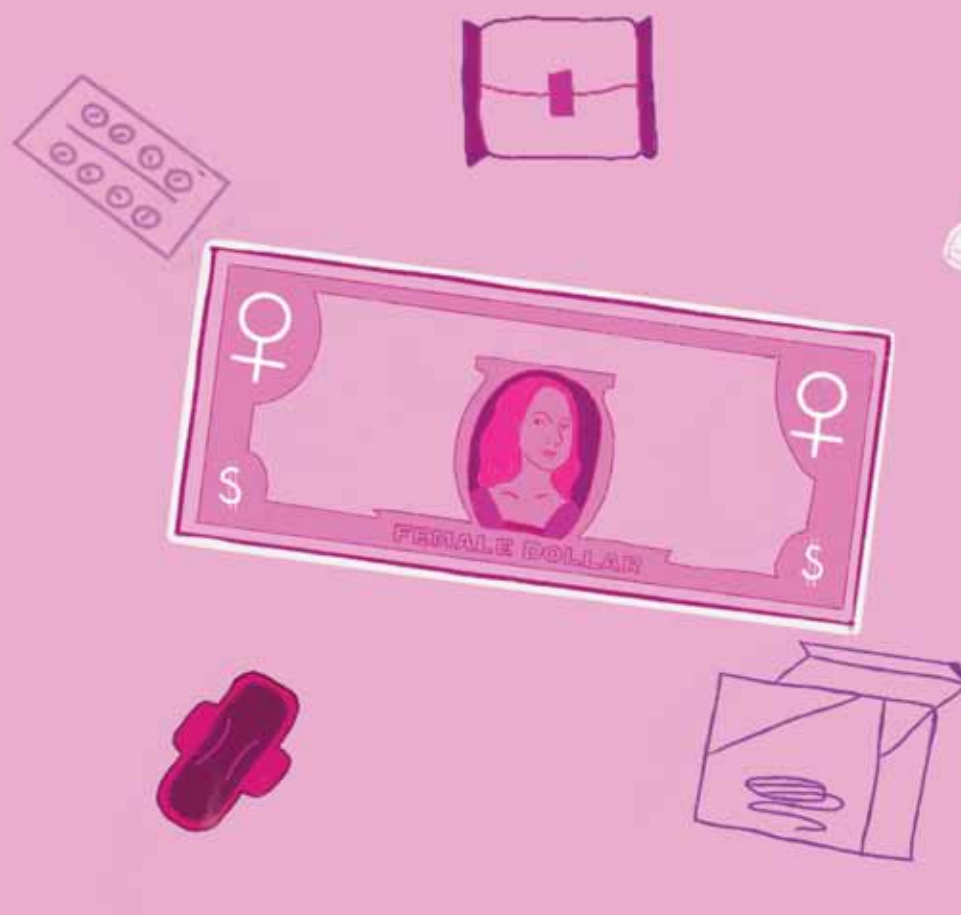


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Canada?
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Dr. Mark Joffe replaces Dr. Deena Hinshaw as Alberta's CMOH

Riggs Zyrille Vergara
 Publishing Editor



Alberta's ex-Chief Medical Officer of Health Dr. Deena Hinshaw was a noteworthy figure during the height of COVID-19 in the province. Photo courtesy of Flickr

Dr. Deena Hinshaw who used to be the front-facing figure of Alberta's COVID-19 response is temporarily being replaced by the vice president and medical director of Cancer Care Alberta, Dr. Mark Joffe, as the new interim chief medical officer of health (CMOH) for the province.

Joffe has worked for Alberta Health Services for more than 25 years and currently holds the vice president and medical director positions for the province's Clinical Support

Services and Provincial Clinical Excellence. The Calgary native also teaches in the department of medicine at the University of Alberta.

Joffe feels honoured to take on the role saying, "I have always put the needs of my patients first and foremost throughout my career, which will continue as I take on this new challenge," in a press release from the government.

Joffe also used to be the chairman of the Royal Alexandra Hospital Medical Staff Society and a two-term president of Capital Region Medical Staff Association,

as well as president of the Association of Medical Microbiology and Infectious Diseases of Canada.

Jason Copping, the minister of health in Alberta, looks forward to working with Joffe and commends his commitment to public health.

"Dr. Joffe has dedicated himself to improving the health of Albertans throughout his career. He brings this wealth of experience and knowledge to the role of chief medical officer of health," Copping says from that same press release.

Copping also acknowledges Hinshaw's past efforts for the position, saying, "I also wish to thank Dr. Deena Hinshaw for her service and dedication to Albertans through the past several years."

During her first press conference as the province's premier back in Oct. 11, Danielle Smith told the press that although she appreciates what Hinshaw has done in the past, she will not be retaining her in that position. Instead, she will be developing "a new team of public health advisors."

"I think that we are in a new phase where we are now talking about treating coronavirus as endemic as we do with influenza," Smith adds as to why she's removing Hinshaw.

Hinshaw started as the CMOH of Alberta in January 2019 up until a fixed term ending on Jan. 26, 2024.

During Hinshaw's term and the height of the pandemic in Alberta, she gave hundreds of COVID-19 updates, advisories to government officials and many key rules and restrictions including vaccines, stay-at-home mandates and business requirements.

Possible Changes

Some of the changes that can be expected from a CMOH selected by Smith can be concluded from her previous statements

regarding COVID-19 policies and vaccine mandates.

Back in Nov. 9, Smith sent a mandate letter to Minister of Justice Tyler Shandro and part of that is the expectation that Shandro must "take any necessary legislative or regulatory steps to prohibit discrimination on the basis of COVID-19 vaccination and/or booster status."

In her first press conference, Smith talked about how she thinks that people who are unvaccinated against COVID-19 were the most discriminated group that she has witnessed in her lifetime.

"The community that faced the most restrictions on their freedoms in the last year were those who made a choice not to be vaccinated. I don't think I've ever experienced a situation in my lifetime, where a person was fired from their job, not allowed to watch their kids play hockey, or not allowed to go visit a loved one in long-term care or hospital," Smith said when asked by a reporter about vaccine choices and how she's trying to protect that right under the Human Rights Act.

This statement was met with a huge amount of criticism online, making the point that there have been many other marginalized groups that have been discriminated against in more ways than those who chose to be unvaccinated.

Danielle Smith wins riding in Medicine Hat

What this might mean for the upcoming election

Aiden Pasychny

Contributor

Premier Danielle Smith won her seat in the Brooks-Medicine Hat byelection last Tuesday defeating four opponents with 54 per cent of the riding's vote.

Smith, who took office on Oct. 6 after the resignation of Premier Jason Kenney, was sworn in without a seat in the legislature.

Now that Smith has a seat, she is able to speak to the legislature directly without needing the Infrastructure Minister Nathan Neudorf to speak on her behalf as the deputy premier.

The premier opened her victory speech by stating "this is more than a victory party, this is the start of something much bigger. That Alberta is worth fighting for."

Smith received 6923 votes to her New Democratic Party (NDP) opponent Gwendoline Dirk's 3393 which made up 26.7 per cent of the voters.

Smith stated "that was a nail-biter" and followed up on her 54 per cent of the vote by saying "we have much work to do," in her victory speech.

After being chosen as the party leader on the sixth ballot, Smith has a difficult task ahead. The United Conservative Party (UCP) is struggling with the polls in Alberta, and internally. In order to win the upcoming election, Smith needs to unite the UCP and Alberta's conservative voters.

Work to do

Now that Smith has secured her seat, she is set to take on Opposition leader Rachel Notley in the spring provincial election.

During her victory speech, Premier Smith made no hesitation to call out the NDP on the upcoming election saying "you can choose Rachel Notley and the NDP that increasingly takes their orders from Jagmeet Singh and Justin Trudeau at the federal level, or you can choose a united confident and energized UCP; a UCP that will keep Alberta strong and free."

Smith has her work cut out for her though. According to a poll by the business management consultant company, Navigator Ltd., the UCP is trailing the NDP in the polls with the NDP at 54 per cent to the UCP's 38 per cent.

The last time that the conservatives lagged behind the NDP in the polls was in 2015, the year Rachel Notley's NDP defeated Jim Prentice and the Progressive conservative party.

UCP Plan

In her victory speech, Smith stated that the UCP will "always listen to you the voters." Smith also described some of the issues the UCP will be tackling if they get reelected, "We are going to deliver more and better jobs, accessible healthcare and a

lower cost of living for you and your family."

The UCP are also still running an anti carbon tax heavy platform with Smith stating that, "the NDP-Liberal coalition sure loves their carbon tax don't they? The carbon tax is designed by the wealthy and they are not impacted by it. It's to make life more painful for the poor and the powerless."

Smith also discussed her outlook on Canada's inflation while she took aim at Prime Minister Trudeau's Liberal

Party. "They think they can off-set your sky-high taxes and inflation by canceling your kid's favourite tv shows," she said.

Smith stated that the UCP plans to take "unprecedented and substantial action to help Albertans and their families to make sure that families do not have to make the hard choice of heating their house in winter and feeding their families."

Smith will need to convince Albertans the UCP will be different under her

leadership. If not, popularity is not expected to rise for the UCP come election day.

What's next?

Alberta's election date is set for May 29, 2023. The province is gearing up for several heated debates that have yet to be scheduled.

Rachel Notley's NDP is the leading Opposition party and is expected to take on Smith's UCP policies related to healthcare, COVID-19 and wage inequality.



The former leader of the now extinct Wildrose Party has been winning leaderships from the UCP Alberta premierships and winning a seat for Brooks-Medicine Hat. Photo courtesy of Wikimedia Commons

THE REFLECTOR

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EDITORIAL STAFF:

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CONTRIBUTORS: Aiden

Pasychny, Harneet Sumal, Izabella Jaspar

STAFF WRITERS: Matthew

Hillier, Emma Duke, Emily Kirsch, Spencer Yu, Catherine Huynh, Matthew DeMille

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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

Calgary's deputy mayor resigns amid investigation

Matthew Hillier

Staff Writer



Twitter account @HHCalgary97 has garnered more than 3,000 followers since creating the account in November 2022. Photo courtesy of Twitter

Calgary City Council has met and re-evaluated the new deputy mayor roster amid allegations of sexual assault during Coun. Sean Chu's time as a police officer resurfaced. In response, Chu stepped down as deputy mayor.

On Nov. 4, the person who was reported to be the survivor of Chu's sexual assault, who goes by the Twitter account @HHCalgary, posted a thread detailing the assault against her when she was still a minor in 1997. HH also detailed the mishandling of the case for over nine years by Calgary Police.

"In 25 years little has changed in how police forces deal with the victim of sexual assault. Especially when the perpetrator is/was one of their own. It is déjà vu with some of the same adversarial conduct. The public is watching in real-time. I hope to see meaningful changes," one tweet states.

HH has also started a Gofundme to cover her legal costs in filing a lawsuit against Chu which has reached its \$25,000 goal.

HH claims that when she was 16 and Chu, 36 and still a member of Calgary police, touched her leg under a table and later sexually assaulted her at Chu's home. A direct witness claims that a firearm was used in the later assault at Chu's home.

Chu denies the allegations and says that he was unaware of the age of the person he had sexual relations with.

Chu was given a five-year reprimand for 'discreditable

conduct' in 2003 and ordered to work with an ethics committee after a five-year process of appeals and trials before his appointment to deputy mayor.

The resurfaced allegations, the five-year-long court process and Chu's continued involvement with both the Calgary police and the Mayor's office have raised questions about his role as deputy mayor going forward and how his ties to Calgary police may have impacted the subsequent investigations.

In response, Calgary police commission's public complaint director, Deborah Petriuk, in a filed review, stated that 'errors' were made during that initial investigation 25 years ago and that the initial investigation did not seem to be completed.

The city of Calgary is also taking action after the HH allegations resurfaced. On Nov. 15, the Council's Chamber held an urgent special meeting

to reconsider Chu's role as a deputy mayor for December 2022 and May 2023. He will then be replaced by Councillor Chabot for December 2022 and Councillor

Walcott for 2023.

Mayor Jyoti Gondek, in a Livewire Calgary podcast, has also commented on this case amid the allegations and expressed frustration

about the inflexibility of Chu's current position as deputy mayor.

"We are in a position where we have been damned by the public for not doing anything about this situation, where you have a councillor who's been found to have had inappropriate sexual relations with a child, and we can't remove him. We can't stop him from performing his duties, because according to the legislation, he has to be allowed to do that."

Chu in his former role as deputy mayor sits on meetings that the mayor is unable to attend and represents her as an emissary at public meetings.

A recent article from CTV News claims that Gondek called the initial council meeting after she realized that Chu would have to represent her in a December meeting she would miss and his representation amid the allegations would be inappropriate.

During that special council meeting, Gondek talked about how earlier this year, her safety was put at risk when Chu took a photo of her license plate in a secured location and later shared it with a member of the public.

Gondek said in that meeting, "I am not comfortable liaising with Councillor Chu's office or entrusting him with the responsibilities [as] deputy mayor."

In the same meeting, Chu apologized to Mayor Gondek, quoting "I accept the punishment which is that I am not allowed to park in executive parking, but I [have] to park in the public parkade."

"We can't remove him. We can't stop him performing his duties..."

- Jyoti Gondek

Pink Tax & Pink Facts

At times I wonder why I'm broke, but then I remember I'm a woman

Abbie Riglin

Photo Editor



The pink tax is so prevalent that the United Nations has even called on countries to put a stop to it. Photo courtesy of Flickr

The pink tax, or gender-based price discrimination is a global issue so prevalent the United Nations even went so far as to call for countries to reduce this gap. But the pink tax affects more than just big countries, it also affects people in their everyday lives.

It's easy to be oblivious of the pink tax when there are so many problems in our world economy. But sometimes I wonder why I'm broke, and then I remember I'm a woman.

It's not for a lack of trying, I budget accordingly, I shop from my parents' pantry, I mooch streaming services and I'll jump on anything that's free. But still, at the end of most months I find more money gone than gained in my account.

I started really thinking about this when I moved out on my own for the first

time. In a way it's the first time you actually have to pay attention to prices because you're no longer just throwing something into the cart for your parents to pay. Looking at the prices, I noticed that products targeted towards women were significantly more expensive. This included everything from toiletries to clothes.

Obviously, I couldn't be the only one noticing this, so like every good woman with a grudge to bear against the patriarchy I did my research and came across the 'pink tax.'

According to a study done by ParseHub in 2016, individuals in Canada buying female products pay more than 40 per cent over what men pay because of the pink tax. This includes products such as deodorant, razors, shampoo, clothes and even haircuts. The

same study repeated years later found the divide seems to be even bigger. According to their 2021 study, women are paying 50 per cent more for hygiene products compared to men. They also concluded that women paid over 65 per cent more per 100g of body wash.

As someone who rejects gendered products, this doesn't affect me as much as it does other women who present more feminine, but sometimes I don't have a choice and have to purchase products that fall under the pink tax, the biggest being menstruation products. These are products that individuals have to buy for obvious reasons and going without or with too few could result in health issues, but still these products are expensive and often unaffordable.

This is known as period

poverty, defined by the United Nations Population Fund as something that affects many low-income individuals because of the financial burden posed by menstrual supply costs, causing economic vulnerability.

On a less health related note, possibly my least favourite price hike are haircuts. Until about a year ago I had long hair, but still got the lowest maintenance hair cut possible. It was never more than an inch off, pretty much a blunt cut, no styling, and often left with it still wet. Still, this cost me over \$40.

Now my hair is short and resembles more of a typical men's style (I'm being generous but think Timothée Chalamet), and when I get a haircut it's often the same treatment as you would get if you were a man.

Now guess how much I pay.

If you said less than before you would be wrong. I'm still technically labeled as a women's haircut, not because

of the style, but because I'm a woman. I know this because I watched a man with the same hair texture get the same cut as me and he was charged \$15 less.

Of course I'm upset but this is unfortunately something I've just learnt to deal with, and as a woman you get used to the subtle disadvantages in everything from expensive products, an unfair wage and lack of professional respect.

But I've also found ways to fight against the 'pink tax' and the disadvantages that come along with it. Picking gender neutral products and supporting companies that strive to be gender neutral is the best way to combat this as it takes away the demand for traditionally feminine products.

It's all about accountability and showing companies what you want. Keep them accountable so you can keep on budget, and maybe let yourself splurge every once in a while.



Women typically have to pay higher rates for hygiene products and even haircuts. Photo courtesy of Hippopx

MRU celebrates Giving Day

How scholarships and awards are helping students

Emma Duke

Staff Writer



This year, MRU's Giving Day will be held on Nov. 29. Illustration courtesy of MRU Media Room

"When you give, great things happen." This is the tagline of Mount Royal University's (MRU) Giving Day, a 24-hour campaign that

celebrates philanthropy on MRU campus and highlights the impact that donors have on the MRU community. Mount Royal's Giving Day is

taking place on Nov. 29 this year.

You can participate in MRU Giving Day by making a financial donation on the MRU website. You must donate a minimum of \$10. Mount Royal is matching donations up to \$500.

When you donate, you get the opportunity to take part in Mount Royal's Giving Day challenges. Prizes include MRU gift baskets, pet baskets, and money. For one challenge, the 50th person who donates will win an MRU gift basket, for example.

Additionally, you can buy a ticket for the 50/50 raffle. One lucky donor will win half the money in the raffle and the other half of the money will go directly to supporting MRU students.

This is the second annual Giving Day that Mount Royal has hosted. Last year MRU raised \$50,000 in matching funds.

Tim Rahilly, the MRU president, says that the school raised over \$100,000 in 2021.

"Last year, 671 donors raised \$262,646.86, of which \$107,000 went towards student awards. Those are funds that provide immediate relief to students," said Rahilly.

According to their website, MRU provides more than \$3 million to their students in scholarships and bursaries.

Gustavo Fornez, an MRU student who received one of these scholarships, speaks about how receiving a scholarship from the

university helped him in his academic journey.

"As somebody who pays their own tuition, this scholarship means a lot to me. It really is a symbol of my academic success and the reward I get for my academic success," Fornez said.

Another scholarship recipient, Ben Kawchuk, says the money he received from the school has helped him in several ways, not just financially.

"I could now also use the scholarship to my financial benefit and that helped with paying for my education and other things as well. It helped my mental well-being as I knew that the stress had paid off by putting my focus into my academics," Kawchuk said.

Men's mental health matters

Keo Bunny

Features Editor

Movember. Men's Mental Health Week. Men's Health Month. Just three of the many men's health related calendar events across the year. This begs the question: why has the topic of men's health, especially mental health, been on the forefront of the public consciousness lately?

It might be because according to the Mental Health Commission of Canada, out of the 4000 suicides each year, 75 per cent of them are men. Or maybe it's how, according to a different study, nearly one in four men surveyed "said they were experiencing

psychological pain so intolerable that they could feel themselves falling apart."

Unless you've been living under a very large rock, you might have noticed there's a certain stigma attached to men's mental health. Of course, stress and mental health issues aren't confined to a single gender but mental illnesses tend to be overlooked in men. Men's mental health issues often go untreated partly also because they are far less likely to seek help or treatment.

But knowing all of this, what can we really do to help bring this issue to light?

After all, global initiatives like Movember, Men's Mental Health Week and Men's Health Month seem to have tried and men are still dying by suicide in higher rates. While that reality may be stark, the truth is the only thing we can do is try. Here are a few tips on how to potentially help not just the men but everyone in your life.

Ask twice

Ask thrice if need be. Sometimes our instinctive reaction to someone asking if we're okay is to just reply

with the classic, 'I'm fine' and leave it at that. Asking twice implies that the situation is more than just a nonchalant off-handed comment but something that you mean.

Call it out

It's really easy to let self-destructive behaviour in your friends slide. But there's differences between putting a few extra hours into work versus drowning themselves in their job to avoid dealing with something. You might want to keep an eye for friends who are trying to bury themselves in vast amounts

of controlled substances.

Seek professional help

Realistically, people aren't always equipped to deal with every situation or issue their friends or loved ones are going through. Sometimes, it's better to refer them to someone whose expertise is in this area. If they're part of the Mount Royal University (MRU) community, MRU Wellness has a variety of programs and services, including counselling, dedicated to help in various ways.

Winter blues or something worse?

Breaking down Seasonal Affective Disorder

Emily Kirsch
Staff Writer

Winter is here, and although the season has plenty of fun opportunities and exciting forthcoming, not everyone finds the cold months enjoyable. Many people notice a change in their mood and energy level this time of year; however, this shouldn't be always dismissed as that yearly feeling of the "winter blues." In fact, this can be a type of mood disorder known as Seasonal Affective Disorder (SAD).

Commonly referred to as seasonal depression, SAD refers to depression triggered by the change of seasons. SAD is most commonly seen in the late fall to early winter but can even be experienced in early spring. SAD shares many symptoms with major depression, such as sadness, lack of energy, loss of interest in usual activities, oversleeping and weight gain. Researchers think that SAD is caused by changes in the level of exposure to sunlight. Patti Paccagnan, a mental health nurse here at Mount Royal University (MRU), explains that changes

in light may upset a person's biological clock. This controls sleep-wake patterns and can disrupt our neurotransmitter functions.

SAD also has higher risks for different people. "Young people are more likely to develop SAD, though the risk decreases with age," Paccagnan says.

She explains that symptoms can linger most of the day and last for more than two weeks, impairing a person's performance at work, school or social relationships. SAD can cause withdrawal from family members and friends and loss of interest in work and hobbies. It can leave someone feeling irritable, tired and agitated. Severe cases can develop into a loss in one's sense of reality. Symptoms can even lead to thoughts of suicide—which should always be taken seriously.

In speaking with Paccagnan, she explains that only two to three per cent of Canadians will experience SAD in their lifetime. Another 15 per cent will experience a milder form of SAD that



Severe cases of Seasonal Affective Disorder may even distort one's sense of reality.
Photo by Keo Bunny

leaves them only slightly depressed but still be able to live without significant disruptions. People with Seasonal Affective Disorder make up about 10 per cent of all depression cases. Though any form of mental illness should be a cause of concern.

In the case that someone isn't sure if they have SAD or not, Paccagnan suggests tracking their mood or looking back at previous seasons and years to notice if mood change coincides with the change in season.

Outside of decreased light exposure, are there any life stressors contributing to a depressed mood? Are there any underlying medical conditions that might contribute, like thyroid or iron problems?

If it seems like it is truly a case of SAD, do not give up hope, as there are effective treatment options for it.

Many people experience this and all symptoms are valid. There are many ways to address this disorder.

For starters, many people who have SAD are helped by exposure to bright artificial light—also known as light therapy. Although too much light can have minor side effects like nausea, headaches or eye strain, it can be one of the most effortless and effective ways to combat SAD.

Conveniently enough for students here at the university, students can borrow a lamp from the Riddell Library & Learning Centre or book a time to use a lamp at Student Counselling Services.

The mental health nurses at MRU recommended a triad approach to managing depression symptoms. This means practicing good self-care, getting psychotherapy or counselling and

connecting with a family doctor simultaneously. Good self-care and developing a solid support system can help you maintain a healthy mentality.

Taking steps early to manage symptoms can stop them from worsening over time. Some people find it helpful to begin treatment before symptoms, typically in the fall or winter, and then continue treatment past the time symptoms usually go away. Other people need continuous treatment to prevent symptoms from returning.

Overall, in dealing with any mental health issue or mood disorder, becoming aware of how you are feeling and how you can get better is very valuable. Taking a proactive approach to acknowledging your symptoms and finding different resources for help can jumpstart the journey to better mental well-being.

THE
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HAIRDRESSER & STYLIST

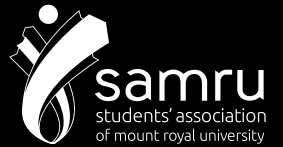
Hairdresser at The House of Toli is accepting hair models for his last year of studies.

The service is a one time offer and is free. Due to the high volume of requests my selection will be limited to haircut models wanting a change of style.

Please contact Michael Lundgren at 403 389 4419 for more details.

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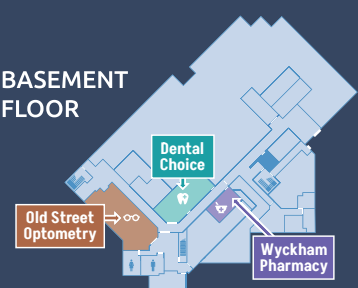
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5 books to read as busy students

Harneet Sumal
Contributor

Majority of university work is reading academic articles, publications, textbooks and messy notes. But when was the last time you picked up a book to read for yourself? Fiction expands your creativity, nonfiction encourages self-awareness, and reading in general can be a good distraction. Don't have the time? Check out these five quick reads.

We Should All Be Feminists by Chimamanda Ngozi Adichie

64 pages

An essay in a book that captures the essence of what it means to be a feminist. Adichie offers a unique perspective on feminism in the 21st century, drawing examples from her own experiences and exploration. It can be read as a quick informational chapter here and there to stimulate your mind on what it means to be a feminist. With cultural, political, and social aspects, a reader can easily relate this essay back to their life. Adichie also has a TED talk on this topic and has her speech sampled on Beyonce's hit record *Flawless* from 2013 which sparked the word

"feminism."

Art Matters by Neil Gaiman

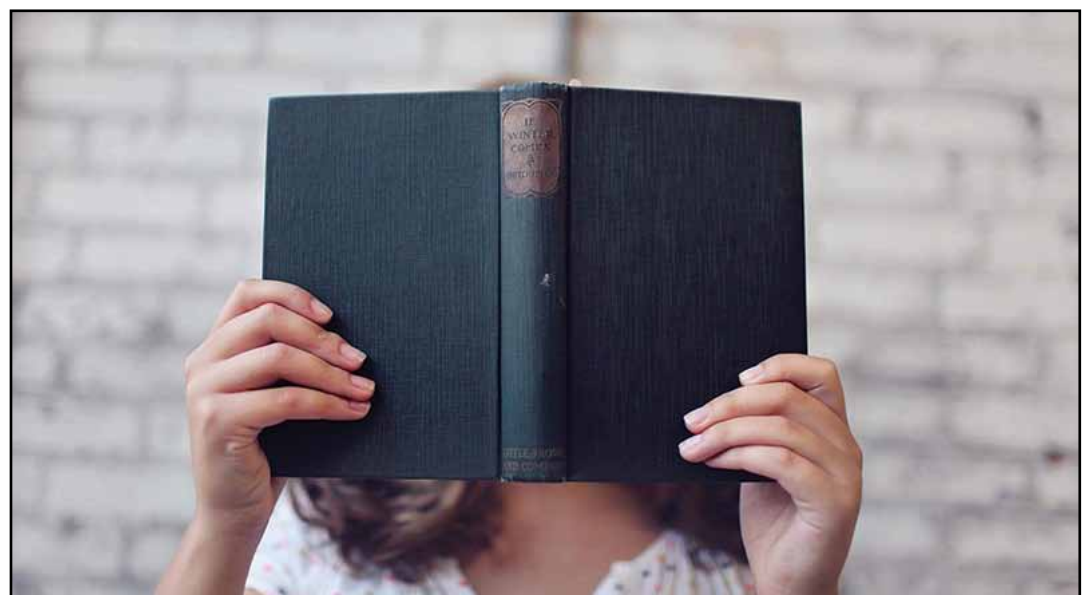
112 pages

Why is art so important? Art fills everyone's day to day from music, to beautiful buildings, Netflix shows and art galleries. As academia takes up most of our time as students, art can be overlooked. Gaiman demonstrates his vision of art in the world and how your creation can brighten up the world. This book is a four-part collection of the author's work with illustrations, poems and speeches that can inspire you. Explore your creativity and outlook on art with this very short book.

Homie by Danez Smith

96 pages

A poetry collection that highlights the journey of losing a friend, and the struggles of living in a country with violence, xenophobia and disparity. This book covers important topics for social awareness as a reader. Pick up this book to read a couple of verses or the entire 96 pages in one sitting. Poetry has a beat that follows the story and expresses emotions like a



Calgary has numerous 'Free Little Libraries' sprawled across the city and is a great way to trade in your old books for newer titles. Photo courtesy of Unsplash

symphony. Friendships are an important part of our lives as university students. Smith's exceptional poetry work is deserving of endless finger snaps.

Below Zero by Ali Hazelwood

112 pages

Pick up this hot chemistry between two rival scientists in the terrain of the Arctic, *Below Zero*. Ian and Hannah have a rocky start having bad feelings about each other while being stuck together at

a remote research station with a snowstorm on the scene. Not exactly Prince Charming and Snow White, but this cute, longing romance will brighten you after a long day of hard work. But even better, this story will warm your heart in the cold winter.

The Ice Cream Man And Other Stories by Sam Pink

289 pages

University culture includes

minimum-wage jobs, waiting for the bus, cups of coffee and new life of bills and taxes. Pink shares keen observations in this set of stories. Flip to a story and fill your mind with the creatively written perspective of stories that you can relate to. With imperfect, ugly characters that have aches and pains without pity or glorification. Pink draws these stories from his own experiences working in bars and restaurants, living in different cities, and financial instabilities. Uplift your spirits and embrace your struggle after reading this novella.

OUT'N ABOUT

Christmas Market

The annual local favourite, Spruce Meadows International Christmas Market is back from Nov. 25 - 27 and Dec. 2 - 4, tickets can be purchased on the Spruce Meadows website.

Spoken Word Poetry

Watch this all-new spoken word poetry experience by Rupri Kaur at Southern Alberta Jubilee Auditorium on Nov. 28 at 8 p.m. Tickets are still available on Ticketmaster.

Lions Festival of Lights

Starting on Nov. 26, make sure to visit the biggest free drive-by Christmas lights showcase in Calgary. This can be found at the intersection of 14 St NW and 24 Ave. NW.

Ice Skating

Bring your own equipment or rent from the Skate Hut to ice skate at Olympic Plaza's skating rink which is set to open back up on Nov. 20.

Channel your inner Gilmore Girl and Blair Waldorf with these outfits

Izabella Jaspar

Contributor



Rory Gilmore in the pilot episode of *Gilmore Girls* premiered on October of 2000. Photo courtesy of Netflix

As of recent, 2000s fashion has made a big comeback in pop culture. Ariana Grande's "thank u, next," the recent Netflix movie *Do Revenge* and many celebrities during Halloween, all of whom have taken their fashion notes from the era of Y2K. Some of these Y2K fashion trends include chunky shoes, pleated skirts and low-rise skinny jeans.

But the television shows from the 2000s still reign supreme. Lately, I've been filled with nostalgia from rewatching these shows which in my opinion had the best fashion with iconic characters we all wanted to be. To dress like Rory Gilmore during her Yale years or dress to impress Blair Waldorf as

if you were to have lunch with her on the stairs of The Metropolitan Museum of Art is such a dream. Let's examine what made these outfits ahead of their time and how you can recreate them.

Become a Stars Hollow Resident

Gilmore Girls is the perfect show to start or rewatch throughout the fall semester. Rory's work ethic and Lorelai's 'girl boss' mentality is the best to watch and relax in between writing a paper.

One famous outfit Rory wore was a white chunky knit sweater with flare blue jeans, paired with low top Converse and topped off with a black choker. Fans

are able to easily recreate this outfit with clothing staples in their closet. In fact, many have been showing off their recreations with the hashtags #rorygilmore and #gilmoregirls on TikTok.

Lorelai Gilmore, Rory's mother, is another fashion icon. Her character was always aware of the latest trends and always found an excuse to shop. One of my favourite outfits on the show she wore was a red sweater vest with a white button-up underneath and a black miniskirt with chunky black heels. I think this outfit highlights the Y2K style perfectly.

Another character with exceptional style was Logan Huntzburger, a dream boy from the 2000s. His simple and casual looks consisted of knit sweaters paired with dress pants to create an effortless yet sophisticated look.

Get the xoxo *Gossip Girl* Look

Gossip Girl is a fashion capsule of the late 2000s. Each of the character's outfits perfectly represented the bold trends at the time. Blair Waldorf, the main character of the show, is most often found in some variation of her school uniform. The 'schoolchild' look reflects the preppy style of the 2000s. Waldorf stays on trend, and her overall style keeps her with the popular crowd. Blair's style is easy to achieve, all you need is a pleated skirt, white button-up, thigh-high white socks and black kitten heels — to make it extra 2007,

add a black tie.

Serena Van Der Woodsen is one of the most talked about people in *Gossip Girl*, she is the 'it girl' that everyone knows and dreams to be. Her style in the show consists of leather jackets, plaid skirts, leggings, fitted t-shirts, thigh-high boots and was often topped off with a loose tie.

The men's fashion of *Gossip Girl* is similar from guy to guy, such as Nate Archibald and Chuck Bass whose style consists of the rich and preppy dream boy facade. They rock the main look that's quintessential to 2000s men's fashion—a suit made to look casual which consists of a slightly unbuttoned button-up with an open blazer and matched dress pants.

Shows such as *Gilmore Girls* and *Gossip Girl* have inspired me to play around with clothing pieces to transform my style. Fashion throughout the 2000s had its difficulties, and we do question why we thought it would work to pair skinny jeans with a dress.

However, the different ideas and styles on Pinterest and TikTok show that Y2K fashion can recreate excitement for people who loved the 2000s shows and movies. Recreating a favourite childhood character from a 2000s movie or show is a fun way to get fashion inspiration. The 'it girl' style is immensely popular right now and is enjoyable to partake in, remember to make it your own and have fun with it!



Serena van der Woodsen on the steps of The Metropolitan Museum of Art. Photo courtesy of Crave

An interesting yet lopsided album collaboration

Spencer Yu
Staff Writer



At the age of 36, Drake has been nominated for 47 Grammys. Photo courtesy of Wikimedia Commons

Traditionally whenever I hear that Drake (Aubrey Graham) is releasing a new album, I typically react with some disinterest. Not because I don't think he isn't good but because over the last few years he hasn't evolved. However, that does not discredit the fact that he has made some very enjoyable music in his time. I particularly enjoy it when he collaborates with Atlanta-based rapper 21 Savage (Sheyaa Bin Abraham-Joseph). So when I heard that Drake was putting out a full-length album with Joseph, I was intrigued. Not only because this is the first time that the two have

collaborated together on an album, but also because of the quality of the song "Jimmy Cooks" which gave listeners a taste of what was to come with their new album *Her Loss*.

I've always felt that while Graham was always one of the most popular artists of this generation he lacked the maturity, substance and nuance that made other rap artists like J Cole, Denzel Curry and Kendrick Lamar so interesting and entertaining to listen to. However, what he lacks in substance he makes up for in style. His bravado-filled lyrics paired with trap beats are still entertaining to listen to and it really fits that

driving around at night time vibe.

My personal favourite performance from Graham on this album is on the track "I Guess It's F**k Me." I love the sound of the instrumental and how well Graham plays off of it. Of course, he raps about his success and all the things it comes with, however, I found he dug a little deeper on this track and showed a more genuine side that we don't see often.

The real star of this show for me is Joseph. He has come a long way since his "Bank Account" days. On this album, he is the most

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I will admit, it's been a while since an album has had me so absorbed. I was sat and unmoved for at least an hour for Reneé Rapp's new 20-minute EP *Everything to Everyone*. There's something so magical about an artist's first album and seeing them discover their voice and share their thoughts for the first time. *Everything to Everyone* is beauty and heartbreak all wrapped in one and solidifies Rapp's spot as a triple threat.

Starting with "Everything To Everyone" Rapp describes her tumultuous relationship with trying to be there for everyone, even if it's at her own expense. Moving to "In the Kitchen," she talks about a breakup with possibly the most impressive emotional ballad I've heard all year, second only to another song on her album "Don't Tell My Mom," which explores her

relationship with her mother as she deals with mental health troubles.

There's a shift in the songs "Colorado" and "Too Well" which still manage to pull on the heartstrings, but also explore the fun upbeat side of Rapp's music. "What Can I Do" might be a personal favourite but it explores being queer so well that it's hard not to fall in love.

All in all, Rapp has done something so beautifully heartbreaking that was somehow mastered on her first try. I can't wait to see the growth in her music, her whole career actually. It's safe to say we can expect great things from Reneé Rapp for a long time.

- Abbie Riglin

Stick Season

Noah Kahan
Mercury Records/
Republic Records

Score: A+



Noah Kahan returns with *Stick Season*, a 14-track album that will fill you with nostalgia. *Stick Season* is the time between fall and winter, a time full of transitions and it's the theme that follows the tracks in his album. This album really explores the feeling of isolation and being left behind.

One of my personal favourites from the album was "Stick Season," the title track. "Stick Season" was one of the pre-released tracks and became widely popular. Lyrics like "I hope this pain's just passing through/But I doubt it" and "I'll dream each night of some version of you," really resonate the loneliness we can feel and how sometimes we can become stuck in a place in time.

Kahan's vulnerability is seen in tracks like "Come Over," where he's inviting a friend into his own world despite his own fears and insecurities. "Growing Sideways" is a song where he shares his mental health struggles with those willing to listen.

Stick Season is an album full of songs that will resonate with you. After the confusing experience that came during the pandemic, *Stick Season* is the perfect album to bring comfort to those who are feeling alone and stuck in the past.

- Catherine Huynh

"An interesting..." Continued from Pg. 11

dynamic he has ever been. The track "Hours In Silence" features Joseph singing on a track like I had never heard up until this point. While I think he would never do a full RnB song as Graham has done in the past, I think this new direction for him can really diversify his discography.

I definitely think that this is one of the better Drake albums to have been released in the last few years, however, some of the criticisms I had about *Honestly, Nevermind* still carry over. My biggest problem with this album is still the fact that it feels bloated. There are tracks on this album that feel really boring when compared to some of the more dynamic tracks. An example of this is comparing a track like "Privileged Rappers" to a track like "Middle Of The Ocean" which is much more interesting to listen to when compared to the more typical trap drums you always hear.

I'm not saying trap is bad but for me personally, it just feels repetitive.

Because there are a few tracks scattered throughout the album that are sub-par it makes it really hard to recommend listening to this album front to back. If they had only kept the absolute best and put everything else on a 'b side' album I would have an easier time recommending a full listen of *Her Loss*. However, as it stands, I don't feel it's worth it.

In short, I had gotten what I was expecting but I just wish it was more consistent. It's a bloated but fun album to listen to and it has a more enjoyable tracklist than a lot of Graham's previous works over the last few years. It's not in the running for the best rap album this year with so many big releases in 2022 however, *Her Loss* is an enjoyable rap album to listen to that I think a lot of rap fans will enjoy.



Shéyaa Bin Abraham-Joseph '21 Savage' got his stage name after being shot six times on his 21st birthday. Photo courtesy of Wikimedia Commons



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Cougars soccer programs win big

Josh Werle
Sports Editor

The Mount Royal University (MRU) Cougars soccer programs had an impeccable 2022 season, with the men's squad going unbeaten in the regular season and capturing a Bronze medal in the playoffs, while the women's team more than doubled their goals and wins statistics from their previous season. Although these achievements are all due to the teamwork that the Cougars athletes have displayed on the field, individual players were also recognized for their outstanding contributions.

Canada West Student-Athlete Community Service Award

The U SPORTS Student-Athlete Community Service Award, is a designation given to "a student-athlete who best exhibits outstanding achievement in the classroom, on the field of play and as a member of his/her community." This year, Cougars soccer goalkeeper Sterling Kerr received this award for maintaining a 4.0 GPA at MRU, being a peer tutor, mentor and volunteer, as well as his involvement in the Cougars' unbeaten run. Sterling's commitment to both his team, and his community made him an incredible choice for an award of this magnitude.



Sterling Kerr's stellar goalkeeping helped the MRU Cougars reach the end of the regular season with zero losses on their record. Photo by Josh Werle

1st Team All-Canadian

Kerr was also named to the 1st Team All-Canadian for his efforts during the U SPORTS season. Kerr tallied an impressive 59 saves with a 0.87 save percentage and a 0.519 GAA, the best statistics in his conference. Kerr was responsible for 10 out of the Cougars' 11 victories this season, and helped the team reach the end of their regular season with zero losses on their record.

Also named to the 1st Team All-Canadian squad is defenseman Caden Rogozinski. Rogozinski was a

defensive juggernaut for the Cougars squad, and helped mitigate the amount of shots that Kerr would have to face this season. Rogozinski was drafted by the Cavalry FC — a Canadian Premier League professional soccer team — in January of this year.

2nd Team All-Canadian

Mohamed El Gandour, one of the Cougars' greatest offensive threats, was named to the 2nd Team All-Canadian squad. El Gandour led the Cougars' team with eight goals and 20 points during the regular season. El Gandour also led the team in shots on

goal, racking up 50 shots at the Cougars' opposition this season.

All-Rookie Team

Cougars rookie Jonathan Walter, who appeared and started in 15 games this season, has been named to the All-Rookie Team. Walter, who tallied three goals on 17 shots this season, had a very strong offensive presence for the Cougars.

On the women's side, rookie Zyna Centeno was also named to the All-Rookie Team this year. Centeno tallied one goal and three assists throughout the regular season.

Second Team All-Star

Three of the Cougars' Women's soccer stars were designated to the Second Team All-Star — Sydney Danielewicz, Alexi Watson and goalkeeper Lizzy Knight. As the Cougars' starting goalkeeper, Knight won six games and recorded two shutouts, ending the regular season with a stellar 0.806 save percentage.

Watson has been a longtime member of the Cougars' soccer team, and was playing

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#S

8-7-2, The Calgary Flames' current record

2, The Calgary Wranglers' position in the AHL Pacific Division standings

6-1, MRU Cougars men's hockey record at home

6-1, MRU Cougars women's hockey record at home

“Cougars soccer...” Continued from Pg. 13



Mohamed El Gandour was one of the Cougars’ greatest offensive players throughout the entire 2022 season. Photo by Josh Werle

in her final year with the squad. She played and started in 15 games this season, recording 12 shots and five points during the team’s bounce-back year.

Danielewicz, also named to the Second Team All-Star squad, posted four goals, one assist and nine points this season. After leading her team last season during her rookie year, Danielewicz once again highlighted her talents in her sophomore appearance this year.

Canada West Coach of the Year

Tino Fusco, the Cougars’ women’s soccer coach,

received the Canada West Coach of the Year honours. There are a total of 16 teams in the Canada West U SPORTS conference, of which Fusco and the Cougars’ were ranked 13th in a coaches preseason poll. After finishing last season near the bottom of the standings, expectations were evidently not as high. But after improving throughout the field, the Cougars locked up the first seed in the Canada West Prairie Division this year, and finished second in wins throughout the entire Canada West conference. Fusco’s guidance and strategy certainly helped this year’s women’s soccer team achieve greatness on and off the field.



In her final year with the MRU Cougars, Alexi Watson has been a leader for the team. Photo by Josh Werle



In her sophomore year with the MRU Cougars, Sydney Danielewicz has proven to be one of the team’s greatest offensive players. Photo by Josh Werle

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Previewing Canada's 2022 World Cup team

Josh Werle

Sports Editor



The 2022 World Cup will be hosted in Qatar, where fans will get to see which country reigns supreme on the soccer field. Photo courtesy of Serg Stallone/Wikimedia Commons

The Canadian men's national team will be competing in the FIFA World Cup for the first time in more than three decades. Thirty-six years after their last appearance, Canada will look to make a splash during the 2022 World Cup in Qatar, which kicks off on Sunday, Nov. 20. Canada won't play their first game until later in the week, but the team has already landed in Qatar to begin preparations for their first match.

Scheduled games

After a semi-random draw,

Canada will be playing in Group F during the FIFA World Cup this year. They will be joined by their three opponents, Belgium, Croatia and Morocco. Canada will play their first game on Wednesday, Nov. 23, against Belgium. Following that, they will square off against Croatia on Sunday, Nov. 27, and will play their final round one game against Morocco on Thursday, Dec. 1.

The team

The two superstars of the Canadian men's national team are forwards Alphonso

Davies and Jonathan David. The two 22-year-olds have been noted as some of the greatest soccer players currently competing. Since 2018, Jonathan David has appeared in 35 games for the Canadian national team, recording 22 goals during that time.

Alphonso Davies has played for the national team since 2017, tallying 34 appearances and 12 goals. Local Calgarian soccer star Sam Adekugbe will also be a player to follow for our city, as he attempts to lighten the load on Canada's goalkeepers by keeping the

opponents' offense at bay.

Projected success

Seeing as how 36 years have passed since Canada last appeared in an event of this magnitude, it is clear that this team will be lacking some experience, as none of them have had the chance to compete in matchups quite like these. Although this team has a number of world-class players, and heaps of individual talent, they will need to come together and rally against their opponents if they wish to make a mark at this year's event.

Currently, Canada are very large underdogs in the tournament. A \$100 bet on them to win Group F would net you \$1300 in profit, while a \$100 bet on them to advance past Group F would net you \$210 in profit. Draftkings Sportsbook currently has Canada listed as an underdog against all three of their Group F opponents, with Morocco being the closest matchup and Belgium being the furthest spread. The future is beyond bright for this team, but only time will tell if that future is now.

Recapping the Hockey Canada sexual assault scandal

Matthew DeMille

Staff Writer



Hockey Canada has dealt with some serious turmoil over the past few months after allegations have risen about their operations and conduct. Photo courtesy of Resolute/Wikimedia Commons

For over five decades, Hockey Canada has been tasked with expanding and growing the sport of hockey across the country. This included grassroots programs for the youngest of skaters to international tournaments for the world's best athletes. Since its emergence in 1968, the organization has been the beating heart of Canadian hockey. Now, its five-decade long legacy has been utterly demolished, following some disturbing events surrounding the organization made apparent over the last year.

It first began in May 2022, when the hockey community across Canada was rocked to its core as news broke that an unnamed 20-year-old woman claimed she was sexually assaulted by eight members of Team Canada's world junior team following a golf event

hosted by Hockey Canada in 2018. According to the victim, Hockey Canada knew about the ongoing situation but neglected to take a closer look at it or discipline any of the players.

While no player names have been released nor speculated, some players on the team at the time went on to become prominent figures in the National Hockey League (NHL).

In response to the woman's claim, Hockey Canada agreed to pay her settlement worth \$3.55 million in May of 2022 and it was also rumored that the organization requested she sign a non-disclosure agreement (NDA) as well.

The sexual assault case in 2018 was not the only allegation directed at a team represented by Hockey Canada either. In July 2022, just

months after an agreement was reached regarding the 2018 world junior team, a source stepped forward and stated there was a video that depicted six members of the 2003 Canadian world junior team sexually assaulting a "non-responsive" woman in a hotel room at the time of the tournament. While the video has not been made public, two of the male participants have been identified by the source.

This, unfortunately, would be just the start of what has become arguably the biggest scandal in hockey history.

Following the settlement, Hockey Canada's former CEO Scott Smith revealed that since 1989 the organization had spent about \$8.9 million in settlements that cover 21 different sexual assault cases. On top of that, about \$7.6 million put towards the

various settlements actually came from a national equity fund that was, in turn, partly filled by registration fees from youth hockey players across Canada. The concept of taking the money that countless Canadian families paid for their kids to play hockey and using it to pay off sexual assault settlements directed at Hockey Canada enraged the public.

Before long, Canadians across the country were demanding the entire board of directors for Hockey Canada, including Smith, to step down from their posts, but it wasn't until October 2022 — five months after the first report was made public — that Smith and the directors finally stepped down.

The aftermath of the scandal continues to haunt the organization. Many business partners, including Canadian Tire, Esso, Nike, Scotiabank, TELUS and Tim Horton's have pulled their funding and partnerships with the organization.

All of the federal government financial support previously provided to Hockey Canada was halted after Canada's Minister for Sport Pascale St. Onge made the decision to cut all funding to the organization and the 2022 IIHF World Junior Championship, which was held in Edmonton, also went sponsorless as it was hosted by Hockey Canada. The tournament would go on to have incredibly low attendance rates and many speculate the Hockey Canada scandal was to blame.

It's not only corporations

that want nothing to do with Hockey Canada. Provincial branches within Hockey Canada no longer side with their parent body. In October, Hockey Nova Scotia, Hockey Ontario and Hockey Quebec announced their plans on holding a portion of their registration fees that would normally go to Hockey Canada and other provinces are expected to follow suit.

During this time, Hockey Canada has not sat idly by. Due to public demand, they've reopened the 2018 world junior sexual assault case. In July, they also released an 'emergency action plan' aimed to "address systemic issues in hockey."

While Hockey Canada believes they've made steps in the right direction, it's clear that all is not forgiven in the hockey community.

This scandal continues to be ever changing as more information and news continues to be shared. However, one fact that will not change is that Hockey Canada has destroyed their relationship with former partners, the hockey community, and the greater public, with how they handled themselves.

If these relationships are to be mended, Hockey Canada will have to make drastic changes internally as well as a top to bottom review of the players representing both the organization and their nation in order to guarantee the safety and wellbeing of all parties involved. And even if the right steps are taken, the organization may never return to its former glory.