

the reflector

FREE
March 18, 2021
www.TheReflector.ca



PROTECTING OUR ASIAN ELDER:
The rise of anti-Asian racism
during the pandemic
(Pg. 5)

MRU holds town hall at point of several crossroads

Noel Harper
News Editor



Mount Royal University's annual town hall may have been held remotely this year, but a return to campus in the fall was among the topics discussed, as well as new spaces, the Alberta 2030 review and the upcoming Bachelor of Social Work degree. Photo by Noel Harper

Tuition increases, freedom of expression and a return to on-campus learning were all on the agenda at Mount Royal University (MRU)'s town hall for 2021, held virtually this year.

Led by President Tim Rahilly, the session began by discussing the feedback garnered from student surveys conducted in November 2020, "arguably one of the most stressful points" in the past fall semester.

In response to the results of these surveys, Rahilly said MRU expanded technological and learning supports through the Riddell Library & Learning Centre and remote learning resources for faculty, as well as adjusting health benefits for employees. Actions also included the delayed start to the winter 2021 semester and the extension of the withdrawal date for courses. The surveys will be repeated in April.

Regarding the nature of the upcoming academic year, alternative delivery as per the current standard will be continuing until at least June 30. As announced in a March 4 email, the university's

objective for fall 2021 is to bring as much programming back to the MRU campus as possible.

"Of course, I recognize that this is a dynamic situation, and just like we've been doing all along, we will continue to follow public health advice," Rahilly said, adding that MRU is continuing to work on arrangements that would still allow for learning at a distance in the future.

MRU is projecting a \$2.3 million deficit for the current fiscal year, due to a \$20 million decrease in "commercial and ancillary services," including parking, events and the on-campus bookstore, all of which have seen a drastic decrease in use during the COVID-19 pandemic.

Rahilly also gave updates on presidential committees, including ongoing work to do with Equity, Diversity and Inclusion (EDI) and the university's anti-racism initiatives through the EDI Advisory Committee.

"As much as we want to banish racism, this challenge has no easy solution ... students and employees write to me and say they're

concerned that we're not moving fast enough to make progress," said Rahilly.

MRU plans to hire a special advisor to the President on EDI, and an assistant vice-president (AVP) of Indigenization and Decolonization, in the fall.

The town hall's first question from the audience concerned the matter of EDI, wondering how the search for a consultant in this area was being conducted.

"Doing things the way they've always been done because that's the way it's done is not the way to EDI. In fact, it's precisely the opposite," the audience member added to their question.

Rahilly agreed, saying the university has an opportunity to remove some systemic barriers. Currently, he said, MRU is further along in hiring for the AVP role, but the description for the EDI position will soon be brought to the committee.

The other task force discussed by Rahilly concerns freedom of expression. The committee, he said, is exploring "how we might support free expression on campus in meaningful

ways, and in a way that still honours important values at the university." It will begin communicating with students this month, as well as publishing a new website for their work.

Another question asked about MRU's upcoming renovation project, put forth after the university received provincial funding to upgrade unused areas on campus. Rahilly said that active learning spaces are planned for the past conservatory location, and consultations are still underway for the old library space along the campus' main street.

"Personally, I would like to see us have within that space the ability to showcase things, bring people from the MRU community into that space, but as well, bring people from the outside. Bring employers [and] bring the public to campus," said Rahilly, describing the vision as a place to advance and publicize what the university is working on, using the example of the recently instituted e-sports program.

On the topic of job losses in the wake of reduced funding to the university, Rahilly does not

anticipate further significant faculty and staff cuts on the horizon, but added he cannot guarantee a complete lack of position elimination in the future. He described this method as "not the best tool in terms of dealing with the budget reduction," instead planning to focus on vacant positions to save on costs.

Audience members were also concerned with the ongoing Alberta 2030 review, the provincial government's post-secondary reform process, of which Rahilly was a member of the guiding coalition. He said that while the review may have started with a trade-focused mindset, it eventually came around to the skills provided by a liberal education institution like MRU.

"As the 2030 review moved along ... much of the data collected by the province showed the importance of these broad liberal skills to employers," such as critical thinking. Rahilly added that MRU needs to continue developing its brand in promoting how these skills impact the employability of students going forward.

A sudden concern over the Guidebook for Great Communities

Noel Harper

News Editor

On the morning of March 15, a political-themed advertisement was splashed across the front cover of the Calgary Herald, warning of how an upcoming City of Calgary planning document “will change your neighbourhood forever.”

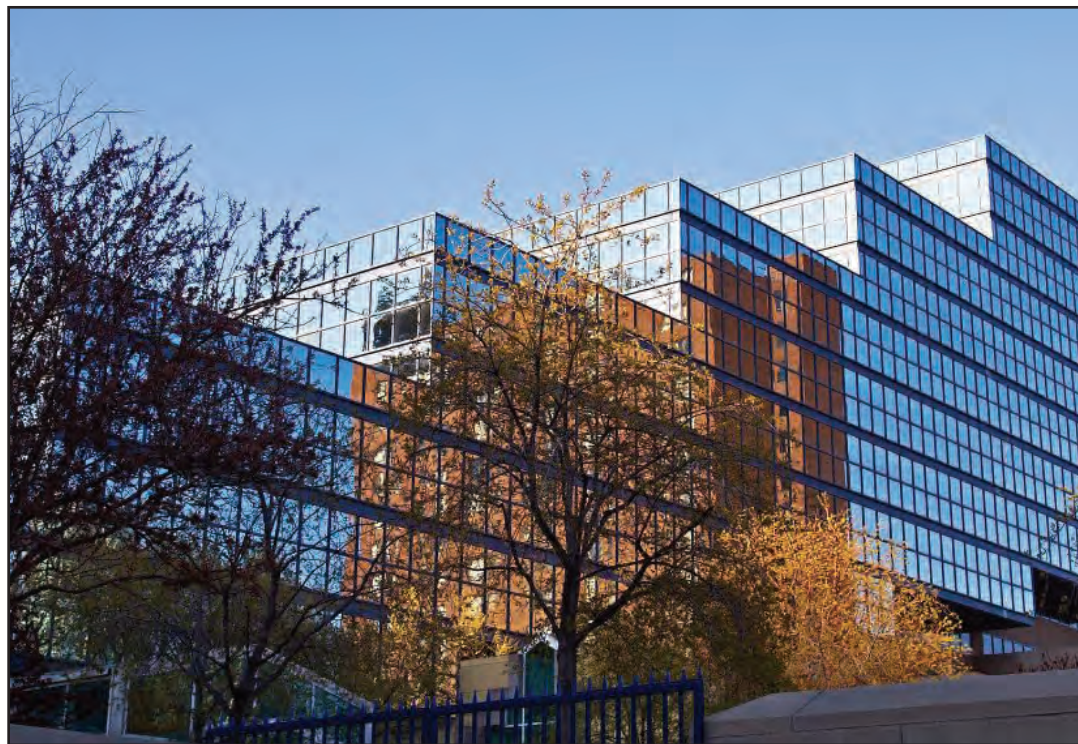
The document in question is the Guidebook for Great Communities, which is intended to be used as a resource for future development across the city and is set to be debated before city council on March 22. The ad leads viewers to CalgaryGuidebook.ca, a non-City of Calgary affiliated website that lists concerns about the guidebook, including high-density development and a “lack of meaningful consultation.”

City Councillor Jeromy Farkas shared the ad online, claiming that “almost nobody knew what the Guidebook

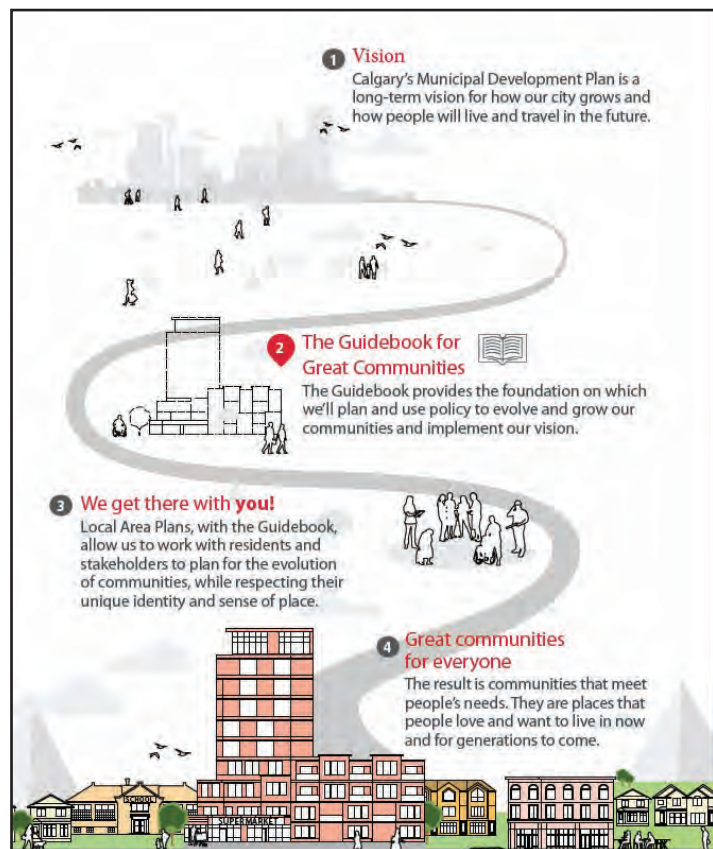
was” before it helped to spread the word, adding, “a change this big should be an election issue where candidates must run on their position and explain it fully.” If there is a lack of awareness regarding this plan among Calgarians, they certainly had ample time to find out more.

The Guidebook for Great Communities has been in the works for the past five years, and was first presented for feedback in September 2019. It is regarded as a living document, one that is subject to change and adapt within each unique area of the city.

“As a community ages and changes, there will always be a need for a range of housing types at different levels of affordability and close to amenities, services and places of employment. Flexibility and choice helps to address climate change and improve economic resilience in the



Now that the City of Calgary's Guidebook for Great Communities is soon to be debated and put to city council as law, there is a last-minute push for the city to reconsider on behalf of several community associations across Calgary. Photo courtesy of Doug Zwick/Flickr



A sample of the City of Calgary's literature for its municipal development plan, critical to which is the upcoming Guidebook for Great Communities planning document. The guidebook has been in the works at city hall for the past five years and has welcomed community consultation since September 2019. Photo courtesy of the City of Calgary

city,” reads a City of Calgary fact page on the guidebook.

Three Calgary communities — North Hill, Westbrook and Heritage — are currently pilot projects for the development policies outlined in the guidebook. These neighbourhoods are being used to test the “multi-community” planning process; the guidebook plans for approximately 40 multi-communities, grouping together more than 150 neighbourhoods.

One of the principal concerns regarding the document is the prospect of greater community density, particularly in areas of the city that are marked by single-family homes, with critics saying these dwellings could be bought by developers. The land could then be used to build multi-suite structures like fourplexes, meaning a greater number of residents will be living in the space.

The guidebook represents the realization of the city's Municipal Development Plan — a 60-year vision for community planning that was approved in 2009 — which

“indicates that a variety of low-density housing forms ... are appropriate everywhere low-density housing is desired,” according to a report from Calgary's Planning and Urban Development committee. These housing forms include single-detached and semi-detached dwellings.

“These policies do not eliminate the ability to have single detached dwellings ... this policy does not intend to exclude housing choice[s] through Calgary's communities,” the report continues, saying that the guidebook will enable communities to have a say in their growth and development.

Dozens of community associations across Calgary, under the name: Concerned Calgary Communities, came together to publish the Herald advertisement, as well as a posting in Avenue Magazine. The groups are asking city council for more public consultation regarding the guidebook ahead of the March 22 vote, saying that communities will be subject to “free-range” development.

“Out-of-town developers often don't even visit the neighbourhoods where they build new housing. They don't understand what makes each neighbourhood special the way people who live there do. City council need to start listening to residents,” the posting reads.

Brent Toderian, a Vancouver-based urban planner, is quoted by the group as saying that the “personality” of a neighbourhood is critical. Toderian took to Twitter shortly after to clarify his remarks about community character.

“In the ... interview where I discuss great neighbourhoods having their own personality, that's after talking about neighbourhoods needing to be complete, mixed, accessible, diverse, equitable, healthy, sustainable and multi-modal in order to be great,” Toderian wrote.

The Planning and Urban Development committee ultimately voted 7-1 in favour of the guidebook — Farkas was the only councillor who opposed the plan.

MRU offers free courses for aspiring, diverse entrepreneurs

Noel Harper
News Editor



MRU's 2021 series of entrepreneurial workshops have gone online, and registration for the month-long series of courses filled up quickly. Photo courtesy of MRU Institute for Innovation and Entrepreneurship

Mount Royal University (MRU) is bringing back its series of entrepreneurial workshops, hosted by faculty members throughout March. This year's sessions are being delivered online.

These workshops are being facilitated through the Alberta Inclusive Innovation Initiatives (AI3), created in partnership with MRU's Bissett School of Business and Ryerson University's Diversity Institute, with funding from HSBC Canada.

Each Wednesday evening in March, a two-hour business-themed course will run free of charge. Since February 2020's edition of the program, according to AI3, "these workshops have been updated to reflect the unique challenges of launching and running a business in an economy affected by COVID-19."

The workshop topics include Entrepreneurship & You, Business Model Canvas, Marketing & Sales, Excel, and Finance & Accounting for Entrepreneurs.

"We've significantly updated the content in the workshops

with practical learning that participants can apply to their situation. Adding skills and information relating to topics such as e-commerce means the workshops are relevant to today's entrepreneurs," said Dimitra Fotopoulos, the director of MRU's Faculty of Continuing Education, in a statement.

This year's series of workshops will focus on helping diverse groups get ahead and learn crucial skills such as financial accounting, business planning and the Microsoft Office suite of tools. These groups include Indigenous peoples, young people, women and those who have come to Canada recently.

"Canada has an ever-growing demand for skills despite rising unemployment and under-employment, particularly for diverse groups such as newcomers, women and Indigenous people," said Wendy Cukier, founder of the Ryerson Diversity Institute.

According to reporting by CJWE, the 2020 workshops were attended by 60 students, 10 per cent of which self-identified as Indigenous. The

majority of both the 2020 and 2021 attendee groups are from Calgary.

MRU marketing instructor Karen Richards, who is teaching one of the workshops, said that business owners must be prepared for negativity towards their brand online, and how to shift their output to deal with what she describes as "call-out culture."

"Brands and businesses need to rethink online content and how it is perceived by their audiences to anticipate potential negative reactions and to plan for how they will deal with it ... this is an opportunity for businesses to rethink their online presence and how they interact with their audiences," Richards said.

The slate of workshops taking place in March are full, despite an initial increase from 40 participants to 45 for the five sessions. MRU is planning to hold these workshops once again at a later point in the spring for those who were unable to sign up — they can also be placed on a waitlist for future sessions organized by AI3.

MRU FILES

Noel Harper
News Editor

MRU to offer Bachelor of Social Work degree

Starting in the fall 2021 semester, Mount Royal University students will be able to register for a four-year Bachelor of Social Work program. The university's social work certification was previously a two-year diploma program.

Students who are due to graduate from this diploma program by the end of June are eligible to apply for the "Bachelor of Social Work – Post Diploma" designation.

"Courses ... are grounded within contemporary theoretical frameworks, including decolonization, Indigenous ways of knowing, anti-oppressive practice and strengths perspectives," reads an email from MRU Enrolment Services.

How MRU will be impacted by the provincial budget

Mount Royal University has released a statement reacting to Alberta's 2021 budget, saying that overall, they are "pleased" with what they have seen.

"Most welcome is a commitment we have received for capital funding," reads the statement, regarding the \$50 million it will receive from the province to upgrade existing facilities that currently cannot be used — MRU was the only Alberta post-secondary institution to see such funding this year.

MRU will also see a near 35 per cent increase to Infrastructure Maintenance Program funding, and mental health and disability grants will remain steady from the previous budget. Its Campus Alberta grant will be reduced by 2.5 per cent, resulting in \$2.33 million less in funding.

THE REFLECTOR

Issue 12, Volume 59

EDITORIAL STAFF:

Publishing Editor: Riggs Zyrille Vergara

Managing Editor: Ivar Bergs

News Editor: Noel Harper

Features Editor: Cassie Weiss

Arts Editor: Mackenzie Mason

Sports Editor: Zach Worden

Photo Editor: Jill Meagher

Layout Editor: Christian Kindrachuk

Web Editor: Mikaela Delos Santos

CONTRIBUTORS: Karolina Bourne, Hermie Ocenar, Emily Marsten

STAFF WRITERS: Ed Ghost, Keoputhy Bunny, Gage Smith, George Potter

COVER: Photo by Mark Hang Fung So courtesy of Unsplash

The Reflector, with an on- and off-campus circulation of 5,000, is the independent voice of the students of Mount Royal University. It is published fortnightly during the academic year (Sept. to April).

The Reflector is editorially autonomous and financially independent from all other governing bodies at Mount Royal University.

The Reflector welcomes newsworthy submissions from all students and community members. While the right of editorial comment is reserved for editors of The Reflector, opinion pieces may be submitted as letters to the editor, and may be published on the editorial page as such. The Reflector reserves the right not to publish submissions deemed by the Publishing Editor to be offensive.

Complaints arising from the content of the paper should be directed to the Ombudsboard. This board has been established as a mediator between the Reflector Publications Society staff and its readership.

All decisions of the Ombudsboard are final and binding on both parties. Letters to the Ombudsboard must be sent in confidence, care of the Reflector Publications Society, to the Reflector Publications Society office.

Submissions and letters to the editor should be a maximum of 500 words, typed, double-spaced, and contain the writer's name and phone number. No unsigned letters will be published. Only in exceptional cases, at the discretion of the Publishing Editor, will writers' names be withheld. The Reflector reserves the right to edit submissions for brevity.

Contents are copyright © 2021. No material may be reproduced without express written consent.

All opinions contained within this paper are those of the individual authors, and not necessarily those of the Reflector Publications Society. For more information, contact The Reflector office at:

the reflector

Wyckham House
Mount Royal University
4825 Mount Royal Gate SW
Calgary, AB T3E 6K6

All depts.: 403.440.6268

Fax: 403.440.6762

TheReflector@TheReflector.ca

The pandemic within a pandemic: Anti-Asian racism

Riggs Zyrille Vergara

Publishing Editor



Since the start of the COVID-19 pandemic, elderly asians have suffered from racism and abuse. The number of incidents are only rising as the pandemic continues. Photo courtesy of Unsplash

When the COVID-19 pandemic started infiltrating Canada, there was one other thing that spread quickly aside from the virus — anti-Asian racism. Almost one year into the gruelling pandemic, it still persists — it even got worse.

Last January, 84-year-old Thai immigrant Vichar Ratanpakdee was on one of his morning walks in his San Francisco neighbourhood when a man suddenly shoved him to the ground. Ratanpakdee hit his head on the pavement and retained brain hemorrhage from the attack.

While on his way to work, a 61-year-old Filipino man had his face slashed by a stranger. Noel Quintana's face bled from ear to ear, but no one in the New York subway came to his aid. When he got off at the next subway stop, a member of the staff helped him by calling 911. Quintana's face had to receive 100 stitches.

In California, a 64-year-old Vietnamese grandmother was robbed in her car. While getting into her vehicle, the

driver of another car blocked her way, snatched her purse and fled. She was left shaken.

These are only a few of the many reports about Asian elders being attacked in public when 2021 started. Although these all happened in the United States, Canada had experienced these horrors as well.

Last March, a 92-year-old Asian man with dementia had wandered into a convenience store in Vancouver. The store staff were trying to assist him when another man started berating him with racist remarks. In a surveillance video, he was also seen grabbing the elderly man and shoving him, causing the Asian man to hit his head on the pavement.

In July 2020, Calgary resident Jessica Lau was skateboarding along Inglewood when a random man on a bicycle spit at her and then called her a racist slur. Lau's boyfriend happened to be filming her and caught everything on video.

A few weeks ago, employees from Mai's Kitchen Vietnamese Cuisine in Saskatoon were yelled at by a man. He accused them of bringing "the virus" to Canada and told them to go back to China. This happened after employees had instructed the man to wear his mask.

A study from Statistics Canada has found that since the start of the pandemic, one in five visible minority Canadians reported a dramatic increase of race-based attacks in their neighbourhoods. The study revealed that these types of incidents were more pronounced with Filipino, Korean and Chinese Canadians.

A community-led grassroots data campaign called Project 1907 has collected over 600 reports of incidents of anti-Asian racism towards Canadians. Racial slurs, threats and derogatory remarks are the most common attacks with 65 per cent, but nearly 30 per cent of these reported

attacks are also physical, including targeted coughing, spitting and violence.

As much as Canada is revered to be a diverse country, racism seeps through and hides in plain sight. The onset of the current pandemic has proved just that. It showed us that Canadians are not as inclusive as we have thought. As a Filipino Canadian, I fear for my friends and family. I fear for the day that their experiences might become more than looks and whispers from afar. I fear the day I might not be there with them if something bad happens. And with every Asian name I hear on the news involved in a race-based attack, that fear grows.

At a time like this when assemblies and protests are discouraged or even dangerous, there is only so much that the Asian community can do. Most of the affected elderly Asians are too busy working for their families to worry about protests or raising awareness. Such is the plight of people

who are underprivileged; people who are sometimes not given job offers because of their race.

But even with all the discrimination, Asians have been hard at work as frontline employees in the food service and healthcare industries. In 2016, 30 per cent of all immigrant nurse aides, orderlies and patient service associates were Filipinos, according to Statistics Canada. 10 per cent are South Asian and four per cent are Chinese.

A year into the COVID-19 pandemic and we have come a long way in terms of treating the symptoms of the virus and creating vaccines. But, the progress on inclusivity doesn't seem to have the same pace. We are still stuck with decades-old beliefs of power dynamics when it comes to race.

Every day we are faced with the fear of getting the COVID-19 virus. But for Asians, there is another pandemic to fear — racism. It might not be contagious, but it can be just as deadly.

5 ways to support salons and spas during the COVID-19 pandemic

Karolina Bourne

Contributor



Beauty salons are tightly holding on right now, as the pandemic does its best to keep everyone indoors. The best thing people can do these days to support those who work in the beauty industry is to support local. Photo courtesy of Pixabay

Salons and spas are facing many uncertainties and challenges during the COVID-19 pandemic. More than ever, it's become important to support local businesses. Thanks to social media and the convenience of online payment and bookings, customers can easily reach out to salons and spas for all their appointments and at-home hair and beauty needs.

As businesses continue to adapt and respond during this unique time, we've put together five easy ways to support salons and spas in Calgary this spring.

1. Shop local

Whether you're replenishing your own beauty products, shopping for a friend or looking for a special gift, reach out to your favourite salon or spa. They can definitely steer you in the right direction and help you choose high-quality products.

There's nothing worse than giving someone cheap products that they'll hate and

eventually throw away. A five-dollar bottle of shampoo from a drugstore simply doesn't compare to a product from a local salon or spa.

Keep an eye on salon and spa websites and social media accounts for posts about curbside pickup or delivery. More than likely, businesses have lots of stock and are able to order more. As long as clients continue purchasing products, salons and spas will be able to afford this. During salon and spa closures, you've likely been trying a few DIY hair and beauty hacks. Rather than running to the drugstore to get supplies, why not reach out to your favourite pros?

During holidays, like the upcoming Easter, they sell gift sets, and they'd likely be more than happy to put together a customized DIY product pack for you any time of the year. Nail polish, topcoat, a nail buffer, and a high-quality nail clipper makes a great self-care gift for yourself or a loved one.

If you're not sure what your friends or family prefer in terms of products, a gift

card is a great option. Not only are you supporting a local business, but you're also giving a gift that keeps on giving and can be customized to individual preferences. Reach out and send a message if you're not sure if a particular salon offers gift cards.

2. Pre-book all your appointments

The absolute best gift you can give a hair or beauty professional is to pre-book all your beauty appointments using localized phone apps such as Beautster*. The Calgary-based marketplace and community gives users the ability to book hair and beauty appointments all from the comfort of their own homes.

This way, the salon or spa knows what to expect when things open up again. Plus, any online bookings and payments can always be used for future appointments in case you need to reschedule. Remember, if salons and spas don't have clients in their chairs, they aren't making an income and

they may or may not be able to survive the pandemic.

Easily pre-book haircuts, massages and manicures. Trust us, you'll be glad you did once everyone is rushing to the salon in a frenzy when it's safe to open businesses again.

In addition to pre-booking your appointments, sign up for salon and spa newsletters and put your name on their waiting list if they are currently unable to accept new clients.

3. Social media interaction and support

If you're not able to support local this year, take some time to like, comment and share. Salons and spas appreciate it when clients show them some love. It doesn't take long on your end, and it's a great way to show your appreciation for their talent and hard work.

When you're liking and commenting, be sure to write genuine feedback customized to each post. Try to avoid generic comments like "great",

"wow" and "cool", since those aren't thoughtful. Comment something like, "such a beautiful bob haircut, it really suits her! I can't wait to book with you again soon!"

4. Write reviews, post selfies and refer friends

Client selfies are a salon and spa professional's favourite thing. Not only does a quick selfie showcase their work, it also shows it off more realistically, as opposed to a salon photo taken with a ring light and a perfect background. Whether you're out and about taking a walk or chilling at home, a quick snap shows both current and potential clients what to expect.

If you've just had your nails done and it's been a few days, snap a picture. If your balayage is growing out seamlessly and you're loving

Continues on Pg. 7

Continued from Pg. 6

it, take a photo and share it with your stylist. Especially during this time, stylists love seeing real client photos that they can share on their social media accounts.

Another great way to support salons and spas is writing reviews. Post a review on their Facebook page, website and any other online profiles they have. If you're not sure where to post your review, just ask and you'll happily be pointed in the right direction. While you're at it, ask if the salon or spa

has a referral program. You might be able to earn points, products or services for each successful referral.

5. Leave it to the Professionals

Have your bangs been growing out and you're thinking of cutting or trimming them? Leave it to the pros. Are your ends dry and in need of a trim? Leave it to the pros.

Rather than trying to trim your own hair with dull scissors that will cause fraying and split ends, wear your hair up in a fun messy bun. Braid

it, or curl your hair to hide any unruly ends. Waiting for your stylist is the best thing you can do for your hair and their business.

More importantly, if your roots are showing or your colour is fading, do not reach for drugstore box hair colour. Not only will you ruin your stylist's hard work, you'll likely be dissatisfied with the end result. Box hair dyes can be unpredictable, and they often contain low quality, harsh or toxic ingredients. Plus, once you're back in your stylist's chair, you'll end up paying more to have the hair colour

stripped or corrected. Leave it to the pros.

Plucking and overplucking your eyebrows can also be really tempting. Go easy with your tweezers until you're able to book your next appointment. Prolonged eyebrow overplucking can result in long-term thin eyebrows that take a long time to regain their fullness. The same applies to false eyelashes. If you're experiencing lash shed, reach out to your lash artist for tips on how to safely remove them at home and which products to use. Removing eyelashes without

care can affect the health of your natural lashes, meaning future appointments may cost you more, since you'll need more filled in.

In these trying times, sometimes a simple haircut and style, or some freshly shaped eyebrows can make all the difference in how we cope and feel about ourselves. By utilizing local salons and spas, we can support both ourselves and those who live to make us beautiful.

**Karolina Bourne is the Marketing Communications Manager of Beautster*

Anime shows that are a must-watch this March

Ed Ghost

Staff Writer



This month is as good a time as any to get wrapped up in the world of anime. It is an incredible art form and there is a character plot for everyone. Those pictured in the photo above are just some of the main characters found in the shows and movies listed below. Photo by Ed Ghost

Last March was different than any other March I've ever had to face. The world seemed to grind to a halt, everyone was told to stay inside their homes, businesses shut down and we weren't allowed to see anyone we didn't already share a house with. People were bored — and justifiably scared — and we all had to find ways to entertain ourselves indoors. Some people learned how to make bread, others became internet detectives after

watching Netflix's Tiger King (we're on to you, Carol). But me? Well, I decided to catch up on a whole bunch of anime.

I've always been an insufferable, unapologetic "weeb" and having a lot of downtime gave me an excuse to re-watch old favourites, as well as explore some new ones. Armed with a brain full of cartoony goodness, I'd like to make some suggestions of some animes that I think are worth checking out — in no particular order, because I

know better than to start a fandom war — as we navigate the anniversary of our world in a pandemic.

Demon Slayer (Kimetsu no Yaiba)

This show focuses on a hardworking, sometimes annoyingly optimistic, Taish-era boy named Tanjiro who has a nose so good that he can smell people's intent, as well as otherworldly

forces.

His life falls apart when his sister is turned into a demon, and the rest of his family is killed. Looking for a way to cure the curse, he is suddenly thrown into an underground world of elemental magic, political turmoil and a mysterious warrior society called the Demon Slayer Corps.

Only the first season and the movie adaptation are out right now, but the film hasn't been released in Canada yet,

even though it broke many box office records. I liked the first season so much that I devoured the manga. It made me laugh and cry so many tears. I cannot wait to see how the production tackles the rest of the plot.

Mobile Suit Gundam Wing

This is the show that got me into anime in the first place

Continues on Pg. 8

Continued from Pg. 7

20 years ago. I re-watched it recently and I still loved every second of it. I freely admit that I'm very biased towards this show — but because I've liked it so long, that means it must be good, right? This anime is all about politics and war between the Earth and the inhabited colonies that surround it. Five young soldiers are sent to Earth in mobile suits disguised as shooting stars in an effort to overthrow the current government, but it doesn't go as planned. Now, they need to blend in and adapt to complete their missions.

Cowboy Bebop

Another oldie but surely a goodie, *Cowboy Bebop* can best be described as a "space opera", but without the singing. This anime follows three struggling bounty hunters, a genius stowaway and her genetically engineered dog as they travel through space looking for easy targets to capture for rewards.

But the show gets darker when the main character, Spike, is forced to reconcile with his past and face his old partner in crime in a battle to the death.

Revolutionary Girl Utena

I can't deny that this anime is weird, but, did it ever have a part in my queer awakening. Not only is it a visually stunning series to watch, but it puts a really interesting twist on the whole "magical girl" trope.

Utena Tenjou was orphaned as a young girl, and one day meets a prince who gives her a ring, saying that they'll meet again. Inspired by this interaction, she decides that she too will become a prince. Years later as she enters a prestigious high school, she witnesses the physical abuse of another student, named Anthy, who happens to be a princess. Anthy is considered a "prize" for students who win duels using swords. In order to save Anthy, Utena must win these duels, which later reveal a deeper connection. This anime is all about love triangles, magical girls and gender-bending, and I am here for it.

Neon Genesis Evangelion

I really waffled putting this on here, only because I don't

fully know how to explain it. Watching *Evangelion* is legitimately like watching an existential crisis. But with the new movie shorts that recently came out — which not only give a cool alternative ending to the original series but also a bit more of an explanation — I think it's safe to include it.

Regardless, this anime is infamous and you'd be hard-pressed to meet a fan who hasn't seen it. The show starts after the "second impact" which was a global catastrophe that almost ended Earth as we know it. Viewers follow Shinji Ikari, a melancholy teen thrown into an underground world where a war is being waged on aliens, known as "angels", by Shinji's absentee father. Shinji is forced to pilot a mobile suit known as an "eva" alongside other teenagers to save the world, but little does he know just how alive his eva unit is, or the identity of his real enemy.

Honourable mentions

Other binge-worthy anime shows you can watch include *Boogiepop Phantom*, *Serial Experiments Lain*, *Ghost in the Shell*, *Robotech*, *Ruroni*

Kenshin, Yu Yu Hakusho, and Gantz.

One-off anime movies

Don't have the time or patience to binge a whole series? Here are some one-off anime movies to quench your thirst.

X/1999

X/1999 is the movie retelling of the classic CLAMP series, *X*, which follows a boy named Kamui returning to his childhood home after his dying mother saw a prophecy in which it was his destiny to do so. After he returns, he is forced to choose between joining the Dragon of the Heavens gang, or the Dragons of the Earth, in a war that will decide the fate of humanity. It becomes even more complicated as the universe requires balance, so when Kamui makes his choice, his best friend, Fuma, must take him on as an enemy.

Blood: The Last Vampire

Saya looks like any other high school girl — sure, she's a bit anti-social and she

moves around a lot, but that isn't sinister, is it? It sure is! Saya is a vampire hunter for the government. She uses a sword, and has no social nuances that give her any form of internal dialogue to, for example, give her the heads up that maybe she shouldn't decapitate people on a very busy train. Not to worry — just as fast as the heads will roll, government agents are there to clean up her mess and give her the next assignment. Perhaps her lack of social tact means something, though — could she also be a vampire?

Paprika

Paprika is one of the most trippy animes I've ever seen. In the future, there's a device that allows an outside user to view other people's dreams, which is invasive enough as it is. But then, the head Doctor starts using the machine illegally to help psychiatric patients leave the confines of the hospital. It gets more intense when the Doctor starts using the machine on herself, becoming her alter ego, *Paprika*. That's when dreams and reality in this world start to merge and cause utter chaos.



@samrubuzz

samru.ca

PRE-REGISTER AND ATTEND TO WIN PRIZES!

SAMRU'S VIRTUAL
**ANNUAL
GENERAL
MEETING**



**31
MARCH**

**WEDNESDAY
6:00PM**

Attending and participating in SAMRU's AGM is an important function of being a member. Pre-register and attend to receive a \$10 Tim Horton's gift card! You'll also be entered to win one of ten \$50 Best Buy gift cards and our grand prize of \$500 cash!

**REGISTER TODAY
AT SAMRU.CA/AGM**

Top 5 Indie albums that got me through this pandemic

Hermie Ocenar
Contributor



Music has been a saving grace for many during the pandemic, keeping people content and entertained when the lockdown seems never ending.
Photo courtesy of Pexels

The year 2020 proved itself to be a year ripped out of some twisted sci-fi dystopian novel. With the rise of COVID-19 and provincial-wide lockdowns going into effect, one thing that kept people's heads straight is music.

A year later, and here we are, still at the mercy of a global pandemic but still rocking out. Here are the top

five indie albums that helped me get through the toughest year of my lifetime.

1. *Rearrange Us* by Mt. Joy

Prior to being kept a prisoner in my own home, I had a job with co-workers I adored and a social life that had me out every weekend. Then just as fast as the night

changes course, I tune into the news and Alberta had declared a state of local emergency causing the closure of non-essential businesses and classes to be cancelled.

Enter the band Mt. Joy. Greeted with the smooth twang of guitarist Sam Cooper and accompanied by the vocals of lead singer Matt Quinn, I knew this album would keep

me company for the next few weeks.

Mt. Joy's album *Rearrange Us* is about recovering from a relationship you so badly wanted to work, but ultimately, we all know how the story ends.

As Quinn sings in "Let Loose," "Wonder if I'm ever gonna come back for you, Stuck in the groove like I

don't know what to do," I was reliving experiences from my past instead of looking forward to my tomorrows.

Life was not the same and the relationship I had with myself was going through trials and tribulations, but this album served as a couples

Continues on Pg. 10

OUT'N ABOUT

Page to Stage festival with Theatre Calgary

On March 20 and 21, the Page to Stage New Works Festival highlights three southern Alberta-based writers and their scripts that examine LGBTQ2S+ identities. The scripts will be presented over Zoom and tickets are \$25 for three shows or \$10 each.

Outdoor adventure circuit in Bridgeland

The Bridgeland Riverside Community Association recently launched the Bridgeland Arctic Adventure. Until the end of March, try human curling, relax on a snow beach and visit their outdoor ice bar.

Virtual workshop on board governance

On March 5 and 27, the Alberta gender diversity advocate non-profit DirectHer Network is holding a virtual Zoom workshop about the importance of gender diversity within boards, with attendance by donation from \$5 to \$20.

YYCFoodTrucks March Break Seafood Escape

The Grey Eagle Casino and Event Centre is hosting a food truck escape on March 20 and 21. If you can't hit the beach this March Break, the YYCFoodTrucks is bringing the beach to you. Get ready for beach-inspired dishes, drinks and desserts.

Continued from Pg. 9

counselor. It made me feel a little more human and a little more forgiving of my frustrations of the unknown future.

2. Honeymoon by Beach Bunny

For a lot of young university students, surviving a pandemic looks like being forced to move back home and spending time in your childhood room that now doubles as your classroom. Standing in the middle of my childhood bedroom, the familiar feeling of teenage angst quickly crept up on me, except I'm well into my twenties. With nowhere to go except the grocery store, I felt like I was back in my teens, aching to live out the last drop of my adolescence.

With sincere and honest lyrics sung over unrefined instrumentals, Beach Bunny's album *Honeymoon* let me

tire out my inner teenager and finally let her rest. Influenced by the earlier years of alternative pop-punk, this Chicago-based band touches on topics of self-doubt and anxiety caused by childish fears and loneliness that ensues from being on your own — a concept many are familiar with.

3. Dream Girl by Anna of the North

I was quick to exhaust all my creative outlets, and the activities I enjoyed doing in my spare time were no longer fun since all I had was free time. Forced to relearn what the definition of fun means to me, I knew it wasn't flipping between Netflix and Youtube or re-listening to the same audiobook. I was in desperate need of a change in scenery.

Anna of the North's album

Continues on Pg. 11

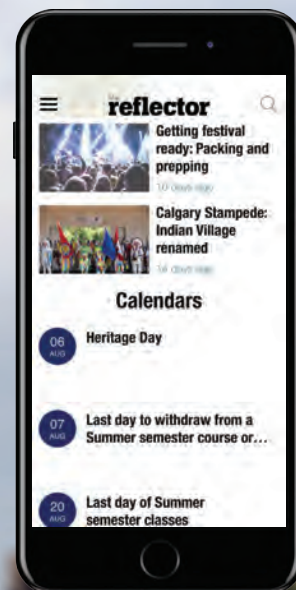


Album cover for Oliver Tree's most recent album, *Ugly is Beautiful*. Photo courtesy of Atlantic Records



Album cover for Mt. Joy's most recent album, *Rearrange Us*. Photo courtesy of Dualtone Records

The Reflector Newspaper app available now in your favourite app store



**Get The Reflector
Newspaper app
available in the App
Store and in Google
Play. It has all of the
up-to-date news and
information to
enhance your Mount
Royal University
experience**



Download on the
App Store

View QR code
in photo app



GET IT ON
Google Play

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



Album cover for Anna of the North's most recent album, *Dream Girl*. Photo courtesy of 300 Entertainment

Continued from Pg. 10

Dream Girl opened the door for all my daydreaming adventures and whisked me away with the smooth keys of a 90's synthesizer and the charming vocals of Anna Løtterud.

Dream Girl is an uncomplicated, smooth and easy listen. As Løtterud sings in "Used to Be," "When all that really makes you happy are the things you can't see." You can't help but count the little victories life has given you in spite of the current state of the world.

4. Conversations with myself about you by Lovelytheband

You never think about how being laid-off will affect you until you actually get a call from your boss saying you're no longer employed. No one teaches you how to handle the emotional roller-coaster it sends you on.

My emotions bounced from relief since I was able to spend most of my time catching up on missed assignments to absolute fear

of unemployment.

Conversations with myself about you by Lovelytheband seemed to be the only album that could keep up with my emotional outbursts. Navigating through the complexities of human emotion, Lovelytheband explores vulnerability, attachment, heartbreak and loneliness.

Peel back the layers of your emotional baggage and let yourself feel everything you need to feel in order to move on. From "idwgtyp" to "when you're lonely - interlude" this album hits the right spot for

nights you want to spend being sad.

5. Ugly Is Beautiful by Oliver Tree

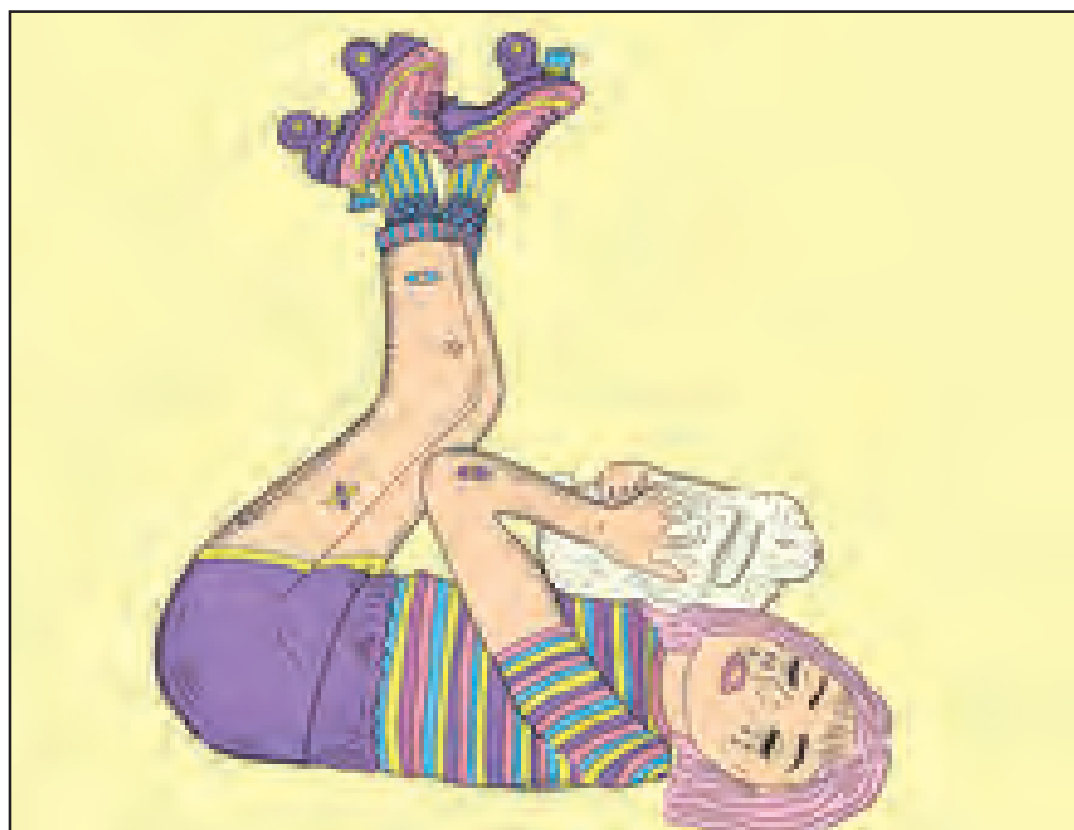
Like a baby who has just woken up from a nap ready to create chaos, I had all this energy built up inside of me and with nowhere to go, it started to eat me alive. Following the same at-home routine for almost three months definitely led me to the brink of insanity and it was clear that I needed to direct that energy somewhere else.

Ugly Is Beautiful by the self-proclaimed "living meme," Oliver Tree, invites you into his own fever dream of a universe with this 14-track album. It's the album you love to hate but it's everything you need to forget about every issue you have, even for just a moment.

This album tackles the touchy subjects of depression, bullying and self-respect, but does it in a way that makes you want to dance. Tree has his middle fingers up to his haters with *Ugly Is Beautiful* and invites you to do the same.



Album cover for lovelytheband's most recent album, *conversations with myself about you*. Photo courtesy of Another Century Records



Album cover for Beach Bunny's most recent album, *Honeymoon*. Photo courtesy of Mom + Pop Music

Get rid of your beauty-blues

Three ways to change up your spring look

Emily Marsten

Contributor



Experimenting with makeup, hairstyles and nail polish is a great way to unwind and relax while looking good. PSA: Makeup and nailpolish is for everyone. Photo courtesy of Pexels

It's not quite spring yet, but I can't help but think that it's just around the corner. I don't know about you, but staying at home all the time has changed my normal getting-ready routine.

These days, I rarely wear makeup. My typical hairstyle consists of a knot on top of my head or a braid down my back. But the monotony of not getting ready in the morning has started to feel depressing.

So, what better way to combat the beauty-blues than by doing a DIY makeover? Here are three creative ways that you can give yourself a little pick-me-up at home.

Painting your nails

I have always loved painting my nails. I adore the look of shiny red fingernails that glow when you're typing on your laptop, and how the right nail polish can become a perfect accent to that cute spring dress. Painting your nails can be an enjoyable way to express your artistic creativity.

Have fun testing out new colours, try mix and matching shades, experiment with an ombre-effect or test your skills at doing some nail art. To get

that spa-like effect, soak your hands in warm water with some Epsom salts, exfoliate your hands and try turning on your favourite relaxing music. Make a hot cup of tea and go somewhere quiet where you can enjoy painting your nails — and don't forget to put on moisturizer.

Try out a new hairstyle

Instead of pulling your hair into a messy ponytail again, consider taking some time to try out a new hairstyle. You don't need a haircut to find new ways to change up your appearance.

For short hair, try using hair gel and get creative with it. Try parting your hair in a new section, spike it up or slick it back — it's up to you! For longer hair, try learning how to do a new braid. Side braids, french braids, fishtails; there are so many options that can have your hair feeling fresh and new in no time.

It's time to get rid of your go-to hairstyle and see what you can do. Maybe you have always wanted to learn how to do a french twist? Well, now's the perfect time to try it out. Follow along with a how-to video on YouTube and see

what you think.

Play around with your hair, maybe even try inventing a new hairstyle. But most importantly, have fun trying out new hairstyles. You just might find one that you love.

Mix up your makeup

Now that you have your hair and nails done, it's time to tackle your makeup. Changing up your normal makeup look can seem like a daunting task, but what better time to try out some new looks than right now.

Doing simple things like trying a new eyeshadow colour can make a big difference in your appearance. If you usually head toward a neutral palette, try out some sparkles! Don't be afraid to blend colours together or go for a pop of colour.

Another great way to mix up your makeup is to test out some different eyeliner shapes. Go bold and sassy, or try a softer look and see what happens. If you struggle to know what to do with your makeup, there are lots of great tutorials on YouTube. Grab your makeup kit and shake it up!



When You See Yourself

Kings of Leon
RCA Records Label
Score: C +

When You See Yourself hails itself as Kings of Leon's eighth album, but perhaps seven really is a lucky number. It just doesn't feel like their hearts are in it anymore. A mellow rhythm pervades through the entire album that feels similar to a cloud hanging over your head. It feels like staring at a lion, hoping that it'd roar but it never does.

The slow, simmering burn throughout the album seems to do Kings of Leon injustice. It's as if each individual part of the band itself is doing their job and yet instead of being able to join together to create a symphonic journey,

they only manage to meld together into a solemn succession of sound.

When You See Yourself still has redeeming qualities though. While it struggles in some areas, the album doesn't seem to lack when it comes to its elegant lyrics that can take you to another world.

While *When You See Yourself* has some highlights, the album — and the band — feels tired. If they are dropping a ninth album, a change of pace may benefit both their listeners and their music.

— Keoputhy Bunny

Poster Girl

Zara Larrson
Epic/Record
Company TEN
Score: C+



Zara Larrson's third studio album, *Poster Girl*, is a fun but forgettable journey. Larrson's vocals mixed with refreshing, animated beats show off a polished sense of direction in terms of style. She is a vigorous, bubblegum pop star, that much shows from *Poster Girl*, but therein lies the problem. Larrson doesn't show any other side of her and while the Swedish pop star has so much potential, it's frustrating to hear.

Larrson's voice is strong and complemented by the delicate beats, it sounds even better. This is also where it gets frustrating. Because of the potential in her voice, it felt like the album was missing a crescendo; there

was no chance for Larrson to fully use that powerhouse voice.

There really wasn't anything groundbreaking about the album but in terms of all the traditional cornerstones of a pop album, she checked them all off and did so in a spectacular fashion.

Poster Girl was pleasant to tune into but unmemorable. The album puts Larrson on a good path and if she evolves as an artist, she can take the music world by storm but so far, but she'll have to do a lot better than this album.

— Keoputhy Bunny

Two Cougars taken in second-ever CPL U SPORTS draft

George Potter

Staff Writer

Two players from the Mount Royal Cougars men's soccer team have been drafted by Cavalry FC in the Canadian Premier League (CPL) U SPORTS Draft.

Unfortunately, both players were unable to play their first year with Mount Royal due to the COVID-19 pandemic. Despite not being able to show their skills in their freshmen year, they are both excited for what they will bring to Cavalry FC for this upcoming season.

The two Cougars selected by the hometown Cavalry were Victor Loutri and Ethan Keen.

The CPL U SPORTS draft

took place on Jan. 29 and had two rounds where U SPORTS soccer players from across the country were selected by the eight teams in the Canadian-based league.

Because of the pandemic, the Cougars and the rest of the teams across U SPORTS were unable to have a season. However, it was a special time for those who were drafted to the CPL, especially Loutri and Keen.

Both players reflected on how the pandemic affected them in their first season with the Cougars.

"So, we didn't really get to play and get that real feeling of a live 90-minute game. So

probably, that was the biggest setback coming into this year, just not being able to have any games to prepare," says Loutri.

Keen, who was very excited about joining the team, found it tough not training with them and staying at home.

"I was really disappointed at first, for the season and the soccer aspect, especially. But I think also, just for me, I was really excited. It was my first year, I didn't really know what to expect at all, and I was really excited to get to know the guys on the team [and the] kind of experience, like going on trips travelling with the team and the actual school atmosphere," says Keen.

The first round of the draft saw Loturi, a freshman midfielder, taken as the sixth pick to Cavalry FC. Loturi had experience with Cavalry FC before joining the Cougars this season. He appeared in four games with the club in 2019. Loturi feels that he has a good chance to achieve his childhood dream of going pro.

"Growing up, I always wanted to be a professional player. So, being drafted just gets me one step closer to that dream," says Loturi.

In the second round of the draft, Keen was selected as the eleventh pick. Keen is also in his first year with the Cougars and played for the Calgary Foothills soccer club before joining the team at MRU.

"I think that's really cool



A headshot of Victor Loturi. Loturi was drafted for his second tour of action with Cavalry FC in the 2021 CPL U SPORTS draft. Photo courtesy of Cougars Athletics

that I get to do it and have a lot of my friends growing up here, and my family as well [are] here to hopefully support me. And even with my MRU career as well, I feel like just, it's all close to home for me. And I think that's really important to help me give it my all and be at my best," says Keen.

The spring is getting very close, which signals the start of the season for both players. Loturi and Keen are very optimistic about how they can make an impact on Cavalry FC. When they return to MRU in the fall, they're also hoping to take on leadership roles as soon as they are able

to get their first opportunity to represent the Cougars.

"If I get another opportunity, [I can] help the younger guys develop and get into the team, making them feel welcome. And even with the older guys, I can even help them as well. [I can] give them some of my input, and they can give me some of their input as well," says Loturi.

"For me, it'd be a dream, obviously. Since I was a kid, [I've always wanted] to play professional soccer. And then in the fall, go back to MRU and hopefully have a season with them and be at my best," says Keen.



A headshot of Ethan Keen. Keen was selected with the 11th pick in the 2021 CPL U SPORTS draft by Cavalry FC. Photo courtesy of Cougars Athletics

#S

16, field goals made on 16 attempts for NBA all-star game MVP Giannis Antetokounmpo

0, losses through Mar. 12 for the Gonzaga Bulldogs men's basketball team

19, million dollars saved by the Tampa Bay Buccaneers by extending Tom Brady's contract

10, Toronto Blue Jays pitcher Nate Pearson's rank in the annual top 100 prospects of the MLB

YOUR STUDENTS' ASSOCIATION





INSTRUCTORS READ YOUR **WILDEST** MRU STORIES

APRIL 1 • 7:00 PM • ONLINE

Join us on SAMRU's Facebook to see your wildest stories and confessions read by some of your favourite profs live!

Submit your story at samru.ca/storysubmission —it could be featured at the event!






SAMRU FREE TAX CLINIC

March 8 – April 30

Monday to Friday

11 am – 3 pm

Virtual appointments only



To schedule an appointment, visit
samru.ca/tax or email tax@samru.ca



2021

Student Governor Elections



Voting Period:

March 31st at 12:00pm
to April 1st at 12:00pm

visit samru.ca/vote

The Student Governing Board of SAMRU, consists of 14 elected and appointed positions. As the fiduciary trustee for SAMRU, the Student Governing Board is responsible for determining SAMRU's strategic goals and priorities and making decisions regarding its resources and policies.



@samrubuzz

samru.ca

The art of shooting a basketball

Gage Smith
Staff Writer

When you think of basketball, you think of shooting. More than ever before, excellent shooting is becoming an expectation of every player at every position. If you're not a good shooter, it's going to be an uphill battle to score, get playing time or move up to the next level (unless you absolutely dominate in another area).

If you're looking to improve, there are two key ingredients: reps and technique. It is, in theory, possible to become a good shooter with bad form. Look at Larry Bird, Reggie Miller, Shawn Marion or even Lonzo Ball (the jury is still out on him being a good shooter, but he has time). However, with good form, it takes a lot less time to improve, and your potential will be much higher.

Changing your form can be a huge undertaking, but I'm here to help you through it. You'll just need to unlearn some bad advice and pick up on a few of these tips below. For each of them, I'll back it up with NBA examples.

The Terrible Advice that Just Won't Die

If you've played organized basketball before, chances are extremely high that you've had a coach tell you to square up to the hoop

when you're shooting. That can mean a million different things, but typically they'll tell you to point your chest and toes at the rim, keep your shoulders perpendicular to it and to tuck your elbow in when you shoot.

Don't. I want you to imagine a rim in front of you right now and actually do this. Take yourself through the shooting motion. I bet you feel stiff and uncomfortable. Now, I want you to make an adjustment. Instead of squaring your chest and toes to the rim, tilt your shooting shoulder forward, and point your shooting arm, foot, and elbow to the imaginary rim and complete a shooting motion. It should feel a lot smoother and less mechanical.

This technique is called the tilt, and it's a relatively new approach that's contributed to the explosion of great shooters in the NBA. If you want to see it in action, check out the great Steph Curry, Damian Lillard or Jayson Tatum.

Doing this in-game has countless benefits, including giving you more arc on your shot (we'll get into that later). But, in my opinion, the biggest benefit is the comfort. It makes shooting feel easy and more fun, and when you're having fun with something, your motivation to practice it will skyrocket.



The more arc you put on your shot the better chance it has going in. Photo courtesy of Unsplash



Many shooters now tilt their shoulders towards the hoop instead of squaring up to the basket. Photo courtesy of Unsplash

Give Wide Misses the Finger

When you miss a shot, it'll be in one of three ways; short, long, or wide. If it's short, you'll want to put a bit more juice on the next one, and the opposite is true if it's long. But what about if you miss wide?

Believe it or not, you should almost never be missing wide. You have much more control over the horizontal direction of the shot than you do the power of it, because the ball moves in the horizontal direction that the finger it comes off of is pointing. In other words, the last finger that touches the ball when you shoot has a ton of control over its left/right direction.

To take advantage of this, it's important to be highly aware of which finger the ball comes off of when you shoot. It should always be either the middle or index finger. Now, simply make sure that finger is pointed straight at the rim when the ball leaves your hands.

The "one finger down" method, also known as "the

finger", can be used to keep your shot straight with a ton of consistency. Dirk Nowitzki used it throughout his career, and if you pay attention to his right hand when he shoots, you can see that his middle finger, and sometimes his ring finger, go down. He makes sure his middle finger is always straight and the ball always comes off of it, and he's one of the greatest shooters of all time.

Power Dynamics

Many players use their shooting arm as their primary source of power, which is a very common mistake made at all levels. It's a huge hindrance to players' range, arc and shooting speed, and it makes your shot easier to block.

Using your shooting arm for power will give the jumpshot too much forward motion, making it flat. Shooting should be mainly an upward motion to give your shot as much of the rim as possible to pass through.

Here's a quick exercise to understand the importance of arc: make a circle with your hand. First, look at it

straight-on, with your thumb across from your face — not much of a hole. Now, tilt your hand so your index finger is above your thumb. Look at how much more of the hole you can see. That's how much more space the ball is able to pass through when the shot comes from higher up.

The vast majority of your power should come from your legs. Getting a lot of lift on your jumpshot is critical, and you'll get the most power and arc if you release at the peak of your jump.

Ray Allen, who has hit the most threes in NBA history, got an amazing amount of lift on every single shot. It definitely contributed to his all-time-great consistency.

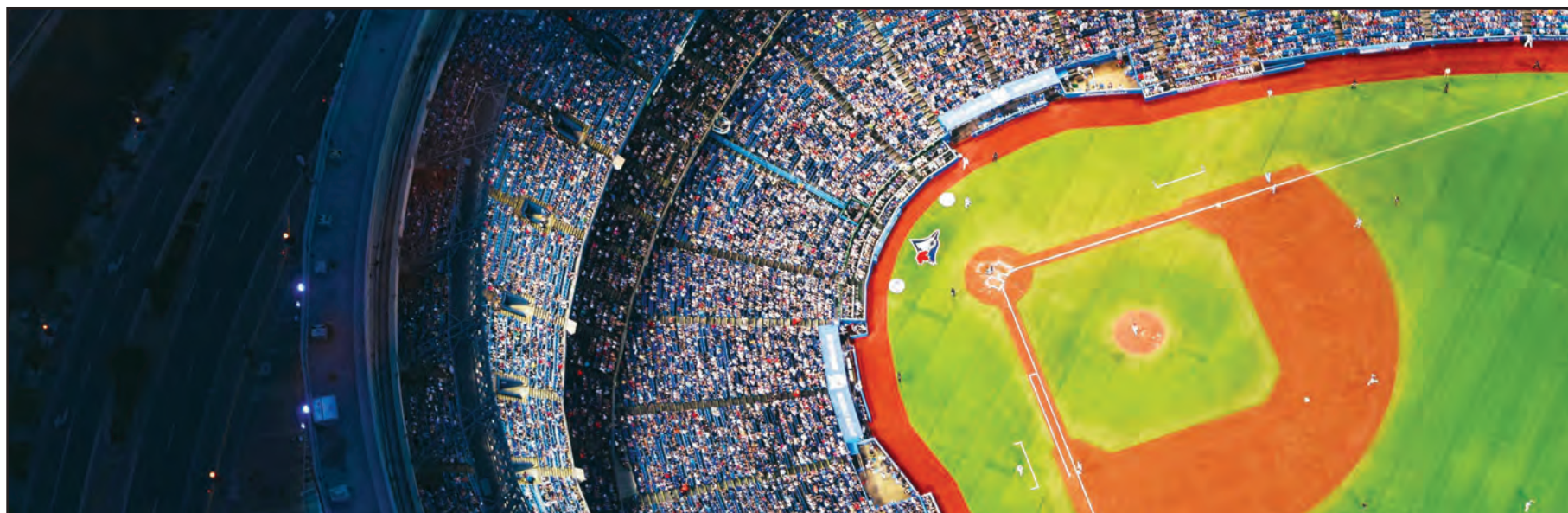
Not every great shooter uses all of these shooting mechanics. In fact, almost all of them break at least one shooting "rule". But, if you're trying to improve, you can add these pieces to accelerate the process.

Even if you implement them perfectly, however, it won't mean anything until you take thousands and thousands of shots. But that's the fun part, right?

Canadians to watch this MLB season

Zach Worden

Sports Editor



An aerial view of the Rogers Centre in Toronto, ON. Photo courtesy of Unsplash

With the 2021 MLB season fast approaching, teams across the league are finding out which players are going to make the opening 26-man rosters for opening day on April 1.

Despite the Blue Jays starting — and most likely ending — their season in Florida, baseball fans north of the border might feel a bit distant from the sport for a second straight season.

For those who may not be big Blue Jays fans but love supporting Canadian talent, here are 10 Canadians to watch this MLB season.

1. Mike Soroka, Atlanta Braves, Calgary, Alta

Coming off a torn Achilles tendon back in 2020, Soroka won't be ready for opening day, but the 2019 all-star has been throwing since January. Whenever the Calgary native is able to suit up again for the Braves, he will look to reclaim his spot as one of the best pitchers under 25-years-old in the world.

2. James Paxton, Seattle Mariners, Delta, B.C.

"Big Maple" is returning to Seattle, where he spent the first six years of his MLB career. After spending the past two seasons in the Bronx pitching for the New York Yankees, Paxton will join a left-handed heavy rotation with the Mariners as they look

to break the longest active playoff drought in the MLB.

3. Jameson Taillon, New York Yankees, Lakeland, Florida (Dual Citizen)

With one Canadian leaving the rotation, the Yankees traded for a replacement in Taillon. The 6'5 right-hander was born to Canadian parents, holds dual citizenship and suited up for Team Canada during the 2013 World Baseball Classic.

4. Joey Votto, Cincinnati Reds, Toronto, ON

One of the most decorated Canadian baseball players of all time, Votto is on the backstretch of his career. The 2010 National League MVP will need to rediscover his all-star form for the Reds to sniff out the playoffs in a loaded National League.

5. Cal Quantrill, Cleveland Indians, Port Hope, ON

Quantrill was traded to Cleveland by the San Diego Padres in the Mike Clevinger trade in 2020. In his 32 innings of work during the 2020 season, he posted a 2.25 ERA between San Diego and Cleveland, but only started in three games all year. He looks unlikely to earn a starting spot in Cleveland's rotation,

but will play a key role out of the bullpen. Whatever role Quantrill plays in 2021, he's going to have to prove that his 2020 season was more than just luck.

6. Nick Pivetta, Boston Red Sox, Victoria, B.C.

Acquired by the Red Sox at the 2020 trade deadline, Pivetta has breakout candidate written all over him heading into 2021. The 28-year-old has been a high-potential-low-results player for years now, but upon arriving in Boston in 2021, the Red Sox had a plan to have Pivetta tweak his mechanics. The results? 10 innings pitched with 13 strikeouts and only two runs given up. Look for Pivetta to make some noise for the Red Sox in 2021.

7. Freddie Freeman, Atlanta Braves, Fountain Valley, California (Dual Citizen)

Now, this list is in no particular order, but number seven feels like it might be too far down to list the reigning National League MVP. Freeman is one of the best hitters in baseball and is showing no signs of slowing down heading into this season at age 31. Another dual citizen thanks to having Canadian parents, Freeman and the Braves will be looking to avenge their

loss in the National League Championship Series and advance to the World Series.

8. Josh Naylor, Cleveland Indians, Mississauga, ON

At only 23 years old, Naylor broke onto the scene during Cleveland's playoff series with the Yankees in 2020. In the two games, he had five hits in seven at-bats, including three doubles and a home run. Naylor was also a part of the trade that brought Quantrill to Cleveland. Like his fellow Canadian, Naylor will need to prove himself early in 2021 to show that he belongs in Cleveland's everyday lineup.

9. Tyler O'Neill, St. Louis Cardinals, Burnaby, B.C.

Despite a tough year at the plate for O'Neill, he appeared in 50 of the Cardinals' 60

regular-season games, in large part because of his glove. He won his first career gold glove for his work in the outfield, leading all National League left-fielders with nine defensive runs saved. He should get a lot of playing time in 2021 with the NL Central favourite Cardinals, as long as he holds his own with the bat.

10. Jordan Romano, Toronto Blue Jays, Markham, ON

Romano has been with the Blue Jays for the past two seasons, proving to be one of their best bullpen arms before getting hurt in 2020. The Markham native had a 1.23 ERA in 14.2 innings pitched in 2020. He only walked five hitters and struck out 21. Romano will be another pitcher that will have to prove that his success in 2020 can be sustained across a 162-game regular season.



The Toronto Blue Jays in action at their home field, the Rogers Centre. Photo courtesy of Unsplash