

**U of C Dance Program:** Nov. 20-22, Dance Montage. [ffa.ucalgary.ca/events](http://ffa.ucalgary.ca/events). University Theatre, U of C.

## MUSIC

**Mount Royal College Conservatory:** Nov. 18, MRC Music Performance presents Classical

Call for Book Donations

On November 20<sup>th</sup> the Library will be hosting a book sale in support of the United Way. We are asking for donations of new and used books, fiction and nonfiction. Recently published used textbooks are also acceptable.

Donations should be dropped off at the Library Administration Office (G201) or the Library Circulation Desk (G100) no later than November 20<sup>th</sup>. A new home will be found for all unsold items.

Help support the United Way; visit the Library Book Sale on November 20<sup>th</sup> in front of the Main Library entrance.

 RECNEWS

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Words of Inspiration

Stillness is freedom. Stillness is the space where consciousness lives. Stillness is already within us. What is in the way of stillness and consciousness is thinking. Thinking can be addictive and has the potential to be hazardous to our health. This addiction to thinking occurs when we identify with our thoughts primarily. Thinking can certainly be a useful tool and has its place.

In extreme cases however, becoming possessed by the thinking mind and identified with thought form is what leads to suffering. This suffering stems from being in the grip of the ego. There must be a space of consciousness between body and mind. The space between awareness and thinking is stillness.

We don't have to believe every thought that comes into our heads. When we accept the thinking for what it is, we no longer derive our sense-of-self from it. Once we accept the ego for what it is,

problems drop away naturally. A new consciousness is born. We can use our thinking only when needed. We are no longer a slave to our thought pattern. We thus become problem free.

Once we are fully awake and conscious, out of the grip of the ego, we can instead focus on the connectedness between us. We no longer see other as separate. We see the spiritual connections.

Without relying on thinking exclusively, we allow a greater intelligence to work: spiritual intelligence. This spiritual intelligence is in stillness. Stillness is already there; you just have to find it. You will know when you have found stillness, because you will not be thinking about trying to find it.

—by Julie Turner, BA  
-Psychology student  
and Clairvoyant  
Energy Healer  
[www.juliespiritualhealer.com](http://www.juliespiritualhealer.com)

Course in Intuition

Taught by Julie Turner

Do you want to listen to yourself more effectively?  
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Location: Spiritual Directions, #1407-10th Street S.W. Calgary, AB

Saturday, November 15, 2008, 11:00 am to 3:00 pm.

Julie Turner is a third generation clairvoyant and healing facilitator. Removing blocks to get in touch with one's own intuition is her passion. Julie will go through what Intuition is and how to recognize and strengthen it. Exercises will be given to practice what is learned. Essentially listening to our intuition is living from the heart.

# Cougars Connection



## Hockey pucks and insurance

*Coach says forward ‘carries play tremendously*

**by Kelsey Hipkin**  
*Sports Editor*

Cougar forward Josh Zimmer started his hockey career with the Mini AAA UFA Bisons in Strathmore and is now in his fourth year with the MRC Cougars men’s hockey team.

The 5’9, 175-pound Cochrane native moved from the Bisons to the Jr. A Canmore Eagles hockey team before coming to Mount Royal, where he wears No. 10 for the team.

“I just love coming to the rink,” he said. “It’s a room full of great guys.”

“Josh is an excellent hockey player,” said head coach Jean LaForest.

“As far as everything he

does on the ice he’s extremely competitive, excellent with the puck, carries the play tremendously,” he said, adding that Zimmer is also reliable defensively.

Zimmer is taking Business and Insurance at Mount Royal. After graduating he plans on playing hockey as much as possible but could also get into the workforce selling commercial insurance.

The Cougars mens’ skaters are doing well this season, sitting with a 7-3 record in ACAC Conference play as of Nov. 13.

The team next faces off against Concordia at Centennial Arena Nov. 14 at 7:30p.m.



Photo by James Paton

### Upcoming games

**wwWomen’s Hockey**

Nov. 15 MRC vs. Red Deer 8:45 p.m.  
Nov. 21 MRC vs. MacEwan 7:45 p.m.  
Nov. 22 MRC @ MacEwan 3 p.m.

**Men’s Hockey**

Nov. 14 MRC vs. CUCA 7:30 p.m.  
Nov. 15 MRC@ CUCA 8:15 p.m.  
Nov. 21 MRC @ Augustana 7:30 p.m.  
Nov. 22 MRC vs. Augustana 7:30 p.m.

**Women’s Basketball**

Nov. 14 MRC vs. LCC 6 p.m.  
Nov. 15 MRC @ LCC 6 p.m.  
Nov. 21 MRC @ Briercrest 6 p.m.  
Nov. 22 MRC @ Briercrest 1 p.m.

**Men’s Basketball**

Nov. 14 MRC vs. LCC 8 p.m.  
Nov. 15 MRC @ LCC 8 p.m.  
Nov. 21 MRC @ Briercrest 8 p.m.  
Nov. 22 MRC @ Briercrest 3 p.m.

**Women’s Volleyball**

Nov. 14 MRC @ LCC 6 p.m.  
Nov. 15 MRC vs. LCC 6 p.m.  
Nov. 21 MRC vs. Briercrest 6 p.m.  
Nov. 22 MRC vs. Briercrest 1 p.m.

**Men’s Volleyball**

Nov. 14 MRC @ LCC 8 p.m.  
Nov. 15 MRC vs. LCC 8 p.m.  
Nov. 21 MRC vs. Briercrest 8 p.m.  
Nov. 22 MRC vs. Briercrest 3 p.m.

## MRC coach and player receive top honours

**by Amy Gregson**  
*The Reflector*

After winning the bronze medal in the ACAC Championships in October, two members of the Mount Royal Cougars women’s soccer team have been rewarded for their efforts.

Head Coach Ian Fuge, who has been with the women’s soccer program for more than

14 year, was named ACAC South Coach of the Year.

“Every year his team does an outstanding job at representing the college, department and the soccer team,” said Karla Karch, manager of athletics at Mount Royal College. “This award is a reflection of the contributions that Ian has made to the game for our school.”

In the 2007-2008 season,

Fuge led the women’s soccer team to a perfect record of 10-0.

This earned the team an ACAC gold medal and a silver medal in the Canadian College Athletic Association National Championships. This season he lead the team, which scored 42 goals while only letting two in, to an 8-0-2 record.

“Coach Fuge has provided tremendous stability to our

women’s program for the student athletes in both the academic and playing areas,” said Karch.

Defender Ashley Dixon, was named the Canadian College Athletic Association women’s soccer player of the year.

Dixon is in her third year with the Cougars and was ranked tenth in scoring in the ACAC South Division with three goals this season.

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- The Alexander Rutherford Scholarship has been expanded to include students with averages of 75 percent or higher.

**Questions?** Call the Student Funding Contact Centre in Edmonton 780-427-3722 or toll free in Canada 1-800-222-6485.

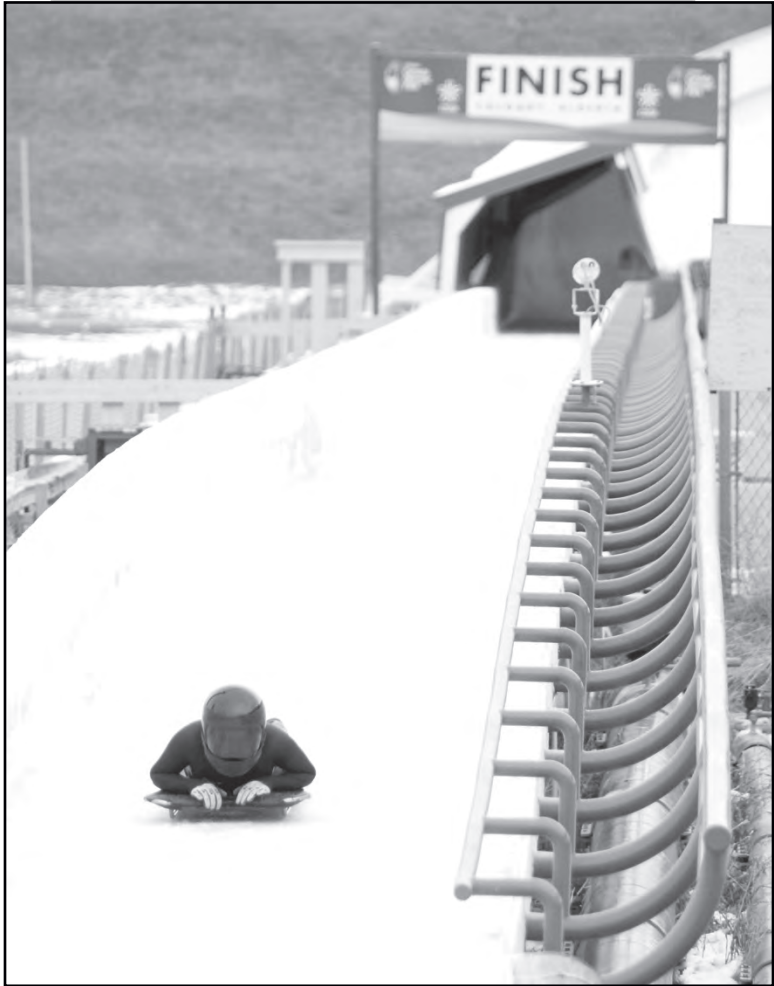
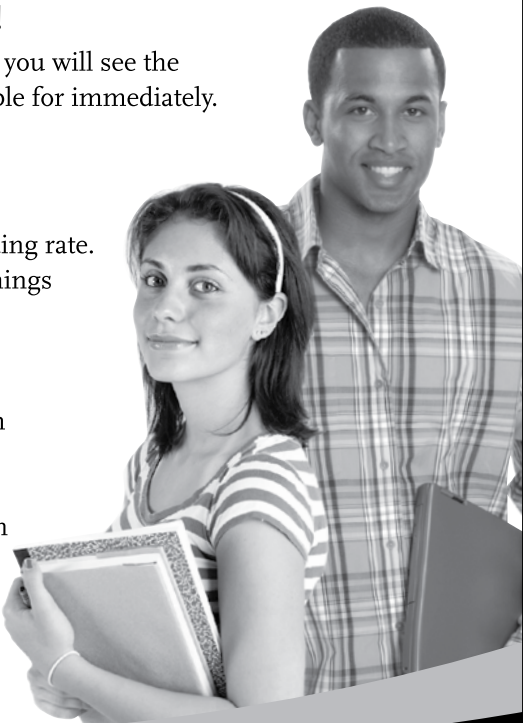


Photo by Paul Sullivan

**One hundred and twenty-five athletes from around the world were at Canada Olympic Park Nov. 6-9 for the FIBT World Cup tour.**

# Beer, corn dogs and lipstick

*My first experience at an NFL game*



by **Kelsey Hipkin**  
*Sports Editor*

I love hockey.  
I love the atmosphere, the hits, the goals and the fights. So despite knowing what it's like to be passionate about a sport, nothing could prepare me for my very first NFL game; the Kansas City Chiefs vs. the Tampa Bay Buccaneers, Nov.1.  
After getting a picture with some of the Chiefs cheerleaders and quickly bowing our heads for the thousands of empty beer cans and bottle carcasses that had been carelessly dumped into the garbage we headed into the massive Arrowhead Stadium.  
When attending a Chiefs game, women are cordoned off into several rows and men into others; we were each patted down and had our purses checked for any weapons or extra booze we may have tried to smuggle in. We, of course, had already finished our booze in the parking lot.  
The beer flowed like wine as

we climbed to the cheap seats to join the more than 70,000 fans crammed into the Red Sea for kickoff. It was easy to see and hear why Arrowhead is considered one of the loudest stadiums in the NFL.  
The fans around us were quick to answer any questions we had about team traditions including shouting "first down!" and using the Tomahawk chop to cheer on a play. I took some time to sit down and chat with a fan a row down from us. He was all decked out in Chiefs gear and talked about everything from his love of the game to how he had bagged his first buck for hunting season. The Kansas City locals were very friendly.  
With chants of "We're gonna beat the hell out of you, you, you, you, you," permeating the field, along with the sweet bouquet of Budweiser and corn dogs in the air, the Chiefs took command of the game early, building a lead of 14-0 after the first quarter.  
With my group being, what one friend referred to as "belligerent," we found ourselves out-tomahawking and out-shouting most of the people around us, so much so that my one friend was asked by security to sit down. We Canadians may



Submitted photo

The Reflector's acclaimed sports editor Kelsey Hipkin, centre, is surrounded by some crazy Kansas City Chiefs fans.

love our hockey but we can be loud no matter what the venue.  
Face paint was nowhere to be found on game day so we had to

make do with Merlot-coloured lipstick picked up at the hotel store. By the second quarter it was dripping off our faces in

the almost 30 C heat. We relied on drinking beer upon beer to stay hydrated and watched as the Chiefs went into the fourth quarter leading 24-13. It looked like the boys in red would add a rare win and improve to two and six on the season.  
But alas, it was not meant to be as the Bucs forced overtime in the fourth quarter, thanks to former Calgary Stampeders Jeff Garcia throwing a touchdown pass to Antonio Bryant with 19 seconds left in the game.  
The Bucs won the coin toss and made their way up the field for the kick and the win. The loss put the Chiefs at one and seven on the season.  
Despite the loss I was awed by the rolling mass of red-shrouded fans that supported their team until the bitter end, even if it meant a \$10 bus ride back to the hotel.  
It was definitely a great experience and while my heart still belongs in the NHL, I cannot wait for my next stint as an NFL fan.

**WEB EXTRAS**

For more NFL action

[TheReflector.ca](http://TheReflector.ca)

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