

news

Iran protests explained: Who is Mahsa Amini?

Khai Choual

Contributor



The death of Mahsa Amini has prompted protests not only in Iran, but around the world. Photo courtesy of Wikimedia Commons

Protests in Iran have intensified since September 2022 over the death of 22-year-old Mahsa Amini. Amini was a Kurdish woman from Saqquez, a Kurdish region in western Iran, who was visiting her family in Tehran. According to *Time Magazine*, Amini was arrested on Sept. 13, 2022, by the morality police for not wearing the hijab as maintained by Iran's hijab law.

The morality police or Guidance Patrol is part of Iran's national police. The morality police was established in 2005 to endorse "Islamic morals and laws" instituted after the Islamic revolution in 1979.

Family and eyewitnesses have said Mahsa Amini was beaten while in a police van to the detention centre where she would be re-educated on Iran's hijab rules when she was picked up by the morality police.

Iran's government officials have insisted that Amini was not beaten by the police.

Time Magazine also said that the morality police stated that Amini was taken into a detention centre to re-educate her for violating Iran's laws on the hijab and insisted that she had collapsed and suffered a heart attack and later on fell into a coma. Amini later died on Sept. 16, 2022, in a Tehran hospital.

According to *Iran Front Page*, Interior minister Ahmad Vahidi stated on the state broadcasting network, "Based on objective observations, interviews with witnesses, reports from relevant agencies, and other investigations, there was no beating involved."

The police have released

CCTV footage of Amini collapsing on the ground.

Family members of the Iranian woman have denied Amini ever having a heart condition and declared that Iran is lying about her death, and according to Amini's father, Amjad Amini, doctors have refused to see his daughter after her death.

"They're lying. They're telling lies. Everything is a lie ... no matter how much I begged, they wouldn't let me see my daughter," Amjad Amini told *BBC Persia* as per *CNN*'s article

Leading up to the funeral, Amini's body was covered up besides her feet and face and her father was only able to see her feet which he noticed bruising.

Her death later sparked outrage and protest worldwide with issues ranging from oppression in the Islamic regime and economic sanctions. Several growing reports of repressive acts against women, including those not complying with the state's dress code and being barred from entering any government offices, banks and schools.

Videos have emerged all over social media of police officers detaining protesters and many women all over Iran have been protesting in the streets without their hijab and cutting their hair to show solidarity with Amini and many other women across Iran.

Protests and clashes with the police have emerged all over the state and the government has issued internet blackouts. Iranians have reported firmregulated internet access. Even before the blackout, the Islamic revolution armed forces already had strict censorship, blocking many Iranians from using social media platforms such as Facebook, Twitter, YouTube and many others.

According to the country's semi-official *ISNA news* agency as per *CNN*, Iran's minister of communications issued a warning that there could be many more internet disruptions "for security purposes and discussions related to recent events."

In an article by *BBC News*, President Ebrahim Raisi has established several new measures for enforcing head scarf wear this summer. One of the new measures is surveillance cameras to assist in spotting any unveiled women and another measure is a mandatory prison sentence for anyone opposing hijab rules on social media platforms.

The United Nations has called for an independent investigation into Amini's death.

"We call on the Iranian authorities to hold an independent, impartial and prompt investigation into Ms. Amini's death, make the findings of the investigation public and hold all perpetrators accountable."

New AB Premier's comments provokes reactions

How Danielle Smith had to apologize twice in her first two weeks

Mikaela Delos Santos

News Editor

Danielle Smith was elected as the new Alberta Premier after the United Conservative Party (UCP) leadership elections on Oct. 6 of this year. The former Wildrose leader became the 19th premier of Alberta after gaining 53 per cent of the votes, defeating Travis Toew's 46 per cent.

The new premier remarked on Oct. 11 in her first press news conference that "... [the unvaccinated] are the most discriminatedagainst group that I've ever witnessed in my lifetime. That's a pretty extreme level of discrimination I've ever seen." This comment was made after she was sworn in as the new premier.

This prompted reactions from other premiers such as British ColumbiaPremier John Horgan. In an interview with Victoria-based radio station C-FAX, Horgan says that, "it's laughable."

According to National Post, Saskatchewan Premier Scott Moe also disagrees with Smith's comments, quoting that "What we're here to do, and what I'm here to do is any of those individuals or groups that do feel they've been discriminated (against) in some way, that we're here to support them."

National Post also reports that the Alberta leader's comments would be laughable if she wasn't the premier, according to Duane Bratt, a political scientist at Mount Royal University.

Calgary Mayor Jyoti Gondek quote tweets on Twitter that "Of the things I could say, I choose to focus on demonstrating to this premier the work that our city continues to do around anti-racism, Indigenous relations, Holocaust

remembrance, allyship with the LGBTQ2S+ community & equity-based awareness. In other words, work that matters."

As a result of these responses, Smith released an apology statement on Twitter stating that "I want to be clear that I did not intend to trivialize in any way the discrimination faced by minority communities and other persecuted groups both here in Canada and around the world..."

In a speech at the Edmonton Chambers of Commerce last Oct. 20, Smith states that there will be a change to the Human Rights Code which makes it illegal to discriminate against people based on their COVID-19 vaccine status within the fall. The premier quotes that "... [she] recognizes that organizations and some businesses in Alberta are still [implementing vaccinerelated mandates], and [she] just wants to give a fair warning that [the Alberta government] will be making a serious pivot in that regard."

The premier was put under

fire once again after her previous comments on the Ukraine-Russian war came to light. According to CityNews, Smith remarks that Ukraine should be neutral

and denuclearize in a live stream on locals.com, a crowdfunding platform.

"That should have been the answer right from the



New AB Premier Danielle Smith has already made two apologies in the first two weeks of her term. Photo courtesy of Wikimedia Commons

beginning... So I think the that "[she] categorically only answer for Ukraine is condemns the Russian neutrality." Smith adds on invasion of Ukraine and the indescribable

"...[the unvaccinated] are the most discriminatedagainst group that I've ever witnessed in my lifetime."

Danielle Smith

the live stream.

On Oct. 18, Smith sent out another apology statement on Twitter. Smith states

suffering Russia has and still inflicting upon the Ukrainian people."

Ιn interview with CBC News, Smith's commentswill create a

problem for the politician's credibility, according to Lori Williams, a political scientist at Mount Royal University. CBC News quotes that "[Williams] believes that this issue raises bigger questions about Smith's competence and her being able to distinguish between credible and conspiratorial information."

In a report by Global News, former Alberta legislative assembly member and key fundraiser for Ukraine Thomas Lukaszuk thinks that the premier's comment is questionable.

"I personally don't buy it [Smith's apology], but the fact is we are where we are, and the situation in Ukraine is real and Ukraine requires more help now than ever".

Canada may be headed for recession

Matthew Hillier

Staff Writer



The following Canadian recession can affect Calgarians in many ways. Photo by Cassie Hearn

The United Nations' (UN) major financial agency, The International Monetary Fund (IMF) has officially downgraded its economic forecasts for 2023, and ominously reported that the risk of North American recession is now over 50 per cent. In an article by Financial Post, global economic growth has decreased from 2.9 per cent to 2.7 per cent with further decreases on the horizon. This is a drop of six per cent in 2021 as concerns over inflation, housing and economic recovery from COVID-19 continue to take their toll on local and international markets.

According to the World Bank, the IMF "serves to stabilize the international monetary system and acts as a monitor of the world's currencies."

Ben May, the Oxford Economics director of global macro research in an interview with *Financial Post* speculates on the effects of this possible recession and disagrees with the IMF's findings.

"The IMF estimates that global growth in 2023 will be similar to 2019 – soft, but not a disaster – and that a global recession will likely be avoided. By contrast, our forecasts are much weaker and we think the global economy is on the cusp of recession, our relative pessimism is particularly pronounced for the U.S. and Canada," May remarks.

Financial Post speculates that Canada's possible economic downfall may be driven by its unreliable housing markets.

According to CBC News, The Bank of Canada has continued to hike mortgage prices and borrowing costs to curb the decreasing cost of home ownership. With rising inflation being a key concern in both the local and international housing market, many banks have taken steps to curb rising inflation for themselves and their customers by hiking interest rates.

According to Financial Post, Bank of Canada governor Tiff Macklem stated that even more interest rate hikes are needed to curb the even greater predicted rise in inflation.

Chief North America economist from Capital Economics Paul Ashworth, in an interview with *Financial Post*, speculates on the downsides of this recent move from Canada's banks.

"In Canada's case, the biggest risk is still the one hiding in plain sight – the massive decade-long boom in house prices and the accompanying surge in household debt."

"The big risks are still that adverse feedback loops develop either between housing and the real economy – as a recession pushes up the unemployment rate, triggering a rise in mortgage defaults – or between housing and the financial system – with lower house prices triggering losses at mortgage lenders, leading to tighter credit conditions," Ashworth adds.

According to *The Globe and Mail*, The Bank of Canada released quarterly statements on consumer and business

confidence, showing that the rise in interest rates and the reduced spending power for these consumers has resulted in a huge drop in confidence for The Bank of Canada.

In a statement given to *The Globe and Mail* in response to Macklem's expecting to announce another rate hike on behalf of The Bank of Canada, Clarie Fan, an economist for the Royal Bank of Canada, doesn't expect Macklem to be wrong.

"Despite improving signs in today's survey results, price pressures currently are still too high and broad to reverse quickly. And we don't expect the Bank of Canada to ease off the monetary policy brakes until policymakers are confident that inflation will slow substantially and sustainably."

It seems like only a matter of time before Canadians see how these possible solutions to Canada's and the larger international financial communities' troubles pan out.

THE REFLECTOR

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features

Protesting at the expense of art: Van Gogh's *Sunflowers*

Do we care more about art or life?

Emma Duke

Staff Writer

On Oct. 14, you may have heard of an event where protesters threw a can of tomato soup at Van Gogh's *Sunflowers*. But what was the purpose of the protest? The act of protest, while divisive on several fronts, seems to have set both the art world and mainstream media on fire. Whatever the aim was, few doubt its effectiveness at grabbing the attention of the collective consciousness.

The actions of the two young protesters from Just Stop Oil, an organization dedicated to preventing climate change, are controversial worldwide. Critics question the protests for its unclear aim and how it relates to climate change. Some people predict that they threw the can because Van Gogh's Sunflowers is made of oil paints. Others have pointed out, however, that the binding agent in oil paintings is linseed oil, which is made of plants. This is unlike the petroleum in the superglue they used to glue their hands to the floor in the latter part of the protest, and one protester's pink hair dye and nail polish, which are both made of crude oil.

The protest becomes questionable if the protesters themselves are using petroleum products, the very oil they are protesting against, while throwing soup at a piece of art that was not made of crude oil. This was not the only way that the activists were hypocritical. During the protest, Phoebe

Plummer, one of the activists, speaks to the cost-of-living as well as the hunger and poverty that many face; wasting a can of soup to make a point about food insecurity seems counterproductive, however.

Initially, when people didn't know that the painting was covered in glass, people were outraged that a Van Gogh painting had been destroyed. Though *Sunflowers* is protected by a layer of glass, and the protesters did no damage to the painting itself, much of the controversy surrounding the protest is regarding the fact that it was Van Gogh's painting that was the subject of the damage for other reasons.

After all, couldn't they have found a painting that demonstrated their point about climate change more effectively? As mentioned earlier, one of the aims of the act was to address food insecurity and high cost of living. Some argue that it is offensive to involve Gogh in the protest when he himself lived a lifetime of poverty and suffered much throughout his life.

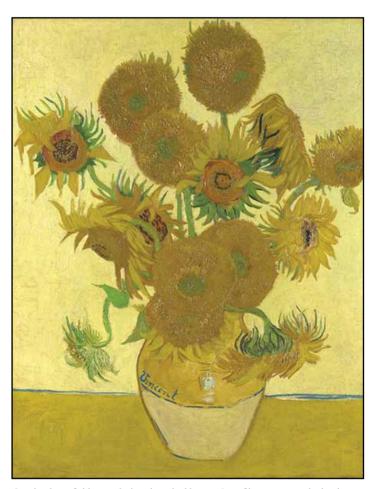
The demonstration by the activists mostly garnered negative media attention and reactions from the public. Is a protest effective if it makes people angry at your organization? Well, maybe. Isn't any publicity good publicity? The Guardian, New York Magazine and Global News are just a few examples of news

organizations that have picked up the story. The press and attention that throwing a can of soup at a Van Gogh painting has received worldwide perhaps makes the protest a success.

Isn't the point to bring attention to an issue? I, for one, searched the organization Just Stop Oil. The environmental activist group is receiving more publicity and website clicks than ever before, drawing people to their organization and awareness to their cause. While personally, I side with those who are not in favor of the protest, I cannot argue the point that their actions triggered discussions. Whichever side you're on, you probably have a strong response either wayit either makes you mad, or you are passionate about your support for the demonstration. Personally, I can't think of another example of a protest that has provoked such strong emotions in people.

I am a firm believer that this protest would have been more effective if it was executed differently. I still struggle to understand the point and how their actions were related to the issues they were protesting. I, along with many others, believe that they were hypocritical in their demonstration. I don't agree with what they did, but I am writing an article about it, and perhaps their goal was just that — the attention they knew they would receive.

It is true that the outrage



A photo of the original painting, *Sunflowers*, painted by van Gogh in 1888 and 1889. Photo courtesy of Wikimedia Commons

over the apparent destruction of a Van Gogh painting felt stronger than the outrage society tends to express towards the impending issue of climate change, and perhaps that speaks to their point as well: do we care more about art or life?

The following questions remain: will this piece of

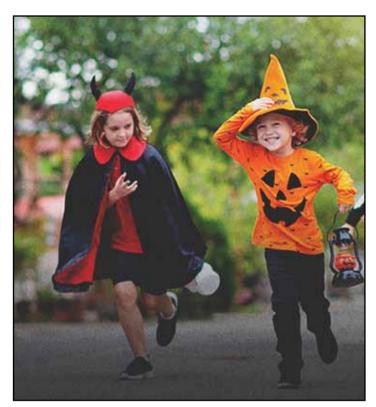
news, like many others, quickly become forgotten and irrelevant? Will our strong emotions about the demonstration, whether we are passionate in anger or support, lessen and ultimately fade? Alternatively, will the protest spark change?

What happens now?

The meaning of Halloween has changed, so have we!

Abbie Riglin

Photo Editor



For adults, Halloween can be the best time to enjoy and explore their inner child. Photos courtesy of Tourism Calgary

Halloween has always been my favourite holiday. It was one that came and went fast, didn't require as much effort as Thanksgiving and Christmas, but still important enough to have a whole set of decorations designated for it.

It was a day I prepped for. What would I wear? What pillowcase would I bring? Was it big enough for all my candy? How far back would my dad have to stand in order for me to still look cool with my friends? In fact, was there a way to convince my parents that I was old enough to go without them?

Much like my ideas on the day, Halloween itself has changed in meaning, tradition and even in name since its origin. Originally, Halloween came from the ancient Celtic festival of Samhain, a day marking the end of summer and harvest and the beginning of winter, a time of year that was associated with death.

Eventually Pope Gregory III claimed Nov. 1 All Saints Day, with the evening before known as All Hallows Eve, and later Halloween, including activities we still do today like trick-or-treating, carving jack-o-lanterns, costumes and festivals.

Halloween started with roots buried deep in religion and skeptics, with every religion having their own versions of the Christian Halloween, or having reasons for being against it, as it has been seen as a holiday built for worshipping the devil.

Now, Halloween has been all but stripped of its religious connotations and has become a day of youthful fun and an excuse to have more candy than you can handle. For me, as cliché as it sounds, Halloween was an excuse to be something else.

I could finally show off my interests and favourite fictional characters without being made fun of, although Halloween in Calgary means winter jackets. It doesn't matter whether it was under or over your costume, it ruined everything. When you are young, the costume means everything, because the better the costume, the better the candy, at least this is how I thought about it. From a tiger to a pillow, my costumes killed it, best in show if I do say so myself.

Truthfully, the most heartbreaking part about growing up was no longer being able to trick-or-treat. It wasn't about the candy at that point, it was outright being told I was no longer cute enough for begging to be

appropriate.

After that, dressing up felt useless, until high school when parties were held and dressing up was a requirement. It might have felt lame at the time, but I'm thankful now for the people who reminded me what it was like to be a kid again. At that point it was all about the excuse to have a party and partake in activities that seem extremely questionable now, I'm looking at you shot ski.

Although Halloween was something I hadn't really participated in once I got into university, I found myself missing it during the COVID-19 pandemic. I missed handing out candy and seeing Roger, my seven-year-old neighbour, re-use his Pikachu costume, I missed the crowds in the street at twilight and I missed using the night as an excuse to explore my own inner child.

After exploring the history and meaning of Halloween, I'm more excited than ever to revamp my personal meaning of the day, intertwining old and new traditions, and seeing the change in meaning and in season.



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The University of Calgary Conjoint Health Research Ethics Board has approved these research studies (REB20-0983, REB20-2133, REB21-0535)

6 reminders to get you through midterm season

Times are tough, are you doing enough to de-stress?

minutes

"one study found that those

who engage in physical

leisure activities for at least 20

Emily Kirsch

Staff Writer

It's midterm season, which means student stress is at an all-time high. Stress can be a good motivator at times, but too much of it can have a negative impact on our performance and well-being. When I'm feeling anxious, stressed, or overwhelmed, I find it important to take time to decompress and recharge. Here are a few things I suggest you try.

1. Make a List

If you're juggling many assignments, projects, or tests, you can feel there isn't enough time in the day to get everything done. When you're feeling overwhelmed, checking in with yourself can help you slow down. Take a notebook or a scrap of paper and do what I like to call a "brain dump." Write down everything that is bothering you and making you feel stressed, anxious, or overwhelmed. Prioritize your work based on deadlines and the time you believe each task will take. I find using a planner helps with this step. This may not give you more time in the day, but it can at least help you manage the time you have.

2. Physical **Activity**

Just because school is busy does not mean you should neglect your physical wellyour daily tensions through Many students struggle movement and physical to maintain a healthy activity can help you stay diet because of their busy calm, clear minded and schedules. But our bodies focused throughout your need the nutrients they get day. I find that physical from food in order to keep activity takes your mind functioning properly. off schoolwork and The food you eat gives your mind a affects how you feel necessary break. both emotionally and This activity physically. Some doesn't have to be super strenuous, either. a week are less susceptible to Something as simple as a walk

3. Work towards a hobby

can do the trick.

being in order to meet due

dates. In an article on exercise

and stress management, Mayo

Clinic explains that shedding

Hobbies are a great way to let go of unwanted stress. Taken from Elizabeth Scott's article about the importance of hobbies for stress relief

fatigue." No matter what your hobbies may be, I believe it's important to stay in touch with that side of yourselfthink of it as a form of selfcare. There are also several clubs on campus that dive into hobbies like hiking or movies. You can find the listings on the Students' Association

development. Need some more vitamin C in your life? Fruits like lychees, oranges and strawberries are all good sources of the vitamin.

of Mount Royal University's

foods, like nuts

and eggs also

help brain

memory

a n d

website.

4. Eat well

5. Get enough sleep

Many university students pull all-nighters to study for

an exam, but this type of behaviour can lead to sleep deprivation and insomnia. Trust me, I've been there. But sleep deprivation can impair cognitive function, academic achievement and mental wellness. If you find it hard falling asleep or even staying asleep, also consider eliminating caffeine, or putting away technology at least one hour before bed. Remember that a healthy amount of sleep consists of more than seven hours per night according to Mayo Clinic.

6. Ask for help

If you're feeling stuck, having a hard time or aren't sure what to do next, it's okay to ask for help. Remember that you can reach out to friends, family, peers and professors for support. MRU offers a variety of programs and resources to help ensure you reach the goals you set for yourself.

In fact, with academic support, the recreation and wellness centers, and even food services, the university has many outlets to help you achieve each item on this list and are here to ensure you are performing at your best. This time in the semester is stressful for everyone. But it is important to take care of yourself throughout to ensure you can achieve your best and maintain your well-being.

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arts

Get into the spooky season with these sustainable decor ideas

Izabella Jaspar

Contributor

Every Halloween season, all the plastic and cheaply made decorations debut in stores. This results in more unwanted waste in the landfill, which in turn is harmful to the environment. However, the spooky season does not have to be any less festive without these things. There are ways to use items that are already at home to save money. These sustainable decor ideas will add spice and uniqueness to your home.

Spooky garlands

We all shop and collect all kinds of paper bags from the grocery store or mall. One way to repurpose those bags is to make paper pumpkin wall art. Start by cutting out pumpkin shapes and attaching any string available and then you have a cute pumpkin garland. If you do not have any string, just use tape to attach the pumpkins to the wall to still give the same effect.

If there are fruits such as oranges, lemons and apples that are about to go bad, they can turn into a ghost and fruit garland. Simply dehydrate the

fruit, grab some old rags or any fabric you have, use paper to stuff the inside to make the head, and then use elastic bands to secure and string. Now you have an aesthetic garland that is biodegradable and reusable.

Jack-o-lanterns of the future

In the same grocery theme, tin cans can be used to make any jack-o-lantern designs. Perhaps a ghost, bat, or the traditional jack-o-lantern. To achieve this, use a sharpie to draw a design, a nail and hammer to punch out little holes and add any battery-powered fairy lights or candles for the classic jack-o-lantern look.

Bring old clothes back to life

Create blood drips or garlands out of old unusable clothes. If there is any old clothing after a closet clean out, perhaps a red t-shirt or any spooky colour will do. Simply cut out shapes that resemble blood drips out of the



On Tik Tok, many are posting ideas under the hashtag #sustainablehalloween. Photo courtesy of Flickr

t-shirt and attach them to any pictures hung in your house to add a little bit of spookiness.

If you are not the most crafty person, there are still ways to be sustainable this Halloween. Thrift stores always have unique home decor and Facebook Marketplace always has good deals on secondhand decor or supporting a small business on Etsy. It is time to think more consciously about what decorations for different seasons will last; as well as in what ways to reuse common waste into a new life. Small ways to be more environmentally friendly during Halloween will make a big difference for our planet.

OUT'N ABOUT

Halloween Brunch

On Oct. 30, enjoy a BRUNCH of performances by Cordella Shyne & Lavacake at Roadside Pub with an entrance fee of only \$10. Wearing costumes is encouraged!

OH SNAP!

SNAP Photo Club is hosting an 18+ event on Oct. 28. Dress up in your scariest costumes and bring your cameras – there are plenty of opportunities to get spooky content for your socials!

Spooky Art Party

Sparrow ArtSpace is holding a spooktacular party you won't want to miss – costumes are highly encouraged. Get the chance to hang out with the REBEL REBEL artists-inresidence for the month of October.

Scary-oke dokie

Get dressed up and visit Whiskey Rose Saloon on 17th Avenue on Oct. 28 and get ready to sing your hearts out for karaoke night! This event runs from 7 to 9 p.m.

How this local artist persevered through COVID-19 to create art

Astrid Cunanan

Arts Editor



Jocelyn Mah became a part of CSpace's first Incubator space in 2021. Photo courtesy of Ximena Ríos

The day dawned clear but the brisk wind cancelled it all out. Jocelyn Mah was at her usual spot, Kensington's beloved Higher Ground Cafe. She sat across from the large bay window, her face buried in her notebook while she twirled her pen with the tips of her fingers, she was in deep thought.

Mah is a Calgary born and raised artist who has created a name for herself through dance. At three years old she was already enrolled in Carl Orff's music program where she learned the fundamentals of music and got into playing the piano. After seeing how intertwined music and dance were, she asked her parents

to sign her up for weekly jazz classes at the age of 11.

"[Music and dance] goes into the tradition of authentic and vernacular jazz dances in which music and dance are married."

"I felt this need, it was even before I started the [dance] classes, I just knew that that's what I wanted to do," said Mah.

After high school, Mah moved to Toronto to pursue dance at Toronto Dance Theatre, where she received intense training in her class of six students. Her dancing has taken her all over the world, from Toronto to Portimão, Portugal.

While completing her

master's degree, Mah toured Europe with Edge Dance Company and artistic director, Jeanne Yasko. These years were formative to Mah's artistic development.

One day while walking down to the theatre in the streets of Portugal, Mah recalls being pulled aside by Yasko. "I want you to perform your piece," said Yasko.

Mah stood in shock. At the age of 22, the artistic director had picked out her choreographed piece to be performed by the entire group in front of a full theatre.

"It wasn't about being famous and being the one who got picked. It was [Yasko's] faith in me. It just felt really, really good and really important," said Mah.

In addition to Yasko's faith in Mah, she continuously pushed her students to better themselves because of her high expectations. Mah recalled that many of the students adored her supportive yet critical nature.

In March of 2020, Mah made the decision to move back to her hometown Calgary, just before the pandemic began. Returning home meant leaving behind the Edge Dance Company's home base of London with one of the world's largest art scenes. Finding herself in a much smaller city felt a little isolating. At times she says she felt discouraged by the lack of value placed on art when professional artists are not as prevalent.

"We are small and mighty as Calgary artists, and we're just going to continue. I mean, if the pandemic has shown one thing, it's that artists are insanely resilient," said Mah.

Throughout the beginning of the pandemic, artists still made art, often without being paid or without being presented to an audience.

"I'd like to see Calgary continue to support artists, to educate ourselves on arts and culture, to support our artist friends and realize that the arts are necessary for everybody," said Mah.

During the pandemic, Mah was fortunate to work on numerous projects, one being a stop-motion animation in which she also collaborated with composer and musician,

Nathaniel Chang, to create the score on Dancer Studio West's website. Another project was with Springboard Performance to curate a show for Fluid Festival, a night best described as where "music becomes visual and movement became audible."

"That was my first experience curating and that was a wonderful, wonderful gift," said Mah.

In addition, the Calgary Animated Objects Society, also known as CAOS, worked closely with Mah to create all sorts of puppetry and mask performances with the Suitcase Theater Arcade.

Her mask collaborations with CAOS also made its way to King Edward cSPACE for Alberta Culture Days. Here, Mah also collaborated and performed numbers with other local artists such as Lana Skauge and Mackenzie Bedford; Mah, Skauge and Bedford are all a part of cSPACES' first-ever cohort for their incubator space.

While Mah continues to do freelance work in Calgary, she does not know where she may end up in the near future.

"I can't predict, but I have my values and I write and I reflect upon my artistic values, which could change. I hope whatever my values are and whatever is pulling me in that moment that I run in and catch it."

After Mah said her goodbyes she reached for her pen and notebook. On a blank page her pen began to dance and the page quickly filled up. Once again, she was in deep thought.

The drama within and behind the scenes of Don't Worry Darling

Emme Larkins

Staff Writer

The plot crumbled just as fast as the eggshells did in Alice's

One of the most chattedup films of the year finally hit theatres last September, Don't Worry Darling, along with its cast and director, has been making headlines for months now, long before its fall release.

Even after audiences have seen the film, the drama still seems to be at the top of the public's mind. From the A-listsinger turned leading man striking up a relationship with the director; to the director caught lying about casting issues; to the rumour mill

film itself – Wilde. claiming the Oscarnominated leading In terms of woman wound up on-screen taking over from issues, my the director. The belief is that film's publicity it all started team seem to when the have found rights to the screenplay themselves in a position where were sold to the real-Wilde, and she chose to have a writer

Since Florence Pugh's acting debut in 2014, she has starred in 24 films. Photo courtesy of Warner Bros. **Pictures**

life stories are more interesting than the movie itself.

At the centre of it all is the director Olivia Wilde. The piping hot tea started brewing the second she and Harry Styles became an item in January 2020. Since then we have seen a pretty obvious falling out between Wilde and Florence Pugh, a.k.a. "Miss Flo"; we've seen her called out by Shia LaBeouf and we saw the Venice Film Festival's now infamous #SpitGate. Some have said the production is cursed. And this reviewer sees one theme that marries the issues off-screen

with the issues in the

rewrite the ending. Let's be clear the original screenplay had already won awards and didn't need Wilde meddling with the plot. A seamless ending is crucial to any film, particularly a film of this nature. Spoilers ahead!

Jack (played by Harry Styles) and Alice (played by Florence Pugh) appear to be the perfect couple, though we quickly learn that all is not as it seems. The audience eventually learns that the (not so) perfect 1950s Victory, the fictional setting, is all a simulation. In fact, presentday Jack lured his wife, Alice, against her will into the bizarre fictional world and basically held her captive. This realization is supposed to help all the foreshadowing fall into place, and it did until the last 20 minutes. This is where things seemed to muddy. The production team, Wilde included, chose to focus on boringly-fantastical car chases and meaningless shock and awe.

This decision left little time for an actual explanation and conclusion. Many moviegoers left the film confused, debating how the simulation worked without any real answers.

In terms of cast performances, it has become a fact in the industry that Pugh is a force to be reckoned with. She is phenomenal in every single one of her projects, and she pulled it off yet again in Don't Worry Darling despite the circumstances. Her deeply sad and troubled breakdowns were

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My, oh, my, DayGlow strikes again. People in Motion takes on what this band does best — creating indie-pop tunes with unhappy lyrics. My one critique is that People in Motion didn't come out earlier this summer, an ideal time for me to blast these summery tunes with my car windows down.

People in Motion dives deep into self-discovery of a person in their early 20s — a topic most university students can probably relate to in one way or another. Sloan Struble (DayGlow) wrote and produced this entire album, it is evident how much Struble has deepened his knowledge since his debut album, Fuzzybrain. I can't help but

appreciate all the small details during my second listen, such as the subtle use of the cowbell in "How Do You Know?", "Then it Goes Away" and "Turn Around."

As a person who enjoys a lot of music from all genres, I can confidently say that People in Motion is in my top five albums of the year. Struble surely has something special about him, while he is still early in his career he is on track to be an essential part of the indie scene in the near future.

- Astrid Cunanan

Being Funny in a Foreign Language

The 1975 is back with their fifth studio album, Being Funny in a Foreign Language and longtime fans might find comfort in a sound familiar to their earlier music. Sticking to completely live instrumentation, it seems that the band, primarily lead singer Matty Healy, has finally settled into a sound that pinpoints what emotions they want their album to explore. In Being Funny in a Foreign Language's case it's all about love, something The 1975 does well, so it's nice to see it so organized.

It's hard to narrow down what tracks to highlight on Being Funny in a Foreign Language when every song has its own catchy hook worthy of a fanbase, but I will say "All I Need To Hear" might be a contender for the next best love song. For Healy, it doesn't need to be a sincere confession of love, he just needs to hear it. The track is done so beautifully it doesn't matter if he's not loved back, the song is enough to fall in love.

With Christmas coming up "Wintering" will be what keeps me excited about coming home for the holidays. The song highlights both the good and bad in family, giving it a humorous spin that everyone can relate back to their own family. It's a holiday song that's Christmas adjacent, making it one that can be listened to all year long.

Overall, Being Funny in a Foreign Language reintroduces my fondness for The 1975 with catchy hooks by bringing back their original sound. It's nice to see them fall back into a familiar space while making room for more stories to explore.

- Abbie Riglin

"The drama..." Continued from Pg. 11

frankly beautiful to watch. One of the few moments I truly felt the weight and meaning of the movie is when Alice screams, "It was my life!"

Pugh's performance particularly shined in her scenes opposite Chris Pine, playing Frank, Victory's leader. Though Pine did not have big screen time in the film he was also a shining light in the project. Unfortunately, the performances put on by these two were not matched by their counterparts. Wilde and Styles' performances were less than impressive. Who am I to say, but perhaps they were more focused on the previously mentioned offscreen extracurriculars?

Not that Styles' first lead role was a bust, but he could certainly learn a thing or two from costars like Pugh. Frankly, the star seemed to lack star quality.

The themes of the film revolved heavily around misogyny, gender roles and conformity of marriage. All relevant and important topics to cover in film and in art, though I fear the film may have crossed over into the territory of glorifying and glamorizing the 1950s housewife lifestyle, including glorifying what we learn later are scenes of sexual violence. But that's an article for another day.

Sadly, social media were flooded with women wishing they could find a handsome man to provide for them while they cooked and cleaned all day. And if this is what viewers got from the film, I fear the intended message was lost in the casting of heartthrob Styles and the offscreen drama.

The gossip surrounding the film still hasn't stopped, with Wilde and ex-fiance, Jason Sudeikis, flooding tabloid headlines once again. All in all, is it a worthwhile watch? Hardly. For substance and commentary on the issues we face in society today, absolutely not.



As of mid-October Don't Worry Darling has produced over \$83 million at the box office. Photo courtesy of Warner Bros. Pictures







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sports

2022 Blue Jays and the worst blown leads in sports

Josh Werle

Sports Editor



Many Blue Jays fans thought that this would be their year to go on a long playoff run. Photo courtesy of Keith Allison/Wikimedia Commons

The 2022 Blue Jays were a squad who were consistently hyped throughout the Major League Baseball (MLB) season. After a dominant season from stars Vladimir Guerrero Jr. and Bo Bichette, fans were hopeful that this would be the year for a long playoff run. The Blue Jays squared off against the Seattle Mariners in the

2022 Wild Card round of the playoffs. Nobody expected the plot twist that laid ahead.

After being defeated in game one of their best-of-three series, the Jays came prepared for game two. They got out to a fantastic start to the game, leading 8-1 after only five innings, which made people think a game three is

possible, but the Mariners had other ideas. The Blue Jays lost 10-9, and were subsequently eliminated from playoff contention — the Mariner's victory was baseball's largest comeback win to clinch a postseason series.

Fear not, Blue Jays fans, as there have been a few special cases where other athletes have made mistakes with a similar magnitude. Here are some of the worst blown leads in sports of recent memory.

2010 Sonnen versus Silva

Anderson Silva was one of the most dominant champions in the history of the Ultimate Fighting Championship (UFC). To this day, he still holds the record for the longest consecutive winning streak with 16 victories in a row. After capturing the UFC middleweight championship, Silva defended the belt on 10

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4-1 The Calgary Flames' record throughout their first five NHL games.

2-3, The Edmonton Oilers' record throughout their first five NHL games.

8-0-6, The MRU Cougars men's soccer team season record.

84, Significant by Sean O'Malley in his victory at UFC 280

"2022 Blue Jays..." Continued from Pg. 13

separate occasions. His fight versus Chael Sonnen was his seventh title defense, and after a lackluster fight with Demian Maia in his previous outing, Silva had something to prove.

Even so, he was still treated as though he was invincible — being listed as a -460 favourite against Sonnen. In a fight that was seemingly a forgone conclusion, Sonnen completely flipped the script. After months of trash talk from "The American Gangster," Sonnen had done exactly what he said he would do dominate Silva. Sonnen had won four of five rounds on the judges scorecard, and was on his way to completely shutting out Silva. His wrestling had been utterly unstoppable, and Silva was seemingly out of options.

With less than two minutes remaining in the fight, Silva tried to catch Sonnen in a submission. He succeeded, and forced Sonnen to tap out to a triangle armbar in the fifth and final round. Sonnen was mere seconds away from defeating a fighter who is commonly noted as one of the greatest of all time, but got caught before he had the chance to cement himself in UFC history. Although Silva may go down as one of the greatest fighters of all time, luckily, Sonnen will still go down as one of the UFC's greatest trash talkers.

2013 Maple Leafs

Sorry to all the Toronto sports fans, but this list wouldn't be complete without the 2013 playoff collapse by the Toronto Maple Leafs. The Maple Leafs haven't won a playoff series since 2004, and although they have lost multiple game seven's over the past couple of years, none sting quite as bad as their 2013 defeat to the Boston Bruins. Aside from the fact that the Maple Leafs and Bruins are playoff rivals, this one hurt a little extra because the Leafs were up 4-1 in the third period.

The win was all but locked up for the Leafs, but the Bruins' offense never gave up. With just under 10 minutes left in the third, Bruins forward Nathan Horton scored a goal to make the score 4-2. As the clock winded down, so did the hopes of the Bruins seeing the

second round of the playoffs. In the final two minutes of the game, star players Milan Lucic and Patrice Bergeron each scored a goal for the Bruins, sending the game to overtime.

Overtime hockey is already a nail-biting process for hockey fans, but in a playoff game seven, it would be hard to describe what the feeling is like. Bergeron scored the game-winning goal in overtime, which sent the Bruins to the second round and the Leafs to the golf course. Although the Leafs' playoff woes have continued over the years, none will compare to their 2013 loss to the Bruins, who completed one of the most impressive comebacks in hockey history.

2016 Warriors

The Golden State Warriors have been one of the most dominant sports teams in the world for almost a decade. Throughout the latter half of the 2010's they seemed unstoppable, and achieved accolades that National Basketball Association (NBA) players dream of. Although they have since won three NBA championships, their 2016 season ending is one that will be remembered for as long as the sport of basketball exists.

In the 2016 season, star point guard Steph Curry won the first ever NBA MVP award with a unanimous first place vote, and joined Tom Brady and Wayne Gretzky as the only athletes to ever accomplish this feat in their respective sports. The Warriors team were on their way to winning a second consecutive NBA championship. They were up 3-1 in a best-of-seven series against Lebron James and the Cleveland Cavaliers, and were all but ready to be declared the greatest NBA team in sports history.

Instead, the Warriors became the first team in NBA history to blow a 3-1 lead in the finals. The Cleveland Cavaliers won the 2016 NBA championship in what became one of the most impressive championship victories in pro sports history. So for all the Blue Jays fans out there who are hurting right now, it could certainly be much, much worse.



After going 73-9 in the regular season, the Warriors blew a 3-1 lead against the Cleveland Cavaliers in the NBA Finals. Photo courtesy of nikk_la/Wikimedia Commons



What's behind the Calgary Flames' hot start?

Matthew DeMille

Contributor



The Calgary Flames have gotten off to a hot start to the 2022-23 NHL season. Photo courtesy of Resolute/Wikimedia Commons

Monumental. A word that sums up the Calgary Flames' first three regular season games to a tee. It started with a win over reigning Stanley Cup Champions, the Colorado Avalanche, during their season opener. The win was soon followed with victories over top-tier division rivals, the Edmonton Oilers and Vegas Golden Knights. For some, the 3-0 start is not worth bragging about, especially when 79 more games are still on the docket for the team. But for the Flames and their fanbase, it's almost legendary.

The last time Calgary started the season on a winning note,

let alone three straight games was the 2009-2010 season. As a matter of fact, the '09-'10 crew nabbed victories in their first four games of the season en route to a 42-30-10 record that saw them five points outside of a playoff spot. For the present tense Flames, they hope history doesn't repeat itself.

Although, the winning record is not the main point of focus for the fanbase. What's more impressive are the teams the Flames defeated. Colorado, Edmonton and Vegas are all genuine threats in the Western Conference and any of the three have the potential to make a deep run in the playoffs.

With the Flames beating the three powerhouses in back-to-back-to-back fashion, they have proven that they are the top dogs of the West.

Each of the three games tested the Flames in different areas of their games, as every victory presented new and unique roadblocks that the team had to maneuver around.

Bringing their 'A-game' against Colorado

Facing the defending Stanley Cup Champions directly out of the gate is daunting for any team in the National Hockey League (NHL), even the Flames. In retrospect however, it was a blessing in disguise. In theory, playing the number one ranked team demands each opposing skater and team to bring their 'A-Game' if they have any hope of winning. Following a quick goal by the Avalanche, 1:39 into the first, the Flames retaliated back, and hard.

Goals from five different Flames saw the home team up by a score of 5-1 early into the third frame. A late game push from Nathan MacKinnon and company pulled the game close, but it wasn't enough. The Flames proved they are not only capable of going toe-to-toe with the best of the best, but can come out on top.

Darryl's defense shines in Edmonton

Remember when I mentioned playing the Avalanche was a blessing in disguise? This is why. Fresh from a major win over Colorado, it was evident that the Flames' confidence heading into their game against Edmonton was at an all-time high. The first period saw the Flames take a commanding lead over the Oilers while keeping Connor McDavid off the scoresheet.

While it is possible to keep the four-time Art Ross and two-time Hart Trophy winner at bay for spurts, he will eventually find the back of the net. This theory was proven in the second, as McDavid and the Oilers pushed to even the score. Nevertheless, the Flames stood tall against their Albertan rivals and ran Darryl Sutter's system of shutdown defense to perfection.

Find-a-way Flames strike versus Vegas

In their third game, this time against the Vegas Golden Knights, the Flames found yet another totally different way to win a hockey game. A very slow start and defensive zone lapses would put the team back a pair of goals after the first. But just when we thought the Flames' winning ways had come to a stop, two quick goals by Elias Lindholm and Tyler Toffoli in the second brought life back to their teammates.

Veteran forward, Mikael Backlund, would give the Flames their third consecutive win, netting his second of the season with less than five minutes remaining in the third. The victory over the Golden Knights was neither easy nor pretty. Instead, it was a grueling game that forced the Flames to grind out whatever scoring chances they could muster. Net front battles and a wee bit of 'puck luck' was the difference maker in this one.

Following their game against Vegas on Oct. 18, the Flames are just one of five teams in the NHL who remain undefeated. The Carolina Hurricanes, Dallas Stars, Philadelphia Flyers and St. Louis Blues make up the other perfect clubs.

While the most demanding part of the schedule has already passed for the Flames, the road ahead isn't smoothly paved. At least not yet.

Cougars soccer teams finish season strong

Josh WerleSports Editor



Catriona McFadden has been the Cougars' leading scorer this season, and will look to continue her dominance in the playoffs. Photo by Josh Werle



The Cougars men's soccer team finished their regular season unbeaten. Photo by Josh Werle

The Mount Royal University Cougars soccer teams have had a strong finish to the 2022 season — the men's team have gone unbeaten, while the women's team have more than doubled their wins and goals statistics compared to the 2021 season — with both teams prepared to make it far in their respective playoffs. The teams will compete in the Canada West quarterfinals on Oct. 29.

The men's soccer team finished the season with a record of 8-0-6, and finished at the top of the Canada West Prairie division. The team has continuously ranked in the U SPORTS' top-ten rankings throughout the season — at the time of writing they sit in seventh place amongst all men's soccer teams. Although the team's offensive statistics fell ever so slightly when compared to last season, their defense has dramatically improved. The team only allowed seven goals to be scored against them all season long — nine of their games saw the team keep their opponents off the scoresheet entirely.

To accompany their stellar defense and goalkeeping, the team outscored their opponents by more than triple throughout the season. The Cougars dropped 23 goals on their competition throughout the season, which allowed them to go on their season-long unbeaten streak. Mohamed El Gandour and David Schaefer led the team in goals for the second season in a row, with El Gandour scoring eight while Schaefer scored six. The team will look to continue their dominant run throughout the playoffs.

The women's soccer team have had a bounce-back season, and will look to see their success continue in the Canada West playoffs. The team finished their regular season with a record of 8-5-1, and will be heading into the playoffs on a three game winning streak. The Cougars finished atop the Canada West Prairie Division, and will compete in the Canada West quarterfinals on Oct. 29 on home turf.

This season is drastically different from last season, as the Cougars have more than doubled their win and goals scored this year. After finishing last season with a record of 3-7-2, the team stayed optimistic about what this year might look like for them. The optimism was certainly warranted, as the team finished as conference champions.

The offensive output was notably better, as the team finished with more than twice as many goals. After scoring only 13 goals during the 2021 season, the 2022 team finished with 29. This was primarily a team effort, but star players Sydney Danielewicz, Monet Alonso-Cruz and Catriona McFadden all had substantial offensive impacts. After leading the team in both goals and points in 2021, Danielewicz didn't slow down during her sophomore season this year. She had nine points overall, with four goals and one assist. Alonso-Cruz, who is in her final season with Cougars, had a team-high five assists throughout the season. She finished second on the team in points with 11. McFadden's Cougars debut was seemingly the biggest boost that the team needed, as she contributed a teamhigh 17 points. McFadden finished with eight goals and one assist, and will look to continue to be the team's number one sharpshooter heading into the playoffs.