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MRU partners with federal government to protect Canadian parks

Noel Harper
News Editor



Banff National Park, one of the local areas that will be studied by Mount Royal University's Pan-Canadian Parks and Protected Areas Research Network. Photo courtesy of Pixabay

Mount Royal University (MRU) is joining forces with the Government of Canada and the Canadian Parks Council to help preserve parks and other protected areas across the country, announced Parks Canada on this year's World Science Day for Peace and Development.

The Pan-Canadian Parks and Protected Areas Research Network will bring together scientists, researchers, students, Indigenous knowledge holders and others to better understand Canada's natural spaces.

MRU will contribute to the network through its Institute for Environmental Sustainability (IES), an academic facilitator that works with students across programs throughout the university on research related to sustainability. IES previously organized MRU's World Wetlands Day symposium and helped sponsor an Indigenous studies field school in Hawaii, among other initiatives.

The Canadian Parks Council was established by the federal government to coordinate Canada's many park agencies, on national and provincial

levels alike. Over 2,700 parks across the country are represented by the council.

"Canadians are fortunate to have an abundance of nature right in our backyards — a gift that comes with a tremendous amount of responsibility to protect it," read a release from the Parks Canada agency.

Over the next three years, \$240,000 will be provided by the Government of Canada to aid in funding the network. Those involved with the project will work in an online capacity through elements such as remote courses, summits and webinars, giving network members the opportunity to share their knowledge and ideas towards managing protected areas.

Connie Van der Byl, Academic Director of IES, said in a statement that the network "aligns with our commitment to addressing complex and important issues through collaboration and with a multidisciplinary lens."

"By bringing together those with an interest in parks and protected areas in Canada, the Pan-Canadian Parks and Protected Areas Research Network will have lasting impacts for the conservation

of national parks and other protected areas in Canada, well into the future," added Canada's Environment and Climate Change Minister, Jonathan Wilkinson.

Facilitating the pan-Canadian network and its partner agencies will be MRU's own Canadian Parks Collective for Innovation and Leadership (CPCIL), which began in 2018. CPCIL proves that MRU's work to protect parks and nature did not begin with this new research project.

The collective previously brought IES and the Canadian Parks Council together in a partnership working to improve parks throughout Canada. MRU joined up with Victoria's Royal Roads University, Toronto's York University and the Université de Moncton to create the pan-Canadian group, bestowing its status onto Parks Canada's new research network.

The proposal from MRU, Royal Roads and York was chosen by the Canadian Parks Council to create a support system for parks and protected areas, out of several submitted by over 40 universities throughout

Canada.

The Pan-Canadian Parks and Protected Areas Research Network will fulfill one of four main goals established by CPCIL — a leaders and academics group related to parks and protected areas with the ability to pursue research opportunities and collaborations — in July 2018.

Other programs set out by CPCIL include an online forum and innovation hub to showcase the methodology and challenges of preserving Canada's natural areas, and a resource database based on the knowledge of Canadian Parks Council members to share with others.

CPCIL aims to revolve around such learning opportunities as nature, leadership, Indigenous relationships and the inherent value to parks from both a social and business perspective.

Heading up CPCIL, and playing a key role in the Pan-Canadian Research Network, is Don Carruthers Den Hoed, a long-time provincial parks expert and former Alberta Parks manager for the East Kananaskis area.

"We are excited to grow this network by facilitating the meaningful participation of park leaders from government agencies, community groups, academic institutions, and Indigenous partners to share and apply multiple forms of knowledge to make evidence-based decisions," said Carruthers Den Hoed in Parks Canada's statement.

The idea of the research network was first born in October 2019 and officially launched on Nov. 10, 2020. According to CPCIL, the network will take advantage of crowdsourcing tools to find ideas and search relevant online profiles and connect with potential partners.

The network will be based in Calgary. Banff National Park and Jasper National Park are among the protected areas that will be researched as part of the project.

Protected areas include lakes and rivers, forests and wetlands and a variety of marine and fresh water-based habitats for many different species. Canada's national, provincial, territorial and Indigenous parks are all considered protected areas.



In October 2019, key stakeholders and relevant groups met in a workshop facilitated by the Canadian Parks Collective for Innovation and Leadership (CPCIL). This workshop led to the creation of the Pan-Canadian Parks and Protected Areas Research Network over a year later. Photo courtesy of CPCIL

Joe Biden set to take office in U.S. as Canadian leaders watch closely

Noel Harper

News Editor



Joe Biden, left, will become the 46th president of the U.S. after the result of a delayed election was called early in November. Donald Trump, the current U.S. president, has refused to accept this result and concede the election. Photo courtesy of Wikimedia Commons

With the eyes of the world watching, the U.S. underwent a presidential election unlike any other in its history. After days of speculation throughout the U.S. and beyond as votes were tabulated from coast to coast, a winner emerged — on a Saturday no less, four days after election day.

Joe Biden, former U.S. vice president and senator, will serve as the country's 46th president beginning in 2021,

defeating incumbent Donald Trump, who will only serve one term in office.

"Americans have called on us to marshal the forces of decency and the forces of fairness. To marshal the forces of science and the forces of hope in the great battles of our time," Biden said in a speech shortly after being confirmed as president-elect.

Those aforementioned battles are many, as Biden is presented with a wide-

array of issues facing the U.S. upon taking office, including health care, systemic racism, a climate crisis and perhaps most prevalent of all, the COVID-19 pandemic.

"Our work begins with getting COVID under control. We cannot repair the economy ... until we get this virus under control," he said.

Biden soon named several officials with expertise in medicine and infectious diseases, among other areas, to key positions within the incoming administration — several of which are from the administration of former President Barack Obama, in which Biden served as vice president.

With Biden's win comes the historic victory of his running mate, Kamala Harris. The vice president-elect, a long-time political figure in her native California, will be the first female elected to the position, and the first person of African-American and South Asian descent.

"No matter who you voted for, I will strive to be a vice president like Joe was to President Obama — loyal, honest and prepared, waking up every day thinking of you

and your family," Harris said in a speech.

Biden expressed a similar sentiment upon securing the necessary electoral college votes from across the U.S. to declare victory, reaching out to those who did not support him.

"I understand your disappointment tonight," Biden said. "I've lost a couple of elections myself. But now, let's give each other a chance."

Prime Minister Justin Trudeau was the first world leader to speak with the president-elect shortly after the election was called.

"We've worked with each other before, and we're ready to pick up on that work and tackle the challenges and opportunities facing our two countries — including climate change and COVID-19," read a message posted to Trudeau's social channels. Biden will be the third U.S. counterpart to Trudeau during the prime minister's tenure.

It didn't take long for Canadian provincial leaders to welcome Biden to the presidential office, including Ontario's Doug Ford, Quebec's François Legault and notably, Alberta's Jason

Kenney.

"The United States is by far Alberta's largest trading partner," Kenney said in a statement in response to the election. "U.S. energy security is dependent on Alberta as the United States' largest source of oil imports. Much of the American economy is fuelled by Alberta energy."

This may be interpreted as a reference to the Keystone XL pipeline project, a long-time focal point of U.S. administrations for the last several years. Among Biden's campaign promises was to stop the slated pipeline, which would run between Alberta and the state of Nebraska.

In May, the Biden campaign announced their candidate's intention to cancel the project, as Obama had in 2015. The Trump administration reversed this cancellation and issued a permit for its construction once again.

Ultimately, 306 electoral college votes were called for Biden, to Trump's 232. Several states flipped to the democratic party from 2016's federal election, including Michigan, Wisconsin, Arizona and Georgia.



One of Joe Biden's campaign promises will directly impact the province of Alberta. Following in the footsteps of former U.S. President Barack Obama, Biden plans to cancel a permit to build the Keystone XL pipeline. Photo courtesy of Wikimedia Commons

How the Swans of Inglewood lawsuit was perceived by staff, patrons

Tristan Oram

Staff Writer

In September, Calgary pub Swans of Inglewood opened under a new name after a legal battle with the similarly named Swans Hotel and Brewpub in Victoria, as *The Reflector* discussed in its previous issue. Now, staff and patrons of the longtime Inglewood establishment — now known as The Dirty Duck — are voicing their thoughts about the lawsuit and the new name.

Mardi Goyette has been the daytime bartender at the pub for eight years. She says that the litigation from Victoria's Swans felt very much like the Brewpub was "picking on the small guy."

While the lawsuit did not significantly affect staff morale overall, Goyette says she felt like she took the proceedings harder than others as a long-time staff member.

"I took it probably more personally than some of the staff here because I'm close with the owner," Goyette says. "I didn't like what [Swans Hotel and Brewpub] were doing."

According to Goyette, The Dirty Duck did not have enough money to keep

fighting the legal battle with the B.C. pub, which is owned by the University of Victoria.

Goyette says that the name-changing process was quite extensive and that she had a say in choosing a new name for the pub, but there was a personal connection to the name that the owners ended up choosing.

"I threw in 'The Original Swan,' and we took a lot of requests from customers," Goyette says.

Ultimately, however, the pub took a page from co-owner Barry Fairbrother, who owned a pub on Macleod Trail that was called The Dirty Duck. So, we just went with that."

Gerry Paridaen, a long-time patron of the Calgary pub, says that customers were able to view the situation with a little more humour than the owners, who were more directly affected.

"[We] just think it was kind of funny," Paridaen says, despite being able to see the seriousness of the suit from the perspective of The Dirty Duck's team.

"It costs money to change the business' name, and it's a pain in the ass," he says.

Paridaen also remarked that the lawsuit came from a business that was in a different city altogether, a province away from the Calgary pub. He says it would make more sense if the competing pub was also in Calgary.

A recent Facebook post from The Dirty Duck offers a tongue-in-cheek explanation of the name change. It involves "a beautiful princess named Daisy" who is asked to change her "common" name to Rose, before "a wicked queen from a far off land" with the same name arrives, forcing the princess to go back to Daisy.

"And what, you may ask, does this story have to do with our name change? Nothing. Some a-holes tried to sue us so it was easier just to change it," reads the post.

Swans Hotel and Brewpub once again did not respond to a request for comment. Nadina Stainsby, co-owner of The Dirty Duck along with Fairbrother, is unable to comment after signing a non-disclosure agreement and non-disparagement agreement with Swans Hotel and Brewpub, she told *The Reflector* in an email statement.



The Dirty Duck pub in Calgary, formerly known as Swans of Inglewood, changed its name due to a lawsuit from a pub in Victoria. Now, staff and customer of the Inglewood pub are offering their thoughts. Photo courtesy of The Dirty Duck on Facebook

MRU FILES

Noel Harper
News Editor

MRU eases visiting within residence

MRU's residence services has updated its COVID-19 guest policy, it announced through its Instagram account.

Having not allowed any guests in units since September, residents will now be allowed one internal guest each — meaning someone who is already staying in MRU residence.

Health guidelines must be maintained in these situations, such as distancing and wearing masks. Residents will be fined \$100 per guest beyond this limit.

"With the cases rising in our province, we hope that all residents abide by these policies so we do not need to revert back to our previous zero guest expectation," the post read.

New campus food service partner chosen

Over the next seven years, MRU will work with Chartwells, Canada's largest educational food service provider, to fulfill an on-campus dining contract.

"MRU and Chartwells align in creating a culinary culture that transforms retail dining concepts with an emphasis on sustainability and technology," reads a statement from Chartwells.

Chartwells' planned approach includes changes to The Table and incorporation of an in-house mobile app, as well as "weaving in sustainability and community building initiatives" including Stop Food Waste Day and addressing single-use plastics.

The company also works with SAIT and the University of Calgary, among many other institutions across Canada.

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Traveling alone as a lady

Quick tips, tricks and advice to keep travelling alone safe and fun for women

Ed Ghost

Contributor

I don't think I've ever spent a full year of my life in Calgary, despite being born and raised here. The travel bug is real, and before COVID-19, my form of self-care often looked like spontaneously hopping in my car without a real plan or destination. The best part is going as far as your wheels will take you until real-world responsibilities beckon you back.

In the last two years, I have driven alone to and from Toronto, Vancouver, Florida and everywhere in between. In 2019, I found myself constantly taking road trips to B.C. whenever I had a few days to myself.

The reality, however, is that this self-care method means that I can't always coax my adventure buddies into coming with me. What do you mean you have jobs, children and rent to pay?

The older I get, and the more I travel solo, it becomes more apparent that travelling alone as a woman versus in a group or with a man present are very different experiences. Whether those experiences are positive or not is partly dependent on the measures that one takes to protect herself. Don't get me wrong — I think everyone should take a trip alone somewhere. You really learn about yourself and it's a wonderful test of self-fortitude and independence, but you have to be aware of the dangers that come with it.

Perhaps it's because I grew up feral and punk, but my motto has always been, "Two feet and a heartbeat," when it comes to only needing myself. (But, let's not forget my car, debit card and cellphone — I've become more diet-punk and comfortable as time has passed.) The more



Sometimes hitting the open road by yourself is the only way to remain sane during this crazy time. Travelling alone can be thrilling, but it can also be quite dangerous. Be careful when travelling on your own, and read up on things you can do to ensure your safety. Photo by Ed Ghost

unaccompanied trips I take, however, the bigger that list grows.

I'd like to share some things I've learned throughout the years so you can get out into the world, be armed with a little extra knowledge and not have to fumble your way through it like I did — when it's safe to travel again, that is.

Hotels

Did you know that most hotels have protocols in place to ensure added safety to lone female travellers? When booking a hotel, they always track the number of guests staying, and if you're making a booking over the phone, you can inquire as to what they do to ensure that solo women are provided with enhanced security.

What they may offer is a hotel room that isn't at ground level so that no one can come from the outside and a room that isn't in a corner of the

hallway. Bedroom doors should also have a peek-hole. If you have a car, try your best to park in a well-lit spot. Some hotels will also provide an employee to accompany you to your car at night should you request it. Front desk staff should also know not to read your room number aloud and instead just point to it on your card. Try to avoid shared accommodations such as hostels and private room rentals.

Itinerary

Give people you trust your itinerary and let them know when you're planning to stop for a break — especially if you're driving. I know this seems like a no-brainer, but it's easy to forget when you're tired and on the road for long periods of time.

If you expect to take a break in four hours, take 30 extra seconds of texting to let someone know when

you're leaving and where you intend to stop next. That way, if something happens and no one hears from you, they can get a better idea of where exactly to look should you get a flat tire with no cellphone service.

Side note: Learn basic emergency car maintenance like changing a tire if you like long drives on quiet roads and consider getting a roadside assistance membership. Before you go anywhere, make sure you are stocked up, and download your GPS map so that it still works offline.

Jewellery

Wear a plain wedding ring whether or not you are married. Additionally, leave the flashy bling for a night out on the town at home — you don't want anyone to assume there's more where that came from, especially if you're obviously foreign. A simple ring is a good social

buffer to keep creeps at bay and suggests to people that you aren't travelling alone.

Money

Whenever possible, don't use payments that require giving personal information — such as credit cards requiring ID — when you're passing through a spot. If you're at a rural gas station, always try to pay with debit or cash so you don't tip anyone off that you're far from home. While you're at it, make sure you always park somewhere close to the entrance and exit of the place you're going to, especially if it's not a place with a lot of people around.

Whenever I use roadside rest areas, I leave my car running (with the doors locked) and I park right beside the entrance of the building. I don't use those bathrooms after dark.

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Research

Do a little research about your intended destination and stops. Are you going to a big city or a small town? Do you already have your accommodations booked? If you don't, what are your plans if you can't find a place to stay?

Are there any weather-related or travel restrictions that you should know about? Are there people you know who live there? What do you want to do when you get

there? What's the crime rate — is it a place known as being unsafe for women?

You'd be surprised at the amount of destinations that aren't recommended to travel to when you're alone. A little bit of foresight can go a long way, especially if you're going somewhere you've never been before. You don't want to come off as lost or underprepared. Having some insight into where you're going can save you a lot of grief, especially if you're travelling cross-country. For instance, I learned that

armadillos carry leprosy and can transfer it to humans — which was very important for me to learn because I saw many in Florida and one of my goals initially was to pet one.

Emergency numbers

Make a list of local emergency numbers that are easily accessible or download an app, like Trip Whistle, which has that information readily available, as well as options to share your location with law enforcement.

Nothing sucks more than being somewhere unfamiliar and facing a possible emergency.

When the adrenaline starts pumping it's hard to make important snap decisions, and being prepared will absolutely make a bad situation more bearable.

Most of these suggestions are common sense, and of course, depending on your method of travel and destination of choice, there are many more things to take into consideration. Travel isn't meant to be stressful. It's

meant to be fun and freeing so you can open your eyes to the world around you, in a way that perhaps you hadn't seen before.

Like I said above, I cannot recommend solo travel enough. You deserve to treat yourself to it at least once. Just trust your gut, know that you have people at home that have your back and remember contingency only helps you land on your feet because the world is an unpredictable place — but that's half the fun.

Caught between the cold and a pandemic

Calgary's homeless population at risk as COVID-19 cases rise

Cassie Weiss

Features Editor

The cold is tough on all of us, as we bundle up in scarves and mittens and dash from the transit stop, to the car and back home. Now, imagine doing it all again, but this time take away the warm, safe home. Furthermore, take away the scarves, winter boots and warm jackets.

Although there are a variety of different reasons why a person may find themselves living on the streets during our coldest months, another has arisen as November brings both cold wind and a rapid increase in COVID-19 cases.

The Calgary Drop-In Centre and both the Alpha House's main building and transitional housing units have declared COVID-19 outbreaks. Because of this, people experiencing homelessness are retreating from the warm shelters and braving the cold, rather than braving the risk of catching the virus.

Global News reported last week that a local Calgary group had assisted approximately 47 people on the streets by providing them with warm clothes, food and other amenities.

The article comments on one man, recently homeless, who broke down in tears, so cold but so afraid of going to a shelter that could potentially expose him to COVID-19. The man, along with a few others, were eventually persuaded to

go to a shelter, with the cold winds not giving them any other choice.

I work in the homeless sector and until now, there had never been any indication of how terrified homeless people were. Now, just one day after reading the aforementioned article, there was visible proof — an unhoused person I had never seen before, asleep in the shelter, in just a hoodie, huddled on a mat with his bag wrapped in his arms, minor frostbite on his exposed ears.

"He didn't want to come here. That's how scared he was," said a co-worker, continuing that the only reason the client was in the building was because it had simply been too cold to remain outside.

This begged the question: if he had had the proper clothing to protect against the cold, would he have entered the shelter he was so terrified of?

I couldn't answer those questions, but it made me realise that as COVID-19 numbers spike, it's not just the virus that will be taking lives, but the cold as well.

Every year, Be The Change YYC holds a memorial for the homeless lives lost due to the cold weather, and this year they worry that the number is going to be higher than ever before, says a CBC article.

Shelters in the city are doing the best they can to practice



As the weather is getting colder and cases of COVID-19 are rising quickly, the city's homeless population is caught between sleeping outside in the cold and entering shelters where they are afraid they may catch the virus. Donations of warm clothing and the occasional use of the Alpha House Society's DOAP team may be the only things keeping this vulnerable sector alive this winter. Photo courtesy of Pixabay

social distancing and other preventative measures as people come and go. But, as the struggle to find emergency shelter space continues, the small amount of available space is slowly filling up, packing people in closer quarters and adding stress to an already stressed population.

Mentioned in the above article, the longer someone stays out in the cold, the more their health becomes at risk, especially as the temperature dips lower and lower. Although the fear of catching COVID-19 leaves Calgary shelters at about a 70 per cent capacity, it doesn't change the fact that, as the year draws to a close, it becomes harder to avoid the cold and increased risk of cold-

related issues.

That being said, now is an extremely important time to do everything in our power to ensure that this population feels safe. Sometimes safe means having a warm set of gloves and a pair of boots. Other times, it can mean having just one other person looking out for their safety and ensuring they're getting the help they need.

The Downtown Addiction Outreach Partnership (DOAP) team, a program of Alpha House Society, has a number you can call when there is concern about someone in distress: 403-998-7388. This person will be picked up and taken to a safer location, which is especially useful on nights

when the temperature dips below freezing.

Besides contacting the DOAP team, you can go one step further and donate to the Calgary Drop-In Centre's donation centre, located at 3610 11a Street N.E. Gloves, coats, scarves, boots and anything else that could make a frigid night just a little less cold are impactful.

The threat of COVID-19 isn't over, and the threat of winter has only just begun. We may not be able to protect vulnerable communities against a raging virus, but maybe we'll be able to protect against the cold — ensuring those who have already dealt with so much have more of a fighting chance.

Online student burnout is real – here's what you can do about it

Kate Vincent

Staff Writer

The COVID-19 pandemic has changed our lives in many ways and as students, the biggest impact on our studies has been the shift from in-person classes to online learning. There were mixed reactions across the board when post-secondary institutions confirmed the year-long shift to online classes.

Some students felt disheartened and frustrated. Everyone processes information differently, but the lack of in-class discussion appeared bleak to many. Some students have even deferred their programs until things go back to “normal.” Many others have resigned to the idea of online learning, planning to simply put their heads down and get through it.

Yet, some students felt something akin to hope — the introverted ones. The ones who sit in the back row and rarely raise their hand. The quiet ones who enjoy working on their own and seem to have a supernatural ability to finish all their readings, required or not. For some, the horizon looked clear from traffic, parking, slow walkers in the hallway and never-ending line-ups at Tim Hortons. For those select few, the idea of online learning sounded really, really good.

Perhaps the first few days of Google meetings, spent relaxing in bed with Mr. Whiskers and wearing pajamas while “Schitt’s Creek” quietly played in the background, was fun for even the most hesitant of online learners. But then days turned into weeks, and weeks turned into months. Now, as the screen glare of your laptop is waking you up from your umpteenth nap of the day, you realize the thought of sitting in bed listening to another instructor call out someone’s name to empty air

space may be what you have to look forward to for what feels like years to come. And that thought is... exhausting.

Online student burnout is real. Your back hurts. Your eyes twitch at night. You are running out of snack ideas and even your cat is getting sick of you. The lack of movement, social interaction and another app workout missed makes it almost impossible to sleep at night. Days are blurring together and no matter how much coffee you drink, you still feel really, really tired. You are not alone.

Plenty of research has been done on how to avoid burnout. Here are some tips and tricks that may be helpful next time you wake up with drool on your keyboard.

Establish a routine

And stick with it. A fairly consistent wake time, scheduled meals and organized relaxation time can help your daily life feel less like an inconsistent blob of time.

Exercise

Remember those online workouts you swore you would do to come out of this pandemic looking like you’ve spent the past year at the gym? Yeah, me either. But, spending even just 20 minutes a day walking, moving and sweating can make a huge difference in how you feel, sleep and build immunity (which we all want right now).

Put your phone away

I repeat, put your phone away. Even if it’s just for an hour or two a day. Give your brain a break from the constant influx of information so that it can reset and restore.



Student burnout is something that many of us are feeling right now, especially as the sun sets sooner and the nights get colder. Luckily, there are some things that can be done to alleviate the stress felt as we hit the last couple weeks of school.

Photo by Jill Meagher

Find a hobby

Read a fantasy novel, or take up crocheting, chess or puzzling. Find something you can focus on once in a while that is not directly related to your studies. It just helps give your life purpose outside of school. Netflix and Snapchat do not count.

Eat nutrient dense food

Craving sugar, carbs and alcohol is common when we are stressed and/or bored, which makes these extended hours at home prime time to pig out. Don’t feel bad when you do — it’s gonna happen, folks — but perhaps every

once in a while, reach for the rice chips and hummus instead of the Doritos. You may notice a shift in how you feel and focus.

Meditate

How can more sitting counterbalance hours of sitting? Let me explain. Meditation activates your parasympathetic nervous system (rest and digest) and helps to calm your sympathetic nervous system (fight or flight). Not only will a regular meditation practice reduce anxiety and improve sleep, but it can also help lengthen your attention span. Just one more three-hour lecture...

Be kind to yourself

If there is anything you take away from this article, let it be this. This is a global pandemic. It is more than okay not to feel okay. It is normal to feel anxious. It is completely fine to feel sad. Allow yourself to feel what you need to feel and chill when you need to chill.

You do not have to “become better” right now. You just need to make it through. One day at a time. The most important thing right now is to take care of yourself and your loved ones. Remember this is temporary and no matter what you’re doing, it is enough.

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5 artistic ways to commemorate Remembrance Day this year

Mackenzie Mason

Arts Editor

Freedom is something that we've all been yearning for since the beginning of COVID-19. But, remembering why we have that freedom in the first place is so important on Nov. 11 every year.

With Remembrance Day having been commemorated last week, it's probable that everyone was thinking of someone who served, fought, suffered injuries or gave their life for the freedom we have today.

In Calgary, there are many different monuments and pieces of art in tribute to those that have served our city and our country to fight for freedom in World War I and World War II. If you missed a virtual or socially-distanced Remembrance Day service this year, visiting one of these monuments can be a visually interesting and artistic way to pay your respects.

Here are some artistic ways to commemorate Remembrance Day in Calgary this year.

1. Visit the South African War Memorial

Unveiled in 1917, the majestic statue of a soldier on



A wreath hangs on a Calgary memorial honouring the fallen of World War I and World War II on Nov. 11 to commemorate Remembrance Day. Photo by Jill Meagher

a horse was the last monument ever created by one of the world's best-known sculptors, Louis-Philippe Hébert. The South African War Memorial was commissioned as a memorial for Canadians who fought and died in the South African War — though the war is more commonly referred to as the Second Boer War.

The story behind the monument is one that pulls at your heartstrings. In 1909, a man was found on the outskirts of Calgary, frozen to death with only his documentation identifying him as a veteran of the South African War, who was discharged from the Lord Strathcona's Horse Regiment.

Veterans in the city couldn't

let that be the end of his story, so they provided him with a proper soldier burial, funded entirely by donations of the citizens of Calgary.

When word of the man's death reached his family in England, they sent money to the veterans to reimburse the funeral costs as well. Instead, these reimbursed funeral

expenses were used to begin a fundraising campaign to build the memorial to the fallen of the South African War.

You can visit the South African War Memorial in Central Memorial Park, among other monuments, to honour those who served.

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OUT'N ABOUT

Black Owned Market: Virtual Holiday Market

Calgary's popular Black Owned Market is hosting a virtual holiday market from Nov. 20 to Nov. 22. Discover unique holiday gifts from Black-owned businesses and support local this holiday season — our community needs it now more than ever!

Taste of 17th Food Festival

Some of 17th's favourites like Butterblock, Calcutta Cricket Club, Heaven, Ten Degrees Chocolate and Trio Restaurant and Cafe are providing special dining experiences and deals from Nov. 20 to Nov. 29. Check out the festival menus online and we'll see you there!

Calgary Rack Sale

Is your closet overflowing or are you just looking to make some quick cash? This wardrobe resale event on Nov. 21 is the perfect place for you to sell or find unique and trending clothing items for a great price while minimizing your impact on the planet by shopping secondhand!

Calgary Underground Film Festival

Interested in films that challenge issues and beliefs while encouraging dialogue? The 8th annual CUFF event runs Nov. 25 to Dec. 1 and is the perfect festival for you to support local from the seats of the Globe Cinema or your living room couch.

Continued from Pg. 9

2. Read *Tiny Lights for Travellers*

Naomi Lewis uncovers family secrets and questions the impact of the Holocaust on present and future generations in *Tiny Lights for Travellers*, a biography documenting her grandfather's escape from Nazi-occupied Netherlands in 1942.

While Lewis travels to Amsterdam on a solo trip to retrace her grandfather's steps, she chronicles this journey in *Tiny Lights for Travellers*.

Take a moment to sit down and be grateful, and dive into the startling first-person accounts of Jos Van Embden escaping Nazi-occupied Europe, documented and written by a Calgarian.

3. Visit the First World War Memorial

While most Canadian war memorials pay tribute to those who have sacrificed, suffered and fallen, this monument celebrates the end of the first World War.

An article published in the *Calgary Daily Herald* on June 21, 1924, describes the statue as "a young Canadian soldier exultant over news of the signing of the Armistice. With an uplifted rifle he stands, bareheaded, the attitude denoting victory and exaltation."

Dedicated to those who served, it was presented "to the imperishable glory of the men of this province who fought and died for their King and Country in the Great War," the statue reads.

Facing 2 St SW, between 12 Ave SW and 13 Ave SW, this piece of art can also be found in Calgary's Central Memorial Park.

4. Listen to "Lay Me Down"

Music has a direct line to the heart, and "Lay Me Down," Shelly Dion's first single, is a song that makes you feel the sacrifice that many brave men and women have made for our freedom and our country.

The song opens with its chorus, singing, "Lay me down in fields of poppies, while the bugles sing their song, lay me

down beside my comrades while the bagpipes linger on," transporting your soul to Flanders Fields and Normandy.

Listening to songs like this makes you remember how important it is to educate younger generations on the sacrifices that were made, especially when Dion sings, "Our children will remember how we fought for liberty."

"Gone but not forgotten, lost but never gone. As long as we remember the sacrifice lives on." With that lyric in mind, take five minutes today to give your moment of silence while reflecting on the experiences of those who served with Dion's "Lay Me Down."

5. Visit Calgary's Soldier Memorial

This beautiful memorial, designed by Marc Boutin Architectural Collaborative, stands between Memorial Drive and the Bow River and is part of the Landscape of Memory park project along Memorial Drive, which was dedicated on April 9, 2011.

Six tall, marble slabs list over 3,000 names of soldiers from Canadian Army Reserve Regiments based in Calgary who died in service in WW1, WW2 or Afghanistan. The slabs stand on a platform where wood and rusted steel form a bench on which is a quote: "We will remember them."

Dates incised on the steel skirt in front of the slabs mark battle honours for the regiments. The King's Own Calgary Regiment, 746 Communications Squadron, 41st Combat Engineer Regiment, 15th Field Ambulance, the Calgary Highlanders, 10th Battalion of the Canadian Expeditionary Forces and the 50th Battalion of the Canadian Expeditionary Forces are the units that top each slab on which it is commemorated.

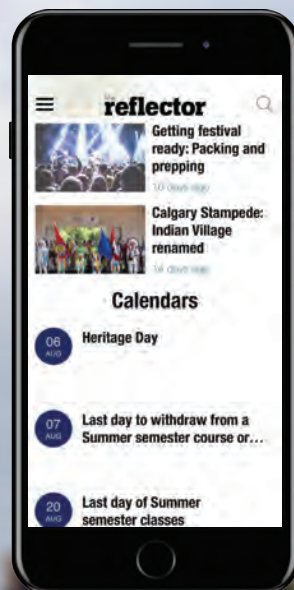
A quote from John McCrae's poem, *In Flanders Fields*, serves as a reminder that the soldiers once enjoyed Calgary's sunsets over the Rocky Mountains. "We lived, felt dawn, saw sunset glow."

So, when you drive down Memorial Drive and inevitably pass the Field of Crosses, bask in the sunset and be grateful for the life you are able to live because of those who are memorialized there.



Visit the First World War Memorial in Calgary's Central Memorial Park and pay your respects to those who served for our country and our freedom. Photo by Jill Meagher

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Rescue Friends Christmas Market helps Calgarians support local

Mackenzie Mason

Arts Editor

COVID-19 has been hard on Calgary's local businesses, and now more than ever, Calgarians need to be supporting local. The Rescue Friends Remembrance Day event and Christmas market was an opportunity for Calgarians, and their pets, to do just that.

Rescue Friends Animal Foundation is an animal rescue organization focused on creating a world where animals can live the best life possible — starting with Calgary and the surrounding area.

The foundation puts on fundraising events all year long in order to support their initiative, but due to COVID-19, many of their events got cancelled and in March, they had to stop their animal rescue efforts completely.

"Normally on Remembrance Day, [Rescue Friends] and Calgary Superleagues Ball Hockey put on a ball hockey tournament. The fees from that tournament are donated to our organization and we have an auction that runs with that event. But because of the COVID-19 restrictions this year, we weren't able to host it," says Katie Shannon, Rescue Friends' president.

"So we asked Visions Sports

Centre if we could use the space and repurpose it as we were also shopping for a venue for our Christmas market, so they were very gracious to donate the space to us."

The Rescue Friends Christmas Market was able to celebrate its second annual event on Nov. 11, 2020, creating a space to raise funding for themselves and a variety of other organizations including the Veterans Food Bank of Calgary, which has been low on food donations this year due to COVID-19.

While it's hard to pinpoint exactly what this event was for, considering all the different initiatives the event tackles, Shannon says, "When you work with animals, there's so much more to it than just adoptions."

"We do work with a lot of different organizations and I think that's really important, like [with] the Veterans Food Bank program, we're happy to help with donations to them if we have stuff we can't use and there's a lot of networking that happens with [non-profit] organizations," she says.

And they did — raising over \$13,500 for their foundation and providing several hundred pounds of food for the Veterans Food Bank.



Hayley Janzen stands behind her booth at the Rescue Friends Christmas Market on Nov. 11, selling her jewellery by her company, Hope Charged. Photo by Mackenzie Mason

Supporting local

The Rescue Friends Christmas Market also creates a space for more than 40 local businesses to showcase their work and reach people they may not have reached otherwise.

Hayley Janzen launched her own artisan jewellery company in July called Hope Charged.

She specializes in creating modern and lightweight clay earrings and is dedicated to spreading hope, joy and peace through creativity.

She pursued a career in digital marketing and communications, but lost a lot of clients due to COVID-19 and had to go on CERB. She quickly pivoted and her love for clay jewellery became her new source of income.

Despite the number of local businesses that have had to shut their doors due to COVID-19, Janzen has had no issue growing her business, popping up in boutiques from British Columbia to Manitoba.

She also provides classes

on making clay jewellery and strives to empower and support people to make their own, though COVID-19 has put a strain on this service.

"I have a table that's big enough to social distance and have classes, but it hasn't fully taken off because of COVID," she said, explaining she's put on women's wine and clay nights, as well as birthday parties and date nights in the past.

She loves to see the look on people's faces when they see her jewellery and say a friend would like it. Due to the materials' lightweight, nickel-free and hypoallergenic nature, the clay earrings, necklaces, barrettes and wall decor make perfect gifts for anyone on your Christmas list.

"Shopping local is more important than ever. So many businesses are shutting down and people are turning to doing their own business instead of working for someone else because they trust themselves and that they'll keep working," Janzen

says regarding the lack of employment in Alberta.

"Supporting a local business is supporting that person and their family so that's so important and when you support Hope Charge you're supporting me. I feel like people who own small businesses want to give as much as they receive, so I also donate to Charity: Water."

Buying from local and independently-owned companies in Calgary this holiday season not only supports owners and their dreams, but it also stimulates Calgary's economy and ensures that your money is being invested back into the city and its community where it's needed most.

Janzen hopes to expand her work into more boutiques across Canada and do more classes and tutorials in the future — but until then you can find her work in Adorn Boutique in Calgary and ZIVA&EM Boutique in Airdrie, along with her virtual shop at hopecharged.com.



These earrings, made by Hayley Janzen and her company Hope Charged, are made of clay and are lightweight, hypoallergenic and nickel-free. Photo courtesy of Hayley Janzen

Miracle Pop-Up Bar and Sippin' Santa return

Mikaela Delos Santos

Staff Writer



What better way to feel the Christmas spirit than through drinking spirits? Enjoy some boozy festive drinks at Miracle on First and Sippin' Santa! Photo courtesy of Pexels

There are only a few more weeks until the holidays are in full swing and let's admit it, sometimes it can get a little stressful. From not knowing what to get your loved ones, to the probability that Christmas won't be the same this year because of the pandemic, we all deserve a drink or two.

Lucky for us, the Miracle on First Street's pop-up bar is back in Calgary for the holiday season with an exciting new addition — Sippin' Santa!

Established in 2014, Miracle has been serving crowds with fun, whimsical drinks in festive destinations

all over the world. What was supposed to be an East Village cocktail bar turned into a merry winter wonderland to get holiday drinks. Needless to say, it was a hit and the concept has expanded ever since.

Both Miracle and Sippin' Santa pop-up bars will follow strict health guidelines and all locations will be following the directions and rules from their local officials. Select locations will offer to-go cocktails, outdoor seating to practice social distancing and will include online components through

Continues on Pg. 13



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TRANSGENDER DAY OF REMEMBRANCE

November 20th from 1–2 pm

Join our online ceremony honouring the lives of transgender and two-spirit individuals who were lost this past year to transphobic violence.

Access the live streamed memorial at facebook.com/groups/SAMRUpride.



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Zoom and other social media platforms.

From Nov. 12 to Dec. 31, Ricardo's Hideaway, located at 1530 5 St SW, will be making their debut for Sippin' Santa. Adorned with Polynesian decor and a mix of holiday nostalgia, Ricardo's Hideaway will transport you to that Polynesian cruise you were supposed to go on this year. Their menu will include signature favourites such as the North Pole Punch, Runaway Sleigh and Rum

Rum Rudolph.

Meanwhile, from Nov. 24 to Dec. 24, Proof at 1302 1 St SW will be hosting Miracle on First Street for its fourth year. Favourites such as the Christmas Carol Barrel, SanTaRex and Bad Santa will be available for sipping. Proof will also be offering to-go cocktail boxes for those who would like to celebrate at home.

After having \$3,000 worth of glassware stolen in 2019, Miracle on First Street will be donating the difference of the amount stolen this

year to CUPS, a charity that helps to build resilient lives for Calgarians that are facing poverty and trauma.

If you plan on staying at home during the holidays, you can still join in on all the festivities! What better way to drink your homemade holiday cocktails than at home as you snuggle up by the fireplace in your pyjamas watching Netflix?

Here are two festive drink recipes — alcoholic and non-alcoholic — that you can make right at home this holiday season.

White Christmas Mojitos by Half Baked Harvest

Ingredients:

Juice of 1 lime
8 leaves of mint
1 tbsp sugar
2 tbsp white rum
1 tbsp coconut rum
1/4c canned coconut milk
A splash of sparkling water
Pomegranate arils for serving

Instructions:

In a glass, mix together the lime juice, sugar and mint leaves until the leaves have broken down into smaller pieces and fill half of your glass with ice.

In a blender, blend together the white rum, coconut rum and coconut milk until smooth. Pour over the ice and stir.

Top it off with sparkling water, mint and pomegranate arils!

Non-Alcoholic Pomegranate Spritzer by SheKnows

Ingredients:

8 ounces pomegranate juice
Juice from 1/2 a lime
1 tsp sugar
4 cups club soda
1 cup of ice
Pomegranate seeds for garnish

Instructions:

In a small pot, stir together the pomegranate juice, lime juice and sugar. Bring to a boil for five minutes until it is reduced by half.

Divide the syrup among four glasses and stir a cup of club soda into each glass. Add ice and garnish with pomegranate seeds.

Enjoy!



Christmas is typically a time to socialize with friends and family, but this year, the holidays might look a little different. Create a goodie basket with all the ingredients for some holiday drinks to give to friends and meet virtually for a COVID-safe Christmas party! Photo courtesy of Pixabay



DISCO

Kylie Minogue

BMG Rights

Score: A

Maybe throwbacks should be on more than just Thursdays. Kylie Minogue's *DISCO* doesn't shy away from its potential, despite a tumultuous 2020. This album seems to have a self-awareness that we can all learn from.

Minogue is the girl of your dreams you met at the club but will never see again. In "Miss a Thing," she sings, "Run away with me tonight, come dance for me, I'll fall at your feet." The songs seem to share an essence of effortlessness, captivating the listeners in 70s-inspired music with a fresh twist.

DISCO feels like falling into

an elysian 70s pipe dream. Minogue's voice is crisp, refreshing and sensual. Her vocals are matched with enthusiastic, rhythmic beats carrying us into another, simpler world. While the songs all felt in the same realm of one another, Minogue also has the uncanny knack to rejuvenate our ears with nothing but her voice, as she did with "Unstoppable."

The album is specific in its performance but if Minogue can do disco this well, what else can she do if she puts her mind to it?

- Keoputhy Bunny



CONFETTI

Little Mix

RCA Records

Score: B

Little Mix's *Confetti* is a freedom cry for the UK pop group but also for our ears. After finally lifting off from Simon Cowell's wings and label, it feels as if the quadruple have hit their stride. This album feels like liberation — everything from the beats and their vocals to the union of their voices, *Confetti* feels like the chains on their ankles were removed.

Even the lyrics reflect how they feel. In "Not a Pop Song," they jab lightly at their old X Factor judge singing, "I don't do what Simon says," asserting that "anything is better than another pop song about fallin' in love." It shows a side of Little Mix that thinks on their own and that's a good thing for the entire world, not

just the music industry.

The album as a whole is a cocktail of sexy, sass and sincerity. While there were a ton of upbeat bangers on the album, it was refreshing to hear the rawness of "Breathe," when Jesy Nelson sings, "My baby don't love me no more, and it hurts like hell, it's like I don't love myself." Or if that hits too close to home, "A Mess (Happy 4 You)" speaks to having to throw on a happy face as your ex finds someone new.

The album checks off all the boxes for a standard pop album but goes beyond that to provide fans with a closer look into who Little Mix really is.

- Keoputhy Bunny

Team Canada preps for World Junior Hockey Championships

Brendan Makay

Contributor



Team Canada celebrates their gold medal victory in the 2020 World Junior Ice Hockey Championships. The tournament was hosted in Ostrava and Třinec, Czech Republic and saw Canada defeat Russia in the championship game. Photo courtesy of WHL.ca

Even amid the COVID-19 pandemic, one of the most enjoyable tournaments of the year is still set to take place — the yearly U20 World Junior Hockey Championships, where the best players under the age of 20 from around the world get to represent their countries and play for hockey supremacy in this Christmas classic. This year, the tournament will be held in an Edmonton bubble that will be very similar to the one the NHL ran for its playoffs.

Similar to the NHL playoffs, there will be no fans in the stands and the players will have to stay in the bubble for the entirety of the tournament. Canada comes into the tournament looking to defend their gold medal that they won in 2019 in the

Czech Republic. With only one out of the three major junior leagues in Canada playing right now — the Quebec Major Junior Hockey League — Canada had to get creative with this year's evaluation camp.

Under the circumstances Canada is faced with, the team made plans to establish a bubble in Red Deer. They have invited a total of 47 (26 forwards, 15 defensemen, 5 goalies) players to participate in practices, three inter-squad games and six games against U SPORTS teams.

Typically, Team Canada plays the U SPORTS all-star team that brings players from all over Canada, but this year Team Canada will instead play their games against the University of Calgary Dinos,

Mount Royal University Cougars and the University of Alberta Golden Bears. U of A, the 2020 Canada West regular-season champions, is set to play against Team Canada on Nov. 28. The camp will start on Nov. 16 and proceed through Dec. 13 when the team will enter the Edmonton bubble.

Another different aspect of this year's tournament is that it could be similar to that of a lockout year. With the NHL most likely not playing until January, we may get to see players we regularly would not have seen because they would've been playing in the NHL. Players like Kirby Dach of the Chicago Blackhawks or Alexis Lafrenière — the first overall pick of the New York Rangers and last year's

tournament MVP — will have a chance to suit up for Canada. This is similar to the lockout years, when should-be NHLers suited up for their respective countries in the tournament. The lockout years have historically served Canada well as they have won two gold medals in the three latest NHL lockouts.

Another advantage Canada will gain this year is that their team will be more familiar with each other than ever before because of the extended camp. In a typical year, Team Canada only gets a week or two to prepare their roster. With a roster consisting of players from all across Canada, that usually means the players are forced to build chemistry on the fly. This year, they will have over

a month to get to know each other and blend their skills.

There will be potentially seven returnees (five forwards and two defensemen) from the 2020 gold medal team. The big player to keep an eye on is Alexis Lafrenière, who may be loaned to Team Canada from the New York Rangers.

The forward group will be led by returnees Quinton Byfield, Dawson Mercer, Dylan Cozens and Connor McMichael. Byfield and Mercer did not play a very big role on last year's team but they can be expected to be real contributors this year. Cozens and McMichael will be relied upon heavily once again as strong two-way presences.

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-20, Dustin Johnson's final score to win the 2020 Masters golf tournament at Augusta National Golf Course

444, yards receiving through week eight of the NFL season for Canadian Chase Claypool

11, goals scored by Mount Royal Cougars women's hockey forward Anna Purschke in 2019-20

1, Kim Ng was hired by the Miami Marlins, becoming the first female general manager in MLB history

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Bowen Byram will be asked to bring his experience and strong two-way game to solidify the top end of Canada's defence while Jamie Drysdale the other returning defenseman for Canada will bring a strong offensive punch for the powerplay and will provide more than passable defence.

There will be a lot of exciting newcomers to keep an eye out for at camp, including Alex Newhook of Boston College. He was

the 16th overall pick to the Colorado Avalanche in last year's draft and just about made last year's World Junior team but was ultimately passed over.

Cole Perfetti, who was the 10th overall pick in this year's draft, brings a ton of offensive skill and a good track record in international play. However, it would not be a surprise if he does not make the team this year, as the World Juniors are historically a difficult tournament for eighteen-year-olds to play in.

A player looking to re-



Mount Royal University Cougars defenseman Jamal Watson with the puck in a game against the University of British Columbia Thunderbirds at Flames Community in Calgary, Alta. Watson and the Cougars will be one of the three U SPORTS teams playing exhibition games against Team Canada. Photo by George Potter



New York Rangers first overall pick, Alexis Lafreniere is questionable for this year's World Junior Ice Hockey Championship in Edmonton. The star Canadian won MVP of last year's tournament, leading Canada to the gold medal. Photo courtesy of NJ.com

emerge himself in the minds of many is Kirby Dach. He was plagued with an injury at the beginning of last year, which greatly hampered his chances of making Team Canada. Many predicted that he would make last year's team, as he could be a great middle six-piece for Team Canada.

Shane Wright is a very interesting player as he is not eligible for the draft for another two years yet was still invited to the camp. Wright was the most recent player to be given exceptional status and play as a 15-year-old in the Ontario Hockey

League (OHL) and is almost unanimously expected to go first overall in the 2022 NHL draft when his time comes.

On the backend, keep an eye out for Kaedan Korczak who's large stature (6'4) and age (19) could come in handy on a backend that may not be the biggest. Additionally, last year, Kevin Bahl was a valuable asset with his size and strength at 6'7 on Canada's smaller defensive core.

Flames fans should keep an eye on Jakob Pelletier and Connor Zary. They are both forwards and the last

two first-round draft picks by the Flames. They both are on the mid to smaller range in terms of size, but should not be overlooked as they are both good skaters with a ton of offensive upside. There is a good chance that one, if not both, will crack Team Canada's roster — but this is very dependent on who Canada gets in terms of possible NHLers.

With home-ice advantage in Edmonton and a lengthy camp to prepare the team, Canada will enter as favourites when they attempt to win back-to-back gold medals.

Calgary Canucks win final tune-up before start of AJHL regular season

George Potter

Contributor

On Nov. 7 at Max Bell Arena, the Calgary Canucks faced off against the Canmore Eagles in a tight battle. The two-game series between the Canucks and Eagles continued the Alberta Junior Hockey League's (AJHL) pre-season schedule. The league announced on Oct. 29 that the regular season would commence on Nov. 13 with teams playing within a divisional format.

The Canucks held the lead for most of the game but they faced an Eagles team who kept fighting back. After losing the lead in regulation,

Canucks defenseman Jason Chu was able to send Canucks fans home happy by scoring the winning goal in a shootout.

Both teams had new additions for the game, as the WHL announced that players were loaned over to Junior A, Junior B, and Under-18 levels until the WHL season starts on Jan. 8, 2021. The Canucks were able to pick up forward Chase Wheatcroft from the Lethbridge Hurricanes, while the Eagles were able to add Wheatcroft's teammate and Detroit Red Wings prospect, defenseman Alex Cotton.

The Canucks came into their series with the Eagles after splitting a two-game set with the Drumheller Dragons with one win and one loss. In the final exhibition series before the regular season, the Eagles were able to take a big 5-2 win in the first game on their home ice. Luckily for the Canucks, they returned to their home-ice advantage for the second game.

The game

From the moment the puck dropped, the action

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Canmore Eagles forward Laine Paddison celebrates scoring in the Nov. 7 game against the Calgary Canucks. Photo by George Potter



Calgary Canucks forward Matt Corbet battling to get the puck while Canmore Eagles goaltender Devin Chapman attempts to make a save. Corbet was the Canucks' star of the game in their 5-4 shootout win over the Eagles. Photo by George Potter

Continued from Pg. 15

was intense with both sides attacking the enemy zone. The Canucks claimed the first goal, as forward Matt Corbet was assisted by defenseman Colin McPhearson and forward Cristiano Aiello. However, minutes after their goal to open the game, Eagles forward Michael Spafford capitalized on a mistake by the Canucks and scored on a breakaway making the game 1-1. The Canucks would respond later to retake the lead with a goal from forward Carter Beniot who was

assisted by defenseman Riley Bodnarchuk.

In the second period, both teams had opportunities to attack. Despite a few chances on both sides, neither team was able to score. Tempers started to flare with a mass brawl when the buzzer sounded to end the second period. As a result of the brawl, Eagles Defenseman Drae Gardiner got a ten-minute game misconduct — two minutes for roughing and two for checking from behind.

In the third period, the Canucks extended their lead as forward Corbet scored his

second goal of the night and was assisted by Wheatcroft and forward Brett Moravec. Two minutes later, the Eagles would answer back while on the powerplay. Forward Lane Paddison cut into the Canucks lead with a goal assisted by forward Zach Carlson and Cotton making the game 3-2.

In the high-scoring last period, the Canucks would respond to put their lead back to two. Dylan Clark found the back of the net and was assisted by Bodnarchuk and Aiello. After another Canucks penalty, the Eagles were able to put themselves

right back into the game. The powerplay tally from Carlson was assisted by Cotton and Paddison. Cotton and Paddison both picked up another assist less than 30 seconds later, as the Eagles tied the game at four on an Ethan Schaeffer goal.

The game would go into overtime tied at four. Despite both teams picking up penalties, nothing was settled in the extra frame, sending the game into a shootout.

Both teams' goalies stood on their heads during the intense shootout. Both teams sent four shooters each to

centre ice. For the Canucks, Corbet, Moravec and Wheatcroft were unable to get their attempts past Eagles' netminder Devin Chapman. While going the other way, Eagles' shooters Paddison, Schaeffer and Cotton couldn't score on Canucks' goalie Adam Dmyterko. Chu was the fourth shooter for the Canucks and was able to put the only goal of the shootout past Chapman. Carlson ended up being the last chance for the Eagles to tie the shootout but was stopped by Dmyterko to secure a 5-4 win for the Canucks.



Loaned from the Lethbridge Hurricanes, Canmore Eagles defenseman and Red Wings Prospect Alex Cotton tallied three assists on Nov. 7 in the Eagles' loss to the Calgary Canucks. Photo By George Potter



Calgary Canucks defenseman Jason Chu scored the winning goal in a shootout to give the Canucks a 5-4 victory over the Canmore Eagles. Photo by George Potter