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Facebook temporarily removes restrictions on hate speech against Russian soldiers

Matthew Hillier
Staff Writer

Facebook has responded to both the Russian war with Ukraine and the banning of its platform to all citizens of Russia following the invasion of Ukraine. According to *Reuters*, Meta, the company responsible for the development and moderation of Facebook has taken their anti-war policy a step further by allowing calls to violence against Russian soldiers.

With sanctions from governments and denial of services from massive corporations including credit card companies taking a toll on both the Russian economy and its citizens, Meta and Facebook are joining the massive economic and social attack on Russia after the platform was banned.

The Guardian reports that Meta's decision comes after Russia unilaterally banned access to both Facebook and Twitter across the country following what the Russian government calls "false reporting" that was against the movement of troops and equipment to Ukraine before and during the conflict.

Now that the platforms are banned, Facebook has allowed concessions to their hate policy that previously was strictly and religiously enforced by Facebook's many content bots and moderators.

These concessions allow for calls for violence against Russian soldiers in Ukraine from users in countries including but not limited to Estonia, Georgia, Hungary and even Russia even though the platform is not accessible there.

The Guardian adds that Meta is even temporarily allowing users to call for violence and death threats against certain Russian political leaders including President Vladimir Putin and Belarusian President Alexander Lukashenko. However, like most policies from Facebook, there are rules and limitations to the calls for violence against both the soldiers in Ukraine and Russian political figures.

These rules allow for "general" calls for violence so no specifics on what violence should be done to them and no call for violence against a specific group or unit for Russian soldiers. These rules also apply to political leaders. Users can't give specifics on what violence should befall these leaders and users can't name more than one leader or have substantial credibility behind their threat such as where these political leaders should be killed or a stated method of causing harm to these political figures.

In response to Facebook's decision to forgo violence policies, *CNET* reports that The Russian Investigative Committee will be opening criminal cases against Meta for violating the Russian criminal code. This case will be heard in international court on April 2.

According to *CTV*, this move to forgo certain policies against violent speech is possibly in response to suing Facebook, Twitter and various other social media applications for not deleting content that



This has been the first time social media has affected a war to this scale. Photo courtesy of Unsplash

promotes, organizes or plans protests that will involve or potentially involve children. This case is still ongoing and began when prominent critic of Putin, Alexei Navalny was jailed.

This controversy comes amidst calls for Putin to be investigated for war crimes. Sajid Javid, Secretary of Health for the United Kingdom, has promised to hold the Russian president responsible for his actions.

"He will be ultimately held responsible for sure by the international court," Javid said.

Facebook and social media have been used to great effect in the developing threat to Ukraine. Facebook and Twitter users share safe locations and local areas

that supply food and water as well as the movements of Russian troops so that users may avoid those areas. Even dating apps such as Tinder are getting into the mix as Russian troops using the app were recently "catfished" by Ukrainian women who gave critical intel to Ukrainian troops that were supplied unknowingly by Russian troops who were using the app during an active invasion.

Case in point, 20-year-old Ukrainian TikTok star Marta Vasyuta is updating the world on the war through the viral video-sharing app. Her videos have had over 15 million views and share the realities of war. They showcase footage of cities on fire from Russian bombings

and the aftermath of such devastation.

According to *BBC News*, Vasyuta had found these videos on the popular local messaging app Telegram. By scrolling through the Ukrainian channels, she found videos of the havoc inflicted on her country and wanted to share them with the world.

"I just want people to understand that Ukraine is not only a problem of Ukrainians, it's everyone's problem," Vasyuta told *BBC News*.

While it's unclear how widespread these messages will be and even more unclear what the intentions are from Meta, Russia likely will not have anything nice to say regarding these change.

MRU student in Paralympics

Emma Duke

Contributor

Mount Royal University (MRU) students might see a familiar face if they tune into the 2022 Beijing Paralympics. MRU athletic therapy student Adam Kingsmill is currently competing in the 2022 Beijing Paralympics with Canada's Para Ice Hockey Team.

Kingsmill is competing with Canada's paralympic hockey team as a goaltender. Kingsmill and his team will play against the United States for the gold medal after the Canadian team won 11-0 in the semifinal against South Korea on March 11. The gold medal game takes place on March 13.

Even though Canada lost to the United States in the 2021 World Para Ice Hockey Championships, Kingsmill says the loss inspired the team to train even harder for the 2022 Paralympic Games. The Canadian team also lost to the U.S. in the 2018 Paralympics.

"It definitely left a sour taste in our mouths," Kingsmill says. "We're the underdogs, so

we're excited and motivated."

Kingsmill started playing with Hockey Canada in 2016 and made his debut with Canada's National team last year as a goaltender. Kingsmill says both his dad and his brother played as goaltenders, inspiring him to follow in his family's footsteps.

"My brother, my dad and my mom all played hockey, so it was kind of a rite of passage like every small-town Canadian kid. Hockey is just something I've always wanted to do," Kingsmill told MRU.

The Boston Pizza in Kingsmill's hometown of Smithers, British Columbia will be holding a watch party on March 12. His parents and family will be in attendance.

Kingsmill lost his right leg at two years old after slipping under a lawn tractor. His parents put him on skates just six months after his amputation.

Kingsmill was raised in Smithers, a town with a population of approximately

5000. Kingsmill says people in the town did not treat him differently because of his disability. He says this worked in his favor because it allowed him to embrace the outdoors and hockey. He learned to skate shortly after his accident on his family's backyard pond.

Kingsmill proceeded to play able-bodied hockey in his hometown after his amputation. He tried out for the Carman Cougars minor hockey team and was then approached by Hockey Canada.

He says that Hockey Canada encouraged him to move to Calgary so he could be close to the headquarters and spend time with their coach. Kingsmill made the move and began training in para hockey in Calgary.

Currently, he is working towards a Bachelor of Health & Physical Education, majoring in athletic therapy. He says his program has helped him both in his own recovery and his relationship



Adam Kingsmill is currently competing with Team Canada in the Beijing 2022 Paralympics. Photo courtesy of Team Canada

with training staff.

The athletic therapy program at Mount Royal requires work experience. Kingsmill interned with the Calgary Flames NHL team for his practicum. Kingsmill says this internship

opened doors and offered him opportunities. He says he is planning on finishing his degree at the university while continuing to play hockey, hoping to compete again in the 2026 Paralympics.

Alberta government provides relief for rising fuel and electricity costs

Mikaela Delos Santos

Web Editor

On March 7, Alberta Premier Jason Kenney announced plans for helping Albertans with fuel and electricity costs over a livestream.

Due to the rising gas and utility costs, the Alberta government has settled to halt the collection of provincial fuel tax as a means of relief

for Albertans. The fuel tax is currently at \$0.13CAD per litre for both gasoline and diesel. Marked gasoline and diesel is currently at \$0.04. The said reductions will also reduce GST by \$0.65 per litre.

The Alberta government will also provide \$150 in electricity rebates for residents' large bills during

this winter, as well as a \$50 monthly rebate for three months to farms and businesses. According to a press release, the Alberta government will work with regulators to determine details, rebate timing and directly apply rebates to consumer's accounts.

These reductions and

rebates will apply to Alberta on April 1, 2022 the same day the Canadian federal government is set to increase the federal carbon tax.

"Stopping the provincial fuel tax puts money back in the pockets of Albertans when they need it most," Kenney said.

Meanwhile, Minister of

Finance Travis Toews, says that, "the best thing [the] government can do during inflationary times is to spend less, borrow less and tax less."

According to a report by CTV News, the tax cuts will save families between \$70 and \$220 for gas between April and June depending on household income.

Masks no longer mandatory for MRU

Keoputhy Bunny

News Editor

According to an email announcement from the administration last week, starting March 14, masks are no longer mandatory at Mount Royal University (MRU) for students, faculty and staff. This decision was reached “in alignment” with the new protocols set by the Alberta government.

This is contradictory to an earlier statement from the university in early February 2022 where MRU stated that they will keep their mask mandate until the end of April.

However, there will still be exceptions to this rule. Masks will still be required in the Wellness Services, in specific clinics, labs as well as practicums and work terms where they still require it.

There has already been backlash in other parts of the province, however. The University of Alberta (U of A) is following a similar course for non-mandatory masking except their plan was to be enacted on March 16, not March 14.

The president of their student union, Rowan Ley, states that, “it’s not fair to make people who might justifiably be uncomfortable go into a crowded space with lots of unmasked people.” Ley said the union will try to fight for reinstallation of the mask mandate for the continued safety of the students.

The mask mandate for Alberta was lifted March 1,

and the vaccine passport program was suspended on Feb. 9. Almost all public health measures have been lifted in accordance with the provincial three-step program to “re-open” the province. Alberta is currently in step two. At step three, isolation is no longer mandatory, it will only be recommended.

It’s officially been two years since the pandemic started, according to the World Health Organization (WHO). WHO first named and announced the virus on Feb. 11 in 2020.

According to the Government of Alberta website, at the time of writing, 4003 people have lost their lives to COVID-19. Overall, more than eight million vaccine doses have been administered in the province and 90 per cent of the population (12+) have at least one shot, and 86.6 per cent had both shots.

There still seems to be some contention in Calgary as protests are still erupting across the city. An anti-restriction protest on 17th Avenue SW on March 12 resulted in a confrontation between counter-protesters and protesters.

The protesters, numbering around 2000 according to Calgary police, were met by counter-protesters near Western High School. People have come forward on Twitter questioning the police’s approach to containing the rallies. A video was shared,



As masks are no longer mandatory, wearing them has become a personal choice. Photo by Keo Bunny

showing police officers shoving counter-protesters back with bikes.

“Didn’t see such aggression towards the protesters who have made living and working in the Beltline hell every Sat for weeks,” the accompanying caption written by Calgary resident Rita Sirigano said. “In fact it almost looked like they’re in cahoots.”

The incident has also drawn the attention of Mayor Jyoti Gondek. She questioned enforcement methods regarding how the situation was handled. She also noted that this was not due to the mandates because those were all but gone. She even went as far as saying that telling the residents and shop owners to wait out the protests was shameful.

“It’s past time to support people in their communities & businesses,” she tweeted. “It’s past time to face the fact that this ‘protest’ requires more than ‘crowd control’. Enforcement must stand with the community.”

Calgary Police have responded by saying that as the situation developed, they had to “take action to avoid further escalation of the crowd and minimize the disruption to nearby residents and businesses.”

“Officers on scene collected a significant amount of evidence today and will be working with investigators to review the actions of all parties to determine any potential enforcement,” they concluded.

Russian Airstrike kills 35 at army base

A Russian airstrike battered a Ukrainian military base near the Polish border, killing 35 people. The base was a staging point for cooperation between Ukraine and NATO.

Thousands of protesters arrested in Russia

According to OVD-Info, a human-rights project working (inside Russia) over 13,000 people have been arrested in over 140 cities because of the anti-war protests.

American journalist killed in Ukraine

Esteemed journalist and filmmaker Brent Renaud has been killed while covering a story in Ukraine. His reporting partner, Juan Arredondo, was also shot and is currently recovering in a hospital in Ukraine.

THE REFLECTOR

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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: Emma Duko, Peehu Rana

STAFF WRITERS: Josh Werle, Alex Luong, Taylor Charlebois, Jed Mabazza, Mathew Hiller, Megan Creig, Cullen Chan,

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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

**UKRAINE
UPDATES**

3 helpful tips that can help manage Imposter Syndrome

Keoputhy Bunny
News Editor



Feelings of inadequacy, down-talking your own work and feeling like a fraud are all potential symptoms of Imposter Syndrome. Photo courtesy of Unsplash

If you walk into a room full of people and ask them, “Does anyone here have Imposter Syndrome?” I can guarantee at least one person will say they suffer from it. But what is Imposter Syndrome? To put it loosely, Imposter Syndrome is when someone doubts their own abilities or feels like a fraud.

Some examples of how this behavior may manifest in a professional setting can range from someone always apologizing for their actions and feeling unsure of themselves and their abilities. They may also constantly minimize their own successes. From my experience, most university students have suffered from Imposter Syndrome at least once in their life. From creatives to athletes to academics, nobody is immune to Imposter Syndrome.

So how does a person deal with something like this? It’s really easy to tell your friends to just “fake it ‘til you make it,” but in reality it’s little

more than giving a drowning person a high-five. Here are some tips that I’ve gathered from a wide variety of people that I found effective for myself. Although these tips are more geared toward people who have a creative nature, it can also generally be applied to everyone.

Everyone sucks sometimes

In a perfect world, everything you do or create has the grace and beauty of your best work. But that’s not realistic. No one is perfect all the time. Talk to anyone who produces any sort of work on a regular basis. There’s always peaks and valleys in their quality of work — no one can truly be great all the time because then their ‘great’ just becomes their new normal.

When you’re just starting out doing something, it’s easy to feel discouraged when you compare yourself to others who’ve been at it longer than you. We often forget that

the reason those people do it so seemingly effortlessly is through years and years of practice and refining their craft. They’ve probably messed up the same amount as you, if not more. Don’t believe me? Ask someone in your craft or hobby, they’ll say the same thing. Nobody necessarily goes out of their way to boast about their mistakes but everyone makes them. While the mistakes may bring up a sense of doubt and uncertainty within yourself, let that propel you to do better next time, not break you down.

Reach out

It’s probably a good bet that at least one other person in your class, workplace or even family is going through Imposter Syndrome.

Especially now that we live in such a social age, don’t be afraid to reach out to people who are doing the same things as you are and ask them about their experiences. Having comradery when

you’re feeling doubt may also help ease some of that anxiety. From personal experience, people love to impart their wisdom on those who ask, especially about something they’re passionate about. The thought of helping someone usually stirs the passion in most people and they often go out of their way to help you.

Find your ‘why’

In today’s age of technology, it’s really easy to fall into the trap of losing your purpose to a sea of Instagram likes, Facebook shares and TikTok comments. Humans are social creatures and this is the most connected we’ve ever been, but somehow, amidst all of that connection to other people we’ve lost a vital connection to ourselves.

I’ve spoken to photographers, journalists, producers and a multitude of other creatives and all of them seem to echo this sentiment: “Stop doing it for other people; do it for

yourself.” If you think a particular piece of work is good, don’t let the fear of other people’s tastes mislead you. Gratification from social media is a great way to forget the meaning behind why you’re doing the things you’re doing. If you’re motivated by other people, the absence of other people’s praise will demotivate you. But if you develop a reason, a motivation strong enough, that may help mitigate some of the doubt that comes with Imposter Syndrome.

Imposter Syndrome is something many people deal with and they’re not alone. These handful of tips are just a few that may help ease the stress and fear of failure that comes with it. Ultimately, different methods may help different people but these three tips resurface often when I speak to others. So the next time you feel that unsettling feeling of supreme inadequacy rise up again, hopefully these tips will help you out.

Editor's Pic

This issue's best photo winner

Emily Marsten

Features Editor



A Hula-hoop performer entertains the crowd at Calgary's Glow Winter Festival. Photo by Cullen Chan

The walk: Seeing downtown in a new light

Keoputhy Bunny

News Editor

Editor's Note:

With the recent daylight savings time change and the weather flip-flopping every which way, it's safe to say that spring is on the way. The semester is quickly drawing to a close and with it comes a desire for adventure. Whether it's taking a yearly trip to British Columbia, or remembering a warm walk around the city and capturing special moments, we hope these stories inspire you to think differently about your surroundings and take time to see what the world around you has to offer.

A chinook came through earlier that week and the last remnants of warm weather was starting to break off. The weight of the school semester

seemed to stare us down, like a tidal wave about to smash down on its prey. I decided to take a final stroll through the streets of downtown Calgary

before winter and schoolwork shackled us to dimly lit study rooms. So my friend and I grabbed our cameras and headed off.

We parked in front of the Harry Hays Building, where across the road, shades of reds filled the streets. Chinatown's street lamps, paper lanterns, benches and accents of buildings all wore various shades of crimson. Time and cloudy skies seem to offset the red though, making what used to be a passionate, strong, colour into something

detached and dreary. Some of the paper lanterns seemed beaten and bruised, suffering from the whim of the wind. It felt rugged but real, a place well traversed and lived in.

We walked deeper into the heart of downtown and the forest of buildings started to envelop us. I felt an unsettling sense of uncertainty, like second guessing words you spell everyday. These buildings, I had seen before. So why did I feel so impossibly small when standing in front of them? I wondered

absentmindedly about how many of myself it would take to measure the entire height of one of the buildings. The cacophony of urban sounds drowned the rest of that thought out. The honking of cars and the constant chatter of people talking amongst themselves or into their cell phones swelled the air.

No one looks up in downtown, not really. People are too busy looking down to

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Continued from Pg. 6

avoid trash ahead of them, so they don't run into other people or looking beside them to make sure their friends are keeping up. But they never look up. Maybe they just feel like they've seen it all before. For me though, standing at the base of a glass megastructure made me feel like an ant staring up at a boot. It made me feel like I was a tiny being in an infinite city.

Over the years, I've learned the importance of looking up. If I stopped to look up, really planted my feet in one place and studied the buildings, the buildings become something else. They have characteristics comparable to people. The details come out to those who look for it. I saw graffiti and posters, calling my mind back to the tattoos that inked my friends' skins.

I often looked at buildings

as details of a larger vision. Sometimes, everything fits so elegantly, like a puzzle meant for my viewing pleasure. Or maybe a painting not yet painted, simply simmering until someone is brave enough to embrace it. If I was at the right place at the right time, it looks as if the buildings had purposely left a little opening for me to glimpse at the sky.

It got dark quickly that day, I watched as the sunlight started to dissipate under a layer of clouds. Sunlight softly caressed the top of buildings lingering ever so slightly, a hand not ready to be let go.

We approached a familiar street, one that I knew I had taken pictures of before. I scanned the skyline for a familiar scene: a ray of sunlight tenderly kissing the top of buildings, a last goodbye before the sun gets swallowed up by the night.

No luck, the boundless sky

was cloudy and grey like it was holding back tears, a pin-drop away from unleashing a torrent of wet droplets.

We continued walking, pausing every so often to take more photos. My eyes landed on the nearby buildings. By themselves, they were solitary — alone in a busy world. But if I stepped a foot to the right and shifted my perspective, the middle building became flanked by its brethren. A trio of human ingenuity facing the everlasting test of time.

If something like this could be altered by a perspective shift, I wondered how that might apply to travel. I was reminded of photos I've taken on earlier trips downtown. Is the sky any less radiant here in Calgary than somewhere else? If the sky belonged to somewhere we deemed exotic like in the hills of Italy or Spain, would we learn to appreciate it more?



Sometimes even the shapes of the buildings fit together, almost like pieces of a puzzle. Photo by Keo Bunny

Deep in the urban jungle, the sound of cars and their engines seemed to have settled like tattoos on skin. Some construction workers were mulling around, perhaps to fix some piping or something beneath the street itself. Part of the concrete of the street had been removed

and a trio of construction workers stared into the depths below. What were they peering at? It seemed to take all of their attention and I wondered how many people I've caught in such an intense moment of focus and how many people have caught me in the same.

Taylor Talk: How I see the world

My trip to B.C. : Traveling and the sublime

Taylor Charlebois

Staff Writer

My sleepy eyes are fuzzy, blinded by the street lights. Maybe I'm tired because I was surfing all day, or maybe it's because I've been smoking marijuana cigarettes. Maybe it's because I had one too many ciders on the beach between runs into the water. I expect a visit from the Sandman soon.

My friends and I make a pilgrimage every year to this wild and remote place in Tofino, Vancouver, B.C. to indulge ourselves in the beauty of nature and succumb to the mercy of the ocean's waves.

It's the middle of August, the air is rich with sea salt. A freshness fills my nostrils and invigorates my senses — a reminder that I am alive. As I breathe in and out, the smell brings me back to my childhood. The salty air activates neurons and receptors in my brain that is dripping with a palpable and rich feeling of nostalgia.

We're just leaving the restaurant where we decided to have our dinner. We turn the corner to see our glorious Lincoln SUV, which I'm sure the rental company begrudgingly gave to a group of five boys. We all get into the chariot, tired and ready for sleep. Frey, whom we affectionately call Pretty Boy Frey, is the driver. He's the only one who hasn't consumed some sort of 'poison' over the day and is the responsible member of our party.

Seat belts click and we depart for our little lodge in Ucluelet, B.C.

The trip between Tofino to Ucluelet is a simple one, a few kilometers down a straight road with no lights and nothing but trees and rich vegetation. It's eerie, yet beautiful. The night fills the forest with a calm, yet romantic darkness that I can't quite put my finger on. I'm attracted to it, drawn to it. There's a silence here that gives

the sense that we are nothing but ghosts in this forest for a mere moment.

I think to myself...

I will be long dead and the trees that populate this vast expanse will continue to grow. There will be a time where my body stops working — maybe all at once, or maybe it'll be gradual.

My breathing will cease and my heart will give out. As a result, my brain cells will die. I end. Brain activity ceases and there will be nothing left of me.

No pain.

No memory, no more awareness. No more ego — I am gone. Everything I've ever done, everything I ever was, the laughing, the crying, the triumphs and the failures — gone.

Everything that is will continue without me. All the little things that make me up — the little microbes and the bacteria and all those billions of

cells that make up my hair, my lips, my eyes — and everything else, will decompose.

I will continue to feed life, I will be broken apart — and I will become a part of the world.

I snap back out of my day dreaming, as Frey puts on one of our favorite Lana Del Rey songs, "Season of the Witch." I'm sitting in the front passenger seat, the 'moon' window is open. The sea air continues to fill my nostrils.

The sky is a vast canvas of dark blues, bright lights and a deep darkness that my mind can't wrap itself around. It's beautiful to think that all of these lights and colors are coming from billions of light years away and traveling over incredible distances. We are seeing them here, in this moment.

The vastness of the universe engulfs my brain and I think: What are we to understand about this world and the things

that populate it? Beyond that, what do we really know about ourselves?

Inside all of us is someone we do not know and someone we cannot know. What can we really know about someone else? What can we know about the world, beyond understanding things on its own terms? Beyond interpreting our own lives from an objective perspective. The only ultimate result of searching forever is finding nothing larger than everything, and this kind of nothing never goes away.

Tofino is an incredible place. My friends and I go every year, every year we get better at surfing and our bond grows stronger. But I'll never forget this specific trip. This trip was when I finally settled my affair with mortality. As we pull up to our lodge, we all get out and make for our beds. Today was an amazing day.

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Euphoria: A lacklustre finale to a shining season

Emme Larkins

Staff Writer

As controversial as the topics the show disturbingly and delightfully details, the finale of *Euphoria*'s second season did not live up to the brilliant work of the previous seven episodes. Across social media platforms, many fans got heated that unnecessary music numbers and missing pieces of the puzzle took precedence over key plot points. There might be spoilers ahead. So, beware.

Show viewers were also irritated at the countless loose ends left behind by creator Sam Levinson, but this shouldn't have come as a surprise. Quite frankly, the show didn't budget their time correctly. By the second to last episode of the season, "The Theatre and Its Double," simple common sense showed that the writers left themselves with too much to cover in the finale.

My overall impression? A disappointing end to a great season.

I was skeptical of the *Euphoria* hype at first. Was it all spectacle and shock value? Or was there a real story being told? I began watching the first season shortly before this latest finale aired, and while watching the first season, I wasn't convinced *Euphoria* lived up to the hype.

Then season two arrived and I fell deeply and madly in love with the drama, and (most of) its characters. Many

say the show romanticizes the lifestyle of Rue with substance use issues, played by Zendaya, but that's not my take. *Euphoria* tells the story of a broken person, struggling with a multitude of mental illnesses and the loss of her father. Generation Z was essentially born into an opioid crisis. To solve addiction and all that comes with it, we must first understand what triggers people like Rue.

Euphoria manages to shed light on important issues like drug addiction, gender identity, and mental illness, all the while producing an entertaining show.

This is where the second season finale faltered. While packed with surprises, and those previously mentioned loose ends and cliffhangers, the pace was clumsy and the important stuff seemed to fall behind the unimportant.

Let's start off simple — Elliot's three and a half minute song which he ends by saying "I'm still working on it." As much as I love Dominic Fike and his angelic voice, I was left screaming at my screen. I hope he was "working" at cutting a verse or two. The metaphor Sam Levinson tried to convey sorely missed the mark and took away from the meaty bits fans were dying to sink their teeth into.

Moving on, Fezco (aka Fez), played by Angus Cloud,

finished off the season as a fan favourite. By wooing playwright Lexi, played by the genius Maude Apatow, Fez definitely won our hearts. A key player in what many said was the most enthralling plot point of the finale, Fez's home, where he deal drugs, is raided and it doesn't end well. The brutal scene ends with gunshot after gunshot, including one that seriously injures Fez and another that kills his "brother" Ashtray.

I was left weeping with no assurance of whether or not our beloved Fez will return next season. My prediction is that Sam Levinson is not so cruel and all of our Flexi dreams will come true. Sadly, no predictions will be confirmed until season three is released nearly two years from now.

The entire episode revolved around Lexi's play, a true story about her life and friends. In the show, many were fans and applauded her work. I say it was a noble try for Lexi but I do hope it's the last we see of her writing. Much of what I attribute to Lexi falls on the shoulders of Sam Levinson, who essentially used the play to retell the story of the entire series thus far. Unnecessary much? Absolutely. I think Lexi will have some explaining to do to her sister and friends come next season.

Lexi's play is interrupted by



Kat played by Barbie Ferreira and Maddy played by Alexa Demie gasp watching Lexi's, Maude Apatow, school play. Photo Courtesy of HBO

juicy plot points that deserved to be more central to the show. This includes Cal Jacobs as Eric Dane, being sent to prison for child pornography by his son Nate, played by Jacob Elordi. In this scene, we see Nate pull up to a ramshackle warehouse where he finds his dad embracing his new queer journey with a gaggle of what we can only assume are his new besties? Confusing.

I predict, and I truly hope this one doesn't come true, that we'll see Fez and Cal doing jail time together next season. Who knows, maybe in prison Fez gives Cal a taste of what his son experienced at the infamous

New Year's Eve party?

As I said, the finale left us with more questions than answers. Like, will Rue continue her journey through sobriety? One can only hope, but something tells me her journey won't be so smooth. As viewers, we are still under the impression that another hungry drug dealer is still out there waiting for her. I'm looking at you Laurie, aka Martha Kelly.

When it comes to the beef between Maddy, played by Alexa Demie, and Cassie, as Sydney Sweeney, we must heed Maddy's advice in her closing line.

"This is just the beginning."

OUT'N ABOUT

Dinner & a Movie

Catch a screening of *Slumdog Millionaire* accompanied by a custom dinner menu at Heritage Park's Gasoline Alley on Wednesday, March 30. Tickets are available online.

Alberta's Photography Festival

EXPOSURE has been extended to March 27. Support your local and international emerging photographers at Contemporary Calgary.

James Vincent McMorrow Live

Watch James Vincent McMorrow play at The Palace Theatre to promote his new album *Grapefruit Season* on March 25.

Stride Gallery Exhibitions

Stride Gallery presents emerging artist Tanisha Wesley's Warhpanibi's artwork on Stoney culture and Megan Feniak's writing and woodwork for Starlit Verme. Both exhibitions are up until April 22.

Review: *The Batman*

Gotham has a new dark knight

Peehu Rana

Contributor



The bat, played by Robert Pattinson, and the cat, played by Zoë Kravitz, return to the big screen. Photo Courtesy of Warner Bros. Pictures

“Fear is a tool.” Bruce Wayne says in his opening monologue in Warner Bros’ newest *The Batman*, and immediately this version of Batman feels moodier and more serious than the previous iterations. Matt Reeves brings a darker tone to Batman that feels more comic accurate to Detective Comics’ (DC) famous superhero. The film is much different compared to other superhero movies and is more of a psychological thriller and noir film - which is very befitting for “The World’s Greatest Detective.”

The film has a talented cast lineup — with Robert Pattinson playing the caped crusader and Zoë Kravitz as the infamous cat-burglar Selina Kyle. Along with amazing performances from Jeffrey Wright as James Gordon, an ally of Batman, and Andy Serkis as Batman’s butler and mentor, Alfred Pennyworth.

Pattinson’s version of Batman is some what new to the vigilante business but remains to be the most serious and brutal iteration, yet also showing a more broken and human side to the Dark Knight. Kravitz’s performance as Catwoman shows a more vulnerable side to Selina Kyle, while still exuding confidence and a mysterious nature. The two actors depict the evident chemistry of their characters in the film.

Stepping up to take the challenge of portraying the titular role - Pattinson makes the character his own, depicting the unresolved trauma and brooding nature of Batman. Reeves does an excellent job of showcasing not only the character’s combat strength but also fully displaying his deductive skills and intelligence.

But what is Batman without his enemies? In this

movie, the caped crusader goes up against the Riddler and Oswald Cobblepot, best known as the Penguin, played by Paul Dano and Colin Farrell, respectively. Dano’s portrayal as the Riddler is easily one of the more captivating performances in the film. He brings a chilling interpretation of the wordsmith as he displays a genius and dangerously unhinged version of the comic villain.

Scenes with Pattinson and Dano were always filled with tension and curiosity as the Riddler puts Batman to the test in the film. Farrell’s performance as Penguin showed just how much fun he was having while playing the role. Both Farrell and Dano’s portrayals are one of the best iterations of Batman villains in a live-action film as they set the tone for the film and are characters who are larger

than life. Their performances sell the dark and lawless city of Gotham.

The Gotham City in this movie feels and looks very similar to the city in Rocksteady studio’s video game trilogy, *Arkham* — a very popular Batman franchise, and the same can also be said with the look and feel of the characters. Gotham City in the comics is a bleak and dangerous city full of corruption and ruled by crime, and so far Reeves’ interpretation of Gotham has been the best live-action depiction yet. For fans who enjoyed the *Arkham* games, this Gotham would feel the closest to home as it shows the terror and chaos that plagues the city.

The Batman depicts a Batman that is more comic accurate than any iterations of the iconic character so far. The film truly feels and looks

like a Batman movie and goes back to the characters’ noir comic origin. He is shown to be more human and the film emphasizes that idea as it shows how he is different as a superhero without superpowers. The hero is designed to create fear in criminals while he attempts to be a symbol of hope for the city of Gotham and its residents.

Composer Michael Giacchino puts out a brooding and mysterious soundtrack that befits the film, as music played an important role in the film to set up Batman and Catwoman’s characters in each scene. Reeves’ film keeps the audience glued to the screen and makes them feel as if they are a part of the Batman universe as each character feels like they are from the same world while utilizing them to their fullest potential.

Review: *Donda 2*

A disappointing sequel

Spencer Yu
Photo Editor



Kanye West mentions Pete Davidson a lot, further cementing his breakup with Kim Kardashian as a key element on this album. Photo courtesy of 100 Entertainment

Kanye West, in my opinion is one of the most interesting artists of all time. Not only in the music space but in the art space as well. Practically revolutionizing rap music in the early 2000s, he defined an entire generation of new artists and new music. However, he is not without his faults. From famous incidents like disrupting Taylor Swift at the VMAs to his very controversial and disturbing music video for the song “Famous.” However, his most recent breakup with reality star Kim Kardashian might be the most notable yet. He has allowed that experience to define a large part of his work moving forward from music videos put out and certainly this new album *Donda 2*.

Before we talk about the album, however, we must first talk about the Stem Player

which the album is exclusively released on. It’s an interesting device that allows users to sample certain parts of the song, loop them and change the volume, essentially allowing users to remix music from a small device. It is a cool idea in concept and one that I had fun playing around with.

However, there are two glaring issues I can see with this. Firstly, there is no official way to listen to this album without the Stem Player. Secondly, West thinks that this album is so earth-shatteringly awesome that people are willing to pay \$250 to listen to it. For him to assume that his fans, no matter how devoted, are going to spend \$250 to listen to one album is a decision that is at best short sighted and at worst completely idiotic.

Now with that out of the

way, we can talk about the album itself. Released just six months after *Donda*, *Donda 2* fails on all fronts to live up to the original. *Donda* was a bloated, albeit largely enjoyable album with some of West’s best works in the last few years especially with the tracks “Jail” and “Hurricane.” However, West is releasing *Donda 2* in incremental updates over time. What is currently released right now does not nearly come close to being as enjoyable as the original. It isn’t entirely bad however as there are some enjoyable tracks on the album that I thought were worth mentioning, most notably the track “Easy” featuring The Game. I particularly liked the use of the Eazy E sample

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From 2 to 3

Peach Pit

Columbia Records

Score: A -

In the mid-2010s we heard a new sound enter the indie pop-rock genre. Peach Pit became something of an overnight success when their self-titled song went viral. Their conversational lyrics paired well with muted melodies and their ‘sad pop’ genre captured our attention.

Now, the band is onto their third studio album. It’s the Peach Pit we all know and love but they’ve waded into new waters—or they’re trying to. The album is more patient than past releases. It’s simple and pleasant, quiet and comfortable. And this works well in the front half of the record but the back half does tend to blend together a fair bit.

Still, there are definite high points to this album. “Up Granville” and “Pepsi on the House” are sure to become favourites for many Peach Pit fans and “Vickie” has a certain charm to it. Some of the songs even have a clear country influence like “Give Up Baby Go.” The twanging guitar strings are yet another new flavour for the band.

Overall, the album might be the perfect release for summer. It’s a road trip album. It’s warm and makes me feel like I’m outside a gas station after a long drive, Pepsi in hand, as the sun sets on a hot day.

- Megan Creig

The Batman Soundtrack

WarnerMedia Companies

Score: A +



One of the most anticipated films of 2022 has arrived and the soundtrack for it is top-notch. *The Batman* includes a 29-song original motion picture soundtrack which was composed by Michael Giacchino. The composer is known for his work in blockbuster movies including *Up*, *Ratatouille*, *Planet of the Apes* and *Spider-Man: No Way Home*.

The Batman is a gritty and dark detective comic book film with beautiful cinematography that showcases some of the Dark Knight’s rogue gallery including Catwoman and The Riddler.

As a composer, Giacchino made separate themes for the main characters of the film as well.

The Batman’s main theme encompasses a slow build-up with a gentle introduction of string instruments. But as the song progresses, percussion and brass instruments are

prominent and join in to make an intense and iconic theme that can stand toe-to-toe with past iconic Batman themes by famous composers Hans Zimmer and Danny Elfman. Catwoman’s theme is composed perfectly. It is less intense than Batman’s main theme, as it mainly focuses on simple piano elements that give listeners a mysterious, seductive noir tone that accompanies the character well throughout the film. The Riddler’s theme starts quietly then plummets into a whirlwind of orchestral madness making an immediate impact that makes you uncomfortable and is a great theme for the film’s mysterious villain.

Overall, Giacchino’s themes elevate the film as a whole and immerse viewers more in this dark and haunting city of Gotham with its villains and heroes.

- Cullen Chan

Continued from Pg. 11

and I loved The Game's verse on the track. West's verse however, while not being terrible is far from great. Despite the controversy with using a skinned monkey as the cover for this single, I thought that it was generally alright compared to the rest of the songs on the album.

"Pablo" featuring Travis Scott and Future was also a decent banger to listen to. But I found the hook despite being catchy to be a little too long and repetitive. That, paired along with a set of fairly plain verses means that "Pablo" is a run of the mill trap banger that does nothing spectacular but nothing bad either.

On the other hand, a vast majority of the album comes across as something that was rushed out with multiple songs being under two minutes long with abrupt starts and stops. On top of that all of West's top quality rapping that made him so enjoyable to listen to for almost the last two decades is almost completely gone.

Instead, we get some of the worst West bars ever penned.

A standout being on the track "Broken Road" where West goes: "Baby I'm free baby I'm free/ Like a homeless person." That is something I would come to expect from a rapper's first attempt at putting words together and not a man that has revolutionized the rap scene. There are also very blatant jabs towards Pete Davidson that come across as not a well articulated diss but something that was said just for the sake of it being said. Saying things like he's gonna "beat Pete Davidson's ass" on the track "Easy" and how he is going to "put his security at risk" on the track "Security."

There is very minimal polish in terms of the rapping or the production for a large number of the tracks. If we were to compare it to West's previous works, it is very subpar. If this was something that was put out by an amateur rapper it would almost be passable on the basis that there are some bright spots on the album here and there

such as the instrumental on the track "Broken Road" and other previously mentioned tracks like "Easy" and "Pablo." But for someone with such a storied and legendary career, it just comes off as something that was rushed and lazy.

They say that the bigger the star the faster it burns and in this case it might be true. Kanye West has a history of putting out smash hit albums that inspire and are incredibly enjoyable to listen to time and time again. With classics like *The Graduation Trilogy* and *My Beautiful Dark Twisted Fantasy* he certainly has a history of making incredibly enjoyable albums that in some cases can define an entire generation of music.

However, *Donda 2* is an incredibly flawed album and what makes it disappointing for me is the fact that I know he can do so much better. *Donda 2* is a strange and poorly executed look into the mind of West as he goes through this dark chapter in his life and all we can hope for is that he finds his way out of it soon.



Donda 2 is Kanye West's 11th studio release which was put out a mere six months after the original. Photo courtesy of 100 Entertainment



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The top five craziest endings in the last five years of March Madness

Jed Mabazza
Staff Writer

With March Madness well underway, let's take a stroll down memory lane and look back at the top five best game endings over the last five years.

Florida vs. Wisconsin (2017)

The fourth-seeded Florida Gators went head-to-head with the eighth-seeded Wisconsin Badgers with a ticket to the Elite Eight on the line for both teams. For much of the first half, Wisconsin led the game. Eventually, the Badgers ran out of gas and were trailing by two at the end of the first half. The Gators took advantage of this opportunity in the second half and led by as much as 12 points with five minutes left in the frame. But Florida went on a scoring slump and much to their surprise, Wisconsin responded by cutting the lead down by three with 6.5 seconds left in regulation.

Nigel Hayes inbounded the ball to Zak Showalter who drains a contested three-pointer to send the game into overtime. The teams go back and forth in overtime with Wisconsin edging out in front after two made free throws from Hayes, giving Wisconsin a two-point lead. With four seconds left and trailing by two, Chris Chiozza runs down the court

with a full head of steam and leans forwards to heave a three pointer. Swish! The Gators narrowly make it out by one point to advance to the Elite Eight.

Kentucky vs. North Carolina (2017)

The Kentucky Wildcats matched up with the North Carolina Tar Heels in a game that would award the winning team a spot in the Final Four. The Tar Heels took care of business for all of the first half and most of the second half maintaining a consistent lead. But the Wildcats were able to get their first lead of the night with six minutes and 41 seconds left in regulation, and went up by a thin margin of five points. The teams seesawed against each other in the final minute of the game.

Kentucky's lead vanished and North Carolina went up by three points with 34 seconds left in the second half. After a few turnovers, missed shots and timeouts, Isaiah Briscoe passes the ball to Mailk Monk who drains a three with 7.2 seconds left in regulation. But the real kicker here is how quickly North Carolina responds on the inbound.

While the crowd is still cheering, Theo Pinson quickly brings the ball down the court and passes to Luke



Zion Williamson, now a household name in the NBA, missed a huge free throw that cost the Blue Devils. Photo courtesy of Keenan Hairston

May. May shoots a long two-pointer and yup, dagger! North Carolina wins by two points on clutch shooting from bench player Luke May. I'm surprised Kentucky lost this one considering they had Bam Adebayo and De'Aaron Fox, both of whom are considered future NBA stars.

Houston vs. Michigan (2018)

The third-seeded Michigan Wolverines matched up against the sixth-seeded Houston Cougars. The stakes were high for both teams as a win would seal them a spot in the Final Four. Dare I say, both teams put their blood,

sweat and tears into this game.

It was a nail-biting night as both teams went back and forth with 16 lead changes and 12 ties. But it was the 17th lead change that sealed the fate of the

Continues on Pg. 14

#S

1, Four of the five playoff games played by Cougars men's hockey were decided by one goal

40, Tom Brady's retirement lasted 40 days

99, The MLB lockout lasted 99 days

9, Jacob Markstrom has nine shutouts and counting, one shy of the Flames' franchise record

Continued from Pg. 13

Wolverines. In the final 16 seconds of the game, Michigan had possession of the ball and was down two points. The score was 63-61. Moe Wagner inbounded the ball to Xavier Simpson. Simpson passes it to Isaiah Livers. Livers quickly passes it to team captain Muhammad-Ali-Abdur-Rakman who drives in for a non-contested layup to try to tie the game. And no go with 3.8 seconds remaining! Michigan intentionally fouls Houston to send Devin Davis to the line.

All seems lost for Michigan, but Davis pulls a Ben Simmons at the line and chokes both free throws. Michigan calls time to draw the final play. The ball is inbounded to Abdur-Rakman at midcourt, Abdur-Rakman passes to Jordan Poole and launches a three pointer at the last second. And bang! Michigan's season is saved by the hands of a freshman. At the time of writing, Poole actually drained back-to-back threes after trailing against the Denver Nuggets to give the Golden State Warriors the dub on March 10, 2022. The kid is still clutch when it matters.

North Carolina vs Villanova (2016)

With a championship on the line, the North Carolina Tar Heels and the Villanova Wildcats knew what was at stake. Neither team had a substantial lead in this game, it was a hard-fought battle through and through.

North Carolina trailed by six points with a minute and 39 seconds left in regulation. But they were not going to give up easily.

North Carolina bounced back and tied the game on the heels of a Marcus Paige three-pointer. Villanova calls timeout with only 4.7 seconds left in regulation. The ball is inbounded to Ryan Arcidiacono. He runs down court while forward Daniel Ochefu sets the screen to clear the defender. Arcidiacono shovels it to Kris Jenkins for the three! Bang! The Villanova Wildcats beat the buzzer!

Jenkins' clutch game-winner gave Villanova their first national title in 31 years.

However, Jenkins, who drained one of the biggest shots in Villanova's history, went undrafted in the 2017 NBA Draft. He may have made a long shot to win the championship, but I guess he was a longshot for the NBA.

University of Central Florida vs. Duke (2019)

This is by far one of my favorite endings in the 2019 NCAA Tournament. The University of Central Florida (UCF) Knights and the Duke Blue Devils went to battle to earn a spot in the Sweet 16.

For the most part, the entire game remained competitive for both teams. UCF took an early lead in the first half and then lost it to Duke. Both teams went back and forth exchanging single-digit leads without any signs of letting up from either team in the final minute of regulation.

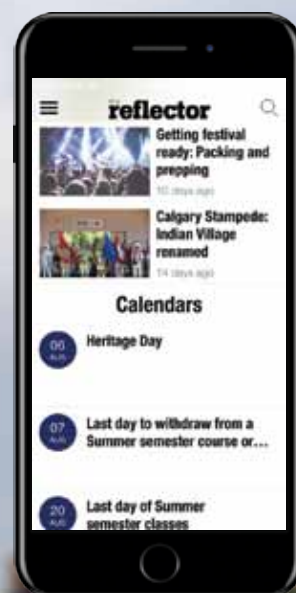
With 45 seconds left in the game, UCF was up by three points after two successful free throws from B.J. Taylor. Zion Williamson attempts to tie the game with a three-pointer but the shot rattles out. Javin DeLaurier grabs the offensive rebound and passes to Cam Reddish. Reddish hogs the ball for five seconds and decides to pass to Williamson again. Williamson drives into the paint to lay it up over seven-foot-six Tacko Fall at the rim.

Zion draws the foul and gets an and-1! Zion misses the free throw, which is ironic because Williamson is now missing many games for the New Orleans Pelicans. But RJ Barret cleans it up at the rim with a putback to give Duke a one-point lead. UCF tries to get the lead back with 8.1 seconds left but B.J. Taylor misses the layup and his teammate, Aubrey Dawkins misses the two-point tip shot. Duke narrowly wins by one point on the shoulders of Williamson and Barret who went on to be drafted first and third overall in the NBA Draft that year.



Today, Jordan Poole, a former Michigan Wolverine, plays for the NBA's Golden State Warriors. Photo courtesy of MGoBlog on Flickr

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Russel Wilson trade sparks mixed initial reactions

Gage Smith

Sports Editor

Legendary Seattle Seahawks quarterback Russel Wilson was traded to the Denver Broncos on March 8. In return, the Broncos sent a package including quarterback Drew Lock, tight end Noah Fant, defensive lineman Shelby Harris, picks in the first, second and fifth rounds of the 2022 draft and in the first and second rounds of the 2023 draft.

Wilson played for the Seahawks from 2012-2021 and Seattle is the only franchise he's ever suited up for professionally.

The 33-year-old quarterback has two years left on his contract. Though the Broncos are giving up a haul, they should be in store for several quality years from the all-time great. Though some commentators such as *The Sporting News'* Vinnie Iyer argue that the Broncos gave up too much for him, Denver fans are excited that they've gotten their hands on a star quarterback who they hope can lead them to their first Super Bowl since Peyton Manning.

Manning had the most wins by a quarterback in his first 10 seasons, racking up 105. He has a considerable leg up on the GOAT, Tom Brady, who had 97, good for third all-time. So who ranks second? Wilson, at 104.

The day after the trade, Wilson tweeted his farewell to Seahawks fans. Though he brought the city a championship, many believe he checked out years ago which caused the team's recent struggles. In fact, according to *The Athletic*, some of Wilson's own teammates thought so, too.

Seahawks wide receiver DK Metcalf wasn't one of them. After the trade (and the departure of linebacker Bobby Wagner from the squad), Metcalf penned a farewell letter on Instagram.

"Man, this one hurt. These two men have taught me so much not only about football, but about life. From Russ calling me after I got drafted to throwing me my first touchdown to teaching me how to swim and just taking me under your wing, bro I thank you," Metcalf wrote.

While the Broncos look forward to building around their shiny new centerpiece, the Seahawks' immediate future doesn't look as bright. While they still have longtime head coach and Super Bowl champion Pete Carroll under contract until 2025, the loss of a talent like Wilson will likely put a dent in the team's hopes for a playoff run.

What Seattle lost in talent, it gained in assets. The Seahawks have eight picks in the 2022 draft, 10 picks in 2023 and the third-most cap space in the NFL. They may not be a Super Bowl threat next season but don't be surprised to see this team



Wilson will see his first change of scenery since he was drafted nearly a decade ago. Photo courtesy of Larry Maurer

bounce back quickly. They have the means to pick up players through every avenue: via trade, the draft

and free agency.

With Wilson's change of scenery, the NFL's landscape has shifted. Only time will

tell if the Broncos were smart to go all-in or if they gave up too much for the disgruntled star.



Russel Wilson looks to be Peyton Manning's successor as a superstar quarterback leading deep playoff runs for Denver. Photo courtesy of Gage Skidmore

Playoff updates for every Cougars team

Josh Werle
Staff Writer

Making the playoffs is the ultimate goal for any sports team. Teams spend months battling day-after-day for a shot to compete in the playoffs and win their league's ultimate prize. Only one team can call themselves champions and this distinction is what all of these teams work for all season long.

This is no different for many of Mount Royal University's (MRU) teams, as the Cougars have battled since the beginning of the school year for a chance to play against the best teams in the country during the playoffs. Both the men's and women's Cougars teams for basketball, hockey and volleyball have made an appearance in their respective playoffs. Let's take a look at where the various Cougars teams have ended up this postseason.

Men's Basketball

The Cougars men's basketball team finished their season with a record of 7-9. This led them to take the fourth seed in the Canada West Central division and earned them a spot in the Canada West playoff tournament. They managed to defeat Thompson Rivers University (TRU) in the first round before ultimately being defeated by the University of British Columbia (UBC).

UBC had only lost two games during the regular season.

Women's Basketball

The women's basketball team had an ending remarkably similar to the men's team. They ended their season with a 5-11 record, also leading them to the fourth seed in the Canada West Central division. In the playoffs, they also defeated TRU in the first round but were ultimately defeated by the University of Winnipeg (U of W). The U of W had also only lost two games during their regular season play.

Men's Hockey

After a slightly difficult start to the regular season, the MRU men's hockey team went on a tear during the winter semester. They had a seven-game winning streak which led them to the third seed in the Canada West division with a record of 13-6-1. In the playoff quarter-finals they dispatched the University of Regina, going 2-0 in their best of three series. They then took the UBC to a game three in their semi-finals best of three series but ultimately dropped the third game.

Women's Hockey

The women's hockey team

had a fantastic regular season that saw them finish with a 16-2-2 record. Eleven of their victories in the regular season saw them score three or more goals against their opponents. They headed into the playoffs on a five-game winning streak but couldn't find the offensive success that they had in the regular season. They lost to the University of Saskatchewan in two very close one-goal games.

Men's Volleyball

The men's volleyball team finished with a record of 7-11 during the regular season, which led them to the third seed in the Canada West Central division. Ultimately they were unable to find playoff success this season, dropping games to Brandon University, Trinity Western University and TRU.

Women's Volleyball

The women's volleyball team finished the season with a 14-4 record, securing the second seed in the Canada West Central division. They went on a six-game winning streak in the regular season, all were shutout victories. At the time of writing, they currently have a perfect 3-0 record in the playoffs and are seemingly true contenders for this year's U SPORTS championship.



MRU's Madison Marshall goes for a spike. Photo courtesy of Huskies Athletics



MRU's Mark Dewit rises to the occasion. Photo courtesy of Trinity Western University



Cougars forward Riley Sawchuk fires a shot. Photo courtesy of Rich Lamb



Rachel Oszcewski (left) and TRU's Anneke Cairnie (right) battle for possession. Photo courtesy of Adrian Shellard



Cougars Holt Tomie in the paint. Photo courtesy of Lethbridge Sports