

# the reflector

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**Know more  
about  
COVID-19  
on campus  
(Pg. 2)**

**Back-to-school  
blues? Here's  
some tips and  
tricks  
(Pg. 7)**

**Get serenaded  
by local Calgary  
musician  
Duke Domino  
(Pg. 10)**

**Kick the  
semester off  
with MRU's  
women's soccer  
(Pg. 13)**

# MRU ensures in-person classes; mask, rapid testing mandates in place

**Katia Maria Gallardo**

Contributor

Even with the new public health measures announced by the government of Alberta due to the COVID-19 fourth wave, Mount Royal University (MRU) President and Vice-Chancellor Tim Rahilly assures students that the campus will remain open for in-person classes and that the health and safety measures in campus like wearing masks indoors and rapid testing for the unvaccinated will remain in place.

In an email sent out by Rahilly, there will be a mandatory mandate where face masks must be worn indoors by students, faculty and staff at all times. This includes classrooms, laboratories, hallways, and meeting/study rooms.

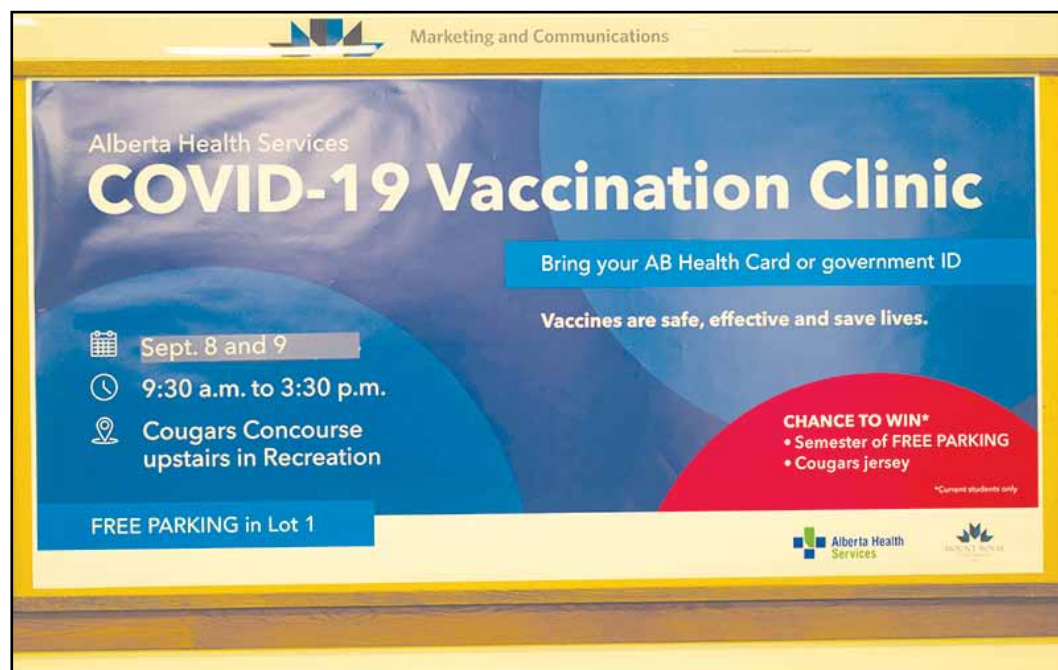
This mandate was effective starting Aug. 30, with limited exceptions unless an individual is alone in a single-use space or on their own in a residence unit. A second exception

includes the designated eating and drinking areas and physical activity areas such as gyms or pools.

Alongside the mask mandate, MRU has also elected for mandatory rapid testing for all students, employees and faculty entering the indoor campus buildings. Mount Royal is asking their staff, students and faculty to declare their vaccination status online through their MyMRU accounts before Sept. 10th.

“Mount Royal is known for being a small community that supports each other... let’s hold onto and foster that culture of mutual respect.” Rahilly concluded.

In another email from the university, they stated that they “trust people to be honest in declaring their vaccination status”. Students, staff and faculty are able to choose between partially vaccinated or fully vaccinated. A person can change their vaccination status at any time.



**Students, faculty and staff have the opportunity to get vaccinated on campus starting this fall semester. Photo by Katia Maria Gallardo**

Those who declare that they are ‘partially vaccinated’ are exempt from the rapid testing until Oct. 8 so they have time to get their second dose.

Those who declare they have been fully vaccinated with either an mRNA or viral vector vaccine for COVID-19 will be granted permission to withdraw from the rapid testing.

Once submitted, the university may ask for a verification of vaccination to be provided in a reasonable time period. If students are unable to provide proof of vaccination within a reasonable amount of time, they are subject to disciplinary action according to the Code of Student Conduct.

Those who have not yet been fully vaccinated are required to participate in the mandatory rapid testing, or they will not be allowed to enter the premises. Mount Royal’s details on rapid testing and its regulations are still to be released but the University of Calgary (U of C) rapid testing program includes two take-home rapid tests per week. If MRU follows U of C’s lead, the process will likely be something similar.

There will also be extended wifi range outdoors on campus to encourage students and faculty to take their group interactions outside. This is to avoid large indoor gatherings in hallways. As long as the weather remains decent, students will be accommodated to take their study breaks while in the fresh air.

The extended wifi coverage will cover Memorial Garden, East Gate lawn, Gauthier Court and Charlton Pond. If students need more wifi coverage, they can go to the Mount Royal Library and rent out wireless hotspots to use anywhere on campus.

While some students are glad the university is enforcing more restrictions in the face of rising COVID-19 cases, not all students agree with how the university is doing it.

Sam, a student going into their third year at MRU, says they should have found another solution for unvaccinated students. “[It] seems like a punishment for not being vaccinated when they easily could have had non-vaccinated [students] stay home and do online [classes].”

Last Sept. 8, the first student vaccination clinic began to offer students, employees and faculty first and second doses of the vaccine. There will be plenty more opportunities for vaccinations. Other dates include Sept. 9 from 9:30 a.m. to 3:30 p.m., Sept. 22 and 23 from 9 p.m. to 4 p.m., with a vaccination bus parked on campus for more availability to the service.

MRU is not the only university that has a mask mandate, rapid testing program and vaccination declarations. The University of Alberta, University of Calgary and Alberta University of the Arts are all issuing similar guidelines for its staff, students and faculty. Other universities like McGill University and University of Waterloo as well as others across the country are all enforcing some form of mandate to combat the spread of COVID-19.

“Our mission has always been to prioritize the health and safety of the MRU community while delivering quality academic programs to students.” Rahilly said.



**Reminders, hand sanitizing stations and pedestrian traffic signs can be seen all throughout campus. Photo by Katia Maria Gallardo**



# Vote on Campus cancelled for 2021 federal election

**Keoputhy Bunny**

News Editor

Vote on Campus, a popular university-based early voting system launched by Elections Canada, will be suspended for the 2021 federal election due to lack of time to prepare and challenges posed by the pandemic.

## Conflicts and limitations

Post-secondary campuses and students across the nation are mourning the loss of the Vote on Campus program in the wake of its 2021 cancellation.

Leanne Nyirfa, Alberta's Regional Media Advisor for Elections Canada, explained that Vote on Campus was made when a majority government was in power.

"It has never been delivered in a minority government context, where no clear dates can be provided to campus administrators," she said.

Without a clear date, Nyirfa said, the space needed to make Vote on Campus possible could either be booked in advance and prevent that space from being used for other activities, or be booked at the last minute and risk scheduling conflicts.

The COVID-19 pandemic was also another reason why Vote on Campus was suspended. The social distancing protocols means even more space is needed to ensure safety of everyone involved.

With all of these reasons in mind, Elections Canada decided not to go forward with the Vote on Campus this election and put those resources elsewhere.

"This decision allowed us to reallocate IT resources to other areas where we could be confident that the benefits for electors, including students, would be maximized," Nyirfa said.

## How can students vote now?

Students will still be able to vote in other ways.

If a student wants to vote using an address other than where they live while at school, they have two options. They can either vote by mail or at any Elections Canada office.

If a student wants to vote using the address where they live while at school or haven't moved away from home while attending school, they have several options as well. They are able to vote on election day, at advance polls, by mail or at any Elections Canada office. A letter of Confirmation of Residence can be requested from the office of the Registrar if students are concerned about proving their address.

If students want to vote by mail, they must apply online or in a local Elections Canada office by Sept. 14th. Elections

Canada will mail back a voting kit with everything a person needs to vote including a pre-paid envelope and instructions on how to do it. Elections Canada asks to receive your marked ballot by 6 p.m. on the election day.

Students can also vote at an Elections Canada office if they can't make it to their assigned polling station during the advance polls or the election day. Voting must take place before 6 p.m. on Sept. 14th.

According to Nyirfa, there will be a polling station at the university on election day,

just not the Vote on Campus program which allows students to do early on-campus voting.

Proof of ID is required to vote in all forms.

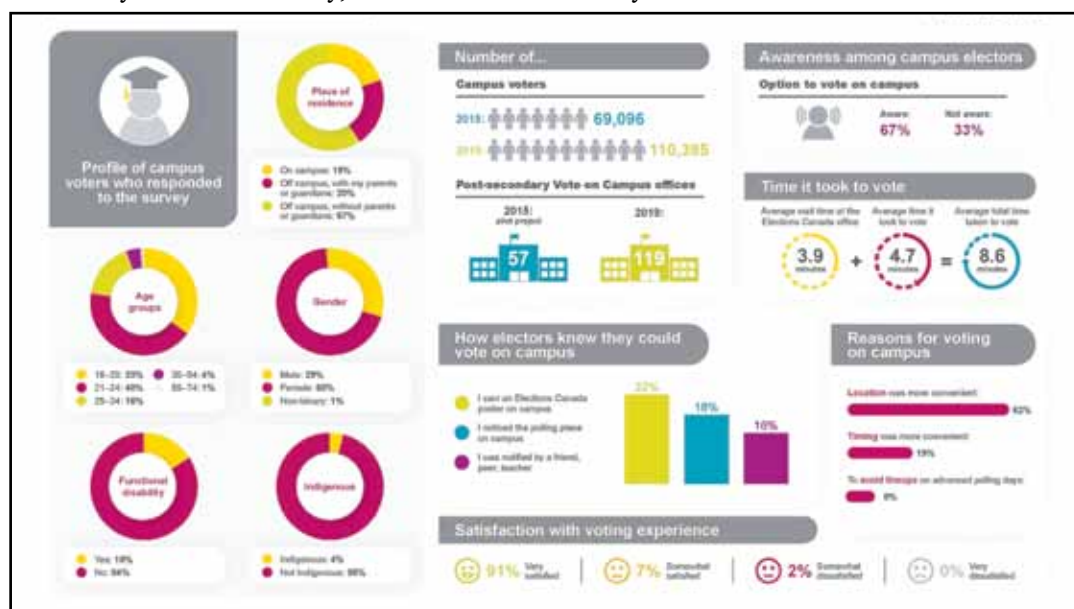
The Vote on Campus program was started in 2015 and continued in 2019 because of its resounding success. The turnout increased from 69,096 on-campus voters in 2015 to 110,395 on-campus voters in 2019. A survey found that the majority of voters (who responded to the survey) were between the ages of 18-24 and the reason they voted

on campus was because the location was more convenient than anywhere else.

The survey also concluded that the average total time to vote was under nine minutes.

In the 2019 survey, almost one-fifth said they probably would have not voted if there was not an on-campus location.

Elections Canada's website states that they understand that students are facing unique obstacles and they are committed to bringing the Vote on Campus program the next election.



A survey from Elections Canada found that voter turnout increased from 69,096 in 2015 to 110,395 in 2019. Photo courtesy of Elections Canada

# MRU's Garden to Plate aims to raise food literacy awareness

**Keoputhy Bunny**

News Editor

An initiative from Mount Royal University (MRU) called Garden to Plate is helping children and their families learn how to grow and prepare their own food through collaborative classes and programs.

Led by MRU's very own Dr. Lynne Lafave, Garden to Plate is an initiative that combats food deskilling and raises food literacy among families in Calgary. Food deskilling includes losing practices, agency and relationships to food.

"They are learning age-appropriate food preparation skills and then sharing the food as a community of learners," Lafave said.

Learning takes place through 90-minute classes

over a 12-week period. The families spend 45 minutes learning a nutrition program where the kids prepare food and another 45 minutes in the garden.

Garden to Plate started in 2019 through partnerships with CUPS, Safeway, Sobeys, and Calgary Co-op. Aside from the nutrition program, Garden to Plate also teaches families how to care for plants and vegetables in a garden. They also educate them on how to prepare, purchase and handle their food in a kitchen.

Dr. Sonya Jakubec, who is a professor in the school of Nursing and Midwifery



Teaching children and families to grow their own food by tending gardens and developing kitchen skills is the core of Garden to Plate. Photo by Keoputhy Bunny

*Continues on Pg. 4*





Garden to Plate aims to instill the importance of growing your own food in children.  
Photo by Keoputhy Bunny

Continued from Pg. 3

## THE REFLECTOR

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# Alberta EMS receives \$8 million amidst high 911 call volumes

**Katia Maria Gallardo**

Contributor

Alberta's Emergency Medical Services (EMS) is receiving extra funding from the government to help stabilize high EMS call volumes, Alberta Health Services (AHS) said.

"This funding will help stabilize EMS staffing levels and ensure that we are able to respond to Albertans and also take care of our staff," AHS president and CEO Dr. Verna Yiu said.

AHS is responsible for over four million adults and children living in Alberta. During the pandemic, the healthcare system has come under a lot of strain. AHS reported that after the pandemic, the average number of EMS calls in the province increased from 1,095 a day to 1,521 a day.

All types of emergency calls have increased in the last several months. The uptick in 911 calls have a variety of contributing factors such as wild-fire smoke, heat-related incidents, the COVID-19 pandemic and emergencies relating to people getting back into pre-pandemic activities.

Darren Sandbeck, chief

paramedic and senior provincial director of AHS EMS explained, "This will allow EMS to hire new casual staff and to return to using their intended purpose, such as providing short term and temporary relief for paramedics who are off on sick leave or taking vacation time."

The new funding, totalling \$8.3 million, will allow 70 casual positions to be transitioned to full-time positions. Thirty more full-time positions that were hired in 2019 will also be able to stay. The Workforce Planning Task Force has been made to make sure this transition is being handled smoothly. However, while some of these positions are being shifted to full-time, they are not permanent positions and may be dissolved once the rise in 911 calls start to drop back down again.

While this money may help bolster positions that are already filled in AHS, the funding does not go towards hiring any new paramedics. Mike Parker, president of the Health Sciences Association

of Alberta, head of the union that represents EMS and other healthcare professionals, noted that this funding does not solve the current hiring crisis.

"It doesn't solve the issue of not having enough members hired. Every shift is being run short. Without hiring more paramedics,

the current government continues to put the system, our members, and every Albertan needing urgent medical care, at risk," Parker said.

Parker concluded by saying, "We need Alberta Health Services to hire more paramedics immediately."



The increase in 911 calls urged the government of Alberta to provide extra funding to Emergency Medical Services. Photo courtesy of Unsplash



## 9 back-to-school secrets to help you with the new school year

**Ambar Mikaella**

Contributor



With a year of not being able to go to university for in-person classes, many of us had to readjust to campus life. Photo by Hermie Ocenar

Classes are finally back at Mount Royal University (MRU), and we are now allowed to hold in-person classes after being initially cancelled because of the COVID-19 pandemic. This is an exciting and stressful time as we're transitioning back to campus. To help make this transition easier, here are some of my secrets to surviving the university.

### The best overlooked study spots

MRU's Riddell Library and Learning Centre is an ideal study spot with their many desks and private rooms. It has great lighting, and the environment itself is peaceful as everyone around you is studying. But finding study spots in the library can be hard, especially during midterm/final season. But, there are some alternatives that you may not be aware of.

There are many empty classrooms throughout the campus where you can sit down and work. The only downside is that you have to be ready to leave if a class comes to use the room. Other than that, you can study in peace or with your choice of music because it's just you and

an empty room. You can also use the whiteboard to help yourself study. Don't forget to erase it, though!

There are study areas right next to The Table. This is a perfect study spot because you're surrounded by natural light from the big windows. Plus, it's close to multiple bathrooms and next to a selection of food. Everything you need is just a few steps away.

Roderick Mah Centre for Continuous Learning has a great study spot on the second floor with a big window. This section of the building has couches and tables. So, you can cosy up on a single-seat couch while studying for your next test. This spot is also ideal for napping. There aren't very many people around, and you can pull up a chair so you can stretch your legs out on it too.

### Recreation and relaxation

Whoever said that going to school is all stress and no relaxation hasn't tried any of these relaxation secrets. This is my most favourite secret yet, and I think it could really help you wind down when you're feeling overwhelmed by school.

You can book a 60-minute massage for 30 dollars with

the MRU Practicum Clinic. The clinic is right on campus, so you can walk over and treat yourself to a massage after a stressful test. You deserve it! You can easily book an appointment through the MRU website.

If you ever need a break from studying, I also recommend taking a walk by the fountain close to the soccer field. There's a field of grass you can sit on while you enjoy the ambient sounds from the pond. Plus, it gives you a chance to take a breath of fresh air.

Need another distraction? Take a trip to the MRU Recreation Centre and go rock climbing. This is a great free activity to do with friends that allows you to stay active. The rush of climbing can help you take your mind off of daily stressors. Have a huge midterm? Jump from the top of the climb and feel the wind in your hair while forgetting about your exams, even for just a second.

### On-a-budget and on-the-go food hacks

We all love Tim Hortons coffee, but the lineup on Main Street is always long. So, if you're in a rush, just

go upstairs to The Table. They serve Tim's coffee and doughnuts there too. I have never seen a line up there. Your coffee stop will surely be quick and easy.

Listen, breakfast is the most important meal of the day. However, it's very easy to miss it when you're rushing out of the door. The Student's Association of MRU (SAMRU) has offered free breakfast for MRU students before the pandemic and now, they are offering free SAMRU Care Packages. You read that right – free. The packages include non-perishable food and

hygiene products. All you have to do is visit SAMRU's reception between 10 a.m. and 4 p.m.

You might not be aware of it, but as students, you have the benefit of getting loads of discounts on pizza and as students, it's always great to save money. So, if you're ever in need of a good deal, think pizza, pizza, pizza! You can get 50 per cent off on Domino's pizza with the coupon code MRU50. If you live far away from the MRU campus, you can also use the coupon code STUDENT for a discount on Domino's.



There are many places around campus that can be used as a study spot, but finding one for yourself can be sometimes difficult. Photo by Hermie Ocenar



# 3 tips on capturing great photography

**Cullen Chan**

Contributor

When I look at my own journey as a photographer, there are many variables that come into play when achieving greatness in this art form. But in my own experience, I have found these three most helpful tips so far.

## Getting to know your camera

Getting to know your camera is one of the most important factors in attaining great photography. You can learn more through your friends or professors if they have a lot of knowledge about cameras. You can also use online resources like YouTube to find camera experts.

The first camera I started using when I became serious about photography is the Canon T6i — an entry level digital camera. One feature that I paid attention to when I purchased this camera is the length of its lens. When looking at digital camera lenses, one of the ideal beginner lengths is 18 to 55 mm. This length provides you with many options and is usually a kit lens for most starter digital cameras.

With a new era of technology and social media, using phones has become an accessible and popular way to photograph, and now newer phone cameras can take pictures at the same quality as cameras. Sometimes it doesn't matter what you use to take photos, it's how you use your technology and knowledge to take that photo.

After gaining knowledge from whichever resource you use, play around with your settings while you're taking photos to find the right photographic style you want.

For a camera, this can be

settings such as white balance, ISO, aperture number on the lens and shutter speed. For a phone this could be flash, dark mode and exposure.

Once you are comfortable with your settings, another important aspect to look at is framing or composition. This could mean focusing your camera at a person, object or landscape. You can consider the rule of thirds which is essentially placing your subject or landscape in the left or right third of an image and leaving the rest of two thirds open in contrast.

## Seek discomfort

Once you are comfortable with your camera, actively place yourself in new situations that are out of your comfort zone — seek discomfort. By this, I mean don't try photographing the same things that you usually do.

For example, if you usually just take photos of landscapes then try something new and attempt taking portraits of people. You'll never know if you'll like something or be good at it if you don't try it out.

## Find inspiration

If you're struggling for inspiration with your photography, you can find local events. As a journalism student who specializes in photography for the *Calgary Journal*, one tip I find helpful is constantly checking for events around the city.

One event that I found out about through multiple social media channels is the Black Lives Matter protest last June 1st, 2020. Hundreds of people showed up for such an important cause. Many were passionate about the cause

and injustices. This helped me capture the raw emotion and unity of the people through the event. So make sure to check different social media platforms for events that interest you or are important to you.

To take good pictures there isn't just one element you need to have, it's being able to possess a wide range of skills, knowledge and experience. These three pillars create a skilled versatile photographer that can create great photography.

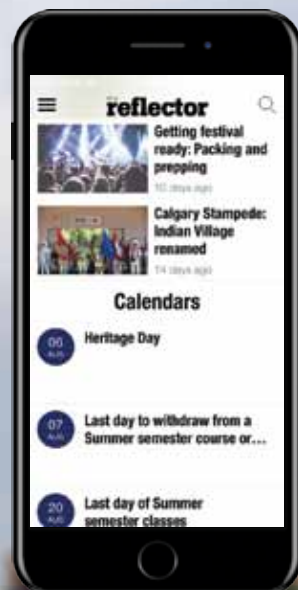


Elevating your photography can be done by appreciating and capturing great moments like this Black Lives Matter protest. Photo by Cullen Chan

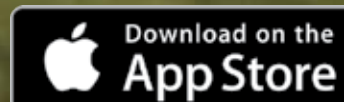


Liam Paterson posing in front of Telus Sky, one of the newest skyscrapers in Calgary. Photo by Cullen Chan

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## The Solo Female's Guide to Backpacking:

# I dropped out of school to do what?

*The role travelling plays in mental health and wellbeing*

**Mackenzie Mason**

Staff Writer

This year, like I'm sure it was for everyone, was a tough one. I entered — and finished — my third year of Journalism and Marketing at Mount Royal University from the quiet comfort of my room. I began my internship in the same setting, yet as restrictions eased and vaccination rates went up, I had to abruptly adapt to being expected to be somewhere else again every day at 9 a.m. after a year of isolation.

On top of that, my grandpa

passed away recently and my boyfriend of three years and I broke up one month after moving in together, but that's a story for another time... I sat idly by as I watched my soul slowly drain until I felt as though I was on autopilot, just trying to get through the next minute, hour, day and week.

So what did I do? I dropped my classes for the final year of my degree, and instead booked a one-way ticket to Athens, Greece.

A little crazy? Maybe. Exactly what I needed to do for my mental health? Definitely.

While many of you reading this might be on your way to your first class of the semester, I knew that finishing my degree wasn't the right option for me right now, and I knew that that was okay. Everyone is on a different path, despite the pressure of graduating as early as you can to enter the workforce being everywhere we turn.



**Travelling is a juxtaposition between providing a sense of escape and finding out who you are. As a female backpacker, there is a lot more you need to think about while travelling alone. Photo courtesy of Pexels**



# WHO DO YOU WANT TO BE?



## THE CPA DESIGNATION WILL GET YOU THERE.

Chartered Professional Accountants use their unique business and leadership skills to make a difference in all types of organizations. Lorna's designation made her a creative entrepreneur. Who will you become?

I've always wanted to travel the world. Although I'm only 21-years-old, I've had the opportunity to backpack through New Zealand and Australia and travel throughout Europe with Contiki. If it weren't for the pandemic, I would have gone to India to film a documentary of the plastic crisis while continuing my travels afterwards through Thailand, Cambodia, Laos and Japan. Needless to say, I've been fortunate not to get COVID-19, but I've always had the travel bug.

*But Mackenzie, what's your plan?* Honestly, I don't have one.

I'm backpacking through Europe for three months, which is something I've always wanted to do ever since my mom told me of her adventures when she did the same thing at the same age as me. I land in Athens at 8 p.m. on Sept. 7 and I'll stay there and explore the city for a few days. The hostel I'm staying at has a rooftop bar with a perfect view of the Acropolis, so I'm hoping that will create an easy-going environment to get to know some people.

As a *Mamma Mia* fanatic, I *have* to go to Skopelos, the island that *Mamma Mia* was filmed on (yes, the one with the church at the top of an obscene amount of steps). From there, I can't miss out on the amazing island hopping that Greece has to offer, so I'll of course be checking out Ios, Mykonos, Paros and Oia. I've always felt like I belong near water (Calgary, Alberta not being the best for that) so I'm very excited to feel the ocean breeze in my hair as I catch the

ferries from island to island eating all the moussaka and baklava I can fit in my belly.

From Greece, I'll have an important decision to make, either going West towards Italy or North to Croatia. But I've kept my itinerary open in the hopes that I will meet some amazing people at the hostels I stay at and make some memories together.

I can't deny that I'm going at an interesting time with the pandemic still affecting all our lives. I am prepared to run into issues passing through bordering countries, but I am also prepared to meet my kindred spirits — the people that would do anything to be travelling right now, just like me.

This trip is so necessary for me and my mental health, as I feel like I've never really known who I am as a solo female traveller. I'm excited to get to know myself and hopefully meet some amazing people along the way.

As you can expect, I'm doing this trip on a tight budget. So in the next few months, I'll be writing on "what I spend in a day in a certain country or city", "what I packed in my backpack as a solo female traveller for 3 months in Europe" and tons of more travel-related pieces!

If this seems like content you would be interested in, follow along my journey by reading the following issues of *The Reflector*, or follow me on Instagram @mackenzie.mason and TikTok @kenziejmason!

I hope you all have an amazing semester, and I'll see you on the flip side (of the world, I mean).



# Finding Colour on a Grey Day

**Emily Marsten**

Features Editor

This summer has been full of the colour 'grey'. 'Grey' in the sense that there has been an all-encompassing feeling that life can be a total bummer. 'Grey' politics, 'grey' health, 'grey' skies and an overall 'grey' feeling.

Sometimes, we need to actively find the colour that is all around us — literally.

I was taking a walk around my neighbourhood. I could practically taste the smoke from all the forest fires that have been happening, and when I looked up at the grey sky around me I was sick of it. So instead, I decided to look around for colour.

I could dig out my thesaurus and dazzle you with my use of colours like cerulean, carmine and orcherous, but I prefer to stick with the basics. So if these colours aren't quite colourful enough for you, take a walk around your own

neighbourhood and see what colours you can find.

Colours like a tiny pink wagon that sits beside my neighbour's lawn — often occupied by a little girl who toddles around in the sunshine.

Colours like the purple flowers that I can't name, peeking out from well-kept lawns. Green trees speckled with yellowing leaves. Blue shutters decorating window sills, or even the fading yellow paint disguising a house.

Colours like a red SUV, a white Smart Car, freshly trimmed green grass and the bright sun that somehow was transformed into an otherworldly orange colour.

Colours like purple leaves, brown fence rails, silver lamp posts, orange tiger lily flowers and a freshly painted green door.

The point of this isn't to tell you about some generic



Sometimes, what can cheer us up is as simple as appreciating the beauty of our surroundings like these lavenders at Central Memorial Park. Photo by Cullen Chan

colours that can be found around your neighbourhood, the point is to remind you

that these colours exist. Sometimes the only thing that we can actually see or

feel is 'grey', until we take a moment to actively look for a little colour.



@samrubuzz

samru.ca



## READY, PLAYER 1?

Welcome to Super SAMRU World! Level up your knowledge of SAMRU and our services and programs as you play challenges and win prizes! Instant, weekly, and a \$1,000 GRAND PRIZE is up for grabs!

Super SAMRU World begins August 30th and runs until October 8th with new challenges every week to showcase a SAMRU service centre.

**SIGN UP NOW AT**

**[samru.ca/superSAMRUworld!](https://samru.ca/superSAMRUworld!)**

## SHOWCASE WEEKS

**Aug 30-Sept 3**  
PRIDE CENTRE

**Sept 6-Sept 10**  
FOOD AND FINANCIAL  
SECURITY

**Sept 13-Sept 17**  
CLUBS AND  
VOLUNTEERING

**Sept 20-Sept 24**  
PINNACLE LEADERSHIP  
PROGRAM

**Sept 27-Oct 1**  
CULTURAL INCLUSION  
CENTRE

**Oct 4-Oct 8**  
STUDENT ADVOCACY  
RESOURCE CENTRE (SARC)



## Decorating your space this back-to-school season

### *4 inexpensive ideas to enhance your room creatively*

**Astrid Cunanan**  
 Arts Editor

Can you believe it's back-to-school season once again? Taylor Swift was correct when she said "August slipped away into a moment in time."

Whether you're back in person or online this academic year, it is always a good idea to spruce up your space every now and then to give yourself the motivation to study and/or work. Here are four ways to decorate your space without breaking the bank.

#### 1. Plants

During the lockdown, I accumulated plants to fill a small corner in my room but I didn't stop there, my room quickly got overtaken by plants. But I have no regrets. Plants have made a world of

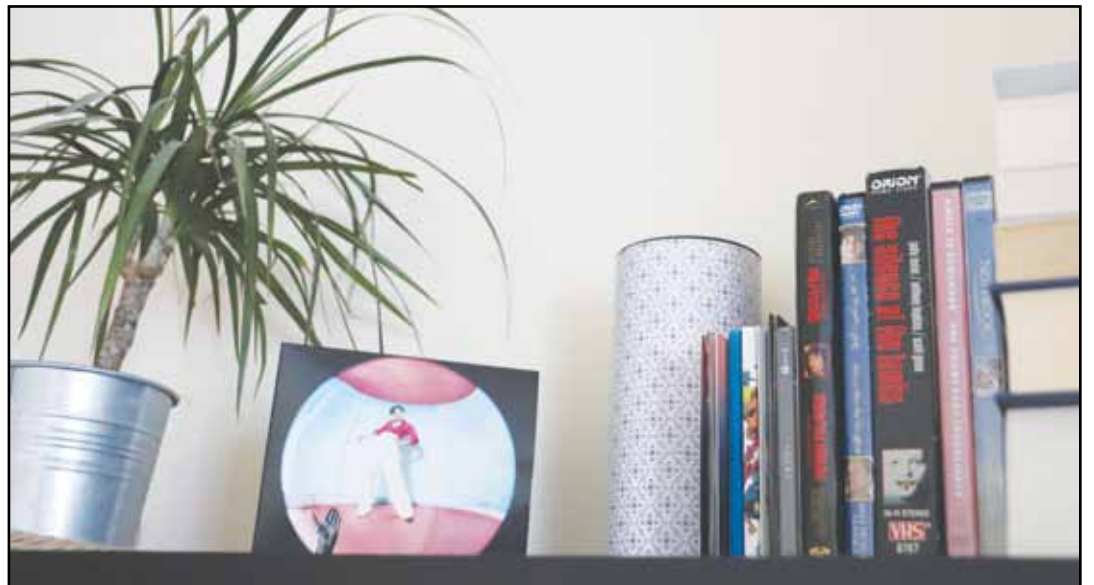
difference by adding colour to my room.

Since clay pots are usually the cheapest option, go the extra mile and paint the clay pots with acrylic paint! Don't forget to let the pot air dry for a day or two before repotting your plant.

You can support Calgary's many local plant shops such as PLANT in Inglewood, their sister shop PLANT PLANT (also in Inglewood), or the newly established The Sunday Shop on 1st Street SW.

#### 2. Go Thrifting!

Now, what's better than being sustainable and being kind to your wallet? Thrift stores are amazing for finding the most unique items — the thrill of the hunt is truly what



**Show off your personality and put together a shelf filled with your favourite films and artists. Photo by Astrid Cunanan**

excites me. You never know what you will stumble upon. Here are some items to keep in mind the next time you find yourself in a thrift store: picture frames, flower vases, candles, lamps and mirrors.

#### 3. Pictures

If you have physical copies of pictures lying around, create a photo collage! If you live in a dorm and don't want to damage your walls, you can use a cork board as a base for your pictures and use adhesive mounting putty.

To spice up your collage wall, utilize your washi tape and create fun borders around some pictures to create emphasis.

#### 4. D.I.Y Accessories Dish

Need a dedicated area for your rings and other trinkets? Create your own Pinterest-inspired ring dish! For this craft, you will need to purchase air-dry clay from an arts and crafts store, a small bowl filled halfway with water and a clean surface to work on.

Before starting on anything, plan out the shape you would like to recreate and then proceed to warm up the clay with your hands.

I found that the clay dried up quickly so this is where the water comes in handy. If

you're not quite done shaping your piece, dip your index finger into the water and dab some water into the clay — this will give you more time to work. Just repeat when needed!

Use items you already have to help get the shape you want. For example, I traced a candle lid over the clay to create a perfect circle. All that I had left to do was gently lift the sides to create a bowl effect.

To be safe, let the clay dish rest for a day before using.

Increase your productivity this school year and take the time to create an environment you're comfortable and excited to



**To save money, keep old jars and use them as pots for your plants. Photo by Astrid Cunanan**

## OUT'N ABOUT

### Free Admission to Studio Bell

Treat your eyes and ears and head down to The National Music Centre in East Village with your family or friends. In celebration of Studio Bell's 5th-anniversary, admission is free every weekend for the month of September.

### Inglewood Night Market

From vintage clothes and handmade crafts to delectable desserts and refreshing drinks, you're certain to find some unique food and items at Inglewood's outdoor night market. Mark your calendars for these dates: Sept. 10, 11 and 17 from 4:00 - 11:00 p.m.

### 26th Wordfest Online

Get your gadgets ready to join in on Wordfest's 26th annual festival from Sept. 7 to Nov. 30. Tickets are available for \$15 per show on Wordfest's website. Don't miss out on the chance to hear from their 26 incredible and inspiring writers!

### Van Gogh interactive museum

Experience Van Gogh's paintings come to life with this interactive exhibition at Calgary's BMO Centre. You can book your tickets online on the Beyond Van Gogh Calgary site — if you're looking for a discount, book a visit for the weekday to save \$10!



# A sitdown with singer-songwriter Duke Domino

*How a local indie musician's artistry blossomed through the pandemic*

**Astrid Cunanan**

Arts Editor



**With bands like The Beatles as his influence, Calgary musician Duke Domino defines himself as a “loverboy” because of the romantic nature of the songs he has written. Photo by J&J Photography**

The COVID-19 pandemic has affected us all in many ways. Learning to cope during a pandemic can be tough. For some people, they used the COVID-19 lockdown to learn new hobbies and rediscover themselves much like up-and-coming indie singer Duke Domino who turned to music in a time of uncertainty.

“[Music] gives me a purpose, it makes my life have meaning,” Domino said.

Domino developed an interest in music early in his childhood. His father heavily influenced his music taste by playing bands like The Beatles, Led Zeppelin, Seals & Crofts and Alessi Brothers on repeat. He recalls hearing his father singing and playing the guitar a lot and thought to himself “maybe I could do something like that when I’m older.”

He followed through and started taking music more seriously about two years ago — he taught himself to play instruments like the guitar and drums while the writing came to him more naturally. Before that, “singing was [his] main instrument.”

Songs he has released in this past year like “Lay Beside You” and “Clueless” were recorded in his makeshift home studio created during the lockdown, showcasing Domino as a “loverboy.”

His newfound passion for music urges him to stay up after his nine to five office job to busk on Calgary’s popular retail and entertainment district, 17th Ave.

“Every time I perform downtown I give a piece of my soul away,” he jokingly said.

Occasionally, Domino does an Instagram Live while busking; his kindness radiates off of the screen from some candid moments of people chatting with him. He never rushes to end the conversation and takes the time to talk and thank everyone interested in his music in an affable manner. During Stampede week, he even let strangers come up and join him to sing covers of songs like “Old Town Road” by Lil Nas X.

Don’t be fooled by his outgoing demeanor. Domino keeps lots of aspects of his life private. In fact, Duke Domino is his stage name — only those

who are close to him know his real name!

“It’s hard when you’re private to share certain aspects of your life,” Domino said. But he realized that part of being a musician is to share vulnerable moments and to give a glimpse of Duke Domino with his audience. He emphasizes that fame, money and likes don’t matter to him — the most important thing to him is “immortalizing [his] vision and ideas out into the world.”

Most of his rhythms and melodies unexpectedly come to him while doing the most mundane things like driving to work. Once he has a set melody then he will go ahead and start writing the lyrics.

His lyrics come from his own experiences of being in love. “Lay Beside You”, his most popular song, showcases a time in his life where he had someone he deeply cared about, “So much love in the air/ When you’re with me my dear/ Feel the beat of my heart, it’s beating hard for you my dear” — how romantic!

As for now, he continues

to do local gigs with Alcove Centre for the Arts in addition to busking downtown.

One day Domino hopes to tour around Canada in cities

like Vancouver and Toronto — where his listeners come from, and to collaborate with other indie artists such as Boy Pablo and Mac Demarco.



**Duke Domino, 24, stops by a local coffee shop to plan out where he will be busking next. Photo by Astrid Cunanan**



# 4 documentaries to educate yourself on LGBTQ2S+ history

**Riggs Zyrille Vergara**

Publishing Editor

As lively and vibrant as the Pride events around Calgary this September will be, the history of LGBTQ2S+ (Lesbian, Bisexual, Transgender, Queer or Questioning and Two Spirit) is more than colourful parade floats and thrilling nightclub performances. If you are an ally or a younger queer person basking in the celebration of what it means to be queer right now, it's important for you to know the history. So, here's four documentaries that will educate you of the winded complex history of how queer culture became what it is today.

## Disclosure

Executively produced by *Orange is the New Black* actress, Laverne Cox, *Disclosure* is a documentary that examines the previously dehumanizing to the now ground-breaking depictions of trans characters in film and television.

The documentary shows how societal beliefs and power in Hollywood worked hand-in-hand to create dehumanizing tropes of trans people in the media, and how it affected real trans lives. From the battle for trans rights to legislations like the military ban on trans service, these depictions have led to narratives that motivated the violence on trans people.

Disclosure will not only introduce you to the wide array of talented trans folk in the media but will also show you how lucky we are of all the work that has been done in the past for us to appreciate the wonderful yet still limited representation of trans people today.

## Pray Away

Despite many efforts to ban gay conversion therapy in many parts of North America, it still continues to harm LGBTQ2S+ people today. *Pray Away* follows the lives of former religious leaders and survivors of this once-revered process of changing a person's sexual orientation disguised as a religious salvation.

The many gripping stories



**Prominent trans celebrity stars Jen Richards (top left), Tiq Milan (top right), Laverne Cox (bottom left) and Zeke Smith (bottom right) speak about their experiences in Hollywood. Photo courtesy of Netflix**

of the survivors will show you how damaging their experiences were under the once internationally renowned and powerful "pray the gay away" movement.

The heartfelt, rattling conversations between the former leaders and survivors gives us hope that through understanding and empathy, hate will diminish.

## Two Spirits

Back in 2001, a teenager's body later to be identified as Fred Martinez from Navajo was found lifeless on a dirt road in Colorado. Martinez was a *nádleehí*, "a male-bodied person with a feminine nature, a special gift according to his ancient Navajo culture". He was recorded as one of the youngest hate-crime victims in modern history, and *Two Spirits* is the documentary which explored his short yet compelling life and the contemporary lives of Native two-spirit people.

This documentary will take you to the complicated and messy life of living in between cultures where gender identity has clashing meanings and repercussions. For Martinez, it was between his loving and accepting Navajo family and his prejudiced peers and

school administrators.

*Two Spirits* gives us a glimpse of what it means to live in a predominantly Westernized world as a two-spirit and how it can greatly affect their childhood, family and well-being.

## Killing Patient Zero

At the rise of the AIDS (Acquired Immunodeficiency Syndrome) epidemic in North America, there's one person who was notoriously known as the sexually deviant careless gay man who "single-handedly" brought the disease to the continent: Gaetan Dugas.

However, *Killing Patient Zero* is making it clear that this was absolutely false; that the Canadian flight attendant Dugas was treated as a scapegoat, and he was in fact merely one of the disease's victims.

The documentary has done a great deal at shedding light on this harsh treatment of history on a gay man. But not only that, it's reintroducing to the younger generations of LGBTQ2S+ how much we have lost during this epidemic and how gravely bigotry and prejudice played a role in this tremendous loss.



## Solar Power

Lorde

Universal Music  
NZ Ltd

**Score: B**

New Zealand singer-songwriter Lorde's highly anticipated album, *Solar Power*, is unquestionably sunnier than her past releases. Her past albums that speak of heartbreak were loved by her fans. And so, nostalgic for her old sound, some fans felt disappointed by this new, upbeat tone: "let the bliss begin" she writes in the record's titular song.

Truthfully, however, the album really isn't all that "blissful." What it does instead is showcase Lorde's talent as a lyricist, letting her tell the audience who she was and who she is now. Songs like "Secrets from a Girl (Who's Seen It All)" and more are clear pensive notes for the

singer and best shows the maturity of her songwriting.

Still, there are several junctures where her music and verses just don't flow in the way many have come to expect from Lorde. With sometimes unfitting rhythm, it can seem as she says herself in "Big Star" that she's got "so much to tell you/ and not enough time to do it in." The biggest fault of the album, however, is its repetition which made it difficult to truly appreciate *Solar Power's* strengths. Still, with a bit of intentional listening, the album's two or three gems are certain to stand out. You'll just have to listen for yourself.

- Megan Creig



## Orla Gartland

Woman on the  
Internet

New Friends Music

**Score: A**

As a 20-something myself, I found Orla Gartland's debut album *Woman On The Internet* to be incredibly relatable. Don't be fooled by the buoyancy of the upbeat melodies of this indie dream album. Songs like "More Like You," "Zombie!," "Codependency" and "Pretending" will get you bobbing your head to the funky looped drum pad and electric guitar complementing the lyrics of self-doubt, uncertainty and anxiety. While some songs like "Madison" possess a melodic guitar strum pattern accompanied with lyrics that reveal her struggles while attending therapy. Personally, I did not catch onto this until the second time around but that's the thing with *Woman On The Internet* — you're bound to find something new with each listen.

Most individuals use their 20s to find themselves, take risks and make inevitable mistakes. I would highly recommend fans of Pheobe Bridgers and Faye Webster to listen to this album. Gartland is able to capture feelings of being vulnerable and execute them in a way that let others know that you're not alone — after all, "there's no manual/ and if there is I haven't read it," she sings in "These are the things that I've learned." This is just the beginning for Gartland, if these 10 tracks are an indication of what's to come, we can expect great things as she continues to evolve in her career. Undoubtedly she will become the next big indie girl in the next few years.

- Astrid Cunanan



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## Women's soccer kicks off Cougars' return season

**Gage Smith**  
 Sports Editor



The Mount Royal University women's soccer team was pumped to play against the University of Calgary Dinos in the summer heat, days before classes started. Photo by Hermie Ocenar

Sept. 4 was the first gameday for a Mount Royal University (MRU) Cougars team since 2019. After a year off, the women's soccer team started their season against the University of Calgary Dinos.

Sharnae Sedres expected her 2020 to involve donning the MRU Cougars uniform and competing against other Canada West teams. The pandemic had other plans.

"Not being able to kick the ball around just felt weird," Sedres said.

Tino Fusco, Head Coach of the MRU Women's Soccer Team, had the unenviable job of breaking that news to his team.

"I think there were different stages of emotions that a lot of us went through," Fusco said. "Usually a little bit of anger, a little bit of disappointment, and then acceptance. We all

did the best that we could during that time."

Similar to everyone else dealing with the sudden shift to online life, the team had to find new ways to stay physically and mentally healthy. According to Fusco, the team stayed in constant communication through the extended offseason to stay on the same page.

"Our team is really close. We'd have game nights and other fun stuff planned online through Google Meet or Zoom. It was a good way to keep us connected and to get to know this season's incoming new players. I feel like it was really important that we had those times set aside to play some games and get to know everyone," Sedres added.

Keeping spirits high was critical, but it's tough to be a university sports team without staying in shape. Coach Fusco had to find new ways to keep the team in game-ready condition. The main strategy was to have their strength and conditioning coaches work

with individual players and find ways for them to work out in their home environments using tools accessible to them.

Fusco also pushed his players more on the tactical side of the game than he normally would have, giving them even more game film to study and reflect on.

"Ultimately, we just had to adapt our coaching style," Fusco said.

The time away from regular practices and games was a break for the players in some ways, but as the pandemic dragged on, they became increasingly eager to get back to the sport they know and love.

"It's a relief to finally be back. Playing soccer with my teammates is one of my favourite ways to spend time. They're my family. Being with them every single day, being able to train hard with them and go out for dinners and connect again feels really good. It's great to be doing that rather than sitting at home staring at blank walls in

your room," Sedres said.

Even after the long hours of boredom that many online MRU students can relate to, Sedres said the start of the season snuck up on her. She said the whole team was especially excited to get out there on Sept. 4 to face the Dinos.

"It's the Battle of Calgary so I think everyone on our team's looking forward to it. I'm looking forward to it. It's going to be a great match. Our team is looking really strong," she said.

Coach Fusco was also looking forward to the first game of the new season, saying he's ready to "get back to that competitiveness we all strive for in sport."

The women's soccer team plays on Saturday, Sept. 11th against Lethbridge, Saturday the 18th against Alberta, and Sunday the 19th against MacEwan, all at home. With the warmer weather, early September is a great time to go to a game. Come support your Cougars this fall!



After a year of not being able to play, head coach Tino Fusco made sure that all his players were ready. Photo by Hermie Ocenar

**24**, The total number of medals Canada won in the 2021 Olympics

**9**, The number of seasons Kyle Lowry spent in Toronto before being traded to Miami

**7-0-1**, Cougars Soccer's home record in 2019, their most recent season

**933**, Stampede's QB Jake Maier's total passing yards while filling in for Bo Levi Mitchell



# Thank you, Kyle Lowry

**Gage Smith**

Sports Editor



Kyle Lowry played for the Toronto Raptor for nine years, with six all-star appearances and an NBA championship to show for it. Photo courtesy of Wikimedia Commons

On July 11, 2012, the Houston Rockets traded point guard Kyle Lowry to the Toronto Raptors for Gary Forbes and a first round pick. Houston was unloading a backup point guard with injury problems. Toronto was making a low-key, low-risk move to flesh out their roster. It wasn't exactly a blockbuster deal.

What neither of those teams could've known at the time was how Lowry would go on to become a six-time all-star and help bring home Toronto's first NBA championship in 2019. He would become the franchise's all-time leader in assists, three-pointers, steals, and triple-doubles. He would be second only to long-time Raptor teammate and friend DeMar DeRozan on Toronto's all-time points, field goals, and games played leaderboards. Lowry would

go on to be widely regarded as the greatest Toronto Raptor of all time.

When he was traded to the Raptors, Lowry says he had to find his way in a city, country, and culture that were all new to him.

"I was a 26-year-old still trying to find his way, beginning to understand that I was a valued asset in the league but not yet understanding how to be the leader I needed to be. I wanted to be the best version of myself but didn't know how to get there," Lowry wrote in his farewell letter to Toronto.

When he touched down in Toronto in 2012, the Raptors hadn't won a playoff series in over a decade. Lowry and his backcourt-mate DeRozan would get it done in just their fourth season together, taking down Paul George's Indiana Pacers in seven hotly-

contested games. Lowry led Toronto in assists through every game of the series.

After surviving another seven-game thriller against the Miami Heat, Toronto would have their first encounter with LeBron James and the Cleveland Cavaliers. The Raptors were having one of their best seasons ever, but James was on his way to his sixth-straight NBA Finals and would not be denied of it. Toronto put up a strong fight that included a 20-point first half from Lowry in a game four victory, but the Cavs would win the series in six games on the back of historic numbers from James.

The Cavs clearly only won the championship that year because Lowry blessed their playoff run, saying to LeBron "You a bad motherf'er," and "to go win it all."

Toronto would be eliminated by James' Cavs en route to a finals run for the next two postseasons. The Raptors appeared to have hit a wall, and their front office broke the hearts of their entire city by trading the beloved DeRozan for superstar Kawhi Leonard.

Lowry said he felt "betrayed" by the move because his good friend DeMar felt betrayed. In the modern NBA, it's common for a disgruntled player to look for a way out.

Lowry stuck around. It's a good thing he did, too, because Raptors won it all in 2019.

As his teammates held the Larry O'Brien trophy and Kawhi held the Finals MVP award, Lowry addressed the crowd: "Toronto! Canada! We brought it home, baby!"

Lowry spent nine years in Toronto. He captivated a generation of Canadian basketball fans by playing with grit and heart every game. Although he asked to be traded to Miami this summer, he'll always be remembered as a Raptor.

"Toronto will forever be my second home," he said in his farewell letter. "I will always be tied to the franchise, the city, and the country of Canada which makes me so happy to say."

Thank You, Kyle Lowry.

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# Why the Flames won't trade for Jack Eichel

**Josh Werle**

Contributor

An expansion draft, a multitude of goaltending changes, and many notable unrestricted free agents have made the 2021 NHL free agency season one to remember. Although many high-level players have changed teams, the name that had the hockey world buzzing was Jack Eichel, as a trade from Buffalo seemed inevitable.

As the regular season approaches, it seems less likely that Eichel will be moved. It's clear that Flames fans have been expecting a big change, and the former number two overall pick in 2015 seems like the perfect candidate. But there are many reasons why Flames fans shouldn't get their hopes up for a potential Jack Eichel trade.

## Buffalo's asking price is too high

After losing Linus Ullmark to the Bruins in free agency and trading away star players Sam Reinhart and Rasmus Ristolainen, it's clear that the Buffalo Sabres are looking for a fresh start. So why hasn't Eichel been moved yet? One possible explanation is that Buffalo is simply asking for too much in return. Nobody knows exactly what Buffalo is looking for, but you can assume that Calgary would have to uproot their team and/or their future in order to get him. Trading away too many future picks or having to move too many star players could easily leave Calgary worse off than before, even if they get Eichel in return.

## A potential trade may be more risk than reward

One of the biggest misconceptions in team sports is that a player can change teams while maintaining the numbers they were putting up in previous years. Some players change teams and start to improve their statistics, but some don't. If the Flames happen to trade for Eichel, they will undoubtedly have to give up some of their star players. The issue is



Whether or not he keeps wearing the Buffalo threads, Eichel probably won't be in a Calgary jersey this year. Photo courtesy of Wikimedia Commons

that these star players like Johnny Gaudreau and Sean Monahan have been with the Flames for many years, and messing around with their chemistry may not be the best idea.

Sure, the idea of having a near point-per-game player on the Calgary Flames would be very nice, but potentially losing too many core players in exchange is certainly a huge risk. Eichel is currently battling injuries that may force him to miss games depending on how the healing process goes. He's dealing with a herniated disk, and although he wants to have surgery, the Buffalo organization believes it is best that he rests and rehabilitates without going under the knife. It seems like a risk to trade for Eichel right

now, especially if it requires the Flames to give up some of their star players.

## The Flames have already made their big moves

If the Flames happen to start the 2021-2022 season without superstar Eichel, this would seem like the most logical reason. At first glance, it would seem that the Flames haven't made too many changes in the offseason, which isn't entirely true. Although there weren't any additions that carry the name value that Eichel possesses, the Calgary Flames have made a number of solid additions to their team that should allow them to have a solid 2021-22 campaign.

The Flames signed the back-to-back Stanley Cup winner and unrestricted free agent Blake Coleman for the next six years. Coleman finished last season with 31 points in 55 regular season games and scored one of the most magnificent goals of the entire Stanley Cup playoffs.

The team also acquired defenseman Nikita Zadorov from the Chicago Blackhawks. At 6'6 and 236 pounds, Zadorov will bring a wealth of physicality to the Calgary Flames team.

Finally, there is 23-year-old goaltender Dan Vladar, who the Flames acquired from the Boston Bruins. Although his NHL experience is limited, Vladar is a great option as a backup goaltender to Jacob Markström. The names of these three players might not hold the same kind of

weight as Eichel's, but they're all extremely talented. These new acquisitions should provide the Flames with some fresh talent while maintaining the chemistry created by their core members.

Overall, it's looking highly likely that Flames fans are going to have to settle for the moves that have already been made and hope that coach Darryl Sutter can help guide the team back to their winning ways. Even with the absence of former captain Mark Giordano, the Flames have many long-time players who can lead the charge, and with a number of new offseason acquisitions having already been made, Flames fans should not get their hopes up at the prospect of having Eichel in a Flames uniform come October.



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