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Remembrance Day commemoration in Calgary and MRU

Mikaela Delos Santos
News Editor



The Burnsland Cemetery includes many of Calgary's First World War veterans and is considered to be a historically significant cultural landscape that played an important part in the settlement and establishment of Calgary as a city. Photo by Aiden Johnner

Every Nov. 11, Canada and many other Commonwealth countries commemorate Remembrance Day to memorialize the soldiers that served during the first world war. While Remembrance Day is considered a statutory holiday in Alberta, events and services will be held within Calgary and MRU.

Calgary Area

The Field of Crosses will be displaying 3,500 crosses along Memorial Drive (between 3 Street N.W. and Centre Street) to pay tribute to Southern Albertan soldiers that served during the first world war. One hundred-twenty unique crosses will also be displayed

in a separate part of the park as means of honouring the 120,000 soldiers who died while serving for Canada.

Sunrise and sunset ceremonies are held from Nov. 1-10. On Nov. 10, lanterns are placed in front of the crosses during sunset and during sunrise on Remembrance Day. A live televised ceremony will be held on Nov. 11, at 10:30 a.m. through *Global Calgary*. The Field of Crosses encourages the public to stop in front of the crosses to pay respects by holding their hands over their hearts.

The Hangar Flight Museum (4629 McCall Way NE) will be holding its annual Remembrance Day commemorations in

person. Services will be held outdoors—the museum urges the visiting public to dress for the weather. The doors open at 9:30 a.m. and donations are taken for admissions. The service will also be televised at 10:30 a.m. via *CTV News*.

Fort Calgary will be having a free Remembrance Day service on Nov. 11, from 10:15 a.m. - 11:15 a.m. at the Burnswest Theatre (750 9 Avenue SE). A commemorative address and benediction prayer will be delivered by RCMP Veteran's Association chaplain, Reverend Larry J. Nicolay (Cpl., Ret.), and George Pambrum (Sgt. Major, Ret.) of the Métis Nation of Alberta. Registration is required for this event.



Poppies are a way for people to show their support for the armed forces. Photo courtesy of Sun Live

The Military Museums at 4520 Crowchild Trail SW will be hosting a virtual event at 10:20 a.m. via live stream on their Facebook page. The public are welcome to lay a wreath at the Eternal Flame monument after the ceremonies. Plastic poppies are not recommended to be laid. Museum hours will resume as normal after the ceremonies.

On Remembrance Day, Calgary Transit will be offering free transit rides for all veterans and accompanying family members. Veterans wearing uniforms or those holding veteran identification cards are also eligible.

On Nov. 5, The Calgary Flames will be hosting their Remembrance Day Ceremonies before facing off against the New Jersey Devils in the Scotiabank Saddledome during their home game.

MRU

The Field of Crosses will also honour fallen heroes at the Mount Royal University (MRU) campus. On Oct. 27, the field of crosses were installed to honour the 30 Mount Royal students who served Canada. The installation is located at the Dr. John H. Garden Memorial Park, in between Bissett School of Business and Lincoln Park East Entrance. The crosses will be on campus until Nov. 12.

The McCann Family Foundation have made the Field of Crosses memorial possible. Since 1910, hundreds of Mount Royal alumni, faculty and staff have served in the Canadian Armed Forces. The 30 Mount Royal students in memoriam are honoured through the university's Military Memorial Bursary Program.

MRU celebrates International Education Week

Khai Choual, Contributor & **Mikaela Delos Santos**, News Editor

Mount Royal University (MRU) celebrated International Education Week (IEW) last Nov. 7-9 along with many institutions worldwide as a way to illustrate cross-cultural learning and development for many students both within and outside Canada. The celebration included events such as the International Festival on Main Street, field school and study abroad information sessions, International Eat and Greet, the International Photo Contest and the Henna Art Experience.

Local Calgary henna artist of Indian descent, Japinder Singh led the Henna Art Experience where attendees got to see a first-hand creation of henna art and even had some of it tattooed on their own arms.

For Singh, being able to share their passion for henna with the MRU community was a way for her to connect with her own Indian culture.

“I feel like art is something that should be shared with everyone. Some people feel like applying it or wearing it is appropriation, but for me to be able to share where it comes from, and how it’s made and the different significance that it has to my culture as well as other cultures where it’s used, makes me happy and fortunate that I’m able to connect with people in that way as well.”

Akshithaa Mailvaganam, an international student from Sri Lanka and student leader from the International Student Support Center

(ISSC), says that the international experience provided by MRU is of great value.

“International education is so versatile... Your professional career after you graduate is just outstanding because you get to experience different cultures away from home and I find that really valuable.”

“It’s not just about graduating, it’s just about learning. It’s just about experiencing and I find that this department gives just that,” Mailvaganam adds.

MRU has many opportunities for local and international students to take part in exchanges, field schools and international work experiences. Outbound exchange programs consist of one semester or two with an MRU bilateral partnership institution where students can earn credits that can be applied to majors committed at MRU.

MRU has committed to supporting students by increasing support for international experiences abroad. Dianne MacDonald, director of the Office of International Education at MRU, has said, “MRU has made a strong commitment towards supporting internationalization by increasing study abroad opportunities. In addition, recruiting international students and supporting them through their MRU experience



Sri Lankan International student, Akshithaa Mailvaganam, happily shows off their henna art tattoo made by Japinder Singh. Photo by Mikaela Delos Santos

is a strong priority.”

Since borders have opened post pandemic restrictions, a surge of students has had

“I feel like art is something that should be shared with everyone.”

Japinder Singh

an increasing amount (both inbound and outbound) of interest in international education.

“During the pre-pandemic period, MRU was well on

its way towards reaching the goal of 20 per cent of graduating students having an international experience. This year we will have approximately 100 students participate in inbound experiences and expect about 120+ students studying abroad,” says MacDonald.

Calgary is a prime destination for many International students. According to review website Clever Canadian, Calgary ranked third in the list of the 50 best Canadian cities for international students.

“Mount Royal’s reputation

for providing future-focused programs and small classes resonates with students. We recognize the importance of connecting and ensuring that our services support students in a friendly, personal environment. Our facilities, geographic location and people entice students to come here and similarly, students are looking for the same environments when looking at going abroad,” says MacDonald.

MacDonald adds, “MRU’s internationalization goal is to improve student preparedness for a global era with a high commitment to diversifying the student experience and becoming more attractive to prospective students at home and abroad.”

THE REFLECTOR

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EDITORIAL STAFF:

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the reflector

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

All depts.: 403.440.6268
Fax: 403.440.6762
TheReflector@TheReflector.ca

MRU prof and student receives prestigious award

Matthew Hillier

Staff Writer

Members of the Mount Royal University (MRU) community continue to work ceaselessly to help encourage an environment that encourages equity, diversity and inclusion (EDI). MRU nursing student Fawaz Saleem, and MRU professor Faith Michael Uzoka have recently received the Alberta Newcomer Recognition Awards for their outstanding involvement in the community.

Saleem, an Indian-born Muslim Canadian, has found himself adapting to a new country and a women-dominated program.

He, however, has embraced these new challenges and has sought to make his impact on his local community. As president of the MRU Men In Nursing Club, he and his fellow members help newcomers to this field ease into a field that may be difficult to navigate at first.

Saleem was given the Newcomer Recognition Award for his contributions to the Muslim student community at MRU and his position as a president of MRU's Muslim Students' Affiliation. That's just the beginning of his contributions to both MRU and his community.

Saleem was also commenced in the Young Leader Award Category for his development of a four week program for the Youth Leadership Academy of Canada that promotes ways to increase EDI in Canada's young leaders.

Faith Michael Uzoka, PhD, a computer science professor, has also been awarded the Newcomers Diversity Award for his long time contributions to EDI, which involve developing diverse and inclusive workplaces for students and staff by shining the spotlight on people in need of equity in the workplace.

"I've been doing a lot of



Fawaz Saleem started the Men in Nursing club as a way to support men in a female dominated industry. Photo courtesy of MRU Media Room

work around equity, diversity and inclusion. Both up MRU and elsewhere. Fighting to make sure that historically marginalized groups get a fair share and feel a sense of belonging in every organization that I have an opportunity to impact... I want to recognize here that it's not only a singular effort. It's just the face of the efforts that we've put in and having won the award."

His work has been significant towards diversity at MRU and he has shown his commitment through his continued actions in the President's Equity, Diversity and Inclusion Advisory Committee.

His list of accomplishments also reflect his unwavering dedication to ensuring that he and his community work towards making it a better place, be that at MRU or elsewhere.

In 2019, he received an MRU Research Recognition award for collaborating with a student in Africa to develop a smart pill dispenser as well as developing a computer system to assist doctors in diagnosing tropical diseases.

He has also received the Queen Elizabeth II Platinum

Jubilee Medal for his contributions to Alberta.

Uzoka cites his faith as one of the leading causes of his contributions towards equity and diversity in every community he is a part of.

"My philosophy hinges from the teachings of Christ and is stipulated in Matthew 25:40, it says, 'Whatsoever you do to the least of my people, that you do unto me. In other, as a person of faith I see god in everybody, I see everybody as a human being, that is worthy of

dignity. As a creature that does not deserve to be discriminated against, I see everybody as a creature, a being, that should equitable opportunity, that should be given a platform to succeed, be themselves and achieve their purpose in life."

As both staff and students continue to strive to make efforts towards improving EDI on campus, leaders like Saleem and Uzoka step up and lead their communities in getting the recognition and equity that they deserve.



MRU computer science professor, Faith Michael Uzoka, is also a member of the President's Equity, Diversity and Inclusion Advisory Committee. Photo courtesy of MRU Media Room

Helping people without homes in Calgary this coming winter

Riggs Zyrille Vergara
Publishing Editor

On any given night in Calgary, there are around 2,000 people experiencing homelessness according to the Calgary Drop-in Centre. With colder-than-normal winters coming up, many shelters and centres around the city are preparing to aid people without homes. But with the need for more funding for these organizations, everyday Calgarians might be able to lend a hand.

Last December 2021, many people experiencing homelessness have opted to take shelter in train stations to survive the bitter cold that went up to around -24°C with added windchill, according to a report from the Calgary Homeless Foundation. According to their impact report, this continued until March 2022 where there were around 20 nights with temperatures around below -20°C. With those temperature levels, and even with just a bit of wind, frostbite is possible within 30 minutes.

According to the Farmer's Almanac's extended winter weather forecast for 2022-23, the Prairie Provinces including Alberta "will be hit the hardest this year with tons of snow in both January and February." Canadians should also expect one of the coldest arctic outbreaks in recent years during the month of January which will also greatly affect the Rockies and the Prairies. January will be seen with a potential of heavy snows and a sweep of bitter cold air,

prompting a winter storm warning.

But even on March 2023, which is supposed to be the start of spring, the Farmer's Almanac forecast is expecting a "lion-like end to March with a wide-variety of weather ranging from heavy snows to torrents of rain to gusty thunderstorms and stormy weather across much of the nation."

There are many shelters and organizations prepared to help the homeless population of Calgary especially during the harsh winter months, but as with any non-profit organization, they can always benefit from the generous help of everyday Calgary residents through donations and volunteering.

BeTheChangeYYC, a grassroots initiative which started in 2015 that became a nonprofit in 2018, provides tangible essentials to people experiencing homelessness on the streets and back alleys of Calgary. They are in need of bottled water, juice, meal replacements such as Boost or Ensure, vitamin packets, tarps, tents, jackets, socks, hygiene products, gloves, toques, scarves and hand/feet warmers.

A volunteer-driven non-profit charity called The Sandwich Foundation, provides healthy lunches to individuals and families struggling with homelessness. Through the generous contributions of volunteers, various groups



Winter is coming and places like the Calgary Drop-In Centre are looking for donations. Photo by Abbie Riglin

and people who donate, they are able to produce and distribute approximately 8,000 sandwiches per week. A donation of \$2 to their organization is able to feed one individual in need with a healthy lunch.

The Calgary Drop-in Centre located downtown, an emergency shelter which also provides health services and housing support to people experiencing homelessness is also accepting volunteers and donations. Geared towards the winter months, they have the Kindness Kit initiative where people can put together specific packages containing essentials that will be given directly to people in need. Calgarians can make the "Frosty Bite Kit"

that includes new items for the winter such as gloves, toques, scarves, wool socks, hand cream, lip balm and pocket warmers.

If people want to donate in the spirit of Christmas, the drop-in centre also has the Fill-a-Sock initiative where through Calgarian's donations, people in need will receive a stocking on Christmas morning. Items mentioned in the winter kit should be donated but other essential items such as travel mugs, throat lozenges, chocolate and candies, Calgary Transit tickets, travel size toiletries, mini toothbrush and toothpaste, \$10 Tim Horton's gift cards and cloth face masks.

The City of Calgary has been

implementing the "Coordinated Community Winter Response" in partnership with many shelters and centres in the city, where they aim to create more warming spaces through existing infrastructure, reduce barriers to access shelters and distribute winter essentials through a centralized supply hub.

But as the city's homeless population continues to grow and the challenges they face continue to worsen, there's only so much that can be done. There are many vulnerable groups in our city that need a helping hand, and the only way for Calgary to grow as a resilient city is when we uplift and empower our most vulnerable.

The world is grieving: What can we do?

How to not feel alone in your universal grief

Keo Bunny

Features Editor



Grief manifests differently for different people, it's unique to all of us. Photo by Keo Bunny

Grief surrounds us all. It's the defining characteristic of being human. But how do you deal with the idea of grief hanging around us all the time? With the influx in new technology and social media, access to information became as easy as pulling out your phone. But with this emergence also comes

the access to an unbridled, unfiltered flow of tragic events from around the world. Deathly news follows deathly news but when it gets too much, what can we do about it? We can do what we've always done — talk about it.

One hundred fifty-one dead in South Korea. One

hundred thirty-four dead in India. Countless dead, globally from the COVID-19 pandemic. News of the dead filters in like a never-ending river. Grief seems so universal lately, it seems like a primary colour in the world's palette. In fact, a new disorder has been added to the Diagnostic and Statistical Manual of Mental Disorders (DSM-5) as of March 2022. Aptly named Prolonged Grief Disorder, some of the symptoms include extreme emotional pain, sorrow or anger and a sense of disbelief about death among other things.

As much as these deaths can weigh on the collective human consciousness, a quiet question can be posed whenever a tragedy happens far away from home: can you grieve for people you didn't even know? According to Vitas Healthcare, after a public tragedy or natural disaster, even people who aren't directly involved in the incident may feel an overwhelming

sense of sympathy. They also cause us to reevaluate what is truly important in our lives. Other feelings may include guilt, shock and anger. All of these feelings are valid.

Talkabout, a magazine focused on highlighting conversations about death and dying, says that everyone grieves differently. If you need a real life example, think about the effect of the death of the queen and its reach throughout the globe. Even though people didn't know the queen on a personal level, support and pain poured from countries across the world.

But with global grief at an all time high, what can ordinary people do to ease some of their own minds from the secondhand suffering that they might be receiving from social media and news?

Grief specialist Dr. Chloe Paidoussis Mitchell says that sharing these experiences is an important part of the healing process.

"It is really important to also appreciate that whilst grief is a personal journey it is also a collective affair," she told *Huffington Post*. "So reaching out to friends and family to share the impact of the loss is important."

Other sources seem to agree with her. Mary-Frances O'Connor is a clinical psychologist as well as an associate professor of psychology at the University of Arizona.

"Grief is a universal experience," she told *NPR*. "And when we connect, it is better."

If you are feeling overwhelmed by grief or are seeking help, connection or guidance, Mount Royal University (MRU) Wellness Services is located in room U216 near the MRU Recreation Centre. Aside from physicians, psychiatrists and mental health nurses, they also have a variety of resources like support groups, workshops and seminars.



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

Meeting the Makers: A walk through MRU's creative studio

Emily Kirsch

Staff Writer



Brian Jackson (left) and Audrey Burch (right), part of the maker team, stand in front of the 3D printers in their studio. Photo by Emily Kirsch

Interdisciplinary collaboration is the heart of Mount Royal University's (MRU) Maker Studio. Open to all students and faculty across campus, their main goal is to support students with the expertise and maker technologies to bring their ideas to life. From creating 3D models and textiles to audio productions and virtual reality concepts, there is no running out of technology to use for any student's creative idea.

The Maker & Media Commons is a collection of creative spaces in the Riddell Library & Learning Centre, where students, faculty, staff and community members can experiment with immersive tools and technologies or explore new ideas and design concepts. It is a space to help individuals and groups create, explore and collaborate.

Brian Jackson and Audrey Burch are just two of the staff members of the Maker studio team. Burch is a maker studio

technician with expertise in robotics, artificial intelligence, prototyping and other Maker technologies. Jackson, a data and subject librarian, works to teach and connect with instructors from across disciplines at the university to develop assignments and incorporate Maker Studio technologies or Maker Studio learning into the curriculum.

"Our main goal is to show and not do," Jackson says, adding that the goal is to show students how to use the equipment, integrating knowledge so, in the end, they're putting these things into practice.

The studio has a plethora of tools and resources, such as 3D printers, laser cutters, sewing machines, robotics technology and creative software. Not to mention the audio production and experience lab is also a part of the Media Commons.

In terms of assistance, the studio hosts consultations, workshops and events for

students to book and attend. With a focus on making connections, the Maker Studio staff brings maker knowledge and technologies to the classroom that can support the learning outcomes of various disciplines. As for workshops, the Maker Studio opens its space to focus on things like programming literacy, 3D modelling, sustainability projects, and other diverse projects.

"We also have a new thing that we've offered now, which are student-led workshops where... students can apply to do co-teaching in the space for their own purposes," Burch explains.

These student-led workshops aren't just for individual student projects. Jackson and Burch explain that other sorts of extracurricular and non-curricular groups can also find great opportunities in this space. With these student-led workshops, groups, clubs and partnerships can connect with other students within the workspace and work together on various projects.

"It's an interdisciplinary sort of collaboration that is created where we are supporting the maker-based technologies, but then somebody else was coming in to fill in with the expertise in those sorts of fields," Burch explains.

It seems as though maker spaces were adopted by a lot of public libraries before academic libraries.

Looking at the landscape of maker spaces, MRU is pretty extensive, considering the university has four creative spaces filled with state-of-the-art technologies and staff to support them. Although spaces and technologies like these pop

up in libraries of universities across Canada, this still is fairly new to the academic world.

"For an academic library to develop a space like this was somewhat unique at the time," Jackson says.

Burch adds that MRU is doing a lot of leading with curricular integration with maker technologies in Western Canada. In comparison to some larger universities, Jackson points out, in larger institutions, individual departments might purchase their own equipment, whereas MRU houses it centrally, and so have a more active role than some.

The Maker Studio at MRU is central and available to the campus community, but Burch says, "there's an intimidating feeling for new technologies whenever something is developed." She goes on to say that people often try to discourage themselves from even starting, and MRU should be working the opposite way.

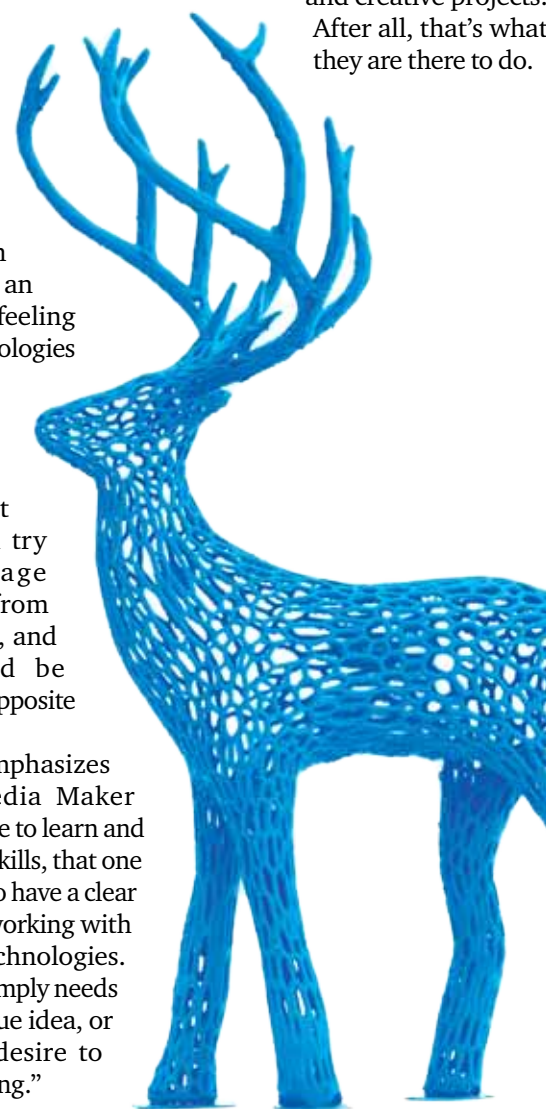
Jackson emphasizes that the Media Maker space is a space to learn and develop new skills, that one doesn't need to have a clear idea to start working with the maker technologies. He says one simply needs "maybe a vague idea, or even just a desire to learn something."

Jackson and Burch emphasize that the Maker Space, like anywhere else in the library, is welcome to all students and staff of the campus community. Regardless of the project or idea, they help foster student potential.

"I would encourage them to stop in to learn about the tools and let the ideas flow from that. Or if they have something in mind, but it's not clear, to come on in and work with us," Jackson pleads.

Students, faculty and staff at Mount Royal have been using the Maker & Media Commons to complete exciting research and creative projects.

After all, that's what they are there to do.

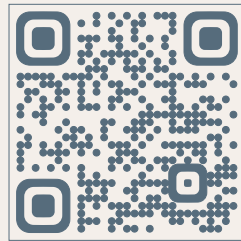


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Tegan and Sara: The teenage years

High School gives us a glimpse of Tegan and Sara's younger years on the silver screen

Abbie Riglin

Photo Editor



Calgary-born and raised artists Tegan and Sara Quin formed a duo in 1998 and released their breakout song "Closer" in 2013. Photo courtesy of Wikimedia Commons

Calgary's own musical duo Tegan and Sara are here with a new television show based on their autobiography called *High School*. It follows the two before they garnered fame as an indie-pop group. Giving viewers a glimpse of their adolescence in mid-90s Calgary, *High School*

goes further into storytelling by flipping between characters' points of view including Tegan, Sara, their overworked mother Simone, love interest Phoebe, new friend Maya and their stepfather Patrick. This allows an in-depth view of the characters and answers

for where their struggles stem from and where they all fit together.

Played by TikTok creators Railey and Seazynn Gilliland, *High School* reminds us that it's easy to get caught up in teen television dramas, but unlike most (I'm talking to

you *Riverdale*) it nails what high school is actually like. It shows that teens aren't all the same and that growing up is just as confusing as it seems, especially when you add in the exploration of sexuality.

Tegan and Sara are complete opposites, with the former playing on the safe side of the rules and the latter being a risk taker. Months before they find their musical talent, Sara begins pulling away from her twin in favour of hanging out with their best friend Phoebe, leaving Tegan behind. Unbeknownst to Tegan, Sara and Phoebe have begun exploring a romantic relationship, a well-kept secret until Phoebe's mother notices that they are more than friends, forcing Phoebe to stop seeing Sara. Their relationship marks the first glance of the twins developing queer identities, something that separates the twins as they come into their own.

Upset that Sara is pulling away, Tegan starts at their new school without her sister's friendship and meets Maya after she stands up against a bully for Tegan, leading to

her first friendship apart from her sister. Tegan's story is surrounded by being forced to distance herself from her twin, all while trying to protect her. Viewers can see her trying to come into her queerness, but it often gets interrupted by a lack of understanding from Tegan herself, proving that teens have big feelings too, just no words.

It isn't until Tegan and Sara are grounded for sneaking out to a rave that the two come together once again because of a common interest and a newfound talent, music. Something that isn't touched on until halfway through the season, a necessary evil to show just how it brought the two together after they fell apart.

High School is a beautifully crafted story exploring queerness, music and growing up, all with the realistic obstacles of life while humanizing parents, friends, siblings and heroes. You don't have to be familiar with Tegan and Sara to love *High School*. A heartfelt depiction of adolescence, queer relationships, and sisterhood all while finding yourself might just be enough.

OUT'N ABOUT

Remembrance Day

From Nov. 1 - 11 at Memorial Drive N.W. Around 3,500 white crosses will be set up in fields along the road as part of the Field of Crosses Memorial Project.

Inglewood Holiday Night Market

Visit this one-stop shop at Crossroads market to get started on your holiday shopping! Admission is \$5 and proceeds will go to local charities.

ZOOLIGHTS

Light up your night and visit Calgary Zoo's annual ZOOLIGHTS display starting on Nov. 18 - Jan. 8. Tickets for people over 16 are \$21.95 and can be bought online.

Festival of Independent animation

Globe Cinema is hosting this beautiful and mind-altering animated film festival from Nov. 17 - 20. Tickets can be purchased on giraffest.ca.

Remembering Takeoff's Legacy in the hip-hop world

Spencer Yu

Staff Writer



In 2008 when Quavo (Quavious Marshall), Takeoff (Kirshnik Ball), and Offset (Kiari Cephus) formed to create a group, their original name was the Polo Club. Photo courtesy of Wikimedia Commons

Violence against rappers has been a troubling trend that has popped up recently with six rappers having been killed in 2022 alone. The most recent case involved rapper PnB Rock just under two months ago. With so many fatalities this year, hip-hop fans were hoping there wouldn't be another. However, on Nov. 1 just past 2 a.m. an altercation took place outside 810 Billiards and Bowling in Houston, Texas, that led to the passing of a beloved personality in the hip-hop community — Takeoff of the American group Migos.

It is rumoured that an argument had broken out over a dice game and that in the ensuing fight, shots were fired striking and killing Takeoff (Kirshnik Khari Ball). His groupmates Quavo (Quavious Keyate Marshall) and Offset

(Kiari Kendrell Cephus) were present, however, they are uninjured. Ball's death was confirmed shortly after and he leaves behind not only friends and loved ones but one of the most beloved music groups of the last decade. The late Migos member was only 28.

Ball was described as being not only the youngest member of Migos but also the 'chill' one of the group. Ball had been making beats and rhythms since the second grade but he began to professionally make music in 2008 when he joined the rap group Polo Club which later became Migos. The group has spawned many hit songs such as "Versace" and "Bad and Boujee" alongside many hit records with their *Culture* trilogy. Ball and Marshall recently put out a collaborative album titled *Only Built for Infinity Links*

just a few weeks prior to Ball's passing. However, I believe that the group's greatest contribution to music as a whole is their popularisation of the "Migos flow."

Though the Migos flow has dominated the rap scene for years and years now, you can trace its roots all the way back to classical music with songs like Beethoven's *Moonlight Sonata* using the same musical idea. The triplet flow is what happens when you divide a beat into three notes. Though it has been a music concept that has been around for well over a century now, it has never reached this level of

dominance within any music genre. That was until 2015 when Migos released their breakout hit *Versace*. The song was such a hit that even people who didn't listen to rap music knew the hook which just went like "Versace Versace Versace." The song was so popular that famous Toronto-based rapper Drake got on the remix and from there, the triplet flow was unstoppable.

It seemed like every rapper post "Versace" would use that flow and it has become so entrenched within hip-hop that everybody was able to distinguish the triplet flow when they heard it. Though it has been criticized by rappers such as Snoop Dogg who said "Everybody trying to rap the

same style," it is undeniable that the Migos flow dominated the latter half of the 2010's.

The death of Ball cast a shadow on the entire hip-hop scene and since his passing, many notable celebrities have sent their condolences to Ball's friends and family. Though Ball leaves behind two group members and countless fans, he has had a part in one of the biggest hip-hop trends of the last decade and will certainly never be forgotten.



Takeoff was the youngest in Migos and was known as the 'glue' that held the group together. Photo courtesy of Wikimedia Commons

Have art block?

Tips and tricks to get over the dreaded creativity burnout

Izabella Jaspar

Contributor



If you're looking for inspiration, there are many free or discounted admission prices for students wanting to attend galleries around the city. Photo courtesy of Unsplash

As an artist, there will be times when inspiration comes to a close and it feels like you're out of ideas. The creative high of big and bright ideas is no longer there and an 'art block' is all that's left. For a person to have the drive or want to make art again, it all comes down to making the right choices.

Colour and Objects

One simple way to find inspiration is to look at the area around you. If there is a certain colour that you are drawn to, use that to create. It might be a colour that you haven't tried before or an

unexpected colour that might not fit.

There might be a material or a tool you haven't used before and this might be the perfect time to try that. This way, the artwork would not have the predicted outcome, and it gives you a new exciting starting point.

Rethink and Redo

Going through past projects is a fun way to look back and laugh and even cringe at the past. Recreating past work is a nice way to see how much you've progressed in your art journey. When you recreate past work, think of a new way on how it can fit your current

style and taste level.

When I am in a creative funk I like to rebrand already existing everyday items. I use tools such as Adobe Illustrator and Photoshop to play around with logos. In addition, you can also redesign or invent merchandise for your favourite artists. Remember to add works you're proud of to your portfolio!

Use what you know

Art blocks could be established from a life roadblock. This might be

Continues on Pg. 12



Swedish singer-songwriter, Boy In Space (Robin Lundbäck), has become a rising artist to look forward to after his first album was released in 2021. Boy In Space describes his latest album as focusing on stories and emotions that you'd rather keep hidden. Despite this, fans both old and new might have a hard time finding the difference in what he's trying to convey between his first and second albums. However, he continues to showcase his strong songwriting abilities with lyrics that cut deep and a sound that brings comfort.

Personally, the most notable track in the album was "A**hole" in which he says the track is about "the lowest times in my life." The sound of the song itself feels quite lighthearted compared to the other tracks

but when you listen to the lyrics, lines like "I'm alive/ no matter how hard I try/ tell me why" and "You deserve it/ all the pain comin' your way/ only got yourself to blame" make you realize that this song might be his most personal one yet.

Overall, I find that *BACKYARD* is a solid album that cements his sound as an artist and proves again that he's not afraid to get deep and personal with his music. The only issue is that he fails to show a difference between his previous album and this one, with tracks and lyrics that feel as if they should belong in one album. However, Boy In Space proves that he's someone to look out for.

- Catherine Huynh

Remember That You Will Die

Polyphia
Rise Records
Score: A



Polyphia makes their return with *Remember That You Will Die*, marking their fourth album release. This progressive rock band dabbles primarily into instrumental songs, mixing elements of metal, EDM, funk and hip-hop for a diverse sound. The variety in genres are essential in order to convey a distinct quality with their songs, and this album only magnifies it.

There are many notable songs featured in this album that help capture the identity of Polyphia. "Playing God" showcases a sexy guitar line in the first minute and a switch to a mellow EDM in the next, truly deserving of its name.

"The Audacity" focuses heavily on a riveting dubstep and percussion coming together to produce a jazzy

touch to the melody. This song is the epitome of good vibes.

"ABC" is one of the few songs in this tracklist that feature lyrics. The fast-paced singing provided by Sophia Black makes a great duo with the energizing guitar.

"All Falls Apart" is Polyphia's shortest song in the album, giving it a short and sweet theme with a duet of horns and strings at play.

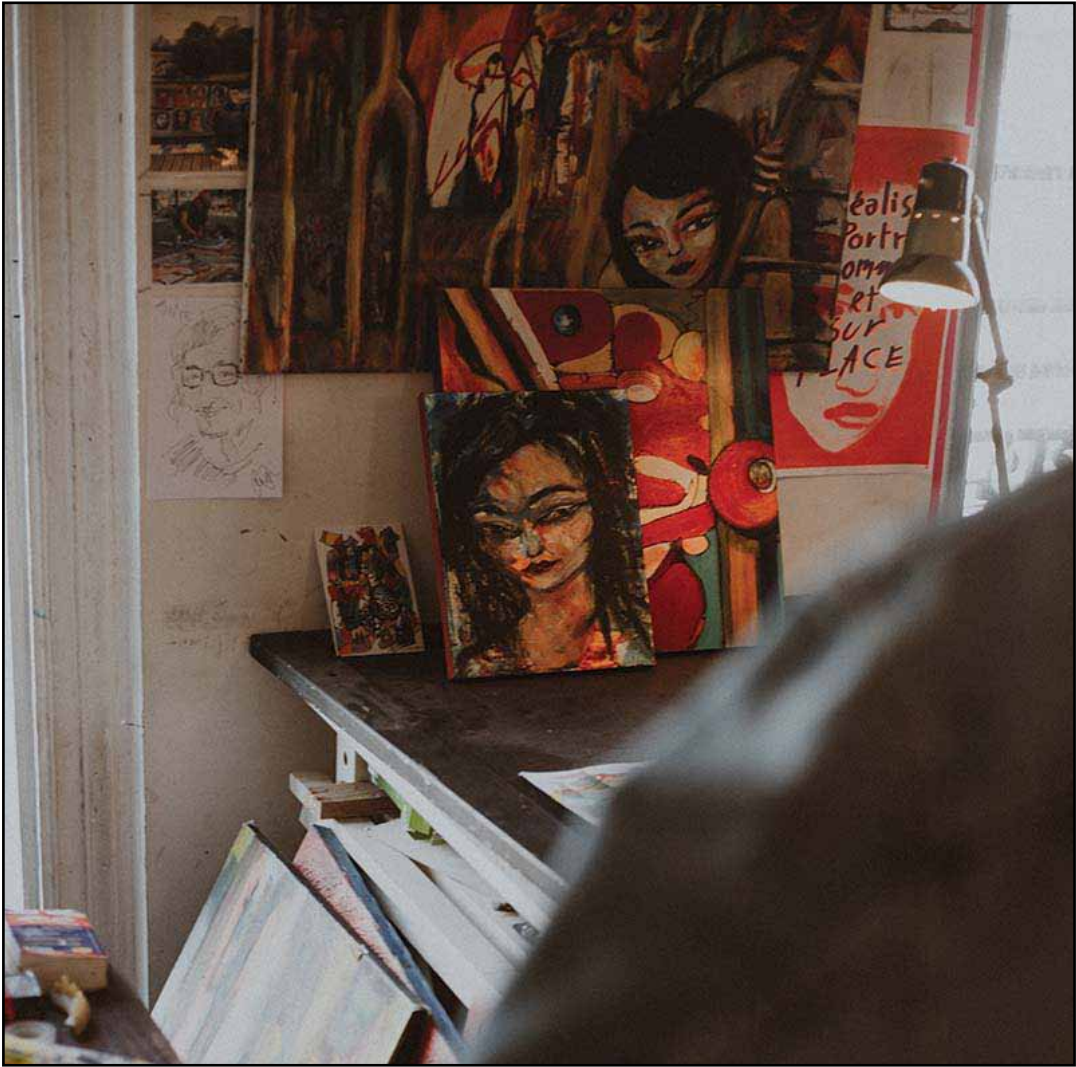
This album is certainly headbanging material, with a timeless groove that can make an otherwise monotonous day all the more memorable.

- Farheen Agoro

“Have art block?” Continued from Pg. 11

an experience or emotion that you have a hard time processing. But this roadblock could be used for a new idea for art. Channelling that experience or emotion to let it freely translate into your art could even be a healing or cathartic process that will help improve your mental health.

The loss of the drive to create art is inevitable but it’s not impossible to avoid. Don’t overwhelm yourself, it should not feel like a have-to situation, but a want. Taking a break from art is always a good idea when it becomes stressful. Let any inspiration come naturally and don’t overthink. Art should be enjoyable and thrilling, and creating habits and techniques is important to keep the thrill.



It's important to remember that you don't need to be creating 24/7, as with anything, breaks are crucial. Photo courtesy of Unsplash

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My experience working for the Hamilton Tiger-Cats

Mohana Holloway
Contributor



The Hamilton Tiger-Cats finished the season on a four-game winning streak. Photo by Mohana Holloway

Since I was a kid, I have always been a sports fan. I've liked 'em all — hockey, baseball, basketball, you name it. But as all true sports fans know, there is one sport, and one team,

that lives in our heart. For me, that sport is Canadian football, and that team is the Hamilton Tiger-Cats. You can only imagine my joy when I got an internship working for my dream team

this past summer.

I still remember my first Ticats game. I was three years old, and my dad and I drove from my hometown of London, Ontario to the neighbouring city of

Hamilton. Immediately upon driving into Hamilton, you realize that it's "Tiger-Town". The Ticats are truly the pride and joy of the city. From gas stations to gyms, everyone has a Tiger-Cats

poster hanging up.

It's not just the fans who make up the Cats family. The players, coaches and football

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#s

4-0, Cougars men's volleyball record.

5-1, Cougars women's volleyball record.

4, Games won in a row by the Hamilton Tiger-Cats.

5-4-1, Calgary Flames' record.

"My experience..." Continued from Pg. 13

staff love the fans just as much as the city loves them. The atmosphere at a Ticats game is one that is almost indescribable. As a three-year old girl, a Ticats game became my equivalent of going to Disneyland.

When I began looking for internship opportunities, the CFL didn't even cross my mind. As a woman of South Asian descent, most people do not take me for a sports fan, let alone someone who aspires to work in the field of sports. But, I found the Tiger-Cats internship program through a simple Google search, and saw there was an opening for a communications and media intern position.

Shortly after applying, I got the job! It was a surreal moment when I learned that I landed the opportunity. The day I landed in Hamilton, the same feelings of being in 'Tiger-Town' I had felt as a child came rushing back. On my first day of work, every person I met welcomed me with open arms. The inevitable 'first day jitters' immediately went away, and I knew that this was the place I was meant to be.

My second day of work was CFL draft day. The atmosphere was something I had never experienced before. My bosses and I were in a conference room, waiting to hear which players we had drafted. Immediately after hearing their names, we researched them and wrote out our press releases. Despite being at work until one in the morning, and being asked for a faster turnaround time than I would have thought possible, that night was one of the best nights of my entire internship.

Shortly after the draft, was training camp. This was my first-ever experience of having to coordinate media conferences between players and news outlets. At first, it was intimidating having to walk up to players and ask them to do media interviews. I still remember the anxious butterflies in my stomach as I walked up to the first player I talked to, quarterback Dane Evans.

However, as soon as I talked to him, I realized that these players were some of the friendliest people I had met in my life. They also absolutely love being in front of the camera, so pretty quickly, any member of the media team becomes their favourite person to talk to.

Training camp led to our first game day of the season. Our first preseason game was against the Montreal Alouettes, and the Ticats won 25-23. It was a pretty cool feeling to watch the game from the press box. But as my internship went on, I came to realize that no longer was I just a fan of the Ticats; I worked for them! I was part of the Hamilton family.

Following the preseason win against the Alouettes, the Ticats had a rough start to the season. We had five straight losses, which did not look great. However, on Sept. 17, things started to turn around. The Tiger-Cats beat the league-leading Winnipeg Blue-Bombers, 48 to 31, which seemed like an amazing feat. This game marked the start of a massive turnaround for the Ticats, one that no one expected.

The Blue-Bombers game was the start of something great for the Tiger-Cats. At the time of writing, they are currently the hottest team in the league, with a winning streak of four. Following their win against the Ottawa Redblacks on Oct. 21, The Tiger-Cats clinched the crossover spot for the CFL playoffs, making them third in the East division.

In recent games, the Ticats have displayed good defense, strong kicking and daring yet successful passes. Statistically speaking, odds are against the Ticats. Third place teams typically do not make it to the Grey Cup.

However, the Ticats are a team who break the status quo. Hamilton had not won a game in Calgary in 18 years, yet it was a feat pulled off by this year's team. Some may say the pressure is on for the Tiger-Cats, but after working with them this summer, one thing is certain: this team knows how to beat the odds.



Hamilton Tiger-Cats fans are some of the most passionate in the entire CFL. Photo by Mohana Holloway

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Why the UFC's 'double champ' trend is overdone

Josh Werle
Sports Editor



The UFC's only female double champion, Amanda Nunes, has made her mark as one of MMA's greatest. Photo courtesy of MMAntt/Wikimedia Commons



Former lightweight champion Khabib Nurmagomedov decided not to go for double champ status, instead focusing on defending his title. Photo courtesy of Wikimedia Commons

The first ever Ultimate Fighting Championship (UFC) event was held on Nov. 12, 1993. It wasn't until exactly 23 years later, on Nov. 12, 2016, that a 'double champ' was crowned in the organization. Since that day in 2016, there have officially been four fighters to simultaneously hold titles in two weight divisions, with seven having attempted to be crowned as a double champion. This influx of fighters being granted the opportunity to try their hand at being champion in two weight classes simultaneously has skyrocketed in recent years after Conor McGregor first achieved the status in 2016, defeating Eddie Alvarez for the lightweight title. After it was announced that the UFC plans to have reigning featherweight champion Alexander Volkanovski attempt to add Islam Makhachev's newly minted lightweight title

to his waist in February, this trend is clearly played out.

Some of the greatest fighters of all time are the fighters who displayed years of dominance over their respective weight divisions, and reigned as champion for many years. Fighters like Demetrious Johnson, Anderson Silva and Jon Jones — all who are commonly brought up in discussions about the greatest fighter of all time — have never had the opportunity to fight for a second title simultaneously while they were champion. Yet, it seems as though becoming double champ is a priority for current UFC champions. Instead of attempting to fight every rising contender in their respective divisions, today's crop of UFC champions consistently bring up the option of moving up or down in weight and attempt to capture a second title simultaneously.

Before McGregor achieved the feat in 2016, BJ Penn and Randy Couture were the only two fighters who had won a title in multiple weight classes, but neither had done so simultaneously. In fact, McGregor was the first fighter who received the opportunity to do so. Twenty three years is not a short time frame, and it was expected that McGregor's opportunity would not be easily repeated.

Less than two years later, Daniel Cormier received the opportunity to become double champ by taking on reigning heavyweight champ Stipe Miocic, whom he defeated via first-round knockout. Amanda Nunes and Henry Cejudo followed suit in the subsequent months, and the UFC found themselves with

three fighters who held two titles simultaneously.

What was once a highly regarded accolade, reserved only for the UFC's specific and elite fighters, has now become an inevitable opportunity for current-day champions. Although there have been champions who were unsuccessful in their double champ bid — Israel Adesanya, TJ Dillashaw and Max Holloway (interim title) — the fact remains that almost every champion in the organization mentions that they would like the opportunity to become double champ. With every fighter who gets the chance to cement themselves amongst UFC royalty, comes the unfortunate reality of saturation, tarnishing the legacy of the fighters who are able to achieve this.

UFC 284 will take place on Feb. 12, 2023, and although the fight isn't official yet, it's all but inevitable that reigning featherweight champion Alexander Volkanovski will take on current lightweight champion Islam Makhachev in an attempt to become a reigning two-division champion. Some might argue that Volkanovski has cleared out his division, and although it is evident that he is leaps and bounds above his competition, he has yet to face top-contenders Josh Emmet, Arnold Allen and Yair Rodríguez.

Although the opportunity to become double champ is still a special and incredibly difficult designation to receive, champions may be better off securing their legacy by defending their championship against every contender who comes their way.

Off to a strong start:

Cougars volleyball squads place top 10 in U SPORTS overall ranking

Josh Werle

Sports Editor

The Mount Royal University (MRU) Cougars volleyball teams are off to an incredible start to their 2022-23 campaign, with both the men's and women's squads having ranked in the U SPORTS overall top 10 rankings. At the time of writing, the men's team are undefeated with a record of 4-0, and rank fifth in the U SPORTS overall rankings. The women's team currently rank third in the U SPORTS overall rankings, but after a pair of victories against the University of Regina Cougars this past weekend, they now sit at an overall record of 5-1 and could certainly move into the first or second position.

The men's volleyball team has an ELO rating of 1649.84, while the women's team sit at 1725.14. The ELO rating scale is based on the relative skill level of each team, and points can be added or subtracted based on a team's overall performance. Although the men's team have a strong ELO rating and rank fifth in the U SPORTS overall rankings, they currently rank in fourth place in the Canada West division. Although they are still undefeated and expected to keep their hot streak going, they only rank fourth in their division because the three teams ahead of them have played six games thus far, while the Cougars have only played four.

The women's volleyball team also sit in fourth in the Canada West division, and have played the same amount of games as their closest competitors. Although there are a few teams who rank ahead of them due to the fact that they have lost a game, it clearly hasn't affected their expectations for the team. Once they are able to get a few more games under their belt, the U SPORTS overall rankings

indicate that this squad is one of the strongest teams in all of Canada.

Reigning Cougars MVP Chris Byam has gotten off to a strong start to the season, and looks to continue to be one of the most dominant forces on the court for the men's team. He currently sits at 72 points, and averages 4.77 kills per set.

The women's reigning MVP, Quinn Pelland, has been off to an incredible start as well. She's recorded 164 assists, with an average of 8.2 assists per set. Fourth year player Nyadholi Thokbuom and fifth year player Madison Marshall have been the two primary offensive threats for the Cougars this season. Thokbuom leads the team with 78 points, while Marshall trails closely with 71.5. The two sit at 59 and 56 kills this season, respectively.

Overall, both Cougars teams are sitting in a great position early on in the volleyball season, and will look to continue their dominant streaks heading into the winter months.



The Cougars men's volleyball team celebrating on the sidelines during their home opener. Photo by Josh Werle



The Cougars women's volleyball team celebrating during their home opener. Photo by Josh Werle