

TO NAP OR NOT TO NAP?

The all-nighter question

(Pg. 5)



MRU, 45 other universities sign Scarborough Charter to fight anti-Black racism

Keoputhy Bunny

News Editor

Mount Royal University (MRU) and 45 other universities have banded together to sign the Scarborough Charter. It is a document on anti-Black racism and Black inclusion in Canadian higher education.

The “Scarborough Charter on Anti-Black Racism and Black Inclusion in Canadian Higher Education: Principles, Actions and Accountabilities” has been in the works since last October. The charter was a collaborative effort between multiple institutions surrounding the idea of Black inclusion and promoting a framework to fight against anti-Black racism.

The charter’s principles include Black flourishing, inclusive excellence, mutuality and accountability.

Black flourishing focuses on the idea of breaking down barriers while nurturing

equality, human dignity and sustainability.

Inclusive excellence acknowledges how equitable inclusion is critical to success. They want to create conversations between different groups and learn and advance from it.

Mutuality recognizes universities and colleges as part of Black communities and therefore should develop relationships with the said community. Universities may act as local employers or vitalize the local economy.

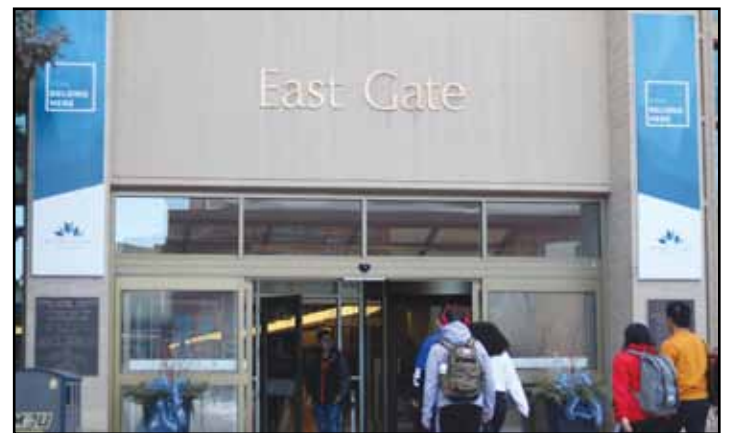
Signing the charter is not a one-and-done act. The charter requires the institutions who are signed to develop their own plans to foster Black inclusion.

“We are all diminished by a country in a sector that has been selective in who is deserving of equity through the structures and systems

of exclusion founded on our country’s colonial history,” Wisdom Tettey, vice president & principal of University of Toronto-Scarborough and Chair of the Inter-Institutional Advisory Committee, said at the signing.

MRU signed with other universities on Thursday, Nov. 18 and has also published a press release about it the same day. MRU is also looking to hire an associate vice president for equity, diversity and inclusion to promote more inclusion.

The charter was born out of an event hosted at the University of Toronto (U of T) October 2020, with multiple post-secondary institutions collaborating to create a framework to continue to fight racism. They then sent out the charter to their institutional partners for feedback. The official version can be found on U of T’s Scarborough Charter



MRU is among several other universities who signed the Scarborough Charter across Canada. Photo by Riggs Vergara

page.

Dr. Adelle Blackett, the Canada research chair in Transnational Labour Law & Development of McGill University and Principal Drafter had this to say about the charter, “I’d like to suggest that the Scarborough Charter may be seen both as an archive of special significance at this

moment and a framework of action inspiring our future engagements.”

In the past, MRU also established the President’s Equity, Diversity and Inclusion Advisory Committee to advocate against systemic racism as well as make sure MRU sticks to their values of equity, diversity and inclusion.

MRU pays respect to transgender and two-spirit lives lost

Keoputhy Bunny

News Editor

With Nov. 20 marking the annual Transgender Day of Remembrance, Mount Royal University (MRU) students organized a vigil and a memorial walk across campus in honour of transgender and two-spirit individuals whose lives were lost due to hatred and transphobia.

The internationally recognized day was born out of the murder of Rita Hester, a transgender African-American woman in 1998. The following year, a vigil in San Francisco held by Gwendolyn Ann Smith caught on across the world.

Hester’s murder still remains unsolved.

In a press statement, associate Minister of Status of Women Whitney Issik says every Albertan deserves to live free from the fear of hatred and violence.

“Let us share in the grief of all Albertans who have lost loved ones because of anti-transgender violence, as well as all those who have experienced hate or discrimination because they are transgender,” she added.

According to the Government of Canada, one

of the ways to better support trans people is if someone is unsure which pronouns to use, ask. Another idea to keep in mind is that trans identity does not depend on a medical transition or ‘how much’ a person has changed.

If students want help, MRU’s Pride Centre is located on the second floor of Wyckham House and is open to everyone.

Previously, MRU has also installed a permanent pride crosswalk on campus as a commitment to the LGBTQ2S+ community. MRU

also partnered with Calgary Pride for their annual Calgary

Pride Parade and Festival in 2020 and 2021.



MRU students lit candles as part of their event for the Transgender Day of Remembrance. Photo by Riggs Vergara

Métis Nation of Alberta condemn Premier's display of support

Matthew Hillier & Alex Luong

Staff Writers

Backlash has erupted from the Métis Nation of Alberta (MNA) following Alberta Premier Jason Kenney's announcement to provide funding to fight against a tanker ban. The MNA cites the organizations Kenney is supporting as illegitimate and the organization condemns his public display of support.

On Nov. 15, Kenney announced that Fort McKay and Willow Lake of the Métis Nation will receive more than \$372,000 through the Indigenous Litigation Fund. The provincial fundings' aim is to assist the two communities in legally challenging Bill C-48. The bill in question was passed in June 2019 by the Liberal party which prevents crude oil tankers from stopping or unloading cargo in ports along the British Columbia's north coast.

The nations of Fort McKay and Willow Lake have claimed the bill is hampering the economic viability of their respective communities by limiting Alberta's access to international markets and closing avenues for jobs and economic development for

their nations. The Indigenous Litigation Fund helps finance legal expenses for Indigenous communities while also considering the legal actions that support resource development in Alberta.

MNA has criticized the government's move to fund this endeavour. According to the organization, they are separate from the MNA and are not accountable to or a representative of the MNA.

"This is a bad decision by the Premier and represents a clear misuse of public money. These organizations are not elected or accountable to anyone and are made up of non-Métis individuals. These organizations do not speak for the Métis Nation. The Métis people or Métis communities in Alberta," MNA President Audrey Poitra said.

The President of Fort McKay, Ron Quintal, ignored these concerns at a press conference. Quintal was recently positioned at his seat in 2020 when the government officially recognized his community. The MNA is still disputing this claim in court as the nation sees these two communities as

illegitimate representatives of the Métis community and the grant allocated to them as a waste of public resources.

Kenney openly approves the funding and is quoted as saying at a Monday press conference, "Alberta's government stands with Fort McKay and Willow Lake Métis Nations in defending their vital economic interests and protecting their ability to develop their resources."

"Indigenous communities already face more barriers to economic security than other communities in Alberta and this litigation fund grant helps those communities fight back. We are committed to economic reconciliation and together we can stand up against discriminatory federal legislation and be true partners in prosperity," Kenney added.

He elaborated on this position on his personal Twitter account by tweeting, "Resource development means good-paying jobs and opportunities for First Nations."

Bill C-48 is due for review in three years and because of its environmental and economic implications, it has been a hot



Shown is Fort McKay, one of the communities that is being funded to challenge Bill C-48. Photo courtesy of Wikimedia Commons

issue since its implementation. The Conservative Party is now in the hot seat as questions about the motive of this grant are being questioned. The removal of the bill would secure the party a needed economic and political advantage.

Fort McKay and Willow Lake will presumably be in the spotlight as the case against both their legitimacy and the

case against Bill C-48 resume in these coming months.

According to Poitra in a press release, "Premier Kenney is standing with a handful of unaccountable, undemocratic and illegitimate organizations to challenge federal legislation that is designed to ensure we are consulted on projects that protect our Métis rights and way of life."

Key renovations underway at Mount Royal's Conservatory

Jed Mabazza

Staff Writer

Mount Royal University's (MRU) Lincoln Park building is getting new spaces from old classrooms. MRU is repurposing the Mount Royal Conservatory site in the W-wing into new and usable learning spaces for students.

The spaces consist of old practice rooms and offices which will be converted into four large modern classrooms. The final design will have two standard 78-student classrooms, a flexible 56-student learning space and a 56-student active learning classroom, with study alcoves

in the main corridor.

This project aims to accomplish the strategic objective outlined in the university's 2016 Campus Master Plan to identify "Opportunities to develop new buildings and existing buildings in order to create functional and memorable spaces that meet the needs of MRU's growing community."

The new classroom spaces have been designed with a focus on facilitating an exemplary environment that helps advance students' learning and sense of

community.

According to Mount Royal's Phil Warsaba, vice-provost and associate vice-president, "These new spaces will not only allow us to better accommodate students on MRU's campus, but will also create new options for different types of learning environments."

A capital funding worth \$50 million from the provincial government and \$15 million in private funding from the Don and Ruth Taylor family will be used to support the project from beginning to completion.

The W-wing development is the first part of two phases of renovation in MRU. The second phase will be the repurposing of the old library space on Main Street which will start in the late summer of 2022.

The Conservatory has been vacant since its relocation after the Taylor Centre for Performing Arts opened its doors in 2015. Demolition started in October 2021, and will be completed in December 2021. Construction will commence following the completion of the demolition.

The construction and all furniture installations are expected to be completed by June 2022. Shortly after, students will be allowed to book the spaces in the summer.

Other recently renovated spaces include the third floor study space of the N-wing in the Lincoln building. Minor renovations occurred with the addition of 27 study cubicles on top of the five existing round tables in the room. New lighting and chairs have also been added to improve the existing space.

U of A Students' Union calls out campus leaders for lack of sexual violence safety

Keoputhy Bunny

News Editor

The University of Alberta's Students' Union (UASU) has collaborated with several other student organizations to produce an open letter, calling out the lack of safety measures against sexual violence on the university's campus.

The letter states that "[University of Alberta's] administration and other campus leaders have often failed in their responsibility to create a safe learning environment." Ten demands to reform the way sexual assault is handled at University of Alberta (U of A) were also outlined.

Some of the demands include hiring a sexual violence prevention and response coordinator as well as mandatory training on consent and sexual violence for staff, students and instructors.

The letter pulls information from Statistics Canada saying, one in 10 female students are sexually assaulted and 71 per cent of students have witnessed or experienced unwanted sexual behavior.

The letter concluded by saying, "Advocacy on sexual violence at all levels frequently encounters some variation of, 'I'm sympathetic and deeply concerned, but there's not much I can do.' Deep concern, when accompanied by continued inaction, is hypocrisy."

U of A has also been criticized in past for how they've dealt with sexual

assault. In 2015, *CBC* wrote that over 40 sexual assault incidents were reported to U of A staff in the 2015-16 academic year. In 2019, the university once again came under fire for the way their appeal process was handled for sexual assault cases.

Sam Pearson, the director of University of Alberta Sexual Assault Centre, told *CBC* in 2019 that the 'hearings were treated like criminal proceedings.'

U of A's Provost Steven Dew was quick in responding to the letter. In *The Quad*, U of A's official faculty and staff blog, Dew wrote that "While the university has made progress in recent years in achieving our goals in this area, there is more we can do and we can do better."

Dew pledged that the university was working with the USAU to hire a new sexual violence prevention and response coordinator and plans to meet with student leaders as soon as possible to discuss this issue in further detail. He also agreed with several points from the 10 demands but did not say how or when they will be implemented.

The Students Association of Mount Royal University (SAMRU) also published something similar in October of 2021 through the Dating, Domestic, and Sexual Violence (DDSV) Advisory Committee that they have formed in 2019. Their calls-to-



According to Statistics Canada, only nine per cent of women and four per cent of men who had experienced unwanted sexualized acts spoke with someone associated with their school about it. Photo courtesy of Pexels

action paper outlined several recommendations for MRU to follow. The outlines included more education for MRU's leadership as well as a more culturally inclusive approach to dealing with DDSV. The last point they recommended is how MRU needs to continue to develop their accountability structures.

The paper also included the strides MRU has done in the past when it comes to DDSV, such as creating the role of a dating, domestic & sexual violence response and awareness coordinator which is currently filled by Cari Ionson, the launch of a DDSV prevention project called Stepping Up and more.

The paper also included a variety of findings about DDSV at MRU. According to Ionson, there were 33 disclosures and four formal reports from September 2017 to August 2018. There were 45 disclosures and one formal report from September 2018 to August 2019. And finally, 33 disclosures and one formal report were made in September 2019 to August 2020.

U of A isn't the only school in Alberta that's been under fire about this topic. Students from Central Memorial High School and Western Canada High School also staged walkouts on Nov. 16 at their respective schools over sexual assault concerns.

THE REFLECTOR

Issue 6, Volume 60

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

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

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**COVID-19
UPDATES**

Pfizer for kids

Health Canada approves the Pfizer COVID-19 vaccine for children aged 5-11. Parents can bring their children to get immunized in Alberta Health Services clinics only, but not to doctors or pharmacy offices.

COVID-19 in winter

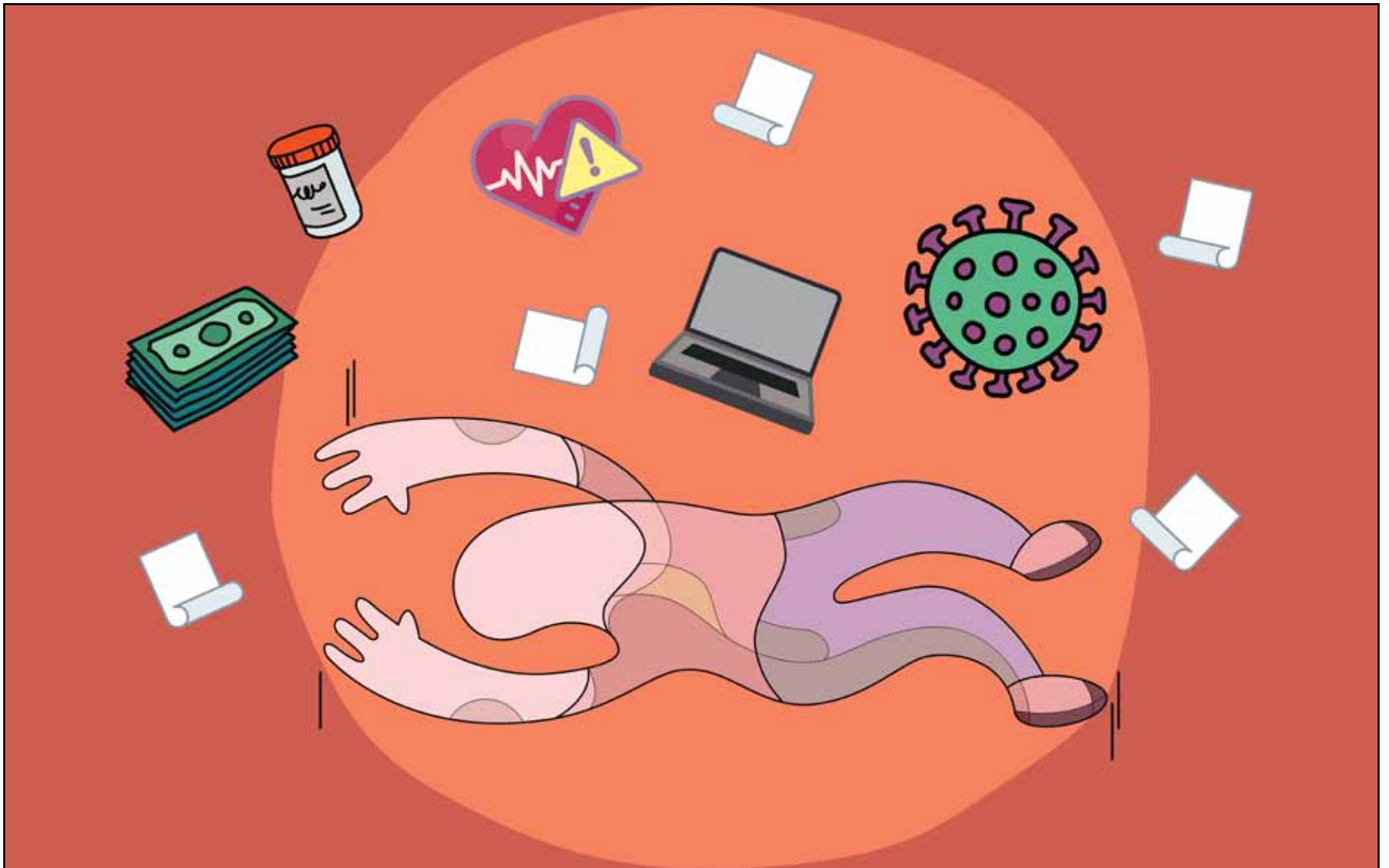
Dr. Deena Hinshaw warns of a possible fifth wave this winter. As more people go indoors to escape the cold weather, there will be a greater number of contacts, Hinshaw said.

First outbreak

Alberta Children's Hospital has its first COVID-19 outbreak. Alberta Health Services also says there are nine other health facilities in Alberta that have reported cases in workers and patients.

To nap or not to nap, the battle against exhaustion

Taylor Charlebois
Staff Writer



Exhaustion is something everyone can relate to. Sometimes it presents itself as the inability to focus or the overwhelming need to take a nap.
Graphic by Hermie Ocenar

I'd get inexplicably tired during the afternoon. It was like my vital organs and muscles had turned to Jell-O. Just sitting in front of my laptop in shorts and a tank-top, left me drained.

It feels kind of ridiculous to be complaining about being tired when there is a pandemic happening — but alas, we feel how we feel.

Making a cup of coffee or a strong tea, going for a walk, hitting the gym — the usual tactics offered me a slight reprieve. However, the one advantage or disadvantage of working from home, depending on your outlook,

is that there is always a comfortable bed or couch nearby. Every now and then, you surrender to its call.

These mid-to-late afternoon stupors were not entirely unfamiliar to me. Even back when I was attending school in-person, or working a day job, I would be faced with an unrelenting urge to nap.

Still, the desire lately has become sharp and incredibly hard to ignore. By the standards of my teenage years, I was burning the candle at neither end.

I'm a relatively healthy person, I eat well, I stay away from dairy and most sugars, I

exercise regularly, I sleep the recommended seven to eight hours a night, so what could it be?

My mind begins to roam... do I have COVID-19, Lyme Disease, diabetes, cancer? As a yearly check-up to the doctor's office would determine, none of these are to blame.

It's just a matter of energy throughout the day. Sitting at hour-four on my desk chair, the document I was looking at on the screen looked like a winding road toward a mountain pass, so the man in the tank-top and shorts decided to become the man on the mattress.

All of us, except for the superheroes and super-sloths, know people with more energy than ourselves. We may admire, envy, or even pity the tireless social-jugglers, the calendar-maximizers, the cross-trainers or the marathon runners. If you're anything like me, you're constantly thinking to yourself, how do they do it?

Energy is both biochemical and psychological, both intertwined and definitely mostly misunderstood. You know it when you got it, and more so when you don't. This is the enthusiasm you feel inside yourself, that drive to

want to do things and talk to people.

It's the kind of feeling you seek to instil when you crack open a Red Bull or Monster Energy drink, take an ice-cold shower, or take a psychostimulant — such as Ritalin, Adderall or Vyvanse. I don't think it's too bold to say that energy is why we've enacted a very compelling religion around caffeine.

A year or so ago, I purchased an Apple Watch to survey my sleeping and exercise habits. The hope was that it

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4 rom-coms to help you through November

Emily Marsten

Features Editor



In order to fully enjoy the rom-com experience, you need some key items. This includes a pair of your coziest pajamas and a cup of peppermint tea. Graphic by Emily Marsten

There's no better way to forget the insanity of November than by hunkering down and watching a good rom-com!

For students, November is full of deadlines, exams and seemingly endless amounts of homework. The blustery cold wind starts to set in and the Christmas break can't come soon enough.

I think November is the purposefully forgotten time of the semester, until it comes, where we must push ourselves to the max, put our heads down and keep ourselves pointed to December.

Surrounded with pulling all-nighters, deadline crunches and an all-encompassing depressing month, sometimes we need the reminder to take a break and do something we enjoy.

That's why I've compiled a list of a few of my all-time favourite rom-coms! So take a break and get lost in a make-believe world, watch Heath Ledger sing and Matthew Goode with an atrocious Irish accent. But most of all, enjoy!

10 things I hate about you

What happens when the bad boy is bribed to take the unlikeable older sister out on a date, so the younger sister can go out and party?

With an overprotective, anti-dating dad, how is a teen girl supposed to go out with the guy she likes? A deal is struck that if the eldest, also anti-dating, sister goes out on a date, then so can the youngest.

In this case, a young Heath Ledger is bribed with wooing the eldest sister into going

out with him. I won't give you too many spoilers because you'll just have to watch it for

yourselves, but just imagine Heath Ledger belting out the lyrics to "Can't Take My

Eyes Off Of You" all the while

Continues on Pg. 8



One of my favourite things about rom-coms is clichés. Just like how in *The Wedding Planner*, the bride has to take a phone call so the groom is left without a dance partner. Coincidentally, his new dance partner is our leading lady. Photo courtesy of Unsplash

Continued from Pg. 7

dancing in a majestic display of chivalry and embarrassment. In case I didn't mention it before, Joseph Gordon-Levitt also takes the stage as one of the leading men.

Leap Year

When the proposal she's waiting for doesn't happen, what's a girl to do? In this case, our leading lady, played by Amy Adams, decides to take matters into her own hands and plans to propose to her

long-term boyfriend.

So head off to Ireland with her as she embarks on a journey full of hilarious misfortunes and a crabby-cabbie played by Matthew Goode. With a few bumps along the road, both literally and figuratively, don't be surprised if things don't go entirely according to plan!

While You Were Sleeping

When a young woman saves the life of the man of her dreams that she's never

actually met, things get a little out of hand.

When he is being mugged at a train station, dream-boy played by Peter Gallagher accidentally falls off the ledge and hits his head, effectively landing him in a coma.

His rescuer, played by Sandra Bullock, goes with him to the hospital and in a blur of miscommunication and misunderstandings, Gallagher's overbearing family mistakes her as his fiancé.

But after meeting his

single brother, is the man of her dreams actually who she wants or is there something better right in front of her face? As an added bonus, start getting into the holiday mood as this all takes place right at Christmas!

The Wedding Planner

I'm sure that when I tell you Matthew McConaughey and Jennifer Lopez star in this epic rom-com you'll want to watch it, but here's some context anyway.

Picture a dashing pediatrician that saves a damsel in distress who just might be the man she's been looking for. Unfortunately, he neglected to mention that he's already engaged. Doubly unfortunate, she's been hired to plan his wedding.

So grab your popcorn and laugh along as they navigate the ups and downs of wedding planning, jealousy, and all the while try to simultaneously see and avoid one another.

Continued from Pg. 6**Tapioca Lady**

"This happened on my first time ever taking the bus in Calgary and I've still never seen something quite as absurd. I was 18, heading to Mount Royal University, nervous because coming from a small town I had basically no experience with public transit. Shortly after I sat down, a lady sat adjacent to me. She

initially caught my attention because she was carrying two large luxury handbags. After the bus set off, she reached into one of the bags and pulled out a six-pack of tapioca pudding and a spoon. I thought it was a little odd to eat pudding on the bus, but who am I to judge someone's snack choice? She started on one of the pudding cups and after she finished that, she immediately started on another. Over the course of

the 10-minute ride, she ate the entire six-pack, stacking the empty cups inside each other. Once she finished, she stuck the stack of emptied cups back in her purse and departed the bus. To this day, the story of Tapioca Lady is still fondly shared among my friends and family." - Zach, Calgary

The little pink girl

"There's this little girl and her mom that get on my bus everyday. The girl is so cute

and tiny — probably only 4 years old. Her favourite colour is clearly pink because she gets on the bus as a beacon of pink joy every day. She wears a pink unicorn jacket with a pink kitten toque. She always wants to go up the stairs and sit as high up as she can. She laughs the cutest little giggle every time the bus goes over a bump. She brightens everyone's day! She is always the best part of my ride." - Robby, Ontario

Send in your best bus

story and the city it happened in! Whether it is something amazing that happened, something scary, something gross or just plain funny — we want to hear it! The story could be published right here in The Reflector, plus it will only be on a first name basis. Email your best bus story to featureseditor@thereflector.ca or message us @reflectthis on Instagram or Twitter.

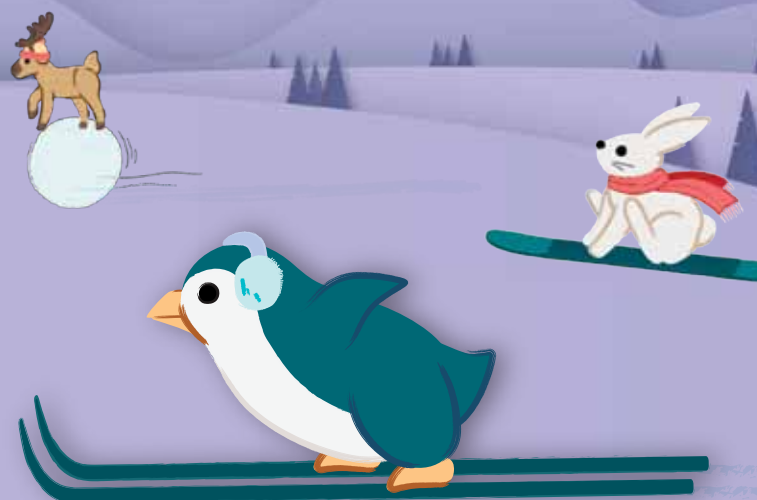


@samrubuzz

samru.ca

Want to help support students this winter?

Join the
**FUNDRACE
FLURRY**



Fundrace Flurry is a team fundraiser benefiting the SAMRU Peer Support Centre's food and financial security programming for students.

To create your team, and for more info, head to samru.ca/fundrace

Supporting local artists can be more convenient and less expensive than you think

Danielle Steele

Contributor

Local artists and makers are vital to our communities; their artwork is a reminder of what's important and simply brings joy to those who observe it. We know artists are important, but sometimes supporting local artists can be tough to navigate. If you've ever felt lost about this, don't worry, because you're not alone. Everyone has given in to IKEA prints and HomeSense décor, but luckily, in the age of technology supporting local artists has never been easier.

Hit The Follow Button

Following your favourite artists and makers on social media is possibly the easiest (and most affordable way) to support them. Many independent shops and retailers have an Instagram account, or at least some form of social media. While there are likely hundreds of small businesses to be discovered, for now, here are a few we've highlighted.

This maker's bath products take treating yourself to a new level. Sweet as Candy crafts each of their bath bombs from scratch with a beautifully detailed design. All their

products are colourful and sparkly, perfect for everyone's inner child. You can find them on Instagram with the handle @sweetascandybath.

If bath bombs don't relax you, candles from Oko Ivory probably will. Proving that art comes in all forms, their candles often replicate the curves of the female (and at times the male) figure. With a neutral colour scheme and an aesthetically pleasing Instagram feed, Oko Ivory's wax art does not disappoint. Search @oko_ivory to give them a follow on Instagram.

For those with a more rebellious streak, Tiger Tail is likely the brand for you. The husband-and-wife duo design apparel and prints, but the two aren't shy when it comes to their art. With prints that say "Antifa" and "Fark That," your inner rebel will gladly be making a statement. Find Tiger Tail on Instagram at @tigertailshop.

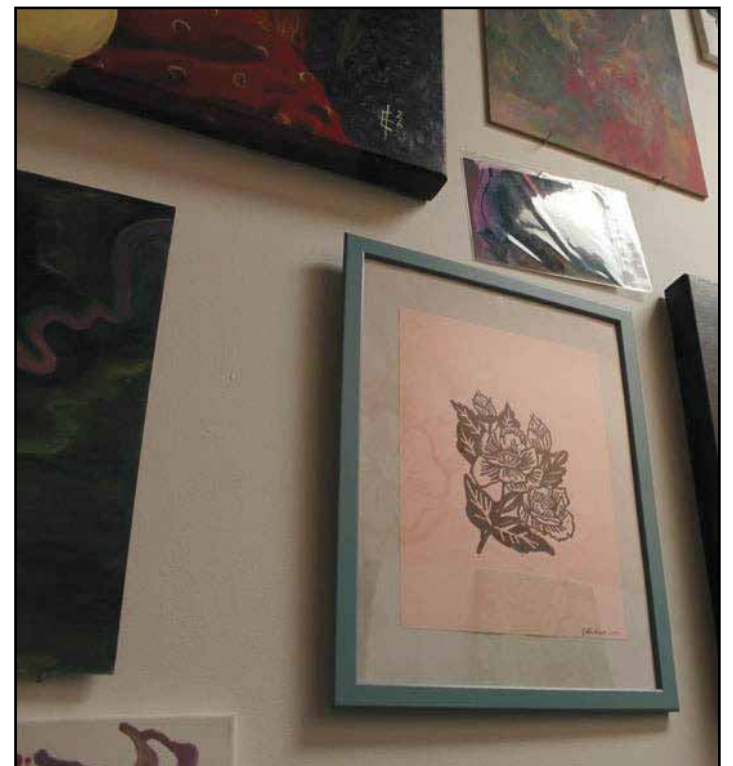
Shopping Locally

Another great way to support local artists and makers is to shop local. What started as a pop-up shop in an old ice-cream parlor is now one of the best kept secrets

in Calgary. Tigerstedt is three businesses rolled into one, each of them separately owned by women with a shared love and support for the arts. The upstairs floor is dedicated to Tigerstedt Market and Strawberry Bizarre, both of which display a variety of works from local makers and artists, including the three mentioned here. In the back hallway, artworks hang from floor to ceiling for the pay-what-you-can gallery. This concept was curated by Alice Lam, the owner of Tigerstedt Market and co-founder of The Good Neighbour, Calgary's first pay-what-you-can thrift store. The quaint gallery features art of many mediums and sizes and is strictly by donation which the participating artists split between them. Finally, located in the basement is Prairie Bazaar, a gorgeous vintage retailer. The execution of three businesses in a single space is flawless, but what's most impressive is the passion these women have for their community and giving back to it.

Flea Markets

As the holidays roll around, so do the flea markets. If



A variety of art is displayed in the pay-what-you-can gallery at Tigerstedt Flea Market. Photo by Danielle Steele

you're looking to find a gift for someone else, or for yourself as a treat, you can head to the Crescent Heights Community Centre on Dec. 4. This flea market will be of a smaller scale and will feature the Tigerstedt family, and several other local artists and makers. Closer to winter break, Market

Collective will also have a holiday flea market from Dec. 10-12. The market will take place at the BMO centre and will feature live music, art galleries and over 150 vendors. For an entrance fee of only \$6 you can check it out. Happy shopping local!

OUT'N ABOUT

NvrInd Open House

This artist-run organization transforms abandoned buildings into beautiful art studios! Support Calgary's local artists by visiting NvrInd's open house on Nov. 26 and 27.

Spruce Meadows International Christmas Market

Get festive with your loved ones and visit the annual Spruce Meadows Christmas Market. Make space in your calendar, this event is only for two weekends Nov. 26-28 and Dec. 3-5!

A Christmas Carol

Don't be a Scrooge, get in the holiday spirit and watch a showing of A Christmas Carol at Calgary's Art Commons from Nov. 30 - Dec. 24!

Pinnovate DIY Studio - Christmas DIY Stocking Stuffers

Looking for stocking stuffers? Why not create them! Join this workshop happening all throughout November and December on Pinnovate's website.

Taylor Mania: The short film

Ten years after Taylor Swift's "All Too Well" comes a short film bringing back 'Swifties' to 2012

Abbie Riglin
Contributor

On Nov. 12, along with her newly recorded version of *Red*, a 30-song album, Taylor Swift dropped a short film to fit in with the newly recorded 10-minute version of "All Too Well."

To fully understand the grip "All Too Well" has on 'Swifties' (Taylor Swift fans), it is important to learn about the lore around both the song and the album. Supposedly, *Red* tells the real-life story of Swift's experiences dating Jake Gyllenhaal and forever coining the scarf as an act of thievery with the lines "left my scarf there at your sister's house/And you've still got it in your drawer even now." The scarf gets another mention later on in the song, hence the hang up on it. Even so, one of the biggest call-outs on *Red* towards alleged Gyllenhaal might be Swift mentioning him not showing up to her birthday party on "The Moment I Knew" and the 10-minute version of "All Too Well."

All in all, Gyllenhaal has given us three tips to ensure there won't be a breakup song about you: give their stuff back, show up when you've promised to, and don't be a jerk. Should be easy, right?

Swift has been co-directing her own music videos since her 2010 hit "Mine" and she also took a stab at solo directing just last year with her release of "The Man." *All Too Well: The Short Film* offers us our first glance at her talent in directing a larger project, one that not only focuses on the scenes unfolding along with the song, but also an emotional dialogue interlude. Even though this is her first major directorial project, Swift has received

praise both in her fanbase and in the film world, and lots of this has to do with the moving performances executed by her all-star leading couple.

Dylan O'Brien, former *Teen Wolf* star plays "Him" and Sadie Sink, *Stranger Things* star plays "Her." These two lead the intimate short film as a couple struggling to navigate their budding relationship. Simply put, it's due to them being very different people (give her the scarf back, Jake). The couple struggles due to him being shallow, dismissive and a gaslighter.

The emotions shown between Sink and O'Brien are raw and beautiful, perfectly captured by lighting that goes from warm to cool tones to show their turbulent relationship. Throughout the film, close-ups are used to show intimate moments, making it all feel vulnerable and almost as if you're there.

Throughout the 15-minute short film, seven stages of the relationship are shown through chapter interludes. The beginning, "An Upstate Escape," starts with her being captivated by him. It then moves to a trip of them together, where they're happy and seemingly infatuated with each other.

The next chapter titled "The First Crack In The Glass" switches between a dinner party where she sits at the end of the table ignored and a scene where he gets out of the car, throws his keys at her and gets into a heated phone call while glaring at her.

They seem to reconcile in the car, but the audience is then treated to a moving dialogue scene between O'Brien and Sink where they



A still from *All Too Well: The Short Film*, showing Dylan O'Brien and Sadie Sink, directed by Taylor Swift. Photo courtesy of Universal Pictures

argue about his actions at dinner where he dropped her hand.

"Are You Real?" shows the final bittersweet moment where they got to be 'in love,' although according to Swift's lyrics, he never admitted it as that. "The Breaking Point" shows him calm and stoic as he breaks up with her, which moves onto "The Reeling" and "The Remembering" where she is left to be upset, remembering all the times they had where she thought they were more.

"Thirteen Years Gone," a concluding epilogue, shows her, now played by a red-headed Swift, years later having written a book on the

whole experience. The book is a big success and he stares from the outside, his face not shown, wearing her scarf.

Overall, Sink and O'Brien offer extremely moving performances, giving further depth into the song that has been my personal heartbreak anthem for almost a decade (high school sucks, okay?). But the film offers insight into many beautiful moments couples can experience and exploding breaking moments we know all too well.



Nostalgic sounds returning with Lord Huron's *Long Lost*

Spencer Yu
Contributor



Lord Huron records a live rendition of "Dead Man's Hand" at Whispering Pines Studios. Photo courtesy of Sony ATV Publishing and 2 Music Rights Societies

Since their much-loved debut EP *Lonesome Dreams* in 2012, the band Lord Huron have made an impressive name for themselves. The indie rock band firmly established themselves as one of the best at making music that invokes nostalgic feelings of old Americana and reintroducing old sounds that were once at the forefront of music. Their latest album, *Long Lost*, delivers their style in spades and might just be their best work yet.

Described by the band as a "long lost classic from another dimension," the album is inspired by the past of an America gone by. It presents itself as an old music variety program hosted by the fictional label manager Tubbs Tarbell. The sound of the entire project can be described as almost ancient. It's eerie to listen to. It feels like an album that has fallen out of time, like something that was meant to have come out in 1960 but came out in 2021.

The small details like the sound effects and mock television interludes further add to the sense of immersion. They have put

a lot of thought into the worldbuilding of the album, even going so far as to create a fictional trailer titled the "Whispering Pine Collection" and a web series to go along with the album. All of these pieces come together to provide a surreal listening experience.

The length is also bang-on. Clocking in at just under an hour, it is a very compact and content-rich experience. At no point did I feel the album drag too far on or overstay its welcome.

I was impressed by Lord Huron's ability to blend a variety of sounds together in a way that seems natural and not forced. For example, in the song "Mine Forever," they take a predominantly old western sound and mix it with a '60s beach rock vibe. The sound of the song says Beach Boys but its lyrical content is something that would be written by a heartbroken cowboy. That's not to say that all of the tracks blend different types of genres together. Tracks such as "Love Me Like You Used To" and "Twenty Long Years" are western songs to the core.

The last track is worth

mentioning as its the band's first attempt at an experimental instrumental track. It's titled "Times Blur" and it serves as a 14-minute audio representation of the passage of time by replaying the entire album but warped and distorted. It's very similar to the latter half of The Caretaker's *Everywhere at the End of Time* in which there is no real rhythm or instrumentals, it's just noise representing a concept. What makes it more interesting is that it loops directly back into the first track further emphasizing the theme of time blurring and warping.

In summary, *Long Lost* is a highly enjoyable look back into music's past and reintroduction of old concepts in a new and interesting manner. For music fans from an older generation, it will sound very familiar. But for the newer music fan, it provides a look into what has come before. It might even introduce them to a whole back catalogue of content that they might not have been familiar with at all. The quality of the music is top-notch and the extra touches make it that much better.



Heavy Load Blues
Gov't Mule
Fantasy Records
Score: A +

I know it's supposed to be sad-girl autumn, but *Heavy Load Blues* serves whiskey-girl winter vibes.

As the name implies, the album is blues-heavy, but Gov't Mule makes their rock n' roll lineage known. This is why blues and rock n' roll fans alike will love this album.

Using originals and covers to complete the work, the Southern rock jam band pays tribute to artists like Elmore James, Ann Peebles, Tom Waits, Howlin' Wolf and The Animals throughout the album.

If you like acoustic blues, "Black Horizon" and "Heavy Load" are for you. On the track, Warren Haynes, Gov't Mule's lead singer, explores gritty vocals complimented by

rhythmic guitar riffs.

The spirit of blues comes alive on "(Brother Bill) Last Clean Shirt," which was first released in 1964 by The Honeyman and later covered by The Animals in 1977.

Where the album hits its stride, however, are on tracks like, "Blue's Before Sunrise," "Wake Up Dead," "Feel Like Breaking Up Somebody's Home," and my personal favourite, "Ain't No Love In The Heart Of The City."

As the band's first fully-blues album, they checked all the boxes, with gripping guitar, growling vocals, soulful bass, animated ivories and meaningful mash-ups.

- Sydney Rosewarn

An Evening with Silk Sonic
Bruno Mars,
Anderson .Paak
Afermath
Entertainment &
Atlantic Records
Score: A -



After what felt like forever, the new Soul and R&B duo Silk Sonic finally dropped the long-awaited album. I feel like I can speak for everyone when I say that Mars and .Paak the duo we didn't know we needed. What I love about their album line-up is that it felt like a music-dance show reminiscent of *Soul Train*. In fact, the name *An Evening With Silk Sonic*, their music videos and their branding as a couple clearly shows where their inspiration comes from. From the intro until "Blast Off," the album takes you into an experience that feels like a sweet tease. The only problem I had with the album is the marketing, the tease was a good strategy. Their first single "Leave The Door Open" was released in March and the rest of the album was released this November — Silk Sonic tried to edge its listeners but

too much to that point of leaving us bored from waiting. Releasing it during Taylor Swift's *Red (Taylor's Version)* and the hype for Adele's *30* put Silk Sonic on the back burner which is a big factor on the lack of intrigue for the new album. I personally think releasing "Leave The Door Open" and "Smokin' Out The Window" as singles for a taste of the album was a great decision, but "Skate"? We don't talk about it. Either way, it's still worth giving a listen. Granted there's only nine songs and lasts half an hour, it's a little anticlimactic (I'm just being honest!). But if anything, *An Evening With Silk Sonic* makes me look forward to more of what Mars and .Paak can put out in the future.

- Mikaela Delos Santos

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What's behind the Calgary Flames' blazing hot start

Josh Werle
Staff Writer



The Calgary Flames have given their fans a lot to cheer about this year. Photo by Josh Werle

This year's Calgary Flames squad has gotten off to an incredibly hot start (pun fully intended). They're currently sitting near the top of the NHL's Pacific division standings, and are showing no signs of slowing down anytime soon. The entire team is firing on all cylinders. The stars of the team are contributing how they should be. The team is finding ways to maximize the amount of points they are getting and they may have finally solved their goaltending troubles.

Let's take a look at why the Calgary Flames have had such

a successful start to the 2021-22 NHL season.

The stars are shining

After the Flames lost their longtime captain Mark Giordano to the Seattle Kraken during the expansion draft, many fans were wondering who would be able to step up to the plate and take his spot. Giordano left some seriously big shoes to fill and although the Flames still haven't found his replacement, the team is working together to fill that void.

There isn't any one player

that needs to go above and beyond to ensure the Flames' success, but they do need all of their core players to be consistent. The Flames players have been consistent across the board to start this season, producing great offensive numbers every game they play.

At the time of writing, Johnny Gaudreau and Elias Lindholm have produced an average of a point per game and Andrew Mangiapane is currently one of only seven players in the NHL to hit the 10-goal mark this early in the season.

If the Flames can keep up this offensive play all season,

they are sure to finish strong in the Pacific division.

They are losing well

If you've made it to this point, I'm sure you aren't still reading to hear about the Flames losing games. If you'll bear with me for the remainder of this section, you will find out why the Flames losing games has actually been helping them. In the NHL, if your team happens to win a game, they receive two points in the standings. If your team loses a game in regulation, they receive no points. Finally, if your team loses a game in

overtime or in a shootout, they receive one point.

At the time of writing, the Flames have suffered more overtime losses than regulation loses, which is something that needs to continue. Of course winning should always be their first priority, but losing games is an inevitability. If the Flames are going to do so, it's always better to do that in overtime. Every single point counts, especially in the always-competitive Pacific Division and managing to secure one

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#S

.940, The Calgary Flames have not one, but two goalies with this save percentage or better.

4, MRU Cougars men's hockey forward Nolan Yaremko scored or assisted in all of MRU's goals in a 4-1 win against the University of Manitoba Bisons.

12, The Calgary Stampeders made a 12-point comeback in the last eight minutes in their most recent showdown with the Winnipeg Blue Bombers.

13, The Phoenix Suns have now won 13 straight games.

Continued from Pg. 13

point during a loss doesn't sting quite as bad as finishing a game completely empty handed.

Goaltending

After the departure of Miikka Kiprusoff at the conclusion of the 2012-13 NHL season, consistent goaltending has been an issue that has plagued the Flames. The organization tried their hand at developing younger goalies such as Karri Rämö, Jonas Hiller and David Rittich — none of which worked out. The organization also tried their hand at using veteran goalies such as Mike Smith, Cam Talbot and Brian Elliot — none of which worked out. It was clear that if the Flames wanted a true shot at the Stanley Cup, they needed to sign a goaltender who was ready to win right now.

As of this season, the Flames are no longer hoping their goaltender will one day be ready to win, or praying their goaltender still has what it

takes. Jacob Markström is ready to win right now and that's exactly what he has been doing for the Flames this season. Markström has been performing very consistently, currently reigning atop the rest of the NHL goaltenders with four shutouts. Unfortunately, the Flames can't play Markström for the entire 82-game season and will need to occasionally rely on their backup goaltender Dan Vladar. The good news is that both Markström and Vladar are playing well. At the time of writing, both goaltenders have a goals-against average that is less than two and a save percentage that is above .930.

Overall, the Flames have had a lot of success to start their regular season campaign and it doesn't look like they will be slowing down anytime soon. If their success continues, Flames fans may finally be able to get their hopes up for a Stanley Cup run this offseason.



Flames starting goalie Jacob Markström has led Calgary to a historic number of shutouts in their hot start. Photo courtesy of Wikimedia Commons

Meet Scottie Barnes, the Toronto Raptors' rising star

Jed Mabazza

Contributor

After tanking last season, the Toronto Raptors could be right back in the mix with rookie Scottie Barnes leading the charge back to playoff glory.

The Raptors selected Barnes fourth overall in this summer's NBA Draft out of Florida State University. The selection of Barnes was the first surprise on draft night as many pundits predicted Gonzaga's Jalen Suggs being taken with the pick. The move left many Raptors fans scratching their heads as Suggs seemed to be the better choice, at least at the time.

Based on the first 14 games of his rookie campaign, it's looking like the Raptors made the right decision. From what I have seen, Barnes is everything the Raptors could wish for because he is an entertaining, high-motor, versatile, uber-competitive and win-oriented rookie. As of Nov. 17, Barnes is favored

to take home the Rookie of the Year award as per Kia's Rookie Ladder.

At the time that the Ladder was posted, Barnes averaged 15.8 points per-game, 7.4 rebounds per-game, and 3.5 assists per-game. He leads all rookies in scoring and rebounds per game. To date, Barnes has scored in double figures in all but one game, all of which as a starter. To no surprise, a statistic tweeted by *Sportsnet* says "Raptors Scottie Barnes is 1 of 2 players since 1985-86 with 170+ points and 85+ rebounds while shooting 50% or better in first 10 career games." The only other player to do so was Shaquille O'Neal, placing Barnes in elite company.

Numbers aside, what else makes Scottie Barnes the best rookie in his draft class?

A large part of Barnes' success is his advanced feel for the game. He consistently displays incredible decision-

making on defence, playmaking, and scoring, which is rare for a rookie. Even more impressive is when it comes to his confidence and poise. Barnes plays as if he's a seasoned veteran. Don't believe me? Well after playing against the Raptors on Nov. 7, Brooklyn Nets forward Kevin Durant said this of Barnes during a post game interview: "He makes winning basketball plays. A lot of young guys in the league have that fire, but he has something a little extra in terms of seeing the game a little slower. That's rare for a guy — how old is he? Nineteen, 20? Sheesh. He knows how to play the game the right way, and he's only going to get better."

It's clear that Barnes is exceeding expectations, and here's how he's doing it:



Before he entered the NBA, people thought Scottie Barnes would be good, but not this good. Photo courtesy of Eleven Warriors

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Defence

Heading into the draft, Barnes' most notable skill was on the defensive end. At six-foot-nine with a seven-foot-three wingspan and large mitts, Barnes is a disruptive and agile defender who can defend multiple positions.

Already, Raptors head coach Nick Nurse has entrusted Barnes with the task of guarding some of the NBA's best players including Bradley Beal (point guard), James Harden (shooting guard), Jayson Tatum (small forward), Kevin Durant (power forward) and Kristaps Porzingis (centre). Whether it's stealing the ball, blocking shots, clogging up passing and driving lanes, or contesting shots, Barnes can do it all with a measure of success.

Playmaking

Barnes is a pass-first player with natural playmaking talent. Even though Barnes only averages three assists per game, he has demonstrated, from what I have seen, the ability to make the right reads and often pass to the open man who is either ready to put up a three or cut to the basket.

What's more impressive is that he possesses point guard level playmaking in a power forward's body. Fred VanVleet is Toronto's starting point guard and leader, but when he needs to take a breather, Barnes takes over by directing traffic and dishing out flashy no-look dimes to his teammates. This is another aspect that Barnes does right, making his teammates look good.

Scoring

Barnes positively contributes to the team's offence, which is a pleasant surprise for the Raptors considering his biggest weakness after getting drafted was his lack of shot-making abilities. But it seems as though coach Nurse has found ways for Barnes to take advantage of scoring from his most comfortable spots on the floor, either at the rim or the mid-range.

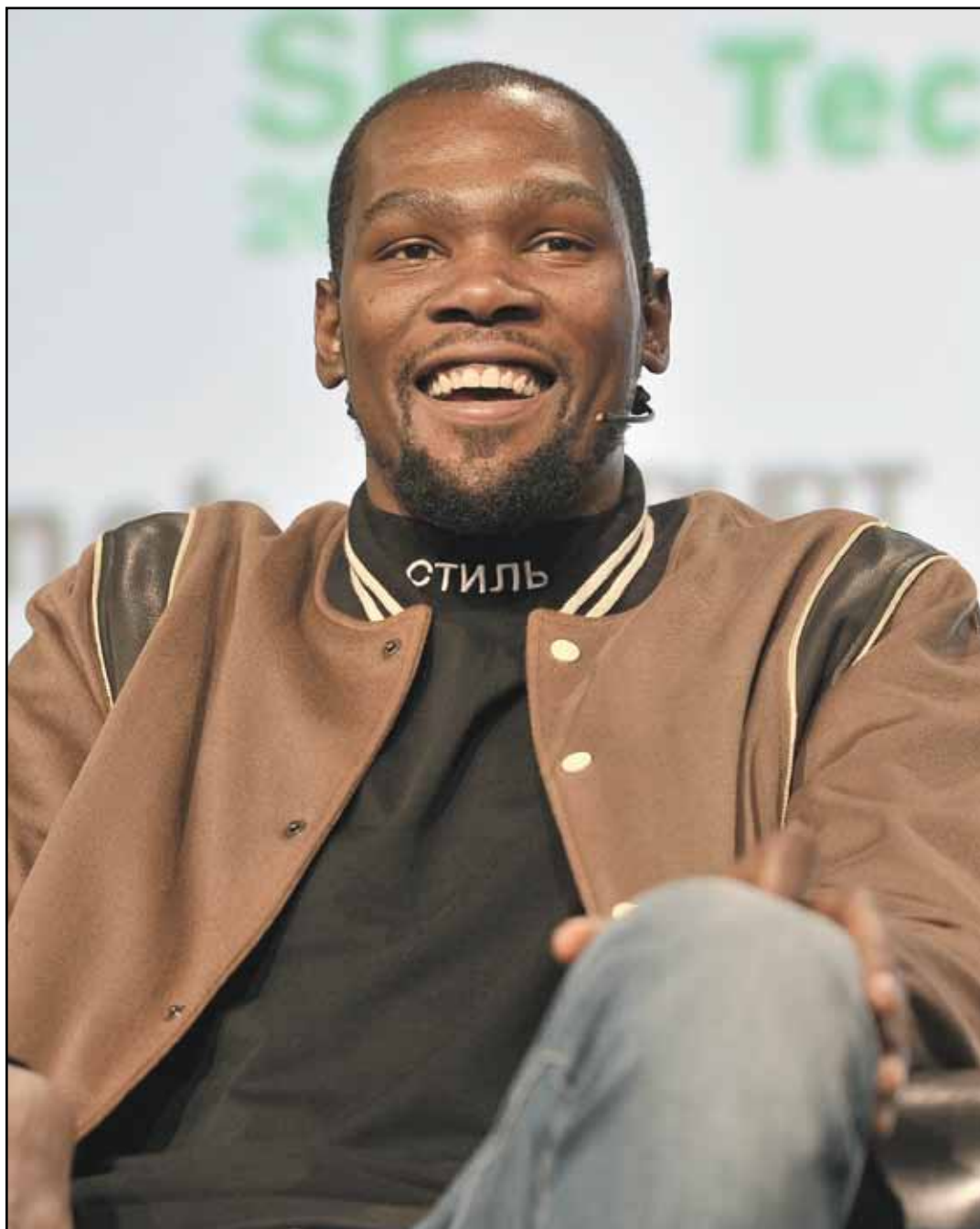
To date, nearly 93 per cent of his shots are being made from the areas he is most confident in. What's more,

an impressive 66 per cent of Barnes' scores are unassisted two pointers, by far the most of any rookie in his class. This shows that Barnes is more than capable of creating his own shot and is well ahead of schedule to becoming a high-scoring machine.

My take

Barnes will become the 2021-22 NBA Rookie of the Year, granted he maintains this upwards trend in all playing categories. Further, he's in a better position physically and talent-wise than two-time MVP Giannis Antetokounpo (a player the Raptors had considerable interest in signing before he signed a maximum extension with the Milwaukee Bucks) when he was a rookie. The mere idea that Barnes could potentially be better than Antetokounpo after a few years should have Raptors fans excited.

Barnes has shown great improvement in his shooting mechanics as seen in his mid range shots, most of which are swishes. So, if he can develop a consistent jump shot, especially from behind the three-point line, I think Barnes will be a deadly force on offense. The ceiling is as high as Barnes wants it to be, and Raptors fans are in for a treat as the Barnes era takes over.



It's a pretty big deal to get a compliment from an NBA superstar like Kevin Durant. Photo courtesy of TechCrunch



Toronto Raptors head coach Nick Nurse has put Barnes in a position to succeed. Photo courtesy of Nick Barden

Coach's Corner: Shane Smith builds a new culture for the MRU women's volleyball team

George Potter

Staff Writer

The Mount Royal University (MRU) Cougars have a new coach in town. Women's volleyball interim head coach Shane Smith brings passion and experience to the team. Smith coached in a variety of different roles at both the college and professional levels in Denmark. The Cougars are proud to welcome Smith as well as assistant coach Donata Huebert, Smith's longtime coaching staff comrade.

"We've worked together a number of times, and it's really great. We talk volleyball at home all the time, we share a lot of the same ideas and we challenge each other's ideas and are really supportive of

each other. So, I love it. I think it's great that we do it and it's really enjoyable for us," said Smith.

Throughout their careers, Smith and Huebert have coached all sorts of teams. One of their biggest coaching highlights was their stint in Europe for two Danish teams. They coached one women's team called Elite Volley Aarhus in 2017-18, which led to the team's most successful season in franchise history. Smith was voted the Coach of the Year in Denmark for his efforts. They also led the Gentofte Volley men's team to a championship in the 2018-19 season.

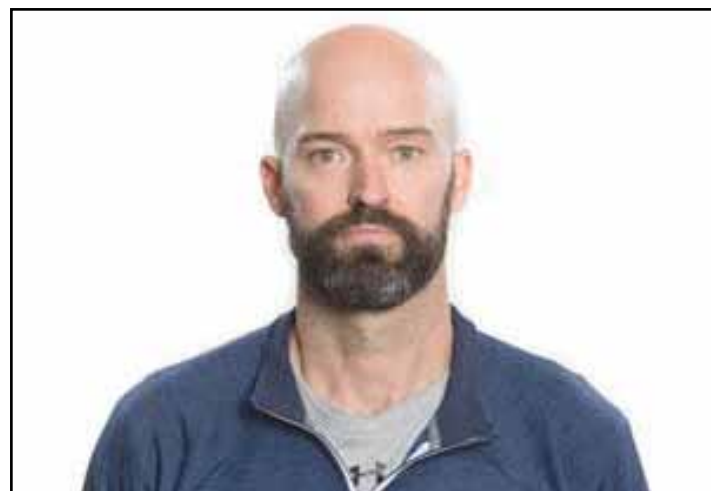
"It is really a great learning

opportunity to be in a totally different culture and to learn about how Danish people work and what makes them tick. And then try to build a culture with that group and make a successful team," said Smith.

Since COVID-19 affected the Cougars women's volleyball team's historic 2019-20 season, it was very exciting to see them finally return to the game after a long time off. Cougars fourth-year outside hitter Madison Marshall says it's been great to come back and to learn from their new coaches.

"It's been very exciting to have Shane and Donata and their family here. Every day, we're learning so many new things. Especially with seven new girls, it's been so great to be able to get to know each and every one of them, as well as our systems. It's just been so much learning and now we're starting to finally put the pieces together," said Marshall.

Currently, the Cougars women's volleyball team is ranked eighth in the country. However, the season is far from over and the team has



Shane Smith, Cougar's women's volleyball's interim head coach. Photo courtesy of Cougars Athletics

been working hard to reach its full potential.

"We try to focus more on getting better every day in our gym. And so we try not to focus too much on those kinds of external things and how other people see us. We know what kind of team we want to be and we'll just work to get better every day," said Smith.

For Marshall, it's all about consistency and not getting too far ahead of herself.

According to Marshall, "we're not so stressed about where we're placed right now, we're just taking it every

weekend at a time."

One new way the team plans to mix it up moving forward is by establishing a culture led by the players. The Cougars hope it leads them into a successful new era.

"Our meetings and our training often are led by the players and they're given a lot of responsibility for team activities and team decisions. We're just trying to empower them to give everything they can to our program, and then we hope that we'll be the best that we can be in the end," said Smith.



Shane Smith (middle of the huddle) talks over the gameplan with his team. Photo courtesy of Adrian Shellard



Madison Marshall is locked in during a game. Photo courtesy of Adrian Shellard



Outside hitter Jessica Oszcewski jumps out of the building for the Cougars. Photo courtesy of Adrian Shellard