

the reflector

FREE
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A person with long brown hair, wearing a green and white striped hoodie, holds a white sign with the words "BLACK LIVES MATTER" in bold, black, sans-serif capital letters. The background is a blurred outdoor setting with a building and trees.

**BLACK
LIVES
MATTER**

**Anti-racism,
freedom of
speech at MRU
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**Sunsets and
sunflowers,
oh my!
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**A film festival
in your living
room?
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to watch
in 2021
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MRU professor petitioned to be fired

University calls balancing commitment to anti-racism “challenging, but not impossible”

Noel Harper

News Editor

This past summer was marked, if not by the COVID-19 pandemic, by a worldwide conversation and movement to end racism and reconcile with marginalized communities. The movement continues on and has influenced many powerful institutions — politics, sports, health and as university classes return, academia.

Mount Royal University (MRU) spent the week of Sept. 7 committing to fight against racism both on campus and in the community, while attempting to reassure its staff and students that the views of one of its own would not unravel this commitment.

At the start of that week, a profile of MRU policy studies professor, Frances Widdowson, appeared in the *Western Standard*, an Alberta-based news website.


Widdowson was not picked at random to be profiled by the site — her activities on Twitter in the wake of the anti-racism movement garnered significant publicity, particularly by those who have spoken out against her views.

In June, Widdowson used the platform to defend CBC journalist Wendy Mesley, who was let go from her position after quoting from the title of a book that contained a racial slur during a private meeting.


“Shame on CBC for making Mesley grovel,” she wrote as part of a series of tweets that was shared by several MRU faculty members, on-brand for her platform advocating for freedom of speech and thought.


The tenured professor’s goal, according to the *Standard*, is to fight against the university’s so-called

Fire Frances Widdowson - a Racist Professor at MRU



4,990 have signed. Let's get to 5,000!

 Sarah Delpont signed 40 minutes ago

 Marin Macalister signed 1 hour ago

After an article about MRU professor Frances Widdowson was published, students struck a petition to fire her for her beliefs. Photo courtesy of change.org

“woke faculty,” as well as the Black Lives Matter movement, claiming that both have negatively impacted the university.

At present, Widdowson’s personal Twitter account — @FrancesWiddows1 — resembles a parody of itself, being used to showcase those who oppose her while mockingly taking on the perspective of this opposition. It is, in part, an intentional homage to Titania McGrath, a satirical character created by British comedian Andrew Doyle.

After the *Standard* profile was published, a petition was struck urging MRU to fire Widdowson for her comments. As of Sept. 15, the petition had more than 5,000 signatures.

“In ignoring the racist actions of people in power, we directly contribute to the systemic racism within our society,” petition author Kenna Fraser writes.

It wasn’t long before the university was forced to respond to the issue, and did

so in a statement released two days after the petition first circulated.

“When views are expressed by a member of the MRU community, it does not mean the institution shares these views. Within the bounds of Canadian law, people have the basic right to freely express their ideas,” the statement from MRU President Tim Rahilly read in part.

To the university, maintaining the balance between that right and the safety of the community is “challenging, but not impossible.”

While dealing with the fallout from the Widdowson story, MRU took part in Scholar Strike Canada, in which several Canadian universities were called to condemn racism against BIPOC (Black, Indigenous, people of colour) individuals.

Between Sept. 9 and Sept. 10, some professors pressed pause on their lectures and invited students to show solidarity in calling for an end

to racial violence.

“History has proven academia has a key role in advocating for a just society. Supporting this strike is just one thing we can do to help bring about necessary and overdue change,” read a statement from interim provost Elizabeth Evans.

Widdowson referenced the strike and her disagreement with it, telling the *Standard*, “You’re supposed to be teaching. That’s your job.”

To end the week, MRU’s academic governance body, the General Faculties Council, passed a motion titled, “Acknowledgement of the Harm done to Indigenous Peoples by Colonization and by the Trauma Inflicted by the Residential School System.”

The motion affirms residential schools as an act of genocide and the university’s support for reconciliation with Indigenous peoples.

“Has Mount Royal University completely lost its mind ... what does this mean for the university

as an intellectual space where different ideas can be expressed?” Widdowson responded on Facebook.

“This motion was a statement of our collective values; she’s allowed to dissent, but one dissenting voice does not change those values,” wrote MRU Sociology professor Tim Haney.

Residential schools — used by the Canadian government to assimilate Indigenous children into western society, resulting in more than 3,200 deaths — is Widdowson’s current area of study.

“What people don’t realize is that these Indigenous children were able to get an education that normally they wouldn’t have received,” Widdowson told the *Standard*. One tweet from Widdowson describes the residential school system as “assimilat[ing] with literacy.”

MRU’s statement on the matter says it is “reviewing the concerns” brought forth by the community. Widdowson is currently on sabbatical.

Social, technological concerns as students head back to residence

Noel Harper

News Editor

Students might not be returning to classes on campus this semester, but many are back on MRU grounds nonetheless, as they are tuning into the semester remotely from campus residence housing.

The university's traditional move-in day was extended over a weekend to accommodate health and safety protocols in the wake of COVID-19. Specific residence spaces have been earmarked to isolate anyone who contracts the virus to limit their exposure to others.

Gone are the days of apartments shared by four people — the spaces are still being rented, but only by two students at once.

"If you're placed in a four-bedroom unit, despite the fact that there's only two of

you in there, we're charging you the four-bedroom rate," MRU Director of Residence Services Mark Keller told the *Calgary Herald*.

Despite changes made in an effort to keep COVID-19 at bay, there are concerns that MRU's residence facilities are not equipped for the pandemic.

Marcus Kennedy, an international business student at MRU, has spent the last four years living on campus while attending classes. While he is not in residence for the fall, he is familiar with the experience — one he says will be drastically diminished during the remote semester.

"I think the main reason people live on campus is the sense of community, building friendships [and] partying, to be honest," Kennedy says.

He is responding to the new no-guest policy for those living in residence, in which no one from outside the facilities, nor those staying in other rooms, will be allowed as visitors. A \$100 fine will be imposed for each guest, which Kennedy does not believe will deter residents from socializing.

"It's just a monetary fee, it doesn't change the behaviours of people living on campus," he says.

While he is concerned about safety, Kennedy believes that more must be done to allow for social interactions, making a specific example of those residents with spouses who would be prohibited from seeing their significant others for months at a time.

"As far as I'm concerned, there is better decision making that can be had

to prevent the spread of COVID, but still promote an environment [in which] people are comfortable to see each other," he says.

For students living on campus, the remote semester also means tuning into online courses from residence and relying on the university's Wi-Fi connection.

"The internet in residence has needed an upgrade since maybe even the first year I've been here," says Kennedy.

"It's fine until it's not. Every once in a while it cuts out for five minutes, [and] that five minutes can affect the student while they're in class."

Kennedy says he hopes to move back into residence for the winter 2021 semester, and in the meantime will continue speaking with MRU resident advisors about their concerns.

THE REFLECTOR

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Drive-in convocation: What graduation is going to look like in the age of COVID-19

Christian Kindrachuk

Web Editor

When the COVID-19 pandemic hit earlier this year, Mount Royal University's (MRU) spring convocation was postponed to a later date in the fall semester. Now that the fall semester is here, the plan has changed to look more like a drive-in experience, giving graduates an opportunity to convocate in a safe manner.

Vice Provost and Associate Vice President, Students, Phil Warsaba, is on the convocation committee for MRU. He says that convocation is expected to take place during the first week of November, with specific dates still being looked at.

"We've explored everything from in-person ceremonies

that are very similar to what we've run in the past, but taking into consideration health and safety requirements and what that might look like, all the way to the other end of the spectrum — fully online convocation ceremonies," said Warsaba.

MRU has decided on a drive-in experience for the upcoming fall convocation. There will be a stage in one of the reserved parking lots on campus, and cars will file in and tune into a radio station to hear the live event.

"We know it's important for a lot of people to be able to celebrate the moment in-person, and we're doing whatever we can as an institution to try and maintain students'

connections to the campus community," said Warsaba.

Due to parking lot capacity restrictions, there will be limits on the number of vehicles that families can come in.

For graduates who do not have access to a vehicle, MRU is looking into outdoor accommodations that will provide limited seating in accordance with public health guidelines, and will also take weather conditions into consideration.

Corvyn Hartwick, a recent graduate from MRU, is still looking forward to convocating. He says he would have some hesitation about attending the ceremony if no COVID-19 precautions were taken.

"COVID's still out there and I don't want to get sick just to walk the stage."

With 1,710 students who graduated this past academic year, down from the expected 2,000 back in March, predicting who will attend convocation will be up in the air until the date gets closer, said Warsaba.

"We will ensure that it is something that we hope will be memorable for students, that appropriately recognizes the importance of the date and the significance of the accomplishments of students," he said.

If any students have questions about convocation, they are encouraged to send an email to convocation@mtroyal.ca.

A sunflower paradise only a short drive away

Cassie Weiss
Features Editor



A walk through a sunflower (or corn) maze in the autumn months is a unique date idea for both couples and friends alike. Photo by Cassie Weiss

There is nothing more telling of the end of summer than the big yellow blossoms of looming sunflowers. Growing tall over fences, popping up in grocery stores and flower shops alike, these glorious plants stand tall and force their way through the wind and rain that begin to signal the transition into autumn.

Sunflower season is my favourite season — not just because these flowers add brightness to the gloomy autumn days, but simply because they are one of the last living pieces of plant life to survive the frost that inevitably comes as winter approaches. They also make great backdrops for anyone looking to improve their Instagram game.

Calgary is home to many plots of sunflowers, but my favourite selection of flowers actually isn't even in the big ol' city — it's just an hour away in a small town called Bowden. Last weekend I made the short trip, music blasting, windows down, to get lost in a maze of the gentle giants and watch the sun set on their yellow petals.

Boasting over 100,000 smiling sunflower faces, the Bowden SunMaze —

traditionally called Eagle Creek Farms — has been in the area for generations. Although they haven't always planted sunflowers, that is one of the attractions the farm is most known for today.

Featuring acres of both vegetables and flowers you can pick yourself, you could spend hours with your hands in the dirt. Carrots, peas, beans, potatoes, beets — you name it — can be harvested by your own hands and purchased to take home.

If you have ever harvested your own veggies to take home and roast up to serve to your family, you know how delicious and underrated this simple task is. And the best part? Eagle Creek Farms is completely certified organic, so not only are you physically seeing where your food comes from, but you can be certain it is free from herbicides and pesticides, too.

Okay, so you've driven out to the farm, you've filled a plastic bag with carrots and potatoes, you've quickly stopped by the petting zoo to give some love to the pigs and the goats, and now you are onto the sunflowers — or the corn.

Did you know that Eagle

Creek Farms does not harvest its mazes for feed? According to their website, www.sunmaze.ca, they use the corn stocks to mulch paths around the farm, and they leave the sunflowers in the fields to feed the birds. Kinda neat and wholesome if you ask me.

But until about late September, when the morning frosts have finally done their damage, these sunflower fields hold pathway upon pathway that children and adults alike find themselves wandering — looking for that perfect flower blossom to take a photo or two in front of.

Heck, I took so many photos of sweet little bumble bees on those perfect blossoms, that I could create a photo book of that alone. To be honest, I spent more time talking to the bees and the flowers than I did to the people I went to the maze with. They still had fun though, so I wasn't too worried.

The thing about sunflower mazes — be it Eagle Creek Farms or ones closer to Calgary like the Calgary FarmYard — is that they all have a unique aura about them. Everyone there is in their own little world,

frolicking from flower to flower, making friends with the bees and getting lost among the yellow and green.

It may not be specifically an autumn tradition, but it still calls out to autumn just the same. People want to find sadness in the cooling of the summer days, but sunflowers are proof that the end of summer doesn't have to be a negative thing. And once the sunflowers have

laid their heads to rest, corn mazes stand strong even into October — although they have a less flowery vibe and more so just make you think of the turkey you'll be eating at Thanksgiving.

Maze or no maze, sunflowers are magnificent flowers, and taking the time to drive out to Bowden for an afternoon will be one opportunity I can promise you won't regret.



Nicole Ellement ups her Instagram game with a glowing background of sunflowers at sunset. More than just a cute autumn date idea, a quick zip to the Bowden SunMaze can add a unique background to your Instafeed. Photo by Cassie Weiss

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A quick recipe for even the most rushed student: Overnight Oats

Cassie Weiss

Features Editor



Overnight oats can be a quick easy fix to the issue we all face when it comes to skipping breakfast. Made the night before, with some oats and literally any topping you'd prefer, even the tardiest person will be eating right in the morning. Photo courtesy of Unsplash

We've all been there — pressing snooze over and over until there are only 15 minutes left on the clock before your boss is calling you late to work. Sadly, in the rushed morning routine, breakfast is the easiest thing to leave out; it's also the worst thing to leave out.

Honestly, I don't blame you. I get up before my alarm and I sometimes still don't have time to make breakfast — especially not a lavish meal like bacon and eggs. But breakfast doesn't have to take time to prepare and eat. Breakfast can be made fast, and in some cases, even prepared the night before.

That's why I started swearing by overnight oats. It only takes a few minutes to prepare, right before I go to bed, and requires literally none of my time in the morning — minus taking a second to grab it from the fridge. I eat it once I get to work, and bam, I don't get hungry later on, and I've also made sure I've eaten the most important meal of the day.

Here is my go-to overnight oats recipe — for days when I just really don't have the time. And for those of you who can't stand oatmeal, replace the oats with chia seeds, and you've got almost the same thing.

What You Need:

½ cup rolled oats
½ cup milk of choice
½ blueberries
1 TBSP almond or peanut butter
2 TSP maple syrup

Instructions

Find your best mason jar or some other type of sealable container. Combine both the oats and milk and stir until mixed. Add the remaining ingredients. Put the container into the fridge and leave it until the morning.

In the morning, you can either eat cold, or heat in the microwave for about a minute.

And if you find blueberries just aren't your thing, add bananas, strawberries, chocolate chips or any other topping that suits your fancy. It's your breakfast — you may as well love what you eat.

Hands up for National Secondhand Wardrobe Day

Kate Vincent

Contributor

These days, it seems like there is a national day for every occasion, activity and delicacy. May 25 was National Wine Day, and just last month, many Instagram influencers shared pictures of pursed lips for National Lipstick Day. Millennials everywhere raised their toast in July to celebrate National Avocado Day, and of course, let us not forget my own personal favorite: National Cat Day.

While some of these days rarely seem like calendar marking events, there are a few official holidays worth mentioning — one of those being National Secondhand Wardrobe Day, held on Aug. 25. (We'll talk about National Cheese Day some other time.)

There are multiple reasons to shop secondhand and to donate to thrift shops. Not only is it more affordable, but it can also be an opportunity to protect the environment, reduce unsafe working conditions, cut down on child

labor and help people in your own community who cannot afford new outfits.

Enter: the thrift store. If the mention of a thrift store conjures up memories of cluttered shelves filled with floral dishes and nubby grandpa sweaters, times have changed and you're in for a treat.

Modern consignment stores are filled with current fashion trends rarely worn more than twice and boast affordable prices. In one store I recently traipsed through, there were even full racks dedicated to Aritzia.

In Calgary, The Clothing Bar and Danielle's Consignment Boutique are two examples of places you can pick up your next affordable outfit that will make you feel like a million bucks — and thrift store prices are even more affordable.

If the idea of having more money to spend on cheese and cats doesn't

sway you, perhaps the dire environmental impacts and harmful working conditions the fashion industry has created will.

In the documentary *The True Cost*, Lucy Siegle once said, "Fast fashion isn't free. Someone, somewhere is paying."

According to *Sustain Your Style*, more than 60 per cent of fabric fibers are now synthetic, meaning if and when your clothes end up in a landfill, they will not biodegrade. Plus, about 1,800 gallons of water is used to make just one pair of jeans. Current research shows fashion's carbon footprint is giving industries like oil a run for their money.

The website goes on to mention the inhumane working conditions for the people — often children — who are making next season's trends. Underpaid, overworked and often abused, many of these garment



Believe it or not, but shopping secondhand can score a person some near perfect finds, often more than 75 per cent cheaper than the original price in store. To celebrate National Secondhand Day, hit up your favourite thrift shop and find something new (to you). Photo by Cassie Weiss

workers are sacrificing their lives.

Buying secondhand clothing may not have an immediate impact on the environment and poor working conditions, but as fashionistas begin to make more thoughtful decisions while shopping, fashion industries may have to rethink

their strategies to keep up with their eco-friendly and conscious consumers.

As Yves St. Laurent says, "Fashion is temporary, style is eternal."

Let's make our fashion investments last longer than Naomi Campbell's infamous patience and start shopping secondhand.

Calgary International Film Festival adapts showing methods in the midst of COVID-19

Mackenzie Mason
Arts Editor

In the midst of a global pandemic, the Calgary International Film Festival (CIFF) is determined to keep the show going.

While they are continuing to offer in-person screenings, the festival has also decided to provide virtual streams, so that viewers can enjoy the festivities from the comfort and distance of their own homes. However, not everyone thinks that's the best way to partake in the festival.

COVID-19 has cancelled and postponed many events in the arts sector, but CIFF was never going to be one of them.

"Full cancellation was the one scenario that we never seriously considered, even though we had nothing but

questions at the beginning of the process about how we were going to do it," said Steve Schroeder, executive director of CIFF.

"[We knew] we'd have to invest a lot of time to figure out how to do it, but we were confident we could."

They quickly got in contact with other film festivals like the Toronto International Film Festival (TIFF) and the FIN Atlantic International Film Festival in Halifax to share ideas on how to approach the situation.

"I knew that a festival like TIFF (wasn't) going to cancel either. There's a real spirit about finding a way to put things on," he said.

Following their

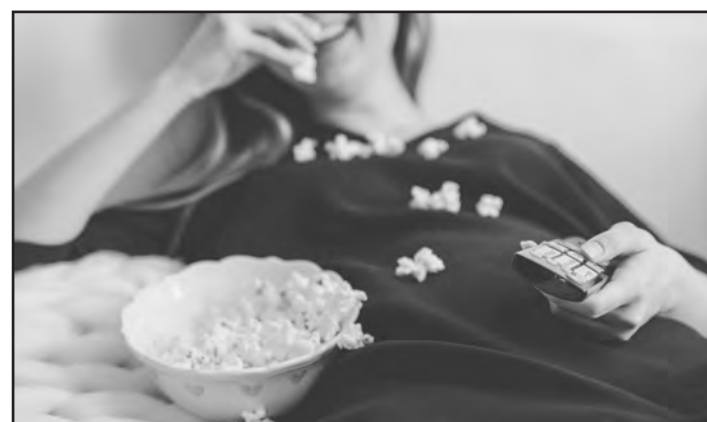
conversations, Schroeder made the bold decision that a "hybrid model with online and in-cinema screenings" was the best option this year.

"When we designed this approach we didn't know if in-cinema screenings would even be allowed," he said.

The decision paid off, and plans were in full motion after the Stage 2 relaunch in Alberta on June 12.

Alternatively, CIFF has partnered with Eventive, a streaming service for independent films with customizable virtual screening packages for festivals, arthouses and distributors.

"The online thing was new for us because we've always focused on the live side of the



This year's festival looks a little different, some people might enjoy it more from the comfort of their own home. Grab some popcorn and enjoy! Photo courtesy of Pexels

festival — now we see there are rich possibilities in online programming [along] with in-cinema events that were redesigned to be safe as well."

While this service will be helpful to limit the spread of COVID-19 and minimize the number of people attempting to watch in-person screenings, some argue the exciting energy of the festival is irreplaceable.

"I've been going since I was 13, and I swear it's magical. It's the best two weeks out of my entire year," said Annabeth Trondsen, a young, up-and-coming filmmaker in Calgary.

"It feels like you're in a room with people that can understand you better. It's so fun to go to an event and

talk to people about different movies and relate to how those movies made us feel."

Trondsen has also been on the production side of CIFF, helping in the filming process of the short film, *A Walk Down To Water*, by Levi Holwell in 2018.

Being involved on both sides, Trondsen is disappointed that CIFF won't be the same, as in-person screenings have sold out fast due to capacity and distancing restrictions, and the virtual screenings won't capture the heart and soul of the festival.

Because virtual screenings could potentially be preferred



With over a hundred movies, short films, panels and discussions with leading artists, there's something for everyone to enjoy at this year's CIFF; in-cinema or at home. Photo courtesy of Aldona Barutowi

Continues on Pg. 8

OUT'N ABOUT

Heritage Inn International Balloon Festival

From Sept. 23 to 27, catch a dreamy spectacle in the nearby town of High River, where hot air balloons and their pilots will gather for five days of competition flights.

Calgary International Film Festival

The Calgary International Film Festival is back for its 21st run from Sept. 24 to Oct. 4. There will be tons of exciting films to watch from the comfort of your own home or at select in-person screenings.

Made in Alberta Online Conference

This online seminar is happening from Sept. 22 to Oct. 1, and it's the perfect opportunity for anyone interested in business to hear from local experts on useful skills such as video storytelling, packaging design, wholesale pricing and more.

Calgary Scavenger Hunt

Grab a few friends for some competitive fun with a scavenger hunt of downtown Calgary! Find the city's best sights and hidden gems with a loop that explores the city's buildings, art and sculptures while hitting the most iconic sights like The Bow and Stephen Avenue.

Continued from Pg. 7

over in-person screenings, Trondsen worries for the future of independent film if the former were to take over in the future.

“Even thinking about the Globe [Cinema, hypothetically] shutting down just breaks my heart. It’s just not the same — nothing can replace the feeling of watching a movie in a theatre,” she said.

Regardless of the format, Schroeder says he’s proud of how CIFF has adapted and is really looking forward to this year’s event.

“Pandemic or no pandemic, this is one of my favourite line-ups we’ve seen yet, and we’ve had some great ones.”

This year’s line-up is heavy in Alberta-made content, including 10 feature films from Alberta — the highest number they’ve seen so far.

Virtual showgoers will also

enjoy a cameo from Finn Wolfhard of “Stranger Things” as part of CIFF’s merging directors streamed panel, and a conversation with Lawrence Kasdan, writer of *Star Wars: The Empire Strikes Back*.

Despite the situation the world is in, there are tons of movies, short films and panels to enjoy at this year’s CIFF in the method of your choosing. Support Canada’s independent film scene and enjoy the show!

5 things to do for an artsy fall

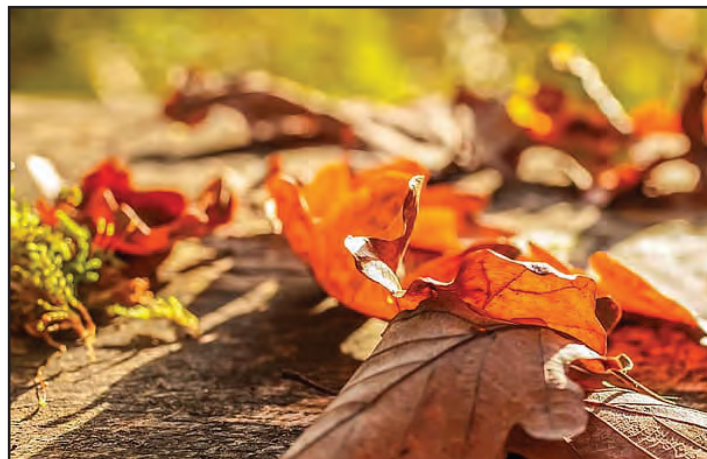
Mackenzie Mason

Arts Editor

Ahhh, fall. September brings bulky knits, pumpkin spice lattes and caramel-cider candles. It also brings new beginnings, sparking motivation and creativity. But what do you get when you mix it all together? A fun and artistic fall day with friends. Here are five (COVID-19 friendly) things you can do for the most artsy fall ever.

1. Go to a sunflower field

September can be a weird time of the year. It’s cold in the mornings and hot in the afternoons. The leaves are turning yellow but you can still relax at the river. So, before fall is in full swing, go visit a sunflower field! The Calgary Farmyard has one open until late September. If you’re willing to go a little further, there’s the Bowden SunMaze as well, filled with acres of photogenic sunflowers just begging for a photoshoot.



Fall is the perfect segway from the blistering heat to the chilly cold, and there are so many activities to enjoy during the season. Photo courtesy of Picist

2. Read a book on top of a colourful mountain

The beautiful Rocky Mountains are just begging to be explored when the leaves start changing colours. Pack your favourite book, a blanket or two, a thermos filled with your hot beverage of choice

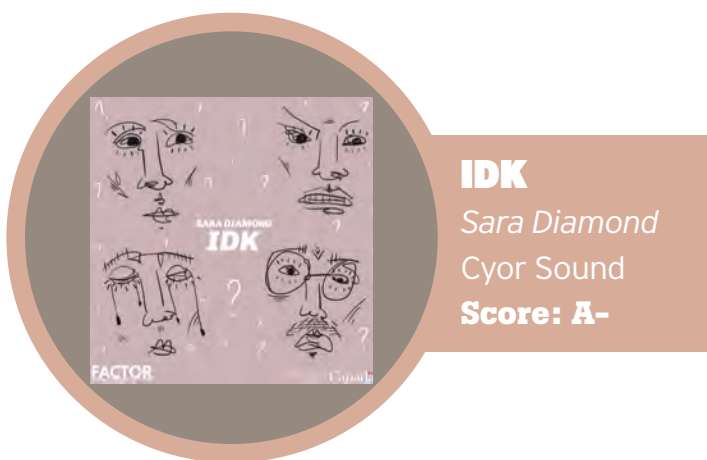
and head west! There are a ton of hiking trails to choose from, all a short drive away from Calgary. Prairie Mountain in Bragg Creek, for example, is a beautiful hike just 45 minutes outside of Calgary. It’s a steep one, but get those gains and you know the views will be more than worth it.

3. Paint a fall landscape

Channel your inner Bob Ross and paint a colourful landscape of the changing leaves. Pick up some paints and a canvas and head to your favourite park — or trek to the mountains! It’s best to find a spot with contrast and depth to make the painting more interesting. Try finding a lake or river, and different types of trees. You could even make it a challenge with a few friends and judge whose painting is best.



Knitting is a great way to relieve some stress and relax. And bonus, you get a new addition to your closet afterwards. Photo courtesy of Pexels



IDK

Sara Diamond
Cyor Sound

Score: A-

Montreal native, Sara Diamond, has captured hearts with her second studio album, *IDK*. Laden with heartbreak and sentimentality, it is easy to expect the possible redundancy that is common in today’s pop music. But, as you play through the complete tracklist, Diamond’s talent and artistry are uncovered.

IDK boasts a sweet seductiveness that is attributed to Diamond’s style of vocals, reminiscent of many other pop artists. Aside from the sweetness, *IDK* also has a little bit of rock incorporated in the album.

This is evident in the song “Glass of Whisky.”

Out of all the seven tracks, “Moment” is the most provoking; it conveyed the emotions that Diamond wanted to come with the album, and deciding to make it the final track is a compelling decision.

Listening to *IDK* feels like finding a dollar in a pocket of your favourite jeans, only to then find more in the other pocket. Overall, this is an album worth listening to.

- Mikaela Delos Santos

All That Emotion

Hannah Georgas
Beetle Bomb
Music

Score: A



B.C. based indie-pop singer, Hannah Georgas, has released a nostalgic album full of reminiscing with *All That Emotion*. With 40 minutes of pure sensibility and emotion, the album is set to lull you to a mellow wandering.

Picture listening to this album on vinyl, sinking deeply into a comfy chair on the patio as the warm sun rays kiss your skin. From “That Emotion” to “Cruel,” Georgas’ vocals hold a power that evokes a relaxing intensity; a contradicting trait that works for her style.

The album itself feels experimental. The instrumental to her songs

have an interesting take that subtly proves her indie-pop styling without swaying too far into one genre. The creative decision to do so shows her true artistry to expand and create an equilibrium between two creative ideas.

Overall, Georgas’ willingness to experiment with her instrumental and come out with an album that is an ideal balance of two different genres is what makes this an album worth listening to.

- Mikaela Delos Santos

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4. Pick and carve pumpkins

This one isn't only a classic, but it's also creative and artistic. Just head over to the

grocery store to grab some pumpkins — or even better, go pick your own at Kayben Farms, Cobb's Adventure Park or the Calgary Farmyard. Like the activity above, this is a fun one to also turn into a challenge, and it would be even better while watching

your favourite halloween movies.

5. Knit your new favourite fall scarf

Fall is all about layers and knits. But, while everyone runs to the mall for this year's

latest trends, you can create something no one else will have by knitting your own scarf! Run to Michaels to pick up yarn and knitting needles — if you don't have them already — and get to work. Put on some calming music or a feel-good movie, pour yourself a cup of tea, and

get to creating. A few hours (or days) later you'll have a cozy and warm scarf (or something close to it).

Follow these artsy activities and, even though we're in the middle of a pandemic, you'll be sure to enjoy this fun and magical season!

The rise of digital artwork in a (mainly) digital time

Cassie Weiss

Features Editor

Artwork has always been an important part of humanity. A piece can provoke anger, happiness, love or in some cases, even extreme despair. The more an artist can tap into a person's senses, the stronger a connection can be formed — whether that be to the artist themselves or to someone who can relate to the piece in the same way as the person who shared it.

The thing about art, though, is that it is always changing. New mediums are created constantly — especially with the rise of technology. An artist no longer needs a pen and paper when they have a tablet that does the processing for them.

"Software is so much more accessible than it used to be," says Matt Johnson, a graphic designer who works closely with the film and electronic

industries within Calgary.

"There are a ton of great apps to create digital art pieces in seconds, that would have taken a lot of know-how only a couple of years ago."

Johnson says access to the creation of digital art just keeps getting easier, regardless of the form in which an artist hopes to create.

"Video, audio, interactive; it's all at your fingertips now."

In the past, an oil painting on canvas would need to be physically displayed for its artist to receive feedback, whereas now, all it takes is for something to be uploaded online. This is not necessarily a good or a bad thing — it just means that with the increased use of technology, the market becomes slightly more saturated.

"I remember seeking out

cool art on DeviantArt when I was in high school," says Johnson about a website that features artwork of many forms.

"Now, I don't even know if that site exists. As an artist using the internet, I see art all

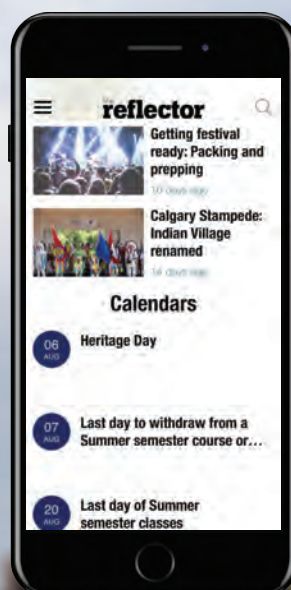
the time. It's definitely not all good, but I appreciate that it is so prevalent."

The rise of social media, much like the rise of technology, has given people access to a form of communication and exposure

that has never been available before. Despite this, people do have to be careful — regardless of the passion and talent put into their work.

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Technology has made it so much easier for artists to create and to raise awareness of their content. Photo courtesy of Pexels

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Although, during the COVID-19 pandemic, it is hard to be careful when it comes to hours spent online. Scrolling through timelines is just another method to pass the time, and it is becoming extremely easy for artists to feel down on themselves, according to Johnson.

"I had surges [of motivation] at the beginning of quarantine, and at the end before I returned to work. But, in the middle I felt very lost and unsure about my own artwork."

With most of Johnson's work revolved around electronic music events, all of which have been cancelled or postponed, focusing was difficult for him without an end in sight. But, the reality of the pandemic was also a catalyst.

"It does seem like a lot of people were able to pull their attention away from the presentation side of their work and hone in on the creative side, which is a good thing in the long term," he says.

"I personally completed a

short course on Unity — a video game engine — and tried my hand at 3D modelling for the first time. I have been seeing many artists pursuing coding, which just seems like a natural extension for many of these artists."

Now, artists across the globe are getting used to the fact that people are mainly seeing their work through phones or laptops.

"You don't have to worry about how it is going to look on a larger scale, which can be a bit liberating," says Johnson.

As for what's next, Johnson says that "as with anything in capitalism, it's adapt or die." With live art show opportunities now a thing of the past, being successful in the time of a pandemic comes back around to the use of social media and the ability to market yourself online.

"I don't think we will ever be able to emulate the experience of being in the same room with like-minded people, but this is the way things are going. Internet-based outlets are almost the only outlets artists have for the moment, so they are definitely important."



COVID-19 has forced artists to get creative and find different mediums to get their art seen. Digital art has made it easy for artists to do just that. Photo courtesy of Picist

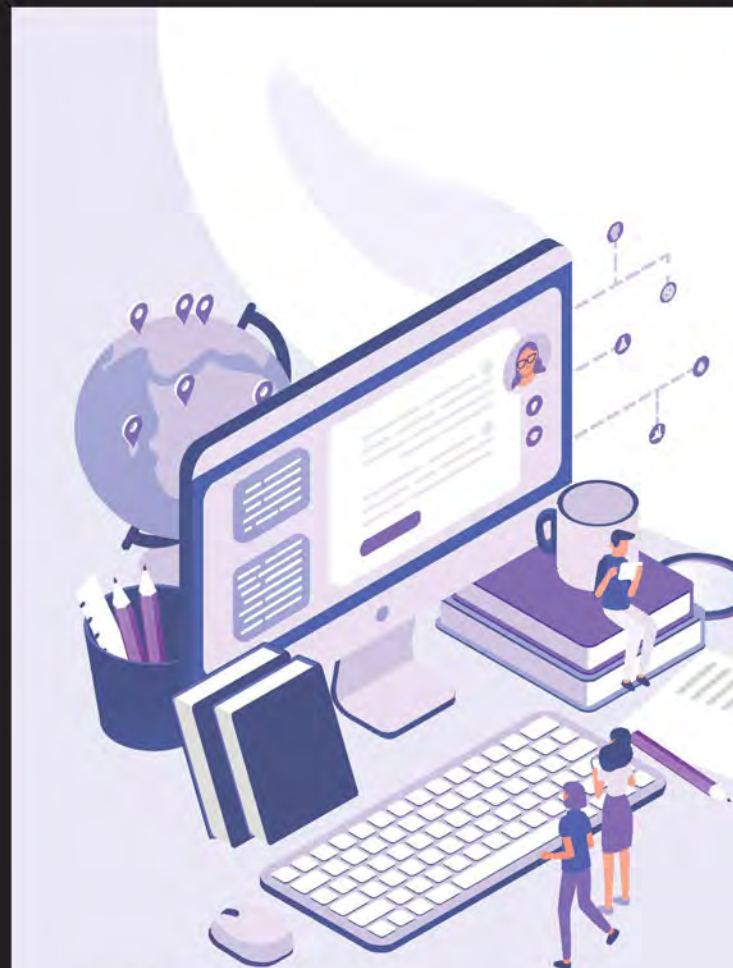


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How professional sports are getting back into action

Zach Worden
Sports Editor



Professional sports across the world are being forced to adapt to the new normal. With no fans allowed in stadiums or arenas, athletes have to adjust to playing in a different atmosphere than they are used to. Photo courtesy of Unsplash

Despite professional sports — along with most of the world — being forced to the sidelines in 2020 due to the COVID-19 pandemic, professional leagues have worked their way back to action in many different ways. With no fans permitted to attend games, leagues started looking for a safe way for their teams to play without contracting or transmitting COVID-19.

Some leagues have chosen host cities to operate as a “bubble” in hopes of keeping their players safe in a location where they can minimize contact with others while having the freedom to move around. Meanwhile, other leagues are hoping that

stricter guidelines and no fans will suffice for keeping their players’ exposure levels low.

Here, we will take a look at the steps being taken by four different leagues to ensure the return to play is done safely, as well as some of the protocols involved.

NBA

After abruptly being forced to cancel their season on March 11, the NBA decided to bring 22 of their 30 teams to Walt Disney World in Orlando, Fla., to complete their regular season and play their regular 16-team postseason.

Teams arrived at the Orlando campus on July 7, with the intention of the

first regular-season games being played on July 30. Every player, coach and staff member had to be isolated in their hotel rooms for up to 48 hours once they arrived in Orlando, until they received two negative COVID-19 tests.

Using the ESPN Wide World of Sports Complex — which includes three different arenas — NBA players and coaches, limited media members and NBA personnel could come together in one location without risking the spread of COVID-19. No players have tested positive since the very first round of results came back on July 13.

NHL

The NHL conducted their

situation similarly to the NBA. Opting for a bubble, the NHL brought 24 teams to two hub locations — Edmonton and Toronto. The teams arrived on July 29, and games started Aug. 1.

With Western Conference teams reporting to Edmonton and Eastern Conference squads to Toronto, the NHL decided to hop right into their Stanley Cup playoffs. The top four teams in each conference competed in a round-robin to determine their seeding for the playoffs, while teams in the fifth through 12th positions competed in a best-of-five series to round out the playoff field.

Players are undergoing daily testing, as well as temperature and symptom checks while they are in the bubble. Everyone must wear masks whenever they are outside their hotel rooms, and social distancing must be maintained “in all circumstances in which it is feasible,” per the league’s protocols.

MLB

After starting and eventually being forced to cancel the league’s annual Spring Training taking place in Arizona and Florida, the MLB faced a different challenge than the NBA or NHL. Since they hadn’t started their regular season at the time of shutdown, they had to figure out a way to play both a full season and then begin their postseason.

With a regular 162-game season inevitably being impossible, the league and player’s association agreed

to a 60-game format with expanded playoffs.

The league did not pick a host city like the NBA and NHL; instead, they are having all their teams play at their home ballparks (except the Toronto Blue Jays who have taken a temporary home in Buffalo) with a limited travel schedule.

Unfortunately for the MLB, there have been multiple breakouts of COVID-19 within individual teams, which has forced those teams’ schedules to change. Missed games have been rescheduled to later dates as the MLB hopes that every team will complete their 60-game schedule.

MLS

The MLS restarted their regular season on Aug. 12, with teams playing at their home stadiums as well. The league hosted a single-site tournament in Orlando at the same ESPN Wide World of Sports campus as the NBA. The tournament had two teams withdraw due to several positive COVID-19 cases being reported.

Once the tournament wrapped up on Aug. 11, the teams returned to their regular-season schedule, leading to an expanded 18-team playoff format and culminating in the Dec. 12 MLS Cup.

Testing protocols have played an essential role in ensuring the health of all teams. Clubs have taken chartered flights and buses, and for most road trips, they arrive in the host city on match day and leave that evening.

#s

9, goals scored by MRU men’s soccer All-Canadian Moe El Gandour in 2019-20.

25, games won by the MRU women’s volleyball team in 2019-20.

60, games on schedule in 2020 regular season, less than the usual 162.

1095, points by Jarome Iginla as a member of the Calgary Flames to set the franchise record.

6 Cougars to watch in 2021

Zach Worden
Sports Editor

With U Sports cancelling fall championship sports in 2020, Canadian university sports fans must look to 2021 for their next chance to see student-athletes suiting up. Dual term sports are on hold until Jan. 1 of next year, at the latest, when there will hopefully be a return to play.

For Mount Royal University (MRU) athletes, that means that six of the school's eight teams are hoping to get in some kind of season, while both men's and women's soccer will be unable to compete in the 2020-21 academic year.

After coming away with three medals — a school record — in Canada West in 2019-20, Cougars athletes will be looking to continue the rise of Mount Royal athletics in 2021. Here are six standouts to look at as they try to lead their teams to the top.

Nate Petrone *Men's Basketball*

The second-year guard will look to build on a strong rookie season that saw him named to the Canada West all-rookie team. Petrone was one of the best shooters in the country in 2019-20, knocking down 46.9 per cent of his three-point shots.

In addition to making it rain

from beyond the arc, Petrone found a way to put up points in a multitude of ways. Playing the University of Lethbridge Pronghorns in January, he scored a season-high 20 points while shooting seven of 13 from the floor.

With what promises to be an up-tempo team in 2021, Petrone should be able to improve upon this strong start to his Cougar career.

Jenika Martens *Women's Basketball*

Martens, like Petrone, will be looking to build off a strong rookie season in 2021. She was named to the Canada West all-rookie team for 2019-20 after scoring 11.3 points and grabbing 7.4 rebounds per game for the Cougars.

If the Canada West had a sixth woman of the year award, Martens would have been at the top of the list. Although she only started two games all year, she still had a significant impact in each of the Cougars games. Her season-high came in a 25-point victory over the Thompson Rivers University WolfPack, where she scored 27 points and came away with 11 rebounds.

After the program won their most games since making the jump to U Sports, Martens



Mount Royal athletes are gearing up to get back to action whenever that may be. Each season brings new surprises and players taking their game to the next level. Photo courtesy of MRU Athletics

promises to be a proponent of change for the Cougars.

Ryley Lindgren *Men's Hockey*

In a year where the men's hockey team also set their record for wins, Lindgren was at the front of it all. Now coming into his third year as a Cougar, he was named a 2019-20 Canada West first team all-star after scoring 21 goals and tallying 34 points.

His impact was shown in the Cougars' 5-3 win in game two of their series against the University of British Columbia Thunderbirds, where he

scored four of the team's goals.

After such a strong 2019-20, Lindgren will be looked to as one of the team's leaders with high expectations heading into 2021.

Anna Purschke *Women's Hockey*

Heading into her fifth and final year as a Cougar, Purschke and the rest of the team have a lot to live up to after their record-setting 2019-20. A trip to the U Sports nationals, a huge overtime win over the favoured University of Toronto Varsity Blues and a Canada West silver medal were all program firsts for the Cougars' last season.

Building on all of that will be a tall task for the team, but with Purschke — a Canada West second team all-star — set to lead the way with most of last year's team still intact, the sky's the limit.

Her 11 goals and 19 points led the team last season, and with a leadership role awaiting her this season, she has all the tools to finish what the team started just a year ago.

Chris Byam *Men's Volleyball*

Now a second-year Outside Hitter, Byam will step into an even larger role than the one he served as a rookie.

A Canada West all-rookie team member in 2019-20, Byam finished second on the Cougars in kills last season with 205, good for 2.56 per set. He was also second on the team in points with 239 as he played a crucial role in his first year.

With fifth-year Trent Mounter graduating, more opportunities will come to Byam as he looks to take what is shaping up to be a younger Cougars team back to contention in the Canada West.

Dholi Thokbuom *Women's Volleyball*

Heading into only her third season at Mount Royal, Thokbuom is coming off a season that most seniors can only dream of having. She was named both a U Sports second team all-star and a Canada West first team all-star, as she led the women's volleyball team to a 21-3 record and a Canada West bronze medal.

Spending her summers as a member of Team Canada has helped her propel herself to being one of the country's top players. With her improvement between her first and second years, the Cougars will look to her to continue her high level of play to help the team remain at the top of Canada West in 2021.



The Mount Royal Cougars' men's volleyball team celebrates following point during the U Sports National Championships in 2019. Chris Byam joined the team following the departure of seniors like Tyler Schmdit who carried the team to the national stage. Photo courtesy of Cougars Athletics