

CAN I GET IN CAMPUS?

Navigating MRU's new proof-of-
vaccination campus access policy
(Pg. 2)



MRU scrambles amidst new restrictions; shifts to proof-of-vax campus access

Katia Maria Gallardo

Contributor

Mount Royal University (MRU) is mandating students, staff and faculty to give proof of COVID-19 vaccination records as a way to regulate in-person entry to campus and as part of the Alberta's Restriction Exemption Program (REP).

This is after the abrupt cancellation of in-person classes for the remainder of the school week on Sept. 15 due to the province's public health emergency announcement.

All campus activities from Sept. 16-19 were cancelled. Students and staff were asked to come to campus only if necessary. If students needed to pick up textbooks from the Cougars Campus store, they had to book an appointment online.

"I feel MRU prematurely acted, we are 96 per cent vaccinated and are all 18 to 24-year-olds. We have no reason to shut down as us students are the least likely of anyone to get sick from COVID. If what we've been told about the vaccines [is] right, MRU should be a COVID safe space. I've lost all faith in [Timothy Rahilly] as a leader of this school as he is reactionary as opposed to making informed decisions," a third year MRU physical literacy student said.

The next day on Sept. 16, MRU sent out another email outlining all updates on campus restrictions. The update specified how campus will reopen under REP starting Sept. 20. Mask mandates are still in effect, as well as declarations of vaccination. Those who refuse to declare their vaccination status are not allowed to enter the campus.

Marcus, a student in his third year of sociology said that overall, he was happy with how fast the decision was made.

"While I do believe that education belongs to all, despite being vaccinated or

not, the decision to provide proof of vaccination...is something I, and a lot of other people I knew, were hoping for."

Marcus also said that the possibility of going back to school online, even just for two days, had many students disappointed. "If they decided it was for the whole semester, I can imagine a lot of students going up to Financial Services and protesting refunds."

The update also included a new mandate as part of REP that required students, faculty and staff to present their proof of vaccination by Oct. 4. During this time, audits will be performed to verify the authenticity of the declarations. More details on this new mandate will be provided by the President and Vice-Chancellor of Mount Royal, Dr. Timothy Rahilly, at a later date.

In light of how fast this situation has developed, MRU has decided to extend their date to drop classes and fees deadline to Sept. 30.

But they elected to keep their deadline to add classes on Sept. 17.

Other universities like the University of Calgary and the University of Alberta also temporarily suspended all their in-person proceedings the night of Sept. 15 to update and review the implications of Alberta's new restrictions.

Mandatory vaccines for winter semester

MRU and eight other universities across Alberta including the University of Alberta, University of Calgary, University of Lethbridge and MacEwan University have decided that beginning Jan. 1, 2022, students, campus community members and visitors will be required to be fully vaccinated against COVID-19 to enter their premises.



A poster, taken on Sept. 18, outside of the West Gate entrance, detailing the campus being closed. Photo by Katia Maria Gallardo

When the winter semester begins, rapid testing will not be available as an alternative to full vaccination except for those who cannot be vaccinated based on medical grounds or other protected grounds outlined in the Alberta Human Rights Act.

Alongside the vaccine declarations, MRU will also be practicing random audits on students, faculty and staff. This is to support the university in ensuring that the vaccine declarations are for not dishonest. Those who have declared their vaccination status will have the chance to be selected for the random audits and will have to submit their proof of vaccination.

Mount Royal has stated that the decision to make vaccinations mandatory was not made in haste. Their

decision is to ensure that all students, faculty, and staff are protected and can attend campus with a sense of security.

"It is the university's duty to provide the safest possible learning, studying, working and living environment on our campus," an email from the university said.

As of Sept. 10, Mount Royal's vaccination numbers have been updated to 96 per cent illustrating that a vast majority of students and faculty have either been fully or partially vaccinated.

Getting vaccinated on campus

The vaccination bus is still available on Sept. 23 for those wanting to get vaccinated on campus. Located at the

Riddell Library and Learning Centre and the EA building, the bus will be open for students from 9 a.m. to 4 p.m. with the requirement of a government issued-ID and an Alberta health care card/number.

In an email they sent out, Mount Royal said everyone who is participating in activities and academics on campus should be working towards getting vaccinated fully.

There's no news as of yet as to the penalties of being unvaccinated and on campus, however updates on this should not be far behind.

"I have confidence that the Mount Royal community will continue to work together to meet the ongoing challenge that is COVID-19," Rahilly said.

New exemption program opens MRU, its businesses

Katia Maria Gallardo

Contributor

“Those two days were certainly a wake up call that COVID is not behind us.”

This is what Alex MacDonald, co-owner of Mount Royal University’s (MRU) optical clinic Old Street Optometry said when asked about the sudden closing of campus last Sept. 16 and 17 due to the public health emergency announcement from the government of Alberta. But with the introduction of the new Restrictions Exemption Program (REP), the university and the clinic are now open to the campus body once again.

This exemption program will allow businesses, events, and recreational centers that choose to opt into the program, to allow fully vaccinated patrons to enter and be held accountable for limited restrictions such as masking. Vaccine-eligible patrons will have to show their proof of vaccination or a negative COVID-19 test to enter the specified business or event.

MacDonald expressed worry that in-person classes will be cancelled yet again. But through MRU being part of the REP, Old Street Optometry is now open again for all kinds of eye treatment services.

“Because we’re operating on the campus, which is part of the Restrictions Exemption Program, we are essentially assured that everybody who

comes to us is going to be fully vaccinated even if we aren’t required to check for that,” MacDonald continued.

As a health service business, the optical clinic was not eligible to be part of the program.

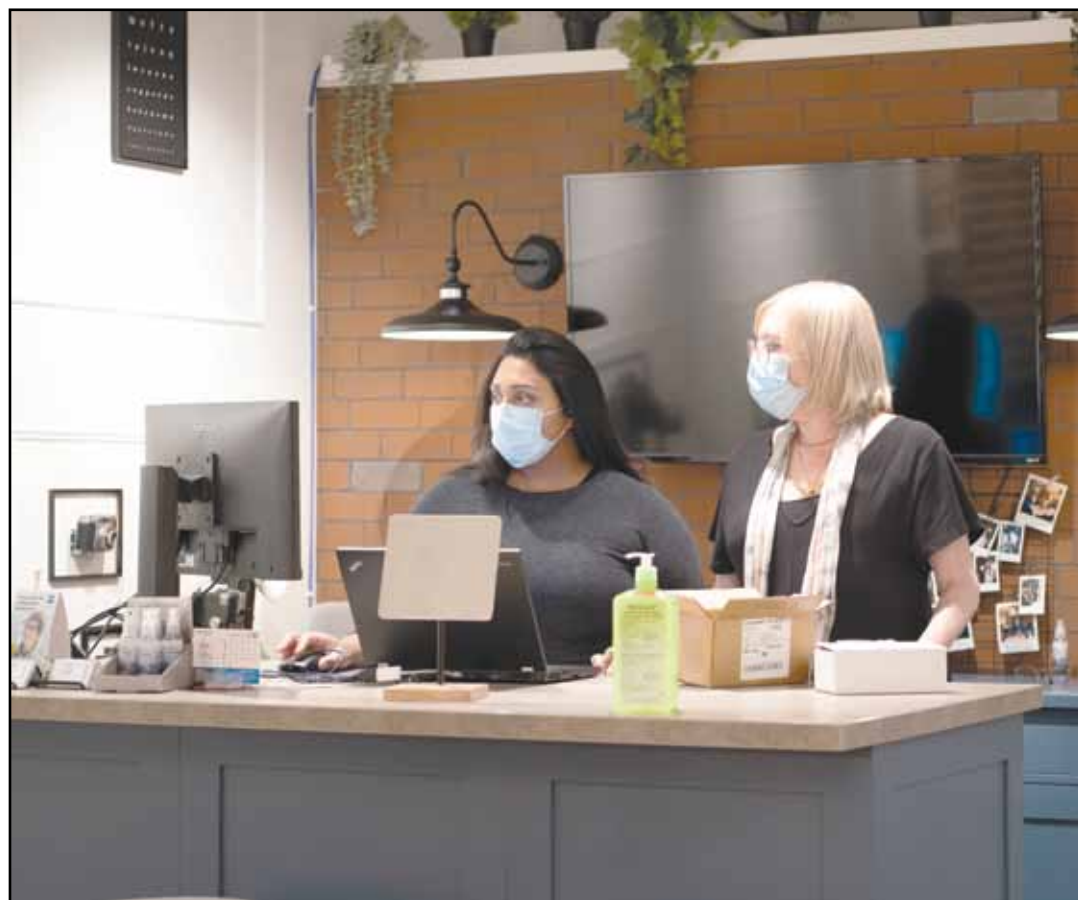
Other types of businesses such as hotels, K-12 schools and personal and wellness services also cannot benefit from the exemptions of REP.

Old Street Optometry is considered a health and wellness service and therefore cannot opt-into the program. However, since the optical clinic is in the university and the university is mandating the REP, the optical clinic can still operate, provided that they check proof of vaccination records from people outside the campus community.

“If we were in the same category as restaurants, we absolutely would’ve opted in,” MacDonald continued. He said generally, businesses in Calgary seem to be in support of a program to quickly verify vaccine status so that they don’t contribute to the spread of the virus.

MacDonald is also glad on a personal level. He and his partner, Dr. Lory Singh, one of the optometrists of the clinic, have a daughter at home who’s more susceptible than others to the virus.

Like the university, MacDonald agrees that in-



Old Street Optometry’s employees boast their affordable prices and student-friendly service that they think makes them perfect to be the university optical clinic. Photo by Hermie Ocenar

person learning is important to maintain. With that being said, MacDonald asserts that in-person classes may not have been possible without the exemption program.

“The alternative to the restrictions program... I think it probably would’ve been a closure. Anything that will avoid that type of result is extremely helpful for our business,” MacDonald said.

Old Street Optometry, which is located in the basement of Wyckham house, is one of the businesses operating inside the university that struggled when classes shifted online for more than a year.

Dental Choice Mount Royal and the Wyckham Pharmacy also had to adjust to the challenge of students going online last year. But like the optical clinic, they also now benefit from the university being in the new exemption program.

“It was certainly slow at that time, but we were fortunate that a number of people found us,” MacDonald said about the state of their business last year.

Understanding the Restriction Exemption Program

Last Sept. 15, Premier Jason Kenney announced that Alberta is in a state of a public health emergency. In his statement, he went so far as to say that the province may run out of intensive care beds within 10 days if the upward trend of COVID-19 cases continues. As of Sept. 17, there were over 5300 cases within Calgary.

Kenney outlined a variety of new restrictions that encompassed recreation, restaurants, retail, weddings and funerals. The province will also be introducing a proof-of-vaccination program that will exempt certain businesses to some of the restrictions depending on what kinds of businesses they are.

However, REP would not apply to children under 12, staff of the businesses participating in the program or businesses that need to be

accessed for daily living.

For some Calgarians, these restrictions have come too late. Political science professor Duane Bratt of MRU’s department of Economics, Justice, and Policy Studies, who has been outspoken about the government’s lack of responsibility, had this to say about the situation:

“We lost valuable time waiting to impose a vaccine mandate. How many people died or were hospitalized? Why did the gov’t wait to do what was right?” Dr. Bratt said in a tweet.

Mayor Naheed Nenshi seemed to share the same sentiment. When he was asked for his views on the new mandates from the provincial government, he said he had mixed feelings.

“I don’t know how to feel... but I can’t shake the feeling that it didn’t have to be this way,” Nenshi said. “... this government spun itself in circles, tried so hard to thread the needle that they missed the sewing machine entirely,” he added.



Through the Restriction Exemption Program, Old Street Optometry is able to offer their optical equipment to students. Photo by Hermie Ocenar

MRU celebrates National Day for Truth and Reconciliation

Alex Luong

Contributor

In honor of the National Day for Truth and Reconciliation, Mount Royal University (MRU) is hosting a series of events called The Journey to Indigenization: Truth, Reconciliation and Decolonization from Sept. 22 to Oct. 4.

"The University focused on creating and coordinating many meaningful activities for the whole campus community to participate in. We believe this is an opportunity for us all to acknowledge, reflect and learn about the history and pain of residential schools and to consider how we can advance reconciliation in our lives and work," Mount Royal Staff Association President, Michelle LoGullo said.

The event website recognizes Sept. 30 as the National Day for Truth and Reconciliation. It also recognizes Orange Shirt Day and honours Indigenous people who survived residential school and commemorates the children who never made it home.

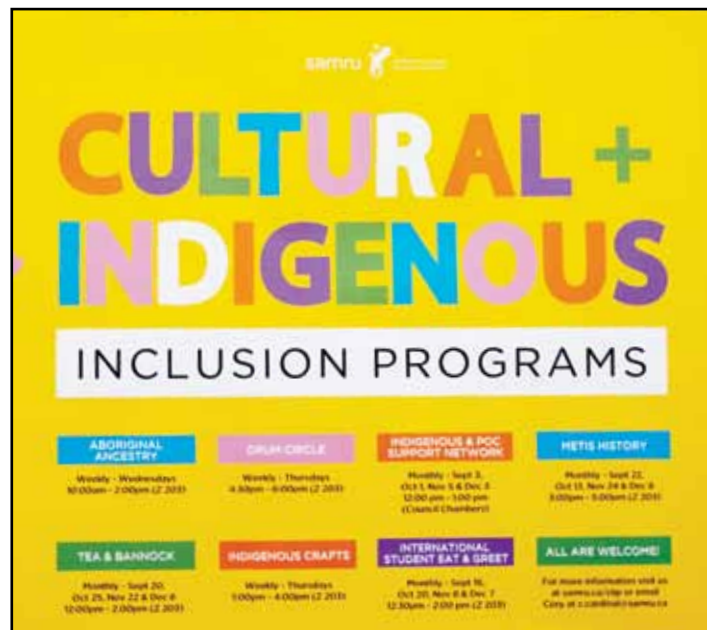
LoGullo said this is a

good opportunity for the staff, students and faculty to start or continue their decolonization journey.

Many faculty presentations and guest speakers will be featured throughout the week such as Dean of Faculty of Arts Jennifer Pettit and Elder Ruth Scalp Lock of the Siksika Nation. Pettit will be discussing the history of the residential school system with the recent discovery of the remains of hundreds of Indigenous children from the Canadian residential schools. Scalp Lock will be talking about her experience as a Crowfoot Indian Residential School survivor.

Books written by Indigenous authors and Every Child Matters orange t-shirts will be available for purchase at the Cougars Campus Store. Other materials about indigenization and decolonization will also be displayed and available to borrow on the first floor of the Riddell Library and Learning Centre.

A food donation box will



The university offers a wide range of cultural and Indigenous events this semester. Photo by Alex Luong

also be organized at The Iniskim Centre and the donations will be shared with Indigenous Family Housing students and the Students' Association of Mount Royal University.

During this time, students from the Bachelor of Child Studies will be handing out Orange Shirt Day buttons and pamphlets. The Iniskim Centre will also be serving orange cupcakes and MRU will brighten the campus with their orange items. Those that are wearing orange shirts are encouraged to join the Every Child Matters March on Sept. 30.

Sisters in Spirit Day, where everyone is encouraged to wear red clothes, will also be celebrated on the last day of the event, Oct. 4. There will be a traditional thinkers women's prayer circle held in T123, a film screening of Stardale women's group at the Bella Concert Hall, and the Sisters in Spirit Vigil and March held downtown.

"Sisters in Spirit Day is a national movement by Indigenous women to raise awareness of the violence against Indigenous women, girls and two-spirit and take a stand against the violence that leads to Indigenous women, girls and two-spirits

going missing or being murdered," a statement from the Journey into Indigenization website said.

Other Indigenization Efforts

In a statement she published on the MRU website, Associate Vice-President of Indigenization and Decolonization, dr. linda manyguns began an effort in August 2021 to not use capital letters on the university's website of the office of indigenization and decolonization with the exception of acknowledging the Indigenous struggle for recognition. Out of respect for her initiative, *The Reflector* will refer to dr. manyguns with lowercase letters.

manyguns stated that "the explicit demonstration and practice of aboriginal culture in everyday life or at places of resistance is called by academics 'eventing'."

"Finally, all [MRU] leaders have committed to encouraging their personnel to participate in these activities." LuGullo concluded. All COVID health protocols will be in full effect for on-campus activities.



A photo showing three pieces of Indigenous art in the main hallway of the main building. Photo by Alex Luong

THE REFLECTOR

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Must have fashion trends for fall 2021

Jazmine Canfield

Contributor



Shirt-jackets are a popular layering item this year! The one featured in this image is from Harry Rosen. Photo by Jazmine Canfield

Fall is the perfect time to explore new fashion trends. You can start layering with the weather, exploring bold colours and have opportunities for discovering new styles. From new trends that are show-stopping to the classic renewals, we've put together a list of clothing items that are a must have to upgrade your fall wardrobe.

1. Leather Jackets

A leather jacket is a timeless piece that is definitely a must have. This year, leather blazers are a great option that you can find at Dynamite — a good

biker jacket will do too! Don't feel shy to grab a different colour than black. There are some great leather jackets in maroon, brown and off-white that would be fantastic for fall.

Don't be afraid to take a risk. If you're a leather jacket veteran, maybe it's time to try a leather trench coat this year. Pair it with a nice turtle neck and some trousers and you will definitely be show-stopping everywhere you go. You can find some great options at Simons or ASOS. But don't forget to look at your local thrift store first, you may get lucky and find a hidden gem there!

2. Sweater Vests

Sweater vests were popular in previous years and they are back to slay once again! Whether you're wanting the academia look or just love to be warm and comfy, sweater vests are perfect for looking all-done-up without much effort. Try a vest layered under a white button-up blouse for a preppy feel, or for a more laid-back piece, try a ribbed sweater vest.

If you love to layer, try a white dickey, the top half of a button-up shirt without the sleeves, under a sweater vest. It looks like you are wearing a white button-up shirt without feeling like you

have too many layers on. This is a perfect option if you want that layered style on a hotter day.

3. Athleisure

Athleisure has been a popular trend for years, but it's still worthwhile. It offers the ultimate comfy look with minimal effort. Simply grab an oversized sweater or graphic tee, throw on a baseball cap with any bottoms and you're ready to go! This year's athleisure is heavy on zip-up hoodies with matching colour sweatshirts and bottoms. Puffer jackets, tracksuits, bomber jackets and sneakers are also all great additions to your athleisure look.

If you're feeling adventurous, try a matching colour set like a light blue sweatsuit with a long jacket over your top. Don't be afraid of colours. This fall, any colour goes!

4. Shirt-jackets

The shirt-jacket style has taken over fashion retailers, influencing how they make their jackets. This style is basically having a jacket that looks like a long-sleeve shirt, but it will also keep you warm during those colder days. You can find shirt-jackets almost anywhere. Jack & Jones has a good shirt-jacket for men

and H&M makes a good one for women.

Try taking a risk by layering a button-up shirt on top of your outfit as a jacket. Whether you're into a satin shirt or a comfy plaid, throw it on top of your outfit to complete a layered look without the hassle of having to buy anything new. It's also perfect for those days that are cold in the morning but hot in the afternoon.

5. Retro Pieces

In a nod to previous eras, the past has influenced this year's clothing patterns. Retro pieces are gaining popularity with their bold colours and fun style. Whether it's styles from the '70s, '80s, or '90s, retro patterned clothing is definitely a must have this year.

Be bold and try a pattern-on-pattern outfit! You can stand out from the crowd on a budget by heading to your nearest thrift store. Thrift stores have so many options when it comes to patterned clothing and any style can pull it off. Find a fun checkered shirt or pants and match it with a solid piece and you're all set!

The most important tip in fashion is to remember that your opinion is the only one that matters, and if you like it then wear it with confidence!



Sweater vests are a great layering option for those days that are cold in the morning but hot in the afternoon. This vest is from Oak & Fort. Photo by Jazmine Canfield

The Solo Female's Guide to Backpacking:

Hostel Life in Greece - good or bad?

The pros and cons of staying at hostels

Mackenzie Mason

Staff Writer

Ohhh, hostel life.

Hostels are like hotels that provide travellers from all over the world with cheap dorm rooms where you can meet amazing people and have fun nights out. But sometimes you get stuck with top bunks, snoring roommates and standing in line for the bathroom.

Is staying in a hostels worth it?

When I got to Athens, Greece, my first destination on my backpacking trip through Europe, I stayed at the Athens Hawks Hostel. I ended up extending my stay not only because I wanted to see more of Athens, but also because I met some amazing people at the hostel's rooftop bar — that's right, my hostel had a rooftop bar with a perfect view of the Acropolis!

Hostel life has become a lot more glamorous since the 1990s when my mom did her own backpacking trip at 21-years-old. She was blown away by my experience with the modern hostel's accommodations and I laughed at her when she commented on their generosity of providing linens. Bedding wasn't a luxury she had back then but it's a basic expectation in 2021.

Overall, I have been lucky to meet some incredible people from all over the world — Canada, the United States, Germany, Colombia, France, Australia, the United Kingdom and so much more! At first I was really nervous about whether or not I would be able to meet people, but it was so easy and natural that I found myself making friends in no time.

What's the cost?

I just finished up my time in Thira, otherwise known as the iconic island of Santorini. Here I stayed at the Bedspot Hostel in the town of Fira. I paid a little more to stay at this hostel, the equivalent of CAD\$105 per night. I specifically chose this hostel for its location and safety — something this solo female traveller deemed totally worth it.

The money-saving component in itself is also a selling point for hostels. I could have stayed at one of the cheapest hotels in Fira, and I would be looking at the equivalent of CAD\$300 per night. Saving money + making easy friends = one hell of a good time.

Sleeping beside strangers?

Now yes, sleeping in a room with several other strangers (both male and female) can be an interesting experience. I had two somewhat blissful nights of sleep in Athens before a new guy 'moved in' to the room — I have never heard anyone snore so loudly! But hey, he had a good sleep and now I have a good story.

As a woman, staying in a mixed dorm room was intimidating. But my experience has been that everyone just minds their own business. There have been multiple times where I have been the only girl in the room and I have yet to feel unsafe. I think there is a sense of community, mutual respect and understanding in a hostel. Hostels are a home away from home.

If you're a solo female traveller and you're anxious about the mixed rooms, I encourage you to give it a try, at least for a night. If you feel uncomfortable then no worries, there are also female-only dorms available, they might just be a few dollars more.

I think I've been lucky to travel during a time when most people aren't traveling, so I've had no issue booking hostels at the last minute, relying on online reviews and ratings through HostelWorld and TripAdvisor. I have yet to wait in a line for the bathrooms and the hostels I've stayed at have been very clean.

Safety is an important component of everything when you're travelling, especially as a woman. That's why most hostels provide lockers now. Sometimes, like at the BedSpot Hostel, they give you a locker with a lock. Other times, like at the Athens

Hawks Hostel, they don't provide a lock so you have to bring your own.

As I write this, I'm on the ferry to Ios, where I will be staying at the Francesco's Hostel, the highest rated hostel in Ios! It seems that Ios has a great nightlife so I'm looking forward to seeing the island and who I'll meet!

After Ios, I'll make my way to Naxos to explore its gorgeous sandy beaches, and then make a stop in Mykonos

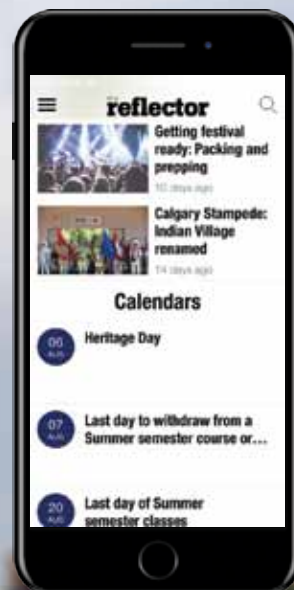
before finally travelling to one of my favourite places on Earth — Italy.

So is staying in a hostel worth it? In my opinion, absolutely!



Mackenzie Mason (right) at a beach by the Temple of Poseidon in Greece, where she built an Inukshuk with friends. Photo by Mackenzie Mason

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So you want a houseplant? Here's what you need to know

Taylor Charlebois
Contributor



A hoya plant makes for a great office companion! Photo by Taylor Charlebois

I love plants, there is something about them that just makes me so happy! It's like bringing a little piece of nature into your living space or office. When you start to see a plant grow and thrive after you've spent time nurturing it, it's an incredible feeling.

I grew up in a home where we had flowers and foliage everywhere. Every summer, we had a garden where we would grow vegetables and spices. I don't think it's a stretch to say I was put on a path of loving plants. However, I didn't start my own plant journey until a few years ago. I was always concerned that I'd be a bad "plant dad" and let one of the little green ones under my care down by

letting it die due to neglect.

Here are some of the best tips and tricks that I learned when I first started gathering plants in my home. Follow along so that you can keep your own little green friends happy and healthy.

1. Knowing your space

Before you go to the plant store, it's important to know where in your home or workplace you want the plant to go. Knowing the direction of where your windows are is also important because different plants do better under different lighting conditions. If you know your space, you can check the tags on the plants at the store to see if it'll be a good match for

the area that you're working with.

Generally, you don't want to move your plants as they can get very comfortable in their environment and any changes could bother them. There are a few occasions where you might need to make adjustments. If you're experiencing low light in the winter months, moving your plant near a window can help make them happy.

Just like us, plants can get cold too! A general rule of thumb is that if you're cold in your space then your plant is probably pretty cold too. Try to keep the temperature range of your space at one where you and your plants are both comfortable.

2. Finding the right pot

Buying pots for plants is a whole different challenge. My general rule of thumb is to always get a pot with holes at the bottom. The water needs to be able to drain or else it can pool and cause the roots to rot, which will eventually lead to the plant dying.

3. How much to water

Overwatering and underwatering plants is probably the single most common reason why so many house plants die. Every plant needs specific watering requirements, but here are a few important rules of "green" thumb that are helpful.

Firstly, you want the soil to get pretty dry between waterings. I use my finger to see what the soil situation is like on a weekly basis, but I also recommend using a moisture meter. These helpful little devices indicate how much moisture your plant has. When watering, I like to just water until the top level of the dirt is wet.

4. How to use fertilizer

All plants like good soil, light and a comfortable environment to thrive, but one thing that is often overlooked is fertilizer, which is the plant's food. Every plant is unique; in the spring and summer, plants like to be fed every three to four weeks. In the winter, most

house plants go into a dormant state where they don't need any fertilizer at all.

5. What to do with dead leaves

Insects love decaying and dying foliage, so be sure to remove any rotting or dead leaves that are sitting on top of the soil. Whenever I see leaves that are turning yellow or are visibly about to die, I gently prune the plant by cutting off the dead leaves — this ensures they don't steal essential nutrients from the other healthy leaves.

Whenever you are dealing with plants, don't be discouraged when you try something new and it doesn't work. Some plants just die, and that's okay! But you're going to get better and better at it as long as you keep up with it.

Remember, you can always try to find a plant that suits your comfort zone. If you're just starting out, I would recommend buying a succulent or pathos — both are very easy beginner plants that don't need a lot of attention and can easily thrive.

3 tips to help you stay healthy this semester

Cyrille Casimero
Contributor

As a university student, it can be hard maintaining healthy habits. Our days are already full with classes, jobs, homework, commuting and the list goes on! A change of routine from a busy summer to an even busier semester can be overwhelming. It can feel like just as you start settling into your new routine, you're hit with midterms and assignments!

But to be successful in everything we do, we have to be aware of how we treat our bodies both inside and out. Here are some simple tips you can do to stay healthy this semester:

1. Carry a water bottle

Whether you're going to class, work or running errands, always try to bring a water bottle! We all need to be hydrated throughout the day. Dehydration reduces the

brain's capability of retaining information — we need to actively remember to not let that happen! Water also helps prevent headaches and aids in keeping you alert. Personally, water helps me when I start yawning or when my eyes are starting to feel heavy. The more water I drink, the more I start to wake up! It also helps having to refill your water bottle, you're able to leave the room for a minute or two to stretch your body out.

2. Activities that match the season

It can be hard to stay active during the colder months, especially with assignments and exams always around the corner. It can also be hard to stay consistent with being active, especially if it's going to the gym five times a

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week. I applaud anyone who consistently goes because it takes dedication and hard work.

If the gym isn't for you, I recommend going on walks! Just imagine walking through a park with light snow covering the trees and pavement, it's definitely a magical feeling. Whether you choose to go alone, with your besties or your boo, you won't regret going out.

Sledding is also a great and fun workout! For a \$15 sled and a big hill, you'll definitely be huffing and puffing your way through. Exercise is one of the ways that our bodies can rest and recover from all the stress we face in our daily lives. Try to get plenty of sunlight. You can also take Vitamin D or supplements to help!

3. Mental Health

By taking care of ourselves mentally, it can help prevent physical illness. We are able to concentrate, retain information and have a better memory capacity if we are actively trying to take care of ourselves. Getting

into the habit of journaling, reading self-help books and meditating is always a good way to start.

Meditating doesn't always mean sitting with our legs crossed, eyes closed and saying "om", it can be as simple as sitting in silence without being on your phone. You can also try thinking of things that you are grateful for or reflecting on the day. There are also plenty of apps you can download on your phone to guide you with meditating or you can search up videos on YouTube too!

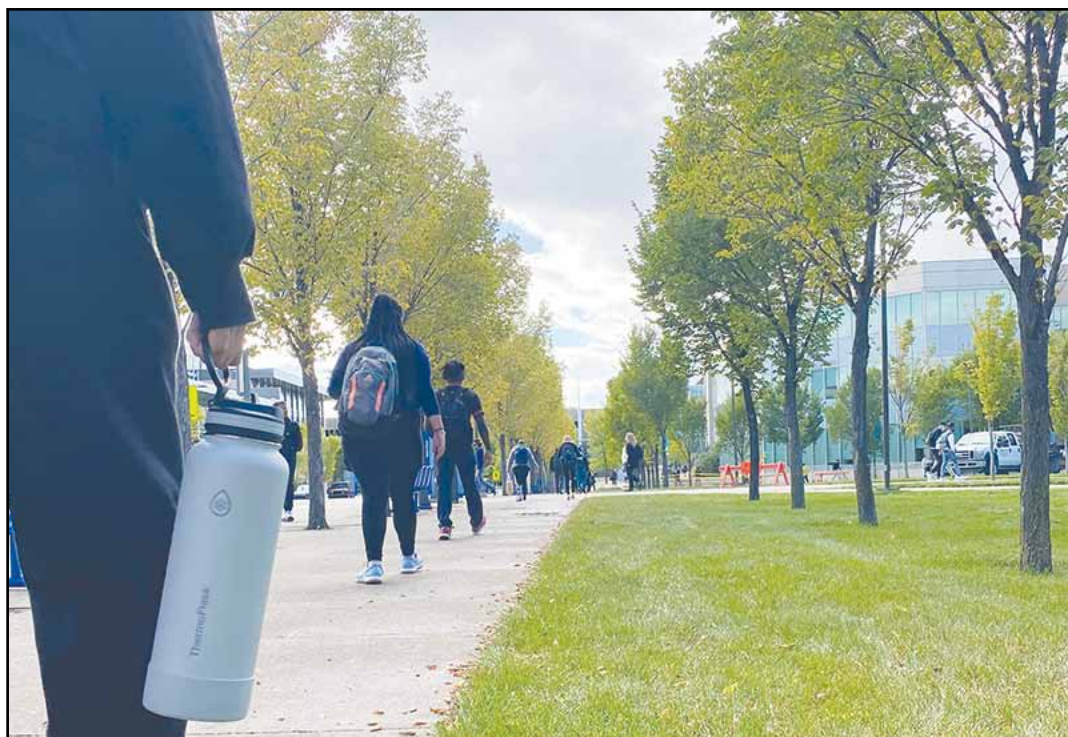
Writing down positive thoughts and affirmations every day also helps by giving you a boost of confidence in the morning. I recommend having your affirmations written down in your notes app or in your journal — somewhere that is easily accessible. Try to take a few minutes to write down something that you successfully accomplished, maybe receiving a good grade or winning a soccer game. These little things will help you see yourself in a more positive light and can be a great encouragement.

Connecting with others is





also a really important part of taking care of our mental wellbeing, so make sure to keep in contact with your friends and family. If you're struggling and need someone to talk to, you can contact Wellness Services at Mount Royal University and they will take great care of you.


These are just a few tips to stay healthy while having a busy work and school life. I understand that it can be overwhelming at times, but don't forget to be kind and patient with yourself. It may seem like a chore now but it takes time to build a habit. Try choosing one of these habits

to start implementing in your everyday life, eventually it will stop feeling like a chore and it'll be something that's just part of your routine. By starting one of these habits once a week you'll start to see results in no time, the only regret you'll have is not starting earlier.



Staying hydrated makes a big difference in a student's daily life. Photo by Cyrille Casimero





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Upcoming movies to put in your calendar

A list of highly anticipated Oscar-aspiring films to watch in the last half of 2021

Astrid Cunanan
Arts Editor



If you can't find the indie film you've been looking for at your nearest theatre visit Cineplex in Eau Claire! Photo courtesy of Unsplash

It comes as no surprise that digital streaming platforms have greatly benefited from people being able to watch in the comfort and safety of their own homes during the COVID-19 pandemic. However, who doesn't miss the mouth-watering smell of freshly popped popcorn and overpriced treats from the theatre concession? Who doesn't long for that chilly atmosphere and just being in a room filled with strangers sitting in excitement?

But whether you're staying on your couch or making your way to your nearest movie theatre, here are seven upcoming movies to look forward to!

French Dispatch

Wes Anderson is known for his colourful style and intense symmetry in his work which always results in an incredibly

aesthetically pleasing film. IMDb's website describes this movie as "a love letter to journalists set in an outpost of an American newspaper in a fictional twentieth-century French city that brings to life a collection of stories published in *The French Dispatch Magazine*." Head to your local theatre and see starring actors such as Timothée Chalamet, Tilda Swinton, Bill Murray and Frances McDormand on Oct. 22.

Dune

This sci-fi film adaptation takes place in the future on the planet of Arrakis where a young man goes on a mission to collect the most valuable substance in the universe to ensure the livelihood of his family and people. Find out what happens digitally on HBO Max or in theaters on Oct. 22. Back in December of

2020, Warner Bros. Pictures decided to release all their 2021 movies both in digital and in theatres due to the uncertainty of the pandemic.

Last Night in Soho

Edgar Wright, known for his work on *Baby Driver* (2017) makes a comeback by directing a mystery film with actors such as Anya Taylor-Joy and Thomasin McKenzie. As described on IMDb, this movie follows "an aspiring fashion designer mysteriously able to enter the 1960s where she encounters a dazzling wannabe singer. But the glamour is not all it appears to be and the dreams of the past start to crack and splinter into something darker." To uncover the past, head to your local theatre on Oct. 29.

Eternals

Look out, the Marvel Cinematic Universe (MCU) is about to get bigger! *Eternals* is about a group of immortal beings living incognito on earth but when there's trouble, the group assembles to fight the evil Deviants. Directed by Oscar-winner Chloé Zhao, the comic adaptation comes to Canadian theatres on Nov. 5 — you don't want to miss out on this all-star cast on the big screen.

Spencer

You may have seen this viral and highly praised movie poster all over Twitter in the last month. Kristen Stewart takes on the role of the late Princess Diana in this new biographical film set in December 1991 during a royal Christmas vacation when the late Princess Diana decides to leave Prince Charles — watch

this story unfold in theatres on Nov. 5.

House of Gucci

A tempestuous marriage between the head of Italian luxury brand Gucci and his wife leads to trouble. On Nov. 24, watch Lady Gaga return to the big screen alongside Adam Driver to find out what happens.

Don't Look Up

Two subordinate astronomers must ring the alarm and go on a media tour when they find out a comet is heading straight towards the earth, potentially ending life as we know it. This Netflix film is set to release in Canada on Dec. 24. With a cast full of A-list celebrities such as Leonardo DiCaprio, Jennifer Lawrence, Ariana Grande, Meryl Streep and Timothée Chalamet, you will surely be entertained.

OUT'N ABOUT

Heritage Inn International Balloon Festival

Watch the sky fill with colour at High River's Heritage Inn for five days starting on Sept. 22. Find this international hot air balloon festival 55 minutes south of Calgary.

The Market at Stephen Avenue

Looking to shop from local vendors? Visit one of Calgary's most popular entertainment districts on Tuesday, Sept. 28 and Oct. 5 from 11 a.m. - 4 p.m. for a day filled with fun and good food.

Harvest Lights

What's a better way of getting into the spooky spirit by visiting your local farmyard? Yes, there are plenty of photo opportunities for your Instagram. Get your tickets online for \$18.95 - the last day to check this out is this Oct. 31.

CIFRS National Day for Truth & Reconciliation

Non-profit organization Colouring It Forward Reconciliation Society and Southcentre Mall partnered up to host events on Sept. 30 for the National Day for Truth and Reconciliation. Stop by and educate yourself on Indigenous culture and experiences!

A walk through one of Calgary's biggest art galleries

Astrid Cunanan

Staff Writer



Contemporary Calgary sits on the intersection of 11 St. and 6 Ave., right across the street from Downtown Kerby Station. Photo by Astrid Cunanan

If you know me in person, I always talk about wanting to travel to different destinations to admire and experience the places' art, architecture and food. But due to the pandemic I've been stuck in Calgary — this is not a bad thing at all. If anything, I've gotten to explore more of Calgary this past year and a half than the many years I've been living here combined.

That's why I want to bring attention to one of Calgary's hidden gems. Tucked away in the west end of downtown, the Contemporary Calgary building turns the heads of many — its brutalism

architecture style found both in the interior and exterior stands out from the surrounding buildings. I couldn't help but notice how accessible the building is, this truly is a space where everyone can feel safe.

Immediately after walking in, my friend and I were kindly greeted by the receptionist — the lobby in itself was already pleasing to the eye, the floor-to-ceiling glass made the sun rays flood the room touching every surface. Tickets were \$10 per person and given that we're both university students with student loans we thought

the price was cheap compared to all the exhibits we got to see.

The exhibits named Everywhere We Are and Notes for Tomorrow were spread among two floors equally. Some of my favourites were from an artist named Ryan Sluggett who used mixed media on paper to create abstract objects — you may have to stand there for a while to figure out what is going on but that's the fun of it. Another wonderful artwork is from Joseph Drapell, which consisted of acrylic paint layered over and over to create thick and textured artwork.

On the way up to the second level, the uniquely shaped floor tiles resembled planet earth — I thought this was insanely beautiful and I cannot imagine how much time this installation took to piece together.

If you ask my friend and I what was the most notable thing we saw, we would both simultaneously say Wyn Geleynse's Warehouse — a large ultra-realistic diorama of a warehouse. We were astonished by the level of detail, it is evident each and every single piece got proper attention. You could even

peek inside to see a man on the second floor trying to cover himself (where's the privacy in this place?).

For a while, we stood admiring and taking pictures of every nook and cranny of the gallery. I'm in disbelief that I just found out about this place, I must have missed out on many exciting exhibitions. The Everywhere We Are and Notes for Tomorrow exhibitions will be up until Oct. 10, 2021. Before going, make sure to check the latest COVID-19 rules and lastly, stay safe and continue to support Calgary's art scene!



Starting Sept. 20, Contemporary Calgary will require individuals 12 and up to show one of the following before granting entrance: proof of vaccination, documentation of a medical exemption, a negative PCR or rapid test within the last 72 hours. Photo by Astrid Cunanan



Chris Millar's art piece, "Reap", includes intricate and abstract details of human limbs, swords and ice cream. Photo by Astrid Cunanan

How EDM led me to an obsession with future bass

Cassie Weiss

Contributor



Going to festivals is a great way to hear new music! Photo courtesy of Unsplash

My music tastes have always been a little basic. I grew up on country music and the MuchMusic Countdown in a time where the Backstreet Boys and Britney Spears were all the rage. I carried my Walkman to school, exchanging popular CD for popular CD, and that was my world for a very long time. But that was before — before smartphones, Spotify and Soundcloud allowed me easy access to a plethora of music that didn't exist in a physical form.

When I moved to Calgary, I began to discover electronic music. Adventure Club introduced me to melodic dubstep and that was enough to send me into a deep dive. After attending a popular electronic music festival in British Columbia during the summer of 2014, I fell in love with sounds that were indescribable. I discovered subgenres of electronic music that could only be explained to those who already listened to the artists who now filled the soundtrack of my life.

Now, when people ask me what I listen to, it's hard for me to explain. Does anyone

really know what Future Bass or Trap music even is? Has anyone even heard of Ekali, Alison Wonderland or RL Grime? The answer is typically no, because these aren't artists you find on the radio — unless you have a SiriusXM subscription and listen to the electronic channels or find yourself watching live streams from EDC or Tomorrowland.

And yet, these artists create a feeling in my soul that no other has ever come close to. Sure, I bop along to pop music on the radio like everyone else out there (see the first line in this article as a reminder) but in my car, I don't use a radio. There is only Spotify, and when I want a full hour mix, I use Soundcloud. I've listened to Ekali's "Triple J Mixup Exclusive" mix so many times I have it memorized! San Holo's "Too Future" mix has become a staple of my frequent visits to the gym. Of course, listening to the same mixes and songs over and over again can get old, but I know what I like and sometimes the idea of searching for new music is

overwhelming and time-consuming.

Spotify even has a playlist specifically for Future Bass — called "Creamy (Beautiful Electronic Music)." It has changed a bit since I first discovered it a few years ago, but the tagline still boasts "melodic future bass, warm vocal drizzle, and dreamy dance music". If that description didn't invoke goosebumps across your body, then personally, I don't know what will.

No matter what music I find myself falling into — because it does change with the weather, with the seasons and with my mood — I always find myself straying back to the genres that cannot be described without me sitting you down and playing you a little taste.

I think it's pretty safe to say that my music tastes aren't as basic as they were when I was younger, and although I may listen to "Stay" by The Kid LAROI and Justin Bieber no less than five times a day, I can promise you that everything else I find is unique, a bit odd, and absolutely perfect.

Grape Fruit Season

James Vincent
McMorrow
Sony Music/
Columbia Records

Score: B -



After multiple delays, Irish singer-songwriter James Vincent McMorrow finally released his fifth studio album *Grape Fruit Season*, following his outdoor concert in Dublin back in June of 2021. McMorrow made headlines after being the first artist to hold a concert in Ireland since the COVID-19 pandemic began.

"Paradise", the first track of the album starts strong. The upbeat synths, keyboards and repetitive drum beats make me reminisce of summer drives with the window down. However, after the first track, a lack of distinction from each song begins. The EDM pop beats are similar

enough to one another that it starts sounding like one neverending song. Although, slower acoustic tracks such as "We Don't Kiss Under Umbrellas Like We Used To" and "Grapefruit" showcase the rawness of his voice without any heavy altering — a side I wish we got to hear more often from him. Overall, McMorrow is an exceptional lyricist but his melodies lack the wow-factor — from his five albums, not much growth has taken place and it's tiring to hear the same songs over and over again.

- Astrid Cunanan

Star-Crossed

Kacey Musgraves
MCA Nashville and
Interscope Records
Score: B +



On Sep.10, Kacey Musgraves released her highly anticipated album *Star-Crossed*. Musgraves' unique sound has captured the hearts of many people since the release of her Grammy-winning album *Golden Hour*.

As a person who typically doesn't listen to much country music, Musgrave's work got me interested in the genre. As she continues to evolve as an artist, it is noticeable that her country influence has subsided, this is nothing new. Musgraves hinted earlier this year on Twitter, this album only included a "fairy sprinkle of country".

The first track off of the album, "Star-Crossed" starts off with an ethereal beginning followed by Latin-inspired guitar strums. Although melodically different from the rest of the songs "Star-Crossed" shows growth

and is an excellent pick for an opening track featuring lyrics such as "I signed the papers yesterday/you came and took your things away/and moved out of the home we made/I gave you back your name. While tracks like "Justified," "Cherry Blossom" and "Breadwinner" pick up the pace of this melancholy album — I can certainly see why these are fan favourites. This album might need a couple of listens to fully enjoy it. However, this album is honest and heartbreaking, the way Musgraves allowed herself to be vulnerable through her music is beautiful and definitely worth a listen.

- Astrid Cunanan

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Coach's Corner: Meet Ryan Gyaki

Gage Smith
 Sports Editor

The sports world has been dramatized and romanticized.

Every player is a character and every play is a scene. It makes sense. That's how you get an audience to tune in, stay invested, and ultimately spend money on the product.

This is why sports media treat sports like reality TV. It's all about character development and dramatic moments.

Ryan Gyaki, the Mount Royal University (MRU) Cougars men's soccer Head Coach, had a playing career that definitely had some of those dramatic moments. For example, he played in a national championship game representing his province in a U17 league that was an absolute nail-biter.

"I remember it was our third try to win nationals. In the 90th minute, the ball rolled to our striker. Open net. Two yards out. His shot went over the bar. It was gut-wrenching. When we went into additional time, someone had to score the 'golden goal' to win the game. Our winger managed to sneak the ball into the net. It was a pretty cool feeling," Gyaki recalled.

You can just picture that in slow motion with epic music swelling in the background. Can't you see the camera zooming in on spectators to show their bewildered reactions? Can't you imagine a shot of the team dogpiling on the winger who scored the golden goal?

Or what about another

time later in Gyaki's playing career when he was representing Canada in the U20 world cup?

Gyaki said, "It wasn't often we would get our names on our jerseys like players do now. So the first time I ever saw my name on a jersey was when we walked into the locker room for the U20 World Cup. To see your name on your national team jersey is a very proud moment for sure."

Again, can't you picture a scene where Gyaki and his teammates slowly open the door to their locker room to reveal the names on their jerseys? The exhilarating scenes write themselves.

Another big moment in his career was when he signed a two-year contract with Sheffield United, a professional team in the United Kingdom. Gyaki had been struggling with injuries, so he described that signing as a big relief.

Even with all of these storybook moments to choose from, Gyaki said that when he looks back on his time playing soccer at some of the highest levels, the individual moments don't overly stand out. For us normal people who are used to seeing reruns of athletes winning championships and making unthinkable highlights on social media and TV, that might seem a bit weird. Isn't it all about those few hours of glory?

For Gyaki, it was always about the process. It was always about getting the job done.

"I remember going through every single tryout nervous that I wasn't going to make



Gyaki has been the head coach of the Cougars men's soccer team since 2015. Photo by Adrian Shellard

the team, even if it was for a community or club team. Even when I was one of the captains of the U20 national team, I was worried that I wouldn't be on the next trip. I would still be focused on making sure I performed my best, regardless of which game or team it was," Gyaki said.

When asked if he ever had a "holy crap, I'm going to be great at this sport" moment of realization, this is what he had to say:

"No, I didn't recognize that. I was always super excited about each step. I was always just trying to improve. I was a hard-working, aggressive player, I wouldn't classify myself as incredibly technically talented."

Gyaki's playstyle isn't that

different from his coaching style. He uses his memories and experiences from his playing career to help guide his MRU Cougars through the inevitable disappointment and frustration they'll need to deal with on and off the field.

"You can keep working and looking to improve, and it does pay off. But it takes time, not three days, but three months of effort before you start seeing any sort of glimmer of results," he said.

That sounds tough. Not everyone's built for that type of work. Not everyone has the discipline. But, as Gyaki said, it's important to be excited about every step, not just the picture-perfect moments.

"Coaches say it all the time: enjoy the game. Because you don't get to play it forever."



Coach Gyaki on the sidelines of an MRU Cougars game. Photo by Adrian Shellard

#S

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 the Calgary Flames' betting odds at winning the Stanley Cup in 2022 according to bleacherreport.com

8.8, saves per game made by the Cougars Womens' soccer team

24, days until the start of the 2021-22 NBA season

6, years, the amount of time since Nick Diaz' last UFC fight

UFC 266: The Return of Nick Diaz

Josh Werle

Contributor

On Jan. 31, 2015, combat sports fans around the globe didn't realize that they would be witnessing Nick Diaz' last fight of the 2010s. On Sept. 25, 2021, Diaz will be returning to the UFC octagon after a six-year layoff and will compete in a five-round fight against "Ruthless" Robbie Lawler at UFC 266.

A lot has happened both in the sport of mixed martial arts and in the life of Diaz since his last fight, leaving many to question what kind of athlete will show up at UFC 266. Let's take a look at what has happened since Diaz' last fight in 2015.

Suspension

In the aftermath of Diaz' last fight at UFC 183, it came out that he had tested positive for marijuana use, a substance that has become synonymous with Diaz and his brother's name. He was initially suspended by the Nevada State Athletic Commission (NSAC) for five years, while also incurring a \$165,000 fine. The punishments were eventually reduced to 18 months and \$100,000 respectively, but the damage had already been done.

In July 2021, the NSAC declared that marijuana is not performance enhancing, and that it is now legal for mixed martial arts athletes to use. It may just be a coincidence, but Diaz' comeback fight is scheduled to take place at the T-Mobile Arena in Las Vegas, Nevada.

The rise of Nate Diaz

Even if you aren't the biggest fan of the UFC, most

sports aficionados would recognize the last name Diaz. Nick's younger brother, Nate, has reached superstar status in the combat sports world, headlining or co-headlining four out of his last five appearances inside the UFC octagon. Nick was the most well known of the Diaz brothers in early 2015, having been the headliner for nine straight mixed martial arts events he competed in.

It wasn't until late 2015 when Nate made his now famous callout of superstar Conor McGregor. Inevitably, Nate and McGregor squared off at UFC 196, where Nate handed McGregor his first defeat inside the UFC octagon. This victory catapulted the already popular Diaz name into the heights of combat sports fame. Nate may be the most well known of the Diaz brothers currently, but he wouldn't have reached that status without the foundation that his older brother had already built.

Octagon antics

The Diaz brothers have become popular due to their attitudes both inside and outside of the octagon. For example, Nick literally laid down during a fight against one of the all-time middleweight greats, Anderson Silva, and Nate threw water bottles across the room at Conor McGregor during one of their press conferences. To put it simply, the Diaz brothers just don't seem to care. Fans love the presence that these brothers have and they gravitate towards their carefree outlook on the sport of mixed martial arts and in life.

A rematch 17 years in the making

At UFC 266, Nick Diaz will make his return to the octagon and will attempt to once again capture the hearts and minds of sports fans around the world. Nick will be fighting Robbie Lawler for the second time in his career, as the two previously squared off at UFC 47 — an event which took

place a remarkable 17 years ago. Father time is unbeatable, and with both fighters approaching 40 years of age, it would be fruitless to make any technical comparisons to their first fight.

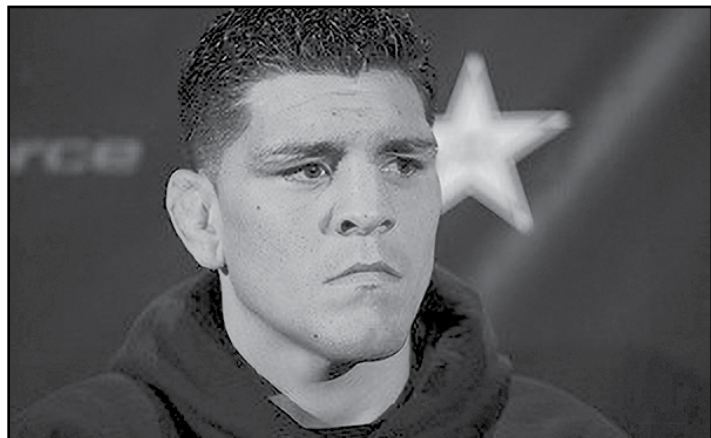
Although their physical abilities may be on a downward slope heading into their second fight, the first fight featured something guaranteed to happen again — Nick taunting inside the octagon. At UFC 47, he can

be heard yelling taunts like "Where you at?" during the fight, while also slapping Lawler with an open palm. It was antics like these that seemed to throw Lawler off of his game and ultimately led to a Diaz victory by knockout in the second round. Although Lawler is unlikely to be fazed by these moves now, it is still inevitable that Nick will continue to bring his unorthodox style of taunting to the octagon on Sept. 25.



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Can Nick Diaz live up to the hype in his long-awaited return? Photo courtesy of Tiago Hammil

George Potter

Staff Writer



Will veteran Flame Sean Monahan still be on the roster after the deadline? Photo by Mark Mauno

The NHL offseason is finally coming to a close and opening night for the 2021-22 season is right around the corner. Is there a better time to make some bold predictions? This season is going to be very exciting to watch.

It'll be interesting to see how the return to the pre-pandemic divisions and the debut of the new team on the block, the Seattle Kraken, will shake things up. Here's what I think might be happening this season.

The Florida Panthers will have a chance to contend in the Stanley Cup

Last year, the Florida Panthers made their first playoff appearance since 2016. Rookie goaltender Spencer Knight gave great performances in his first couple of games. Despite losing in the first round against the Tampa Bay Lightning, this team has a lot of potential this upcoming season.

It will be exciting to see what Knight and goaltender Sergei Bobrovsky could accomplish as they could be the top two starters this season.

Florida's defense has also shown that top point scoring defenseman Aaron Ekblad is not the only player to rely on. Defenseman Mackenzie Weegar showed his skills and

work ethic when he scored 36 points in 54 games last season.

The Panthers were also able to get their hands on Sam Bennett at the trade deadline last year, who was able to score 15 points in 10 games. The club was able to sign him to a contract extension, and I think we'll see this former fourth overall pick for the Calgary Flames finally get the chance to excel in a full season.

The Panthers also picked up Sabres forward Sam Reinhart in exchange for prospect goaltender Devon Levi this offseason. Reinhart has shown his chops as a goalscorer by scoring 25 goals and 40 points last year, despite all of the losing Buffalo endured last season.

The Panthers seem to have strong offensive depth that will be fun to watch. They also signed veteran star forward Joe Thornton to a one-year deal which will give him a good chance to contend in the Stanley Cup Final.

The Seattle Kraken will make a playoff spot

Don't expect the Kraken to make a Stanley Cup run in their first season like the Vegas Golden Knights did back in 2018 but this team has made a good impression this offseason. No matter what happens, this will be a season to remember for sports fans in the emerald city.

The team was able to pick up some good leaders that have playoff experience like Islanders forward Jordan Eberle, Flames defenseman Mark Giordano, St. Louis Blues defenseman Vince Dunn, and Lightning forward Yannick Gourde during the expansion draft.

Kraken General Manager Ron Francis also made some stunning moves during free agency. He signed Colorado Avalanche goaltender and Vezina finalist Phillip Grubauer and St. Louis Blues forward Jaden Schwartz.

Thanks to the savvy moves Seattle made in their first-ever offseason, the Kraken can probably compete against some of the teams in their division and conference well enough to carve out a playoff spot for themselves.

Sean Monahan or Johnny Gaudreau could depart from Calgary before the trade deadline

We all know the Flames need to make some changes. The shortened 2020-21 season looked a little too familiar to Calgary fans accustomed to mediocrity, and they're getting worried about what the team's future could hold.

There's a lot of reason to be concerned about management and it seems like the fan-

favourite idea of the Flames trading for Buffalo Sabres forward Jack Eichel won't happen. But the frustrated Flames fans dying to see the organization make a splash might not need to wait much longer.

Trade rumours about star Flames forwards Sean Monahan and Johnny Gaudreau are still very much alive. Monahan seems to be catching more attention than Johnny Hockey; the Montréal Canadiens are rumoured to have reached out to Calgary about Monahan's availability before trading for Christian Dvorak.

It would not be a surprise if one of them leaves Calgary by the trade deadline but it's still very much up in the air. How much longer they'll be calling YYC their home depends on their performance and if they continue to underachieve, expect them to be on their way out.

Jack Eichel to Vegas

The burning questions surrounding Buffalo Sabres star Jack Eichel and his next destination have been on the minds of hockey fans and analysts alike. Will he end up with the Flames, Los Angeles Kings, Minnesota Wild, the New York Rangers, or another team? What might that deal actually look like?

Eichel's agents say there

have been talks with the Sabres on moving him which is pretty understandable. The team looked good on paper but ended last season with 15 wins and 34 losses. It's no coincidence that other players on the Sabres offense have been leaving Buffalo for playoff contenders.

But Eichel's health will be a huge concern for any general manager who wants to make a deal for him. Eichel and his agents are demanding an artificial disk replacement procedure, something that the Sabres won't allow Eichel to have.

Despite the risks, a potential deal between the Sabres and the Golden Knights has been turning the rumour mill. Vegas would receive Eichel and give up forward Payton Krebs, forward Reilly Smith, defenseman Nic Hauge and a first round pick.

A move like this wouldn't be a surprise since Vegas made moves to get players like forward Max Pacioretty, forward Mark Stone and defenseman Alex Pietrangolo.

Whether or not Vegas still wants Eichel is a huge question mark. The league's interest in him likely hinges on his injury situation. If the Golden Knights are able to get their hands on a healthy Eichel, they could have one of the best offenses that the league has ever seen in its 100-year history.



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