

CAMPUS SAFETY:

Concerns around harassment arise from
viral Instagram post
(Pg. 2)



Female students urge caution on campus due to viral social media post

Katia Maria Gallardo
 Contributor

An Instagram post on the page, MRU Ranter, an online gathering hub for Mount Royal University (MRU) students, has been circulating around the campus body. The post, which was originally shared through an Instagram story, claims that the student who posted was followed and harassed on the way to her car by an unknown male. Since then, several female students have come forward, both online and in-person, with accounts of harassment on campus describing the same individual.

Multiple students were interviewed by *The Reflector* about their individual incidents with this person of interest, and their accounts are generally consistent with each other. The man in question has been reported to be harassing women on campus by approaching them and asking them out for drinks, car rides, walks and some personal information. Some female students also said he would still insist on going on dates with them even after they refused and tried to leave.

Megan, a third-year student at MRU, said that the

incidents make her feel more on edge than she previously was.

"Hearing others' stories made it all feel much more scary, because it made it seem more sinister and intentional, than simply a man 'being nice'," she said.

All of the girls who were interviewed urged caution when walking alone or staying late on campus, suggesting various safety measures already in place may help in a pinch. Autumn*, a third year student at MRU, said caution is key.

"Be careful and don't give personal information [...] like where I was coming, where I was going," Autumn said.

Sarah, a first year student from MRU, said more should be done to inform the campus body about programs like Safewalk at school.

Safewalk is a service where students or staff can call security by a phone number and/or helpline towers and have security escort them to their needed destination without worry. An example use of this service is for late night classes where an individual may feel more

secure with an extra body walking with them. Safewalk is available 24 hours a day.

"I've heard about it once, but it wasn't explained to me. [...] they should make that more known," Sarah said. She concluded by saying that it would have been convenient to know about Safewalk the day that she was harassed.

"Walk with someone. If you're being out late, go with somebody, have somebody pick you up... Always be with somebody," Sarah suggested. "And to the guys, keep track of your friends."

While some students expressed shock and outrage that something like this happened at MRU, others were less surprised.

Megan said, "I feel like for the most part I feel relatively safe here, especially with it being a smaller university, with a generally comfortable vibe. I was a little taken aback that this is happening at my school, but honestly I am not at all surprised since it seems there are people like that everywhere."

In an interview with *The Reflector*, Manesha Sidhu, acting manager of Mount Royal Security Services, said



Red telephones on campus are a direct line to Security Services. Photo by Katia Maria Gallardo

that she recognizes that this situation may make people feel uneasy, but there are many supports across campus available for the community.

"We have advised the individual we believe to be associated to these incidents to not access campus if they are not using any of our services. It is recommended that the campus community reach out to Security should they [...] see any concerning behaviour," Sidhu said.

MRU Security Services is located near the West Gate entrance and their non-

emergency number is open 24 hours. The MRU security website also has a google form for students to fill out in case of an emergency so they know where to locate those students.

MRU also has support for anyone who has been impacted by dating, domestic or sexual violence. Cari Ionson, the dating, domestic & sexual violence response and awareness coordinator can be reached by her email, cionson@mtroyal.ca.

**Not their real name.*

COVID-19 UPDATES

Alex Luong
 Contributor

Campus vaxxed by January

Most Alberta post-secondary schools set Jan. 1, 2022 as the start date of requiring vaccination to be on campus.

State of Local Emergency

The City of Calgary is still in a State of Local Emergency and advises Calgarians to follow restrictions that remain in effect such as the mandatory face-covering bylaw.

MRUNow App

Mount Royal University (MRU) will use digital vaccination verification through the MRUNow safety app, where a student's proof of vaccination will be verified and updated. An alternative to the app is a web portal accessible through a desktop.

Vax Outreach Program

Calgary has launched a vaccine outreach program for those who face challenges getting vaccinated. Drop-in mobile vaccination locations can be found on calgary.ca. The clinics will be operational every day for up to eight hours a day until Oct. 20, 2021.

SAMRU presents pandemic town hall to make sense of restrictions

Noel Harper

Contributor

As the COVID-19 pandemic continues to bring about a great deal of uncertainty for the Mount Royal community, the Students' Association of Mount Royal University (SAMRU)'s Representation Executive Council (REC) held a virtual town hall meeting to answer students' questions and make better sense of the current restrictions.

The university's pandemic guidelines are ever-changing. What contributed to this is the sudden closure this semester, the Alberta government's Restrictions Exemption Program coming into effect, and the recent announcement of a vaccine mandate on the horizon.

REC President Spirit River Striped Wolf said, "when the pandemic was declared, any priorities we had were overtaken by new ones that focused on helping support students through the rapid changes and new anxieties they were facing."

"We've been hit with tougher restrictions once again, and student anxiety levels are going up."

Rules around vaccination against COVID-19 was the subject of several submitted questions, with students wondering what SAMRU's position was on the mandate. "We are advocating for students who do not have, or do not want to show, proof of vaccination," Striped Wolf said.

A SAMRU blog post from late August declared the importance of vaccination but rejected the notion of requiring it from students, instead wanting to continue with rapid testing for COVID-19 as an alternative. According to the post, this push was "successful" and the university "agreed with



(From left to right) Joseph Nguyen, VP student affairs, Rachel Timmermans, VP external, Yasmin Ahmed, VP academic, Spirit River Striped Wolf, president discussing in the virtual town hall. Photo courtesy of SAMRU

us that students should not be compelled to hand over personal medical records."

Weeks later, Alberta post-secondary set a date of Jan. 1, 2022 to require vaccination to be on campus, and Mount Royal began to request proof of vaccination from those who had declared as fully vaccinated.

"Positions [...] evolve when new information and evidence becomes available," Striped Wolf said. "Proof of vaccination is becoming the norm, so this is really ... out of our hands at this point."

SAMRU's position, however, had not changed. "When it comes to mandatory vaccinations, we represent students, so it's really important that students aren't denied their education," he added.

If a student isn't, or can't be, vaccinated by Jan. 1, "we want to help make any transition for you easy and understandable, as well as

advocate for leniency for your situation," said Striped Wolf. Options to this end include switching to online university classes and ensuring students can still graduate if they take the winter semester off in light of these changes.

The rapid test option will continue until then, but students will be required to pay for them starting from Nov. 1, rather than the university providing them for free. SAMRU viewed this as a positive development, saying the province was "not so happy" with the university spending additional funds on these tests.

"The Ministry [of Advanced Education] is not interested in, essentially, taxpayers paying for rapid tests," said Striped Wolf.

Other questions brought up during the town hall meeting included concerns about in-person learning during the pandemic's fourth wave, with students saying there is little

regard for social distancing or masking rules. One student said it was "almost like COVID wasn't an issue."

Mask compliance has "generally" been good, REC vice-president of student affairs Joseph Nguyen said. "Security, they're not just laying around doing nothing, they are watching and they are being ... vigilant on people who aren't following the rules."

Striped Wolf reminded students that the province's exemption program allows for learning environments, such as classrooms and labs, to be omitted from distancing rules to help facilitate in-person learning a priority for SAMRU.

"As users, students pay for facilities, supports, resources and a student experience that can only be experienced in-person," he said.

The town hall also addressed the possibility of hybrid learning and its multiple definitions. The current

ratio of in-person to online courses is approximately 80 per cent to 20 per cent, and for the former, introducing a consistent online option cannot be sustained.

"We've talked to the administration about hybrid options for every class ... there's just not the proper technical infrastructure to support something like that," Striped Wolf said.

Faculty does not have the option to change a course's delivery format at any point during the semester, except for brief switches in the case of instructor illness, according to vice-president academic affairs Yasmin Ahmed.

Other points of advocacy for SAMRU besides the pandemic include students struggling with financial insecurity, access to higher education regardless of socio-economic background, and greater promotion of Career Services — possibly under a new name.

Calgary MP-elect, member of Police Commission under investigation

Matthew Hillier

Contributor

Liberal MP-elect George Chahal may have his upcoming seat for the Calgary riding of Skyview threatened amidst controversy surrounding his actions the day before the recent federal election.

Allegedly, Chahal was videotaped via a citizen's doorbell camera, removing election pamphlets of his conservative opponent, Jag Sahota, who has held the seat since 2019. The video was then shared via social media where it quickly went viral. The video shows Chahal folding up and removing campaign materials and replacing them with his own.

The spokesperson for Chahal's campaign, Randall Zalazar, claimed Chahal was removing the flyers to correct a mistake with polling information that would have sent the Calgary resident to an incorrect polling location for his riding. However, according to a report from *CBC*, Chahal's campaign flyers that he replaced directed the residents to Saint Claire Elementary School, which is not currently registered as a polling station and is 18 kilometers away from the resident's nearest polling station in Coventry Hills.

Zalazar was asked by the *Calgary Sun* if the materials removed were Chahal's or his conservative opponent's but he declined to comment and instead directed the inquiry to Elections Canada. Zalazar claimed to have reported the misinformative polling information on Chahal's conservative opponent's pamphlet to Elections Canada. However, Elections Canada said that they received no complaint from the Chahal campaign.

CTVNews has reported that Sahota has retained a law firm to annul the results of this month's election and has



The empty constituency of Jag Sahota will be occupied by George Chahal and his team after he is sworn into office. Photo by Matthew Hillier

provided her campaign flyers as evidence to counter claims of incorrect polling information on her flyers being distributed.

Many are questioning why Chahal himself was correcting the mistake and not relying on his team or social media to fix the error, including Mount Royal University (MRU) political scientist Duane Bratt. Bratt told *Global News* that "this isn't a volunteer. This is the candidate. There's no separation here. You can't say, 'well it was an overzealous volunteer'."

Calgary Police Services (CPS) have received a complaint regarding Chahal's actions and the video evidence is currently being investigated. CPS' anti-corruption unit will be investigating the incident due to the complaint being directed towards an elected member of parliament. The investigation has been transferred to the Office of the Commissioner of Canada Elections, the commissioner's office however is unable to confirm if the investigation is in progress. Nevertheless, the *Hindustan Times* has confirmed that a representative for Sahota has stated that Sahota's office has been contacted with regard to the case.

If Chahal is found guilty he will be violating Section 325 (1) of the Canada Elections Act which states that "No person shall prevent or impair the transmission to the public of an election advertising message without the consent of a person with authority to authorize its transmission."

The theft or removal of election materials is one of the most prominent matters dealt with by the Office of the Commissioner of Canada Elections. This carries a fine of \$5,000 and six months of possible jail time depending on the severity of materials removed. However, it is unknown whether Chahal's status as an elected MP will affect the severity of the punishment.

Chahal gave up his seat on the Calgary City Council of Ward 5 to run for parliament in the riding of Skyview. Chahal has maintained this seat since 2017 after former council member Ray Jones resigned.

As the only Liberal currently holding a seat in Calgary after the election and one of two Liberals holding seats in Alberta, Chahal was endorsed by Prime Minister Justin Trudeau due to his former experience

as a city councillor. The prime minister's office hasn't released a statement. However, the Liberal party has, stating that Chahal's office will be open to all inquiries regarding the recent controversy.

Lori Williams, an associate professor at MRU and BA policy studies major, is skeptical of Chahal's political future.

Williams said, "prior to the revelation of this incident Chahal was seen by many as a candidate for cabinet. That's changed now, it's impossible for the Liberals to overlook that."

In addition to his political history as a city councillor, he is currently holding his seat as a councillor in the Calgary Police Commission which he has maintained for Ward 5 since his election in 2017. This seat, however, will be vacant if he is appointed to the House of Commons, leaving two prominent municipal positions up for grabs in the next municipal election.

It is currently unknown how this controversy will affect Chahal's new seat on the House of Commons or if any disciplinary action will be taken on the newly elected candidate.

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My favourite Thanksgiving traditions

Taylor Charlebois
Contributor



Thanksgiving is the perfect time to gather together with friends and family. Graphic by Hermie Ocenar

It's that time of the year again when the weather gets colder and the leaves on all the trees go from green to beautiful shades of yellow and red. Fall often symbolizes change and reminds us of all the things we are thankful for. For me, Thanksgiving weekend is what truly kicks off the fall season!

Canadian Thanksgiving takes place on the second Monday of October, the holiday is typically filled with family, friends, plenty of great food, drinks and typically a special, two-games-in-a-row set of football. It is a time for us to relax and spend time with the ones we care about — and of course, eat ourselves silly.

I have put together a few things that I am thankful for during this time of year. It's important to take a pause and think what's important to us, and Thanksgiving is a great time to do just that.

The Food

There are plenty of different traditions when it comes to what is normally eaten on Thanksgiving Day in Canada, but nothing is more synonymous with the holiday than having a main dish of turkey. The turkey is usually accompanied by stuffing, different assortments of potatoes, corn, gravy, fall vegetables and the go-to dessert — pumpkin pie.

Now, I don't mean to hate pumpkin pie, but I am personally a sucker for a key lime pie instead. I will most definitely eat half of an entire pie by myself if left unchecked.

Gatherings also include consumption of alcoholic beverages such as wines and assorted beers. In my family, we always get a couple bottles of white and red wines to pair with the food. There is

something special about a perfectly chilled glass of white wine before sitting down and eating your bodyweight in turkey and stuffing.

Football

Much like our American counterparts, Canadians gather together to watch football on Thanksgiving. The CFL hosts the Thanksgiving Day Classic, the much-awaited national game specially aired for this occasion. People often have the game playing in the background at gatherings and other events.

This celebration of sport and competition has been going on for what feels like as long as the holiday itself. However, this traditional game originally started in 1997 to compensate for not being part of the Labour Day Classic festivities, which is the American version of

the event. Either way, it is a welcome addition to a merry celebration.

My family always huddles together around the television and makes silly bets over what team will win and by how many points. Competition is high and game day food and drink always tastes better when your team wins.

Enjoying nature

If you're anything like my family, then you all enjoy a nice annual stroll through nature on Thanksgiving Day. We are a family with dogs, so we always leash up the pups, throw some gloves on and go for a big walk before we sit down to eat a ton of food.

Since Thanksgiving is in mid-October, it's the perfect time of year for walking around and checking out the beautiful colours of leaves on the trees.

Living in Alberta provides an amazing opportunity for us to explore our beautiful landscapes, be that hiking in the mountains or walking along the Bow River. There are countless hikes near the city for all skill levels so that all of your family members can join in.

Similarly, Calgary is littered with amazing paths interwoven throughout the city's downtown area. You can take a trail that brings you across the city and there are so many hidden gem locations to be discovered.

As a tradition, Thanksgiving celebrates the harvest and other blessings over the past year. Today, things aren't so different. There are so many things to be grateful for here in Canada. So, make sure you take some time and remember the things you are thankful for.

The Solo Female's Guide to Backpacking:

The things you must do and the things you can skip in Greece

Mackenzie Mason

Staff Writer

Greece has been an absolute dream. From the Cycladic architecture to the yummy Greek cuisine and the stunning beaches, almost everything lived up to its reputation. Below, I've listed a few of the places I've been and whether I suggest you take the time to visit or not.

Athens

If you're looking for a relaxed vacation to Greece, Athens is not for you. If I was asked to describe Athens in one word, I would say 'chaos.' The city is bustling and there are people everywhere, but it is beautiful and there is a lot of interesting history to explore.

Do: You have to go to the Acropolis, obviously, but what I would suggest is going to the Acropolis Museum first. You'll be able to understand more about what the museum looked like over the years and all the beautiful history involved with its creation.

Don't: Paying for entry to sites such as Hadrian's Library and the Ancient Agora of Athens isn't worth it. While they are beautiful, you can see everything from outside the gates and the same information is available online. Save your money for some yummy tzatziki or gyros!

Thira (Santorini)

Thira is arguably the most popular Greek island. It is the epitome of Greek Cycladic architecture and a romantic destination for many, though not all. Visiting Thira has been a dream of mine for as long as I can remember and experiencing it alone is something I'm really proud of. I ended up meeting two amazing women from the United States and from Australia. We chatted the night away as we watched the gorgeous sunset.

Do: You might notice a trend here, but tourists in Greece schedule their day around watching the sunsets — which is exactly what I suggest you do while in Thira. Go to dinner around 6 p.m. to ensure you get a front row seat when the sun sets. Have a few drinks, order dinner around 7 p.m. and you'll be watching the sunset in style.

Ios

Ios was arguably one of my favourite locations, maybe because it was my first party island of the trip. Not only that, but the landscapes are beautiful.

Do: If you're coming to Ios for a wholesome and relaxing day, then you have to rent ATVs and drive along the beautiful coast to get to the secluded Never Bay. A huge group of us from the hostel all went together and we were the only ones on this beach. If you decide to venture off to what we called "Adventure Beach," be prepared for a steep and slightly dangerous hike down as there is no path.

If you're looking to dress up and relax, you have to go to the Diaseli Traditional Cheesery to sample the best Greek goat cheeses you'll ever have, with complimentary wine to pair. The owners are the sweetest people and gave us a tour of the cheesery! With Ios being a party island, you really have to go to the Flames Bar and get slapped. Yes, that's a tourist attraction. You buy a shot and they slap you across the face with paint on their hand. Honestly, it's a rite of passage in Ios.

Milos

I met back up with the people I met in Ios and we rented an Airbnb together. This has been one of the highlights of my trip so far.

Milos offered tons of natural beauty to explore and the company I had made it that much better.

Do: Milos has tons of beaches all varying in landscapes. Some, like the Sarakiniko Beach, looked straight out of a dystopian world. It feels like you're on the moon, with the pristine blue waters contrasting

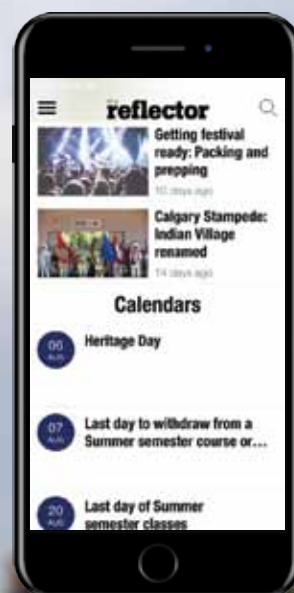
with the bleach-white rocks surrounding it. While Sarakiniko beach was absolutely beautiful and a once in a lifetime experience, my favourite beach had to be Alogomantra Beach. It had a perfect sandy beach with the prettiest rocks. Not only that but the water was clear and turquoise, and the cliff surrounding the beach

towers over you while you soak up the rays or watch the sunset.

Don't: While booking things last-minute generally works out well on the islands, don't try to book any excursions at the last-

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minute in Milos, even in the off-season. We wanted to do a boat excursion so badly as there are certain beaches on the island that you can only get to by boat, but everything

we inquired about for the days to come was completely booked!

Mykonos

Visiting the Greek version of “the city that never sleeps” is something that everyone must do, whether you’re

looking for a romantic getaway or a three-day-beach-party-bender, (I opted for the latter).

Do: The party culture in Mykonos is crazy. We stayed at the Paradise Beach Resort, where beach parties start at 4 p.m. and go until 1:30

a.m. Everyone then goes to the Scandinavian Bar and Club in the town until god-knows-when in the morning. If partying isn’t your idea of fun then Mykonos might not be for you, but if it is you’re in for one crazy night!

Don’t: If you’re expecting a

full itinerary of things to do in Mykonos that don’t involve partying, you might be out of luck. If you don’t plan on indulging in the night life, I would stay a maximum of two nights before moving on to a more relaxing Greek island.

Become a photo editing wizard

Cullen Chan

Contributor



Haultain Park is an aesthetic area located in the heart of Calgary’s Beltline, having great lighting that will make your photos easy to edit. Photo by Cullen Chan

When it comes to editing pictures there are so many different approaches that people can take, but I’ll give you my approach on how I tackle such a daunting task. I think the first thing that comes to mind before you start editing is to make sure that you take a solid photograph first.

Make sure you are comfortable with your settings so that your photo is focused, framed properly and lit well. If you do not have a solid foundation to work with, sometimes there are too many mistakes that you cannot fix through editing.

In my first year at Mount Royal University, I took a photography class. My professor was super helpful in teaching us how to take great photos which made it extremely easy to edit after, so here are a few editing tips that I want to share with you.

What programs I edit with

From my experience as a photographer, and by noting what others do, the

most used programs that I see are Adobe Photoshop and Adobe Lightroom. Both are excellent image editing software programs. I’d say the main difference is that Adobe Lightroom is able to handle a larger number of shots in bulk. So, if you’re editing 1,000 photographs from a wedding, then I would recommend using Adobe Lightroom for sure.

Adobe Photoshop is nice when you’re looking at editing fewer pictures, you can really focus on a single shot that you took and do a lot of different upgrades to it. One cool tool on Adobe Photoshop that Adobe Lightroom does not have is the Content-Aware Fill. Have you ever seen a picture where there’s just a single person next to something like the Eiffel Tower or the Leaning Tower of Pisa? Probably not. One way to achieve this is using the content-aware fill application.

Let’s say there are five people around you in the photo and you don’t want them to be there. Starting with the Lasso or Quick Selection tool, you are able to trace around them.

Once you’ve done that you can use the Content-Aware Fill function, the editing software is so smart that it can match the background setting to make it look like no one was even there. So, if someone was a couple of feet behind you in the grass, you could trace over them and use the Content-Aware Fill and it wouldn’t even look like they were there! This tool doesn’t always work right, but I’ve always found it helpful and use it on a lot of the photographs that I take.

What program I prefer

I mainly use Adobe Photoshop because it is how I first learned to edit photos. With my Canon EOS Rebel T6i, which is a digital camera, I have different size setting options to shoot my photos in. For taking pictures and editing afterwards, I set my camera to the RAW setting. When I transfer my pictures to my laptop and then to Adobe Photoshop, the program has a specific layout and popup menu for photos

taken in RAW. I find these features super helpful and the program has everything I need to change the look of a photo to my liking.

I’d say the main aspects I change in the camera RAW menu are white balance, contrast, highlights, shadows, whites, blacks, and clarity. I don’t know if I’m the only person who does this, but essentially I just play around with the slider settings, which allow you to change all the settings I mentioned and make them adjustable. If you’re new to editing, try moving the slider from one side to the other to really see the difference it can make on a photo. Once you’ve seen the difference, try to find an in-between on the slider so that it’s to your liking. A lot of editing depends on the preference of the editor.

I also want to note that to use either Adobe Photoshop or Adobe Lightroom you need to pay a monthly subscription fee. I did some looking around and found a

website called befunky.com, it might not have as many options and features as the paid photo editing software programs, but it does have the basics like vibrance, color, clarity and exposure.

Put your new editing skills to practice

Now that fall is here, Thanksgiving is right around the corner! If you enjoy food as much as I do then you’ll probably take a nice photo of your Thanksgiving dinner. Make sure you have some good lighting and an aesthetically pleasing dining set to make that turkey look like a rock star! I’d say adding more saturation and vibrancy to food photographs is a good idea when editing. It makes the food look more appetizing, a tip companies often use in commercials. Editing is always in the eye of the individual. Don’t be afraid to play with the settings and find what you like personally.

The best parks to visit during fall

Cyrille Casimero

Contributor

I don't know about you but something about the leaves changing colour makes me look forward to the colder months. The change from bright deep green to golden brown is breathtaking. Seeing a sea of trees in their vibrant fall colours feels special to me because they don't stay full for long, in a matter of days the leaves will be on the ground!

I personally prefer taking longer scenic walks during fall because it's cooler and I don't end up sweating or overheating. Who doesn't love the view of trees varying in different hues of orange and amber? Here are some places around Calgary that are definitely worth visiting during this time of the year.

South Glenmore Park

This park is perfect for walks, bike rides and picnics. Just because it's getting colder outside, it doesn't mean picnics should stop so soon. The park has a lengthy pathway which is perfect for long walks and bike rides to adore the large reservoir glistening in the sun. The change of colours in the leaves gives the reservoir a golden hue which becomes even more picturesque when the sun begins to set.

Nose Hill Park

Nose Hill Park is one of my favourite places to visit during the fall. There are

several ways of entering the park, but to get to my favourite view of the trees use the parking lot off of Shaganappi Trail in front of Edgemont. Through that entrance, the park opens up into numerous trails and you get a perfect view of a little forest that's abundant with trees! Just keep in mind that this park is huge and to make sure you're prepared for the cool weather.

Fish Creek Provincial Park

This park is so dense with gold and brown trees you'll forget you're in Calgary. The park has paved paths which makes it very accessible for

everyone to enjoy — also a great place to practice roller skating! Geocaching, using a G.P.S. to find 'treasure', has been very popular lately and this park is a great place to get lost in while hunting down some clues.

I personally think that these are the best places in Calgary to see some fall foliage. But if you're able to go for a long drive, try going to Banff National Park. The views are breathtaking and the drive is always fun if you blast your favourite music, whether you plan on going by yourself or with your favourite people.

Don't forget that the trees can only stay full of brown and gold leaves for so long. In

the blink of an eye, they will be scattered on the ground. Although it is satisfying to hear the crunch of leaves under your shoes, I think everyone deserves to walk through a pathway of trees caving in, making it look like you're walking through an otherworldly canopy of gold and brown.

Let's also appreciate when a gust of wind glides by and moves the leaves off of the branch and onto the ground. In just a matter of weeks, the ground and branches will be full of frost and eventually snow.

Take this opportunity now or you'll have to wait another year to experience these surreal fall views.



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Autumn art for those cold chilly evenings

Cassie Weiss

Contributor

The nights are getting longer, and the days are getting colder, and although the sun has been shining steadily through the autumn days, soon the rain and snow will come. With the change in weather comes the change in our activities – switching our long days spent at the river to cozy evenings nestled at home with a cup of tea.

Netflix is a fantastic companion most of the time, but occasionally our hearts call for something a little more satisfying. Sometimes our fingers itch to bury themselves in new crafts and projects and all we can do is follow their lead.

Projects and crafts can be a tricky thing – especially when they are so easy to start and can be so difficult to find the motivation to finish. Luckily, there is one art activity that I know can keep you busy for an afternoon or two with no long-term investment needed – Autumn Leaf Art.

Things You'll Need:

- A canvas of any size. I purchased mine at the closest dollar store.
- Two or more paints of any colour of your choosing.



If you're in a time crunch you can microwave flowers to get the same dry effect. Photo courtesy of Pixabay

- As many paintbrushes as you want, preferably both wide.
- Dried (or fresh) leaves/plants/flowers/etc.
- A cup of your favourite tea and a mellow Spotify playlist.

- The coziest spot you can find.

To be honest with you, autumn leaf art can start at any time of the year. I just finally take the time in autumn to complete it.

Drinking tea and doing arts and crafts when it's cold outside sounds so much better than when it's warm.

Typically, I will collect flowers over the summer and dry them in books, only to peel my books open come October to see what has survived.

But if collecting plants throughout the year isn't your forte, that is totally okay. All you must do for this simple project is go for a nice walk through your neighbourhood or

the closest park. Collect a couple handfuls of leaves and branches and bring them home with you. You can collect dried leaves off the ground or pick a couple of bright yellow ones from the trees – either will do.

Once you are home, lay your bundle of goods out beside your workstation. Next, take the canvas and paint it with the lighter of the two colours you have chosen. Paint a couple of layers if possible so that you have a rich layer of paint.

After it dries, place your plants in whatever order you decide on the canvas. There are two ways you can do this next part. You can paint over the leaves with the second colour, pulling them up once the layer is dry. Another way is to use a clear coat to paint over the leaves, gluing them in place. Use a couple coats to ensure the leaves don't fall once the painting is hung.

In either case, you will have a wonderful painting that embodies the colours and feelings of autumn.

OUT'N ABOUT

Haunted Calgary

Looking to get spooked? Walk through Calgary's scariest haunted house this Halloween season in the underground parking lot of New Horizon Mall. Tickets can be booked online.

Pop-up Market

On Oct. 23, head down to Eau Claire Market to support your local vendors – this pop-up market features young entrepreneurs, so make sure to check out their works!

Pumpkin Fest at Granary Road

This is Granary Road's biggest pumpkin festival yet, occurring on Oct. 16, 17, 23 and 24. Head down to this free event and see all the fall-themed activities. Don't forget to taste their homemade pumpkin desserts!

Calgary Tattoo and Arts Festival

From Oct. 15 to 17, the BMO Centre is hosting Calgary's Tattoo and Arts Festival featuring over 200 local artists, you're not gonna want to miss this event!

Alberta's Culture Days at King Edward's cSpace

Astrid Cunanan

Arts Editor



Jennifer Lee, a fourth-year University of Calgary student showcases her work during Alberta Culture Days as an art resident of cSPACE. Photo by Astrid Cunanan

In the heart of Calgary's Marda Loop community, the historic King Edward's cSpace building can be seen in the midst of all the houses. It was no surprise seeing families gather at cSpace to check out the farmer's market in the front yard, and most importantly, to celebrate local artists as part of Alberta's Culture Days.

This is a day to come together to celebrate all the people who have touched this land. Lana Skauge, one of the resident artists, explained

Alberta's Culture Days as "a connection to the visitors, to the settlers, to new Canadians. It's recognizing our diverse community and loving us to a point of understanding." Alberta Culture days are a great day to learn and try new things. "We get to taste each other's food and hear each other's music and if we're lucky, we get to talk to each other and realize our common ground, which is our humanity," Skauge said.

Deeter Schuri, the president and CEO of cSpace said the

space is a "social enterprise set up to develop creative spaces for artists, cultural organizations and creative entrepreneurs in Calgary." Essentially, cSpace in Marda Loop is a 1,470 sq. ft. creative safe haven for artists.

The spaces are carefully thought out inside this building. The staircases include floor-to-ceiling murals featuring 3D sculptures popping out of the wall, all topped off by long, gorgeous light fixtures.

From custom-made swords

to styrofoam-carved pieces, the resident artist showcase their work on the 4th level that overlooks the entire community – also known as the Treehouse. Calgary-based artist, Jennifer Lee, showcased her Neo-Korean-inspired queer embroidery. The art she displays consisted of three white linens with embroidered Korean wedding symbols; that incorporates colours that represent different sexualities such as the lesbian flag and the pride flag.

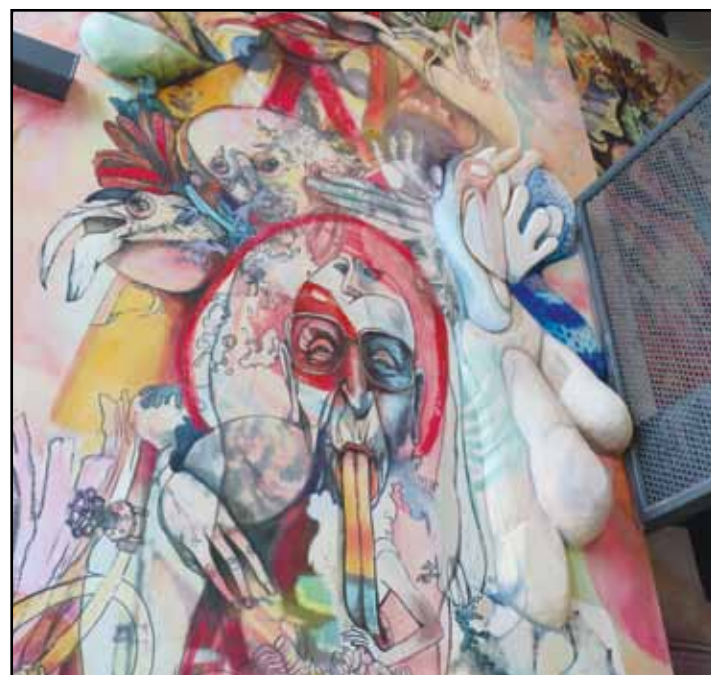
Over recent years the

Korean arts culture has been appreciated and acknowledged a lot more by Western media because many Koreans are reinterpreting their traditional aesthetics to create new art.

"My generation, particularly millennials, are going back into their own [Korean] traditional aesthetic; they're no longer trying to hide behind Japanese or Chinese [cultures], because for a long time those two cultures were the only Asian cultures people knew," Lee said.



Some of cSpace's artworks are displayed beside the theatre and coffee shop, Aroma Cafe. Photo by Astrid Cunanan



Daniel Kirk and Katie Green's multimedia mural can be seen through the floor-to-ceiling windows just outside of cSpace's parking lot. Photo by Astrid Cunanan

Charsi: Uniquely portraying the experience of being a child of immigrants

Hadya Azeem

Contributor



People excitedly waiting for the first showing of *Charsi*. Photo by Hadya Azeem

“Chars” is an Urdu word from Pakistan meaning hashish (hash), synonymous with pot, cannabis, drugs, marijuana — “charsi” is a common phrase used to describe someone who partakes in the usage of marijuana; a stoner.

Charsi is also the name of Amair Javaid’s newest short film, which premiered at the Globe Cinema on Sept. 23, 2021. The screening included showings of some of his other works as well, including: *Dear Palestine*, *The Hypocrite* and Javaid’s most well-known work *Hafiz*.

Charsi follows the story of Usman portrayed by Omar Javaid, an engineering graduate struggling to find work during an economic recession. The recession puts a strain on his whole family, so to put his mind at ease Usman uses weed as an escape.

“*Charsi* is a portrait of this generational disorder and a reflection of where identity begins and ends.” Javaid said in the press release for the film.

This short film uses sound to convey emotion and because it has such a heavy presence in the film the sound design becomes somewhat of a character itself.

“The goal with the sound

was to kind of step into the mind of the character,” Javaid said. “So when he is getting high and has that buzz, [the sound] takes on more of a hip-hop style, and when he is overwhelmed [the sound] really takes over the soundtrack.”

Javaid mixed and created the entire soundtrack on his own during the COVID-19 pandemic, and it went on to win “Overall Best Sound” at the 2020 Stinger Awards. The film’s lead Omar Javaid also won an award for “Best Performance.”

Charsi is Javaid’s second big short film, his first being *Hafiz* which debuted in 2019. *Hafiz* follows the life of Hafiz, a new Pakistani immigrant who is awaiting his exam results to practice as a doctor in Canada. It portrays the financial strain, isolation and homesickness that many first-generation immigrants experience.

Charsi follows Usman who was born to Pakistani immigrant parents but brought up in Canada, struggling to get a job. It portrays the financial stress, misunderstandings, and differing forms of coping and escapism between generations.

“*Charsi* is a juxtaposition of *Hafiz*,” Javaid says. “It’s like

putting the life of a second-generation up against a first-generation immigrant.”

Another difference between the two films are the creative approaches Javaid had taken in producing them. Javaid explains that he was able to be more creative with *Charsi*, using new and different techniques.

“After I finished *Hafiz*, I’m like, here’s my chance to experiment. See what muscles I can flex,” Javaid said. “You have a bunch of different characters now, instead of focusing on just one.”

The primary focus of *Hafiz* is on the main character Hafiz, but *Charsi* follows the stories of the whole family and their struggles.

“I’m passionate about this stuff,” Javaid said. “I don’t see films like this that highlight the experience of South Asian, or more broadly any second-generation immigrant families out there.”

Javaid hopes to keep telling the stories of South Asian immigrants in the future, and announced at the premier that he plans to do this through continuing the story of *Hafiz*; by turning the short into a full-length feature film.

Javaid is planning a Kickstarter to help fund *Hafiz* as a full-length project.



In Lucy Dacus’ third studio album titled *Home Video*, Dacus tells her very own coming-of-age story. Dacus’ autobiographical album discusses what it was like for her to question her faith and sexuality growing up in a religious household. *Home Video* invokes feelings of nostalgia, making listeners look back on the ups and downs of adolescence, but also reminds them of the trials and tribulations of adulthood.

On the first track, “Hot and Heavy,” Dacus plays with the innuendo-laced title, using “hot and heavy” to describe her current emotions: “Being back here makes me hot in the face/heavy memories weighing on my brain/hot and heavy in the basement of your parents’ place.”

On “Thumbs,” Dacus

strays away from figure of speech and leans into sharper wording: “I would kill him/ if you let me/I imagine my thumbs on the irises/pressing in until they burst.”

The only reason Lucy Dacus’ *Home Video* didn’t receive an A-grade rating is due to Dacus’ use of autotune on “Partner in Crime.” It was simply jarring after the rest of the tracks use her full instrumental band and her natural voice.

Overall, the album does an amazing job of following the coming-of-age trope, exploring firsts, unforeseen lasts and personal growth. *Home Video* shows that it’s possible to look back on childhood and not cringe, but appreciate your growth.

- Abbie Riglin



Sufjan Stevens released his collaboration album *A Beginner’s Mind* with Angelo De Augustine on Aug. 24. In an interview with *Consequence Sound*, the singers revealed spending a month in an upstate New York cabin where they were inspired to loosely base their songs off of films they had watched together. It makes me wonder why it took this long to release a collaborative album — the two singers fit together like a puzzle piece.

Stevens and De Augustine stayed true to their style of indie, avant-garde folk with a hint of electronica. The light guitar strums and their feather-light voices lured me into listening to the entirety of the album in one sitting — I felt as if all the songs were

a personal lullaby. Songs like “Lady Macbeth in Chains” had an upbeat tempo which had the melancholic lyrics of “now the two allegories of pity and terror/ one for the money, for trial and error/ telling the story anointing its pleasure.” Similarly, “Cimmerian Shade” contained lyrics “The lamb cries ‘til ears ring/I cannot love from my prison of shame/ in Cimmerian Shade/I’ll keep her safe in the well, tailor-made.” Can you tell which cult classic film this was inspired by? This album certainly needs to be on your autumn 2021 playlist.

- Astrid Cunanan

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Cougars vs. Dinos: MRU walks out on top

George Potter
Staff Writer

The Mount Royal University Cougars men's and women's soccer teams faced off against the University of Calgary (U of C) Dinos on Sept. 24 and 25, making for an intense mini-series between the Calgary schools. The arch-rivals duelled in front of record crowds.

The biggest highlight of the four games was how the Cougars women's team, the underdogs, beat the Dinos 2-1 on Sept. 24. Fifth-year Cougars goalkeeper Katrina Greenley saved 11 out of 12 shots in that game, earning her a U Sports Athlete of the week award. The other three games all ended in ties.

The first women's match was an absolute battle. The

Dinos created great scoring chances in the first period, but the elite Greenley was able to shut them all down.

There were no goals scored by either team until the second period. The Cougars' Keilyn Stabler scored the first goal just after Dinos midfielder Jaydn Berg received a yellow card.

The staunch Cougars defence would continue to shut the valiant Dinos effort down. On the offensive end, Sydney Danielewicz of the Cougars scored off of a Kareena Kassam assist, making the game 2-0.

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Sydney Danielewicz celebrates scoring the second goal for the Cougars on Sept. 24, 2021. Photo by George Potter



Dinos player Kelsie MacDonald scores the only goal for the Dinos making the final score 2-1 on Sept. 24, 2021. Photo by George Potter



Cougars goalkeeper Katrina Greenley made 11 saves in their win against the Dinos 2-1 on Sept. 24, 2021. Photo by George Potter

#s

11, Cougars women's soccer goalkeeper Katrina Greenley saved 11/12 shots against the Dinos on Sept. 24.

3, The number of times the Calgary Stampeders play against the Saskatchewan Roughriders in their next four games.

\$8.2M, The money Ben Simmons will lose before the All-Star break if he doesn't suit up for the Philadelphia 76ers.

0%, The Toronto Blue Jays now have a zero per cent chance of making the playoffs, after their valiant late push falls short.

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It only took the Dinos two minutes to strike back and cut the lead in half thanks to a goal by Kelsie MacDonald. The Dinos made one last push in the game's dying minutes, but U of C couldn't stop the visiting Cougars from stealing a victory on their home field.

Athletes and spectators from the Cougars side of the bench ran to the field to celebrate the big win. The

two MVPs of the game were Stabler of the Cougars and MacDonald of the Dinos.

A Cougars victory on the Dinos' soccer field has been rare in recent years. Rookie Natasha Furlas said they won by capitalizing on the chances they created for themselves.

"We fought for 90 minutes till the end of the game. We had more opportunities in this game. We utilized them and we got a bit lucky," she said.

For Greenley, this game was a battle to remember.

"I don't even know when the last time Mount Royal won here, but it was one heck of a game. It made the heart pump and I'm just so proud of everyone and how hard they worked today," Greenley said.

Dinos midfield Shyanne Hedges reflected on how the upset may have been sealed early in the game.

"We should have come back and answered that goal right away, but instead we became

complacent. We weren't matching their energy and tomorrow we'll just have to make sure we work much harder than them," said Hedges.

The men's game later that day would end up with scoring on both ends. The Dinos would make a comeback and the game would end up tied at 2. The MVPs of the game were James Greco-Taylor from the Dinos and Caden Rogozinski from the Cougars.

The teams would suit back up the next day. In the women's game, the Dinos started strong when Montana Leonard scored the first goal of the game and her eighth goal of the season, but Cougars midfielder Ashtyn Haycock would tie it at 1-1 on an assist from Sharnae Sedres, and that would be the final score. The rematch for the men's teams would remain scoreless, an intense battle right until the final buzzer.

What's going on with the struggling Stampedeers?

Gage Smith

Sports Editor



Bo Levi Mitchell and the Calgary Stampedeers have left fans wondering if the winning ways of the 2010s are a thing of the past. Photo by Gage Smith

The Calgary Stampedeers haven't finished a season worse than second place in the West Division since 2011. They're on track to finish dead last in the division this season.

It isn't just the division standings that are looking rough for our 'Stamps. *theScore* has them ranked second last in the league on their midseason power rankings, saying they "appear to be a shell of their former selves." *3Down Nation's* Ryan Ballantine has them ranked

seventh out of the nine Canadian Football League teams. The CFL website also ranks them at seventh.

A Crumbling Cornerstone?

It didn't help that Bo Levi Mitchell broke his leg in August. He's the Stampedeers' longtime starting quarterback and franchise cornerstone, with a Most Outstanding Player award, three West Division all-star selections, and two Grey Cup

championships with Calgary under his belt. He's been back on the field since early September but hasn't seemed like himself so far, with two passing touchdowns and seven interceptions at the time of writing.

He's battling a serious injury, so a step down in production is to be expected, but it's unclear how much of the blame should be placed on his leg. There are signs that he may just be having a down year.

For example, Mitchell was benched in the fourth quarter of a Sept. 17 loss to the Hamilton Tiger-Cats. He's missed some playing time due to injury this season. That time, he was sat for nothing more than poor performance.

When Ballantine asked him about the decision, Stampedeers Head Coach Dave Dickenson said he was "looking for a little momentum," and that "Bo needs to elevate his game." Not exactly encouraging

for 'Stamps fans praying for Mitchell to give the squad the boost they need.

Lost Talent

Jerome Messam. Alex Singleton. Nick Arbuckle.

All of these players were instrumental in Calgary's winning ways in recent seasons. Messam was an all-star running back, Singleton

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was an all-star linebacker, and Arbuckle was an effective backup quarterback and special teams piece. They were all fan-favourites and a big part of the team's identity. The Stampeders traded Arbuckle to the Ottawa Redblacks in 2020. Singleton went south of the border to play for the NFL's Philadelphia Eagles in 2019. Messam was signed by the Saskatchewan

Roughriders in 2018 before his career ended due to a criminal charge.

Calgary would probably not be faced with missing the 2021 playoffs if they were able to retain some of those players. That being said, the front office isn't entirely to blame.

If you're a CFL team, having a revolving door of talent is par for the course. There's always a chance that your best players are enticed by an offer

from an NFL team for multiple times the pay. Sometimes, you need to just cut key players who ask for too much money in free agency. The CFL just isn't the NFL. We don't have the budgets their teams do, especially post COVID-19.

And sometimes your second-best player turns out to be a criminal. It happens (apparently).

But in order to get back on their feet, the Stampeders need to retain more of the

young talent they have under their roof today.

The Path Forward

Speaking of that young talent, the Stamps have had some bright spots emerge in this down season. Rookie quarterback Jake Maier's sound decision-making stood out in Mitchell's absence.

As Maier grows even more accustomed to the CFL and Mitchell continues to recover from his injury, the Calgary

quarterback situation could start to look a lot better. Running back Ka'Deem Carey has also played well, rushing for 365 yards on the season, placing him in the top five of the league.

A playoff appearance isn't completely out of the question for the 'Stamps yet. If they can win even one of their three games in four weeks against the Roughriders, one of the best teams in the league, then all hope is not lost.

Coach's Corner: Scott Rivett, here from the beginning

Josh Werle
Contributor

Scott Rivett has been with the women's hockey team at Mount Royal University (MRU) for more than a decade, witnessing both the transition of MRU from being a college to a university and the much-awaited spotlight game for the women's team. With the games finally back after the postponements from the pandemic, Rivett looks back at his journey.

Rivett has been the team's head coach since they began to compete under the U SPORTS banner in the 2012-13 season. He stopped playing hockey at the age of 18 due to lingering concussion issues, which prompted him to get involved with the sport as a coach.

"My first year of coaching was in my first year after retiring from the game. I took a year off before going to university and I coached a kids team. That's where I got started. I was just looking for an opportunity to get back [into the game of hockey]," Rivett said.

Rivett climbed his way up the ranks, and after a brief tenure coaching at Southern Alberta Institute of Technology, he arrived at the institution formerly known as Mount Royal College.

"In my first year here, we were just transitioning from Mount Royal College to Mount Royal University," he says. "We went from being a big fish in a small pond [in the Alberta Colleges Athletic Conference],



Scott Rivett has been patrolling the sidelines of Mount Royal women's hockey games since before it was a university. Photo by Adrian Shellard

to a small fish in a big pond as we transitioned to Canada West."

Mount Royal's transition from being a college to a university meant a lot more

than just a new name for the hockey team.

"There has been a ton of change, all of it positive," said Rivett. "We've been able to grow the quality of student-

athletes that we're able to attract."

Since becoming a university, Mount Royal has been engaged in a competitive rivalry with the University of Calgary. This

resulted in the creation of the Crowchild Classic in 2013.

The Crowchild Classic

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Rivett's presence on the bench has guided Mount Royal to two ACAC championships. Photo by Adrian Shellard

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features the men's and women's hockey teams of the two institutions as they battle in the Scotiabank Saddledome with fans from both schools in the stands. In its first year,

the games were attended by roughly 4,200 fans. That number has grown to over 10,000 fans for the past five games.

Up until the most recent game, the men have historically gotten the main event spot. In January of 2020, it was Rivett's team that finally

got the spotlight they deserve.

"Getting that second game spot was a huge opportunity for the girls, and one that I know they were pretty proud of. From a player's perspective, it's one of those highlight games that you just never forget and you look forward to all season," said Rivett. "From the coaching

side of things, there is a lot of emotion that goes into that week [...] it's certainly a thrill for both programs to get that opportunity from the Flames Foundation."

Unfortunately, due to the COVID-19 pandemic, there wasn't a Crowchild Classic in 2021. In fact, there weren't any

games at all, as U SPORTS was forced to cancel the 2020-21 season altogether. Rivett and his team are back in action this season though, and have noticed the fan support that they've received.

He said, "it's been a year and a half since we've gotten to play a game, so I think there is a general appreciation for us to get to do what we love... I think so far this year has had the best attended exhibition games we've ever had."

At the time of this writing, the team is off to a sensational 5-0 start in their exhibition games. Rivett realized that he has a special group of athletes to work with and expects big things out of his team this season.

"Our team is excited about the opportunity that we have, I think on paper this might be the strongest team we've had during my time here," he said. "I know our girls expect a lot of themselves for the upcoming year, and they're going to work their hardest to meet those expectations."

The MRU women's hockey team begin their regular season campaign on Oct. 15.



Tensions get high for players and coaches in rivalry games. Photo by Adrian Shellard