


the reflector

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A photograph of a person from the chest down, wearing a black ribbed long-sleeved shirt and black leggings. They are holding a large, rectangular sign made of corrugated cardboard. The sign has the words "HOW DARE YOU? BLM" written on it in large, bold, black, hand-painted capital letters. The person's hands are visible at the bottom of the sign. In the background, there is a yellow container with a white lid and some green foliage. The ground is a light-colored, textured surface, possibly gravel or sand.

HOW DARE
YOU? BLM

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Opioid overdose deaths rise sharply in Alberta during COVID-19 pandemic

Noel Harper

News Editor



With the highest rate of fentanyl overdoses in the province, the city of Lethbridge is about to lose its main supervised consumption site as opioid abuse rises in Alberta. Photo courtesy of Pixabay

The Alberta government released its latest report on the use of opioids in the province in late September — its first report on the topic published during the COVID-19 pandemic, thus titled the COVID-19 Opioid Response Surveillance Report — and the numbers within demonstrate a worrying trend.

Data compiled during the second quarter of this year, from April to June, shows 301 deaths relating to opioids during the three-month period. In contrast, 148 Albertans died of an opioid overdose during the first three months of 2020.

This amounts to the largest quarterly increase of opioid deaths in the province since 2016, when data was first compiled on the subject. The majority of these occurred in the Calgary zone, where there were 119 deaths due to

poisoning from fentanyl and other opioids. 105 overdose deaths occurred in the Edmonton zone.

Fentanyl is a pain-relieving medication that has been found to be more potent than morphine or heroin. Of all the overdoses that took place during the second quarter, 284 of the 301 overdoses were linked to fentanyl use. Between April and June, 21 overdoses were the result of carfentanil specifically, a member of the fentanyl family that is thousands of times more potent than morphine.

Of fentanyl-related deaths in 2020, 79 per cent have been male, with the highest overall number of fentanyl overdoses — combining both male and female deaths — occurring within the age group of 35 to 39 years.

The report on Alberta's opioid crisis helped to put another ongoing crisis in

perspective. Since the start of the pandemic, 261 Albertans have died from COVID-19 as of this writing, whereas 449 deaths resulted from apparent unintentional opioid poisoning so far this year.

"Prior to the pandemic, the province's focus on recovery-oriented services seemed to be having a positive impact," said Jason Luan, Alberta's associate minister of mental health and addictions, in a statement on the report.

"As we move forward, it is more important than ever to continue to ensure every Albertan who needs it can find help and be supported on their path to long-term recovery."

Dr. Deena Hinshaw, Alberta's chief medical officer of health, responded to the report during a COVID-19 briefing saying, "It can't be ignored that deaths rose during the first few months

of the pandemic, which we know caused challenges for many Albertans."

The effects the closure of one of Alberta's main safe consumption sites has had on the number of overdose deaths in the province has yet to be seen by provincial data.

ARCHES, a Lethbridge-based non-profit that runs the city's safe consumption site, will cease to provide supervised consumption services at the end of September. The closure is a result of provincial funding being pulled from the site following the results of a financial audit earlier this year.

Leading up to ARCHES' departure from the city, Lethbridge is already experiencing the highest rate of fentanyl-related overdoses in the province. With 21 deaths from fentanyl so far in 2020, this resulted in a

rate of 42.4 per 100,000 persons. The highest number of fentanyl-related deaths this year have taken place within Calgary, with 148.

Lethbridge also saw the highest number of EMS responses for opioid-related issues in Q2, while seeing a 79 per cent decrease in visits to its consumption site in the most recent quarter compared to the start of 2020.

Weeks after the site's closure was announced, an unofficial consumption site was set up in Lethbridge by volunteers, in an effort to replace the services of ARCHES. Minister Luan decreed the site as illegal and referred users to government-sanctioned overdose prevention sites.

626 Albertans died from opioid use in 2019. 3,139 people in the province have died of opioid overdose since the start of 2016.

MRU's first confirmed COVID-19 case “not surprising,” says university

Tristan Oram
Contributor

Mount Royal University (MRU) is grappling with its first confirmed case of COVID-19, but reactions from students on campus have been calm so far.

On Sept. 16, MRU sent an email to students and staff informing them that “a member of the MRU community who was on campus last week has tested positive for COVID-19.”

For the many students who aren't required to be on campus during this time, this announcement might not mean much — but to those who are taking courses that require on-campus lessons, it is much more relevant.

Nursing is among the faculties that have labs and courses being delivered on campus this semester.

Fourth-year nursing student and president of the MRU Student Nursing Society, Shani Markus, recently had to be on campus for a lab — her first visit to the university since the pandemic began.

“In the spring we were supposed to do more clinicals, but those got pushed back,” Markus says. “I think our sanitary measures are pretty good... I think everyone is following the guidelines as best they can.”

Although Markus has only had the one lab on campus so far, she imagines that second- and third-year students in the nursing program will likely have more on-campus classes.

Before the start of the fall 2020 semester, MRU released its COVID-19 People Plan, a list of guidelines and protocols

for individuals on campus to follow in order to help prevent the spread of the virus, such as physical distancing and mandatory mask wearing.

Markus adds that the guidelines required for her lab were followed by everyone involved, including increased hand washing and sanitizing of work stations and equipment during and after their use.

Although students taking classes online may not have to go to MRU for the time being, those living on campus are still in close proximity. Public relations student, Peony Kong, is one such example.

Kong says MRU's guidelines and protocols have been well communicated.

“Residence services ... gave basic instructions that we're

not supposed to meet together with our roommates even inside the building, we have to do it outside the building,” she says.

MRU's statement regarding the case goes on to say, “While it is concerning to have a case on campus, it is not surprising and it is realistic to expect that despite our best efforts there may be more confirmed cases as the semester continues.”

Kong commends the university's ability to follow AHS guidelines while still keeping residence open.

“MRU — especially residence services — does a really good job following the Alberta Health regulations and they do everything they can to space out students while still providing a place for students to live on campus,” Kong says.

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Photo gallery: MRU community protests on campus for anti-racism education

Cassie Weiss
Features Editor

On Saturday, Sept. 26, Mount Royal University (MRU) campus saw students and faculty gather together to raise their voices in protest.

With the recent Black Lives Matter movement bringing awareness to the lack of anti-racism courses at MRU, students are hoping the university will enforce

mandatory classes for those who attend the school.

Approximately 50 people attended the peaceful protest, along with multiple members of the Calgary Police Service

Diversity Division.

A handful of participants shared their experiences with racism on campus, before the procession marched from East Gate to West Gate.



Photos by Cassie Weiss

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Emphasizing the “break” in reading break

Cassie Weiss
Features Editor

Reading break is fast approaching, and if you are anything like me, the last thing you want to think about on your week off is school. I was always curious as to why reading break was placed so early in the semester — especially with the University of Calgary not having theirs until mid-November — but this year, I am grateful.

With classes being online this semester, continuing from the last-minute switch last winter, things have felt a lot more overwhelming. While most of us had classmates and friends to spend our typical class breaks with, now we just have the computer screen and our (sometimes) empty homes.

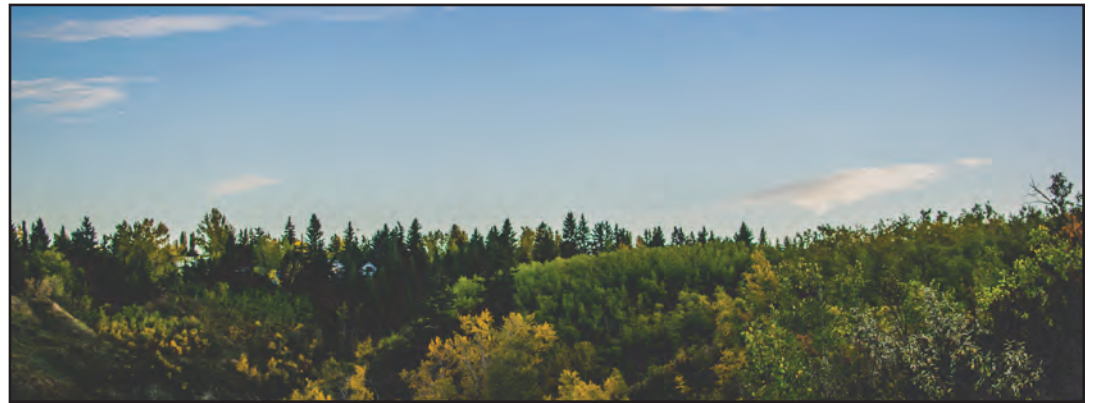
Assignment scheduling has become more rigorous and attention spans are waning slowly as students do their absolute best to pay attention to the talking circles on the

Google Meets screen. Cue reading break, blessing us with its mid-October arrival. Personally, I’m glad Mount Royal University (MRU) students don’t have to wait until November.

I understand there is some expectation to work on assignments and readings over the break — after all, it does have the word “reading” right in it. But personally, I also think it’s important to take the other word in the title seriously and plan a well-earned break.

Plane travel is frowned upon during the pandemic, but there is a ton to be said about getting in a car with your significant other or closest friends and getting the heck out of dodge for a few days.

Now, I know we are all struggling students, but the best part about reading break being in the middle of October is that the upcoming Christmas rush hasn’t quite



Reading break is a time to catch up on all things school, but it’s important to also take time for yourself and get away. Pack a picnic and head out to a park, like Edworthy, and spend the day exploring, away from the demands of university. Photo by Cassie Weiss

hit the hotels around. Finding a cheap room is quite easy to do, and if that still doesn’t fit the budget, there are still many campgrounds that are open late into the season.

The final days of autumn can be quite chilly, but lay down the back seats, pile the car with blankets and a few sleeping bags and cuddle up

with the mountains as the backdrop. No cell service, no school work — just you and the crisp autumn air.

Of course, not everyone has the option to drive out of the city. A break can simply mean packing a picnic and heading to Fish Creek or Nose Hill Park and just spending the day exploring.

There is still peace in the middle of the city, and I promise anyone can find it if they let go of the material possessions humans are always glued to.

MRU’s reading break takes place from Oct. 12 to Oct. 16. Book time off for yourself — your mental health will thank you.

Opinion: Why maroon is the best autumn colour

Cassie Weiss
Features Editor

How do you look at colour? I know, I know — it’s a strange question. In my experience, anyone can say, “My favourite colour is purple,” but it goes further than that. It pushes into the deeper recesses of our brains and indicates our mood, our energy and sometimes even aspects of our personality.

Have you noticed certain colours come out around certain times of the year? I sure have. I notice the sunny yellows and floral prints of summer fade into the navy blues and reddish browns of autumn — and it’s interesting to see how that colour shift causes a change in my demeanour.

It is no secret that I am

obsessed with autumn. What I get the most excited for is that aforementioned colour shift. Because as happy and carefree as the colours of summer make me feel, there is just something haunting and mesmerizing about the darkened hues that appear come September.

Now, even though I do love all autumn colours, one specific colour reminds me of cozy coffee shops playing acoustic music in the background while you type away on your laptop, with a steaming latte just within arm’s reach.

I’m not sure when I started to find solace in the burnt red colour we call maroon. It slowly took over the skirts, dresses, sweaters and even the

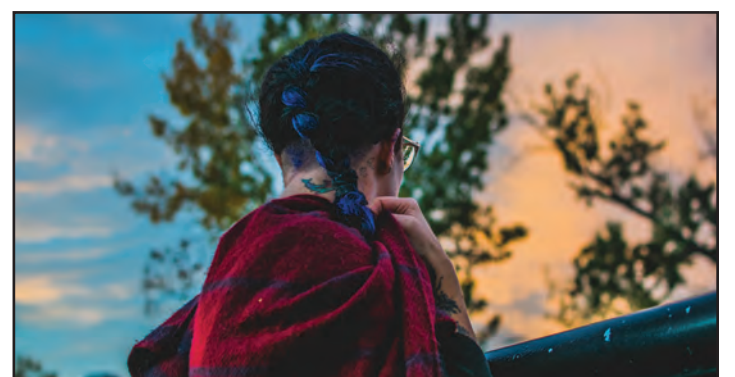
nylon tights in my wardrobe.

According to Colour Psychology, the colour maroon has often been used to encourage seriousness in behaviour and encourage feelings of warmth and comfort.

This explains why you often find the colour shifting through formal wear and wedding parties, and why pillows and thick sweaters hint at the reddish hue.

Further, choosing to wear maroon indicates that you’re “reserved, controlled, and dignified in character.”

Maroon also represents passion, so it’s easy to see why so many designers are starting to incorporate the colour into their autumn fashion lines.



Maroon is slowly taking over the autumn fashion industry. The warm colour is more than just a shade of red though. Photo by Cassie Weiss

I know I’m not the only one who finds fascination in the darkening of the days and the smell of pumpkin spice in the air. Now that I think about it, many of those I know who are also in love with autumn fit the

symbolism behind the shade.

Don’t get me wrong, I love all aspects and colours that show up in autumn, but I will always try to convince anyone who will listen that maroon is, in fact, the best autumn colour.

Air-purifying and hard to kill?

Five house plants you'll want to own

Cassie Weiss

Features Editor

I'm not a plant person. I mean, I love them, and I have a million of them, but I struggle every single day to keep them alive. I give them too much love — or not enough love — and very rarely do I find the delicate balance that keeps them growing and thriving.

The thing is, I wanted to be a plant person. Especially this semester, being stuck at home, I really did want to surround myself with foliage that would survive the winter. So one day, while I was procrastinating on finishing an assignment, I decided to do some research to see what plants I could successfully keep alive, and that would benefit my health at the same time.

My problem with cacti is that they are not green enough. They're pokey, dusty-coloured and just really have no appeal to me. I wanted bushy, I wanted vibrant green, I wanted useful. Yes, I did just say useful.

According to an article on You Had Me At Gardening, certain plants have the ability to remove as much as 87 per cent of toxins out of the air and having at least two plants per 100 square feet may help with said toxins.

There are specific plants on that list, some of which require more care than others. I didn't want plants that came with a list of things needed daily. Like I mentioned before, I wanted something easy. Could it be easy and beneficial to my health? Of course it could.

Read on for five beautiful, leafy, hardy plant babies — ones that will live through the harsh, cold winter, survive the ever-hungry jaws of my four-legged friends and will help me breathe easier while I pound away at the computer.

Spider plant

These guys were a staple in my house growing up.

A spider plant was the first plant I learned how to propagate because they're so dang easy to deal with. Hang them in indirect sunlight, slightly away from a window, water them every few weeks, and they will be popping out shoots left and right.

Although spider plants are not toxic to pets, I always hang mine. They look nicer, add dimension to a room and are out of the way of my kitten who loves to eat grass (and puke it up). However, they can still cause irritation to pets if consumed.

Snake plant (Mother-in-Law's Tongue)

Similar to the watering habits of a cactus, the snake plant is nearly impossible to kill. I sometimes forget to water mine for weeks on end. Needing just a tiny bit of sunlight, it shoots out waxy leaves in a light and dark marbled green, and helps purify against benzene, formaldehyde, trichloroethylene and xylene.

Snake plants are toxic to pets, but my animals seem to leave mine alone.

Aloe vera

Not only good for purifying the air of formaldehyde, aloe also holds many other health benefits. Similar to the snake plant, aloe vera rarely needs watering — and even less so during its dormant season. Made almost entirely of water, the clear slime inside this plant's leaves are full of enzymes, amino acids and vitamins, known to help rashes, sun burns and other skin conditions. Make sure your aloe has proper drainage though, because they really don't like staying wet and our goal is to keep these babies alive.

Aloe vera is toxic to cats and dogs but similar to the snake plant, my animals tend to leave this plant alone.



Aloe vera, like the one pictured here, is one of the easiest house plants to keep alive — and it helps to purify the air you breathe. Read on for four other house plants that will help brighten your space. Photo by Jill Meagher

Philodendron

With light or dark green, heart-shaped leaves, these babies are easily one of my favourite houseplants. Philodendrons need moderate water — I would recommend maybe once a week or once every two weeks — and indirect sunlight. As long as they aren't too close to a cold window, they will do great, and they add that bright splash of colour to any

room.

Philodendrons are toxic to cats and dogs. I would recommend hanging them out of reach, unless your animals are significantly more polite than mine and don't eat everything in sight.

English ivy

I personally don't believe any home is complete without some form of ivy plant, and this one looks good and

helps out around the home. Ideal for hanging baskets or looking down from kitchen cabinets, English ivy only needs to be watered once a week — or once they dry out — and are comfortable in indirect sunlight.

The English ivy's toxins are minor to your furry friends, but can still cause vomiting, excessive salivation and abdominal pain. I recommend keeping out of paw's reach.

This fall's fashion trends you need to follow

Mackenzie Mason

Arts Editor

Fashion has always been considered an art form. From the sketches on a page to the runway, creativity and design lives in the pages, needles and fabrics that are used throughout the entire process.

Once those items end up in consumers' hands, fashion, similar to painting and dancing, becomes a form of expression. It allows people to express their personalities and moods without saying a word.

So, this fall, express how you truly feel — and look good while doing it.

It's hard to deny the influence the '80s and '90s have had on fashion in the last

few years and don't worry, it's not going anywhere. But this season, we're seeing a mix of styles that are paying homage to multiple decades at once.

Here are this fall's fashion trends that you need to follow — from school to work, and even at home.

1. Cropped blazers and cardigans

Cropped cardigans were all the rage this summer, and they have definitely been seen going into the colder months as well. While the cropped cardigans are cute, cropped jackets and blazers are the cardigan's older, wiser sister. First, the cropped style

makes you look taller and slimmer because it defines your waistline. Second, they look amazing paired with a high-waisted pant to create an hourglass illusion.

Pair cropped blazers with plain t-shirts, camisoles or bodysuits for a fall look that is suitable for any occasion. On the warmer days, pair a cropped blazer over a midi dress or with a midi skirt and a simple tee. Look for patterns like argyle which was seen on the runway at Dior and Victoria Beckham.

2. Matching sets

Channel your inner Cher Horowitz and picture yourself in a matching skirt suit — okay, maybe not a bright yellow plaid skirt suit, but keeping a cropped blazer with a matching skirt in mind? That's more like it. The same idea applies with a skirt suit — the cropped look will make you appear slimmer and taller but this look also works well with the classic length blazer. Choose a solid-coloured set with this season's trending jewel-toned colours, or opt for a more statement-making texture like tweed, as seen at fashion weeks with Prada.

Staying in or looking to cozy up for that online class in style? Matching tracksuits are making a comeback — but don't worry, not the Juicy Couture, early 2000s kind. With high-waisted joggers and cropped sweatshirts,



Chunky boots and matching suits — two of this season's trends in one, and it rhymes! Photo courtesy of Pexels

you'll be the cutest one in class. Dress it up with a long jacket or cardigan, add some heels and you'll be ready for a movie date or coffee with the gals.

3. Frills, ruffles and puffs

Is it even possible to imagine the '70s having a baby with the Victorian era? Apparently, 2020 thinks so. Ornate lace detailing, puff sleeves and frilly, ruffled, high-neck tops are merging with iconic '70s styles like

ruffled shirts, ascot blouses and peasant tops. And honestly? It works. 18th-century inspired bustle skirts walked the runways at Gucci, ruffle necklines were making statements on Rodarte's silky long-sleeve dresses and antique floral prints were stamped on Norfolk-style jackets at Tory Burch.

So, black Chelsea boots, some classic mom jeans (or a midi skirt) and an elegant, white peasant top with puffed sleeves and a ruffled neckline

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Peek-a-boo! Let your bustier or corset be the star of the show under a dress, as pictured, or with some skinny jeans and a cardigan. Photo courtesy of Pexels

OUT'N ABOUT

Afternoon Tea with the Queen of Hearts

Grab three friends and go down the rabbit hole at the Bow Valley Ranch for afternoon tea in the enchanted Artisan Gardens of Fish Creek Provincial Park. Escape into their "Alice in Wonderland" inspired escape, available throughout October.

RBC Live from the King Eddy: Sinzere

Rap/hip hop artist Sinzere performs for the National Music Centre's hybrid live music and virtual concert series at the King Eddy on Oct. 9 at 8:30 pm. This performance will also be live-streamed from the National Music Centre's Facebook page.

Train of Terror

All aboard the Train of Terror! Starting Oct. 9, you'll face "haunted railway cars, disturbing entertainment and ultimate fear!" If you make it through the freight cars in one piece, you will find a Halloween party at the end, with food and drinks for purchase.

Thanksgiving Dinner at the Calgary Zoo

Ditch the kitchen this year and celebrate what you're thankful for at the Calgary Zoo. Spend the day with your loved ones and finish it off with a four-course turkey dinner at the "Fall Harvest Dinner" on Oct. 11.

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will be the perfect outfit to make you feel like a modern princess.

4. Subtle lingerie

Lace, sheers and corsets are pushing the boundaries between lingerie and everyday fashion, and it's to die for. Camisoles and bustier tops with lace accents are a versatile option that can add a sultry aspect to any outfit. Pair with skinny jeans and some black, strappy heels, and you'll be turning heads all night.

On the runway, Saint Laurent paired sheer bodysuits with statement-making power pants, while Dolce featured skin-tight, corset-inspired mini dresses paired with oversized cardigans that would look amazing with some chunky boots.

5. Chunky, bright shoes

Speaking of chunky boots, shoes are what makes or

breaks an outfit. This fall, we're going for chunky and bright statement-making shoes to be the centre of your outfits.

The Mary Jane shoe is back in every shape, style and colour you could wish for. From Nodaleto's feminine platforms to adorably dainty Marc Jacobs heels, you won't have any trouble finding

an MJ for every outfit. On the Rochas runway, socks and heels were making a comeback featuring chunky sandals with an open-toed, strappy concept.

Pair the chunky sandals with thin knit tights, a basic dress of your choice with an oversized knit cardigan, and you've got the indie, fall outfit of your dreams.



The shoes are the focal point of your outfit, and this season, let them make a statement with bold, bright colours and fabrics. Photo courtesy of Pexels

Local artists launch online art exhibit calling for a universal basic income

Mackenzie Mason

Arts Editor

10 artists representing communities who are most susceptible to poverty, such as deaf, disabled and mentally ill communities, are calling for a universal basic income (UBI) to be implemented — through art. This follows the Canadian Emergency Response Benefit (CERB) coming to an end for many Canadians experiencing financial uncertainty.

CERB helped many Canadians get by during the worst months of the COVID-19 pandemic. But, with the program ending on Oct. 3, citizens who relied on CERB to support themselves are concerned about the lack of jobs and where their next paycheck will come from.

That's where a UBI, also known as a negative income tax, would come in.

A UBI is a plan that would provide unconditional cash

payments to Canadians based on assuring a level of basic need for your family, depending on its size. In this system, money is taxed away as your income increases, rather than as a flat rate for all Canadians.

"Study after study has shown that a basic income works; it makes sound economic sense. Research and testimonies indicate that a basic income is the step-up that people need, [and] it gives people the freedom to build better lives for themselves and their families," says Lee Stevens, policy and research specialist at Vibrant Communities Calgary.

"It's time Canada moves beyond pilots and builds on the lessons learned. It's now more important than ever that Canada take action and develop a national basic

income strategy that works for everyone."

Colleen Huston, co-ordinator and artist from the Disability Action Hall and member of Basic Income Calgary, says people are really starting to think and talk about a basic income — including more than 75,000 artists who have signed an open letter calling on Canada's government to create a national basic income strategy.

"We knew it was important for Calgary artists with disabilities to be a part of this conversation, a population who have yet to benefit from federal and most provincial emergency COVID-19 responses," Huston says.

To get the message across, they felt art was a logical way to draw attention to a

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After four years, R&B and soul artist Alicia Keys has released a new self-titled album, *ALICIA*. With 15 songs and an overall playtime of 54 minutes, the album is full of pure soul and energy. From "Truth Without Love" to "Good Job," Keys' identity is still comprehensible while maintaining a new style.

Having been known for her powerful vocals in previous albums, Keys is more relaxed with her vocals in *ALICIA*. Naming this album after herself shows her confidence and comfort in the genre and represents her true identity and persona.

ALICIA is a spiritual album,

and the energy Keys' provides will put you on a fleeting vibrational spirit. Imagine your soul being lifted as you sit back and find yourself immersed in the mellowness and colourful tranquillity that *ALICIA* provides. The listening experience is just like that — riding through tranquil waves that just guide you to serenity.

As 2020 staggers on through its last few months, take a moment to douse yourself in the honey-like atmosphere of *ALICIA*. We all deserve it.

- Mikaela Delos Santos



American Dance-pop and "Sweet But Psycho" singer Ava Max has released her debut album, *Heaven and Hell*. Containing 15 songs and an overall 44 minutes of playtime, *Heaven and Hell* is an album that puts into music the contrast of, as the album is named, *Heaven and Hell*.

When her debut single "Sweet But Psycho" came out in 2018, it was believed that Max would be a one-hit-wonder — but *Heaven and Hell* proves otherwise.

From observation, most pop singers rely on marketing and don't give value to the art of an album; Max's decision to present an LP with a thematic setting proves her

unique artistry in the dance-pop music genre. The first part of the album confirms the heavenly theme to it; it starts off with regality and opulence. Meanwhile, the 'hell' part of the album is more intense and ominous; a contrast from the former. Despite their differences, the album is still ruled by Max's artistry throughout the album.

Overall, there is still more to come from Max. Several of her songs should play on the radio in the near future, but it will take some more time for Max to be recognized for her artistry and style.

- Mikaela Delos Santos

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basic income that includes everyone.

The online exhibit titled, “Basic Income Through The Lens of the Disabled, Deaf and Mad,” debuted on Sept. 18 and was spearheaded by Basic Income Calgary.

It brought together talented Calgarian artists who created a piece of art inspired by the principles of basic income, in addition to a limited edition collaborative print that was unveiled during the virtual gallery opening.

Each artist was asked to describe what a UBI would mean to them, which is featured under each piece in the virtual gallery on Basic Income Calgary’s website.

To these artists, a UBI means the difference between doing what they want to do, and what they should do for a living; or even not eating to pay the bills.

“In an ideal world, basic income would help me and my parents, who are seniors living on a very small pension, pay for the rising cost of items needed to survive (like) food, clothing, utilities, bills, rent, transportation and medical supplies,” artist Mary Salvani says.

Alisha Marie Adams, another artist who

participated in the exhibit, is a single woman with post-traumatic stress disorder and bipolar disorder. She says if she is having an episode, it’s difficult to do her normal, everyday activities.

“I would greatly benefit from a basic income. It would allow me to get better quicker, to keep a roof over my head and food in my fridge — to keep me out of crisis. It would allow me time to self-manage my illnesses,” Adams says.

Many of the artists involved in the project have even advocated for financial programs that are based on the idea of UBI’s, like Assured Income for the Severely Handicapped (AISH) and the Canadian Pension Plan disability benefits.

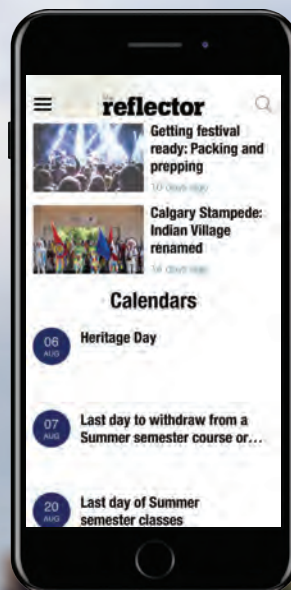
But for artist Kathy M. Austin, who was hit particularly hard by COVID-19 and who may not qualify for AISH, a basic income could calm her fears of losing her house and give her the ability to afford groceries.

Copies of the pieces have been sent to federal and provincial politicians in an effort to continue making the case for a national universal basic income, as the country’s governments attempt to find a way to continue supporting their citizens financially.

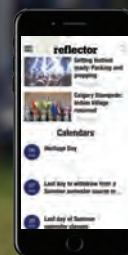


Colleen Peters, an artist featured in the virtual art gallery said “basic income means having the support to live well and to take care of myself. Simple pleasures, like buying fresh flowers, help to support my wellbeing.” Photo courtesy of Colleen Peters

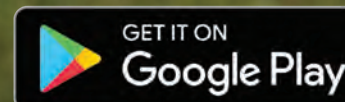
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Mary Salvani used this piece to illustrate that a basic income could help her pay for items such as masks, disinfectant, and hand sanitizer during the COVID-19 pandemic. Photo courtesy of Mary Salvani



iPhone graphic by Rafael Fernandez - Own work, CC BY-SA 4.0, <https://commons.wikimedia.org/wiki/index.php?curid=51218006>

The Marda Loop Justice Film Festival goes digital

Mackenzie Mason

Arts Editor

The Marda Loop Justice Film Festival (MLJFF) is back for its 15th year, but for the first time in its history, it won't be held in a hall or theatre. Due to COVID-19, the festival is putting on its show digitally, through XERB.tv.

"Through the digital festival, we continue to fulfil our mission of advocating on behalf of justice, equity and peace through the free screening of some of the most timely and topical social justice documentaries released this past year," said Jennifer Ewen, executive director of MLJFF.

This year's lineup tackles a wide range of environmental, social justice and human rights issues.

Safe Haven, for example, is about the stories of U.S. war resisters looking for safety in Canada during the Vietnam

and Iraq wars, exposing the realities and the myths of Canada as a welcoming country for those fleeing dangerous situations.

Sockeye Salmon, Red Fish touches on a species of wild salmon that is born in Kamchatkan waters and lives in the Pacific Ocean. While it is an inexhaustible resource that feeds billions of people on the planet without depleting the species, soon humans could exhaust the inexhaustible.

Indebted to All Women aims to give voice to women in El Salvador suffering and struggling to change one of the most restrictive laws in the world for sexual and reproductive rights, where abortion is penalized with 20 to 40 years in prison.

There are many more moving documentaries in the roster this year to choose



You can enjoy many meaningful documentaries on topics like the environment, social justice and human rights issues from home with the Marda Loop Justice Film Festival. Photo courtesy of Pexels

from, including *Servitude*, *Alice Street* and *From Durban To Tomorrow*.

Finding films that speak about the justice topics you're interested in is easy, as MLJFF uses the United Nations' 17

Sustainable Development Goals to associate and categorize each film for programming. Many films align with multiple of the UN's goals.

From Nov. 16 to Nov. 20,

you can catch any of these films for free online — from the comfort and safety of your own home.

So, grab some popcorn, tissues (you'll need it) and enjoy the shows!



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Sports podcasts to keep you in the loop

Zach Worden
Sports Editor



Sports podcasting has become one of the go-to needs in the sport media industry. Every sports media giant is now putting out multiple podcasts to keep fans in the loop. Photo courtesy of Unsplash

For sports fans who want to be in the know when it comes to their players and teams, one way they can up their game is by listening to podcasts. With the world of sports podcasts becoming a never-ending rabbit hole, it is difficult to narrow down your listening preferences to match your time.

When looking for a podcast to listen to it is important to feel a connection to the hosts, be interested in the topic they are covering and most importantly, pick one that keeps you engaged and entertained.

Here are four podcasts covering different sports that might not be at the top of the charts but are must-listens if you are interested in the

sports they cover. All four of these podcasts are recorded in Canada and focus on local teams and players.

Muted Madness *U Sports Basketball*

Muted Madness is a podcast dedicated to university basketball in Canada. Hosted by two Ryerson University sport media grads, Jordan Henry and Mitch Robson, Muted Madness covers news and updates from the 48 basketball programs across the country.

The podcast has run since 2017 and releases episodes one to three times a month during the U Sports basketball season, which runs from October to March.

Episodes run more frequently leading up to U Sports' "Final 8" championships in March.

Muted Madness is a great podcast for anyone who wants to learn more about university sport in Canada as the podcast touches on teams in all four conferences during the season.

Alberta Dugout Stories *Alberta Baseball*

Alberta Dugout Stories runs their podcast in coordination with a blog which promotes the baseball players and leagues from and in Alberta. The website and podcast are run by Joe McFarland and Ian Wilson.

The podcast frequently

brings on players and coaches involved with the Western Canadian Baseball League (WCBL) to feature their stories and keep fans in touch with the top level of competition in Alberta. The WCBL is a summer collegiate league that features teams such as the Okotoks Dawgs, Medicine Hat Mavericks and Edmonton Prospects.

For baseball fans in Alberta, this podcast is a great way to find out what is going on with their sport and how some of the top Albertan players fare at the highest levels.

The Waggle *Canadian Football League*

The Waggle is the official podcast of the Canadian

Football League (CFL) and is hosted by Donovan Bennett. Bennett is a feature host, producer, writer and radio host for Sportsnet and has been nominated for both a Gemini and Digital Publishing Award.

The podcast has been active since 2016 and produces four to five episodes per month as Bennett keeps tabs on the CFL by interviewing players, media members, CFL staff and coaches from across the league.

This podcast gives CFL fans an in-depth look into the league that they are unable to get from any other podcast, as Bennett is able to get access to information and sources that aren't available anywhere else.

The Red Mile *Calgary Flames*

The Red Mile is hosted by former MRU journalism student and former editor at The Reflector, Nathan Woolridge, along with his brother Cameron Woolridge. The pair cover the Flames throughout the NHL season and have had many former Flames come on as guests.

The podcast has run since 2018 and one to three episodes are published per month. More episodes are uploaded in the heart of the season as the NHL gears up for the playoffs.

A must-listen for any Flames fan, Nathan and Cameron are very knowledgeable about the Flames and the NHL and they provide insightful analysis for listeners.

#S

9, MRU Cougars named to Canada West All-Rookie teams in 2019-20

16, Canadians began the 2019-20 season on an NBA roster

0.924, Cam Talbot's save percentage for the Calgary Flames in the 2020 NHL playoffs

96.5, the average fastball velocity in miles per hour of Toronto Blue Jays' pitcher Nate Pearson

Keeping up with the Cougars: Connor Blake

Zach Worden

Sports Editor

With the unique landscape for Cougars athletes in 2020, the players, teams and coaches have been able to practice and train together with the return of classes.

Despite there being no Canada West seasons scheduled to date, the athletes are trying to stay on the top of their games for whenever they can get back onto the ice, field or court.

The Reflector caught up with Men's hockey defenseman Connor Blake to see what the Cougars have been up to since returning to campus and how the transition to online classes has been for him.

In the 2019-20 season, Blake finished 11th in the Canada West in total points, scoring seven goals and collecting 18 assists. Blake also led Canada West in points on the power-play with 15. After a successful debut campaign with the Cougars, Blake was named to the Canada West All-Rookie team.

The Reflector: When the decision was made to postpone the season how did you learn of the news? What was your first reaction?

Connor Blake: I first heard the news from coach Gilling in the team group chat. I was obviously very upset and mad knowing that we wouldn't get to play until the new year, but I understood that the health and safety of everyone is the most important thing.

The Reflector: What has the team been doing since classes started again?

Connor Blake: We are still skating regularly — four times a week — accompanied by a training session once a week.

The Reflector: From an athletic standpoint, how have you dealt with not being able to compete with your team? What has been the hardest adjustment? How have you been staying sharp?

Connor Blake: When the decision was first made to cancel the season, I had to adjust my training. But still being able to practice with the team and be on the ice is great for me because it gives me structure and allows me to stay sharp and not fall behind.

The Reflector: What has the change to online classes been like for you? Are you finding it any harder? Has

time management changed for you in any way?

Connor Blake: I personally am not a fan of online classes. I liked going to school and being in-person much better, and I felt like I learned better as well. It can be tricky to stay on task with certain distractions at home, so I've had to be much more diligent with my time management, making sure I'm staying on track.

The Reflector: Have the changes to classes and athletic eligibility altered your plans moving forward in any way?

Connor Blake: I don't think it has altered my plans moving forward. Besides the obvious [difference] of classes moving to online learning, not much has changed for me.

The Reflector: Have there been any surprise positives from this experience?

Connor Blake: At the start of the pandemic, I got to spend much more time with my family than usual, which I consider to be a great positive. But again, besides not being able to play games, we still have our normal routine back, which I'm grateful for.

The Reflector: How do you anticipate things might be different when teams are finally able to resume competition? How do you think those first moments will feel?

Connor Blake: Well, with a shortened season, I expect the pace of play to be very high. But I'm excited to get back to gameplay as we have a great group, and I expect a lot from us.



Connor Blake finished his rookie season as one of the top offensive defenseman in the conference. He ended up making the Canada West All-Rookie Team for his spectacular debut campaign. Photo courtesy of Cougars Athletics



Connor Blake skates down the ice with the puck during the annual Crowchild Classic game at the Scotiabank Saddledome. The game is between the Mount Royal University Cougars and the University of Calgary Dinos. Photo courtesy of Cougars Athletics



Blake guards the blueline for the Cougars during the 2019-20 season. After growing up a forward, Blake made the position switch to defense upon arriving at Mount Royal. Photo courtesy of Cougars Athletics