



the **reflector**

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permit holders
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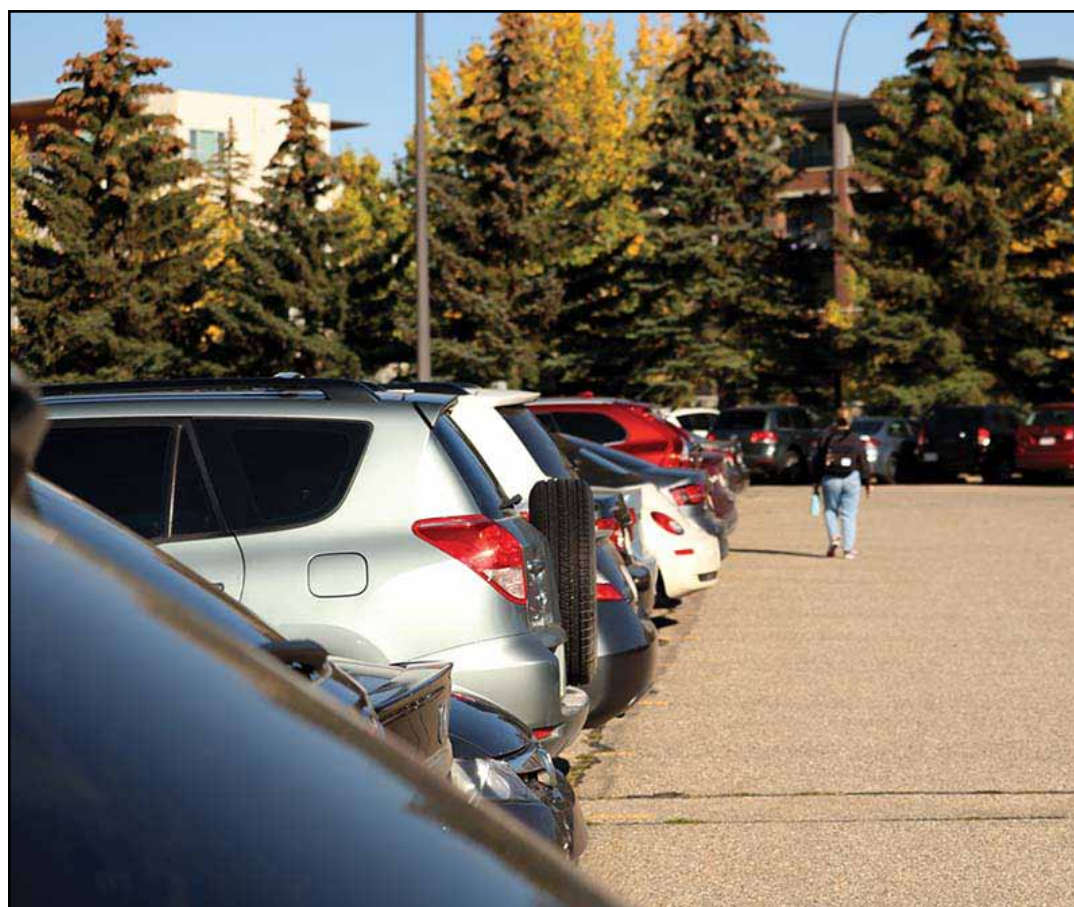
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MRU Parking: Students and their worries

Emme Larkins
 Staff Writer



MRU students are frustrated with MRU parking authority due to the lack of spaces in the lots and parkades. Photo by Abbie Riglin

Since the beginning of the school year, parking on campus continues to leave many students with light wallets and scrambling to get to class on time. Many students have reported having a hard time every day finding parking in campus lots, even when they have permits. Mount Royal University (MRU) seems to continue to hand-wave and ignore the issue at hand.

Safe and easy access to campus is essential to students' academic success,

and fixing the problem is taking a while. The parking office's latest update which told students to wait and hope for the best didn't sit well for some.

"We fully anticipate the high volume of traffic to subside over the next couple of weeks as people find their way around campus and start settling into their academic routines," says MRU Parking and Transportation Services in their Sept. 16 email.

MRU Parking and Transportation Services did

not get back to *The Reflector's* request for further comment by the time this article was published.

Fourth year MRU student Jasmine Krawchuk, felt the apology sent to students via email was half-hearted.

"I don't understand how we as students are meant to hang tight as the institution takes their time, or how they expect the situation to suddenly resolve itself by September's end," says Krawchuk.

Krawchuk went on to say

that this issue is about more than meets the eye. When it's hard to find parking, her academics suffer.

"On my first day of class I got to school 15 minutes early, knowing that my professor is strict about attendance and timing, but I ended up driving around for 20 minutes trying to find a parking spot, from parking lot to parking lot," adds Krawchuk, a straight A student.

The issues that arise due to lack of parking are serious and have real consequences for students.

This is echoed by business student Jaden Motowylo, though his concerns are safety related. As someone who has been parking in the East Gate Parkade since 2019, he has noticed a great increase in unsafe driving conditions with increased traffic in the parkade.

"Long lines to even get into the parkade, impatient drivers driving on the wrong side of the lanes, it's a real concern," says Motowylo.

Though Motowylo doesn't know what the cause of this increased volume, or why there's higher traffic of inexperienced drivers, he says he can confirm his recent experiences in the parkade are a far cry from what he saw three years ago.

"Before this semester, I never had to drive as far as P4. But now, I can get to campus as early as 9 a.m. and the lower levels are all full," Motowylo continues.

The Reflector has contacted multiple sources across campus. One being the Students Association of Mount Royal University (SAMRU), who we did not hear back from at the time of publishing. Secondly, Peter Glenn, MRU's senior media relations officer, who acknowledged *The Reflector's* request but was not able to get a statement back at this time.

With all of these concerns, there's one elephant in the room— money. This 2022-23 academic year, many MRU students are feeling the economic pinch of parking fees more than ever, through the increase in parking permits and fines. So what are students paying for?

"'You Belong Here!' Unless you drove to school, that is... I think many students find the cost of parking at MRU egregious, considering most already feel like universities are gouging us with tuition," says Lily Dupuis, a journalism student at MRU.

Dupuis has not personally experienced the parking issues that seem to plague many students this year, but she has extensive thoughts on the cost.

"I'm not saying that there aren't alternatives to driving, I just think it's unfortunate that paying for parking has become yet another expense tied to owning a vehicle in Calgary, or while attending MRU," continues Dupuis.

Thousands left exposed after Calgary Parking Authority data breach

Aiden Pasychny
Contributor

In July 2021, Calgary Parking Authority (CPA) suffered a damaging cyber security breach that disclosed customers' private data. Initially, CPA stated that the exposed information was limited to just 12 Calgarians but now they have revealed that 145,895 Calgarians are affected by this breach.

An investigation held by the Calgary Parking Authority reveals that "customers could have been accessed during the incident including elements of: names; emails; usernames;

combined information elements of licence plates, validation tag numbers, vehicle information, residential address, and violation ticket information; and parking ID numbers."

A statement released by the CPA states "the data accessible to external parties was secured within 20 minutes of us becoming aware of the incident."

However, *CBC News* has reported that CPA says the breach lasted between May 13 and July 27, 2021.

CBC News also reports

that "the CPA initially said only 12 customers had their data compromised. But on [Sept.26], it confirmed that the figure was well over 100,000."

Some experts are shocked this happened at all. In an interview with *CBC News*, North Alberta Institute for Technologies chair of the cybersecurity program, John Zabiuk, tells *CBC News* that, "people could use that information to register a vehicle under your name ... or just looking up your licence plate number to find

out where you live."

Such a large breach in cyber security has prompted immediate improvements to the CPA's security measures. One of these improvements is that the CPA now has a Cyber Secure Canada Certification.

This certification is given to businesses that follow a set of guidelines provided by the federal government through the Canadian Centre for Cyber Security.

The CPA says that "since implementing the security measures, there has been no evidence of further

disclosure or misuse of the personal information that was accessible. Based on efforts undertaken by our cyber security team and partners, it is believed the risk of further disclosure is low. We will continue to monitor the situation closely."

In the meantime, the CPA suggests that customers change their passwords regularly, monitor their accounts for suspicious activity and be vigilant when dealing with third parties who may run phishing scams.

Maritimes recovering from tropical storm Fiona

Mikaela Delos Santos
News Editor

The Maritimes continue to recover from the hurricane-turned-tropical-storm Fiona that ravaged the East Coast provinces when it made landfall on the evening of Sept. 24. According to *CBC News*, 700 Canadian Armed Forces (CAF) personnel were deployed to the East Coast to help out in the recovery phases of the affected region.

In an interview with *CBC News*, Defence Minister Anita Anand says that restoring power is the main priority for CAF since more than 100,000 citizens in the region are still without electricity. Anand also adds that more than 900 wellness checks

were conducted in Port aux Basques and other nearby communities in Newfoundland.

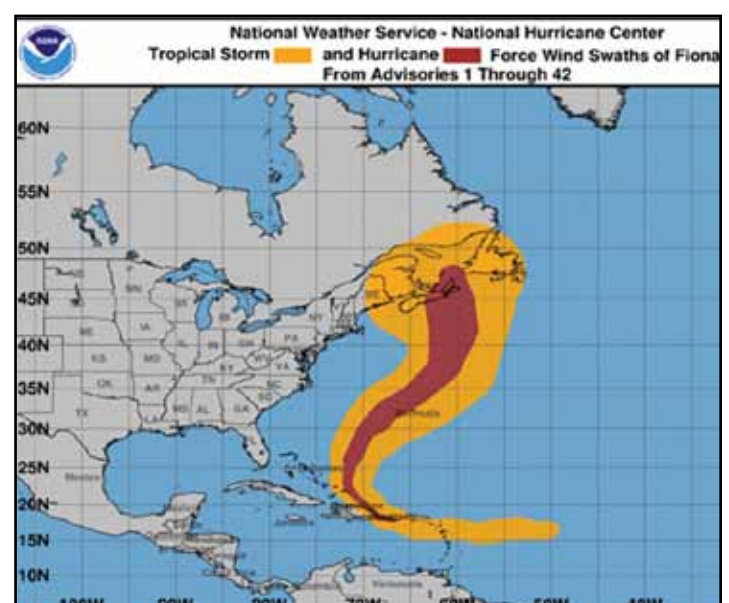
In Prince Edward Island (P.E.I.), the iconic Teacup Rock was swept away by the storm as reported by *CBC News*. The news outlet also reports that the hurricane left Brackley Beach in P.E.I. National Park with major damages that left the beach's sand dunes dangerously unstable.

Minister of Infrastructure Dominic LeBlanc says that the government needs to move quickly with relief programs and assistance for those affected in the province.

"We have some money

available now around disaster mitigation and adaptation. This is a direct line to climate change .. and to these atmospheric events," LeBlanc says.

Meanwhile in Nova Scotia, the provincial government is offering support to residents, small businesses and non-profits affected by the storm. This includes \$100 for homes that lost power to cover cost for spoiled foods, \$250 for tree removal on properties, additional \$250 on top of the \$750 Seniors Care Grant, and \$1000 in emergency funding for families and residents that are not able to go back to their homes yet.



The wind direction of tropical storm Fiona shows how it has affected the Canadian Maritimes. Illustration courtesy of Wikimedia Commons

What Pierre Poilievre's leadership could mean for Canada

Jed Mabazza

Web Editor



Former MP Pierre Poilievre (left) walking beside former Federal Conservative Leader Andrew Scheer (right) in 2018 on Parliament Hill. Photo Courtesy of Wikimedia Commons

Long time Ontario Member of Parliament Pierre Poilievre clinched the top job as the new leader of the federal Conservative Party of Canada on Saturday, Sept. 10.

According to *CBC News*, Poilievre secured 68.15 per cent of the vote on the first ballot, swiftly ending a divisive seven-month leadership race. *CBC News* confirms that the former cabinet minister won 300 of the 338 electoral districts in Canada, far outmatching his Progressive Conservative rival and former Quebec Premier John Charest who, by comparison, only won eight.

Ever since Poilievre entered his name into the ballot, he was strongly considered the presumptive front runner to lead the party into the next general election. However, that did not prevent some heated moments between Poilievre and Charest. According to

the same article, “Poilievre accused Charest of being a closet Liberal, while Charest slammed his opponent in turn as a radical who has sought the support of criminals associated with the Freedom Convoy.”

Listed below are Poilievre's policies.

Fiscal Policy

Regarding government expenditures, Poilievre's campaign website states that he will adopt a ‘pay as you go’ model, which aims to prevent federal spending from exceeding its set budget. Poilievre's campaign confirms that the proposed legislation will require that with each dollar of a new spending project, cuts in spending to current projects would have to be made.

Energy

According to Poilievre's campaign website, if the

conservatives form the next government, he has vowed to repeal the carbon tax. As an alternative, Poilievre plans on utilizing innovative technology to manage the country's greenhouse gas emissions. Poilievre's campaign also cites that he has openly supported building more pipeline projects “to move Canadian Oil from West to East.”

Social Policy

In his first speech as leader of the federal Conservatives, Poilievre stated that “I am a Canadian, a free Canadian... This heritage of freedom I pledge to uphold for myself and all of mankind.” One of the ways in which Poilievre wants to uphold his vision of freedom is by encouraging the use of free speech in post-secondary institutions. A Poilievre-led government would refuse federal funding to any post secondary institution who does not commit to the proposed policy. As well, Poilievre's campaign commits to repealing Bill C-11, also known as the Online Streaming Act.

Government Jargon

Poilievre's campaign confirms that he wants to change the way government jargon is communicated in the House of Commons as well as on legislation, proposed as the ‘Plain Language Law’. Poilievre's campaign has yet to explain in further detail on how the law might be implemented.

Housing

Poilievre's campaign website highlights that he would apply

pressure to build more houses in the cities where the housing market is the highest, namely in Toronto and Vancouver. His plan to lower housing prices, as per his campaign platform, is for the two Canadian cities to “increase new home building by 15 per cent.” Poilievre's campaign also adds the idea of providing municipalities a “\$10,000 [grant] per home on all growth in their home building, paid out only after the units are built and occupied.”

Although Poilievre won a landslide victory in the first ballot, indicative of widespread party support, reaction to the leadership win in his hometown of Calgary has been mixed. According to *CTV News*, Bob Lowtin, a Calgary resident says “I think he's somewhat sensitive to what's happened in Alberta and the prairies in general, and I think that there's a very good chance that he could benefit us.”

On the other hand *CTV News* relates a different reaction from Mount Royal University political scientist, Keith Brownsey who says “He was a convoy supporter. He was out there with the convoy in downtown Ottawa, praising them and giving them his support. Now, is that what people want in a prime minister? I don't think so.”

The next general election won't be until 2025 as part of the Trudeau Liberal's Supply and Confidence Agreement with Jagmeet Singh's New Democratic Party. In the meantime, Pierre Poilievre will have to take on the mantle of his two predecessors (Andrew Scheer & Erin O'Toole), keeping the party united for years to come.

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How art and creativity have become human culture

Abbie Riglin

Photo Editor

For human beings, art and creativity have become a cornerstone of survival, allowing us to have activities in our lives that do not revolve around our basic needs. Without it, we'd suffer from a lack of culture. In other words, we'd be all work and no play, resulting in a dull life with no music, laughter, imagination, or storytelling.

Personally, writing has acted as my escape since I was young. I've always been a storyteller, and although I like to think my stories make more sense now, it helped me work through emotions I could not understand.

"Writing helps people manage their negative emotions in a productive way, and painting or drawing helps people express trauma or experiences that they find too difficult to put into words," says Ashley Stahl, a career coach, in an article with *Forbes Magazine*.

For a long time, it was easier using words to describe how my characters were feeling rather than myself and I see it now as a way to project myself onto something that could take the attention off my own emotions, but it helped. I could get lost in a world and re-enter my own with a fresh mind, free of worries.

In the *Liberty Journal* ran by Liberty University, Kaitlyn Skarstein says, "having a creative outlet helps you deal with anxiety and stress, gives you a sense of purpose, and helps make space to overcome obstacles. We all have stress, but it's what you do with that stress that matters."

This is especially true with students. It's easy to get caught up in schoolwork where your creative outlets might overlap or be forgotten about. But finding time to be creative for your own benefit is sure to not only reduce the stress from work and school, it also ensures that you



Human culture incorporates a variety of tools for creativity. Photo courtesy of pxhere.com

are recharged for more to come. By resetting your drive, you are guaranteed your best results.

But it's not just about the creative outlets you're good at. Over the 21 years of my life, I've had more hobbies than I care to admit, from crocheting to a short-lived juggling act. Not all of them have stuck, but they did

offer a moment of relief, and maybe a weird party trick.

Even now, I've found peace through music and painting nights where I find myself being able to relax in something that might never be anything more than fun. I might be far from an artist, maybe even a creative mind is a stretch, but as

a human being, the creation of something imaginative comes easy, even if it doesn't last.

Creativity doesn't belong to just one person and isn't only a great outlet for myself, it can be a great tool for others too. There's always something fun to discover and always another outlet to explore.

"Raises aren't in the budget," maximum effort isn't either

My experience with quiet quitting

Samantha Jolin

Contributor

A quiet pandemic is creeping up on the work industry and it's not COVID-19. The term, 'quiet quitting' has seeped into the vocabularies of employees and employers alike. The movement, which has been characterized by doing the absolute bare minimum at a job,

has become a trend on social media platforms like TikTok and an elephant in the room at workplaces. This trend has set the working world, including mine, on fire.

Let me take you back to 2019, just a few months before the COVID-19 pandemic. It was

my first year at Mount Royal University, I was managing a full course load and 40-hour work weeks consistently. I was doing well in my studies and enjoying the challenges that came along with being a supervisor at my job.

I was happy, and even felt

like I was thriving. Often my managers would find me in the break room on my lunch working away on my homework and make comments about how hard I was working.

When COVID-19 hit, a lot of change came with it. We went on a hiring freeze and

supervisors and full-timers like me were demoted to avoid having to let anyone go. And while we were hit hard, we weren't the only ones.

A study conducted by U.S.

Continues on Pg. 7

Walking the storm: Breaking down Fiona and Ian

Emily Kirsch

Contributor

Many Canadians are assessing the damage caused by the tropical storm Fiona, which swept across Eastern Canada over the weekend. Meanwhile, category one hurricane Ian slammed into Florida and Carolina as survivors struggle to keep their homes and belongings safe. While the storms rage across our neighbours' homes and lives, Albertans may feel helpless or even disconnected from the events but that doesn't mean we should forget about them.

Hurricane Fiona was denounced as a post-tropical cyclone late Sept. 23. However, meteorologists warned that it still had the potential to be one of the worst storms in history, bringing hurricane-force winds, heavy rain and large waves to the Atlantic Canada

region.

Fiona first formed on Sept. 15 and battered parts of the Caribbean, including Puerto Rico, the Dominican Republic and Guatemala—causing at least four deaths before continuing its way north.

At the time of writing, over a week after the initial impact, storm Fiona left Canada's Atlantic coastlines with damages of up to \$700 million in insured losses. The storm's force knocked down trees and powerlines; flooding swept away houses, and several areas were still left with no power.

After hearing the news about storm Fiona passing through Eastern Canada, I reached out to my brother Wyatt Kirsch, who is studying in Halifax, Nova Scotia, residing just outside the bigger impact zones. In a

text conversation he told me “the storm happened mostly overnight in my area. I woke up to heavy winds and a downpour of rain. Since the power was out, I couldn't tell how much it was raining—too dark to see, too windy to hear.”

Since coastal flooding damage is mostly uninsured, homeowners and government disaster financial assistance programs will likely be responsible for most recovery expenditures. For people who want to support the relief effort, the Canadian Red Cross is one of the organizations who are currently accepting donations.

Hurricane Fiona isn't the only storm raging its way through the Atlantic right now. Hurricane Ian had residents of Florida preparing for a storm that had intensified into a category four hurricane.

A CNN report revealed that hurricane Ian currently shares the record with 2004's hurricane Charley as the strongest hurricanes to hit the west coast of Florida. Ian will rank among the top five storms to have impacted the Florida peninsula, behind hurricanes Andrew (1992) and Michael (2018)—according to Florida Governor Ron DeSantis.

As a result of an exceptionally high storm surge and heavy rainfall, Ian left southwest Florida in a devastating state of ruin. Hurricane Ian fostered wind gusts that shattered windows and ripped metal roofs off homes and buildings. Roads into the hurricane-affected areas remained impassable, obstructed by downed trees and power lines.

Hurricane Ian is the ninth named storm, fourth hurricane and second major



A tree nearly split in half from the force of the storm. Photo courtesy of Wyatt Kirsch



A sidewalk blocked by a tree from the storm. Photo courtesy of Wyatt Kirsch

hurricane of the 2022 Atlantic hurricane season, which spans June 1 through to Nov. 30.

At the time of writing, 12 people have been killed and two million people are without power. Hurricane Ian, which has been downgraded to a tropical storm, is currently smashing into North and South Carolina.

Each year, the links between hurricanes and climate change have become more apparent. A warmer world may see more significant hurricanes and more of the most severe storms over time. An article from the Center for Climate and Energy Solutions says that scientists are now unsure whether the frequency of storms will alter, but they are convinced that hurricane strength and severity will keep rising.

Here in Alberta, it's easier to simply share a social media post on Instagram and forget the plight of those in the

path of these storms. After all, we're landlocked. If a hurricane ever found its way here, we'd probably have other issues to worry about.

In addition to causing damage to buildings, hurricanes often undermine transportation, energy, water and sewer systems, as well as structures for managing flooding—all systems in which we heavily rely on to maintain public health and the quality of human lives.

Living in a non-coastal province, it's hard to imagine what it would be like to experience a natural disaster like storm Fiona or hurricane Ian, but these are not things we should ignore. The reality of the Earth's climate crisis is already critical, and is getting more urgent every day. It's not a matter of if the next big disaster will strike, it's a matter of when, and we need to start taking action sooner rather than later.

Russia escalates war with forced votes, nuclear threats, more soldiers

Keoputhy Bunny

Features Editor

After more than 200 days of war, the conflict in Ukraine has once again seemed to reach a boiling point. A referendum vote was held in four Russian-held territories of Ukraine but were internationally denounced by both Ukraine and their allies, citing that the ballots were not secret and voters were being held at gunpoint. Russian President Vladimir Putin has also mobilized 300,000 troops and reignited the threat of nuclear war against the North Atlantic Treaty Organization (NATO).

The world seems to have forgotten the shock and horror of the Ukraine war. With the death of the queen, hurricanes and satellites slamming into asteroids, a war on another continent feels very far away. But the realities of conflict are still haunting both Ukraine and Russia.

How does this affect Canadians though? With Russia intensifying its recruitment efforts and threat of nuclear war, the world should be wary of its reach across the globe.

Ukraine and its Western allies

are calling the referendums held in Russian occupied territories of Kherson, Zaporizhzhia, Donetsk and Luhansk. The results, which were not reviewed by an independent party, concluded that a whopping 99 per cent of Donetsk voters opted to join Russia. Authorities said 98 per cent of Luhansk voted 'yes', while Zaporizhzhia and Kherson voted 'yes' with 93 per cent and 87 per cent respectively. The four territories contributed to about 15 per cent of Ukrainian land.

Galina Luhova, head of Kherson City Military Administration, also asserts that the votes are forced.

"The referendum is taking place in the occupied city of Kherson under the muzzle of an automatic rifle," Luhova said after escaping to a Ukraine-occupied safe zone.

These results are also disputed internationally with reports from Ukrainian and Western officials saying the referendums were not only held illegally but held at gunpoint. German Foreign Minister

Annalena Baerbock also agreed that the vote was unjust.

"This is the opposite of a free and fair election. And this is the opposite of peace. It is a dictated peace." Baerbock stated during her speech at the 2022 Berlin Peace Dialogue conference.

Despite outrage from the international community, Putin still decided to mobilize his soldiers from the Russian reserves. A wave of backlash met the leader, with protests erupting all over the country and even recruiters being shot at, it seems Putin's support is crumbling by the week.

With that being said though, Russia still has a sizable advantage from a purely militaristic standpoint.

According to the Heritage Foundation's Peter Brookes, Russia's arsenal, at least in terms of small nukes, is substantially larger than that of NATO.

"Russia has nearly a 10:1 advantage over the United States and NATO in non-strategic (i.e., low-yield and short-range) nuclear weapons,"



A Russian vehicle destroyed in Lukyanivka, Ukraine.
Photo courtesy of depositphotos.com

Brookes states.

These nukes are used to clear small areas without the radioactive fallouts of bigger nuclear weapons. They can be launched using aircrafts or battleships but so far, no countries have launched one yet. After all, a nuke is a nuke and using one may incur the

wrath of other global nuclear superpowers.

The annexation, recruitment and re-emergence of nuclear threats mark a large escalation in the war but it seems like the international community is still holding its breath to see if these moves will make or break the future of Putin's Russia.

"Raises..." Continued from Pg. 5

global analytic firm Gallup from the past three years, found that young workers below 35 don't feel like they're being cared for at work, especially from their manager.

"The percentage of actively disengaged employees increased by six [percentage] points," the study further found.

Now fast forward two or so years, we've made it through the thick of it, however, we're experiencing record inflation and the cost of living has raised significantly. Yet, in these same two years, I've watched this company pay to repaint

every store it owns, start giving out sales bonuses to upper management members again and again, create new products to test and hire very expensive models for its campaigns. At the same time, I watched the hours given to the stores for staffing dwindle and hiring remain on a freeze.

This company is a billion-dollar company, they have the money to spend on paying its staff.

We've made it through the thick of it but we're experiencing record inflation. Seeing that normal items cost

more everyday, I asked my store manager for a small raise.

Months of run-around later, my managers finally pulled me to the office, where I explained my reasons for asking for a raise. I explained that my living expenses were becoming too high with inflation and that I was barely making enough to cover all my bills, pay the rent and feed myself.

"Raises are not in the company's budget," my district manager said. I was stunned. This woman had seen me work harder than many people around me, frequently relied on

me before she was promoted, and often told me how 'blown away' she was by my work ethic. And here she was stubbornly refusing to even attempt to help me.

The CEO is not going to notice my wage going up by \$1. Nobody is. That's the difference between making rent and buying groceries, or paying rent and eating 50-cent instant ramen. Everything that was ever asked of me, I delivered. So for me to speak up and ask for one small thing and be so bluntly denied, it's no wonder I, like others, have joined the

wave of quiet quitting.

Experiences like this don't just happen to me, they happen to workers all around the world. Hence why quiet quitting has caught on so strongly. Gallup says that more than half the US workforce would call themselves quiet quitters.

The trend seems to be steadily gaining steam throughout North America - and why not? People want to be fairly compensated for their time. If companies don't want quiet quitters on their team, they should be treating their employees better.

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From mixing beats in a bedroom to opening for Chainsmokers

Mofe Adeniran

Contributor

Young and capable with an eye for detail with a desire to make music “for the girlies,” Jade Ade-Yusuf is a new DJ to the Calgary music scene. Specializing in house music and playing at clubs all over Calgary, Ade-Yusuf has grown exponentially since starting in 2020. She was born in Nigeria and lives in Calgary and when she’s not throwing down sick beats she works in marketing.

Regarding her musical influences, Ade-Yusuf’s taste covers many genres. “I like a little bit of everything,” Ade-Yusuf said with an easy laugh. She loves female rap artists like Flo Milli, Nicki Minaj and Doja Cat, and gets inspiration for her mixes from the artists that she plays on repeat.

“I remember I started getting into house music by listening to *BBC Radio One*,” Ade-Yusuf said as she recalls the very beginning of her music journey. *BBC Radio One* is a popular radio station managed by the British Broadcasting Corporation.

Finding the culture interesting, Ade-Yusuf started getting to British TV shows like popular teen drama *Skins* and this led to her further exploration of what else the

UK had to offer. “I got into *BBC Radio One* as a youngster on Tumblr, people were posting gifs of British TV shows and that’s how I started getting into UK media,” said Ade-Yusuf.

Around 2013, in junior high, Ade-Yusuf dove into more British pop culture and decided to extend her interest from British TV to British radio. “*BBC Radio One* had a Friday radio show and I just used to listen to it, and because the UK was ahead it would play on Fridays after school.” She became a huge fan.

“There was almost a solid year where I would just be listening to *BBC Radio One*’s dance hits and listen to their top hits countdown,” said Ade-Yusuf. She considers this to be one of the biggest influences to her love of house music.

Instead of listening to another Spotify playlist, Ade-Yusuf gravitated towards DJ set videos held at the Boiler Room in Los Angeles on YouTube. She transitioned from simply listening to house to mixing her very own house beats when she began to yearn for a creative outlet free from the expectations of her typical Nigerian parents. “I didn’t know anybody who did

it [mixing music], and I didn’t know how to get into it but I was into the general idea.”

It wasn’t until she reached university that she began to find her way again. In one of her marketing classes she met Richard Sparvier, also known as DJ BLCKFT on the University of Calgary’s volunteer radio station *CJSW*. He had started Drum beat productions, his own Indigenous entertainment production company and became a mentor for Ade-Yusuf.

After that, it was only a matter of getting DJ-ing lessons and learning to mix on her own. “I’ve been doing it for two years, which is crazy because it feels like it was yesterday,” said Ade-Yusuf.

Post pandemic there was a space for new DJs in Calgary, “everyone was like we need new blood, I’m very high-key confused on how I got here,” said Ade-Yusuf.

She went on to play at Sugar Cane, a yearly party thrown by Icarus Sound at the request of Remi Party before the pandemic. Relatively soon after, she was approached by other entertainment groups in Calgary to DJ for their events. Ade-Yusuf has played Versions,



Big smiles for Jade Ade-Yusuf, an upcoming DJ based in Calgary before one of her gigs from this summer. Photo by Mofe Adeniran

a weekly patio party held on Tuesdays in Broken City.

When a promoter for Blueprint Alberta found one of her mixes on Soundcloud they reached out to her for multiple events like House of Melanin, Chasing Summer and Badlands. Only a few weeks after playing for Chasing Summer she was invited to open for the Chainsmokers for the Badlands festival, which she promptly accepted.

“Honestly, I feel like I girlbossed my way here to the point where playing some of

the events I did - like opening up for the Chainsmokers, just does not happen for people who only started two years ago,” said Ade-Yusuf.

Ade-Yusuf claims that the reason for her quick rise in the Calgary DJ community was due to the void left by COVID-19. According to her, there was a need for new talent and she came on the scene at the perfect time. Growth and possibility was waiting there for the taking and she understands that her’s was a lucky break into the industry.

OUT’N ABOUT

Harvest Pumpkin Fest

During the month of October, Butterfield Acres Farm is hosting their annual Harvest Pumpkin Fest. From fall photo-ops to small farm animals, this is a fall activity you won’t want to miss.

Creative Full Moon Yoga Flow

Take time to meditate during this busy week and enjoy a free outdoor yoga class on Oct. 8 from 11 a.m. to 12:30 p.m. at Stanley Park.

Paint ur Art Out

Join a fun night of painting with host Emily Simon at 1510 7 St SW on Oct. 7 from 2 to 5 p.m., tickets are available on Eventbrite.

Indigenous Science Night: Fall Harvest

On Oct. 21, learn from Knowledge Keepers and Indigenous scientists to explore the fall harvest at Indigenous Science Night at Telus Spark, from 5 to 10 p.m.

Lord Huron brings the mystical Wild West to Calgary

Spencer Yu

Staff Writer



Lord Huron played an impressive 44 shows in the span of 3 months for their latest tour. Photo Courtesy of WikiCommons

As big of a fan of music as I am, I have never been to a concert before. Typically, it's due to the fact that a lot of the time, the artists I want to see don't come to Calgary. In addition, a great deal of the artists I do want to see are charging more money than I am willing to pay. However, the stars finally aligned for me last year when I found out that my favourite band Lord Huron was coming to Calgary.

I kind of already knew going into it that they were going to perform admirably live due to the fact that I have heard their live recordings before. However, live recordings are just that — recordings. And I

thought that somehow the live performance couldn't stack up to the quality of the music I have heard in the recordings.

They sounded fantastic, however, it was more than that. Listening to the music is one thing but seeing your favourite band perform live in front of you is a whole other thing.

I really enjoyed how they embraced the theme of their last album *Long Lost* with the set pieces that were on stage, as well as using other elements such as costume and lighting to call back to their previous albums.

For example, in their album *Vide Noir*, there is a lot of

reference to “the emerald in the sky” so for some of the songs they played from that album the lighting would change to reflect that. Also in their album *Strange Trails*, there is the character of The World Ender featured in their music videos, so when the song “The World Ender” came around, the lead singer Ben Schneider donned the mask of said character.

The sound quality was something to be noted. Obviously, being in a live environment you are not going to have that crisp and perfect listening experience that you would have listening to a recording. I feel that given

the particular position we were in, the sound echoed a little bit more. It was definitely loud but it wasn't to the point that it was unpleasant for me to listen to.

However, a friend that I went to the concert with mentioned to me that he was unable to distinguish some of the lyrics from the overall noise of the concert. This isn't an issue for me as I knew every single song in the set that they played, however if you are going to see a band that you are not super familiar with it might be worth listening to the concert set beforehand so that you can familiarize yourself with what is being played.

I was able to get five tickets on the third row of the first balcony for about \$75 each. That being said, I purchased the tickets when their tour was first announced way back in October 2021.

My first concert experience overall then was I would say fairly positive. Seeing your favourite band play live is more than just seeing the people behind the music performing their craft but it's also seeing other people that enjoy the same music that you do and experiencing a spectacle. I would happily see them again live and probably venture out and attend concerts that I would not have otherwise.

5 films and shows to binge over reading week

Abbie Riglin

Photo Editor



The amount of familiar faces in Netflix's newest show *Heartbreak High* intrigued fans on TikTok to start the show. Photo Courtesy of Netflix

The best way to start a well-deserved reading break is to catch up with all the shows and movies you've been waiting to see to ease you into what might become a week-long binge session.

1. *Do Revenge*

Do Revenge stars Camila Mendes (*Riverdale*) and Maya Hawke (*Stranger Things*) in this teen comedy with a vengeful twist.

Do Revenge brings back the feel of a 90's teen drama-comedy, something that has been harder and harder to come by as of recent. The film offers up multiple plot twists, some admittedly easy to see coming, but the star-studded cast do them well. Overall, the movie is fun, and leaves

you rooting for characters who have shown their darker colours.

2. *Heartbreak High* - the reboot

All lovers of teen dramas will be happy to hear that *Heartbreak High* has passed the test and might be the best reboot of a show seen recently. This version of the 1994 Australian series follows a new group of students at Hartley High as they explore themselves and romance, racial tension and sexuality become the centre of their lives.

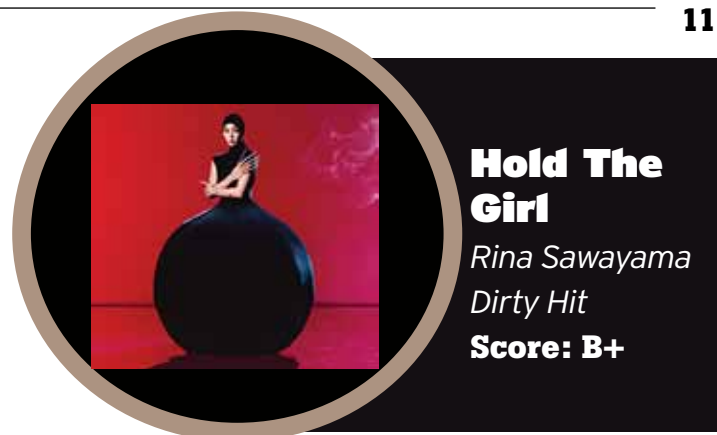
Heartbreak High has done an amazing job of modernizing TV, and boasting a large, diverse cast full of talent. The characters are

fully developed, and easy to both hate and love. The crass humour isn't overdone and feels like a refreshing, more realistic take on exploring sexuality. *Heartbreak High* offers representation for everyone and feels like it could grow up right alongside its viewers.

3. *Hocus Pocus 2*

This list couldn't have been made without including a Halloween movie as we gear up for the spookiest time of the year. The first film in the series came out in 1993 and remains a classic, so there were high expectations for *Hocus Pocus 2* and I'm happy

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Hold The Girl

Rina Sawayama
Dirty Hit

Score: B+

Rina Sawayama is an upcoming voice in the pop music genre. With a modest start and hard work, she released her first single in 2013, "Sleeping in Waking." As a newcomer to her music, her sophomore album *Hold The Girl* gives an excellent feel of her identity as a Japanese-British artist.

The song "Hold The Girl" showcases a theme of keeping in touch with your younger self growing up, with lyrics, "I wanna remember/she is me/and I am her," articulating this idea wonderfully. Truly deserving of the spotlight in this album and is a personal favourite of mine.

It's immediately followed by the album's biggest hit, "This Hell," a song that explores an empowering theme of sexuality and death.

A few songs later, we reach another solid addition to the

album, "Frankenstein," a song surrounding the subject of struggles with self-love and acceptance.

"Phantom" features a badass duo of piano and strings with a riveting guitar solo, with the concept of preserving the past.

A point can be made that a few songs in the album shake up the formula concerning the market of the pop industry. However, these notable songs showcase a style just waiting to burst out. Sawayama demonstrates an adventurous taste in genre, blending in music styles of R&B, rock, art and electro-pop as the centre of her music.

The album, *Hold The Girl*, is full of mellow beats that can resonate with anyone looking for a familiar type of pop music with unique conventions.

- Farheen Agoro

Here Comes Everybody

Spacey Jane
AWAL

Score: A



Indie rock band Spacey Jane has hit hard with their sophomore album *Here Comes Everybody*, acting as a string of anthems that ring true to young people dealing with self-loathing, heartache and self-loving. In other words: growing up. The album represents the growth of heading for a low, sitting at the bottom, and then finally realizing you must accept how you got there to build yourself back up again.

Starting at a high with the upbeat sounds of "Sitting Up," "Lunchtime" and "Lots of Nothing," it's not until you listen to Caleb Harper's words do you realize just where things might be heading.

Tracks four to eight recall Harper's times when he "just feels low", all while in the midst of a relationship. It feels bittersweet to relate to any middle track on *Here Comes*

Everybody, as it's hard to deal with the reality that even love might not be enough to make you happy, but you find yourself singing along anyways, that's how good it is.

The turning point comes at "Haircut" where Harper accepts what he cannot change, moves away from what holds him down, and finishes up by "Pulling Through" and apologizing to who he had to leave behind.

Here Comes Everybody has cemented Spacey Jane's place as captivatingly beautiful storytellers, with songs and words that ring true to all young person's thoughts and feelings. The album leaves a profound amount of space for the band to continue to grow and showcase their sound and lyricism. I, for one, am excited to see what will come.

- Abbie Riglin

"5 films..." Continued from Pg. 11

to say that people should feel satisfied.

Hocus Pocus 2 takes place in Salem where teenagers Becca and Izzy get ready for Halloween and Becca's 16th birthday. As expected, antics take place and surprise! The Sanderson Sisters are back! Bette Midler, Sarah Jessica Parker and Kathy Najimy reprised their roles and brought the same captivating energy as they did in the original. Although predictable, *Hocus Pocus 2* will join the first in the Halloween hall of fame and forever be a favourite.

4. *The Bear*

Starring Jeremy Allen White (*Shameless*), *The Bear* shares the story of Carmen "Carry" Berzatto, an award-winning New York City chef de cuisine, when he returns to his hometown of Chicago after the untimely death of his brother. Taking over the family restaurant, Carry must learn to lead his team all while dealing with his brothers'

debt.

The Bear showcases talent in a small changing set with a large amount of character and does a great job at bringing the anxiety of a professional kitchen right to your living room. The soundtrack in itself is enough to boast about. I will eagerly be waiting for the renewal of season two.

5. *Abbott Elementary*

Coming off an Emmy win, *Abbott Elementary* is back for its second season funnier than ever. The show follows a group of teachers as they navigate how to be good at their job with little to no help and a principal who definitely isn't qualified for the position.

The characters are lovable in all their awkward glory as they share their stories in a mockumentary style. *Abbott Elementary* is a fresh sitcom with a refreshingly funny take on the American school system, and Quinta Brunson hopefully has more to come.



Fans of *Abbott Elementary* on Twitter are highly anticipating this year's Halloween special. Photo Courtesy of Disney Plus



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Breaking down the biggest trades from the 2022 NBA offseason

Jed Mabazza
Web Editor



Rudy Gobert (right) bringing the ball up the court at the 2022 NBA All-Star Game in Cleveland. Photo courtesy of Erik Drost/Wikimedia Commons

Loyalty in the National Basketball Association (NBA) only goes so far. At the end of the day, the NBA will always be a business. Arguably every team in the league has a different vision of what winning means to them, and they

will construct a team that aligns with that vision. Some teams may trade away assets to build lackluster rosters as a strategy to increase their chances of entering the lottery, with potential to get a higher draft pick. Some teams make minor trades

that don't always turn them into either play-in or playoff contenders. While others make blockbuster trades in hopes of securing their chances at a ticket to an NBA Championship, this offseason was no different. Let's break down the two most notable

trades that happened in the 2022 NBA offseason.

Rudy Gobert to the Minnesota Timberwolves

Timberwolves get: Rudy Gobert. Jazz get: Malik Beasley,

Patrick Beverly, Leandro Bolmaro, Walker Kessler, Jarred Vanderbilt, 2023 first round pick, 2025 first round pick, 2026 pick swap and a 2027 protected first round pick.

Continues on Pg. 14

#S

8-0-2, The record of Cougars men's soccer team this year.

39, Total number of points for Nolan Yaremko during the 2021-22 season.

0-7, LeBron James from the field against the Sacramento Kings in their preseason matchup.

114-82, Raptors' preseason victory over the Utah Jazz.

"Breaking..." Continued from Pg. 13

What this trade means for the Timberwolves

On paper, this trade looks to be a big gamble for Minnesota. Not only did they give away solid rotation players, but they also gave away a haul of future first round draft picks. It's apparent that the Timberwolves have thrown out future financial flexibility with the contracts of their two big men Karl Anthony Towns and trade acquisition Rudy Gobert.

While pairing two big men is not unheard of, there is reason to question whether that was the right move in a time where versatility is now prioritized in roster construction. The good news is that spacing might be better as Towns, Anthony Edwards and D'Angelo Russell can focus on their offensive output while Gobert can handle his own as the primary rim protector and pick and roll man.

What this trade means for the Jazz

Long story short, the Jazz appear to be heading towards a full rebuild. The stock pile of first round picks and rotation players gives the team far more flexibility to engage in future trades for another star, or they can opt to draft the league's next superstar. It's clear that the Jazz went from being a team that was over the salary cap, to a more financially flexible team which will surely help in their future roster construction.

Donovan Mitchell to the Cleveland Cavaliers

Cavaliers get: Donovan Mitchell. Jazz get: Collin Sexton, Lauri Markkanen, Ochai Agbaji, 2025 first round pick, 2026 pick swap, 2027 first round pick, 2028 pick swap and 2029 first round pick.

What this trade means for the Cavaliers

This was one of the offseason's more surprising trades. While the Gobert trade signaled the end of an era in Utah, as per a report from

Shams Charania from *The Athletic*. Cleveland was not amongst the teams initially interested in the other half of Utah's duo, Donovan Mitchell. In fact, it was widely believed that Mitchell would end up on the New York Knicks one way or another. Regardless, the Cavaliers no longer live in the shadow of LeBron James, and this trade all but increases their chances of making their first playoff berth in three years.

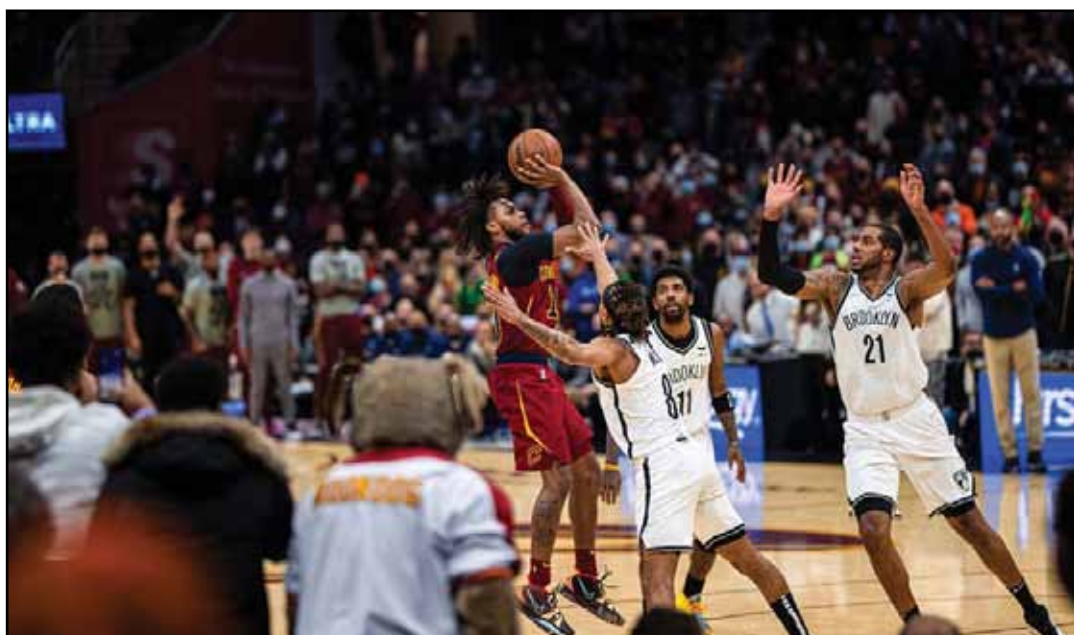
A starting five of Darius Garland, Mitchell, Caris LeVert, runner up for Rookie of the Year Evan Mobley and Jarret Allen looks like a scary force in the eastern conference. This upcoming season will reveal just how far Cleveland can go.

What this trade means for the Jazz

The Jazz have fully committed to rebuilding. But unlike traditional rebuilding where the team sells all of its assets for mediocre talent and a few future draft picks, Utah Jazz's CEO, Danny Ainge may have just pulled a fleece that could accelerate their rebuild. Attaining a young player in Colin Sexton, who is only 23 years old and has shown flashes of stardom when healthy, looks to be a viable replacement for Mitchell. Add in the 14th pick from the 2022 NBA Draft in Ochai Agbaji, who is considered one of the more effective scorers in his draft class per *NBA.com*, and Utah suddenly has another player to aid in spacing.

But we can't forget the addition of Lauri Markkanen who has popped off in this past summer's Fiba Eurobasket 2022 contest, averaging nearly 28 points per game and eight rebounds per game. If Markkanen can bring that same output to the regular season, Utah will surely remain competitive. Utah may not have made perfect trades, but they were trades that needed to be made. They set themselves up for future flexibility financially, in trade negotiations and free agency.

The 2022-23 NBA regular kicks off on Oct.19, soon enough we will get to see these guys play in their new threads.



Cleveland's young talent, such as Darius Garland, could be in for a dominant offensive season. Photo courtesy of Erik Drost/Flickr

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Calgary's newest sports franchise

Everything you need to know about the Wranglers

Matthew DeMille

Contributor



The Wranglers may be new to Calgary, but the team has been a staple of the AHL under the Stockton Heat name and location. Photo courtesy of TheAHL/Wikimedia Commons

The city of Calgary's sports family expanded over the summer season, as they welcomed their third major hockey team and sixth major sports team within their city limits. The team, dubbed the "Calgary Wranglers," are members of the American Hockey League (AHL) and are the top-minor league affiliation for the Calgary Flames.

Although new to the city, the Wranglers are no strangers to either the AHL or the Flames organization. The franchise, known previously as the Stockton Heat, simply relocated from their northern California residence to their new home in Calgary after the teams' lease expired last season.

Before the rebrand, Stockton was the headquarters

for the Flames minor league club for seven seasons. The move would mark the seventh different location the Flames' minor league affiliate has called home since they were purchased in 1993, and just the third time they've been located in Canada — first being the Saint John Flames between 1993-2003 and eventually the Abbotsford Heat from 2009-2014.

The name change from the Heat to Wranglers is of some significance to the defunct Western Canadian Hockey League (now known as the Western Hockey League) team, also the Calgary Wranglers, who played out of the — now demolished — Stampede Corral for ten years. The new Wranglers' logo also pays homage to their predecessors by keeping the

original logo for their main crest, with a little more flare (no pun intended).

Going into the summer break, there was much speculation that the franchise would be moving closer to their NHL affiliate by the media and hockey fans alike. Amidst the COVID-19 pandemic, both Calgary and Stockton found themselves playing in an all-Canadian division for their 2020-21 season.

While shifting Stockton up to Calgary was meant to be a temporary solution to the COVID-19 restrictions, it's clear the Flames noted many advantages to having their affiliate club within arm's reach. No longer dealing with the border restrictions caused by the pandemic seemed to also be a selling point for the

AHL franchise's relocation. This also made it possible to have the clubs' potential call-ups join the main team nearly instantaneously, as they are living in the same city.

The move also gives the Flames coaching staff the ability to keep a closer eye on their affiliates and scout their top prospects, in case they find themselves in need of extra bodies for their NHL squad.

The Wranglers are not the first minor league team to be moved north of the border as of late. The Vancouver Canucks' minor league affiliate, the Abbotsford Canucks (formerly the Utica Comets), relocated near their parent organization in the season prior. Once Utica moved to Abbotsford, the Flames' decision to move to

Stockton to Calgary became imminent.

With the Wranglers moving up north, the Edmonton Oilers are now the only Canadian team that has yet to move their AHL club (Bakersfield Condors) out of the United States. A move that is already in the minds of the Oilers management and may be on the horizon.

Coming off a "Cinderella run" that saw the Stockton Heat reach the Western Conference Finals in the Calder Cup playoffs, the Wranglers team will be looking to repeat their results during their inaugural season in Calgary. The first chance for local hockey fans to watch the Wranglers in action comes on Oct. 16, when they kick off their season against the Coachella Valley Firebirds.

Cougars hockey Nolan Yaremko is U SPORTS Player of the Year

Josh Werle

Sports Editor

The Senator Joseph A. Sullivan Trophy — awarded each year to the U SPORTS ice hockey player of the year — has made its way to Mount Royal University (MRU). Cougars men's hockey standout Nolan Yaremko was the recipient of this honour for the 2021-22 season, and was celebrated for the award at MRU on Sept. 29. Surrounded by teammates, family and coaching staff, Yaremko and his outstanding achievements were highlighted with speeches, photographs and video packages.

Yaremko arrived at MRU for the 2019-20 season, playing a total of 18 games for the Cougars team. After battling through a back injury, Yaremko finished the season with a points-per-game average of 0.53. The 2020-21 season — which was slated to be Yaremko's sophomore appearance — was canceled by U SPORTS due to the COVID-19 pandemic. During this time, Yaremko healed up and the Cougars added some special talent to play alongside him.

The Cougars' addition of Riley Sawchuk — who took home the conference rookie of the year accolade — contributed to Yaremko's special season.

"He's been such a compliment to my game. I really think he has been a huge part to my success and I'm very grateful that he came [to MRU]," says Yaremko.

After healing from injury, and with the addition of Sawchuk, Yaremko took the 2021-22 season by storm. At the conclusion of the regular season, Yaremko sat at a points-per-game average of 1.95. He finished the season with 39 total points — 19 goals and 20 assists — the most of any skater

in the Canada West Division.

For his incredible statline during the 2021-22 season, Yaremko was awarded the U SPORTS Player of the Year award, and celebrated the accomplishment at MRU.

"It's a great honour. I'm super glad that I got to spend it with all my friends and family here and my teammates... it's hard to put into words. I'm very grateful for this," says Yaremko.

Yaremko will look to bring the momentum of his award-winning season last year into the Cougars' 2022-23 season campaign. During the team's home-opener against the University of Alberta Golden Bears, he scored the Cougars' first goal of the season and kicked off what is sure to be a monumental year for the team.

"We hold ourselves to a high standard since we've been here. We're making a push for a national championship," says Yaremko. "I'm very excited to spend it with the guys and we have such a great atmosphere that it's very exciting."



Nolan Yaremko with the Senator Joseph A. Sullivan Trophy. Photo by Josh Werle



Nolan Yaremko in the Cougars' 2022-23 home opener. Photo by Josh Werle