

# the reflector

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## THE WORLD IS ON FIRE

Deadly Australian wildfires, American conflict with Iran  
(P. 4)





# MRU student develops app to translate Blackfoot signs

**Ryleigh Stangness**  
Staff Writer

As Chase Schrader, an MRU student, was gearing up for his co-op placement following the second year of his information design program, he says most students were headed towards doing traditional work in marketing strategies and structural documentation.

One of his classes was brushing the surface on augmented reality tools, when Jessie Loyer, librarian and co-builder of the Riddell Library, presented in one of Schrader's classes about a project vision they had for the Riddell Library — wayfinding signage.

"We had some money to work on a project," Loyer explains, who had been part of what she explains as step one, which was to collaborate with Mary Weaslefat, a speaker and librarian at the Red Crow College in Lethbridge and Elder Leo Fox from the Kanai Nation.

They "translated the language and then moved forward with the printed signs," says Loyer adding these are the Blackfoot wayfinding signs that can be seen marking several locations and collections throughout the Riddell Library and Learning Centre.

Loyer, who is Cree-Métis and a member of Michel First Nation explains, "We are guests on Treaty 7 territory, on Blackfoot territory and language is an important way of acknowledging that."

However, Loyer adds, "Physical signage has its limitations [and] library signage has its challenges, too. We wanted to avoid the idea of a beautiful art piece — we want to use this language and for people to feel comfortable pronouncing it and not see it as an obstacle."

The second step of the project would involve finding a way to make these signs interactive. "Blackfoot is a living language," Loyer adds.

According to the app's external release, "DeciphAR uses Augmented Reality (AR) to provide audio and visual information about the Blackfoot signage. ... The audio information includes the pronunciations of the Blackfoot phrases present on the signs. Also, each Infocard contains an explanation of the translation."

"Users can scan the signs in the library to access these Infocards. Once [they are] found, the information is accessible through the list. To test their skills, users can try the quiz."

"I didn't have to come up with the idea of creating the app," says Schrader, who is part of the Vizteam at the MRU Library. The team consists of Schrader, Loyer, Anna Nuhn the team's Emerging Technologies Specialist and Matt Laidlow the interface developer.

"They said, 'We want to create this, how you do it is up to you, your skills and how you go about that,'" says Schrader. "I really didn't know what to expect. It was my first job working specifically in the design space before I used to just work retail and then we're able to do co-op internships and it was my first time in that."

It was a long stretch, Schrader explains. "Fifteen iterations later, we arrived at something that we felt worked. We launched it on Oct. 10, so five and a bit months of the full development process and iterating to get it to market."

"It's just that the learning process of something that is



**Chase Schrader, student developer of Augmented Reality app DeciphAR stands in front of a Blackfoot wayfinding sign on the fourth floor of Riddell Library. This sign translates to "Showcase – beloved or treasured, a tiny little window," says Jessie Loyer. Photo by Ryleigh Stangness**

so new, that you're almost paving the way. That really poses a lot of challenges to us... You can't go Google, 'How do you show something to click on something on there?' You have to be like, 'Try it and let's go back to the drawing board.'

"The opportunities that I was able to get from [this project are] very rare — that you're able to go and put together all these little pieces [...] and then to be able to have such an interest after. It's absolutely incredible. I did not expect it at all.

"Chase is our developer, it's really neat that it is not developed by an external partner but a student developer and it's so wonderful to see work on our

campus done by exceptional students," says Loyer.

Loyer hopes this new app takes away a little bit of the obstacle when you see a word you're not familiar with. We often have this fear of not even trying to attempt speaking another language. Hopefully, this app reduces that fear.

"This takes [Blackfoot language] away from being an exotic or historicized idea and brings language close to home," says Loyer.

"Cultural appropriation happens when Indigenous people are not part of the process. It should be a collaboration and not an extractive process," says Loyer.

"The Blackfoot Community

College is building a new building since [the original] burned down a few years ago," Loyer explains. "We are partnering to make sure this app will be available for them, avoiding an extractive process and then not making it available for their consumption."

She adds this app is not preserving the Blackfoot language, nor meant to teach Blackfoot language, but it is a practical pronunciation tool. "We can do small things and this is a small way of trying to balance out this long history," says Loyer.

Loyer adds, "Any intervention we can have helps balance out a tiny bit more and one of the ways to do this is through language."

# UofA honours victims of tragic Flight PS752 crash

**Nathan Woolridge**

News Editor

There are 31 Albertans reported dead in the tragic Iran plane crash, including 10 victims part of the University of Alberta (UofA) community, CBC says.

All 176 airline passengers and personnel on Flight PS752 were killed on Jan 8, when the Ukrainian passenger plane crashed not too long after takeoff from Tehran. There were 57 people from Canada identified as passengers, including nearly half from Alberta alone.

David H. Turpin, President and Vice-Chancellor of the UofA released a statement calling the crash a “tragedy.”

“As I have seen personally in visits across campus, these individuals were integral to the intellectual and social fabric of our university and the broader community. We are grieving for lost colleagues, classmates, teachers and mentors, as well as loved ones, family, friends and roommates,” said Turpin.

The UofA honoured the victims of the deadly plane crash with a memorial held Jan. 12 and also by sharing the names of the members of the UofA community.

“In the coming days, we will be sharing and celebrating each person’s unique contributions to their academic fields and to the many communities they touched,” said Turpin. “We will feel their loss — and the aftermath of this tragedy — for many years to come.”

Turpin added the university appreciates anyone who has reached out and offered messages of “support and condolence.”

“Your kindness has been felt across campus. I know that our community is reeling from this loss and I encourage you to reach out and seek any support needed during this time.”

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Photos courtesy of Folio



# The world is on fire

**Nathan Woolridge**

News Editor

The 2020s decade has kicked off with rising tensions in the Middle East between Donald Trump's administration and Iran. As well, Australia is being plagued by deadly wildfires that have killed nearly 1 billion animals and have burned through roughly 15.6 million acres, according to VOX.

Typically the phrase, "Set the world on fire" refers to becoming successful, attracting a lot of attention and becoming famous. But, in 2020, it can be taken quite literally while the world witnesses drone strikes and devastating wildfires.

## Deadly Australian wildfires

As of Jan. 9, "a total of 27 people have died nationwide, and in the state of New South Wales alone, more than 2,000 homes have been destroyed or damaged," CNN wrote.

There has been a lot of concern regarding the impact of the dangerous smoke along with the loss of the animals and people. According to BBC, around four firefighters have lost their lives battling the blazes. The National Post shares that nearly 100 Canadian firefighters have been sent to Australia in teams to assist Australia with the fire.

The fires have caught international attention as Australia experiences one of its worst droughts in decades. The megafire continues to grow as strong winds have spread the fires, leading to fatalities and the devastation of Australian wildlife.

BBC reported that the fires were caused by multiple factors. "Humans are sometimes to blame for starting the fires, but they are also often sparked by natural causes, such as lightning striking dry vegetation," BBC writes.

"More than 30,000 protesters brushed off hot and humid conditions to voice their displeasure at the federal government's handling of the bushfire crisis and its attitude towards climate change," wrote *The Sydney Morning*

*Herald* on Jan. 10.

## American conflict with Iran

In other international news, the United States' President, Donald Trump and his administration have also been caught up in more controversy after the killing of Maj. Gen. Qassim Soleimani, a top Iranian military official.

According to VOX, news of Soleimani's killing came as a surprise.

"It was first reported by Iraqi state television and later

confirmed in a statement from the Pentagon, which said the general was 'actively developing plans to attack diplomats and service members and Iraq throughout the region prior to his death. The Pentagon said the strike was meant to deter future attacks from Iran. [But didn't] provide details about those planned attacks," VOX wrote.

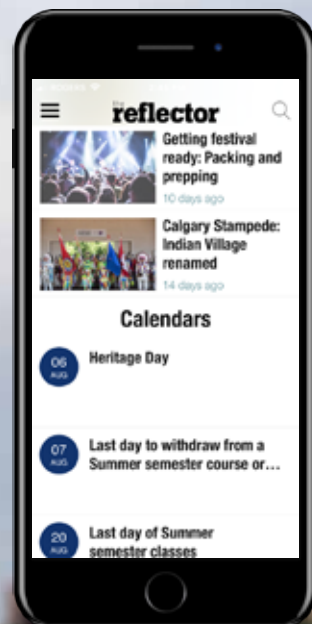
But, in the days and weeks following the killing of the Iranian military official, the international community began to spiral out of control, unsure of what the next

actions would be from the United States or Iran.

It seems *The Guardian* put it best when they wrote, "There would be chaos, outrage, instability – maybe even war. Among those who opposed the killing and those who cheered it on, there was more or less consensus: things would never be the same again."

The implications of the killing will be hard to measure, but what we do know is that the impacts it will have moving forward likely won't be pleasant.

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## What the heck is intuitive eating?

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Features Editor



We hear about diets all the time, but Evelyn Tribole and Elyse Resch teach us that it's not necessary to make dramatic cuts and lifestyle changes in order to improve our health – all it takes is following these 10 principles of intuitive eating. Graphic by Riggs Zyrille Vergara

Imagine this: it's 2018. Searching for the energy to get out of bed, you scroll through Facebook. Four of your relatives have shared the same article about romaine lettuce causing an outbreak of E. coli. A work acquaintance has posted a photo of a celery stalk and strip of bacon — along with another gym selfie — to flex his progress since he started his keto diet. You then notice a message from Brittany, an unremarkable high-school acquaintance, letting you know about her latest pyramid scheme — a meal replacement supplement — inviting you to join her downline, be your own boss and earn six whopping figures a year.

Feeling obligation to recommit, you muster the strength to open your second eye and emerge from hibernation. You slither to the mirror to see what you're working with today — pillow imprints on half your face and the same body you went to sleep in last night — when your stomach rumbles. What do you do?

I was in a similar situation when I realized I needed to approach decisions about my health differently. Tired of seeing article after article contradicting each other about whether something is or is not considered “healthy,” I concluded the obvious: in excess, anything can be bad for you — just like anything in life. Then entered a soft voice in a sea of loud opinions, telling me to try intuitive eating.

### The big idea

Intuitive eating is a personal approach to health (not a diet — actually) created by two boss ladies in the 90s. To sum it up, intuitive eating involves eating when you're hungry and stopping when you're full. It requires you to pay attention to how certain foods or ingredients make you feel and consuming food based on what will truly satisfy you. “Doing so allows your body to naturally adjust to

its intended weight, and when you eat foods that are truly satisfying, you will naturally gravitate toward a varied and nutritionally balanced diet,” says a blog post.

If you've grown as resistant to ideas about food as I had, you may be thinking critically about intuitive eating. Skepticism is not a bad thing when it comes to someone telling you how to treat your one and only body, and this reaction should be expected as a byproduct of a lifetime of mixed-messaging. When it comes to diets, or more generally, food, or more generally still, health, everyone and their dog has a different approach. And for consumers of food — a.k.a. everyone — it can be exhausting to know which sources to ignore and which to abide by. Adults, who have been inundated with “shoulds” and “should nots” their whole lives regarding nutrition, have succumbed to believing that if they eat “good” or “bad” food, they are “good” or “bad” people. The only thing that seems to thrive under this pressure is the weight-loss industry, whose net worth reached a record \$72 billion in 2019 in the U.S. alone.

### What's so special about it, anyways?

I initially fought the idea of intuitive eating, too, imagining myself running rampant in a candy store if I let myself shamelessly and guiltlessly eat what I want (a misunderstanding about intuitive eating — it's much more nuanced than this). The more I dug into the idea and started putting it into practice, though, my mind changed completely. I realized that I didn't trust the practice of intuitive eating because I doubted my body's ability to know what it needs after years of ignoring it completely — talk about a lightbulb moment.

Here's the kicker — our bodies are amazeballs. They know we need to breathe to survive and sweat to cool us

down when we're hot and fight off bacteria when we're sick — and they do all of this stuff and a million other things without us asking it to, telling it to, or consciously choosing to do it with our dumb egos. So why are we so resistant to listening to our bodies when it comes to food, thinking that our minds know better?

### Putting it into practice

Once I decided to try it out, I did buckets of research. I discovered the ten basic principles of intuitive eating, which includes things like rejecting the diet mentality, honouring your hunger, making peace with food, etc. and tried to abide by them when I would encounter food and make choices throughout my day. I also started testing out how certain ingredients — like carbs, protein, dairy, sugar and fat — made me feel. I even went as far as researching what poop can indicate about health — which is actually an absurd amount of stuff.

It's hard, I won't lie. It's been difficult for me to ignore the adult ego and dismiss the dialogue around dieting that surrounds me all the dang time. And, it's impossible to simply flip a switch and understand how my body, in its own way, manifests what it needs. It involves constant checking in and getting real with myself. I'm not perfect at it by any means, but the more I practice it, the better I get at it and the more confident I feel in my decisions.

Some of you are reading this with one burning, yet pointless question: have I lost weight? Who knows — to be honest. It's been a really long time since I've even stepped on a scale. Losing weight was not my motive, nor is weight reliably indicative of health. Do I have more energy, emotional control, satisfaction and confidence in my decisions? Yes. And I don't want to brag or anything, but I still get to eat Oreos.



# Study tips for success, not just survival

**Cassie Weiss**

Staff Writer



School is a big commitment, and it can be difficult to keep up on classwork in addition to a job, social life and other commitments. But learning study techniques that work for you will help you work smarter, not harder, and might just be the most valuable thing you pick up this semester. Photo courtesy of Unsplash

Ick. It's that back to school time, where we wake up way too early and stay up way too late, just trying to keep control of our lives as things slowly start to get busy again. As the semester launches right back into assignments, lack of self care and late-night study sessions, it's important to

know how to make the most of the time you spend in front of your textbooks.

Learning to work smarter, not harder, will leave you with more time to enjoy the things that help you get through the semester – things like going to the gym, spending time with friends or family or even

sitting at home, reading a book, with a cat curled up on your lap.

There are many tried and true tips out there, but here are some I have found to be effective. Hopefully, by putting these into practice, you'll find less pulled out hair as you traverse your way through the

winter semester.

## Go to class

I cannot stress this enough. Go to your lectures. You have a specific time, each week, designated to those lectures, and they really are important overall to how you study. Make

tons of notes, write down the examples your professors share and take advantage of class time to ask questions about what you don't understand.

## Revise, revise, revise

For every one hour of lecture you have, you should be spending three hours per week reviewing that material. I get it, we are all extremely busy, and I know spending that much time every day isn't always feasible, but at least make sure you take a few hours at the end of each week to review all the material learned — it will be easier to recall it come midterms.

## Don't just read your notes

Reading your notes over and over again honestly does nothing for translating material into your long-term memory. Instead, make cue cards or find practice tests online to help your brain practice retrieving the material, opposed to just trying to drive it into your head by rereading the same words and sentences until you can't see anymore.

## Study before you sleep

Seriously. I don't mean "passing out because I'm so tired" before you sleep. An hour or so before bed is the best time to bring out the notes, set up at your desk or computer and get to reviewing. While we sleep, our brains take the information from our day and shift it into memory. If you make a habit of taking a look before bed, things won't be so chaotic come midterms.

## Stop multitasking

I don't care how good you think you are at multitasking, don't do it when it comes to studying. Put your phone in a different room, shut down all other apps and just study — in about 20- to 30-minute intervals. When you need a break, go take one, but then come back and dedicate your time to the books.



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# Party like it's 1920

*Take the best of the last century into the next*

**Andi Endruhn**

Publishing Editor



The 1920s might have been 100 years ago but that doesn't mean we can't have just as much fun. Photo courtesy of History Collection

If you're anything like me, a couple of years ago you had the realization that in the very-near future when you said "the 20s" you would be talking about the present, not the past. Farewell to the Great Gatsby champagne-soaked parties that populate our collective imagination and hello to our current politically unstable, social media-populated present.

But it doesn't have to be all gloom and doom for the new 20s. Of course we're looking at the past through rose and Fitzgerald-tinted glasses, but that doesn't mean we can't take that experimental and optimistic look at the future into the new decade with us.

## **We're all moving to Paris for our art**

Okay, so it doesn't have to be Paris specifically. You don't even have to move actually! But in the 1920s, artists and thinkers alike found themselves flocking to Paris to be surrounded by other creatives. Writers F. Scott Fitzgerald and Ernest Hemingway, songwriter Cole Porter, dancers Josephine Baker and Isadora Duncan and photographer Man Ray all found themselves in the city to trade ideas and feed off of each other's motivational energy.

Because of the internet we don't have to move to meet

other like-minded individuals, but the point is to take your art (whether it's painting or coding) seriously enough to change your life for it. Take your passion seriously and find others that will motivate you to do your best at it, and if that means moving to Paris? Well that can't be too bad.

## **Experiment with chaos**

If Paris in the 1920s was where you went to get serious, Berlin was where you went to let loose. The home of the weird and the wonderful, the city was a chaotic mess of outspoken thinkers and artists, experimentalist filmmakers and dancers. While influential members of

the Berlin world may not be as well known as those in the Paris scene, the enthusiastic chaos formed a maelstrom of creation that made some of the most influential movements of the century.

So why not get messy, and have some fun while you're at it? Try some new things, read a book or article you'd never look twice at, expose yourself to some new ideas and new people. Let yourself have fun. It's okay if it's a little chaotic. Chaos doesn't have to be a bad thing. Actually the best part about it, is that in the mess, no one can see you!

## **Anything goes!**


It seems like the second the clocks ticked over and the date

changed to Jan. 1, 1920, the world decided to drop societal expectations. Or at least it does in our imagination. While that might not have happened, imagining a world where we can do whatever we like without judgement is just as appealing now, as it might have been then.

A bobbed haircut might not be as daring as it was a hundred years ago, but let's live in a world where we can make that questionable call for bangs at the salon without worrying what someone else will say. Do whatever feels right for you (as long as it doesn't hurt others!) and let others do whatever they'd like as well. As Cole Porter said "Anything goes!"



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## Road to riches

*Local rapper Yung Dudi storms Calgary's music scene*

**Kemi Omorogbe**

Contributor

If you want to introduce yourself to new rap music this year, Calgary's upcoming artists have got you covered.

A former aspiring basketball player turned rapper, David Mabu, also known as, "Yung Dudi," is earning his stripes in Calgary's rap world.

21-year-old Mabu was born in Cairo, Egypt and was raised in Calgary. Rap has been one of his biggest passions since he was three years old.

He has had previous music recorded before, but Mabu has never released a single prior to 2019.

Mabu's fear of being judged is what caused him to shy away from putting his talents on display. For most of his life, he entertained his family members and constantly second-guessed what anyone would want to do with his music.

However, in 2019, he took the steps to drop his first single, 'Jersey'. This was his first major track and it produced more than 7,000 streams on Soundcloud.

Mabu says, "When 'Jersey' came out it made me feel good because people actually messed with my art. I put a lot of work into my stuff, and it made me feel more appreciated within the city rap world."

He never anticipated the amount of support he would receive from his peers and friends in the wake of releasing, 'Jersey'. Eventually, Mabu released two more tracks: 'Soldier' and 'Road to Riches'.

Spitting lyrics about the circumstances of his life is what drives his success when putting his art onto paper.

"I've had family members pass away and seen a lot of insane things happen growing up," Mabu explains. "A lot of rappers inspired me like Tupac, Biggie, Rick Ross, Nas — it's like their situations are kind of similar to mine so if they're doing it, why can't I do it too?"

The lyrics in his music reflect the world around him, which has created a buzzing Calgary audience. The debut of 'Jersey' was not the only success Mabu received — he also performs at local nightclubs and just recently opened for singer/songwriter and rapper, Roy Woods, at Music Calgary.

Mabu quickly realized success comes with added pressure. His popularity throughout the city has widened and his fan base has started to connect with him on a personal level, creating a set of expectations he was not completely prepared for.

"I never knew that a lot of

people look up to me until I go out to clubs or if I am at the gym and people say I inspire them, so it makes me feel like I gotta go harder for them too. I can't mess up."

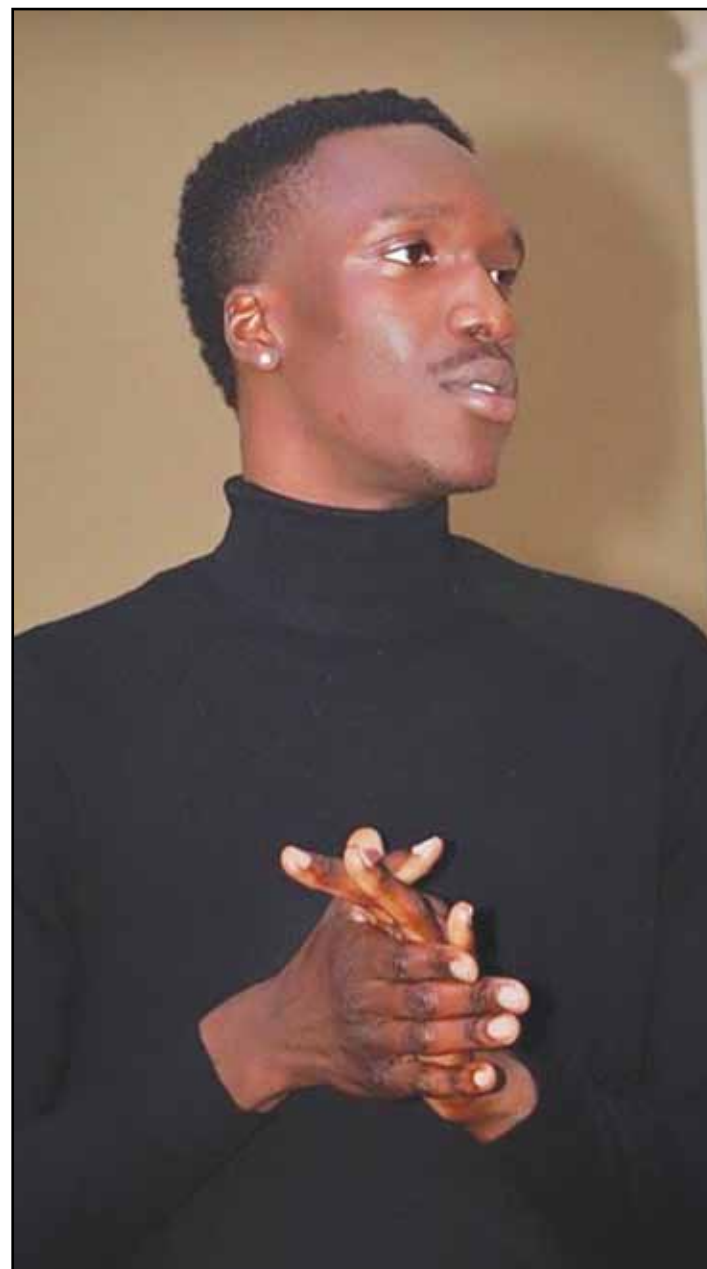
Mabu didn't let this pressure stop him from doing what he loves. Nowadays, he doesn't care for the judgement or what others have to say about his music anymore, which is his primary motivation to keep going and set his sights high.

"I pray I sign a deal one day. Hopefully I am more in depth in the music business, with all the big artists," says Mabu.

Rap music is a very concentrated field, but Mabu is determined to start and finish his goals, no matter what anyone says. He explains this mindset is crucial when being a small local rapper, trying to reach the top one day.

"You go to go hard, don't listen to anybody's opinions. Your family or friends, if they have something negative to say, keep doing you. Don't lose hope and once you start getting recognized, don't change how you act. Be you at the end of the day, don't let it change you."

His latest song, 'Road to Riches,' and two other singles can be streamed on Spotify, Apple Music and Soundcloud.



22-year-old Calgary rapper, David Mabu a.k.a. Young Dudi. Photo courtesy of David Mabu

## OUT'N ABOUT

### Banff Mountain Film Festival World Tour

The Banff Mountain Film Festival is celebrating its 40th anniversary by expanding its screening options on its world tour. Check out the program at MRU from Jan. 15 to 19 — once daily on weekdays, and matinees on weekends.

### Lunar New Year Celebration

Ring in the Lunar New Year with the Calgary Philharmonic Orchestra's program of traditional and modern works. On Jan. 17 and 18, expect performances of traditional Chinese folk songs, and works by contemporary composers.

### Banff Gallery Hop

Galleries in Banff join forces once a month for the Banff Gallery Hop. Almost all of the galleries offer free entry while the few who do not offer discounts on standard admission. Join them on Jan. 18 from 12 p.m. to 5 p.m.

### Calgary Womyn: Taking Strides

Taking place at the Central Library on Jan. 18, experience the event's packed schedule of speakers, programs and live performances focused on the prevalence of gender inequality across Canada.



# Why New Year's resolutions are pointless

*Analyzing the “new year, new me” epidemic*

**Ayra Fouad**

Staff Writer



**It's unrealistic to think we can emerge on Jan. 1 as a brand new person. The key is to start small and start now. Photo courtesy of Unsplash**

Weeks before the Times Square ball drop, every Instagram caption seemed to take up some variation of, “New year, new me!” It’s a seemingly harmless and optimistic view of the future, but there’s an undeniable need to reinvent oneself that — when it comes down to it — is quite harmful. It is not reinvention that moves us forward, but growth.

A Stanford University study conducted by Hal Ersner-Hershfield, G. Elliot Wimmer and Brian Knutson, shows that our brain activity, when referring to our future selves, is the same as when we speak about other people.

We create a glorified version of ourselves in which

we feel comfortable leaving all of today’s responsibilities and goals to. What we fail to recognize is that we won’t just wake up one day and be able to finish a novel, go to the gym, meal prep for the week, shower and get dressed for the day by 8 a.m.

We tell ourselves that tomorrow will be the day when we suddenly become more productive and the task becomes much easier. In our minds, the pile of dishes will always look too daunting to tackle when we continue to stack more dishes on top of each other in a tetris-like manner. There are two options here: either we can start now and get it done, or we put it off for tomorrow

and keep building up the pile. The pile, however, will be as daunting as ever — that much won’t change unless we change it ourselves.

Ultimately, it’s unrealistic to think we can emerge on Jan. 1 as a brand new person. The key is to start small and start now.

The point is not to dishearten you or bash on your New Year’s resolutions. The point is to tell you that just because it’s a new year, it doesn’t mean you have to start everything now. Just because it’s a random Thursday in March, it doesn’t mean you can’t start something new.

Goal setting is healthy. It gives us a sense of direction and guides us.

The key components of goal setting, however, are often unaccounted for. As mentioned before, in order to achieve the goals we set, we need to implement certain habits into our lives. In order to do that, we need to ensure we are in the right environment, which allows for the implementation of such habits.

As cliché as it may sound, it is important to brace ourselves for failure and learn from it rather than give up. It’s easy for us to assume when we fail that we’re not cut out for success. However, failure is where we find new solutions to different situations, giving us a deeper level of understanding than

we previously had. The best way to approach failure is to accept it, figure out why something didn’t work and try again.

In this digital age, feigned success is a borderline epidemic. Every other person on our social media feeds seems to be successful and happy. While some probably are, we need to remember they’ve faced obstacles just like us and our failures do not equate to lack of success — it’s simply a part of it.

I’m not telling you to throw your New Year’s resolutions list into the recycling bin. What I am telling you is to actually pursue your goals and build healthy habits, no matter what day it is.



# Life isn't easy and neither is reading this book

*Why Lucy Ellman's 1,020 page award-winning book is worth reading*

**Andi Endruhn**

Publishing Editor

The fact that it was glowing tomato-red from the shelf when I saw it. The fact that it was approximately the size of a phonebook (if I remember what those look like). The fact that it had a title that seemed to be absolute nonsense: *Ducks, Newburyport*. The fact that it is an endless cavalcade of, "The fact that, the fact that, the fact that," repeating throughout the entirety of its 1,020 pages, pulling you into a trance as you learn about the inner workings of a middle-aged housewife in

Ohio and a mountain lion who interrupts every now and then. The fact that the entire novel is one sentence encompassing the entirety of life. The fact that *Ducks, Newburyport* is a challenge, a brain-teaser, a puzzle, an encyclopedia of one woman's thoughts on the world — a rule-breaking meditation on what the difference is between poetry and prose and a labour of love.



**Continues on Pg. 12**

This book is an endless cavalcade of, "The fact that, that fact, the fact," repeating throughout the entirety of its 1,020 pages. Graphic by Andi Endruhn



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Confession: I haven't finished the book yet. I don't know how it ends. I hope you can forgive me, because the more I read, the more breaks I take and the more I find myself realizing that Lucy Ellman's monolithic work isn't a book, it's a project.

Ellman isn't unfamiliar with the idea of a mind-bending narrative. Nor is she a stranger to the kind of novel writing that dabbles in poetry, which makes *Ducks* an endeavour to read. In fact, you could consider her the natural successor to the literary tradition of a make-work project. Her father, Richard Ellman, is one of the foremost biographers of the Irish literary giant and narrative experimentalist, James Joyce. One of Joyce's most notable works being *Ulysses*, a book, that for many, is much more fun to brag about reading than it is to actually read, as it meanders through the day of a travelling salesman across 730 pages.

For all the terrible times I have picked up *Ulysses* to be stymied by Joyce's predilection to word games, I've found myself doing the same with *Ducks*. The

nearly meditative nature of repetition makes your eyes glaze over, forcing you back up the page to feel as though you haven't missed anything at all. Other times, I've found myself riveted late into the night as the unnamed woman (and the intervening mountain lion, whose connection is never explicitly explained) tells me that, "the fact that we all go on pretending things are fine, hoping everything's a-okay, even though everything is nowhere near okay and we all know it, no matter how many candlelit vigils you hold."

Like many reviews of the book that suggest that Ellman's point could be made in a quarter as many pages, my point could be distilled down to one simple point: this book is work. And it's frustrating, wonderful work to do.

I read for enjoyment. I pick up a book or turn on a movie to jump into another life for a moment and escape from the drudgery of school work and the stress of being 20-something with an impending leap into the working world. My life is work, just as anyone's is.

Ellman's depiction of this unnamed woman is so all-encompassing, forcing you to learn about her life, her cancer treatments, her children, the snippets of poetry and music that stick in her head, her thoughts on politics and the pies that she makes in her kitchen. And so, it's work.

Just like life, amongst the mundane and banal, is the discovery of simple and beautiful truths that keep you going. It's work in the same way that a new hobby, an interesting class or solving a new puzzle is. The joy of pushing your way through the never-ending obstacles that make up your life, is the same as pushing your way through the never-ending pages of dense text.

Life isn't broken by paragraphs and chapters, nor is it an easy task to make your way through, and as I find myself descending deeper and deeper into the endless — and maddening — task of reading (with generous breaks and time for frustration), the fact that there is joy in that kind of struggle makes both this novel, and my life imminently more worth living.



**Fine Line**  
Harry Styles  
Columbia  
Records  
**Score: A**

To be honest, I wasn't a Directioner, but Harry Styles' *Fine Line* is slowly turning me into one. I have liked Styles' songs as a solo artist since he released his self-titled album *Harry Styles* in 2017. However, it wasn't until *Fine Line* that I managed to appreciate the artistry and soul of the ex-One Direction member.

I can't help but feel the rollercoaster of emotions Styles experienced while creating this album. From

'Golden' to 'Fine Line,' I felt the contentment and buoyancy of the upbeat melodies and braved the melancholy and bittersweet memories he expresses in his lyrics. I believe this album is the epitome of Styles' gentle spirit. *Fine Line*, full of sentimentality, has made me feel what it is to be human.

- Mikaela Delos Santos



Lucy Ellman, author of the Goldsmith award winning novel may be the daughter of a modernist scholar, but proves she's a modernist in her own right with *Ducks*, *Newburyport*. Photo courtesy of *The Guardian*

**No Saints Loading**  
Manila Grey  
Chaos Club  
Digital  
**Score: C**



When I discovered hip-hop duo Manila Grey, I was thrilled. As a Filipino-Canadian myself, it was nice to have a relation to an artist.

Their album, *No Saints Loading*, gave me the impression they are inspired by artists like Bryson Tiller. For me, unfortunately, this album lacks the individuality that would make me say, "Oh, Manila Grey is playing!"

I am proud of the duo for

their growth, and I truly believe they are making steps towards the world of hip-hop. However, I feel they still need to work on what makes them unique and different compared to other trap musicians. Overall, they are still fairly new to the music scene, meaning they are still finding their flair.

- Mikaela Delos Santos



# Top 10 Flames players of the decade

**Nathan Woolridge**  
 News Editor

## 10. Jiri Hudler

Czech-born Jiri Hudler joined the Flames during the 2012-13 season and solidified himself as a veteran winger on the line with young guns Johnny Gaudreau and Sean Monahan.

Hudler won the Lady Byng as a Flame in 2015, where he delivered a hilarious speech that soon captured his status as a fan-favourite in Calgary.

Hudler's first season in Calgary was his only season with the franchise under 30 points (27) and his highest was the 2014-15 season where he got 76 points in 78 games.

## 9. Dougie Hamilton

Hamilton was a piece of the puzzle that was traded from Calgary to Carolina that brought Elias Lindholm and Noah Hanifin to the Flames.

Although it appears the trade was a good deal for Calgary, Hamilton played two full seasons with 82 games (2015-16, 2017-18) and a nearly full season with 81 games played in 2016-17.

In his three seasons with the Flames, Hamilton had 137 points in a short period of time.

Hamilton had an NHL career-high 50 points (13 goals, 37 assists) in 2016-17 and led all NHL defensemen in goals (17) in 2017-18.

## 8. TJ Brodie

Blue-liner TJ Brodie has



**Although his career came to an end toward the beginning of the 2010s, Kiprusoff holds franchise records for most wins, saves and shutouts as a goalie in Flames history. Photo courtesy of The Comeback**

three seasons in the last decade with 30+ goals, and snagging 45 goals and 216 assists for a total of 261 points.

He joined the Flames for three games in 2010-11 and has been with the team ever since. Brodie became an essential piece to the Flames lineup as speed has become an important piece of the game.

Brodie has also expanded his role this decade after joining captain Mark Giordano on the Flames' top

line and powerplay units. He's also been a consistent member of the lineup, playing in 81 games in both 2013-14 and 2014-15.

## 7. Mikael Backlund

As one of the most consistent Flames players of all time, Mikael Backlund entered the league in 2008-09 and has been nothing but stellar for the Flames since joining the team.

The 30-year-old has over 340 points in the NHL through

a combination of 135 goals and 206 assists.

According to NHL.com, Backlund suffered "multiple stops and starts due to injury (broken finger, shoulder separation, abdominal pull) that slowed his progress," but I'm sure the Flames are happy they held onto this unsung hero.

## 6. Matthew Tkachuk

Many think Tkachuk is the

future captain of the Flames and it's hard to argue with them.

The young winger provides a lot of energy and in his short time with the Flames has already proven his capabilities. Last season, Tkachuk racked up 77 points and is already quickly catching up to veteran players with an impressive 212 points since joining the Flames in 2016.

During this offseason, Tkachuk became the highest-paid Flames player after signing a three-year, \$21-million deal.

## 5. Johnny Gaudreau

Johnny Hockey has had his ups and downs over the past decade, but definitely deserves a spot on the list since he has snagged 425 points since he played his first NHL game with the Flames in 2013-14; where he also scored his first NHL goal.

Gaudreau alongside his partner and crime, Sean Monahan has been one of the most dynamic and productive duos in the NHL.

A fourth-round pick in 2011, Gaudreau was a finalist for the Calder Trophy in 2014-15 after scoring 24 goals in 80 games, along with leading all rookies in assists with 40. Gaudreau also helped Calgary to its first playoff appearance

**Continues on Pg. 14**

# #S

**8-1,** home record of the eventual 2017 World Series Houston Astros during the playoffs, hitting .273 at home compared to a 3-6 record on the road hitting .208.

**25-7,** record for Green Bay Packers quarterback Aaron Rodgers in games 0 degrees.

**51-31,** the Kansas City Chiefs are the first team to win a game by 20 or more points after trailing 20 or more points.

**12,** Premier League hat-tricks for Argentine and Manchester City striker Sergio Aguero breaking Alan Shearer's record.



in six seasons and led the Flames with nine points in 11 games, according to NHL.com. The 26-year-old left-winger still has a lot left in the tank as he continues to play in the flaming 'C'.

#### 4. Sean Monahan

Monahan loves to win games, which is evident through his 38 game-winning goals since joining the Flames for the 2013-14 season.

The 25-year-old is on the verge of breaking 400 points and is nearing 200 goals for the franchise. Monahan has been a focal point of the Flames rebuild in the 2010s decade by providing scoring and consistency, especially playing center to

his teammate, Gaudreau. As an 18-year-old, Monahan scored six goals in his first eight games. He finished his rookie season with 22 goals and became the first Flames rookie since Dion Phaneuf to reach the 20-goal mark.

NHL.com says Monahan's responsibilities as a top-six forward quickly began to expand, citing "Calgary began using him to take key faceoffs at both ends of the ice and has relied on him as a vital part of the power play."

#### 3. Mark Giordano

Giordano won the Norris Trophy in 2019 as the league's best defender in 2018-19.

The Flames' current captain ended the award-winning

season with an impressive 74 points at the age of 35. Giordano's defensive play is consistent and clean but has also been matched by his offensive ability as he seems to get better with age.

Giordano is one of the few current Flames players who joined the franchise in the 2000s.

He has a total of 473 points since joining the NHL and the Flames in 2005-06.

#### 2. Miikka Kiprusoff

Kipper played an impressive 576 games in a Flames sweater; the most by a goalie in franchise history.

Although the Finn didn't

play a lot in the 2010s decade, but his legacy continued as a mentor and starting goalie all the way until he retired in 2013.

Kiprusoff holds franchise records for most wins, saves and shutouts as a goalie in Flames history.

The 2006 Vezina Trophy winner definitely left a legacy from joining the team in 2003-04 well into the 2010s. For the remainder of the decade, the Flames went through dozens of goalies trying to fulfill the role left behind.

#### 1. Jarome Iginla

Although the Flames' captain only played for a few years in the 2010s decade, he is the franchise's leader

in games played, goals and points.

Arguably, Iginla played some of his best hockey in the 2000s and led the team to the Stanley Cup Finals in 2004, but even as he began to show signs of age, he provided strong leadership for the young players coming up on the team, including current Flames Mikael Backlund and Mark Giordano.

Iginla was traded to the Pittsburgh Penguins in the 2012-13 season and also went on to play in Boston, Colorado, and Los Angeles before retiring in 2017. The Flames honoured Iginla by retiring his jersey March 2, 2018, which created an amazing moment for Flames fans in the 2010s

# Top 10 MRU Cougars moments of the decade

Dan Khavkin

Sports Editor



Cougars Athletics are in their eighth year of university sports since transitioning from the ACAC level but have already seen success across all eight disciplines. Photo courtesy of MRU Cougars

#### 1. 2019 men's soccer striking historic first-ever Canada West medal

No questions asked, this is the top moment of the decade.

The boys in blue representing MRU earned a 9-4-1 record which amounted to the most wins in a season, most points in a season, an undefeated record at home at 6-0-1 that also included the school's first Prairie Division title, first playoff win in program history (at home); reaching the semi-finals for the first time, before striking Mount Royal's first ever Canada West medal when they won bronze during playoffs.

Cougars rookie Dane Domic was named both Canada West and USPORTS rookie of the year while head coach Ryan Gyaki was named Canada West coach of the year.

Just weeks after the season ended with a bronze medal, sophomore Moe El-Gandour was selected ninth overall in the second round by hometown professional soccer club Cavalry FC.

#### 2. 2019 men's volleyball becoming the first MRU club to reach nationals

Coach Shawn Sky enjoyed his men's volleyball program's most successful regular season while in their seventh year since the move to USPORTS.

The Cougars finished their 2019 season with a 15-7 record that was covered in accolades.

MRU peaked as high as second in the USPORTS national rankings and were ranked inside the top 10 every week during the season while a winter semester slump dropped them to fourth in Canada West, but still made playoffs after failing to qualify the year before.

Despite this, MRU hosted their first ever playoff quarter-finals before reaching the Canada West semifinals for the first time but falling short to eventual winner Brandon Bobcats.

The 2019 men's volleyball squad also became the first MRU club to represent the school at the national stage as

the Cougars booked a trip to the USPORTS playoffs but fell short in the quarter-finals.

#### 3. Back-to-back women's volleyball gold medals in final two years under the ACAC

No one rode off into the sunset better than the women's volleyball program in 2012 during Mount Royal's last season under the college level.

The Cougars were the lone MRU club to finish with back-to-back gold medals while also snapping a gold medal drought that dated back to the 2007-08 season.

#### 4. Men's volleyball senior Tyler Schmidt becoming Canada West's all-time leader in kills and points in 2019

Cougars outside hitter and senior Tyler Schmidt moved

*Continues on Pg. 15*



**Continued from Pg. 14**

into first place on the all-time Canada West career points kills list, finishing with 1,482 kills.

He is the lone Mount Royal athlete to own a record to his name.

Schmidt was the the most vital cog in the Cougars machine during their historic 15-7 season that saw the Cougars reach the USPORTS quarter-finals.

He reached the feat during his final regular season game with the Cougars.

## 5. Farewell: ACAC gold medal for the Cougars

Men's basketball, women's hockey and both Mount Royal volleyball squads went out in style during MRU's final days inside the Alberta Collegiate Athletic Conference.

Women's volleyball and coach Sandra Lamb rode off into the sunset with back-to-back gold medals, picking up their first gold medal since 2007-08.

Women's hockey repeated a silver medal from the year prior in 2011 to pick up their second gold medal in three years.

Coach Marc Dobbels Cougars 'ball club upgraded from dirty gold to the real thing after winning bronze in 2011 before winning the ACAC finals for the first time since

2008-09.

Meanwhile, coach Shawn Sky earned his men's volleyball program's first gold medal since 2007-08.

## 6. Women's soccer's most successful season to date

Coach Tino Fusco's women's soccer program reached historic highs during fall of 2018.

His squad finished with a program-best 6-6-2 record meaning the women's soccer program set the bar for the most wins in a season, and most points in a season while also finishing in fourth place in the conference.

The Cougars went on to face heartbreak during the playoffs for the second year in a row after falling short on penalty kicks while inside the Canada West play-in game.

## 7. New year new me? Turn of 2018 year saw women's hockey reaching new highs

Mount Royal was not in the best position to finish off the 2017 year. They collected a mere five wins through the opening 18 games but the turn of the calendar proved to be the spark MRU needed to turn their season around.

The Cougars went and picked up a win before the holiday break before sweeping back-to-back for the first time since the 2013-14 season, while also picking up their fifth consecutive win for the first time since joining U-SPORTS.

MRU ultimately finished the 2017-18 campaign with a 7-17-3-1 record, clinching the final playoff spot for the second season in a row with three points separating them from the chasing teams.

## 8. New conference who dis?

2012-13 marked Mount Royal's inaugural season under the university ranks but that didn't phase the women's volleyball squad who were the lone Cougars club to make playoffs with an impressive 14-8 record.

Despite finishing with such a winning record, they finished in fifth inside the competitive Canada West conference.

The team even earned MRU's first-ever playoff series win as a school but fell short in the Canada West bronze medal match.

## 9. Five consecutive Canada West men's hockey semi-finals

Cougars men's hockey head coach Bert Gilling took over the helm to start the 2014-15 Canada West season that proved to be the start of something special.

Gradually, the Cougars men's hockey club started to prove themselves as perennial

Canada West title contenders.

Gilling brought his NCAA background and instilled a championship-winning culture to the Mount Royal campus.

He won back-to-back Canada West coach of the year awards after leading MRU to a 17-10-1 in his first year while also clinching home-ice for the first time at the Canada West level, reaching the first of five consecutive semi-final appearances and peaking as high as fifth in the national rankings. MRU followed up with a 17-8-3 record, accomplished nearly the same feats but peaked at sixth in the USPORTS top 10 rankings.

Since then, the Cougars went on to both make the playoffs and reach the final four during the next three seasons to close off the decade.

## 10. 2019 men's basketball clinching first-ever playoff berth

For the last three years leading up to 2019, the faith of Mount Royal's playoff hopes were in the balance — losing tie-break after tie-break.

Finally, in 2019, the Cougars controlled their own destiny. The all-competitive Canada West conference has proven that any one team's season can be decided in October or November. The Cougars, of all teams, know that according to head coach Marc Dobbels.

"We had a couple of times we bit ourselves in the foot by losing an early game in the season that came back to haunt us. There's no easy game in this league — we need to be ready to compete every night just to have a chance," he says.

A 99-94 win over the Brandon Bobcats on the last day of the season secured MRU a 8-12 record to go along with the men's basketball's first Canada West appearance.

"It's a big move forward for recruiting," said Dobbels.

"We can say that we are a playoff team, and if we can win this weekend that will just help even more with recruiting and the perception on the growth of Cougar basketball."

The Cougars did eventually lose the play-in game to the Regina Cougars 106-83.

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# Not enough: Why the Houston Astros should be stripped of their 2017 title

**Dan Khavkin**

Sports Editor

Major League Baseball's kicking of the groin to the Houston Astros organization, for exposing the wildest and most controversial form of sign stealing, deserved more backlash.

"But isn't stealing signing an old-school method that will never go away?"

Sure, but setting up a camera that was set on the catcher's hand from centre field, that transmitted a live-feed to a monitor inside the home team's clubhouse, before eventually being deciphered by a team employee and having it communicated to the players on the field via banging a trash can in a suspicious rhythmic fashion... isn't ok.

MLB commissioner Rob Manfred does deserve credit for laying the law on the 2017 World Series champions — including a \$5-million dollar fine to the franchise owner, having both their first and second round draft picks for 2020 and 2021 taken away, firing both the manager and general manager of the team and banning their former assistant manager — and allowing for the punishment to forever taint whatever glory (and gloating) the Astros enjoyed.

Finding a pitcher's tell or tipping pitches is a natural advantage within the game of baseball. Just like running a 6'6" forward line-up in basketball to constantly post up a fire-hydrant sized point guard, or the opposite (See: Golden State running their famous "death-lineup" to abuse their sharpshooting prowess over less talented teams).

Or just like how football coaches who can read lips and decipher play-calls from the other side of the field, are unfair advantages.

New England Patriots head coach Bill Belichick (or as some call him, Beli-cheat) has a resume full of incidents where his team were not only caught cheating to gain an advantage off the field, but tried to use technology to do so.

Remember spygate? The time in 2007 when the Patriots flat out filmed an opposition's practise? Belichick's punishment was a NFL-record fine of \$500,000. Or deflategate? When just one game after being accused of using illegal plays and formations in 2015, the Patriots were exposed for deflating footballs, making them easier to throw and catch, with no deterrent put in place.

Was the MLB's solution strong enough? No. As mentioned, it is a severe penalty but the most important action to really put the nail in the coffin was missed.

Why? Well, a \$5-million dollar fine to a sports owner is chump change even if it is the max the MLB can fine an owner for. Two draft picks will not bear fruit for at least three to four years with the way developing prospects is nowadays. Firing the GM who was the mastermind and the head coach who was exposed to knowing about it almost seems like a formality.

So what is the answer?

Strip the title away. Don't give the 2017 World Series to either the L.A. Dodgers or the New York Yankees. But putting an asterisk next to the Houston Astros (a.k.a. the Asterisks) doesn't justify ruining career of pitchers who were sent down to the minors.

In a clip breakdown featuring the Sept. 22 game against the Chicago White Sox, Youtuber JomBoy Media shows how obvious the signalling is. The breakdown proved that a fastball signal didn't bring out any noise from the dugouts. But the second a catcher called for a change-up, one mysterious bang can be heard from the Astros dugout. A breaking ball promoted two bangs back-to-back. It's too easy to notice.

And the White Sox pitcher picked up on it.

Members of the Astros, who were in the dugout that game, recall nearly soiling themselves at the thought that someone

had finally caught on. So they stopped.


The same soldiers who commit war crimes are fine doing what they do in what they believe until the music stops. The same way criminals

are only sorry when they get caught.

This chapter in MLB history grew a tainted form of gloating. The Astros were on top of the world and made everyone know it. All the

while, livelihoods, history and most importantly careers, were jeopardized on the other side of this elaborate cheating scheme.

Vacate the 2017 World Series title.



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