

CLIMATE CATASTROPHE: Why we can't sustain our lifestyle (Pg. 7)

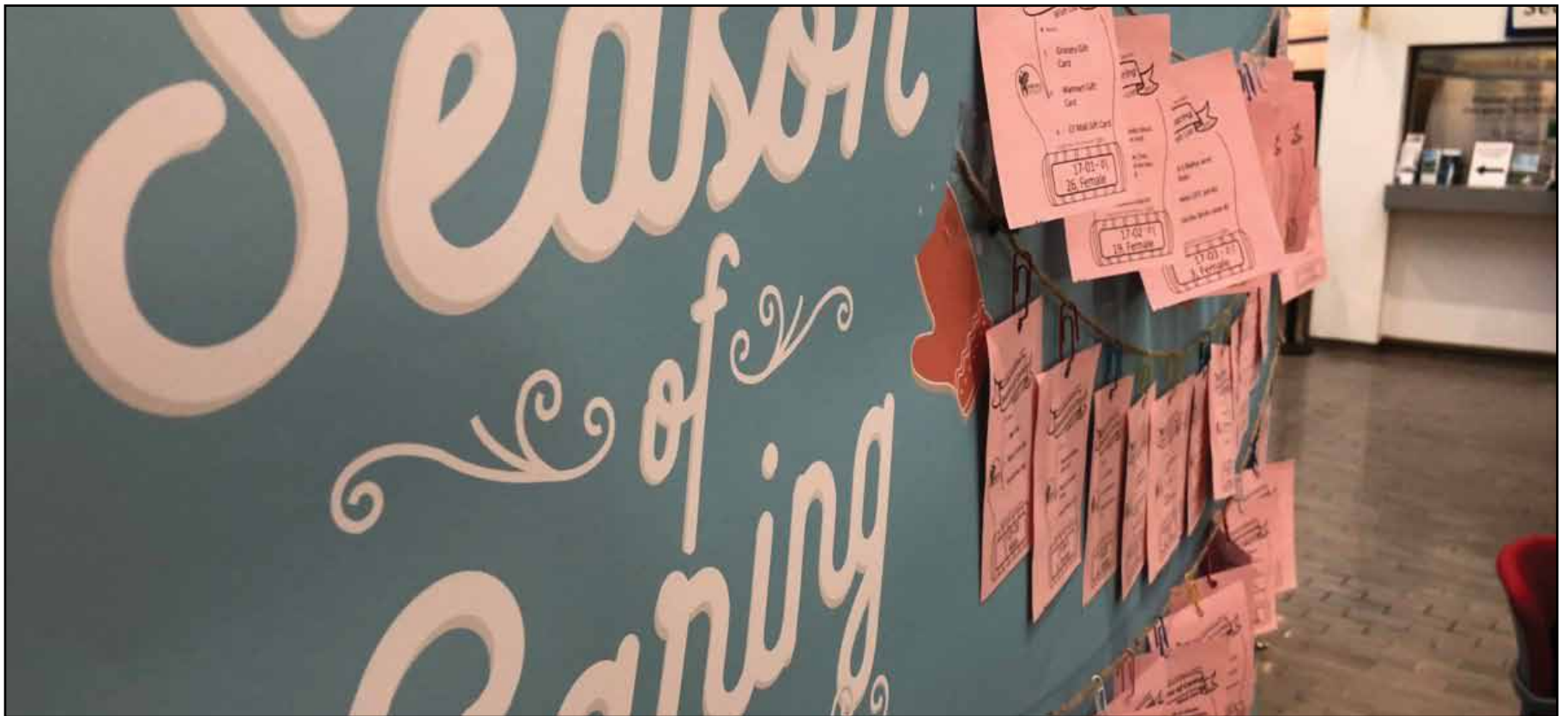


SAMRU
Season of
Caring helping
students for
over 30 years
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Find out why
our Arts Editor
changed his
mind about
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How a scary
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took over the
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SAMRU's Season of Caring enters its 31st year



SAMRU has students fill out mittens with their holiday wish lists, so people can give back to students during the holiday season. Photo courtesy of SAMRU

Nathan Woolridge

News Editor

SAMRU's Season of Caring is entering its 31st year of serving Mount Royal students. The program runs through November and December to support students in need throughout what can be a difficult time in the academic year.

In a statement SAMRU says that this comes at a "time of year that is typically difficult for students as loans come up short, workloads increase and financial stresses run high."

The Season of Caring initiative involves a hamper program, where Hampers are filled with things off the wish lists of students who applied. Then, faculty, other students and members of the community gift the students things on their wish list.

Season of Caring relies on the MRU community and external donors. Volunteers "put in considerable time and

work to make Season of Caring a success each year."

Miho Ichinoseki, peer support coordinator, says that it is especially important to give back to students during a really stressful time.

Ichinoseki says on their wish-lists, students often ask for basic needs like grocery gift cards, winter boots, gloves and other things. But, she says it is also important that they get something fun to help relieve some stress.

When gifting "You have to do something for their family members to show appreciation. It's nice to have this program so that they feel like they're cared for," says Ichinoseki.

Ichinoseki says that for the families of students, they usually like to receive something that they can enjoy together, like a board game.

Last year, the Season of Caring program had 66

applicants and 71 donors. The wish lists are written on paper mittens. In 2017, there were 251 mittens filled out with 132 mittens taken for people to fulfill wish lists.

Gift Hamper applications started on Nov. 1 and are being accepted until Nov. 30. The deadline for donors to drop off the gifts is Dec. 10. Students who apply will be able to pick

up their Hampers from Dec. 12 to 19.

You can find representatives at a Season of Caring table at West Gate until the end of November.



This year SAMRU has already begun accepting applications and donors for Hampers. Photo courtesy of SAMRU

Calgary votes against an Olympic bid

After months of debate, plebiscite sides with cancelling

Nathan Woolridge

News Editor

On Nov. 13 Calgarians came out in large numbers to vote in the Olympic plebiscite that saw a higher voter turnout than the last civic election.

Unofficially, 56 per cent of Calgarians voted against further exploration of an Olympic bid, with 44 per cent of voters hoping to continue pursuing an Olympic bid.

The question of whether an

Olympic Games was the right way to go about investing in infrastructure and the economy, caused city-wide debate.

On Oct. 31, city council almost voted to suspend the bid. The last-minute decision came about after worries of minimal funding from both the federal and provincial governments.

While the majority of city

council voted in favour (8-7) of suspending the bid ahead of the plebiscite, the vote needed a supermajority of 10 votes. Mayor Naheed Nenshi after this meeting said that he felt confident that this was a good deal for Calgarians and that he would be voting “yes” in the plebiscite on Nov. 13.

But, a majority Calgarians voted against an Olympic bid as the exploration will finally

be suspended.

Nenshi wrote on Facebook, “While I’m disappointed with tonight’s result, Calgarians have spoken very clearly and the voters are never wrong.”

“The passion on both sides comes from people who care about this place. Our job tomorrow is to figure out how to continue this conversation,” says Nenshi.

The day after the plebiscite,

the city announced their new four-year budget. Global News reported that the operating cost budget will be \$4.09 billion.

According to CBC, “The province spent \$2 million hosting the plebiscite. \$10 million was spent on bid preparations out of a \$30 million pool from the municipal, provincial and federal governments.”

NDP mental health funding: What MRU is doing with their share

Nathan Woolridge

News Editor

According to the National College Health Assessment, Canadian graduate students in the Spring of 2018 answered survey questions that told some of the troubles and worries of post-secondary students. 44.6 per cent of respondents said that they felt “hopeless” in the last 12 months. 84 per cent said they felt overwhelmed with everything they had to do in

the last year. This also coming along with 54 per cent feeling very lonely and 83 per cent feeling exhausted.

62.5 per cent of respondents said that they felt “very sad” in the last 12 months. 36 per cent “felt so depressed that it was difficult to function.” Nearly seven per cent of the survey respondents also reported contemplating suicide in the

past 12 months.

In 2017, the NDP announced a budget of \$26 million towards mental health for Alberta post-secondary institutions to help address these problems that students are facing. This came after concerns over stress, depression and suicide on Alberta’s college and university campuses, according to the Calgary

Herald.

MRU received the funding in two phases. Phase one had to be spent between August 2017 and March 2019. The amount for the first phase was \$465,000. The second phase is lower, roughly \$280,000, which Mount Royal University will have to apply for prior to Dec. 31, 2018.

It’s clear that Canadian students are feeling stress, pressure and dealing with mental health in some form or another.

Kandi McElary, Director of Wellness Services at MRU, says that she is happy with the funding. She says the funding has helped put things in motion from feedback they are getting from students and faculty. The new funding is helping further programs to educate and promote healthy lifestyles for students and healthy mental health.

McElary says that one of the main areas that funding was needed for was “education prevention and skill building.” The first phase of funding did see the

hiring of four new part-time counsellors, but also a lot more invested in education and building and designing multiple programs for students.

A large part of the process is to help students prior to having to visit Wellness Services. “So much has happened in that student’s life to bring them to this place that, perhaps could have been prevented, [if] given coping skills and resiliency skills.”

“It’s good stress that helps to motivate your learning. But when that stress becomes not helpful, it becomes distress. Rather than use stress motivationally,” McElary says that it’s not only important to help students dealing with the bad stress at Wellness Services, but to try to give students education and tools to prevent or relieve stress before it gets worse.

She also says that the way the NDP shared the funds among universities is fair. “And so do I agree with the principles behind it? I do.”



Wellness Services says that they are using recent funding to help combat student stress before it becomes un-motivational and harmful stress. Photo by Nathan Woolridge

Reflectorial: We must demand change

Being passionate is easy. But acting on that passion is a different story.

With the final classes of my journalism degree quickly coming to a close, I've been thinking a lot about what I have and can continue to contribute to the world.

There are a lot of issues to be passionate about, but recently, one I've been considering daily is climate change and human impact on the environment. Climate change is one of the most pressing issues of our time. We are already late to the chase and have caused irrevocable damage to the planet. We should have acted years ago. We need change now.

(If you have no idea what the big deal about climate change is, make sure to read Amber McLinden's comprehensive and informative piece about

climate change in Canada in this issue, for an excellent introduction.)

We are living in a time that requires fundamental change. We are seeing mass migration across the globe. In China, masses of people are moving from rural areas to industrial cities in some of the largest numbers this century. According to CNN, "the Chinese government plans to move 2 million people from their remote villages to the province's cities, in an effort that began in 2012 and is set to continue into 2020."

Thousands of Central Americans are currently moving in migrant caravans toward the border of the United States in search of a better life.

My point is, the world is

changing. But if we have any hope of eliciting real change, we need to alter the state of the world. We need to mobilize in large numbers. We need to take a stand for what we believe in.

Think about times in the past that people have taken to the streets to fight for what they believe in. We have seen mass-scale change as a result of the late 20th century Women's Movements and Occupy Wall Street, stemming change toward increased gender and economic equality. There are countless examples and we can do it again.

It can be hard to maintain hope when we live in such a polarized world in which lies are spread consistently. It can be hard to maintain hope when we can trace

the cancerous impact humankind has had on the planet.

But we must have hope. If we are going to create a world worth living in for future generations, we need to fundamentally change how our society functions. We need to find solutions and put our faith in them.

Recently, I was listening to a podcast about the Extinction Rebellion from Novara Media (definitely worth a listen). Extinction Rebellion is a fascinating movement that began in the U.K., demanding truthful communication about climate. According to their website, the Rebellion demands "legally binding policy measures to reduce carbon emissions to net zero by 2025 and to reduce

consumption levels," and "a national Citizen's Assembly to oversee the changes, as part of creating a democracy fit for purpose."

The podcast discussion centers around the launch of Extinction Rebellion and its possibilities. Guardian columnist George Monbiot encourages a narrative of change-fueled optimism. If we do not remain hopeful about the state of the world, it can be easy to step back and remain complacent. There are solutions and we can find them.

So, I encourage you to not only recognize what you're passionate about, but to act on it.

Xoxo,
- Publishing Editor



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What even is an honorary graduate anyway?

Honorary degree given out at fall convocation



Bret Hart, professional WWE wrestler and Calgary icon received his honorary degree from Mount Royal University in June. Photo courtesy of Bret Hart



Country singer and MRU nursing alumni Paul Brandt, honoured to receive business administration in general management degree in June. Photo courtesy of Leonora Andre, Mount Royal University

Nathan Woolridge

News Editor

Recently, Mount Royal University celebrated Fall 2018 Convocation with students graduating from a variety of programs. At every convocation the university hands out 'honorary degrees' to public figures and important people in the community.

According to MRU's guidelines for selecting honorary degrees, "By legislation, Mount Royal University is allowed to award any honorary credential that it currently offers. Consequently, at the current time, Mount Royal's honorary degrees will be limited to credentials at the baccalaureate and certificate level."

When going through the process of selecting an individual, the university highlights their reasoning for selection. The individuals are selected by The Mount Royal Honorary Appointments

Committee.

The committee goes through potential candidates and selects someone that has been recognized for their accomplishments on a national level. The candidate must have also used their position or work for the "betterment of society." As well, they must "have some relationship to Mount Royal University." This relationship can be an alumni recognition or in "the form of a relationship or association directly or indirectly through the individual's achievements and the mission or life of the University."

The selection happens through an "in-camera" session. The guideline says, "Results of the in-camera session are confidential. Minutes of the session are not included in the circulated minutes. These minutes are kept in the Honorary Appointments Committee

file."

An individual who is selected and approved to receive an honorary degree will be "be contacted by the President of the university, as Chair of the Honorary Appointments Committee, following the approval of the Board of Governors."

Then, the Board of Governors also reserves the right to "revoke any honorary degree conferred by Mount Royal University."

The guidelines set out for honorary degrees were approved by the Board of Governors in 2010.

Several notable individuals to receive honorary degrees are:

- **Peter Mansbridge (1996)** Chief Correspondent of CBC Television News (Honorary Bachelor of Applied Communications in Journalism)
- **Mr. Peter Lougheed (2010)** Former Alberta

Premier (Honorary Bachelor of Applied Policy Studies)

- **David Bissett (2012)** Founder of Bissett Investment Management & Philanthropist (Honorary Bachelor of Business Administration)

- **Chief Rick Hanson (2013)** Calgary Police Service (Honorary Bachelor of Arts – Justice Studies)

- **Gregg Saretzky (2013)** President & CEO, Westjet (Honorary Bachelor of Business Administration)

- **Bret Hart (2018)** retired WWE Wrestler (Honorary Bachelor of Health and Physical Education - Physical Literacy)

- **Paul Brandt (2018)** Country Musician (Honorary Bachelor of Business Administration in General Management)

MRU has given an honorary degree every year from 1995 to current.

THE REFLECTOR

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The price of discrimination: Immigrants recount Canada's wage gap

Sam Nar, Mollie Smith

Contributors

Despite improvements by the Canadian governments to recognize diversity, such as anti-discriminatory policies in Calgary's labour force, immigrants continue to struggle to achieve income parity with average Canadian wages.

Although language barriers and transfer of credentials play a significant role in the economic status of newcomers, many immigrants report that discrimination at work is what limits them.

"The hourly wages of university-educated immigrants living in Canada are, on average, one-fifth lower than those who are Canadian born," says Anupam Das, an associate professor of economics in the Mount Royal University department of economics, justice and policy studies.

"Canada has a high proportion of immigrants relative to other developed countries. The wage gap is so large in Alberta, I suspect it will be true for Calgary to an extent."

According to a 2016 census from Statistics Canada, the visible minority population has been on a steady rise, peaking at 1.3 million new immigrants taken in by Canada – the highest level in almost a century.

Now, immigrants make up more than a third of Calgary's population.

As important drivers of labour force growth and productivity, Calgary immigrants have surprisingly lower wages than Canadian-born workers.

The census showed that while Canadian-born

citizens earned \$36,300 on average, immigrant status citizens only made \$29,770.

Other studies show that the gap between median hourly wages of university-educated immigrants and Canadian-born citizens has been on the rise since 2006 in all but three Canadian provinces; Ontario, British Columbia and Quebec.

Das speculates that these numbers are accurate. He believes that discrimination in hiring processes are part of the problem.

Untold stories of discrimination in the workplace

Naheed Gilani is an independent financial consultant. Born and raised in Calgary, Gilani speaks perfect English but he's careful when applying for jobs because his name and face aren't "Canadian" enough.

"If you change your name for the purpose of the job application, you will suddenly get a lot more interviews."

Gilani recalls a time when he was discriminated against in a workplace. He says, "In smaller centers in Southern Alberta ... I'm pretty sure somebody called me a 'Taliban.'"

Gilani is convinced that the reason discrimination happens in Calgary, is because people fear the unknown.

"People just haven't interacted with people of different backgrounds," Gilani says.

Gilani's story isn't the only one of its kind.

With the increase of



"The hourly wages of university-educated immigrants living in Canada are, on average, one fifth lower than those who are Canadian born," says Anupam Das, an associate professor of economics at Mount Royal University (MRU). Graphic by Sam Nar

immigrants, the subtle rise of racism and discrimination has been especially noteworthy.

According to a 2011 study in the American Economic Journal by Philip Oreopoulos, people with foreign names were less likely to receive a call back from employers.

Oreopoulos' study cited a 2006 census that stated immigrant unemployment rates were nearly twice as high because hirers judge applicants based on the sound of their names.

Melanie Peacock, an associate professor of General Management and Human Resources at MRU's Bissett School of Business, highlights the systemic discrimination that

immigrants tend to face.

According to the research studies Peacock observes, she adds, "[Employers] automatically assume that a person won't have the right communication skills or have the right experience. Even if they move past that, [the employers] want Canadian experience."

A 2017 online survey commissioned by Think for Actions and Insights Matter showed that 72 per cent of respondents believe Canada has adopted an increasing climate of hatred.

Think for Actions is a think tank based in Calgary focused on effectively engaging district affairs. Insights Matter is a non-profit organization that

generates solutions to community issues based on research.

"[There has been] a lot of Islamophobia, a lot of ignorance, a lot of misunderstanding. We have to educate people, we have to show people who we are," says Shima Safwat, founder of One Nation, a Calgary group dedicated to creating understanding and awareness for different cultures in the community.

Building a better future

According to Safwat, Gilani is right. People often create barriers to immigrant-status residents out of fear because immigrants trigger

personal assumptions of other people's traditions.

"I feel like my kids are in the middle ... [they] have some restrictions in our society ... because they are not Egyptian anymore and they are not fully Canadian," says Safwat.

A wearer of the Niqab, a traditional piece of clothing that covers the face, Safwat explains that she is not oppressed nor forced to wear the Niqab, rather, she wears it by choice.

But despite Safwat's efforts to educate people about the Niqab, people still stare. Just last month, Quebec passed a religious neutrality law, Bill 62, that banned face-covering

and stated that those who required public services must now uncover their face to receive them.

According to other immigrants and experts in

misunderstood and take away from the gratitude they have for those who hired them.

Irfan Chaudhry, a criminology professor at

Racism Project, a case study founded in 2013 dedicated to tracking online racism through tweets, as well as the lead researcher for the Alberta

support just to get the fair shot that other groups have," Chaudhry says.

"The biggest tension is the perception that when you are inclusive of one group, it's at the expense of another group."

Although there are programs and services available to help newcomers in Calgary such as Calgary Immigrant Educational Society (CIES), Language Instruction for Newcomers to Canada (LINC) and Centre for Newcomers, the economic status of many immigrants are still limited by unintentional discriminatory actions in the workplace.

"The biggest tension is the perception that when you are inclusive of one group, it's at the expense of another group."

- Irfan Chaudhry, U of A criminology professor

the Calgary community, people hesitate to share their struggles although they imply that they've experienced their fair shares in their workplaces.

They worry that what they say could be

the University of Alberta, says, "often what you see regarding discussions of inclusion is just a matter of trying to create an equitable playing field."

Chaudhry is also the founder of the Twitter

Hate Crime Committee, an organization that aims to foster a safe environment through addressing hate crimes, promoting awareness and enhancing government response.

"Some groups require

Opinion: The environment should be Alberta's first priority, why isn't it?

North America at 4 degrees celsius warmer will include:



Graphic by Amber McLinden

Amber McLinden

Photo Editor

On April 26, 2016, 55 countries signed the Paris Agreement, an international agreement to strengthen the response to climate change. Since 2016, the number of signatories to the Paris Agreement has risen to 125.

The agreement outlines a number of efforts to reduce the ever-rising global temperature so it does not reach 2 degrees celsius. According to NASA, the global temperature has already risen 0.8 degrees celsius, with 67 per cent of this rise occurring after 1975.

The science is in on global warming: temperatures are

rising and it's our fault.

Climate in Canada

Let's then, look at Canada. As part of the Paris Agreement, each country is required to regularly report their emissions. According to the 2018 Climate Change Performance Index (CCPI), Canada is 51 out of 60 spots on the list, performing poorly in terms of per capita emissions. We're only five spots away from the U.S., at the height of the Trump administration.

"As one of the largest producers of absolute greenhouse gases as well as

per capita emissions, Canada is ranked 51st in this year's CCPI edition. Additionally, having a very low-rated 2030 GHG reduction target, the country will need higher ambitions to be on track with a well-below-2°C compatible pathway," the report says.

Canada has approximately 0.5 per cent of the world's population, which means per capita we are omitting nearly four times the proportion of greenhouse gases that would be warranted based on our population.

Apparent effects of climate change sound pretty far away.

But in Canada we are already experiencing effects that would be regular occurrences if the temperatures rise 2 degrees celsius.

CBC, after research and with information from the CCPI's 2014 report, gathered information about climate change and how it will effect different areas of the world. Wildfires, extreme heat and flooding in North America will be high or very high risk once the temperature rises 2 degrees.

Do wildfires, extreme heat and flooding sound familiar? It's already happening here

and unless we do something to reduce our climate impact, they will only get worse and more frequent.

Climate in Alberta

Now let's bring it down to Alberta.

On Aug. 30, Rachel Notley addressed media after a Federal Court of Appeal decision overturned Ottawa's approval of the Trans Mountain Pipeline expansion. In response, Notley said Alberta would be pulling out of the federal climate plan.

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"Signing on to the federal climate plan can't happen without the Trans Mountain pipeline," says Notley at the press conference, according to Global News. "Today I'm announcing that with the work on the Trans Mountain halted, until the federal government gets its act together, Alberta is pulling out of the federal climate plan and let's be clear, without Alberta, that plan isn't worth the paper it's written on."

Yet what Notley fails to recognize is that even though fighting for the Trans Mountain pipeline during her term as premier might make her look good in the short run to Albertans, it will eventually lead to the ruin of our environment.

That's not to say that the pipeline will directly be the end of our environment. And it isn't to say that the province won't struggle as a result of the pipeline being built. But as an Albertan, I'm aware that a non-renewable energy source like oil is finite. So is our planet's tolerance for us. We need to come up with a solution.

The NDP claims to fight for an equal society and for the rights of people. Yet as a result of Notley's fight for the pipeline, she is directly disrespecting the rights of Indigenous people to their land and their expansive knowledge of it. They too, are fighting against climate change. Yet, like the environment, they too are being disrespected and ignored.

Alberta is by far the worst of all the provinces when it comes to contributing greenhouse gas emissions. In 2015,

according to Environment Canada, we omitted nearly 300 megatonnes of carbon dioxide. Ontario is in second at just over 200 megatonnes. Yet, Ontario has three times as many people living in the province than Alberta.

We have a problem, now

It's time to wake up and smell the emissions. Canada is one of the world's worst contributors to greenhouse gas emissions and is far off track to meet the Paris Agreement. We need to start doing our part to save the environment.

Alberta needs a reality check. Even though a pipeline expansion might help our economy in the short-term future, we are not a diverse economy and we cannot rely on energy, specifically oil, to fuel our economy forever.

Oil is a non-renewable energy source. Acquiring it directly contributes to climate change. Fracking produces wastewater which is difficult to treat and dispose of because of the chemicals in it. Fracking also releases methane into the air, which is the most potent greenhouse gas. Burning fossil fuels like oil release carbon dioxide into the air.

Climate change directly affects us as humans. We need to stop thinking about it as something that will happen in the future and only to animals and plants. We are seeing the direct results right in front of our eyes — increasingly frequent wildfires that are getting worse with time, flooding that is becoming more common, temperatures literally rising to levels of extreme heat.

I believe climate change is the most urgent and pressing issue of our time. It's a problem that needs a solution, now. Rather than looking at problems through a political lens, let's start looking at

them from an environmental perspective. Consequently, people will suffer from the loss of economic opportunity. But if we continue contributing to climate change at the rate we are now, our economy will be

the last thing we think about when our homes are being flooded and burned down.

If there is one call to action in this article, it is this: start caring about climate change.



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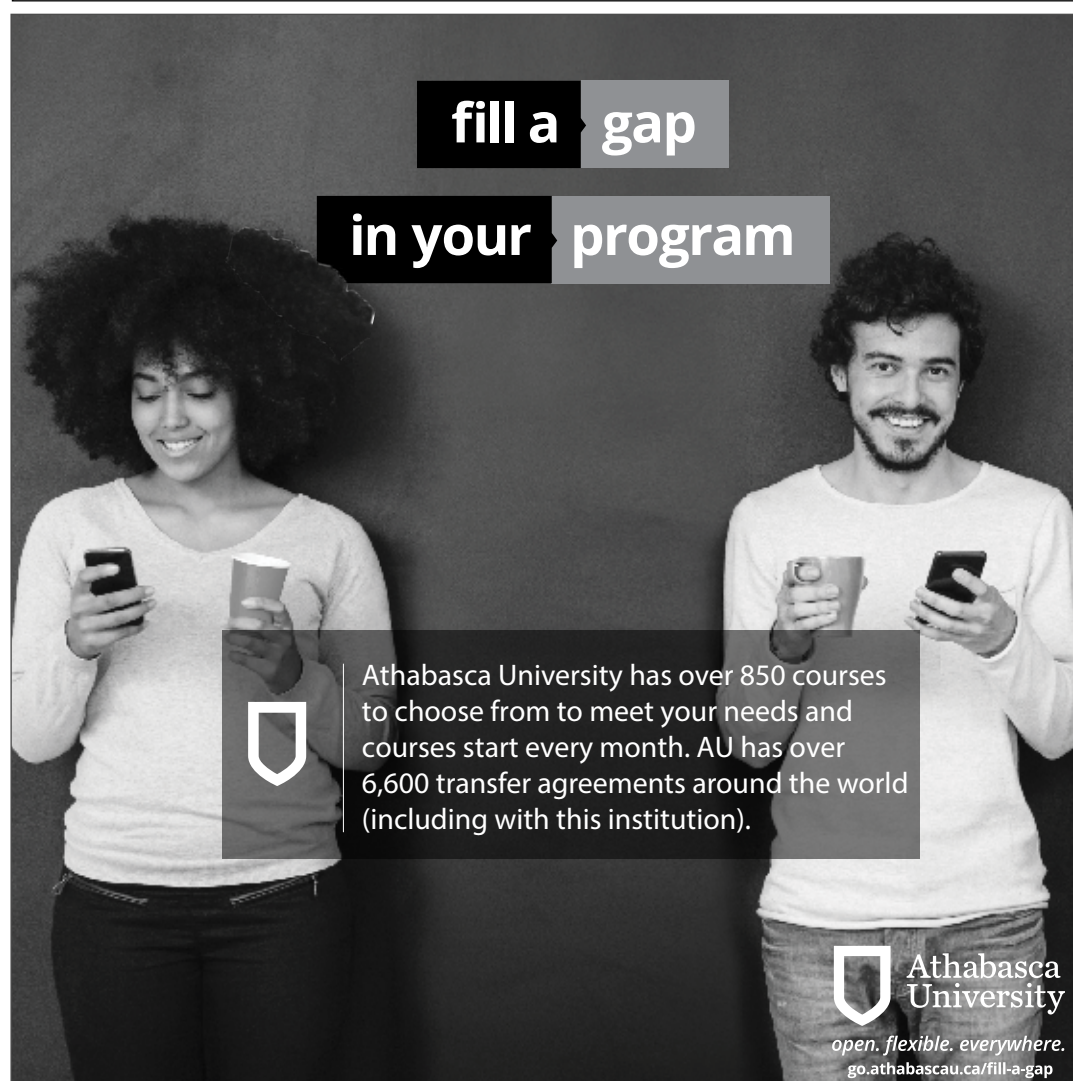
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- 2018 Climate Change Performance Index



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Restarting your Instagram journey

The basics to bettering your feed

Rosemary De Souza

Features Editor

It has been nearly six months since I decided to delete most of the photos I had on my Instagram account. I was not happy with the photos I took in high school so it became my mission to change things around and build a portfolio, photo gallery and expression of my newfound personality and a board of inspiration for myself and others to see.

It's that page of perfectly aligned, spaced, square-shaped miniscule images, that when opened brings you to a view worth your time. That's the goal at least. Although I still have a long way to go, here are some basic lessons for those starting anew on the social platform.

Invest in a good camera

This may be obvious but for some, it can be intimidating to get your hands on an expensive and perfect camera. So instead, maybe try investing in a better mobile camera from your carrier. If there is one big benefit to living in this day and age, it's being able to travel around the world, taking photos and connecting with friends all in one device. Some popular mobile camera brands are Pixel, Samsung and the iPhone.

Know yourself

Another lesson I discovered is that it may be too hard



Continued on Pg. 10

Build an eye to capture the simplest things. It may turn out better than you think. Photo courtesy of Luke Porter, Unsplash



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Continued from Pg. 9

to build similar feeds like the ones I idolize. The mere reason is that I do not earn enough money to eat out every single day or travel every single month.

Despite feeling down, however, it made me realize that the challenge comes in making ordinary moments photogenic, from capturing the amazing breakfast you had one morning to the empty hallways you walk on late at night after your 9 p.m. class.

Make an effort and challenge yourself to create amazing photos that capture your life and not somebody else's.

Be consistent

Following my previous learning is consistency. Many great Instagram feeds, no matter what the Instagram user takes photos of, have an underlying consistency in either the colour, scene or exposure of the images they capture.

I mean, I'm not one to follow rules, but I think as time goes on you can develop a style unknowingly that will be visible throughout your feed. But do not be

afraid to stray from your creative direction. Choose to constantly challenge yourself and think outside of the box when taking photos or videos. Make it a learning process.

Have an eye for the scene

It may take practice, but it is not impossible to capture good photos in the simplest circumstances. If there is something that excites you, like food, books or specific scenery that has been photographed by other Instagram-ers, do not be afraid to take a shot at it. Experiment with angles, lighting and exposure. Bring your focus to one part of the scene that has not been well-photographed in the past. One way of doing this is by taking a close up or a medium shot if other Instagram-ers took a wide-angle shot or vice-versa. Try something new. Make it yours. By experimenting on the photos you take, you can develop your own eye for imagery that is unique to you.

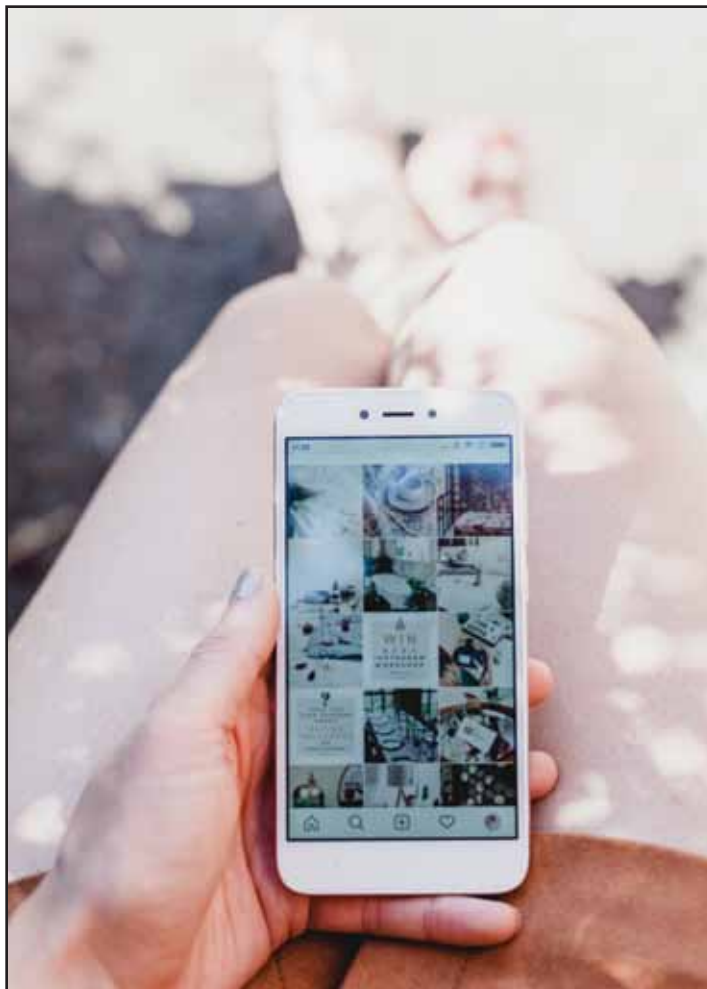
Stay in love

One last tip is to keep going. Try to fall in love

with photography over and over again. If you're getting bored, maybe you are not challenging yourself enough or have been playing it safe for way too long. Try to push your barriers. Envision what more you can do for yourself as a growing photographer or for inspiration for future photos you wish to capture. Keep going. Keep pulling out your camera and taking those imperfect shots until you get the right one.



Fall in love with photography by testing your limits and experimenting with different shot angles, exposure, lighting and more. Photo courtesy of Priscilla Du Preez, Unsplash



Instagram has set the standard for social media as different users utilize the platform to showcase their work and talent. Photo courtest of Georgia de Lotz, Unsplash

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Shoot 'em dead: A look at *The Other Side of the Wind*

A glimpse into the erratic and experimental vision of one of Classic Hollywood's greatest directors



Alec Warkentin

Staff Writer

Perhaps it's a tad ironic that Orson Welles' *The Other Side of the Wind* — a film-within-a-film that revels in celebrating and satirizing mid-20th-century filmmaking and all of its production-related quirks — would finally see the light of day on an on-demand instantaneous streaming service that didn't even debut until 22 years after Welles was put in the ground.

Evidently, that irony extends even further when you consider the slow and arduous process that the film had to go through before it even saw the light

of day — one that included allegations of embezzlement, pre-internet crowdfunding, a decades-long legal quagmire and the brother-in-law of the Shah of Iran.

In this current era of on-demand streaming, lightning-flash attention spans and excessive and indiscriminate media consumption, the dedication of those behind the film to get it out is almost beyond believability. But, holy hell, is this film something.

It's easy to forget that Welles, late in his life, was not viewed as the same man who

produced *Citizen Kane* (1941) at 25.

His final completed film — *F for Fake*, a quasi-mockumentary on art forgery released in 1974 which Welles also starred in — was a masterwork in experimentalism and deception. *The Other Side of the Wind*, which began shooting in 1970 and stars the late John Huston alongside acclaimed director/actor Peter Bogdanovich, carries much of those same touchstones.

The film follows aging director Jake Hannaford

(Huston) as he attempts to make a career-reviving picture, with scenes of Hannaford's movie spliced in-between the main narrative of *The Other Side of the Wind*. Every shot in the primary story is frenetically-paced and busy as all hell, contrasted against those of the film-within-the-film (starring Welles' long-time muse Oja Kodar in unfortunate and regrettable redface) which are almost entirely silent, patient and visually-striking.

The film itself (perhaps autobiographical, though

Welles denied it) is at times a disorienting mess because of this. However, there are moments of enjoyability to be found within the madness; flashes of brilliance that pay homage to Welles keen eye that was always centred on the critical lambasting of nu-experimental (read: "artsy nonsense") filmmaking, especially in relation to the viewer's perception.

In other words, the film is not really meant for casual viewing, but the fact that it made it to the releasable state

Continued on Pg. 12

OUT'N ABOUT

Banff Christmas Market:

With the holidays right around the corner, embark on a weekend getaway to Banff from Nov. 22 to Nov 25. and take in a variety of handmade goods, sleigh rides and more.

ACAD Show + Sale:

Calgary's up-and-coming artists will be showcasing their work from Nov. 22 to Nov. 24 in an art show where handmade pieces by students of ACAD will be on display.

Canadian Folk Music Awards:

On Nov. 30 and Dec. 1, the annual Canadian Folk Music Awards will be at the Gateway for two nights. Nearly 100 nominees are up for wins, with a select group performing each night.

Ugly Xmas Sweater Workshop:

On Dec. 4, Wurst will be hosting its annual Ugly Xmas Sweater workshop. All materials are provided and a portion of proceeds will go to the Sageesse foundation.

Continued from Pg. 11

that it's in with so many hands in the pot over the years is still worthy of some admiration.

The thing with *The Other Side of the Wind* is that it almost works best as a time-capsule, a now-lament for the earlier years of those big personalities of Classic Hollywood, drinks in hand, sitting in rooms filled with smoke from their ever-lit cigarettes and pipes, trying to make a picture.

With filmmakers in general, there's something to be said about producing movies about "the movies," or, in the case of Welles, movies within movies that are about producing movies about "the movies."

A lot of it comes from nostalgia sure, but so much of it also comes from the fact that

none of us, as viewers, ever really know how the sausage is made. Though, in this analogy, we might want to. Think David Lynch's *Mulholland Drive* (2001), which explores the mental horrors of the false dreamland of Hollywood, or Charlie Kaufman's *Adaptation* (2002), a fantastic Nicolas Cage film that shows the often-pathetic life of writers.

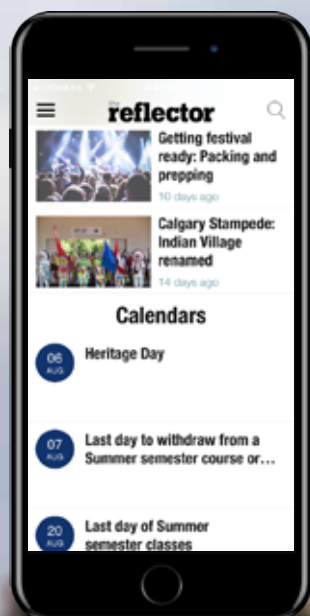
What Welles (and those who carried on in his stead) have done with *The Other Side of the Wind* is given a glimpse into the ever-present fear of inadequacy and change. Like Welles, who created possibly the greatest film ever made at an incredibly young age, the film reinforces the idea that you're only ever as great as your last picture. Yes, you

may have directed *Citizen Kane* back then, but now the cultural miasma is shifting towards the arthouse. You may recognize that this is how things are now, but can you do these things and make it work?

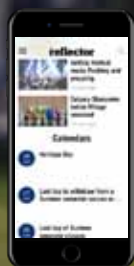
Filmmaking is a very human thing, perhaps even more than reality itself. Welles knew this and explored this. Huston-as-Hannaford, that last titan of Old Hollywood, perhaps puts it best in *The Other Side of the Wind*'s final voiceover, as the sun sets on the horizon:

"Who knows? Maybe you can stare too hard at something, huh? Drain out the virtue, suck out the living juice. You shoot the great places and the pretty people, all those girls and boys - shoot 'em dead."

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- A. It doesn't B. Because science
C. Their brains are still developing D. Both B and C

D. Both B & C are correct
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The Marvelous Stan Lee dies at 95

When you “entertain people, you’re doing a good thing.”

Nathan Woolridge

News Editor

I had the honor to meet Stan Lee for photo op at the Edmonton Expo in 2015. He almost didn’t seem real, as he was propped up in a chair — hardly moving or saying a word. Likely, he didn’t even know who was standing next to him.

It felt weird to not say anything to him, so right after the photograph was taken I bent over and thanked him — not just for the photograph, but for everything he’s ever said and everything he’s ever created. He nodded back at me and said, “Thank you,” with a smile on his face.

He probably met hundreds of people that day — each paying \$100 for five seconds with the man. But, why? Because he created so many famous comic book characters? Because he has so many cameos in blockbuster films? Because he’s really rich? Likely all of the above and simply because he is ... Stan Lee.

Originally, Stanley Martin Lieber, was born in 1922. He eventually changed his name to “Stan Lee” once he began writing Timely Comics in 1939. He also served in the Second World War, domestically as a writer and illustrator.

In the 1960’s Timely Comics changed their name to Marvel Comics and Lee was called upon to help reboot the company. Lee had writing influences like Sir Arthur Conan Doyle and Jules Verne — which eventually inspired him to create characters such as The Fantastic Four in 1961. He created the dynamic superhero team with artist and co-creator Jack Kirby, who would eventually help Lee develop almost all of his characters and bring them to life on pages in comic books.

Lee always wanted his characters to seem larger than life, but to also feel relatable to the people reading the comics. These

characters were: Spider-Man, The Incredible Hulk, Doctor Strange, Daredevil, the X-Men, The Avengers and many more.

In 1972, Lee became editorial director and publisher of Marvel Comics. He tried to hire and keep writers who would help bring his characters and world to life. It was in this era, that Lee helped grow Marvel Comics into a really popular franchise.

Over the years, Lee’s characters frequented the big screens and were often successful. But, they didn’t gain this status until 2002 with the coming of *Spider-Man*: one of the highest grossing movies of all-time.

Marvel didn’t reach peak popularity in the film industry until the 2008 release of *Iron Man*. Starring Robert Downey Jr., the film helped start the Marvel Cinematic Universe, which now features 20 blockbuster films with star-studded casts and viewed by hundreds of millions across the globe.

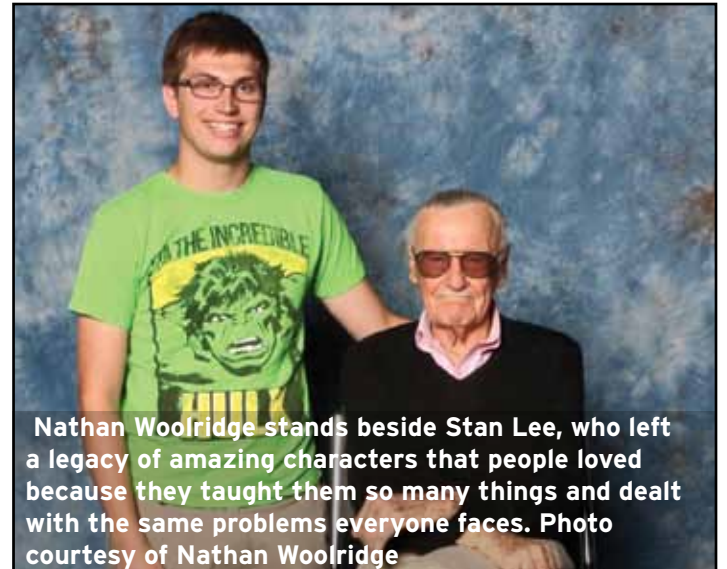
Lee was one of the driving forces behind Marvel Comics’ success.

Lee once said in an interview with the Washington Post, “I used to be embarrassed because I was just a comic-book writer while other people were building bridges or going on to medical careers. And then I began to realize: entertainment is one of the most important things in people’s lives. Without it they might go off the deep end. I feel that if you’re able to entertain people, you’re doing a good thing.”

He created a world to entertain people, but also to teach them lessons. Lee coined the term “With great power comes great responsibility.” He left a legacy of amazing characters that people loved because they taught them so many things and dealt with the same problems

everyone faces. Making his characters relatable was important to Lee.

“Just because you have a super power doesn’t mean that everything else in your life has to be good, so I thought it would be more interesting to get people who seemed like real people who had super powers, and that’s all that I was thinking of.”



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Why *Riverdale* is good and I was wrong

Covens, cults and prison riots saved the teen melodrama

Colin Macgillivray

Arts Editor

One year ago, I felt it was my duty as a troubadour of good television to dismantle the “it’s so bad, it’s good” narrative that surrounded Netflix’s hit show, *Riverdale*. If you’ve been living under a rock and have no idea what *Riverdale* is, it’s a nostalgia based, re-invention of the classic *Archie Comics*. It stars a gaggle of attractive young actors who act brooding and mysterious and solve a bunch of crimes. There’s sex. There’s romance. It’s directed at teens and I have no business writing about it.

The previous article was littered with criticism towards the show’s lack of cohesion, the multitude of filler episodes and how it didn’t add anything to an already oversaturated television market. Here’s an excerpt that summed up my main gripes.

“My point is that a television show with such a massive following should be willing to push television in a positive direction. It should try to offer something original and it shouldn’t be afraid of taking risks. With *Riverdale* receiving massive acclaim, I’m worried that future shows will be as formulaic and unoriginal as this one. I’m also worried that shows that try something new will be discounted as being too different and will

unfortunately not be able to break into the mainstream. This poisoning of the mainstream hit will ultimately be the downfall for television, in the same way that big budget blockbusters have marred the beauty of cinema for the past decade.”

It’s ironic that the headline of that article was ‘How *Riverdale* is poisoning television,’ as season three of *Riverdale*, which premiered in early October, started with two teens chugging cyanide-laced sports drink in a Jonestown-esque manner. Archie Andrews, the star of the *Archie Comics* inspired teen-soap opera, also went to jail at the start of the episode. Oh, and two babies were dropped into a fire in some sort of witch coven ritual. And there’s also some sort of beastly cult leader named the Gargoyle King and a sinister board game called Gryphons & Gargoyles. That all happened in the first episode.

Now, I’m not going to say I was wrong about the first two seasons of *Riverdale*. I still think they meander along through boring storylines, end anticlimactically and are so hokey it hurts. I’m not even going to say that season three of *Riverdale* falls into the category of classically exceptional television. Nonetheless, I was wrong, because the third season of this silly little show is so crazy that it’s ridiculously entertaining.

I might dive into some spoilers here, but looking back at the article I wrote, it’s almost surreal looking at the direction the show has gone in season three. I was clamouring for some original, risk-filled content and that’s exactly what

I got. I referenced *True Detective*, explaining that the first season of that show is a

masterclass in the cult-crime drama genre. When two ritualistic murders — that clearly take inspiration from *True Detective* — magically showed up in the premiere, I was both rolling my eyes and thoroughly entertained.

Like I said before, that’s only one part of this season. Archie ends up going to jail and is forced to participate in bare-knuckle brawling for bloodthirsty mobsters. He also gets shanked and escapes the prison in the most on-the-nose reference to *The Shawshank Redemption* I’ve ever seen.

Although it has been a little glossed over, two babies were also dropped into a fire by what is surely a witches coven. In any normal television show, this would be a massive plot point that would most likely drive the season’s narrative forward. In *Riverdale*, it’s brushed aside in favour of seeing teens open alcohol-free bars and play with bows and arrows. It’s so ludicrous, that in its own unique way, becomes daring and fresh when compared to other television shows.

I’m not suggesting that *Riverdale* wasn’t ridiculous before. There was a maple syrup feud that escalated to murder, mobsters who were obsessed with handsome teen boys and a serial killer who ended up being Betty Cooper’s dad. But, the problem with all of those narratives is that they were inconsequential to all of the main characters. Sure, things happened, but there were never any real consequences. In season three, there has been some seeds planted that would suggest some very real changes in the main characters. It is still early in the season, so I could be completely wrong in the end, but only time will tell.

Either way, out of the first five episodes of this newest season, I’ve only actually felt I’ve wasted my time watching one. Considering

you can watch about four of season two’s 22 episodes and get the overall gist of things, they have upped their game. Episode five, that was released two weeks ago, is arguably the best episode in the series. Expertly switching between a dual narrative that serves the overall story, the show managed to keep me engaged through the use of minor characters, clever structure and a peak into the story’s future direction.

That being said, I don’t want to give anyone the impression that *Riverdale* is suddenly a really good television show. It’s not. It is geared towards teens, so I can’t fault it when it constantly flaunts just how good looking these actors and actresses are, but that’s a minor issue in the grand scheme of things. The writing is still occasionally cringe-inducing, the acting is passable for the majority of the time and it is still plagued with pacing issues.

But, with this new Gryphons & Gargoyles narrative, the show honestly might be onto something. Without completely spoiling five episodes of season three, *Riverdale* might be setting themselves up to retroactively explain why the previous seasons of the show were so bad. Again, only time will tell, but this refreshing, no holds barred approach to storytelling in a teen drama is something I don’t think I’ve seen before.

Ultimately, it is kind of dumb to be critical of a show that is obviously not being made for someone like me. I used to genuinely dislike watching *Riverdale*, but I kept going back to feed some sort of deep rooted masochism.

Because of its high production values, it failed to fall into the “it’s so bad, it’s

good” camp and lingered in a weird state of boredom and cringe.

Instead of being so bad it’s good, *Riverdale* has pushed itself into the realm of “it’s so crazy, I need to tune in.” Before, I never felt the need to watch the show every week, because I would rarely miss anything important if I happened to miss an episode. Now, I’ve made a concerted effort to find time to watch the show, not only because it has become legitimately entertaining by basking in its own lunacy, but because I’m afraid to miss the next crazy thing that they introduce.

In the end, I’m 21 years old and I no longer hang my head when I admit to watching *Riverdale*, even though I probably should. It’s still not even close to being a good show, but by embracing its own ridiculousness and basking in its goofiness, the show is teetering on the brink of becoming an engaging meta-commentary on both teen culture and teen melodramas as a whole.

So, if season three of *Riverdale* ends up being complete garbage by the end of it, discount everything I just said. But, in the meantime, if you have 45 minutes to waste and still haven’t checked the show out, start with season three, it’s very fun.

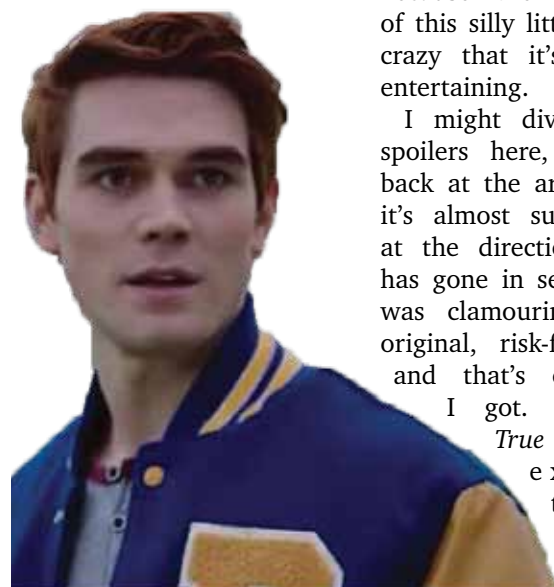


Photo courtesy of The CW

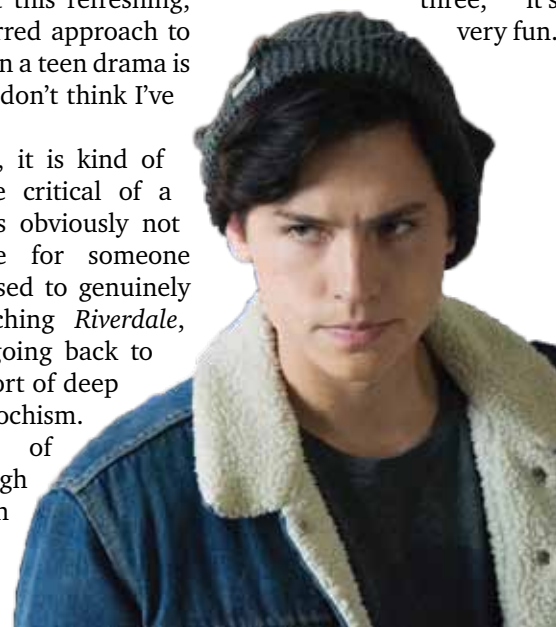


Photo courtesy of The CW

Binging *The Ballad of Buster Scruggs*

The Coen's Old West anthology film is one of Netflix's best



The Ballad of Buster Scruggs, is a deeply entertaining, yet harrowing composition of six frontier tales that plays as a love letter to the dying western genre, all while being arguably the Coen brothers best film in years. Photo courtesy of Wikimedia Commons

Colin Macgillivray

Arts Editor

Joel and Ethan Coen undoubtedly share a fondness for the Old West. Their latest flick, *The Ballad of Buster Scruggs*, is a deeply entertaining, yet harrowing composition of six frontier tales that plays as a love letter to the dying western genre, all while being arguably the duo's best film in years.

Originally intended as a six episode anthology series, the brothers decided to condense their wildly unique stories into a feature film. A brilliant move, as it forces you to binge *Buster Scruggs* in its entirety and weave together the overarching theme of mortality that is creatively showcased in the six chapters.

In the titular chapter, 'The Ballad of Buster Scruggs,' the Coen's expertly subvert the heroic cowboy narrative through Buster Scruggs — played by the supremely talented Tim Blake Nelson — a clean-cut, psychopathic songbird with a penchant for violence and vibrato. Chalk-full of dark humour, chapter one is by far the most unique in both tone and presentation, whimsically portraying the downfall of the best in the west.

Although it may be the weakest of the six, 'Near Algodones' offers more of the Coen's signature wit. Following a cowboy who

decides to rob a remote bank and is subsequently outwitted by an eccentric bank-teller, chapter two affirms the film's macabre motifs and that you can't escape the hangman's noose.

Chapter three, 'Meal Ticket,' stars Liam Neeson as an aging impresario who frequents remote towns with a limbless thespian, Harrison, who recites classic prose to increasingly small audiences. Without spoiling the heartbreakingly grim story — which will likely be the most divisive of the Coen's shorts, — 'Meal Ticket' is a deeply disturbing piece of poetry that acts as an allegory for the death of art in the modern age.

After leaving the audience rather downcast, 'All Gold Canyon' is a heartwarming, one-man show about resilience, greed and the American Dream. Tom Waits, the magically gifted singer-songwriter turned actor, plays an aged prospector who stumbles upon a serene canyon and diligently works to unearth a pocket of gold he is convinced hides beneath his feet. Carried by a phenomenal performance by Waits, a brilliant score and stunning visuals, 'All Gold Canyon' is *Buster Scruggs* at its finest.

'The Gal Who Got Rattled' is the longest of the shorts,

bringing with it heaps of tragedy, romance and charm. Following Alice Longabaugh, played by the underrated Zoe Kazan, en-route to Oregon via wagon train, chapter five almost feels like a feature film that is perfectly condensed. This section's cast of characters all deftly deliver a delightfully sweet, but tragically shocking story of bad things happening to good people.

The final story, 'The Mortal Remains,' follows the conversations of five individuals as they take a stagecoach ride. Chapter six can be viewed as the film's epilogue, a parable that bids farewell to the Western genre as it passes into the unknown. Or, it can be viewed as a supernatural stagecoach ride in which three strangers attempt to process death as they are accompanied to their final destination by two bounty hunters. It's the perfect end to *Buster Scruggs*, as the Coen's focus on love, life and death from varying perspectives.

Although some of the chapters are admittedly stronger than others, *Buster Scruggs* is extremely entertaining and an unquestionably creative film that boasts enough variety in which everyone can fall in love with western films all over again.



FM!

Vince Staples
Def Jam

Score: A-

Finding space to deliver both traditional hip hop dynamics and signature finesse within a compact runtime, Vince Staples creates a free flowing and undeniably catchy collection with *FM!*

Structured within a FM radio show, *FM!* goes beyond gimmicky by using the chatter of "Big Boy's Neighborhood" as effective transitions between tracks. Whether it's Big Boy's preamble of it "feeling like summer" off the top of opener, "Feels Like Summer," or the stuttering soundboard hit of "N-N-New Earl Sweatshirt" on the brief interlude that teases listeners with a 20 second

Sweatshirt verse, Staples and producer Kenny Beats find a way to incorporate the radio formatting between each track in a way that enhances rather than distracts from the project.

While solid throughout, the short runtime of the album along with the flurry of guest spots leaves something to be desired on *FM!*, as the album draws to a close just as it seems to settle in. Regardless, *FM!* is Staples' most realized and consistent album to date, acting as a promising continuation of the MC's rapidly expanding discography.

-Nathan Kunz

**I Wasn't
Only
Thinking
About
You...**

Oh Pep!
ATO Records
Score: A



Oh Pep!'s second album is a coming-of-age collection about the intricacies of relationships and grappling with self-awareness. "Hurt Nobody" details moments fearing negatively impacting others while coming undone and needing to take care of yourself, climaxing with a plea: "I don't wanna hurt nobody."

"Asking For," is an affirmation for listeners, driving home hope, acceptance of love and self. Oh Pep! enforces that while life is never going to be consistently easy, what you're looking for may be right in front of you, you just haven't seen it yet. Oh Pep!'s message is that risks are necessary, "There's no way of knowing

what silver lining is coming for you."

The 10-track album features absolute bop "What's the Deal with David?" that demands dancing and a good sing-along, as it outlines two friends sharing personal journeys of falling deeply and quickly in love.

"Your Nail and Your Hammer" portrays the powerful juxtaposition of strangers — two musicians — falling in and out of love after meeting in line to get Social Security cards.

With their sophomore album, Oh Pep! brings hope and escapist indie-pop to our current moment of cultural change.

-Robyn Welsh

How an orange, furry beast named Gritty became the NHL's biggest star

Investigating the Philadelphia Flyers mascots viral success

Colin Macgillivray

Arts Editor

I'm sure we all remember the day of Sept. 24, 2018. Personally, I was nonchalantly scrolling through my Twitter feed, half-paying attention to the nonsensical content that I long for on a daily basis. Surely, I thought, there has to be one good tweet out there today; something to satiate my never-ending lust for dumb jokes.

But then. I saw it.

A beastly, orange apparition occupied my phone's screen, eclipsing the world around me. Clad in hideous

Philadelphia Flyers regalia, I admired this furry creature as it's dead googly-eyes stared into the nooks and crannies of my very being.

The beast was frightening, yet captivating, in the same way a child yearns to see a tarantula with their own eyes. The monstrous, orange creature taunted me with its toothless grin, as arguably the greatest caption I've ever read sat neatly above this orange ghouls glamour shot.

"It me, Gritty."

I might be being facetious, but Gritty — a seven-foot tall, furry orange creature with googly-eyes, who also happens to be the Philadelphia Flyers new mascot — is a genuinely fascinating sports icon. Within two months of its debut, Gritty has become the NHL's biggest star, re-appropriated as a socialist icon and been officially honoured by the City of Philadelphia. Not bad for a big ugly beast.

But why is Gritty so gosh darn popular?

Not only has Gritty's presence shed some light on how the NHL seriously lacks interesting personalities in an age where sports and entertainment have become one in the same, but it is also an example of an expertly crafted sports marketing strategy that was so

risky, it worked.

The mass appeal of personality

Like droves of other casual sports fans, I'm generally attracted to athletes that have a certain level of charisma that bolster their supreme talent. The NBA, for example, is littered with star players that shine on and off the court. Whether you're a LeBron James fanatic or proclaim that Stephen Curry is basketball's Albert Einstein, there is no denying that these players have unique personalities that make them all the more appealing.

The NBA is filled with these polarizing stars. So is the NFL. Either you love the way Tom Brady seems to blend his boring personality with his exceptional football skills or prefer Marshawn Lynch's hyper-aggressive lifestyle on and off the field. Baseball has its fair share of personalities, too. Houston Astro Jose Altuve, for one, has made a name for himself as baseball's best little man and no Blue Jays fan can deny Russell Martin's cool demeanour on and off the field.

I can go on.

When it comes to the NHL, however, it feels as if there is a distinct lack of personality in the league. Young stars like Connor McDavid, Auston Matthews and even Calgary's Johnny Gaudreau are some of

the league's best players. But that's about it. I'm sure they're all great guys, but I wish they showed a little bit more bravado, if you will.

Enter Gritty.

This orange beast has charisma in spades. From its goofy face, to its crazy attitude, Gritty is a one-monster tour-de-force when it comes to personality. Gritty's enormous social media following and his late-night talk show presence prove this. Sure, McDavid is a probably the best hockey player in the world, but Gritty is two months old and nearly has as many Twitter followers.

What I'm trying to say is in a world where personalities make sports all the more entertaining, maybe some NHL players should embrace their own personal 'Gritty' and make the game more exciting on and off the ice.

The brilliance of a beast

Before Gritty, Philadelphia already had one of the best mascots in sports with the Phillie Phanatic — a large, green creature who sports a long tube-like nose and a dubious disposition. The Phanatic is a recognizable character and is probably one of the few baseball mascots a lot of people know of, even if they aren't baseball fans.

The San Francisco Giants on the other hand, is a seal named

Lou Seal. Apparently, the seal was named the best mascot in sports nearly a decade ago, but I feel the Giants completely missed the opportunity to make their mascot some beastly, giant golem.

As ridiculous as that sounds, going off the rails and making your team's mascot as unique as possible is clearly a winning formula that Philadelphia has mastered. Both the Phanatic and Gritty are in the conversation for best sports mascots, while the Edmonton Oilers' Hunter, an ugly lynx, is so forgettable that I had to search it up just to make a point.

Nonetheless, the beastly entity that is Gritty exists to bridge the gap between casual fans and a sports team. Making a mascot so wild, crazy and entertaining gets people riled up and interested about your city's team, because maybe your team is just as crazy and entertaining as the mascot.

In the end, it is too early to tell whether or not Gritty's star power will last. Maybe the orange creature is just something we can all come together and love in these trying times? Maybe Gritty was created to purposefully distract us from more important happenings in the world? In the end, all that matters is that the NHL finally has a superstar that can carry it through the season. Here's hoping we see more.



Photo courtesy of the Philadelphia Flyers

#S

12 50+ point games for L.A. Laker superstar LeBron James which puts him sixth all-time in that regard

105 Combined score of the Monday Night Football game between the L.A. Rams and Kansas City Chiefs, highest in NFL history.

6 wins for the Calgary Flames after trailing in the third period which is the most in the NHL

2 the national weekly ranking of the MRU men's volleyball team through their first eight games

Cougar Corner: MRU men's hockey remembers

And all six Cougar teams look to end first half strong

Dan Khavkin

Sports Editor

Men's Hockey

On Friday Nov. 16, the Mount Royal Cougars men's hockey team hosted the seventh annual 'MRU Remembers' game in appreciation of the Canadian military. The Cougars faced top dogs of Canada West, Saskatchewan Huskies, to open their weekend set but dropped a 3-2 contest in double overtime, going on to drop the revenge match 4-2 the next afternoon.

Ex-Kootenay Ice and Memorial Cup champion Wyatt Hoflin made his debut on the season in the absence of the starting two options, in rookie Riley Morris and fourth-year Colin Cooper

who were both out with sickness. Hoflin stood tall in both games but got injured towards the end of the second period in game two, forcing Morris to suit up, not at 100 per cent, to finish the game.

Chris Gerrie scored in a back and forth affair that went into five periods of play before the Huskies scored in the three-on-three session, just a few clock minutes after MRU had a goal called back in overtime.

Second-year Cougar Gerrie commented on the weekend overall. He says, "It was a good learning experience for us against the number two ranked team in Canada.

We're not happy with the result but we can take a lot of what we took away to end the first half of the season here."

Despite having the referees calling almost every call that night against MRU, the Cougars played to elite Canada West standards for at least 58 minutes each game. The slip ups on both nights cost the Cougars a potential four-point weekend and had to settle with only picking up one, a pattern that head coach Bert Gilling's players are looking to urgently change.

"It hasn't been easy for us, At the end of the day you sit there and say 'who did we play against' and look at the

results... and those results are getting old," says Gilling. "It's good to see how close we are but we have to stop being in our own way."

"I like the way our guys played and showed effort plays that we didn't see against Calgary the week before, which is nice to see. It's not put together yet. Our biggest takeaway is you gotta do it for 60 minutes against these kinds of teams and show that effort for 65 minutes or 70 need be," says Gilling.

Despite the harsh result against a formidable Huskie side, the weekend opener had a more significant meaning that night at the

Flames Community Arenas than most other game nights.

MRU sported camo patterned uniforms to go along with other examples of appreciation of the military. MRU has close ties to the military.

Proceeds from the 50/50 and puck toss at the second intermission are added to the donation towards the Royal Canadian Legion Poppy Fund. The fund is allocated directly to the veterans' families involved. These funds are used to include mobility access projects for veterans, housing and care accommodation for veterans, educational bursaries for veterans' children and

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grandchildren.

Military personnel in uniform and with their families received free admission to the game.

On top of this, not only is the home of the Cougars next door to the military museums, the university itself was built on a former air force base for elite First World War pilots. The school began to offer military bursaries and more.

The Cougars faceoff against bottom-sided Lethbridge Pronghorns before beginning the cycle again and pay a visit to the opening weekend match-up against the Regina Cougars before the winter break.

Women's Hockey

The women's hockey team will be looking to figure themselves out before the start of the second portion of the season.

MRU played well but were dusted aside in a sweep against the defending national champion Manitoba Bisons, dropping a 3-1 and 2-0 contest respectively.

Looking to bounce back against bottom placed Calgary, the Dinos managed to pick up the first win in their season against our Cougars winning 3-2. MRU picked themselves up and answered with a 2-1 win but the dropped points against a weaker team is what the concern is.

The next weekend, a split against the Saskatchewan Huskies ensued with a 3-2 win and dropping the return match 1-0, marking four straight one-goal games in which the Cougars could've stolen points.

Heading into the second final weekend before the break, MRU mirror the men's schedule with another important home-and-home against Lethbridge for their first two meetings of the season as MRU cling onto the final playoff spot by two points. A couple three point wins will begin to separate the Cougars from the bottom to chase for middle of the league standings.

Finally, the Cougars host Regina to close the first half, who trail them by five points in the standings.

Men's Volleyball

Men's volleyball in

the Canada West can be described with two words: Total War. But Coach Shawn Sky's boys in blue are looking absolutely phenomenal this season with a 6-2 record, so far.

The Cougars reached a legendary second place in the U SPORTS top 10 ranking through their first eight matches.

The question is, can the Cougars keep up this momentum heading into the winter break and not lose matchups that on paper look like they shouldn't.

MRU are set to pay a visit to a 2-4 Winnipeg Wesmen then host the UBC Thunderbirds who are sitting at 1-7.

If the Cougars learned anything from last season, it's that every game matters and every win can determine a playoff spot.

If Sky can keep his boys composed and focused to chase other contenders in the war for the top spots in the Canada West league, they will push them aside in preparation for the heavy schedule in the final stretch for playoff positions. This is especially possible with the Cougars leading the intense Canada West league table in digs and kills per set.

Women's Volleyball

The Cougars women's volleyball team are sitting at an even 4-4 record. They began the year at 2-0 against Manitoba, getting swept by a formidable 8-2 Alberta and splitting two straight series against Brandon and UBCO.

Coach Sandra Lamb's team understands what each game means in the packed Canada West conference. MRU clinched the final playoff spot with only one win ahead of the team below them and so far, they are headed down that same 'fight to the last set' direction.

Dropping games against second-bottom and bottom teams in 2-6 Brandon and 1-7 UBCO might be something the Cougars will look back on as a chance lost to jump up the league table.

Two more weekends before the break, the Cougars will have a chance to redeem themselves with another opportunity to beat a team in the lower half of the standings in a 2-6 Winnipeg

team before hosting a vital 4-6 Regina who are neck-in-neck with the Cougars in the standings.

Men's Basketball

It's the same story, just a different MRU team.

The men's basketball team is sitting at 4-4, also formulating a sweep, getting swept and splitting two series.

After dropping the first two matches at home to UNBC, MRU split against Manitoba on the road before picking up their first sweep of the season at Trinity Western and then splitting a series with UBCO at home.

The Cougars are fourth in Canada West in total rebounds, fifth in field goal percentage and third in conversions from the three-point line.

The Cougars have a chance to pick up some needed wins in a tightly squeezed Canada West conference against winless MacEwan before visiting a formidable 7-1 UBC Thunderbirds pre-winter break.

Women's Basketball

The women's basketball team has hard matchups straight from the season's tip-off holding a 2-6 record.

Dropping the first four games against now first and second placed UNBC and Trinity Western isn't something to be ashamed of. MRU almost stole a win away from home in a close 89-81 contest against TWU in their first meeting of the season.

The Cougars swept UBCO to pick up their first and second wins of the season to perhaps kickstart a vital season-deciding swing of momentum, even this early in the season. MRU are third in Canada West in rebounds per game, third in blocks per game and fourth in steals through eight games early on in the year.

MRU have a chance to add a few more wins against MacEwan at home, who both share 2-6 records before the Cougars visit 4-4 UBC with potentially climbing out of the basement of the league and forcing their way into the middle of the table to begin the start of the second half of the season.



MRU Cougars lost 3-2 against against Saskatchewan in double overtime during the 'MRU Remembers' event. Photos by Dan Khavkin

We the North and we mean it

Toronto's chances of a final appearance broken down

Hayden Koch

Contributor



Toronto Raptors made the NBA's biggest splash this off-season in the move to acquire the youngest Finals MVP in history, ex-San Antonio star Kawhi Leonard. Courtesy of Rick Madonik, Toronto Star

It's hot in the north with Kawhi Leonard in Toronto and LeBron James off in the west, the Raptors have a real chance of taking Canada to the NBA finals.

Last season, NBA fans all over Canada watched the playoffs with high expectations and left once again with broken hearts.

For the third year in a row,

the Toronto Raptors, after enjoying a dominant regular season, found themselves head to head with James' Cleveland Cavaliers. Just like the year before, this was to be a four game sweep by the Cavs.

It seemed that the writing was on the wall; James was an insurmountable obstacle and their star player Demar

DeRozan consistently couldn't handle the pressure of the playoffs.

This past offseason, both issues were quickly mitigated.

After a grueling season which saw LeBron carry yet another visibly unworthy Cavaliers roster to the NBA finals, The King decided to uproot his throne from the cold

and dreary city of Cleveland to once again head to the beach. This time, it was Los Angeles.

Adjacently, Toronto's head office did not respond well to the third consecutive playoff exit. Last year's NBA coach of the year Dwane Casey, was promptly fired and a new home for Derozan's lengthy contract needed to be found.

Enter Leonard, the former leading man of the San Antonio Spurs. Leonard is a two-way power house with both a championship and finals MVP under his belt.

Before sitting out last season due to an injury (as well as some not-so-secret disagreements with the Spurs) many ranked him as a top five player in the league, right alongside the likes of LeBron and Kevin Durant.

Leonard's glaring issues with his previous organization resulted in the trade which brought him and fellow Spur guard Danny Green up north, in exchange for beloved DeMar Derozan who many found that he got backstabbed by the Raptors' front office.

Here in Canada, it looks like he's in career best form. It's still early, but at the time of writing, the Toronto Raptors have the best record in the NBA and there are whispers of Leonard being an early front runner in the MVP race.

In the wake of James' impending absence from the Eastern Conference playoffs, this bodes extremely well for the Toronto Raptors.

In the Eastern Conference, there are now three teams in particular that seem the most likely to get to the finals: the Raptors, Boston Celtics and

Philadelphia 76ers.

The Celtics enjoyed much hype entering this season, with many preemptively expecting them to be the favourites for coming out of the east.

Last season, they entered the playoffs with their two best players Kyrie Irving and Gordon Hayward sidelined by injury. Despite this, they still came within mere possessions of winning game-seven against Cleveland in the Eastern Conference Finals, due largely to their extremely talented and motivated bench.

Many naturally assumed that with Kyrie and Hayward back in the rotation, Boston would be second only to Golden State in terms of sheer talent, but the early season has been clunky and inconsistent for the Celtics.

As for the 76ers (who lost in the second round to the Celtics last year) things are on the up-and-up with Jimmy Butler now arriving from Minnesota to play alongside reigning Rookie of the Year Ben Simmons and MVP candidate Joel Embiid.

Nevertheless, as of right now, the Raptors are the preeminent force in the Eastern Conference. Leonard, alongside franchise staples like Kyle Lowry and Serge Ibaka, have exceeded all expectations and are on track to have a potentially record breaking season for the franchise.

Those who follow the Raptors are wary of having their expectations set aflame in the playoffs once again... But all things considered, this year is their best ever chance at finally representing Canada in the NBA finals.

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