

the reflector

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Checking in with SAMRU on myriad of issues

Noel Harper
News Editor



The Representation Executive Council of the Student's Association of Mount Royal University (SAMRU) outlined their recent work in a blog post on their website titled "Advocacy in a Pandemic." From left: Rachel Timmermans, Spirit River Striped Wolf, Carly Bullough, Camilla Rhose Tabacla. Photo courtesy of SAMRU

The Students' Association of Mount Royal University (SAMRU) has taken to its online blog to address a number of recent developments affecting Mount Royal students, including issues such as tuition and fees, the COVID-19 pandemic and the provincial government's post-secondary plans.

In February 2020, the university's board of directors approved consistent tuition increases until the 2022/23 academic year, in response to reduced funding from the province as well as a removal of tuition freezes.

As a result, a seven per cent rise in tuition costs will once again come into effect this year. SAMRU has historically been against these increases, but they are focusing their efforts this time around on those more directly involved in the outcome.

"Learning from the experiences of last year, we are changing our approach and will not be advocating to the MRU Board of Governors to vote against the inevitable

tuition increases because we know what the end result will be: increased tuition," the blog post reads.

"Indeed, our frustration should not be directed to the MRU Board of Governors or to the university — our frustration should be directed to the Alberta Government," adding that tuition increases and employee reductions are the university's only options to cover the provincial funding shortfall.

The post also discussed the nature of online and remote courses, particularly the use of webcams and exam proctoring. Both of these factors were restricted, according to SAMRU — no additional pandemic-era proctoring was introduced beyond what was previously instated, and no faculty members requested the option of mandatory webcam use.

Another topic was student fees, particularly the removal of the U-Pass program and its subsequent fee — the only fee removed from student bills during the remote semesters of the 2020/21 year.

The U-Pass — which allows students at post-secondary institutions in Calgary to use Calgary Transit without per-use payment — may have been deferred, but some students still rely on the services it provides.

"We realized upon doing this that a portion of students would still need to use the Calgary Transit System and another solution was necessary," SAMRU wrote.

Originally, SAMRU's goal was to include students living at home under the City of Calgary's Fair Entry program, which includes low-income transit passes based on income, an approach that "didn't work." Ultimately, MRU took a page from the University of Calgary and purchased transit tickets in bulk to distribute to students at a 40 per cent discount.

Speaking of fees, one particular point of contention is the recreation and athletics fee, which students have been required to pay during the pandemic despite government-mandated closures of gyms and athletic

facilities for considerable periods of time. Advocating for a reduced recreation and athletics fee was considered prior to further discussions with MRU brass.

"After some consideration and deliberation, we understood the necessity of the continued collection of the fee; these facilities need to be maintained to allow for both recreational and academic use for the MRU community into the future," read the post.

"In other words, it is not just a gym pass."

The fee, SAMRU says, also goes towards health and athletic-related programs and the university's sports teams and scholarships.

"We are monitoring the current lockdown (as of January 2021) and its impact on the current use of the recreational facilities. If students are unable to use the facilities for an extended period during this Winter semester, we will continue our conversations with the university regarding possible partial refunds/rebates/

compensation."

The University's General Faculties Council (GFC), a group in charge of academic decisions, was reduced in 2020 from around 100 members to about 50. This increased the percentage of voting student members, of which there are eight, by proxy, as SAMRU advocated for greater student representation on the council.

"We also advocated for Indigenous members to be part of GFC. Although these members would not be students, we felt that Indigenous representation would ultimately assist in meeting the needs of Indigenous students on campus."

SAMRU went on to discuss its advocacy through the federal Canadian Alliance of Student Associations, where it is involved in increasing the Canada Student Grant, aiding international students through the pandemic, and supporting and reducing mental health barriers for Indigenous students, among other priorities.

Penguin Protests: how Alberta students are demonstrating during COVID-19

Noel Harper
News Editor

Alberta's post-secondary students are no strangers to publicly airing their grievances with the provincial government. This includes participating in gatherings of demonstration — gatherings that are restricted due to the COVID-19 pandemic.

To that end, representatives from the student unions of major institutions in the province — including the Students' Association of Mount Royal University (SAMRU) and the University of Calgary Student Union — have taken another route to show the strength in numbers of those who are opposed to tuition increases and operating cuts.

"#DontFreezeOurFuture" was the hashtag that adorned signs stuck into hundreds of snow sculptures made to look like penguins. The penguins are essentially a metaphor

for the demands to "freeze" decreases to university funding, and they have been marching across the province throughout January and February.

The first penguins were built by Edmonton post-secondary students and set up on the grounds of the Alberta legislature on Jan. 28, promoting the various student unions involved in the protest, including those of major institutions in Calgary, Edmonton, Lethbridge and the online Athabasca University.

"The penguins were ridiculous," Council of Alberta University Students (CAUS) Chair Rowan Ley told The Canadian Press, "but the point of them was to draw attention to a very serious issue."

It wasn't long before maintenance staff at the legislature were directed

to remove the penguin sculptures, knocking down most of the 800 that were set up just before a planned CAUS demonstration and media availability. The reasoning for this act claimed that the penguins were tripping hazards, as they were set up in walking areas.

Despite this, the idea stuck, and CAUS expanded their penguin protest to more cities, universities and government facilities.

On Feb. 8, the penguins made an appearance in Calgary, with SAMRU representatives among those helping to set up 300 sculptures on the steps of the McDougall Centre, the city's provincial government office. The signs held up by these penguins featured quotes from Alberta students that showcased their concerns and



Hundreds of penguin sculptures made out of snow lined the steps of the McDougall Centre in Calgary. The sculptures represent the students who are unable to gather in protest of the provincial government's cuts to post-secondary institutions. Photo courtesy of @samrures on Twitter

barriers to completing post-secondary education.

"I had to drop out last year because I couldn't get the right mental health support in time," read one sign. "I can't afford to carry \$30,000 of student debt as a single parent," said another.

Feb. 8 also saw penguin protests erected outside of MacEwan University in Edmonton, as well as in Lethbridge outside of local MLA offices.

CAUS says it plans to organize additional penguin protests in the future.

Bell Let's Talk Day goes remote, breaks donation record

Noel Harper
News Editor

Jan. 28 marked this year's Bell Let's Talk Day, the telecommunications company's annual initiative to raise money for mental health efforts through online interactions within social media and text messaging.

In past years, Mount Royal University (MRU) hosted a Bell Let's Talk fair on campus to raise awareness of the event. It was complete with a showcase of available mental health supports for students, branded swag and a wall of speech bubble posters for the community to fill in with words of mental health advice and affirmations.

2020's Bell Let's Talk day also saw MRU host the "Let's Talk Hope" event by National Hope Talks — a seminar and conference on mental health that included several guest speakers — organized in conjunction with the Bell campaign.

This year, the speech bubble

wall went virtual, with MRU Wellness Services offering students the chance to share mental health advice through social media about resiliency through the COVID-19 pandemic.

Bell also offered a selection of downloadable self-care activities, including a month-long self-care challenge, a chatterbox featuring mental health conversation topics, and the kindness box — an origami box fillable with personalized messages written about a friend, family member or loved one.

MRU's standard fair along main street was taken online through the university's social media accounts, which promoted campus resources and mental health discussions. A virtual photo booth was also featured, where Bell Let's Talk photos counted as actions towards the day's total.

In the fall, MRU Wellness Services created "Tools



A flag decorated with the logo of Bell Let's Talk Day, the annual initiative to raise funds for and awareness of mental health causes. Mount Royal University takes part each year, but had to do so online in 2021 due to COVID-19. Photo courtesy of Bell Let's Talk/MRU Wellness Services

for Success: Models for Exemplary Student Mental Health Initiatives at Alberta Post-secondary Institutions," a mental health toolkit, with the help of a provincial grant.

The university also

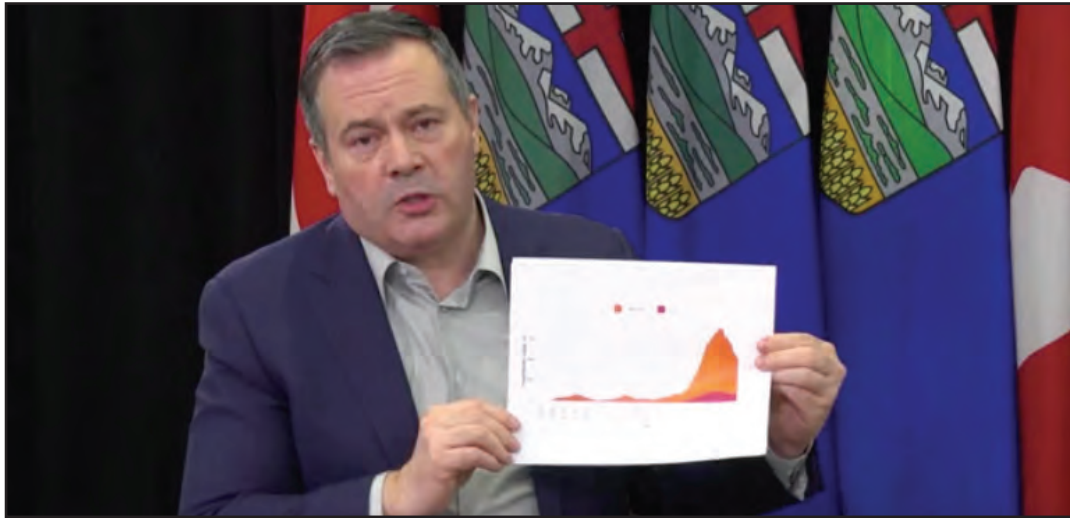
offers counselling, mental health workshops and peer programs, an online folder collection of mental health resources and conversation tips, and the Campus Well magazine on mental and

physical wellness.

Bell Let's Talk 2021 raised nearly \$8 million for mental health causes after the hashtag was shared more than 159 million times throughout the day, setting a record.

Jason Kenney turns to Facebook to address pandemic

Noel Harper
News Editor



Alberta Premier Jason Kenney holds up a chart of the province's COVID-19 hospitalizations since the start of the pandemic during a Facebook Live Q & A session on Feb. 4, 2021. Photo courtesy of Facebook/Jason Kenney

For nearly a year now, the Alberta government has held afternoon press conferences with key political figures to address the COVID-19 pandemic — most often featuring Premier Jason Kenney, Chief Medical Officer Dr. Deena Hinshaw and/or Health Minister Tyler Shandro.

These 3:30 pm appointments with the province at large — while taking place less often and at later hours as the pandemic has gone on — are accessible to all Albertans, being broadcast through a variety of mediums including television, radio and the government's official YouTube channel.

This is for good reason, as it gives the government a chance to announce changes to public health guidelines, address the concerns of Albertans and take questions from the media — albeit in a limited capacity with a lack of follow-up.

However, Premier Kenney has increasingly opted to have an audience with the province in a different manner altogether: Facebook Live videos. During these livestreams, he answers questions from Facebook users who comment in real-time. An active Facebook account is required to view these videos, and a user must follow Kenney's page in order to ask a question.

Kenney's most recent Q & A session of this sort was held on Feb. 3, in which he was joined by Dr. Hinshaw from

what appeared to be the same backdrop as the province's COVID-19 press conferences.

Kenney and Hinshaw addressed comments for nearly 90 minutes on a variety of topics. One asked if university students would be allowed to attend in-person classes if safety protocols could be met.

"We do have very specific post-secondary guidance, which does currently allow for some small classes to be able to meet in person, but of course ... many of the larger classes are not able to do that," said Dr. Hinshaw, adding that a return to campuses depends on the province's vaccination abilities.

Some comments throughout the Q & A delegated to conspiracy theories and falsehoods about the pandemic, which Kenney addressed, laughing through a question which asked, "are you working with [Prime Minister Justin] Trudeau and [founder of the World Economic Forum] Klaus Schwab on the great reset?"

Holding up a chart showing the province's COVID-19 hospitalization trends, Kenney said, "That is not a conspiracy, it is not politics ... it's not fake news, it's cold, hard numbers," continuing that if those who are prone to conspiracies do not believe the numbers, they ought to believe those who have been directly impacted, including those who work in, and are sick in, hospitals.

Schwab and the 'great

reset,' a set of post-pandemic economic ideals he proposed, were addressed by Kenney in a previous Facebook Live recorded in December 2020. Short clips from the premier's Q & A sessions are often cut and posted separately to Facebook, with his answer on the 'great reset,' which were viewed nearly 2 million times.

Kenney's use of Facebook to answer questions from the public about the pandemic drew some criticism, suggesting that the platform restricts Albertans' access to this information.

"[Dr. Hinshaw] doing a FB Live with details and dialogue that are of critical concern to all Albertans [sic] is unacceptable," tweeted Katy Ingraham, an Edmonton restaurant owner.

"Is a poorly advertised Facebook Live the right platform for the Premier and CMOH to be using as a town hall on public health?" asked Calgary doctor Joe Vipond.

During one of Kenney's past Facebook Live sessions just after the new year, he addressed why he, at the time, had not spoken to the media in several days, as his government was gripped by a holiday travel scandal.

"The way we work these things is, when my schedule allows me to add in an hour or 90 minutes of Q & A on Facebook like this, it's usually the day of," the premier said.

Kenney's Facebook page is followed by more than 277,000

MRU FILES

Noel Harper
News Editor

SAMRU preps for election campaign away from campus

The Students' Association of Mount Royal University (SAMRU) will run its Representative Executive Council election remotely this year due to the COVID-19 pandemic.

The campaign period will run between Sunday, Feb. 21 and Friday, Feb. 26. After nominations closed on Feb. 4, online voting will open on Feb. 22 at 10:00 am, closing on Feb. 26 at 5:00 pm.

According to SAMRU, in lieu of a candidate debate, pre-recorded interview videos with each candidate for the four council positions will be posted.

The voter turnout for the 2020 SAMRU REC election was 17 per cent, up from 6 per cent in the previous election.

Barry Pashak, long-time Mount Royal and political figure, dies at 83

One of the first NDP MLAs to be elected within the conservative stronghold of Alberta, and a professor of multiple subjects for more than two decades, died on Feb. 3.

Barry Pashak taught mathematics, political science and sociology at then-named Mount Royal College for 25 years — a position which sparked an interest in politics. He would later successfully run for the NDP in Calgary-Forest Lawn, serving two terms in the legislature.

Pashak's political role was spread thin during his eight years as MLA, serving several committee roles and being named energy critic and education critic to the Getty and Klein governments, as one of just two Calgary MLAs from the NDP.

Pashak is survived by his wife, five children, 14 grandchildren and two great-grandchildren.

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Who the heck is Cupid anyway?

A historical count of the little cherub and why he is the symbol of Valentine's Day

Ed Ghost
Staff Writer



Ever wondered where the cute little cherub we all know of came from? His history stems back to the Roman empire and he is here to decide who you fall in love with. Photo courtesy of Pixabay.

Ah, Valentine's Day! A day known for romance, chocolate, a prohibition-era massacre, tokens of affection, the 3rd century martyrdom of Cupid, date night, cute little hearts drawn everywhere and a baby with a bow and arrow who will shoot you — thus removing autonomy on your end when it comes to whom you will fall in love with.

Yes, I'm talking about Cupid.

Where did he come from and who gave that unsupervised cherub an enchanted weapon? Spoiler alert: it was the Romans — 'nuff said.

Like most of our current holidays, Valentine's Day is a concoction of another culture's traditions with a little biblical twist and an added sprinkle of modern values thrown in for good measure. Starting around the third century BCE, Lupercalia

was a Roman festival performed annually on Feb. 15 to ward off evil spirits and to promote health and fertility among the Roman people. But in practice, what this meant was men running around naked, slapping women with goat hides and hoping they would provide a baby that year.

In an effort to combat the prevalence of Pagan festivals in the late fifth Century AD, Pope Gelasius I declared it Saint Valentine's Day instead, after one of two possible martyrs of the same name. But he might have also just been annoyed with all the male nudity.

Pope Gelasius I hardly intended for it to become a day focused around couples and fertility — the intent was to focus on sacrifice. But the Romans are not known to have assimilated into the annals of history quietly — and Valentine is, after all, the patron saint of love.

So how did Cupid get roped into all of this?

The myth of the Roman Cupid was borrowed from the story of the Greek God Eros, which is the Greek word for "desire". Eros, son of the goddess of love Aphrodite wasn't a tiny little winged baby. Instead he is depicted as a young man who was as chaotic as he was beautiful.

He had a quiver of arrows and a bow and he would toy with the hearts of both the Gods and man haphazardly. As a result, he was considered dangerous, for he would sometimes maliciously make the "wrong" people fall in love for all eternity — hardly the good intentioned, somewhat clumsy little boy we know today.

Sometime around the fourth century BCE, the stories of Eros had less to do with him and his tyrannical

love-binding, and evolved to him becoming a messenger for his mother, carrying out her more rational biddings and adding an aspect of romance and consent.

This association depicted him as less manly and more boyish as the years went on. When the Roman era began, they borrowed much of their mythology from the Greeks, and Eros became Cupid (which also means desire). The Romans opted to keep him in his new form — as a tiny, winged, rosy-cheeked Cherub. The depictions of him as such were solidified later on through the interpretations of the great painters of the Renaissance era in the 14th century AD.

Fast forward to the 18th century AD, when Valentine's Day as a commercialized holiday was picking up steam. The idea of expressing love with the reminder of a bloody sacrificed man-turned-saint wasn't a very popular idea.

But, the imagery of a cute, winged baby who listens to his mom and just happens to have a weapon was a significant improvement. Don't worry — this weapon doesn't hurt people, it actually makes them find true love, which seemed like a much nicer association with a day centered around romance, flowers and sweets.

So, when greeting cards started to become popular — thanks to the United States Congress voting in 1850 for postage rates to go down, thus stopping the privatization of the postal service — it became easier for Americans to send and receive mail. With this, it only made sense to feature Cupid's angelic little face on as many cards as possible.

Since then, modern day marketing has taken off and Cupid has become the very face of Feb. 14, appearing in love-themed games, toys, commercials, chocolates and of course, cards.

Tried and true mantras to rebalance you this winter

Cassie Weiss

Features Editor

It doesn't take a rocket scientist to tell you that when the inevitable cold of winter sets in, we all get a little unbalanced. Life slows down, and for some of us, we really don't know how to combat the feeling of needing to be busy with the idea that winter is a time of hibernation.

Seasonal Affective Disorder is a term being thrown around, telling us that one reason we might be sad is the reduced sunshine from going to work and coming home in the dark. And if you're anything like me, you work in a building with sporadic windows and sometimes don't even see the light of day.

Trust me, we all feel a little unbalanced in the winter. Humans don't do well in the cold, no matter how much our goose down-lined jackets and thick furry mittens keep us warm. We simply don't exist well in subzero temperatures, especially not after we factor in the windchill.

So take a moment — and sit in that moment — and

ask yourself how you are really doing. And honestly, it's okay if the answer is "not good". With a global pandemic keeping us all away from our favourite humans and a polar vortex settling in for the upcoming weeks, no one will blame you if all you want to do is hide under a warm blanket. If I didn't have so much studying to do, I would join you.

Give yourself some credit, but also give your body and mind a little bit of the relaxation it needs. If you haven't left the house in a few days, that is totally okay. Like I said before, winter is a time of hibernation. But, it is also a time of rebalance — that time when we are given the opportunity to take a breath and reset the busy body that didn't stop moving over the course of the warmer months, especially as we make our way into Reading Week.

So, if you are feeling a little off and aren't quite sure where to start to get your body rebalanced, here are three of my favourite mantras that help reset my system



Winter is a time of hibernation - a time meant for us to slow down and find the balance we lost over the last few busy months. Mantras are a fantastic way to center the body, and only take a few minutes to perform. Photo courtesy of Unsplash

whenever I can't help but feel overwhelmed.

AUM (Pronounced ahh-ooo-mmm)

Do me a favour and chant this word — as many times as you want but at least three. This chant has a powerful vibration that provides a calming and uplifting effect. Humming the pronunciation of this word, you are sending vibrations from your abdomen to your heart to your head. By focusing on each region of your body as you hum, you stimulate

positive health-inducing effects that travel through your entire body.

LAM (Pronounced laa-mmm)

Also known as a "bija mantra" or a "seed mantra", this chant is closely related to the seven Chakras. By chanting this word, also a minimum of three times, you are allowing the grounding energy of your root chakra to provide balance, as well as a feeling of safety, security and comfort.

I am steady, safe, at the center of my being

Sometimes you can't physically chant or hum anything, especially if you are out in public. I've gotten into the habit of keeping a few centering mantras in my back pocket that I can repeat over and over to myself.

The best part about mantras? You can make them your own. What counts is that you repeat them in cycles of three to help bring you back to your center.

Love in a dangerous time

Fun and safe Valentine's Day ideas for couples

Kate Vincent

Staff Writer

Sadly, this year we are bound by restrictions due to the dreaded COVID-19 pandemic on the day of love. We have come to the point in which word play regarding this ever-present virus is considered the norm. In this scary and uncertain time, many have taken to the sharing of coronavirus related memes and puns to stay afloat.

When each morning brings with it the certainty of uncertainty, the benefits

of finding joy in the little things is paramount. This is why — even if it looks much, much different this year — many of us are gearing up to celebrate, if only for something to celebrate at all, the often-dreaded PDA-infested Valentine's Day.

Whether you are in a committed relationship with the love of your life, your cat, or your couch, we have some ideas that will help you appreciate that same face that you have been

seeing every single day of this seemingly never-ending pandemic — even if that face is your own!

Classic movie night and popcorn

I know...every weekend has seemed like a movie night this past year, but here is where it gets interesting. A colleague of mine recently pointed out that while movie theatres remain closed, concession stands do not!

So, head on over to your local cinema to pick you and your loved one(s) up a bucket of buttery deliciousness, throw on your favourite rom-com and stuff your sweet little face.

Chess is all the rage

My 10-year-old chess-loving self never thought she'd see the day, but thanks to Anya Taylor-Joy, chess is officially sexy. So, throw

on *The Queen's Gambit*, grab your significant other a cheap (or expensive) board from Walmart and soon enough they will be begging to see your pawn collection.

Happy virtual Valentine's Day

With a year of quarantining under our belt, more and

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more celebrities are taking to the online world to entertain us, and Valentine's Day is no exception.

Live events online can be a way to feel connected during a time of disconnection. Whether it's a live concert or comedy show, or a virtual dance or partner yoga class, there are many options this year to listen to some great tunes or try something new in the comfort of your own home.

Enjoy a favourite Canadian pastime

Throw on your old hockey skates and grab yourself a hot cocoa. It's also a bonus that Valentine's Day falls during the infamous

YYC Hot Chocolate Fest this year, which is still taking place despite the pandemic — check it out at yychotchocolate.com!

Ice skating among the lights and trees at Bowness Park or Olympic Plaza with your loved one will have you feeling like Tessa and Scott.

Karaoke and Cocktails

Now I am not saying alcohol is a prerequisite to a bangin' karaoke party, but who am I kidding? Luckily, not only can you rent yourself a karaoke machine for the night, many local restaurants and bars are now offering take-home cocktail kits — Anejo, Proof and Lulu Bar to name a few. Now you and your partner can play

bartender and knock back a couple margaritas before deciding who gets to be Bradley and who gets to be Gaga.

It's true that you may feel like you've been in more lockdowns than relationships this year. You feel like your cat is sick of you and you're really not looking forward to spending Valentine's Day with your mom.

But, that doesn't mean you can't enjoy what this day is really meant for: love, laughter and a ton of sugar to take the existential crisis edge off. At the end of the day, "she's just a girl, standing in front of a boy, asking him to stand six feet away from her," as per our favourite Notting Hill couple.



Valentine's Day looks a little different this year, but that doesn't mean you can't still celebrate with your loved ones. Set some candles up, create a blanket fort, watch a movie, purchase some tasty steaming hot theatre popcorn (yes, from the theatre itself) and stay cozy this February 14. Photo courtesy of Unsplash.

How you can help a local club keep raising money for addiction outreach

Cassie Weiss

Features Editor

January was a fresh start for everyone. The clock rang in the new year with friends cheering together via a computer screen or a phone call. With new COVID-19-friendly traditions cascading around the city, one local organization was getting ready for its annual fundraiser with bated breath — wondering how being smack dab in the center of a pandemic was going to affect everyone involved.

The Boring Little Girls Club (BLGC), a community of women, trans and non-binary folk, pride themselves on the creation of a safe space that allows fun and friendship without the use of drugs and alcohol. Although they do not like to define what "sober" means to someone, they hold spaces that are 100 per cent free of substances.

Last year, they created the Try Dry initiative, a month-long fundraiser that asked folks to give up their substance of choice and raise money instead for a good cause. There were two ways folks could raise money, with all proceeds going to Calgary's Downtown Outreach Addictions



Kira Dunlop (she/her), president, and Marie Ferraro (she/her), vice president of the Boring Little Girls Club (middle and right respectively), present a cheque of \$7,250 to Kathy Christiansen (she/her), executive director of Alpha House (left). Photo submitted by Kira Dunlop

Partnership (DOAP) Team.

According to BLGC president Kira Dunlop, this gave participants something to focus on, and starting the fundraiser on Jan. 1 was a good way to ring in the new year.

"We asked folks to pledge the amount they would normally spend on [substances] throughout the month and to donate that. Additionally, people could pledge to 'Try Dry' and raise funds from family and

friends," Dunlop says.

"We are not the sobriety police. We have faith that people are taking this seriously. Our main goal is to raise funds for the amazing work the DOAP Team is doing."

Having raised over \$6,000 in 2020, Dunlop says the club is hopeful to raise around \$10,000 this year. With the knowledge that money is a bit scarce during a pandemic, the BLGC had a unique idea to still raise funds as much as

they were able.

"We understand that money is tight and that people are going through financial hardship, so we decided to pivot to also incorporating small businesses," says Dunlop.

Turning to some of the local organizations that support the BLGC, Dunlop says there was an amazing show of community when asking these businesses to jump on board. The BLGC requested donations

for a three-week-long online auction set in three phases, and prizes such as homemade knives, artwork, massages and tattoo time were graciously provided to the club.

According to Dunlop, 60 per cent of the items were auctioned at value, but in a few cases, participants bid more.

"It was really neat to watch

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the bidding wars occur,” she says.

With unique items from local artists and businesses, Dunlop is grateful for the strong following BLGC has gained in the city.

When *The Reflector* spoke with Dunlop, there was still one week left of the online auction, and the club had already raised \$3,000 from that portion of the fundraiser alone. Dunlop couldn't contain her excitement as she expressed the hope that the BLGC would reach their final goal this year, even with the financial hardships folks are experiencing.

“With all the doom and gloom around us, it's so beautiful to see everyone come together as part of the community. People are scared for their own survival and this gives light and hope and reason for folks to think outside of themselves.”

Although January is now over, Dunlop says there are still many ways people can get involved, either by donating to the DOAP Team, or the BLGC in general.

“The club is constantly

running online events, and folks can join at any time — they just have to RSVP. In terms of Alpha [House], they are always accepting donations.”

The DOAP Team and Alpha House are near and dear to the BLGC's hearts. Dunlop highly recommends that if anyone has money to spare, to send it to one of the city's emergency shelters, who have been working hard to house and protect some of the city's most vulnerable populations, especially in the past few weeks of bitter cold.

“They are the essence of humanity,” Dunlop emphasizes.

The BLGC's fundraiser would go on to raise a total of \$10,066, with 75 per cent of the money going to the DOAP Team and the remainder staying with the club to help with expenses.

Anyone looking for more information on the Boring Little Girls Club can visit their website at boringlittlegirlsclub.ca, and anyone who wants to find out more about the DOAP Team can visit the Alpha House website at alphahousecalgary.com.



Tanya Lee, of Body Art Motion, performs at the Gratitude Get Down, an event hosted by the Boring Little Girls Club last February. The club raised over \$7,000 for the Calgary Downtown Outreach Addiction Program (DOAP) Team over the course of January with their second annual Try Dry fundraiser. Photo by Cassie Weiss



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7 budget-friendly Valentine's Day gift ideas

Astrid Cunanan
Contributor



Some of the crafting supplies used for these projects include string, scissors, construction paper and anything that sparks creativity. Photo by Astrid Cunanan

It's been a crazy year, to say the least, but with Valentine's Day around the corner, what's a better way to show how much you love and appreciate your partner than with a handmade gift? As they say, the best gifts are the ones that come from the heart.

However, you don't need to be in a romantic relationship to celebrate Valentine's Day. This day is also a time to commemorate platonic friendships, so there is no need to stay in bed binge-watching *Bridgerton* for the second time with your pals Ben & Jerry.

Here are seven ways to show some love to the people

you want to celebrate on this Valentine's Day, without breaking the bank.

1. Coupon book

As a child, I was thrilled to see coupon books in the mailbox. I would use them to play pretend 'cashier' — this Valentine's Day, I am bringing them back. You can easily recreate this with things already lying around your home. All you really need is some construction paper, scissors, markers and some endearing and humorous ideas to fill up your book.

I cut the paper to mimic the shape of a classic "admit

one" ticket. It's completely up to you how many coupons you want to include, but I would recommend anywhere between 5-10 pieces. Here are some ideas to start you off:

1. One romantic home-cooked dinner with dessert included and bottomless wine.

2. A one hour back massage, candles, oils and spa music included.

3. Adventure Day! Visit somewhere new with all costs covered.

To put the book all together, I poked two holes and used brad pins to secure the papers. If you don't have brad pins at home, no worries, use

string instead.

2. Handwritten letters

I recently got my hands on a wax seal set since I absolutely adore the 'dark academia' vibes it gives off. In addition, it motivates me to write and send out letters the old-fashioned way. Taking the extra time to do this by hand rather than sending a quick message or email leaves a long-lasting impression on the person and shows you truly care.

If you want to take this a step further, state on the envelope when you want

the receiver to open the letter! For example, "open when you've had a bad day" or "open when you need a confidence boost."

3. A decorated jar of reasons

This next idea allows for a lot of customization. All you need to purchase is a jar, some decorations and construction paper. These are items that can all be found at your nearest dollar store. Here are some ideas to fill up your jar:

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OUT'N ABOUT

YYC Hot Chocolate Fest

YYC Hot Chocolate Fest, which encourages local restaurants and coffee shops to come up with unique hot chocolate drinks in support of Calgary Meals on Wheels, is on for the entire month of February.

Downtown hosts an outdoor art park

Calgary will feature an illuminating display of art installations by local artists and vendors around downtown in an outdoor art park called Chinook Blast Hub. Bring your small cohort and enjoy the cold from Feb. 13 - Feb. 28!

Online and in-person photography exhibit and festival

The annual Exposure Photography Festival has an impressive line-up of exhibits for this month. This year's festival features a mix of shows you can see online, outdoors and indoors (if restrictions permit).

National Geographic Live!

The *National Geographic* Live series, normally held at Arts Commons, is going virtual for the next five months and Calgarians can catch the first of these presentations this month. The event touches on topics from the dinosaurs, to life on Mars and mysterious sea animals.

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1. Cut your construction paper into little hearts and note multiple reasons why you love them.

2. Get some popsicle sticks and think of some date ideas. If you want to get on Monica Geller's level of organization, you can even colour coordinate the popsicle sticks into different price ranges.

3. Taking some inspiration from advent calendars, fill up a jar with written sweet nothings or compliments. Just make sure you add enough for them to open one a day for a month!

4. Origami flowers

Who doesn't love receiving flowers? Especially flowers that don't perish! This next idea takes a unique approach to the classic flowers and chocolate gift for Valentine's Day and all you need is origami paper, which can be bought at Michaels or on Amazon. Next, just head to YouTube and find a tutorial on how to make these gorgeous flowers.

These next projects come from viral TikTok videos, however, these are special because they are crafts you can create with whoever you are celebrating with.

5. D.I.Y. board game

Board game sales have soared during the past year, however, we all know board games are on the expensive side. A cheaper and cuter alternative is to design your own board game.

You can take inspiration from the snakes and ladders board game and input random questions you have

to answer about each other. To put a fun twist, make this a drinking game! For each question they get wrong, they have to take a shot (but make sure to drink responsibly!)

6. Bent candles

Spice up your living space with these funky candles that have taken over my TikTok feed. This only requires one thing, which is taper candles — bonus points if the taper candles you use are muted colours.

1. Submerge these candles under warm to hot water for a minimum of 10 minutes.

2. Take them out of the water and start bending or twisting! If they harden just submerge them again until you get the final product you want.

3. Grab a peeler to flatten out the new candle base so it doesn't tip over.

4. Bonus: Try shaping your candles into two sides of a heart that come together to make a full heart.

7. Painting date

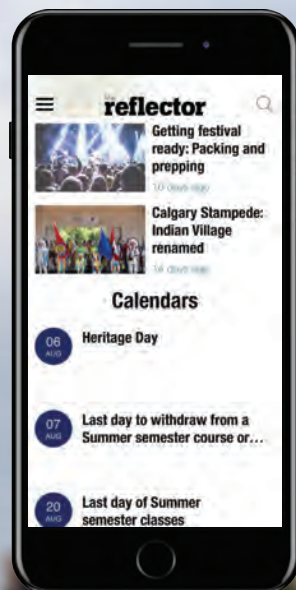
There's no need to be an artist to have a painting date. Just put on your favourite music playlist and start painting. For an ultra-romantic time, go on a road trip to the mountains and park the car in front of beautiful scenery. Grab some blankets, hot chocolate and strawberries and paint away! The options are endless, but the most important part is to be in the moment and enjoy each other's company.

Even though Valentine's Day this year might look a little different for you, I hope you are able to find an activity within this list to spread some love. Happy crafting!



A freshly wax sealed letter gives personality to any letter and shows effort to those you love. Photo by Astrid Cunanan

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A romantic dinner coupon from a personalized coupon book is the perfect gift on a budget. Photo by Astrid Cunanan

Three pieces of Valentine's Day advice from Youtuber Anna Akana

Riggs Zyrille Vergara

Publishing Editor



Anna Kay Napualani Akana is an American YouTuber, actress, singer-songwriter, filmmaker and author who gives all kinds of advice to those who need it. Photo courtesy of NBC News

It's love month and dating has become more and more complicated as the pandemic drags on. As we continue to social distance and stay in our homes, face-to-face interactions are limited and the room for misunderstanding and miscommunication has only grown – especially when it comes to dating. So, if you're psyching up to prepare for Valentine's Day or just need a healthy dose of love advice, I can gladly recommend the hilarious musings of beloved YouTube personality Anna Akana.

Before becoming a Youtuber, Akana pursued stand-up comedy at 19 years old. She would perform in coffee shops and laundromats and eventually started creating Youtube content at 21 years old in 2011. She had tried making different types of videos until she found her stride in making advice and story-based videos where she acts out all the parts.

Akana garnered attention when she started talking about the hardships she faced in the aftermath of her sister's death by suicide. The vulnerability of the messages and quality production of the videos she offered in the early part of her Youtube career is what made her a staple content creator in the streaming platform. Akana found the perfect mix of smart comedy, lovable authenticity and well-researched advice that she can pour into her short, easily digestible videos.

Her videos span across multitudes of topics like romance, sexuality, family and friendship, and they will always include a sprinkle of valuable advice. This might come from books that she has read, her own therapy sessions and/or her own experiences. No matter what you're going through, especially when it's problems about relationships, Akana has an advice video for that.

Bids for Connection

Out of all the love advice videos that I've watched from Akana, "The one factor in a lasting relationship" has had the greatest impact on my outlook on relationships. I've recommended this to almost all of my friends.

In this video, she talks about the concept of "bids for connection." They are small verbal or non-verbal actions that someone does to connect. Akana looks at them as "emotional calls." According to John Gottman's *The Seven Principles for Making Marriage Work*, how often these "emotional calls" are answered determines the level of happiness a relationship might have.

It seems as simple as just paying attention to your partner but "bids for connection" can easily go unnoticed or be neglected. Gottman said that in a

10-minute conversation, over 100 bids can be made.

As Akana has said, consciously trying to show up for these moments is important as a lot of our day-to-day activities can get in the way of these connections. The more we try to respond positively to these bids, the stronger the relationship becomes.

Positive Resilience

In Akana's video "Know Your Value," she talked about her experience of turning down a potential romantic partner who was only in it for the perks of a relationship but without any emotional accountability or real commitment. It was the total opposite of how she usually responded to situations like this. According to her, the old Akana would've been open to this set-up and would've waited for this person to see her worth, enough that they would finally commit. But she set her boundaries, saw her own worth internally and this

time around, said no.

As much as we glamorize romantic love during Valentine's Day, a big part of romance is self-love. Akana knew her value and knew she deserved better.

As a piece of advice for taking the step to know your value, Akana offered something called "positive resilience." — a concept she learned from her own therapist. It talks about how the cultivation of self-worth starts from knowing your boundaries, having the courage to speak up for yourself and finding ways to validate yourself from within.

Akana goes on to offer practical ways to engage in positive resilience but the one thing that she highlighted the most is giving yourself time. Change doesn't happen overnight, but as long as you commit to your personal self-love practices, that cultivated self-worth can manifest in

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life-changing situations like turning down a person who cannot commit.

Dating your issues

In all of her videos, Akana has been open about her messy dating history. But in this particular video, “Stop Dating Your Issues,” she goes on to highlight how all of her lovers are the life lessons she needed to learn. She had dated people who manifested issues from her family problems, her bad boundaries, her fear of commitment and more. But as much as we learn

powerful lessons from these relationships, they can be emotionally exhausting.

Aside from offering therapy and friends as an external support to address your issues, Akana highlights self-awareness. She emphasized how it takes a huge amount of self-awareness to recognize unhealthy patterns and be an outside observer to yourself. It can be challenging to face your past self and try making changes with your present self through those experiences.

I think that encapsulates most of her advice videos about love. It always comes

back to yourself. To improve your romantic life, you have to be willing to make changes with yourself by looking inward — we have to accept that other people cannot do the work for us.

Advice from people like Akana will always be there, but it's the difference between just watching these Youtube videos and actually doing the work to improve yourself that's important.

So, this coming Valentine's Day, it might be time to get up from your bed, close YouTube and put down that phone. It might be time to start working on loving yourself.

Celebrating Black History Month in Calgary

Emmanuella Kondo

Contributor

February is Black History Month, and though COVID-19 has kept us all apart, there are still plenty of ways to celebrate Black culture in Calgary.

Several organizations and communities are using their platforms to showcase different aspects of Black History Month. Though all events have been moved online, Calgarians can still discover the cultural and historical stories behind Black history in the comfort of their home.

Here's a list of events that you can (virtually) take part in to learn more about Black arts and show your support.

University of Calgary x Black History Month

Since Feb. 1, the University of Calgary has been taking part in several table talks on different topics concerning Black history. From literature to mental health, this event can help you get a better understanding of different circumstances that minorities are facing every day. The event is being facilitated online until Feb. 26 and registration will be required per session.

UNGANISHA Rebirth

Looking to discover cultural stories in a more theatrical way? Woezo

African music and dance theatre is welcoming you to another epic show called UNGANISHA. The virtual re-imagining of the 2018 show celebrates African culture through nine different dance genres. The show takes place online at 6 p.m. on Feb. 13 and Feb. 20. Tickets are just under \$12 and can be purchased on Eventbrite.

Calgary Folk Music Festival: BLACK ART: A CONVERSATION

Another way to pitch into the Black musical and arts culture is to join a Zoom discussion with the Calgary Folk Music Festival. Hosted by Canadian singer and songwriter Shakura S'Aida, take part in a life-changing experience and conversation on Feb. 20 from 3 to 4 p.m. Tickets are listed at \$10.

Storytelling Alberta: The Black Experience – Journeys of a People

Enjoy some historical stories and music as you take part in this virtual storytelling experience. Hosted by Maria Crooks, one of Calgary's famous storytellers and with the help of several local artists, let them transport you to

the past and discover more than just history. This free event is on Feb. 24 from 7 to 8 p.m. facilitated through a live stream on all of your favourite social media apps (Facebook, Youtube, Twitter and Instagram).

Ethnik Festival of Art and Culture

Looking to discover a wide range of local Black artists, singers and dancers? Take part in this amazing global experience in celebration of Black History Month. Two different communities, Afro-Canadian and Caribbean, came together to give you a free, one-time virtual festival experience on Feb. 26 and Feb. 27 from 6 to 8 p.m. via Facebook and Youtube.

The Caribbean Associations of Calgary: Virtual celebration of Black History Month

Here is another entertaining way of celebrating Black culture this month. Hosted by comedian Sterling Scott, join the Caribbean association through a live stream on Feb. 27 at 6 p.m. as they take part in a virtual celebration of Black History Month.

Happy Black History Month!



Cooler Returns

Kiwi Jr.

Sub Pop Records

Score: C

The first words that come to mind when listening to Kiwi Jr.'s second album, *Cooler Returns*, are “easy-going”. *Cooler Returns* is free-flowing and carefree in a way that feels almost like a guilty pleasure. Overall, *Cooler Returns* is a funny album. The songs are upbeat, with lyrics that you can't help but smirk at. In “Waiting in Line”, they sing, “Sophie says she's gonna pay you back but how can you trust a hippie like that?” *Cooler Returns* is a fun,

happy-go-lucky album but it only showcases Kiwi Jr. in one light. Listeners may start to wonder if this is the only style that Kiwi Jr. can excel in. But with a little more contrast between their songs in terms of style and content, Kiwi Jr. can become an indie force to be reckoned with.

– Keoputhy Bunny

Collapsed in Sunbeams

Arlo Parks

Transgressive

Records

Score: A



Arlo Parks' debut album, *Collapsed in Sunbeams* is an emotionally complex journey. Parks is both self-conscious and sincere in how she approaches her music. *Collapsed in Sunbeams* starts off with an emotional spoken-word piece, setting the tone for the rest of the album — introspective and personal. It's like you're her best friend listening to her heartfelt diary entries months apart. Her lyrics are rich, intricate and precise as though she hand-picked them out of a fresh garden. In “Eugene”, she sings, “I had a dream we kissed, and it was all amethyst. The underpart of your eyes were violet, you hung a cigarette between your purple lips”.

This album also touches on a topic that feels generally understated — dealing with

not just your mental and emotional health, but that of a loved one. Parks sings about her best friend's depression in “Black Dog”, when she sings, “Sometimes it seems like you won't survive this and honestly, it's terrifying”. Lyrics like these seem to give a voice to not only people who are suffering from mental health issues, but also validate emotional turmoils when helping someone else through it.

Collapsed in Sunbeams feels like a stepping stone for Parks. Similar to Khalid's debut album, *American Teen*, this album will be a gateway for more great music from Parks to come.

– Keoputhy Bunny

Tom Brady wins seventh Super Bowl ring in blowout win

Brendan Makay
Contributor



Rob Gronkowski (left) and Tom Brady (right) celebrate after the Tampa Bay Buccaneers 31-9 victory over the Kansas City Chiefs in Super Bowl LV. Photo courtesy of CBS

The biggest sporting event of the year was played this weekend in Tampa Bay — that event, of course, is the Super Bowl. This year's game pitted the ageless wonder Tom Brady and the Tampa Bay Buccaneers against the defending NFL champion Kansas City Chiefs, led by Patrick Mahomes.

The AFC champion Chiefs were 16-2 leading up to the Super Bowl, while the NFC champion Buccaneers were 14-5. This was the 55th installment of the Super Bowl and it was held at Raymond James Stadium. With the current COVID-19 landscape, attendance was topped at 25,000 fans.

In his first year donning the Buccaneers jersey, the 43-year old Brady was able to help lead his team to the record 10th Super Bowl appearance of his career. On the other side, the

Chiefs were attempting to be the first team since Brady's patriots in the 2004-2005 season to win the Lombardi trophy in back-to-back years.

The Buccaneers won the game by a score of 31-9. Their defence was tenacious and did not give Mahomes any time in the pocket. The Chiefs were only able to muster three field goals throughout the game.

Missing a few starters on the offensive line due to injury certainly did not help Mahomes and the Chiefs, but one also has to give credit to the Buccaneers' offence who got things done when they had to.

Two old friends connected for the Buccaneers' first two touchdowns, as Brady and Rob Gronkowski once again showed why they have long been heralded as such a dangerous combo.

When Brady connected with Gronkowski for the first touchdown of the game, it marked the first time Brady had thrown a first-quarter touchdown in any of his Super Bowl appearances.

The Chiefs' defence struggled early and often due to penalty trouble against the Buccaneers offence. Penalty flags cost the Chiefs badly when the Buccaneers scored their second touchdown because the Chiefs took a penalty. This gave the Buccaneers offence a first down when it looked like they would be forced to settle for a field goal. Penalties cost the Chiefs' defence again when they took two pass interference penalties on the same Buccaneers drive, which once again ended in a Buccaneers touchdown.

The Buccaneers scored four

touchdowns total in the game, two coming from Gronkowski, one from Antonio Brown and one from Leonard Fournette.

While a hobbling Mahomes tried to will his team to a comeback, the Chiefs' plays could not develop enough to bring anything to fruition on offence.

Brady was awarded his 5th Super Bowl MVP award while winning his seventh Super Bowl ring. The win gives the Buccaneers their second Super Bowl win in franchise history. Bruce Arians, the Buccaneers head coach, also became the oldest coach to ever win a Super Bowl at the age of 68.

One of the great traditions of the Super Bowl is betting on game props such as the anthem length, coin toss and what colour of Gatorade was poured on the winning coach. So for the bettors out there,

the anthem hit the over, the coin toss was heads and the Gatorade that drenched Arians was blue.

Canadian connections

Toronto artist The Weeknd performed at the illustrious Super Bowl halftime show, and was said to have put \$7 million of his own money into the performance so it would turn out how he wanted.

Laurent Duvernay-Tardif, a native of Mont-Saint-Hilaire, Que. would have most likely been playing at this year's Super Bowl with the Chiefs, had he not opted out at the start of the NFL season and returned to Canada to help fight COVID-19 on the front lines. Duvernay-Tardif is a McGill Medical School graduate.

#S

54, points scored
by Toronto
Raptors guard Fred
VanVleet on Feb. 2.

102, million
dollars: the
contract signed by
reigning NL Cy Young
winner Trevor Bauer
with the Los Angeles
Dodgers.

7, Super Bowl rings
for quarterback
Tom Brady. Brady and
the Buccaneers beat
the Chiefs in Super
Bowl LV.

2, Cougars men's
soccer team
players drafted by
Calgary FC in the CPL
U SPORTS draft.

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Sports in Love: Movies at the intersection of romance and athletics

Zach Worden

Sports Editor



Jimmy Fallon (left) and Drew Barrymore (right) attending a Boston Red Sox game in the 2005 film *Fever Pitch*. Photo courtesy of IMDB

With COVID-19 restrictions keeping most of us inside this Valentine's Day, some sports fanatics may be looking for creative ways to celebrate with that special someone. If typical rom-coms aren't your and your partner's speed, Cupid made his way into the sports world for the creation of these movies.

***Fever Pitch* (2005)**

Jimmy Fallon and Drew Barrymore star in this film about an obsessed Boston Red Sox fan trying to navigate his relationship and the Red Sox's famed 2004 World Series championship.

Fallon plays Ben, an elementary school teacher who meets Barrymore's workaholic Lindsey during a school trip to her workplace. The pair hit it off and appear to build the strong foundation of their relationship over the course of the school year.

When spring training finds Ben and his friends going crazy on ESPN, Lindsey sees a different guy than the Ben she knew from the winter.

As the Red Sox season puts

a strain on their relationship, Ben needs to make a decision between his loyalty to the Red Sox and his newfound relationship with Lindsey.

***Love and Basketball* (2000)**

Set in 1981 Los Angeles, *Love and Basketball* follows Monica and Quincy, a pair of 11-year-old neighbours who both aspire to play in the NBA.

The pair develop a love-hate relationship throughout high school but end up as a couple when they graduate. They both move on to the University of Southern California, where their relationship comes to an end, thanks to Quincy's toxic relationship with his former NBA player dad.

As Quincy and Monica end up playing professional basketball, their paths cross once again, setting up one final game of 1-on-1.

***Jerry Maguire* (1996)**

Jerry Maguire may be more about Tom Cruise's

character, Jerry, trying to rebuild his crumbling career as a sports agent, but as his career falls apart, one person stays by his side the entire time: Dorothy.

Played by Renée Zellweger, Dorothy makes herself a reliable co-worker and eventually a wife for Maguire as he works with his only remaining client.

As the movie goes on, Dorothy questions Jerry's motivations for proposing,

causing tension in their relationship — forcing him to come to terms with his career and the type of man he wants to be.

***Tin Cup* (1996)**

Kevin Costner plays Roy "Tin Cup" McAvoy, who lives at and manages the local driving range in Salome, Texas.

As a washed-out pro golfer, Roy has one fatal weakness:

he can't resist a dare. After being forced to sign over ownership of his driving range to settle some debts, he falls for Dr. Molly Griswold played by Rene Russo.

Now motivated to get his life back together and win over Molly—who happens to be the girlfriend of Roy's former college golf partner and life-long nemesis—"Tin Cup" tries to qualify for the U.S. Open in order to win Griswold's heart.



Tom Cruise (left) and Renée Zellweger (right) during the 1996 movie *Jerry Maguire*. Photo courtesy of IndieWire

Some NBA stars are not on board with 2021 All-Star Game

Gage Smith

Contributor



LeBron James in action for the Los Angeles Lakers in 2018. James has been one of many NBA stars speaking out against the league hosting this year's All-Star game. Photo courtesy of Wikimedia Commons

In the last 365 days of the NBA, we've seen a lot of firsts. The COVID-19 pandemic forced the league to undergo an unprecedented shutdown in March 2020, only to re-open in the Orlando bubble in June. 2020 also saw the first-ever NBA playoffs to run into the fall. The entire 2020-2021 NBA season is likely to be played without fans in attendance.

One thing, however, is looking like it won't change: the very best players in the league will duke it out in a meaningless game with final scores not far off from a million points. Some prominent voices around the league aren't happy about it, though.

The negative discourse started on Feb. 4, when star

guard for the Sacramento Kings De'Aaron Fox called the idea of an NBA All-Star game this year "stupid."

"If we have to wear a mask and all this for a regular game, then what's the point of All-Star being back? Obviously, money makes the world go round, so it is what it is," he said in a press conference after his Kings defeated the Boston Celtics.

The NBA's original plan was to hold a normal All-Star weekend in Indianapolis this year, but according to IndyStar, the time to shine for the city of Indianapolis is bumped all the way to 2024.

Adam Silver, NBA Commissioner, said he was "disappointed that the NBA All-Star game will not take place in Indianapolis in 2021."

While that's a big hit for Indianapolis residents, fans in Atlanta and around the world aren't going to be missing out on the festivities, as All-Star Weekend has been rescheduled to take place on Mar. 7 in Atlanta.

The NBA was willing to do so because holding the game in Atlanta would allow for a more toned-down weekend with stricter restrictions on travel.

According to *ESPN's* Adrian Wojnarowski, safety protocols are to include "players arriving on Saturday and leaving on Sunday night under tight quarantines," as well as "no international travel, daily testing for players and a requirement to return to home markets no later than the second day before the

team's first game after the break."

These measures aren't enough for the King, though.

LeBron James, the second leader in the NBA's All-Star voting, said he has "zero energy and zero excitement" for the All-Star game this year. The location has something to do with it.

"We're also still dealing with a pandemic, dealing with everything that's been going on, and we're going to bring the whole league into a city that's still open," he said. "I don't even understand why we're having an All-Star game."

The NBA has been putting forth a massive effort to keep the league out of a bubble, even though the pandemic is still very much raging on in

the U.S. Many teams have had to play games shorthanded due to players being pulled because of both direct exposure to COVID-19 and to implement contact tracing as a precautionary measure. James is "not very happy" about the safety risk posed by a potential All-Star game this year.

Celtics point guard Kemba Walker fully supports LeBron's stance.

"I agree. He's a smart man. He's been around. He's a leader. A lot of things he says are correct, man. He feels the way he feels," Walker said of James.

"It's out of my hands, and I'll be there physically if I'm selected. I'll be there physically, but not mentally," James said.