

# the reflector

FREE  
February 10, 2022  
[www.TheReflector.ca](http://www.TheReflector.ca)

A photograph showing a line of semi-trucks parked on a dirt lot. The trucks are of various colors, including white and maroon. The sky is filled with many small, white clouds. The ground is dirt with some tire tracks.

**Freedom Convoy inspires  
protests in Calgary  
(Pg. 3)**



# MRU faces possibility of strike or lockout

**Alex Luong**  
Staff Writer

Mount Royal University (MRU) is facing the possibility of a faculty strike and work stoppage as the institution and the Mount Royal University Faculty Association (MRFA) are still struggling to reach a new contract agreement.

## Is it going to happen?

“Hard to say at this point.” This is what Lee Easton, president of MRFA had to say, when asked on the possibility of a strike or work stoppage. “But the window of opportunity to arrive at a collective agreement is certainly closing.”

The MRFA is currently in the collective bargaining process with Mount Royal’s Board of Governors. Collective bargaining is the process in which the union (the MRFA) and employer (MRU) are negotiating the renewal of a previous collective agreement. The negotiations revolve around the issues of wages and working conditions. The last contract expired in June 2020, and negotiations have been going on for over 22 months.

“Let’s be clear. Our preference is to get a collective agreement and just keep teaching, we don’t want to see our students’ learning interrupted. We don’t want to see a prolonged work stoppage that makes students worry about getting their academic year,” Easton stated.

Easton also points out that a strike isn’t the only option. The institution could also initiate a lockout and keep the faculty from working until their terms are agreed to.

The MRU Coalition Committee, a community that represents the MRFA, Mount Royal Staff Association (MRSA) and Student’s

Association of Mount Royal University (SAMRU) released a statement about how a work stoppage, whether it is a strike or a lockout, could damage the campus community.

“We are concerned about the adversity of a work stoppage specifically on students, who have already had to deal with the effects of the pandemic, and the impact on staff employees who may have to cross picket lines,” the statement said.

They urge both parties to use the formal mediation process to find a common ground on the issues.

*The Reflector* has also tried to reach out to MRU President and Vice-chancellor Tim Rahilly. They said that their Board of Governors is still in active negotiations with MRFA at the time of writing.

“The current contract expired on June 30, 2020 but will remain in force until a new agreement is reached. Collective agreement negotiations rightly require confidentiality and good faith bargaining. To that end, we will not comment on the specifics of our negotiations,” their statement said.

## What is the strike about?

According to Easton, issues on the table are wages, working conditions and job security. Easton also states that a variety of factors including the provincial budget cuts as well as the pandemic are contributing to less than ideal working conditions.

“All faculty have found that workloads are increasing, some of that is related to the pandemic, but it’s also really related to the fact that [we are] seeing more students coming into the institution... it means

larger classes,” he said.

Salary and compensation are the major issues on the table for the union among other concerns such as workload and contract faculty.

“We certainly are seeing more retirements, we are aware that people are leaving the institution and we should be replacing those people. And we should be addressing the fact that we have a growing number of students, and you can’t keep doing the same job with the same number of people and have the same quality of education that students would come to expect when they come here,” Easton said.

As the president of the MRFA and a professor in the department of English languages and cultures, Easton juggles the responsibilities of both positions and can sympathize with other faculty members.

As the MRFA president, he is constantly asked questions from contractual faculty regarding job security or eligibility for professional development opportunities and funds. As a professor in the English department, he faces challenges like increased class sizes similar to other professors.

“A writing class would have 25 students, and then it went to 30. And now, it’s up to 32. And in some cases, 33. And frankly, in a writing class, it’s the amount of work that students do and want feedback on, and need feedback that gets increasingly hard to deliver, when you’ve got seven extra students in your classroom right? So where is the quality? Where is the education that people, the students, want when they come and they find themselves in increasingly larger classes, right?” Easton



**If a strike or lockout does happen, it will be the first ever work stoppage in the history of Mount Royal University. Photo courtesy of Riggs Vergara**

said.

## What’s next?

As outlined by SAMRU and the MRFA, if both parties cannot reach an agreement or the bargaining process is exhausted, the two week cooling-off period begins. When that period ends, both the university and the association will hold a vote to decide if they will hold a lockout or a strike. This would mean that the Emergency Operation Centre (EOC) would be activated and MRU would launch a dedicated website with a detailed Q&A that would constantly be updated. They would regularly update the students, staff and faculty visitors.

Easton expresses his and the faculty’s intention of getting a collective agreement and to keep teaching without interrupting the students’ learning. He says the longer this issue goes on, the bigger the impact will be on students.

He stresses that the association is doing their best

to get a collective agreement and what they would want is for their employer to come to the table and make meaningful proposals that would ensure no work stoppage.

When asked on how students can support the faculty’s cause, Easton said, “Honestly, tell the board of governors chair Alex Pourbaix to send their team to negotiate. Contact Tim Rahilly. Dial him to send his team to negotiate and make meaningful offers.”

Similar to the situation at MRU, there is also a possibility of a strike at the University of Lethbridge. The school’s administration and faculty have been in negotiations for nearly 600 days after the faculty’s collective agreement expired on June 20, 2020. Recently, the strike with the faculty at Concordia University of Edmonton has ended as a deal was reached in the beginning of the winter term.

If the strike does happen, it will be the first work stoppage in the history of MRU.

# Calgary witnesses support on Freedom Convoy

**Leonardo Galindo**

Contributor

On the afternoon of Feb. 5, the Calgary Central Memorial Park echoed with the sound of honking cars and a voice reverberating through a megaphone repeating: “Freedom, freedom, freedom...”

This is one of the many protests in several Canadian cities following the Freedom Convoy in Ottawa.

Protestors also gathered across the Sheldon M. Chumir Health Centre in solidarity with the said convoy, denouncing public health measures. The same afternoon, a separate convoy of vehicles also took to the roads of Calgary around 16th Avenue in support of the same Ottawa convoy.

## Protests in Calgary

“Violence and threats are not our mandate,” said Tamara Lich in a Facebook page video, one of the Freedom Convoy organizers currently stationed in Ottawa. She also instructed that participants should report anyone acting violently or in a threatening manner to the police.

Bobby-Joe Borodey, the vice president of the Alberta Union of Provincial Employees (AUPE), who represents Alberta’s healthcare sector, said the protests worries healthcare workers. Borodey stated in a press release that the protests have been going on for weeks and have gotten worse because of the trucker convoy.

“Protesters have blocked the ambulance bay, they have harassed workers and patients... they’ve banged on the windows of the facility... they have blocked roads around the centre. One worker had to sit in her car for an hour after finishing her shift because of the traffic congestion,” Borodey said.

The Calgary Convoy, which named themselves as Operation Bearhug, seemed to have minimal impacts on local traffic according to the Calgary Police Services (CPS).

“There were minor traffic slow-downs as a result, but

there were no blockades. The convoy organizer remained in contact with police for the duration of the event,” CPS said in a Facebook post on their own page.

## Protests in Alberta

Aside from Calgary, protests have also been happening within different parts of Alberta.

Since Jan. 31, a blockade of trucks has been active on the United States border crossing at Coutts. At the time of writing, protestors have reversed their decision to vacate the area. RCMP Corporal Curtis Peters said at a news conference on Feb. 3 that “through ongoing conversations that we’ve been having with protest organizers and people involved here, restoration has been made to get traffic flowing.”

Despite this, the public has been encouraged to avoid the area, and the protest has had serious disruptions in the provision of services in Coutts. In a news conference on Feb. 1, Premier Jason Kenney condemned the actions of some protesters and urged for a peaceful protest. This is following RCMP reports that protesters have breached police barriers, and a head-on collision occurred leading to an assault.

The RCMP has mentioned in a Twitter post that several investigations are underway regarding unlawful actions during those protests.

## Protest Convoy in Ottawa

The organization Freedom Convoy founded by Lich has garnered national and international attention lately. The convoy was rallied in response to a federal public health mandate introduced on Nov. 19, 2021, that requires all essential service providers, including truck drivers crossing the international border to be fully vaccinated after Jan. 15, 2022. The movement has attracted support from many

groups, such as Lich’s own political party, the Maverick Party and conspiracy groups like Canada Unity. Many anti-hate experts have also reported that some organizers of the protest have a history of white nationalism and Islamophobia.

The first convoy departed from Prince Rupert, B.C. on Jan. 22, followed by others in Alberta, the Territories and the Maritimes. Consisting of three main routes, they passed through cities and towns across Canada, arriving in Ottawa at Parliament Hill on Jan. 29. This is just in time for the start of a winter session of Parliament. The movement has entered its second week of protests, vowing not to leave the capital until COVID-19 public health measures are lifted, and the vaccine passport policy is rescinded. Ottawa police, at the time of writing, are expecting 400 more trucks and 2,000 more people to arrive this weekend to join the growing group of protestors.

Many politicians have come out expressing support or condemning the protest. Conservative MP for Carleton Pierre Poilievre has come out with statements discussing his support for the convoy. The protest “was not just for truckers, but for the 60 per cent of Canadians who say they worry they can’t afford food,” a *CBC* news article obtained a quote from Poilievre with him concluding “Freedom, not fear. Truckers, not Trudeau.”

The protest has led to disruptions in Ottawa, with pro and anti convoy groups having brief standoffs in the downtown core. Shouts of “Go home please” and “take back our city” are heard amongst all the cheering and honking by the freedom convoy participants. Many Ottawa residents are frustrated with the disruption being caused by the convoy. Despite brief confrontations between both groups, Ottawa police say things remained largely peaceful. Amid growing concerns surrounding potential violence, the majority of the



**The last remnants of an anti-mandate protest in Central Memorial Park on Feb. 5. Photo by Keoputhy Bunny**

popular anger is being directed towards Justin Trudeau. Protestors were seen carrying flags adorned with expletives directed at the prime minister and some have even called for him to be tried for treason or to be beaten up, a *CTV* news article stated.

Reports have also come out where the Terry Fox statue was defaced, the Tomb of the Unknown Soldier was desecrated and protestors were seen with images such as swastikas and Confederate flags on their signs.

Fox is regarded as a national hero for his efforts to cross Canada to raise money and awareness for cancer research. Many Canadians are denouncing the vandalism of Fox’s statue. Brad West, mayor of Port Coquitlam, where Fox grew up, is among those who see this as an affront.

“Whatever your cause, you don’t get to appropriate his legacy and you don’t touch his statue. Ever. This should be removed immediately,” West said in a tweet.

Chief of Defence Staff, General Wayne Eyre also had some words for protestors dancing on the Tomb of the Unknown Soldier.

“I am sickened to see protestors dance on the Tomb

of the Unknown Soldier and desecrate the National War Memorial. Generations of Canadians have fought and died for our rights, including free speech, but not this. Those involved should hang their heads in shame,” he said.

On Feb. 6, Ottawa Mayor Jim Watson declared a state of emergency for the city. The state of emergency was enacted so that the city could have “greater flexibility within the municipal administration to enable the City of Ottawa to manage business continuity for essential services,” a press release stated.

After 11 days of honking horns that have plagued Ottawa residents and reflect the sentiments of many counter-protestors, an Ottawa judge on Feb. 7 granted an interim injunction to silence all horns for the next 10 days. “Tooting a horn is not an expression of any great thought I’m aware of” said court Justice Hugh Mclean during a court hearing.

An emergency debate was held in the House of Commons yesterday, called by NDP leader Jagmeet Singh. “The eyes of the world have been on Ottawa and the situation has reached a “crisis point,” the NDP said.



# MRU Wyckham Pharmacy a recent victim of robbery

**Mikaela Delos Santos**

Web Editor



Pharmacy Manager Thomas Yeung says he appreciates all the support from the MRU community. Photo by Mikaela Delos Santos

On Dec. 22, 2021, the Wyckham Pharmacy located at the Students' Association of Mount Royal University's (SAMRU) Wyckham House was a victim of a robbery. Mount Royal University's (MRU) Security Services and the Calgary Police Services are still actively investigating this case.

Since this investigation is still ongoing, no information about the suspect or suspects are being released yet.

Thomas Yeung, the pharmacy manager for Wyckham Pharmacy, says that the thieves took some

medications and cash. Several other people were in the store during the incident but none were harmed. Yeung says that the situation was surprising since it happened on campus.

"[I'm] really sad for the individuals who have brought themselves to that point where they feel like this is okay," Yeung said when asked about the incident.

Yeung adds that he is still processing the incident and is appreciative of the support from the student body and the MRU community. "It's unfortunate [but] it is what

it is... [I'm] thankful that no one got seriously injured."

MRU Security Services Manager Manesha Sidhu said, "We're working with the pharmacy and Wyckham House to come up with some other security implementations that could avoid these things in the future." Sidhu also added that this process is also in collaboration with the Calgary Police.

She says some of these implementations may include updated security features such as cameras, duress buttons and access

control cards.

In a November 2021 report by *Global News* Calgary, Calgary Police have issued a warning about back-to-back incidents of pharmacy robberies.

Acting Detective Anthony Thompson of Calgary Police says that "...typically they would target the smaller, independent stores."

MRU Security Services refused to speculate whether the incident is related to the recent string of pharmacy robberies that have happened in Calgary in the past few months.

## THE REFLECTOR

Issue 10, Volume 60

### EDITORIAL STAFF:

**Publishing Editor:** Riggs Zyrille Vergara

**Managing Editor:** Ivar Bergs

**News Editor:** Keoputhy Bunny

**Features Editor:** Emily Marsten

**Arts Editor:** Astrid Cunanan

**Sports Editor:** Gage Smith

**Photo Editor:** Spencer Yu

**Layout Editor:** Christian

Kindrachuk

**Web Editor:** Mikaela Delos Santos

**CONTRIBUTORS:** Leonardo

Galindo, Leah Hart, Megan Creig

**STAFF WRITERS:** Josh Werle, Matthew Hillier, Alex Luong, Taylor Charlebois, Abbie Riglin

**Cover:** Photo by Spencer Yu

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

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

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

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

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

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

Contents are copyright © 2022. No material may be reproduced without express written consent.

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

### the reflector

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

All depts.: 403.440.6268

Fax: 403.440.6762

TheReflector@TheReflector.ca

## COVID-19 UPDATES

### Kenney: 'Less restrictions'

Premier Jason Kenney said during a Facebook Live that he wants to lift almost all restrictions throughout February. Calgary Mayor Jyoti Gondek is still waiting for more information from the province to see what this will mean for the city.

### Protests erupting across Alberta and Canada

Many cities across the province and country have been the site of anti-vax or anti-mandate protests. Some of these cities include Ottawa, Calgary, Edmonton, Lethbridge, Toronto and Quebec City.

### Trump calls Trudeau 'far left lunatic'

In a press statement, former US President Donald Trump expressed his support of the Freedom Convoy protest in Ottawa and also denounced Prime Minister Justin Trudeau's COVID-19 mandates.

## Is it 'Zoom fatigue?'

*Tips and tricks to help combat online exhaustion*

**Abbie Riglin**  
Staff Writer



After another semester of online schooling, virtual fatigue plays a big factor in many students' lives. Photo courtesy of WordPress

As a student in the age of virtual video meetings, it has been easy to fall into the spiral of feeling like COVID-19 will never end and that my university experience will be spent between an endless back and forth of online and in-person classes.

I feel like I should be able to be on campus, building relationships with my peers, receiving help from my professors and frankly, using my parking pass. Unfortunately, the only way I've been able to connect with others is the small emoticon attached to a faceless name and a grainy video that cuts out every second sentence. I'm still trying to figure out a use for my parking pass, but hey, less money spent on gas is a bonus, right?

My experiences with online learning are complicated. Although I find it has helped me on a personal level with some serious self-discovery, I've never had such a difficult

relationship with school, and on a larger scale, the internet.

Having to rely on video conferencing to both learn and socialize has caused a burnout in me that I didn't know was possible. I've spent more time than I care to admit realizing that I'm suffering from 'Zoom fatigue,' an exhaustion associated with overuse of online platforms to communicate.

Over the past two years I've experienced virtual fatigue first-hand, and although I'm far from having perfected the method of learning online, I've built a list of tips and activities that have helped me combat my own online related issues.

### **Scheduling**

I cannot emphasize enough the importance of having a calendar to keep track of your weekly tasks. I know there are people who are firm believers in Google Calendar, but after a long day online that's the last place I'm going to look to

see what's next. My personal preference is a physical paper planner, preferably with monthly pages so I can see my long-term schedule in one glance.

### **Answering the FAQ – camera on or camera off?**

Looking at yourself is proven to be mentally draining, and a large factor as to why video conferencing can be so exhausting and why most of the time your camera ends up off anyways. It's important for everyone to have face to face contact, even if it's over video, so my method has been to turn off self-view, eliminating what essentially is like a mirror, as you go about your daily conversations. No one's looking at you, I promise!

### **Socializing**

This is an essential need for all people, so if you're

suffering from a lack of human connection, it's time to plan a movie night! There's lots of programs that allow you to watch movies and TV shows in real time with others. If that's not your thing, even setting aside an hour of each day to talk with your friends is a great start. If you're like me and are always looking for new people to connect with, Mount Royal University offers lots of great ways to socialize through clubs!

### **Walking**

Okay, now it's time for the classic tip where an author reminds you that exercise is a great way to boost your morale, but I'm not into that heavy cardio stuff. All you need is a good old-fashioned walk. It's easy and it gets you outside. End of discussion.

### **Wordle**

This is a new one for me, but I find that having something that isn't schoolwork but still

stimulates your brain has become a key part of my day. Doing my daily Wordle is my current lifeline and something I look forward to every day.

### **Rewarding yourself**

People think accountability is the biggest piece of being productive but knowing when to reward yourself plays a huge part in getting things done. I like to promise myself something after each task. Sometimes it's something as small as a cookie or as big as treating myself to dinner. This gives me something to look forward to. Rewards can often lead to even greater successes.

Online fatigue is intense, but unfortunately it doesn't seem like it's ending anytime soon. So, whether you embrace the use of the internet or swear it off completely, finding the good things (even the smallest) will create a better environment for learning and hopefully help reduce stress.



# Editor's Pic

**Emily Marsten**

Features Editor

Your Instagram feed might be your go-to app nowadays where you share most of your wonderful photos but there is a certain kind of charm in seeing your photo as part of a tangible material like in a newspaper. So, take out your old trusty camera or your newly purchased iPhone and snap your best photo yet, and let your expertise in photography be exposed to the student body. Submit your best photo to *The Reflector* for a chance at publication!

Each issue we will choose the best photo submission and publish it right here in *The Reflector*! These photos will be examined through a number of criteria such as lighting, composition, colour and more. So, make sure you get those editing skills down! You can submit your photos to [featureseditor@thereflector.ca](mailto:featureseditor@thereflector.ca)



Portrait of Jesa Leyva enjoying a smoke. Photo by Jazmine Canfield

# How we schedule Doomsday

**Matthew Hillier**

Staff Writer

The end of the world is a hotly discussed topic these days, for obvious reasons. You may have heard the phrase, “We are two more minutes closer to midnight,” or a popular political slogan, “Turn back the clock,” and associated it with the famous concept of a Doomsday Clock.

But what actually is a Doomsday Clock? How do we know how close we are to the end of the world? How long is 100 seconds to midnight in the context of our daily lives? Is there actually a clock in a government office or lab somewhere counting down to

the end of the world?

Well, to answer the last question, the clock is located in the University of Chicago Harris School of Public Policy, probably doing a great job of reminding some poor students about the inevitable doom of humanity on their way to class.

Well, what is it actually? Interestingly, the clock is more of a worst-case scenario interpretation of the previous or current years’ events and how these might contribute to the possible end of the world, put into the form of a simple clock.

To answer the rest of your

questions, we have to look at The Manhattan Project, the people who created the clock but who was also the group responsible for creating the atomic bomb. As the destructive potential of nuclear weapons was realized, a few scientists speculated that these weapons could end the world as we know it. This led them to desperately protest the existence of the very weapon they were creating.

The clock aims to be reliable and easy to understand, so the public can get a handle on the global impact of current events from the perspective of a

doomsday. The clock’s website shows the data collected which is then cross-examined to similar historic events that impacted the clock and calculate where the hands will land. However, this is largely subject to the guidance of the bulletin. While research is a huge focus of the journal, the setting of the clock is entirely up to the Science and Security Board.

Therefore, it isn’t 100 per cent objective and it can be potentially inaccurate. It also isn’t a worldwide consensus on how close to the end of the world we might be.

So how does the clock keep track of when or how the world might end anyways? The scientists and researchers at the bulletin use statistical algorithms and data collection which are then given to a panel that decides from that data where to set the clock. Interestingly, since mankind has found new ways to destroy itself, the data that is considered for when it comes time to decide how many minutes we are from midnight is regularly updated by a team

**Continues on Pg. 7**

**Continued from Pg. 6**

of experts.

So what is the point? Is it just so we can more accurately portray how doomed we are as a species? Well, the teams of researchers and scientists who collect statistical information on the threats mankind might be facing would argue that the clock is essential in keeping an eye on humanity's collective threats and calculating how close we are to being beaten by them. Then, they would relay that interpretation to the public in an understandable and urgent medium.

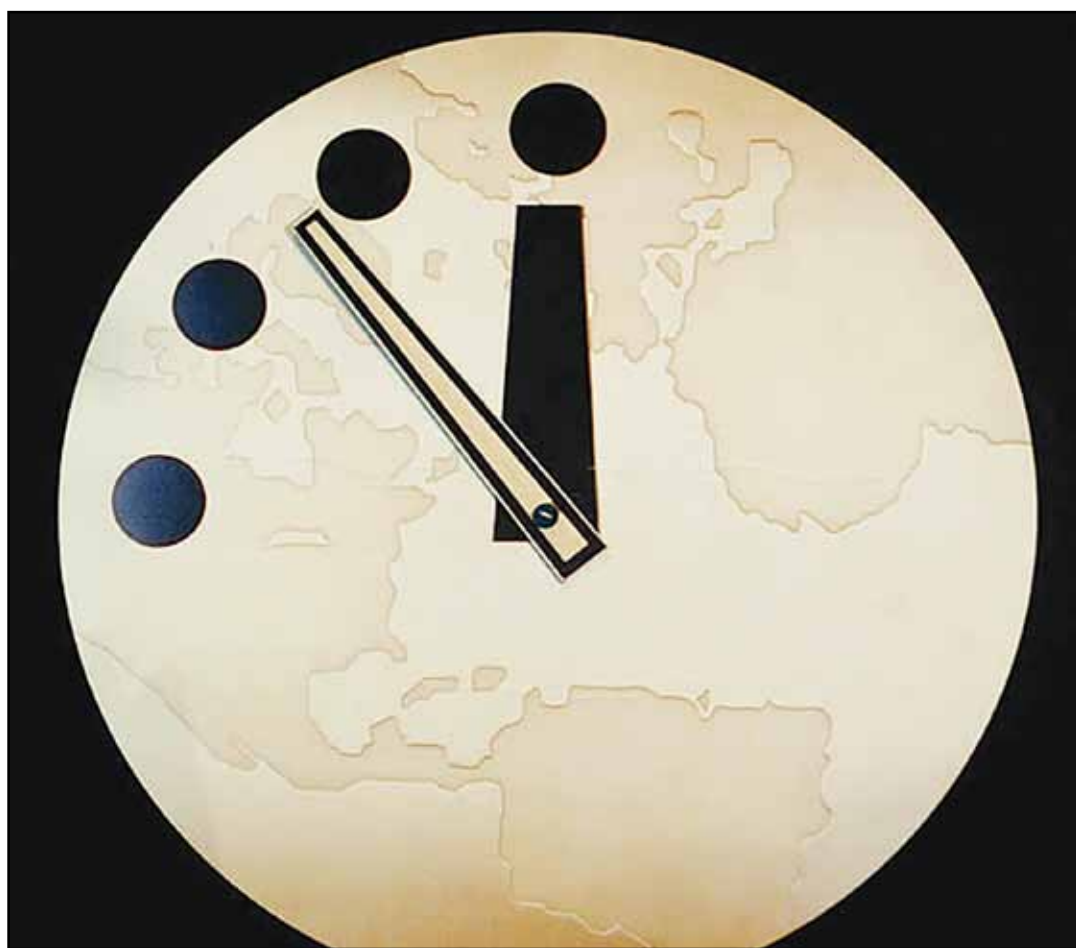
At an impressive 100 seconds, just over a minute and a half, 2022's political landscape and the current status of the COVID-19 pandemic has put us at the closest to midnight we have ever been. Don't let this worry you though, human beings have been enjoying teetering on the edge of midnight since the formation of the Doomsday Clock.

The furthest from midnight the clock has even been is 17 minutes. So take confidence in knowing that it took the entirety of the Soviet Union collapsing, before we as a species even got more than 15 minutes away from the end of the world.

While the concept of timing humanity's doom may seem inherently defeatist, I think that it's an illuminating and very human idea.

With just a glance at the clock, it can remind us of the dangers we collectively face. But more importantly, it invites us to consider how special and fragile all our collective creations are.

While I doubt it's possible to accurately mathematically determine when the world will end, I think that the history of the Doomsday Clock lends weight to the idea that we need a reminder, at least once every year, that we as a species are incomprehensibly vulnerable yet dangerously, uniquely important.



At 100 seconds to midnight, experts point out the potential for a worldwide Doomsday is possibly the closest it has ever been. Photo courtesy of WordPress

## Taylor Talk: How media impacts us

# *NieR:Automata* and finding purpose through video games

### Taylor Charlebois

Staff Writer

"We are perpetually trapped in a never ending cycle of life and death."

"Is this a curse, or some kind of punishment?"

"I often think about the god who blessed us with this cryptic puzzle and I wonder if we'll ever have a chance to kill him."

These are the first words that are spoken in my favorite video game, *NieR:Automata*. Produced by Square Enix and developed by PlatinumGames, it's a true modern day classic and a meditation on the human condition. It highlights what it means to be alive and to carry on after we've experienced tragedy.

The game centers around two main protagonists, 2B, a cold and calculated android laser focused on her mission, and her companion, 9S, a more

eccentric and curious android. They're a part of an android resistance dedicated to ridding the world of the machine lifeforms that stole the planet from humans thousands of years ago. It's all incredibly fascinating, and there's so much backstory and lore that has evolved into a franchise of books, comics, plays and a prequel video game dedicated to expanding out the story and the world.

*NieR:Automata* is a sequel to the under performing 2010 *Nier*, which was a spin-off of an equally troubled series called *Drakengard*. *Automata*, however, is credited with getting its chance at life due to a single producer at Square Enix, who had worked on the original *Nier*. He repeatedly pushed for a sequel and finally, *NieR:Automata* was greenlit.

The game is a combination of traditional hack and slash, 2D bullet hell, visual novel and a myriad of other genres blended into a perfect storm of entertainment. These mechanisms act as pillars to create a foundation in which *Nier* tells its story.

*Automata's* story is a philosophical examination of life and what gives life meaning. It is in humanity's nature to create meaning where there might not be any. Life might not be inherently meaningful but we can give it meaning in our own ways.

We can find justification in our actions and meaning anywhere, but as a result we may hurt those around us in our search for meaning — thus is the tragedy of being human. Conflict is the core of humanity. Conflict is

something that surges through every part of being human — love, family, religion and war.

These themes are examined as the story sees the two androids explore a ruined city, a desert, a forest kingdom and more. Through their journey, they experience heartbreak, tragedy and what it means to live for yourself.

*Nier* posits that humans are not meant to suppress their emotions. We need to communicate to prevent conflict. We are inherently violent creatures, but we can overcome our nature and add to the world's beauty. The meaning of life is something we need to find and come to terms with ourselves.

Being human means finding your own meaning and living through life's hardships. Being human is to suffer,

while holding out hope for a better tomorrow. Being human is being cruel, kind and completely incomprehensible. Being human is helping others even if it all ultimately doesn't matter — sometimes helping a fellow human being is all that matters.

*NieR:Automata* is a story about finding meaning and what it is to be alive in a world that will hurt you, that will kick you, that doesn't care about you — and I understand how that can be a pretty dark thing. But in that, I think there is some beauty that this life, albeit so finite and at times so cruel — is yours. So live it, keep your chin up, there will be another sunrise.

"Our journey may have been meaningless, our past may have been a mistake but we're not going back."

# YOUR STUDENTS' ASSOCIATION



Fun & Interactive / Conversations & Educational / Community Building

Whether you're looking to engage in various important conversations, build connections, learn new things, or just have fun, Black History Month has a variety of programs/events for you.

**Black History Month: Trivia Tuesdays**  
**Black History Month: Instagram Scavenger Hunt**

**Racialized Students Peer Group**

**BIPOC Support Network**

**Desire to Make a Difference: Community, Responsibility & Integrity**

**Writer-In-Residence 2022, George Elliot Clarke**

**Let's Talk About: Self-Advocacy for BIPOC Students**

**Let's Talk About: Calgary Anti-Racism Action Committee**

**Let's Talk About: Anti-Black Racism and Black Inclusion in Canadian Higher Education**

For event info, visit [samru.ca/bhm](https://samru.ca/bhm) or email [inclusion@samru.ca](mailto:inclusion@samru.ca)



## Tea and Talk with REC The Podcast

**New guests every month!**

Get to know the **SAMRU Representation Executive Council** and how they're working for you!

Catch the podcast each month on SAMRU's Spotify.

 [samru.ca/spotify](https://samru.ca/spotify)



## CULTURAL + INDIGENOUS

INCLUSION PROGRAMS



VISIT [SAMRU.CA/CIIP](https://samru.ca/ciip)

BIPOC SUPPORT  
NETWORK

TEA & BANNOCK

DRUM, DINE & DISCUSS

INDIGENOUS CRAFTS

INTERNATIONAL  
STUDENT MEET & GREET



@samrubuzz

[samru.ca](https://samru.ca)



# The top five 2010s movie soundtracks

**Abbie Riglin**  
Staff Writer

As we get further into the 2020s it becomes more and more acceptable to count down the best movie soundtracks from the 2010s. For all purposes, I'll be looking at how each soundtrack added to the storytelling element of each film with both the plot and the character's arc. So here we go, the top five movie soundtracks of the 2010s!

## **Whiplash (2014)**

*Whiplash* earned the top spot for the use of jazz pieces, original tracks and the use of classical pieces by pivotal jazz figure Duke Ellington. Even for a soundtrack created by various artists, *Whiplash's* use of music within the film added to the story, without taking away focus from the plot. It's hard to get movies about musicians right, but *Whiplash* did it. And with jazz too!

## **Spider-man: Into the Spider-Verse (2018)**

The use of music in *Spider-Man: Into the Spider-Verse* added to the culture of Spider-Man in New York, something we hadn't seen before in past films — making Miles Morales a separate superhero from Peter Parker. The soundtrack album includes tracks from some of the biggest names in music like Vince Staples, Nicki

Minaj, Post Malone, Lil Wayne, DJ Khalil, Juice WRLD and even the late XXXTentacion. The album spotlights both hip hop and lo-fi tracks, creating a cohesive album that pairs with the plot perfectly, following along to create emotion for viewers that matches the characters' struggles and achievements.

## **Waves (2019)**

This film's soundtrack manages to have a little bit of everything for everyone, from A\$AP Rocky to Amy Winehouse. Atticus Ross and Trent Reznor composed the *Waves* soundtrack, breaking director Trey Edward Shults' frequent collaboration with Brian McOmber. The screenplay was written by Shults with specific music in mind, even before rights were obtained with the intention that the actors could listen beforehand and completely understand the director's vision for the scene. This film earns third place purely for the range of music used, all while staying cohesive, as well as the emotional vulnerability and connections it adds for viewers.

## **Baby Driver (2017)**

*Baby Driver* did something I had never seen before and



From left to right: *Waves* (2019), *Black Panther* (2018), *Baby Driver* (2017). Movie Posters courtesy of IMDb

incorporated the soundtrack so well into the movie that the music felt as natural as the dialogue. Even going as far as making the music output match the headphones of the main character Baby, creating an immersive experience for movie watchers. Like *Waves*, *Baby Driver's* soundtrack is incredible in its range of genres, having everything from blues to reggae, and includes all the best music from the '70s. The film relies completely on pre-existing music, meaning there was no orchestra used to compose any of the music. It was all hand-picked in a way that adds to every scene's tone. In this movie the music is used by

Baby as a way to escape, rather than just a soundtrack.

## **Black Panther (2018)**

It's not very often I appreciate the soundtracks from superhero movies, oftentimes I see it as background noise to the riveting action scenes on the screen, but in *Black Panther*, the music adds to the cultural visuals. Ludwig Göransson, the composer tasked with scoring Marvel's *Black Panther* movie, worked with local musicians all over Africa to include a sound so unique and special to the film. To top it all off, Kendrick

Lamar produced the film's soundtrack, *Black Panther: The Album*, again showing just how important music was within the film and the importance of music to the directors. Lamar was featured on every track, and included artists like SZA, ScHoolboy Q, 2 Chainz and Future. For the all-star lineup and importance of the music within the film, *Black Panther* earns the last spot on my list.

## **Honourable mentions**

*Bohemian Rhapsody* (2018)  
*Scott Pilgrim VS. the World* (2010)  
*Isle of dogs* (2018)

# OUT'N ABOUT

## **Chinook Winter Blast**

From Feb. 4 - 27, walk along Stephen Avenue to see the newest art and light installations crafted by local artists!

## **Telus Spark After Dark**

Enjoy drinks, food, music and of course, science at Telus Spark's adult-only event starting Feb. 10 from 5 p.m. to 10 p.m., tickets can be bought online for \$26.

## **Plaza Theatre**

Kensington's beloved theatre is back! Check out the new cocktail bar located in the back for some fun drinks.

## **Block Heater Concert**

Itching to hear live music once again? A series of outdoor concerts at Olympic Plaza is being hosted by Calgary Folk Music Festival from Feb. 17 - 20.

# A closer look at Brene Brown's *The Gifts of Imperfection*

## Starting your self-empowerment journey can be hard, here is how I did it

**Leah Hart**

Contributor

Let me begin by saying, “self-help” books are not my go-to. Something about having someone preach at me needing to accept change and love myself isn’t something that I want to hear from someone who seemingly has it all figured out. So last year when my therapist recommended Brene Brown’s *The Gifts of Imperfection*, I was reluctant. I’ve tried to read books like this in the past from people who instruct you on how to live your best life from their perspective, and the dos and don’ts of how to get through the hard times. It’s not for me.

*The New York Times* bestseller sat on my bedside table for almost a year before I thought “what the heck” and gave it a go. Brown does an immaculate job of combining humour, relatability and informative tools to get you over hurdles in life — mostly by yourself. If you’re a perfectionist like me, prepare yourself for some harsh truths. Brene’s refreshing stories of her own journey, similar to that of myself and many people I know, made the read less “this is what you should be doing” and more “this is what helped me, and I hope it helps you too.”

Brown begins by asserting the idea of “wholehearted living.” The captivating preface extends on this idea through courage, compassion and connection. She speaks on how to approach boundaries safely, respectfully and honestly. She shared the experiences that led her down a more compassionate, less resentful and judgmental path — that “the heart of compassion is acceptance.” Brown’s emphasis on wholehearted living relies on connecting in an extremely disconnected

world, which I’m sure most of us can relate to as we see social media development skyrocket. She leads by example and shares personal stories about her journey of overcoming the “perfect life syndrome” and her own feelings of inadequacy. It was a breath of fresh air. As a researcher, she provides you with tools, facts and different resources for support from other books to websites and articles. I love this woman!

Brown then presents the exploration of love and the power it upholds, how it’s all about belonging and generally just being enough. In this part of the book, she makes you feel even more like you’re part of a community of people who have struggled or are struggling by sharing stories and experiences aside from her own. She speaks on hope and powerlessness, the importance of practicing critical awareness and digging deep. Brown breaks down some of the most important things to cultivate on your journey, which she referred to as “guideposts.” From authenticity, to gratitude, to laughter, (I know, I know, these sound like really basic things – but they’re not) she did a beautiful job of making me stop to reflect, to cry, to laugh and to really appreciate myself; whether that be on my best, worst or even mediocre days. By the end of the book, I felt a level of compassion for myself that I never expected.

Because of this book, I practice gratitude daily which has truly made me realize the beautiful and blessed life I live. I have slowly learned to overcome my fears of being judged and my need for perfectionism. It made me dig deep and be deliberate. I believed I was

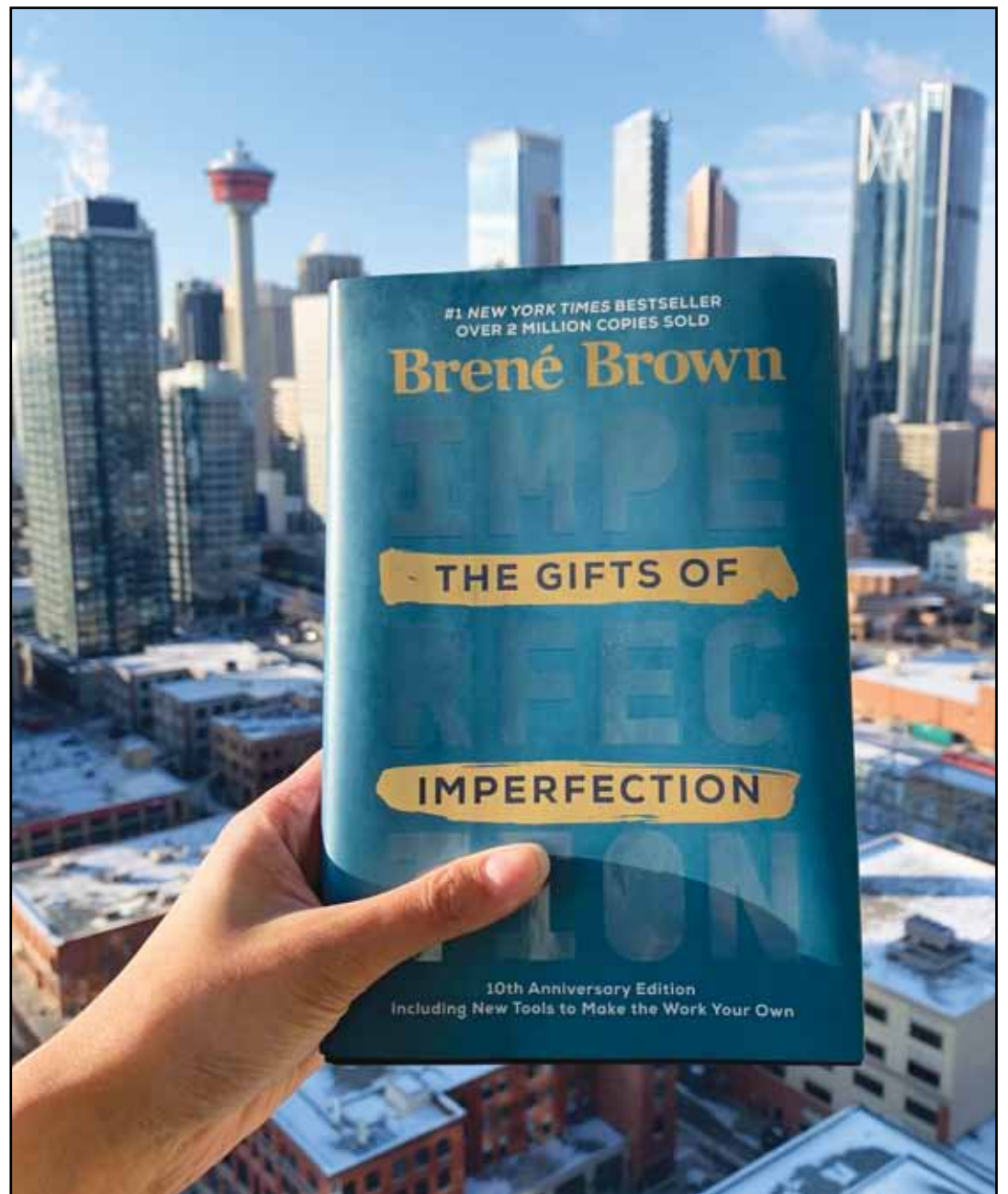
on top of my own well-being before this book. I practice yoga everyday, I encourage people around me everyday, I follow a routine — but none of these things mean anything if I am only doing it out of necessity and not out of love for myself and with my whole heart.

Quite simply put, *The Gifts of Imperfection* guides us toward the path of living a wholehearted life. To do so, we must throw away this idea of a perfect life and

embrace our imperfections, flaws and vulnerabilities. I would not only give this book a five-star rating, but I also highly recommend that you put it at the top of your reading list. This book is not your typical self-help book, though you will likely find it in your local bookstore in the self-help or personal development section. This book is a revelation. And to that, I leave you with a quote from the book itself.

“Wholehearted living is

about engaging in our lives from a place of worthiness. It means cultivating the courage, compassion and connection to wake up in the morning and think, no matter what gets done and how much is left undone, I am enough. It’s going to bed at night thinking, yes, I am imperfect and vulnerable and sometimes afraid, but that doesn’t change the truth that I am also brave and worthy of love and belonging.”



Brene Brown's research comes to life in the form of storytelling. Photo courtesy of Leah Hart



# Expensive sound: The effects of a good stereo

Spencer Yu

Photo Editor



With the resurgence of popularity in vinyls more people are interested in sound systems than ever before. Photo courtesy of Spencer Yu

Music is one of the most commonly enjoyed pastimes ever. It allows listeners to get an inside look into the emotions that an artist conveys and escape reality for a little while. However, while almost everyone listens to music, almost everyone listens to it in a different way. Whether it be through the various types of headphones available or on a home stereo, no two listening experiences are truly the same. But what difference does it make? Does having an incredibly high-end stereo really make a difference in your listening experience? To find out, I enlisted the help of my good friend Justin Chan. Chan has been interested in sound systems since junior high when his father introduced him to the vast world of stereos.

"We have always had any sort of sound system whether it be two channels or home theatre, we have always had

it in our house," said Chan.

Firstly to understand what makes music sound good, we must identify what the term "hi-fi" means. It is a term that is often thrown around when describing expensive sound systems. However, Chan believes that the term is very misunderstood.

"It's going to depend on your previous experience with stereos because you can get into it at any budget. If you are someone that only ever listens to music on AirPods and you spend \$300 on speakers it's going to sound incredible to you," said Chan.

One common misconception with stereos is that the more expensive something is, the better it will sound. That is true to a certain extent, however, there is much more to making a stereo sound good than just the price.

"If you don't know anything about stereos

and you don't know how to position a speaker, how much power you should be throwing out, or how your room responds to sound then spending a lot of money is not going to make a difference," said Chan.

The stereo I decided to do my listening on was set up properly and contained some legitimate high-end equipment. The speakers are a pair of Paradigm Tribute's which are \$8,000 a set and are powered by a McIntosh MA8900 integrated amplifier which costs around \$10,000 and played music through a Moon 260d CD player which costs \$3,500, running through cables which cost around \$3,000. For all intents and purposes, this is the Lamborghini of home stereo setups.

In order to simulate the most average listening

**Continues on Pg. 12**



## Apocalypse Whenever

Bad Suns

Epitaph Records

Score: A -

The time has finally come in my writing career where I get to talk about my favourite band. I've been a die-hard Bad Suns fan since the release of their debut album *Language & Perspective* in 2014. I can safely say it shaped my love for music in my early teens, and that I am a reputable source when I say Bad Suns plays the line between rock and pop so well that the two-year gap dropping the first single for *Apocalypse Whenever* and releasing the full album is forgivable.

The 2020 single "Baby Blue Shades" perfectly sums up the feeling of this whole album with carefully crafted instrumentals and catchy lyrics to keep you hooked throughout, and it's only the third track out of 13!

The only misstep comes from the use of autotune used

on the second track "Summer Lightning," but I am willing to overlook this for the clever use of autotune and voice distortion on "Electric Circus."

As someone who often finds themselves listening to (reluctantly) a lot of sad music, *Apocalypse Whenever*, despite the name, is a refreshing break from sad melodies. But this album is not all about just the happy things. With a careful listen, the lyrics on many of the tracks often describe the sadder parts of growing up despite the instrumentals being upbeat.

Overall, the members of Bad Suns have managed to make me love them more and I can safely say *Apocalypse Whenever* was worth the wait.

- Abbie Riglin

## Laurel Hell

Mitski

Dead Oceans

Score: B +



Mitski's most recent release, like the title would suggest, is about success and the misery that comes with the music industry — 11 tracks about isolation, regret and reflection. Her first single for the album, "Working for the Knife," released in late 2021, gave us our first glimpse of these themes. Towards the end of the song, we hear a line that best seems to encompass the extent of her regret: "I always thought the choice was mine/ And I was right/ but I just chose wrong." Throughout the album, Mitski appears to refer to the music industry as 'the dark.' She sings about going into the dark willingly and giving everything of herself. The album is her reflecting on her choices, where she thought she would be and where she is instead.

Ever the storyteller, Mitski's lyrics here don't miss. Her

attention to detail is always admirable. In "Heat Lightning," she describes an approaching storm, evoking especially vivid images of the scene around. Several songs on the album wade into new territory as well. Mitski replicates '80s synth pop in tracks like "The Only Heartbreaker," "Love Me More," "Should've Been Me" and "That's Our Lamp." In each of these, upbeat melodies contrast heavily against moody lyrics.

As per usual, Mitski works in controlled chaos, something that can be off-putting to new listeners who are unable to tell where a chord might head next. For them, the album *Be the Cowboy* might be a better match. But for long-time fans, the artistry and numerous references to past work in *Laurel Hell* is sure to wow.

- Megan Creig

**Continued from Pg. 11**

experience possible, I played some music off Spotify straight into the stereo of my 2007 Toyota Corolla. To put it kindly, it has a fairly unremarkable sound system.

The two songs I chose to test the stereo were The Beatles: “Here Comes The Sun” and Ella Fitzgerald and Louis Armstrong’s “The Nearness Of You.” Firstly I listened to these songs in my 2007 Toyota Corolla which has an “adequate” sound system to put it kindly. It didn’t sound terrible but it lacked depth. Imagine if the stage the band was playing on was cramped and all the instruments blended together and sounded flat. The detail that comes from a good studio recording is lost. The vocals were also serviceable but much like the instruments, the vocals lacked fine detail which on a track like “The Nearness Of You” is very noticeable.

Finer details were revealed when I listened to the same songs on the home stereo setup.

Obviously, the stereo had a higher definition but it goes far beyond just that. The dynamics were so good that I could point in the direction that each instrument and singer was performing from. When I was listening to “Here Comes The Sun” I felt that I was in the studio with The Beatles as that song was being recorded and while listening to “The Nearness Of You” I felt like I was front row in a jazz bar watching the duo perform. You hear the finer details that you wouldn’t otherwise hear, the sound of a finger strumming a guitar string, the echo of a singer’s voice, the sharp snap of a finely tuned snare, these are details that are otherwise lost on a conventional stereo system.

The thing about music is that it is an emotional expression from the artists on what they are feeling at the precise moment that they are making that song. Having a high-end stereo gets you closer to that emotion. All the fine details though they might seem insignificant add up to a more authentic

experience that is closer to the artist’s vision.

The important takeaway from this is that though you can listen to music on just about every device

nowadays, doing whatever you can to improve the listening experience will make it just that much more pure and authentic.

“I think that there’s almost

no better way to wind down. Whether you are getting into it at a high or low budget, get yourself a decent pair of speakers and just enjoy the music,” said Chan.



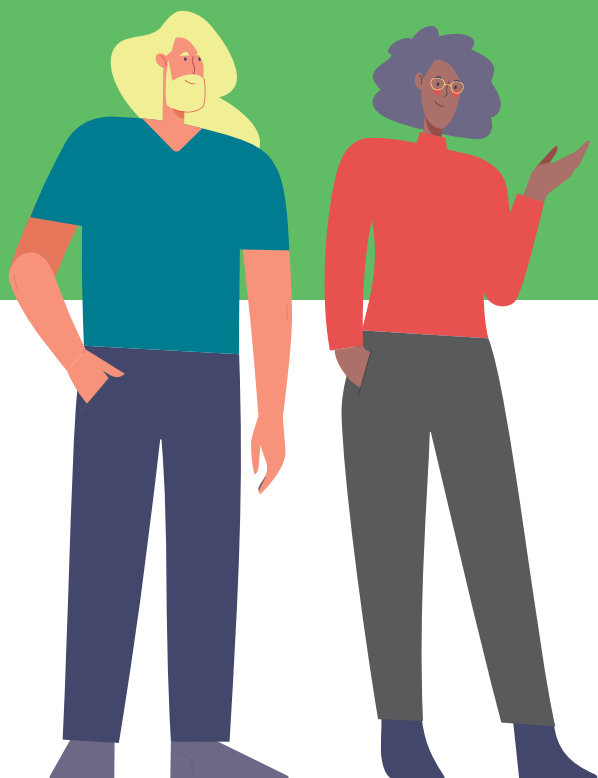
CDs are often overlooked in favor of vinyls, however they are also capable of producing high quality sound. Photo courtesy of Spencer Yu



@samrubuzz

samru.ca

Want to represent your fellow students and advocate on their behalf?



## Apply for the REPRESENTATION EXECUTIVE COUNCIL (REC)



REC acts as the student voice and represents the interests of students to the university and all three levels of government. The team advocates for students on matters such as tuition and loan policies, lobbying, academic issues, and external relations.

Deadline to apply is  
**February 22nd at 4:30 pm.**

### Interested in being part of REC?

Apply now for one of these full-time roles:

- President
- Vice-President Academic
- Vice-President External
- Vice-President Student Affairs

Elected representatives are full-time, paid employees. Training is provided.

For more information, and to apply, visit [samru.ca/elections](https://samru.ca/elections).



## Coach's Corner: Fleckenstein cultivates a culture of connection

**Gage Smith**  
Sports Editor

There aren't many coaches in the U SPORTS league who can say they have experience from coast to coast. Robyn Fleckenstein, the head coach of Mount Royal University's (MRU) women's basketball team, the Cougars, is one of them.

"The East Coast to the West Coast basketball-wise is a really different cultural phenomenon. In the East, basketball is just everything. It's as big as hockey is for us [in the West] and it's a way of life," she says.

That fiery passion for basketball on the other side of the country sparked a longtime love for the game. It also led to an early inclination towards the more glamorous half of the sport for Fleckenstein, especially in her time as a player at Acadia University in Nova Scotia.

"I think I am very enamored by offensive basketball. I think it's the most beautiful part of the game. Defense is grit and hustle and physicality and [all about] if you can outwork someone, whereas I think good offense is just like poetry, it's beautiful. I do value the importance of a great defense and I think it can truly fuel beautiful offense," she says.

Coach Fleckenstein also gives credit to her father,



The Cougars have been on an upswing after a slow start to the season. Photo courtesy of Adrian Shellard

who coached basketball at Acadia University, for inspiring her view of the game.

"He's very offensive-minded- like, to a fault. He does not see the other side of the ball," she teases. "So for sure, it was my dad's influence. My dad watches all

my games and calls me after every single one of them good, bad or indifferent. And I think it's definitely interesting to always hear his perspective."

The stereotypical basketball coach has a number of key values: hustle, fundamentals, teamwork.

But most of all, coaches are famous for preaching that defense wins championships. As Fleckenstein transitioned from the court to the sidelines, her view of the game also started to shift closer to that of the stereotypical coach.

"I was very offensive-

minded and it's changed a lot. I think that I always felt like there was more to learn and I still feel like that now," she says. "Maybe those are two dichotomies... I'm working my butt off to

**Continues on Pg. 14**

# #S

**1,** The MRU Cougars women's hockey team is in first place in the Canada West standings

**2000,** The Calgary Flames' betting odds of winning the Stanley Cup are +2000

**199,** Tom Brady was the 199th pick in the NFL Draft before going on to have one of the best careers in sports history

**5,** Only five games separate the first and the eighth seeds in the tight NBA Eastern Conference



**Continued from Pg. 13**

try and be more defensive-minded, but it's not my first instinct. We're all learning and growing, you know?"

She has a Master of Education in Coaching Studies from the University of Victoria and says that the networking and connections she made along the way were comparable in value to the degree itself. While at school in B.C., she met a number of other coaches who helped her become a "lifelong learner."

She says her interactions with other coaches weren't limited to her own sport, and that one of her biggest influences (and one of the most fun and interesting

people she got to know) was actually a men's rugby coach.

The importance of relationships is something Fleckenstein emphasizes when building a culture and identity for her MRU Cougars. The team currently has a 4-10 record and was going through a major losing streak at the time of her interview with *The Reflector*.

"My dad kind of did try to teach this to me, but it's all about the importance of forming relationships with your athletes. You'll go into battle together. I think that those relationships can't be undervalued, not for a second," she says. "Sometimes [it's about] getting to know them off

the court and having them know that you care and know that it's all bigger than basketball, as much as I'm sure sometimes the kids don't feel like that. They're all doing other things in their lives, right? We only have five years."

Fleckenstein says that improving in small ways every day, building a culture in which players want to be part of something bigger than themselves and continuing to build those relationships is where the team's attention should be focused and not always on the team's overall record.

She says, "If it was easy, everyone would do it. We know it's difficult. But we just remind ourselves that

we're not here to try to build Rome in a day... When we look at how far we've come since September and how much further and how much better we are and how much more cohesion there is, we're very proud of this group. We're very happy with the direction they're going in and just staying the course. I think sometimes it's hard, [players will] be like, 'I've done everything you've asked, like why am I not there already?' Sometimes the only thing that we need is time. We just need more time."

It looks like Fleckenstein was right. Only days after this interview was done, the Cougars would take down the elite University

of Alberta Pandas 80-79 on Jan. 29. Don't look now, but MRU has won two of their last three games at the time of writing and may have turned a corner.

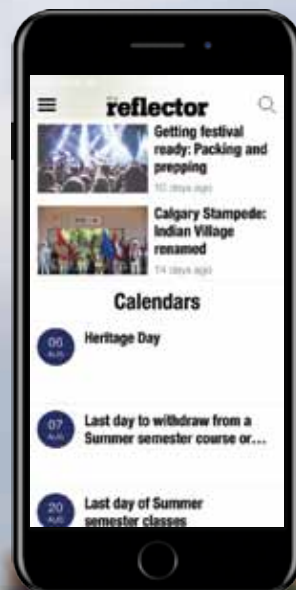
However, for Fleckenstein, the relationships within the team remain at the forefront of the conversation. This outlook seems like it's pointing the Cougars in the direction of a bright future.

"I love them," she says. "I think getting to spend every single day with this group... we always tell them, 'You guys are the most incredible young women in the world.' And I think that, every day I get to come to work and I get to spend my day with them- there's nothing more amazing than that."



Coach Robyn Fleckenstein has played and coached basketball all across Canada. Photo courtesy of Adrian Shellard

## The Reflector Newspaper app available now in your favourite app store



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



Download on the  
**App Store**

View QR code  
in photo app



GET IT ON  
**Google Play**

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



# Tom Brady: Even his retirement was dramatic

**Gage Smith**

Sports Editor

One of the greatest athletes in the history of the world retired on Feb. 1. Tom Brady, widely regarded as the greatest player in American football history, finally hung up his cleats for good after an incredible 22 years in the NFL.

It's not every day a player of his caliber calls it quits. And it's definitely not every day that that story is overshadowed.

Brady's retirement should've been a moment of reflection for all sports fans. For so many active NFL fans, Brady, who's also known as TB12, was a constant fixture, one that they can't imagine the game without.

But his announcement turned out to be less about introspection and more about chaos and confusion. Media outlets announced his retirement prematurely on Jan. 29. A tweet from *ESPN* that cited anonymous sources claimed that Brady had decided to retire, but that tweet was quickly deleted and Brady's agent, Don Yee, refuted the claim.

"I understand the advance speculation about Tom's future. Without getting into the accuracy or inaccuracy of what's being reported, Tom will be the only person to express his plans with complete accuracy. He knows the realities of the football business and planning calendar as well as anybody, so that should be soon," Yee said.

It was only a few days later that Brady himself officially announced his retirement. But when it comes to breaking news of this magnitude, hours are like days and days are like years. People felt like they were left hanging.

One of the top comments on the post was by Instagram user "@aye\_gee\_" who said, "Not believing it until I see Brady in front of a mic and he [says] it [himself]. Can't trust *ESPN*."

That sentiment was popular in comment sections all over social media. Who would've thought that something as usually straightforward as a retirement announcement

could evoke betrayal, public outcry and more? It seems like Brady had to take his fans for one last emotional rollercoaster ride.

He never did anything the normal way. One hundred ninety-eight players were picked before the New England Patriots scored Tom Brady in the 2000 NFL draft. The 199th pick would go on to become a seven-time Super Bowl champion. That's not just more rings than any NFL player ever, that's actually more than any franchise ever. He also has the most wins, completions and touchdown passes ever.

To put these numbers in perspective, Brady nearly doubled many of the notable career stats of Hall of Famer Joe Montana.

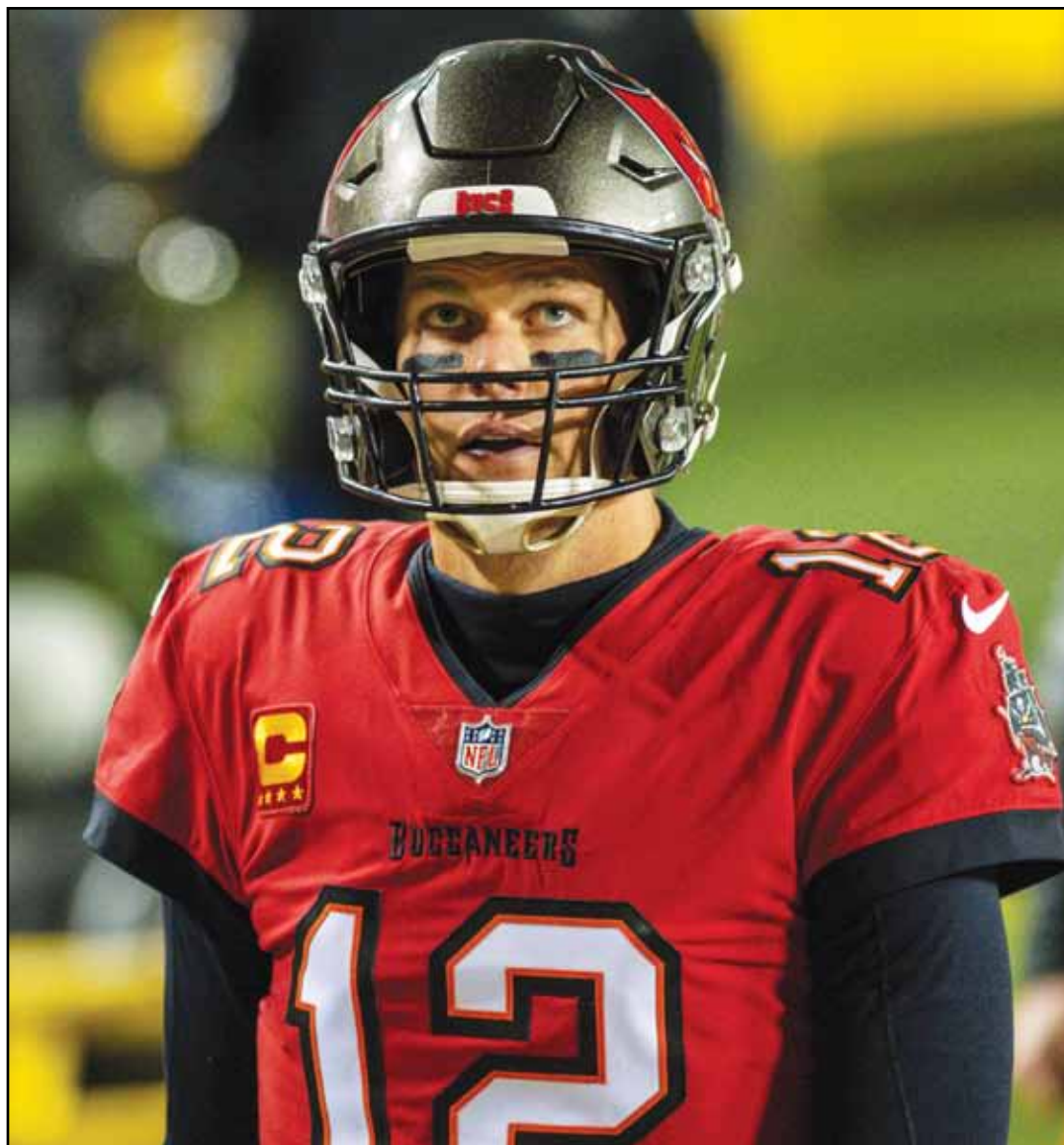
But what stands out as much as any of those incredible feats is the fact that he has the most postseason fourth-quarter comebacks of any player ever – nine. The iconic 28-3 comeback against the Atlanta Falcons in Super Bowl LI in 2017 is one of the most jaw-dropping rallies in sports history.

Brady had a tendency to keep on going even when it looked like he was finally going to stay down. He'd fight back against impossible odds to propel his team to a come-from-behind victory. He'd fight Father Time to stay on the field for just one more year, over and over.

So when fans heard for the first time that he was finally walking away from the game, they found it hard to believe. That was only reinforced when the first announcement turned out not to be true. But it's time for us to process the fact that it's finally over.

"There is a physical, mental, and emotional challenge EVERY single day that has allowed me to maximize my highest potential. And I have tried my very best these past 22 years. There are no shortcuts to success on the field or in life," said Brady in his retirement letter.

A one-of-a-kind retirement announcement for a one-of-a-kind player.



Unlike Michael Jordan's stint with the Washington Wizards, Brady's time with a new team in the twilight of his career was highly successful. Photo courtesy of All-Pro Reels



If Tom Brady's career was a person, they would be old enough to legally drink anywhere in North America. Photo courtesy of Alexander Jones



# The 2022 World Junior Championship: What happened?

**Josh Werle**

Staff Writer



Games that were supposed to be held in Alberta have unfortunately been called off. Photo courtesy of The Government of Alberta

The International Ice Hockey Federation (IIHF) World Junior Championships are the ultimate proving ground for young male hockey players. For players who are 20-years-old or younger, this is the biggest tournament in the world and

a chance to prove themselves to the entire hockey community.

Many top-tier NHL players have made a name for themselves in this tournament. Names like Carey Price, Jamie Benn and Patrice Bergeron occupy

the list of gold medal-winning Canadians. To put it simply, the World Junior Championships are a massive deal in the world of hockey. Players from the top ten ranked nations in the world compete for the chance to take home the gold medal, meaning that players from all around the world get an opportunity to shine.

NHL scouts will keep their eyes on players that interest them throughout their career but the World Junior Championships bring a different kind of attention. With millions of televisions around the globe watching this tournament every year, it truly could be a once-in-a-lifetime chance for these players and an opportunity to turn their name into a topic of household conversation.

For most of these young stars, this is the biggest opportunity of their lives and a chance for them to make it big. All the time they have spent practicing their shot, waking up at the crack of dawn to go to practice and staying up until dusk to finish a hockey game, has led to this moment.

The 2022 World Junior

Championships were no different. The Canadian team had an immense amount of promise heading into this year's event and were listed as the clear favourites to win the gold medal according to most oddsmakers. Names to watch included Owen Power, Mason McTavish and the 16-year-old phenom Connor Bedard.

The Canadians got off to an impressive start and the star players certainly lived up to the hype. Power, McTavish and Bedard all recorded five points each in only two games played as the Canadian team recorded dominant wins over Austria and Czechia. Things were going according to plan for team Canada; they scored a total of 17 goals in two games, outclassed both of their opponents and the star players were beginning to shine bright. Unfortunately, COVID-19 had other plans.

The United States, Russia and Czechia teams were all forced to forfeit games due to positive COVID-19 tests, all within a span of two days. All of the proper protocols were in place and extra caution was exercised during the course of the tournament. As mentioned previously, this

tournament is a massive deal, and there was zero room for error. Even though everything was done correctly, COVID-19 was seemingly impossible to avoid. After the forfeiting began, it was clear that it wasn't going to end there and the IIHF made the decision to cancel the tournament.

This decision, although necessary, was a crushing one for everyone involved. Most of these young players have worked their entire lives for an opportunity to show their talents on one of the biggest hockey stages in the world, only for it to be ripped away in a literal instant.

All hope is not lost though, as there is a chance that the tournament may get rescheduled later in the calendar year. Although it won't be the same for the players, the chance to continue the tournament is still a massive opportunity that everyone involved would certainly appreciate. These players all deserve a fair shot to showcase their skills to the hockey world and to continue on with the tournament at a later date would seemingly be the best decision possible.



Current Winnipeg Jet, Nathan Beaulieu, played in the World Juniors before the NHL. Photo courtesy of Wikimedia Commons