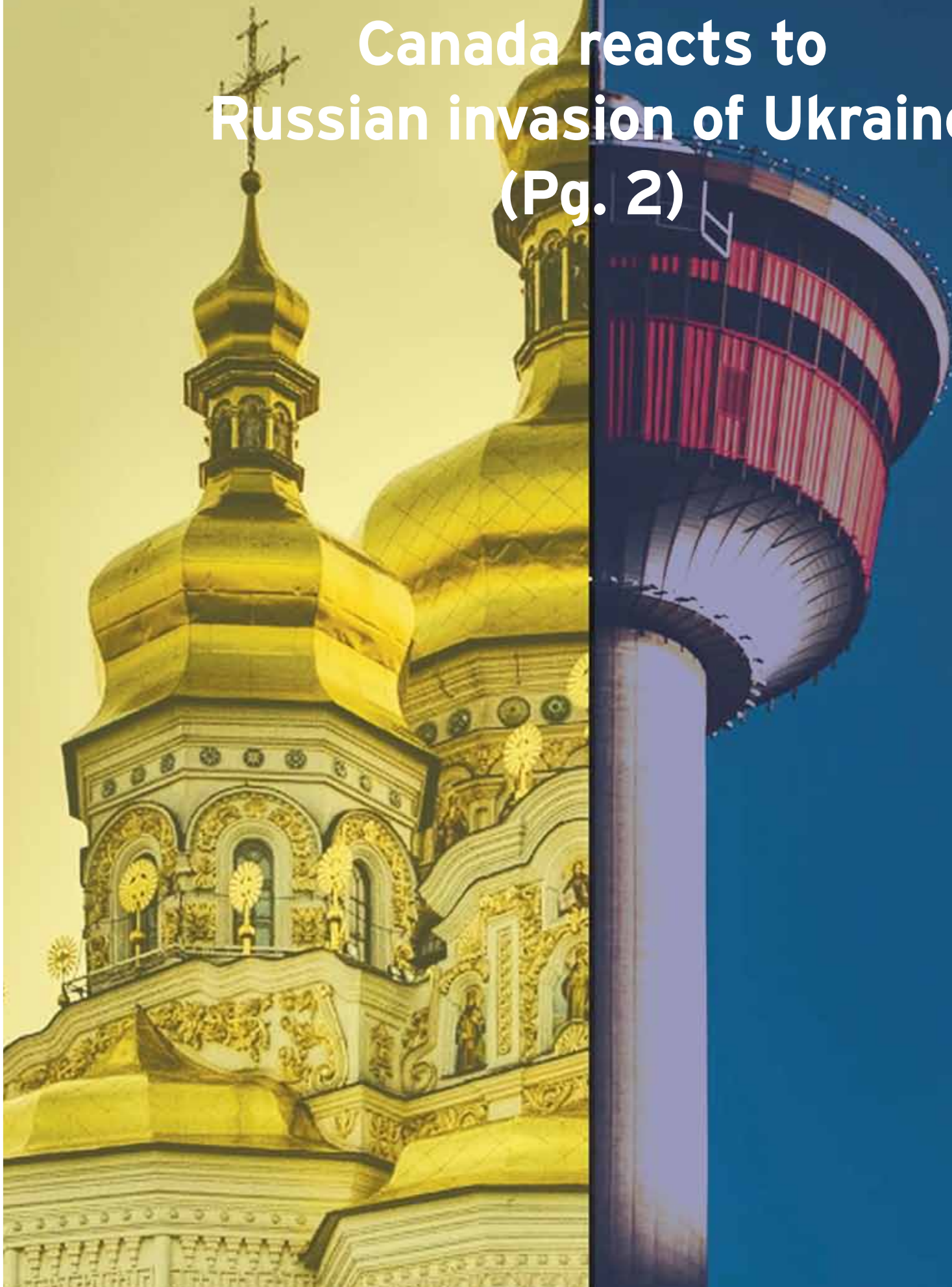


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Canada reacts to Russian invasion of Ukraine (Pg. 2)



World leaders condemn Russia's invasion of Ukraine

Mikaela Delos Santos

Web Editor

On Feb. 24 in Moscow, Russian president Vladimir Putin released a televised speech about Russia's intentions to conduct "a special military operation" in Ukraine. According to Putin's speech, "[The] goal is the protection of people who, during eight years, suffer from abuse and genocide from the Kyiv regime." Several world leaders have condemned this decision—the following are some statements and reactions from leaders and figures around the world from the time this article was written.

Alberta and Canada

On Feb. 23, the office of the Prime Minister, Justin Trudeau, released a statement condemning the attacks. The statement quotes that "in the face of these attacks on Ukraine, Canada will take additional action to stop Russia's unwarranted aggression. We continue to stand with Ukraine, its people, and the Ukrainian Canadian community here in Canada. Russia's brazen acts will not go unpunished."

On the same day, Jason Kenney stated in a livestream that "...The people of Alberta stand in solidarity with Ukraine and the people of Ukraine at this moment of great challenge." On Feb. 24, Calgary Mayor Jyoti Gondek released a statement stating support for the Ukraine — the statement quotes that "The City of Calgary has raised the flag of Ukraine at the Municipal Building to show support for a sovereign nation under a horrifying and unprovoked attack."

The Alberta Gaming, Liquor

and Cannabis (AGLC) agency has pulled any Russian-made liquor off the shelves in Alberta and banned the sale of it, effective on Feb. 27.

The Government of Canada prohibited any Russian-owned, chartered, or operated aircrafts from entering Canadian airspace on Feb. 27, effective immediately. The closure will remain until further notice.

The United States

US President Joe Biden has released a statement censuring Russia's attack on Ukraine on Feb. 23. The statement proclaims that "President Putin has chosen a premeditated war that will bring a catastrophic loss of life and human suffering. Russia alone is responsible for the death and destruction this attack will bring." The statement also announces the White House is regularly monitoring the situation.

According to *TIME Magazine*, Biden has offered Ukrainian President Volodymyr Zelensky a chance to evacuate but he refused to do so. In a tweet by the Ukrainian Embassy to the UK, Zelensky is quoted as saying "The fight is here; I need ammunition not a ride," to Biden.

European Union

EU European Council President Charles Michel and European Commission President Ursula von der Leyen also released a statement condemning the Russian attack on Ukraine on Feb. 24. The release quotes that "The EU stands firmly by Ukraine and its people as they face this unparalleled crisis. The EU will provide further political,

financial and humanitarian assistance."

In another release by Michel on Feb. 27, the EU is organizing humanitarian, financial and defensive assistance. Sanctions are also imposed and European airspace is closed to Russian airlines. Michel also states that he is in constant contact with Zelensky.

NATO

In a statement released on Feb. 25, NATO informs the public that the North Atlantic countries, along with the EU, Finland and Sweden, have gathered to discuss Russia's attack on Ukraine. NATO has deployed defensive land, air and maritime forces across the NATO area and have incited defence plans. According to NATO, these measures are "preventive, proportionate and non-escalatory."

The Treaty organization condemns the invasion and states that Russia is wholly responsible for this conflict.

A joint statement from the leaders of the European Commission, France, Germany, Italy, the UK, Canada and the United States condemned the Russian invasion of Ukraine. Rigid economic and financial measures are applied on Russian banks and institutions, as well as President Putin.

These measures include the following:

- Removal of Russian Banks from the SWIFT messaging system. This will prevent Russian banks from access to the international financial networks and halt their ability to operate on a global scale.

- Imposing of stern measures to prevent the Russian Central Bank from using its international



Ukrainian President Volodymyr Zelensky has garnered international acclaim after refusing to evacuate his country in order to defend it. Photo courtesy of Wikimedia Commons

reserves.

- A commitment to limiting the sale of citizenships (or golden passports) for Russian oligarchs to avoid access to financial systems.

- A commitment to launching a transatlantic force that identifies and freezes assets of sanctioned individuals and companies. These sanctions also go beyond Russian officials, elites with close connections to the Russian government, their families and enablers with additional enforcement measures.

- A coordination against

disinformation and other hybrid warfare.

Ukrainians have known Zelensky, a former comedian, after playing a high school teacher turned president on the Ukrainian TV series *Servant of the People*. According to *BBC*, his 2019 presidential candidacy was seen by the public as a joke, but came to win 73 per cent of Ukraine's vote. The president promised to fight corruption as well as bringing peace in Eastern Ukraine. Zelensky also graduated with a law degree and co-founded a TV production company.

Death of Latjor Tuel sparks controversy across Calgary

Keoputhy Bunny

News Editor

The shooting and death of 41-year-old Latjor Tuel shocked many Calgarians and now some of them demand justice. Traditional and social media has exploded with comments from experts and citizens alike questioning the use of lethal force in this situation. There have even been demonstrations downtown demanding justice for Tuel.

At around 3:30 p.m. on Feb. 19, the Calgary Police Service received a call about a man who was physically harassing pedestrians on 17th Avenue Southwest. Supposedly, he was carrying a stick and a knife and had

assaulted a woman passing by. Calgary Police stated they tried to de-escalate but to no success.

The Alberta Serious Incident Response Team, an independent agency that investigates incidents that have resulted in serious harm or death, was also called in to investigate. They assert that as Tuel approached the police vehicles that surrounded him, a K-9 unit was released. The K-9's handler supposedly pulled the dog back as Tuel kept advancing. In the following 'altercation,' the statement said, Tuel stabbed at the K-9 unit as it bit him and officers used tasers on

him.

In the following struggle, Tuel was shot multiple times. Emergency Services tried to resuscitate him but was unsuccessful. Tuel was pronounced dead at the scene.

Videos of Tuel's death circulated online on various social media platforms. As the video garnered more views and information about his death spread, questions about appropriate force started to arise. Tuel's family as well as members of Calgary's South Sudanese community, have taken to traditional and social media to express their outrage

about how the situation was handled. Information also came out that Tuel was a child soldier in his home country of South Sudan and was struggling with post-traumatic stress disorder.

His daughter, Nyalinglat Latjor has set up a GoFundMe fundraiser for funeral expenses and legal expenses. The money, she says, will also go towards a lawyer "who will help us get answers." At the time of writing, the GoFundMe has raised over \$80,000.

She states that the police executed her father and he was an upstanding member of Calgary and the South Sudanese community.

"Calgary PD is already trying to spin the story to fit their narrative, but they outnumbered him and chose deadly violent force instead of de-escalating the situation," Latjor wrote in the GoFundMe description. "We live in a society where a Black man's life is worth less than a dog."

Calls for more investigation have come from an advocacy group in Calgary. Calgary Black Chambers says that this is one incident in a disturbing trend.

"We believe that there is a fundamental issue with the protocols used by the police that continue to result in death and injury of our fellow citizens," CBC said in a press statement.

They're calling for a public inquiry "into the training and protocols followed by the police in Alberta, beyond the scope of the Alberta Serious Incident Response Team's investigation."

Mayor Jyoti Gondek also had opinions about the incident.

"Loss of life in our city is tragic at any time, but the loss

of Latjor Tuel is particularly devastating. He was in crisis and we are left with so many questions," Gondek tweeted on Feb. 22. "While we await an investigation, we question de-escalation methods and use of lethal force. We question why mental health support is not embedded within community policing."

Calgary police Chief Mark Neufeld held a live press conference to address the shooting on the same afternoon, defending his officers. He pointed out that the information alleging that Tuel had mental health issues had only come out after the incident. When the officers responded, Neufeld says, it was not for a mental health check, it was for an armed assailant.

"The call the police responded to was not, when reported, about mental health. It was a complaint of an assault involving a man in possession of a knife and a stick," Neufeld stated.

Neufeld also asserted that he did not believe this incident had anything to do with Tuel being Black, rather that he was armed.

His daughter, Latjor, states that he was working to support family back home in South Sudan.

"He loved his community, he loved his family, he loved this country," she told *Global News*.

More questions seem to pop up though. A protest on Feb. 25 was held to demand justice for Tuel's death. At the steps of city hall, Latjor gave a speech that called out the treatment of her father.

"I want to know why they did not give him the dignity he deserved," she said. "Why did they deploy the K-9? Why was his body left there after the fact?"



A collection of flowers and balloons placed in honour of Latjor Tuel at 17th Avenue, where the incident took place. Photo by Keo Bunny

No strike for MRU; Agreement ratified

Alex Luong

Staff Writer

Mount Royal University (MRU) and the Mount Royal Faculty Association (MRFA) have ratified a new collective agreement for the period of July 1, 2020 to June 30, 2024 on Feb. 18, 2022.

According to the report made by the mediator, Lyle Kanee, the terms both parties agreed upon were compensation and benefits, clarity, job security, tenure and promotion. However, there were topics that required more discussion and analysis like workload and the appointment categories such as Senior Lecturer. Kanee recommends that both parties establish a task force to review these topics.

The contract also includes a total of 3.25 per cent increase in salary over the course of the contract period. The first will be effective on April 1, 2023 and it will be an 1.25 per cent increase. The second increase in salary will be effective on Dec. 1, 2023 and it will be a 1.5 per cent increase. Then on Feb. 29, 2024, an additional increase of 0.5 per cent will be applied.

The total costs of benefits such as dental and extended health care will be shared between the Board and the MRFA members. The total contribution of an individual member will not exceed 20 per cent of the total costs of the dental and extended health care premium. The total cost of benefits premiums for

life insurance is paid 100 per cent by the Board.

"There was a sense of relief among many faculty, and certainly among students, that we had found a way to reach a new collective agreement with the university," MRFA president Lee Easton said to *CBC News*.

The Students' Association of Mount Royal University (SAMRU) also played a hand in the negotiations. According to Easton, SAMRU's words and actions drew attention to the need for more flexibility in bargaining. SAMRU said during the bargaining process, they were in constant communication with faculty officials for updates while urging the party to find common ground in recognition of student struggles, course changes, tuition increases and more.

The strike had many students anxious including Ian Parsons who posted on Reddit, expressing that the teachers, educators and mentors of MRU should take students like himself into consideration in regard to the new agreement.

"I need you to be made aware that I am not alone on campus, I need you to know that lived experiences have taught those with disabilities to suffer in silence lest we be made an example of. I have the benefit of graduating at the end of the semester so while these changes won't affect me, they will have an enormous impact on those



The new agreement means that there'll be no strike for MRU and classes will finish on time for winter semester. Photo by Alex Luong

who will come after and that is why I'm sticking my neck out to make my voice as a student heard now," Parson said on the post.

SAMRU Representative Executive Council President Spirit River Striped Wolf said that he and his team "are happy that students can continue their semester uninterrupted and without the anxiety of not knowing what would happen to them if a strike were to occur."

Elsewhere in Alberta, the University of Lethbridge (U

of L) is on its second week of the strike after failed negotiations with their administration and more than 600 days without a contract. The U of L's Board of Governors say they are in less of a position to meet the salary demands of the faculty members on strike. This is due to the reduction in the operating fund of U of L by 5.1 per cent for the year of 2022 and 2023. Both sides have claimed that the other side is not willing to return to the bargaining table.

THE REFLECTOR

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Masks on

MRU has decided that masks will be in place for the full duration of the winter semester until April 30.

Vax Verification suspended for MRU

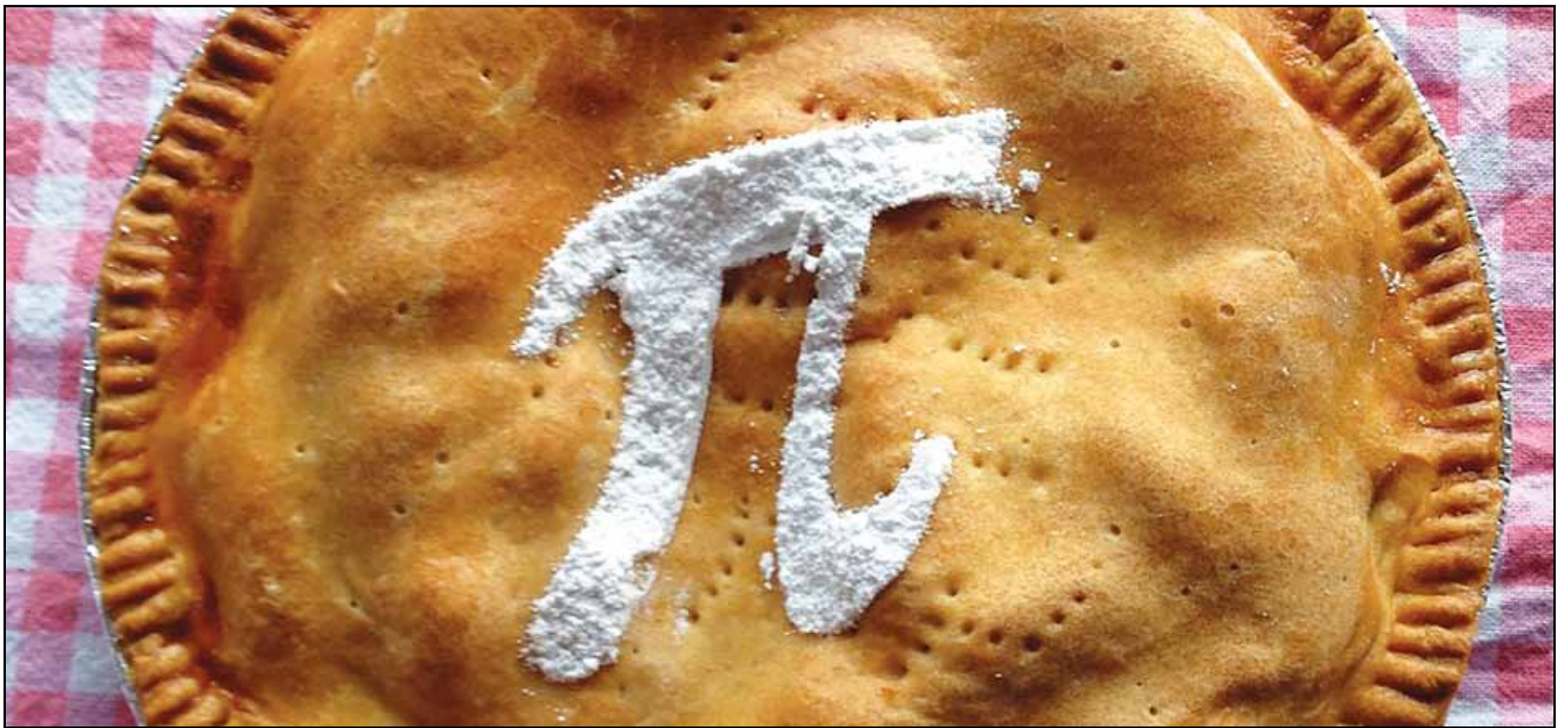
MRU is suspending the need for vaccine verification for guests to come to campus and to enroll in classes or to attend the rec centre.

Alberta enters Step 2

Some of the restrictions lifted in Alberta include capacities on large venues, indoor and outdoor social gatherings and mask mandates other than in high-risk areas such as public transit.

It's a slice to celebrate Pi Day

Zach Poole
Contributor



What better way to celebrate the number Pi than by treating yourself to a Pi themed pie! Photo Courtesy of Wordpress

There are contests to see who could ramble off the most digits of a never-ending number, pizza parties and of course, eating pie. These all combine into festivities that make up one of the most entertaining, yet mysterious, holidays being celebrated throughout grade schools all across the world.

March 14 marks Pi Day, a holiday designated to celebrate the mathematical number used to represent the ratio of a circle's circumference to its diameter. The number itself is roughly 3.14, hence the choice in the date, but in reality the number continues infinitely.

Pi is often represented in mathematics by the Greek letter π . The exact origin of Pi is not well documented, however, the Greek mathematician Archimedes

is known to have been an early user of the number. As a result, Pi is also called the "Archimedes constant."

Pi Day is said to have started in 1988 in San Francisco at the Exploratorium, a museum dedicated to math, science and the arts, as a way to bring the centre's staff together for a social gathering.

The first ever Pi Day featured marching throughout a circular room while blasting the digits to Pi on a boom-box and to cap it off, the group was served fruit pies. The man credited with coming up with Pi Day is Larry Shaw, an employee of the Exploratorium.

He would frequently dress up in costumes at the annual celebration, where he was dubbed the Prince of Pi. Shaw would lead the

annual Pi day parade at the museum and continued to partake in the festivities even after his retirement in 2005, after 33 years with the Exploratorium.

Shaw passed away in 2017 at the age of 78. The festivities have evolved and continued annually at the Exploratorium, however, how the celebration shifted into mainstream academic culture is still shrouded in ambiguity.

Presumably, the Exploratorium's festivities simply became popular enough that they were noticed and eventually adopted by schools and other academic institutions.

Coincidentally, March 14 is also the birthday of Albert Einstein. Pi Day celebrations often include references to the famous scientist

and a rendition of "Happy Birthday."

A common tradition on Pi Day is Pi digit memorization and recitation, also known as Piphilology. Various techniques including poems have been developed to aid in the memorization of Pi, using the number of letters in each word to reference each digit of Pi, a popular one that covers the first 20 digits is:

"Sir, I have a rhyme excelling, In mystic power and magic spelling, Celestial spirits elucidate, For my own problems can't relate." — Unknown

The current Guinness World Record for Piphilology was set in March 2015 by Rajveer Meena, who correctly recited 70,000 digits over the course of more than nine hours.

An unverified but generally

accepted record claim goes to 100,000 digits, set by Akira Haraguchi.

Haraguchi's record attempt was filmed over the course of 16 hours, however, Guinness has not accepted it as an official record attempt. Various other dates have also been observed as holidays in relation to Pi, including Nov. 10 which is the 314th day of the calendar year. Tau Day, celebrated on June 28, is in reference to the ratio of a circle's radius to its diameter, or approximately double Pi equalling 6.28.

After 31 years of celebration, Pi Day was officially recognized as the International Day of Mathematics by UNESCO in 2019 and continues to be a popular holiday throughout academic communities all over the world.

Cabin memories: Sometimes unexpected change can be good

Megan Creig

Staff Writer

I remember pulling up to the cabin each summer, windows down, gravel popping under us as we edged down the side of the mountain in an overfull van, canoe clutching at the roof. Every summer, we would unpack the necessary bits into the cabin as quickly as possible. The long drive almost always left us racing against the setting sun. Yet, without fail, we would make our way down the zigzagging path to the beach and to the lake, just as the sky began to flush pink. It was tradition.

This tradition was a bit of a hand-me-down. My grandpa had built the cabin when my mom was still a kid. They would spend every summer in the cabin and relished their time at the lake. We did too. Because it was so close to their hometown, these visits were also how I saw my grandparents for most of my childhood. My memories of them and the cabin are very

much intertwined.

The cabin itself was quaint. It was two levels packed into an A-frame build — kitchen, dining room, living room and a single bedroom, all unaltered since the late '70s. There was also no running water, but this never bothered me as a kid. In fact, it was exciting because it meant we got to go brush our teeth outside under the trees and stars. During the daytime, I painted rocks, made potions in the woods, collected snail shells and practically lived splashing in the lake. Evenings were spent outside too, with meat sizzling on the barbecue as old rock anthems blared on the radio.

Life went at a different pace there. The cabin was in its own little stress-free bubble. I think maybe that's why losing it was so hard.

While we did our best to maintain the cabin during summers, the rest of the time the work fell on my

grandparents' shoulders. That, combined with how isolated their hometown was meant that they eventually had to move. When they made the decision, the cabin had to go up for sale too.

I don't remember exactly what I felt when I found out it had sold, but it's safe to say it felt like there was a cabin-shaped hole in my life. I do remember that the first few summers afterwards felt empty and bland. This was my happy place. It's where I felt most at peace. Without it, what did I have to look forward to when life would suck a little more than usual?

I did eventually find things to look forward to but something much more important came out of the loss. For years, I would see my grandparents once a year. Now, they lived in my city, mere blocks away. They could finally come to band performances and sports

games. I visited their house for tea and movie nights. We had road trips and long conversations. These are experiences that I would never have had if they hadn't moved and that's something I feel so fortunate for now.

My grandpa passed away last year. When I think of the cabin now, I think of fond memories with my family. I think of a landmark in my grandpa's long, amazing life that I got to share. I think of him.



Seven year old Megan Creig shares a moment with her dad, Doug Creig. Photo courtesy of Megan Creig

Editor's Pic

Emily Marsten

Features Editor

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



On Jan 24, 2022, Calgarians walking by Peace Bridge were treated to warm weather and good music brought in by the chinook. Photo by Dylan LeDuke

Taylor Talk: How I see the world

Why getting into shape is important to me

Taylor Charlebois

Staff Writer



Changing your lifestyle takes time and dedication. For Taylor Charlebois, a big part of this has been making frequent trips to the gym. Photo by Spencer Yu

When I was a kid, I imagined my future self as an in-shape adult who had his life together. I'd see movies and TV shows of these pseudo-buff actors doing awesome things and I just figured that that's where I was headed. I guess I had high hopes for myself.

Oh boy, was I in for a shocking surprise. As my early twenties quickly came, my body was in no state to reflect my pre-determined physique.

My diet consisted of Twisted Teas, cigarettes and a handsome Wendy's order that would make any fast-food-enjoyer blush.

I felt like I had the body of a prepubescent boy, but with the face of a mid-20s adult man with a beard that added years to my ghastly visage.

These bad habits would continue until what we've so affectionately dubbed the COVID-19 pandemic. I remember it vividly, I was having a Britney Spears moment — I buzzed my head, and upon looking at the sad, puffy, grimace in the mirror I realized I was 'skinny-fat.'

How could this happen — when did this happen? The adult, muscle-bound, has-his-life-together version of myself that I wanted was long gone. A beautiful lie that I conjured up for myself, I suppose.

Staring into the mirror, I felt like I looked like a puffy-faced, horrific physical creature — I made a life altering decision.

I started my fitness journey on May 1, 2020.

Okay, so part of the battle is won, right? Wrong.

But how do I start this physical resurgence? Do I start running? Stretching? Throwing weights around? I had no idea, where the heck do I start?

A rigorous internet search would suggest what I like to call a "Mount Everest" mound of workout regimens, fitness plans and nutritional schemes.

It didn't matter, I was committed. I didn't want to hide a double chin beneath a beard for the rest of my life.

The beginning was the hardest part. I decided I wanted to try my feet at running, as well as traditional weight lifting. This was going to be my humble beginning. I'd alternate between these two exercises, so that one day I'd run and the other I would lift.

Running proved to be the most difficult, as I'd attempt running a kilometer or two (or until my very out-of-shape, over smoked, asthmatic lungs would give out).

Running sucked and I quickly abandoned it. Weight

lifting however, became a new favorite part of my daily routine. The slow yet very rewarding experience of getting stronger and feeling better, became an amazing catharsis in my daily life. Eventually, my sleep would become the refreshing experience I had heard so much about.

The unique set of challenges would not end there. They say going to the gym is the easy part — but for me, the true battle, the thing that separates the men from the boys, was the war waged in the kitchen.

Nutrition is just as — or even more important — than actually going to the gym or

going for that run, bike ride or whatever chosen exercise may be.

Food and nutrition is an incredibly important and very complicated iceberg. One so dense with information that people spend years upon years studying. What's most interesting is that nutrition is so personal to each and every one of us. One thing may work for some, while something else may work for others.

This challenge helped push me to spice up my culinary game, because eating scrambled eggs every day for breakfast would prove to get old very quickly.

It's a welcome challenge

though. We're only given one body and it would remiss of me to waste an opportunity to see what my body can do. Almost two years later, I'm happy to say I'm still on my fitness journey. I've accomplished things I'm incredibly proud of, while still working hard towards completing other goals.

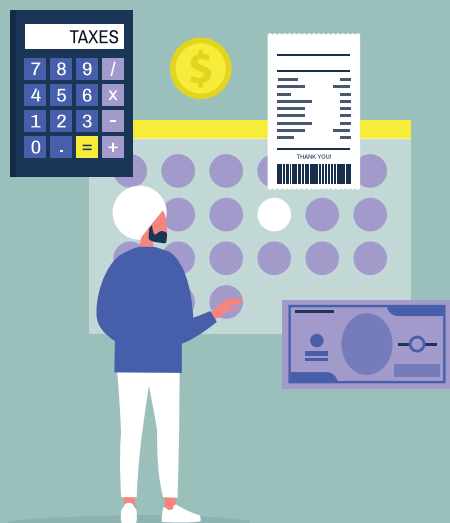
I'll leave you with a quote I read once that inspired me, so I hope it inspires you, my dearest readers.

"It is a shame for a man to grow old without seeing the beauty and strength of which his body is capable." — Socrates



Two years later, Taylor Charlebois is still chasing his "Arnold" physique through nutrition and trips to the gym. Photo by Taylor Charlebois

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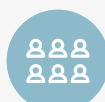
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Dr. Dre returns with *The Contract*

A brief but spectacular slice of hip hop now available on all major streaming platforms

Spencer Yu

Photo Editor

Dr. Dre is one of the most influential figures in the hip hop scene. Starting off in the group World Class Wreckin Cru and forming one of the most influential rap groups, N.W.A. From there, Dre has worked with and discovered some of the most notable rappers in the industry such as Eminem, 50 cent and Kendrick Lamar. His latest release *The Contract* further cements him as one of the most popular and talented artists in the industry. First released in December 2021 as part of an expansion for *Grand Theft Auto Online*, *The Contract* is now available on all major streaming platforms.

This album is jam-packed with well known rappers including Eminem, Rick Ross, Anderson .Paak, Snoop Dogg, Busta Rhymes, Nipsey Hustle and Ty Dolla \$ign. It also featured two relatively lesser known artists with the likes of Thurz and Cocoa Sarai. With such an incredible lineup of artists both new and old, it is no surprise that *The Contract* is a largely enjoyable album that combines elements of both classic hip hop and more new school.

The features were for the most part pretty good, however, I was left wanting a little bit more from two artists – namely, Cocoa Sarai and Thurz. Standout features for me on this track are Snoop Dogg for his incredible hook on the album “ETA” and Anderson .Paak going back to back with Dre, and for doing the hook on “The Scenic Route.”

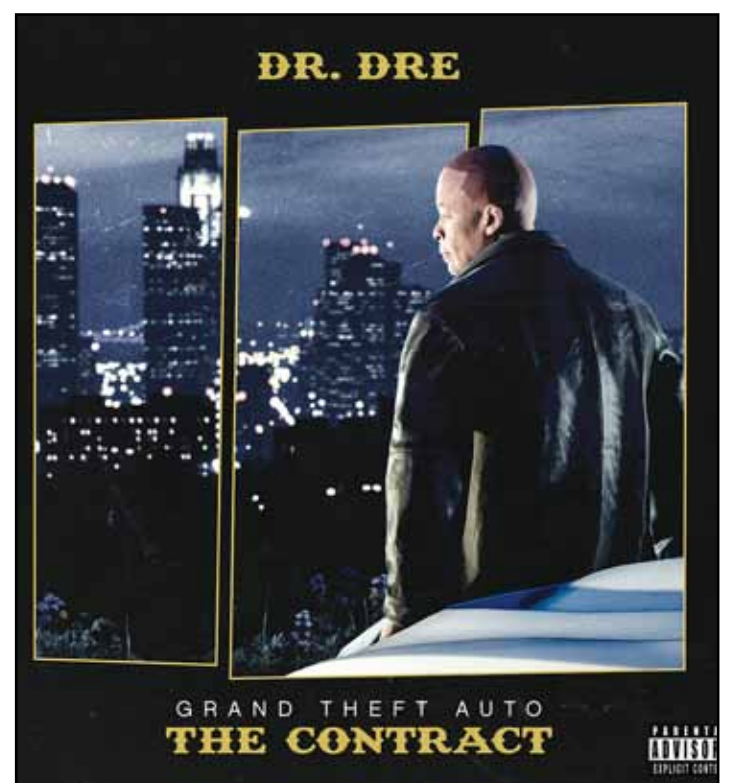
Eminem appears on the track “Gospel” with his technical, or fast wordplay which over the last decade has been hit or miss, but personally I felt he performed very well. Although they didn’t have a huge standout moment on the project, the additions of Rick Ross, Nipsey Hustle, Busta Rhymes and Ty Dolla \$ign on the album was also enjoyable.

I would have liked to see Cocoa Sarai and Thurz do a little bit more than just a refrain and a hook on the track “Fallin Up.” However, instead of just Dre on all the verses he could have had Cocoa Sarai and Thurz go back to back on the second verse — I felt that their performance was

enjoyable to listen to and may introduce more fans to those artists.

The thing that I liked the most about *The Contract* was how well it was able to incorporate and pull off both a contemporary and classic west coast hip hop sound. Tracks like “ETA” and “The Scenic Route” sound like something you would hear off of Dre’s 1992 album *The Chronic* while tracks such as “Gospel” and “Fallin Up” sound more akin to modern hip hop. It’s this type of versatility that speaks to Dre’s ability and how he seeks to continue to adapt in the hip hop space. Another thing that I really liked was the drums. It’s such a small detail but on the more old style tracks the drums sound so organic and lively. Given Anderson .Paak’s involvement with this project I wouldn’t be surprised if he was the one on the drums.

If I were to draw one complaint about this release, it is that there is no central theme tying the songs together or any sort of worldbuilding going on. However, given the context of this release I feel that



After a hiatus of almost 7 years Dr Dre returns with “The Contract” available as part of the GTA Online expansion of the same name and on all major streaming platforms. Photo courtesy of Rockstar Games

this is okay given that it was originally made for *Grand Theft Auto Online* and wasn’t meant to be some kind of grand concept album.

In conclusion *The Contract* is a solid release from Dre with some strong features

and incredible production. It brings a little bit of classic West Coast hip hop to 2022 as well as some more contemporary tracks and overall is a very well put-together package.

OUT’N ABOUT

Sistine Chapel Exhibit

Immerse yourself in Michelangelo’s famous Sistine Chapel paintings at the BMO Centre. Tickets can be purchased online for \$30.

Live Music at Commonwealth Bar and Stage

Canadian ensemble Said The Whale is performing at Commonwealth Bar and Stage on Mar. 19, tickets are being sold online for \$25.

Penguin Walk

Every day at 10:30 a.m., watch the King penguins march around the Calgary Zoo until mid-March, this event is subject to change depending on the weather.

Exhibits at The Edison

The Glenbow Museum will remain closed until 2024 but you can visit The Glenbow Museum’s satellite location for free at The Edison.

Dispatches from the Calgary Underground Documentary sheds light on city's art scene

Leah Hart

Contributor

Dispatches from the Calgary Underground provided a beautiful and intimate insight into some of Calgary's contemporary art scene. Through the eyes of artists and creators, stories and perspectives on creating art in Calgary were shared. This documentary was a celebration of stories from local artists, venues and initiatives in the city we live in. If you're new to the city like I was back in July, checking out *Dispatches from the Calgary Underground* Documentary organized by Foreignerz, a local multidisciplinary art house, will be the inspiration you're looking for to get out and explore! Try something new, meet new people, check out that place you always drive by. I could write for days about the documentary and the stories shared through the *Dispatches from the Calgary Underground*, but for now, here are some of my favourite stories.

Dispatches from the Calgary Underground shed light on the controversy around the Black Lives Matter mural that can be found in Chinatown. As someone who identifies within the Black, Indigenous, and people of colour (BIPOC) community, this was a particularly intriguing segment in the documentary for me. Pink Flamingo, artist Jae Sterling and art collective SANSFUCCS collaborated to paint "The Guide & Protector" which is the first of four supported by the City of Calgary, offering \$120,000 to create four murals by Calgary artists who identify as a part of the BIPOC community.

The controversy arose around the mural's initial location, which was chosen to be the location of an

already high profile mural located on 7th Ave. With the outrage and backlash from locals, another location was found in Chinatown next to the derelict site of the old Calgary Indian Friendship Centre. This site's meaningful connection, in my eyes, was a beautiful tribute to the BIPOC community as a whole. The documentary shared, at times uncomfortable, yet very honest, shots of people who verbally attacked and harassed the artists while working on the mural day and night. This shows just why we need these types of representation so desperately throughout the city.

Racism in Calgary is still incredibly present, but these artists and murals provide hope for change. The mural depicts a black man and woman with a red rose between them with falling petals, each holding a horn of a brown bull as they can be seen floating in a sea of vibrant purple clouds and a bright blue sky. The mural was inspired by John Ware, a Black Calgary pioneer and cowboy who arrived in Calgary in 1882. This incredibly powerful mural allows viewers to interpret it in their own way, finding meaning that is based on their own experiences. For me, it tells the story of finding your power and owning it. I hope that everyone takes some time to admire the mural and its location.

The documentary paid tribute to an iconic club co-owned by Pete Emes that closed its doors after 15 years of live music, dance parties and art galleries due to COVID-19. The Hifi Club was a staple part of Calgary's Beltline district. It hosted and supported local artists



Beni Johnson, founder of 10@10, is featured in "Chapter Six: The Art of Building" in this documentary series. Photo courtesy of FOREIGNERZ Media

in developing their skills and fanbase in addition to hosting more well known names such as Diplo, Jamie Lidell, Chromeo and Spankrock. An unequivocal pillar in Calgary nightlife that made me, as an outsider, feel like I too could have found a home in the community that the club supported. *Dispatches from the Calgary Underground* showed the club's devotion to its community by ensuring safety and inclusivity. The connections it sought out with its artists was meaningful and the environment was exhilarating. Hifi Club looked like a place I wanted to spend my Friday nights.

The rise of hip hop in Calgary is largely supported

by 10@10, which is a multi-dimensional platform that encourages art, music and Black culture in Canada that was developed in 2011. Since then it has evolved into a hub in Calgary for education, urban arts, special events, community and more.

Dispatches from the Calgary Underground showcased Beni Johnson as the man behind the inclusive platform for music and culture in Calgary. Johnson was an exciting person to learn about, not only because of what he's done for the community but because he is one of Mount Royal University's own! Completing a degree in computer science and business, he later studied

media and design at SAIT where his passion and dedication for hip hop blossomed into 10@10.

His idea for 10@10 began by introducing 10 artists at 10 p.m. for 10 minutes each that featured rappers, r&b singers, reggae artists, poets and more. Johnson stated that the foundation was built by artists for artists who are passionate about creativity and collaboration. The documentary showcased Johnson's vision for being the voice of emerging artists and culture in the hip hop industry. He believes that supporting your local artists provides them with the opportunities to grow and shine.

Move over. No really, we're playing couch games

A definitive list of video games that will make or break your relationships

Megan Creig

Contributor



As a tip for Nintendo Switch players, check out Reddit forum r/NintendoSwitchDeals for the newest deals! Photo courtesy of Unsplash

When I was younger, I could spend hours watching my older brothers play video games. Console to console, game to game, I looked on as they completed quests, fought enemies, collected virtual items, leveled up — the works. And on occasion, I got my turn as well. The best days, however, were when we would play together.

One of the crowd favourites was Band Hero. This Activision release consisted of nearly 70 songs with various compositions of lead or bass guitar, drums and vocals. Small hands and a dismal sense of rhythm made most of these

instruments a little too challenging for me but not vocals. You couldn't convince eight-year-old Megan that she wasn't destined for stardom.

But as we got older, our ever elaborate basement concerts became more of a rarity. We invested more time in our other friendships and saved video gaming for family nights. This went on for a couple of years, until the first lockdown.

By April 2020, I had packed everything up from my university dorm and was headed back to my parent's house with a lot of spare time on my hands. My brothers

were in the same boat. Like nearly everyone else, we wanted to find something to fill the time while we were stuck at home. So we played video games. And just like before, the best of these were the ones we played together.

Now that we're out of lockdowns and life has returned to its usual busyness, it seems especially important that we still make time for basement concerts, for time spent with family and friends. So without further ado, I present my list of couch games that will

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The Dream

Alt-J

Infectious Music
and Atlantic
Records

Score: A -

For indie and electronica lovers, *The Dream* is quite literally a dream come true for longtime fans of Alt-J. The four-year wait for their fourth studio album was definitely worth it. It is another great success for the British ensemble. *The Dream* serves as a playground for their stylistic expression, its slow pace unique from their other albums makes this the perfect winter listen.

"U&ME" had me reminiscing of "Taro" and "Hand-made" from their well-known album *An Awesome Wave*. While the slower tracks "Get Better" and "Philadelphia" set the mood for the rest of the album. My favourite standout track "Get Better," featured their lead singer, Joe Newman, and his raw and raspy voice which complemented the

mellow guitar strums and lyrics such as "Your shyness stoked my boldness." It was a match made in heaven, perfect for fans of The Lumineers and Bon Iver.

My only critique is the lack of distinction between each song. At some moments it felt as if I was listening to one long track rather than three different songs, which was a little disappointing for a 12-track album.

Go ahead and take your daily walk while listening to this album, you'll clear your mind with those melodramatic notes.

- Astrid Cunanan

Once Twice Melody

Beach House

Sub Pop

Score: B +



Beach House is back after four years with an 18-track, four-disc album titled *Once Twice Melody*. At an hour and a half long, *Once Twice Melody* has an almost ridiculous amount of time to explore different sounds and wow its listeners. Even with an expansive tracklist, the Beach House duo have created an intimate, in-depth story across four chapters. Only listening to *Once Twice Melody* isn't really an option, you lose yourself in it.

Once Twice Melody comes in hot with dreamy guitars and fiery synth, with image-laced lyrics to tie it all together, but it feels like they only have meaning when they come from lead singer Victoria Legrand's sweet voice. I talk often about cohesiveness within albums but none do it greater than Beach House's distinct sound.

For me, the best track on

Once Twice Melody is the coming-of-age sounding "Illusion of Forever." It sends me back to my mid-teens, literally listening to bedroom pop late at night and sending me into a world separate from my own.

The only thing I found myself hoping for on this album was something that made me think "oh, this is new." I can admit that Beach House's sound has evolved, but it hasn't necessarily changed, leaving me hoping for something a little harder, a little odd if you will.

Overall, this album creates a feeling of comfort and coziness I applaud Beach House for *Once Twice Melody* and its ability to captivate my attention for an hour-and-a-half.

- Abbie Riglin

Continued from Pg. 11

either make or break your relationships, hopefully the former.

Overcooked

Developer: Team17, Ghost Town Games

This game had me in tears the first time that I played it with my brothers. We laughed so hard that our parents had to tell us to keep it down more than once. The game essentially is a co-op cooking experience. It can be played by one to four players, sometimes in teams, sometimes individually, always chaotically.

In each level, you're tasked with collecting coins that will help you in your adventures in the Onion Kingdom. To do this, you have to prepare, cook and serve food to temperamental customers before they walk out. Your task is made easier, or more impossible, depending on the competence of each of your co-chefs.

Overcooked can be played

on PlayStation 4 and 5, Nintendo Switch, Xbox One, macOS, Microsoft Windows, Linux and Amazon Luna.

Unravel Two

Developer: Coldwood Interactive

Unravel Two is another game that puts your success in the hands of your partner and their success in yours. You play as a Yarny, connected to your fellow yarn-being by a single thread. But as you navigate through platforming puzzles that thread has a major role. You can use the thread to manoeuvre your partner over harrowing gaps and up steep climbs. That is, unless your accomplice finds it more entertaining to drag you to your doom.

You can explore the beautiful, engaging and amusing world of Unravel Two on PlayStation 4, Nintendo Switch, Xbox One or Microsoft Windows.

Rayman Legends

Developer: Ubisoft

Montpellier

This game is another platformer made more fun as a co-op. The premise of Rayman Legends is that you are sucked through the world of each painting to partake on crazy adventures. But the game itself sucks you in with beautiful art and captivating levels. These levels are challenging enough to make the game worthwhile but they also feature a forgiving checkpoint system that will keep you from throwing your controller at the screen or your fellow players.

Rayman Legends can be played on PlayStation 3 and 4, PlayStation Vita, Nintendo Switch, Xbox One and 360, Microsoft Windows, Google Stadia or Wii U.

Minecraft: Bedrock Edition

Developer: Mojang Studios

Minecraft is timeless. It's been over 10 years since it was first released but frequent updates keep this

sandbox game fun for any adventurer. The exploration is endless in Minecraft and players are free to build, fight, farm or generally do whatever they wish. Local split-screen play also lets you bring a friend along for the journey without need for complete coordination. Essentially, this game is a fun way to collaborate with a friend or family member without driving yourself crazy in the process. That said, if you play with your siblings like I did, you might want to turn off explosions and fire spread in your menu.

You can play it on PlayStation 4 and 5, Nintendo Switch, Xbox One, Series X/S, Windows 10 and 11, Windows Mobile, Samsung Gear VR, Fire OS/TV and Android or iOS.

Literally any Lego video game

Developer: Traveller's Tales

I've played way too many Lego games over the years. The first one I ever tried was

the 2008 Lego Batman. This release was heavily inspired by Tim Burton's movies, including the soundtrack by Danny Elfman. The levels were charming and nostalgic and even today, I enjoy playing this game. I've also tried Lego versions of Indiana Jones, Star Wars, Marvel's Avengers, Pirates of the Caribbean, Harry Potter and so on. There's a Lego game for everyone at this point. Whether you prefer to play through stages and past enemies with your fists, a sword, a wand, or crazy powers this game is made more entertaining with a partner.

Depending on the version, these games can be played on a wide variety of platforms. The games are available on PlayStation 2, 3 and 4, Nintendo Switch, Xbox One, 360 and Series X/S, GameCube or Wii and Wii U.

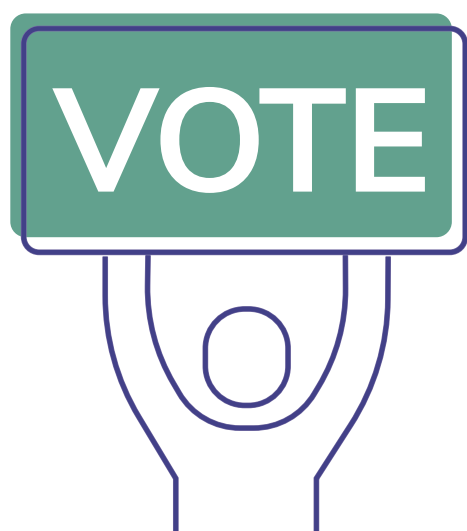
Honourable Mentions:

It Takes Two, Mario Kart 8, Rocket League.



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samru.ca



March 14–17 Representation Executive Council (REC) Elections

Voting Opens
Mar 14 at 10am

Voting Ends
Mar 17 at 5pm

samru.ca/elections

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students' association
of mount royal university

How will the 2022 NBA Playoffs shake out?

Jed Mabazza
Staff Writer

With less than 30 games left in the regular season, it's that time of the year when early NBA playoff predictions start pouring in. Let's take a look at how the current top six seeded teams from each conference might fare in the playoffs this year.

Eastern Conference

The first batch of Eastern Conference teams we'll examine is the first round exits.

Boston Celtics

The sixth-seeded Celtics are no longer the mediocre team that we saw at the beginning of the season. This team looks hungry with Jayson Tatum returning to his former self. They also boast the fourth-best defensive rating in the league according to basketballreference.com. Boston doesn't look like they're slowing down anytime soon, but their current roster isn't

designed for playoff contention just yet. I think they may fall short in the first round.

Cleveland Cavaliers

The fifth-seeded Cavs are no longer in the shadow of LeBron James. They are on track to make their first playoff birth since LeBron left them in 2018. The Cavs are bursting with talent in Darius Garland, Evan Mobley, Jarrett Allen and Caris LeVert. What's crazier is their core has yet to hit their prime. Cleveland has been a pleasant surprise this season, but without previous playoff experience to lean on, the Cavs may only be as good as a first round exit.

This next group will likely survive the first round but fall just short of the conference finals.

Chicago Bulls

Billy Donovan's Bulls deserve a lot of credit. They currently



Luka Dončić has been playing on another level lately, which should push the Dallas Mavericks to the second round. Photo by Erik Drost

stand right at the top of the Eastern Conference standings, an impressive feat for a team that hasn't had key players Lonzo Ball and Alex Caruso as of late January.

There's no doubt that the Bulls are going to make their first playoff berth for the first time in four years. While they are led by perennial All-Star talent in DeMar DeRozan and Zach Lavine, none of their core players have proven themselves in the playoffs. I don't see the Bulls making it past the second round but that doesn't mean they won't make it a competitive series.

Milwaukee Bucks

Don't underestimate the heart of a champion. The fourth-seeded defending

champs still have what it takes to come out of the Eastern Conference. The only concerns for Milwaukee are health and bench depth. If their big three can stay healthy, they will continue doing what they do — play winning basketball. But if not, can their bench offer some relief? I'd say it will be tough for the Bucks to last through the second round if they only rely on their big three.

Finally, we'll take a look at what will probably be the Eastern Conference Finals matchup this year.

Miami Heat

Like the Bulls, Miami has been dominating the league despite struggles with the injury bug. Their big three in Kyle Lowry, Bam Adebayo and

Jimmy Butler have shared the court for only 415 minutes this season according to NBA.com. This places them as one of the lowest-played trios in the league.

All that is to say, the Heat are going to be a destructive force once healthy. They have a competitive advantage in any playoff series because their whole trio has been to the finals since 2019. Lowry even won a championship. These guys know how to outlast the competition and I am sure they can make it through the first two rounds, especially with Tyler Herro and Duncan Robinson coming off the



Can Jayson Tatum lead his surging Celtics past the first round? Photo by Erik Drost

Continues on Pg. 14

#S

11, Canada placed 11th in the weighted medal rankings, securing four gold medals

4, Canada placed fourth overall in the total number of all medals, winning 26

3-2, The final score of the women's hockey gold medal game between Canada and the USA, which Canada won

16, The number of gold medals won by Norway, who won the most gold medals and total medals at 37

Continued from Pg. 13

bench.

Philadelphia 76ers

The third-seeded Sixers are in a better position to contend now than they were before February's trade deadline. The acquisition of James Harden definitely raises the ceiling of Philly's offense. The team has overachieved, riding on the shoulders of Joel Embiid, who is playing the best basketball of his career. If the Sixers can figure out how to play with the league's most ball-dominant player in Harden, I am sure they can make noise deep in the playoffs but ultimately fall short in the conference finals.

Western Conference

The following teams, Memphis Grizzlies and Denver Nuggets are good enough to make the playoffs, but not to win a series this year.

Memphis Grizzlies

The Grizzlies have been a huge surprise this season. They are a young and hungry team fuelled by the likes of Ja Morant who shows flashes of MVP Derrick Rose, Jaren Jackson Jr. and Desmond Bane. This team is serious about winning.

The Grizzlies rank top five in offensive rating according to basketballreference.com, which is a testament to the talent they have. But this young team hasn't made a deep playoff run yet and the pressure might just prove too much for them in the first round.

Denver Nuggets

The sixth-seeded Nuggets are imposing their will on teams when reigning MVP Nikola Jokic does what he does best — dominating. The biggest problem for the Nuggets is having players who can help relieve the scoring load off the "Joker."

The good news is that their two key players, Jamal Murray and Michael Porter Jr. will be medically cleared to play before the end of the season. But if the Nuggets end up without Murray's and MPJ's services in the postseason, I don't see them being more than a first round exit.

The next two teams will survive the first round but not the second.

Dallas Mavericks

The Kristaps Porzingis trade certainly left a hole at the center position, but it made room for more

minutes for Jalen Brunson, Spencer Dinwiddie and Davis Bertans. Couple that with Luka Doncic, who has been quietly dominating in his own right by posting 27.5 points, nine rebounds and nine assists per game according to basketballreference.com and you have a competitive scoring team. But the lack of a true center may cost the Mavs a place in the conference finals.

Utah Jazz

The fourth-seeded Jazz boast the best offensive rating in the league according to basketballreference.com, but they have a lot to prove in this year's playoffs after two straight early playoff exits. The clock is ticking for the Jazz. If the team is unable to stay healthy, then maybe history

repeats itself and they will fall short in the second round three straight times.

These next squads will be the last two standing in the Wild West.

Phoenix Suns

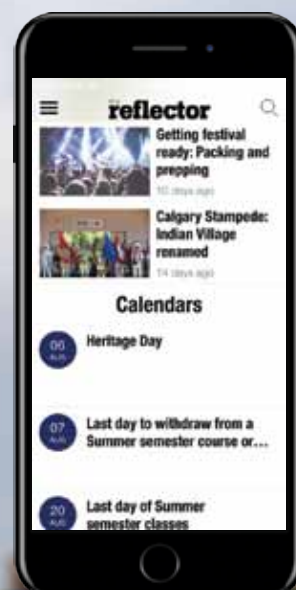
The number one seeded Suns are flat-out dominant. They have proven time and again that they deserve to be in the conversation as title contenders. They boast top five rankings in both offensive and defensive ratings this year according to basketballreference.com. But the Suns have something the Golden State Warriors lack — a true leader. It is no secret that Chris Paul's veteran leadership helped his team reach the finals last year and I am sure he can do it again.

Golden State Warriors

The splash brothers are back! Oh how sweet it is. This team has chemistry and a good bench in Jonathan Kuminga, Jordan Poole, Damion Lee, Juan Toscano-Anderson and Otto Porter Jr. They are only two years removed from a finals appearance and are fringe favorites to be in this year's finals. I expect nothing less than a conference finals from this squad.

However, without a true leader the Warriors might fall short of making a finals appearance. Part of the reason they lost the 2019 Finals was because Steph Curry was unable to properly lead his team despite losing Kevin Durant and Klay Thompson.

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Steph Curry is looking to win a title in the same year he broke the all-time three point record. Photo courtesy of Keith Allison

The Calgary Flames are heating up as playoff season approaches

Josh Werle

Staff Writer



Escaping from the Scotiabank Saddledome with a win seemed impossible for Calgary Flames opponents in February. Photo courtesy of Wikimedia Commons

The Calgary Flames have been red-hot as of late and are firing on all cylinders as the NHL begins to inch closer to the Stanley Cup playoffs. The Flames recently tied their all-time winning streak record with 10 straight victories and have seemed to be unbeatable as of late.

At the time of writing, the Flames are in first place in the Pacific Division and hold a commanding lead over the second place Vegas Golden Knights. The easiest explanation for their success is that they have kept their goals-for high and their goals-against low. In short,

the Flames have been doing everything right. But there is so much more to their recent success, so let's take a look at what the Flames need to do to continue dominating heading into the playoffs.

Unstoppable offence

The Flames offensive numbers continue to skyrocket and some of the top players are scoring at well over a point-per-game pace. At the time of writing the Flames two leaders, Matthew Tkachuk and Johnny Gaudreau, have recorded 56 and 64 points

respectively with 50 games played. Gaudreau, Tkachuk and Elias Lindholm all have a positive net rating of over 30. This means that when these three players are on the ice, they are scoring goals and not getting goals scored on them.

Andrew Mangiapane leads the team with 26 goals as he continues to impress during this breakout year. At the time of writing, the Flames have scored 47 more goals than their opponents in their matchups, which has led them to an impressive record of 30-14-6.

Immovable defence

Defence is oftentimes what can keep a team going even if they are having trouble scoring against the other team. Solid defence can help teams steal games, and the Calgary Flames' defensive unit has not only helped them from a defensive perspective, but also from an offensive perspective.

It is often customary for defenders to have a negative net rating, as they regularly play high minutes in games. Oliver Kylington and Christopher Tanev both sit at a positive net rating of over 20 each, meaning that not only are they not allowing goals but they are producing offensively as well.

At the time of writing, the

Flames are tied for the least amount of goals against in the entirety of the NHL, meaning that they have been extremely successful in limiting the offence of their opponents.

Unbreakable goaltending

The low amount of goals scored against the Flames cannot solely be attributed to their stellar defence, as their goaltending has been extremely consistent as of late. At the time of writing, Jacob Markström has played the majority of the Flames' games as he sits at 40 played for the team, with backup goaltender Dan Vladar appearing in 12. Markström continues to lead the league in shutouts with eight; double what his closest competition has accomplished. Dan Vladar has also recorded two shutout victories this season, leaving the pairing with a combined 10.

At the time of writing, the Flames have a team save percentage of almost 92, meaning that scoring goals has been difficult for their opponents.

Undeniably great coaching

Realistically, what was the biggest change for the Flames from this year compared to the last?

They added a few big-name players like Tyler Toffoli and Blake Coleman but they haven't contributed the greatest amount to their success. The Flames still had Markström in net with Tkachuk, Gaudreau and Lindholm on offence, so what was the big change?

Darryl Sutter, the Flames' head coach, has seemingly transformed this team from playoff pretenders to title contenders. Sutter joined the team late last season and was unable to make an impact in a short amount of time. However, with a proper training camp and the time to allow some chemistry to build, Sutter has turned this team around.

When asked about the Flames' impressive 10-game winning streak during a postgame press conference on Feb. 21, Sutter responded, "I don't put a whole lot into 10 in a row unless they were 10 in a row in the playoffs."

It seems as though Sutter has dedicated all of his focus to not only making the playoffs but making sure the team is able to have postseason success. The way that the Flames have been playing throughout the vast majority of February would indicate that they shouldn't have a whole lot of trouble with that.



Impenetrable defence paired with the unbelievable goaltending of Jacob Markstrom has made the Flames an elite team. Photo courtesy of Wikimedia Commons

Coach's Corner: Gilling leads the Cougars to the playoffs with momentum

Josh Werle
Staff Writer

The 2021-22 U SPORTS men's hockey regular season has come to a close. The Mount Royal University (MRU) Cougars finished with a record of 13-6-1 which allowed them to grab the third seed in the Canada West division.

After a difficult start to the season, the team rattled off a seven-game winning streak in 2022, allowing them to finish strong and secure a spot in the playoffs. The men's hockey Head Coach Bert Gilling is ready to lead his squad to postseason success and is prepared for the opportunity to win the Canada West Championship and punch their ticket to the National Championship at the end of March.

After completing his playing career as an NCAA hockey player for the University of Minnesota Duluth Bulldogs, Gilling went on to receive a Master's degree from Bemidji State University (BSU). During this time Gilling made the transition from player to coach, taking on a volunteer coaching position that



Bert Gilling is looking to lead the Mount Royal University Cougars in a deep playoff run. Photo by Adrian Shellard

eventually turned into a full-time assistant coaching job.

"[After] fifteen years as an assistant coach in some capacity at BSU, I was looking for a head coaching opportunity," says Gilling. "That led me to Mount Royal I'm wrapping up my

eighth year here at Mount Royal University as a head coach."

Gilling enjoys all that coaching has to offer, especially getting the chance to build with his team and fight to become the best.

"[These] relationships

and bonds last forever and I really enjoy the pursuit of the championship," says Gilling. "At the end of the day, there's only one team who can call themselves champions."

This year, the Cougars squad is hopeful that they can call themselves champions and they have a chance to do so in this year's playoffs. Although they were always confident, the fall semester schedule brought some adversity to the team early on, both on and off the ice.

"We had some tough losses, losses that we had the lead in and basically blew the leads," says Gilling. "We had some off-ice adversity four guys that started [the season] with us departed by the end of November."

This combination left the team limping into the Christmas holiday. But this break afforded the team a much-needed rest and reinvigorated them as they

went into the second half of the season.

"All of the returning guys recommitted themselves to the cause," says Gilling. "When we came back in January you could see it and feel it in our practices the guys were all-in and we went on a seven-game winning streak."

This streak landed the Cougars in third place in the Canada West Division. At the time of writing, the Cougars are gearing up to play against the University of Regina in the quarter finals of the U SPORTS playoffs. The Cougars hold a record of 2-0 against the University of Regina in the regular season and look to repeat this in their best-of-three series.

"Our team is certainly excited to compete in the playoffs and with the success we have had in the winter semester, there is a strong sense of belief in terms of what we can accomplish in the playoffs," says Gilling.



Forward Robbie Holmes handles the puck. Photo by Jazmine Canfield