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What the Alberta Sovereignty Act could mean for Albertans

Mikaela Delos Santos

News Editor



Premier Smith's main campaign during the UCP leadership race was the Alberta Sovereignty Act which has caused remarks from many. Photo courtesy of Wikimedia Commons

United Conservative Party (UCP) leader and Alberta Premier Danielle Smith has caused quite a stir after proposing Bill 1: the Alberta Sovereignty within a United Canada Act. The proposed act has been one of Smith's front-running policies on her campaigns during the Alberta UCP leadership race back in September 2022.

If passed, the act will give the Alberta government the legal authority to fight federal laws or policies that do not benefit the province. This will include providing the cabinet authority to direct the provincial entities,

whether or not to carry out policies and laws that use provincial resources by the federal government.

Some of these measures include (1) directing a minister to exercise power vested to that minister by legislation or regulation, (2) giving specific directives to deemed 'provincial entities', (3) temporarily amending enactments that is in accordance with the

resolution and (4) any other legal action that the cabinet can take.

Alberta justice minister, Tyler Shandro, says that "this isn't just an opportunity for the assembly or the cabinet to start making emergency changes to legislation."

The process

If enacted, the process of the act would function as such: first, a member of the executive council will introduce a motion in the legislative assembly to use the act. This policy or legislation must be considered as a federal initiative that is regarded as unconstitutional, contrary to the charter, or harmful to Albertans in the opinion of the assembly.

The legislative assembly would then debate the resolution, passing if a

Pushing back

The Alberta government has campaigned this bill to Albertans as a way to defend the province from Ottawa.

Premier Smith says that, "the Alberta Sovereignty Within a United Canada Act will be used as a constitutional shield to protect Albertans from federal overreach that is costing Alberta's economy billions of dollars each year in lost investment and is costing Alberta families untold jobs and opportunities."

During the Dec. 1, 2022 assembly at the Alberta Legislature, Hon. Tracy Allard, ECA MLA for Grande Prairie UCP says that, "Albertans are tired of having [their] economic prosperity obstructed and provincial jurisdiction encroached... by federal overreach and federal politicians such as

Justin Trudeau and Jagmeet Singh."

Hon. Deron Bilous, ECA MLA for Edmonton-Beverly-Clareview NDP, says that, "this bill is damaging and has already caused damage to Alberta's reputation."

"The problem is that this bill is so problematic that it cannot be amended to be good enough to be legislation that's passed in this Chamber, so this bill

needs to not proceed. The government needs to go back to the drawing board on this," Bilous adds.

Prime Minister Justin Trudeau also says that, "we're gonna see how this plays out. I'm not gonna take anything off the table, but I'm also not looking for a fight."

Albertans are impacted

Political science professor at Mount Royal University (MRU), Duane Bratt, finds that the Alberta Sovereignty Act will affect Albertans negatively.

"Typically jurisdictional disputes between the federal govt and provincial govts are decided by the courts. However, Bill 1 grants the AB government the unilateral right to determine what is constitutional."

"The courts will likely toss it out, but in the meantime it will cause uncertainty," Bratt adds.

Smith's proposal of the act could hurt her chances in the next election against NDP's Rachel Notley.

"The Sovereignty Act was her signature promise during the leadership race. She won the leadership and became premier because of it. Unfortunately, it is unpopular among most Albertans. So she is adhering to her promise but it might (likely) cost her the next election."

"I'm not gonna take anything off the table, but I'm also not looking for a fight."

PM Justin Trudeau

majority of the MLA's vote in favour; the government MLA's will have a free vote on any of the resolutions.

City Council reveals plans and budgets for 2023-26

Included in the key highlights is downtown revitalization

Mikaela Delos Santos

News Editor



The City of Calgary has based their decisions on the needs of Calgarians – transit services was one of the main concerns. Photo courtesy of Wikimedia Commons

The City of Calgary has revealed its plans and budgets for the upcoming years of 2023-26. The city council presents the plans to Calgarians with the idea of resiliency, stating that the decisions made by the council are guided by economic, social and climate resilience.

Some of these plans include lowering transit fees for weekend family passes, free transit rides for children under 12 and adding bus shelters and benches. The city will also continue its downtown strategies by converting unused office spaces into residential units and post-secondary institutions.

They also plan on

eliminating permit and license fees for outdoor patios in 2023. Infrastructure investments such as the Green Line, BMO Centre expansion and Arts Commons transformations are also included in the plans and are in-progress.

The City proposes that the total annual operating budget will reach \$4.9 billion by 2026, as well as investing a total of \$10.2 billion in capital infrastructure that starts or continues in this cycle.

Some of these budget breakdowns include \$170 million in anticipated capital investments for downtown areas and main streets. This will mean improvements in the public realm, quality of life and attracting investment.

Cameron Devlin, a Beltline resident of three years, finds that the council's plans will be a good thing for Calgarians.

"I think although downtown has a few great spots, there are multiple areas that are clearly lacking sufficient city planning and investment. I think those projects mentioned and the additional investment will help, but ultimately their role in revitalizing downtown will hinge upon further economic growth and development in the city."

Devlin also says that the downtown revitalization

project will be interesting to see how it plays out.

"The conversion of downtown office space into residential and retail is probably the only applicable short term solution to combating greater than 30 per cent [of the] vacancy rates, since a lot of corporations are sticking with work from home and hybrid style working conditions, which will prevent demand for office space ever recovering to oil-boom levels."

A 2022 fall survey conducted by the City of Calgary has found that Calgarians' biggest concerns included infrastructure, traffic and roads, transit, homelessness, poverty and affordable housing.

Concerns regarding crime, safety and policing and recreation and parks have the biggest increases compared to the 2022 spring survey. The 2022 fall survey also states that 56 per cent of Calgarians find that they receive 'good' value for their municipal taxes, a value consistent with the 2022 spring and 2021 fall surveys.

Calgary property owners are to expect a 3.7 per cent average annual tax increase in the next four years. Currently, the starting point increase for a typical single residential property tax bill in 2023 is 5.2 per cent or \$9.83 per month.



Downtown residents and workers are to expect the continued downtown revitalization project by the City of Calgary. Photo courtesy of Wikimedia Commons

THE REFLECTOR

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City of Calgary encourages residents to shop local

Matthew Hillier

Staff Writer

The City of Calgary is encouraging Calgarians to shop local with the Support Local YYC program which has been active for the last four years.

The city is aiming to garner support for local business owners across the city. Restaurants, spas, gyms, catering services and many more local shops and services fall under the banner of Support Local YYC.

Mayor Jyoti Gondek says that she is happy to lend her support for the program.

"Small businesses are the engine of our economy, accounting for over 95 per cent of businesses in the city and generating four times more economic activity than large corporations," says Gondek.

One of those engines of economy is the Calgary's Farmers Market (CFM) which supports over 75 local vendors that rely on the income from the over a million customers per year at their two Calgary locations. Vendors are supported by hard working employees like Mikayla Jayne, the marketing and events coordinator for the CFM's south location.

"So one of my big reasons why I love working here is that we do have people who do incredible things. Like Red Barn Mercantile, which is a woman who has a greenhouse and is growing amazing things. But she's so busy that she doesn't have time to do marketing and to be doing social media. So while they have those channels, and a lot of the employees at each individual vendor, to be doing their posting and do a little marketing on their

own, having the marketing to support them wholeheartedly is a big win for them."

This new program and the push from both the city and the mayor herself to put small businesses on the map shouldn't come as a surprise as Calgary has been constantly developing its 15 Business Improvement Areas (BIA). These range from 17th Ave all the way to Victoria Park. These areas contain hundreds of small businesses looking to make a mark on Calgary entertainment and retail scene.

One of these local businesses and services that fall under the Support Local YYC program is run by a passionate MRU student who has been selling custom made jewellery on Etsy for the past year.

Abigail Caballero runs Pasensya Mahal Co. which translated to English means "patience love." Caballero started her business in April

2021 during the COVID-19 pandemic.

Starting in her bedroom as both an additional source of income and an outlet to aid her mental health, she has grown her business since then and is very excited to continue to share her love of the Filipino-Canadian culture she was raised in.

The Support Local YYC program seems tailor made for Caballero's small business as more local attention towards her products takes a lot of work off her already full plate.

"It's important to understand that small businesses usually consist of one to 10 employees. I do not have the luxury of having a designated marketing team like Amazon so receiving support from the local government allows me to venture with new business decisions to further my development."

Caballero is also very

excited to further expand her business and contribute to the vibrant business community of Calgary.

"Small businesses largely contribute to the success of this new economy. When I walk around communities like Bridgeland or Kensington, I recognize why I want to stay in Calgary and begin a family in the future. Calgary is full of opportunities — each small business operates with passion and love. It's experiences like walking into a local milktea shop, visiting a ramen restaurant, biking down the Bow River or exploring 17th Ave that drive Canadians to visit Calgary," Caballero adds. More than half of every \$100 spent at small businesses like Caballero's ends up recirculating back into the local economy, making supporting local shops and restaurants beneficial for both buyers and their favourite businesses across the city.



As of 2021, 95 per cent of businesses in Calgary are local small businesses. Photo courtesy of Wikimedia Commons

7 unique events to explore during Christmas break

Keo Bunny
Features Editor

The holiday season is quickly approaching and there's a variety of events happening locally. Aside from the run of the mill events like Christmas markets and visiting mall Santas, there's also some unique experiences happening in Alberta and Calgary. Here are seven that might pique your interest.

Heebie-jeebies at Bella Concert Hall

These acapella hall-of-famers are performing at Mount Royal University's Bella Concert Hall on Dec. 22 and Dec. 23 at 7:30 p.m. The Heebie-jeebies, which includes Cedric Blary, Chris Herad, Ken Lima-Coelho and Johnathan Love, have performed with the likes of Paul Brandt and Harry Belafonte. Tickets are sold on the Taylor Centre for the Performing Arts' website.

Alberta Polar Express

Looking for some holiday fun outside of Calgary? The Alberta Prairie Railway is hosting a Polar Express journey down in Stettler, Alberta. The train ride, set to the soundtrack of the film it's inspired from, will also include hot chocolate and cookie treats by Polar Express chefs as well as a

visit from Santa. The rides will be happening until Dec. 22. Tickets can be purchased on their website or by calling them at 1-800-282-3994.

CP Holiday Train

The Canadian Pacific (CP) Holiday train is finally back on track after three years. The train aims to raise money, food and awareness for local food banks. The train will stop in Calgary at the South C-train parking lot at the Anderson C-Train station during its cross-country tour on Dec. 11 from 6 p.m. to 6:45 p.m.

It'll be accompanied by performers Aysanabee and Tenille Townes. The Holiday Train shows are free to attend but they encourage attendees to bring cash or non-perishable food items to help donate to their local food banks.

GlowYYC

This year, GlowYYC is bringing Christmas from around the world. From England, France, China, India to Holland and Mexico, this lightshow will include a variety of displays showcasing different countries. Located at the Nutrien Western Event Centre, they boast to have millions of lights. They'll also have their iconic light tunnel and hanging lights as well as their LED swings and hopscotch. Tickets can be

purchased on their website.

Once Upon a Christmas

Heritage Park is inviting you to get lost in time and the spirit of Christmas. Combining the quaint charm of the past with holiday themes, this attraction offers plenty for you and your family to do. Some of the activities include snow painting, gingerbread decorating, carollers and even wagon rides through the area. They will be running this event Dec. 10, 11, 17 and 18. Tickets can be purchased on their website.

The Nutcracker

If you're looking for something a little more traditional, Alberta Ballet is back with their yearly production of *The Nutcracker*. This classic tale showcases 120 performers and a live orchestra. According to their website, they also have some new surprises for people who've already seen the play before in Act 2's Palace of the Sugar Plum Fairy. The show will run from Dec. 16 to Dec. 24. Tickets can be purchased on their website through TicketMaster.

Zoolights

Zoolights is also back at the Calgary Zoo. Running from Nov. 18 to Jan. 8, this Calgary winter entertainment



Looking for something to watch? Alberta Ballet is holding their annual rendition of *The Nutcracker*. Photo courtesy of Pexels

staple is here for its 26th year. Aside from the classic skating rink, axe throwing and light tunnel, they'll also have new experiences available in the Polar Wonderland, Prehistoric

Park and a multi-sensory experience in the gorilla amphitheatre. Zoolights runs from 5 p.m. to 9 p.m. most nights. To buy tickets check their website.

A brief breakdown of the sh*tty men in media case

How a spreadsheet can mean so much more

Emma Duke

Staff Writer



A photo of author and filmmaker Stephen Elliott taken in 2013 at the Texas Book Festival. Photo courtesy of Larry D. Moore, Wikimedia Commons

Five years ago, a woman attempted to protect other women against harassers, assaulters and “shitty men” in the media industry by making a list of people they should be wary of.

In October 2017, Moira Donegan, a writer at *The New Republic*, sent a Google spreadsheet to a handful of women who worked in the media industry. These women sent it to more women, and soon, the document was filled with over 70 names of men who had been accused by these women anything from

‘flirting’ to physical violence to sexual misconduct to rape.

Donegan, who eventually stepped forward as the creator of the list, says what she was trying to create was a sort of ‘whisper network’ - what she calls a long-standing remedy for women. She describes the whisper network as “informal alliances that pass on open secrets and warn women away from serial assaulters. Many of these networks have been invaluable in protecting their members. Still, whisper networks are social alliances, and they’re unreliable. “They

can be elitist, or just insular,” Donegan says in her self-written article for *The Cut*.

Donegan intended for her spreadsheet to be a virtual ‘whisper network’, a note at the top of the document stated: “Please never name an accuser, and please never share this document with a man.” The document spread too quickly to keep private, however; shortly after it was shared, a woman from BuzzFeed broke the story to the public. Donegan says the spreadsheet “spread much further and faster than [she] ever anticipated.”

It is important to mention that Donegan did include a disclaimer at the top of the spreadsheet warning other women to take the accusations with skepticism. Donegan says, “This document is only a collection of misconduct allegations and rumors. Take everything with a grain of salt. If you see a man you’re friends with, don’t freak out.” Obviously, several women were involved in adding names to the list, Donegan did not write every name on the list, in fact, it is unclear if she contributed to the list at all.

Still, she was the one sued for defamation in 2018 by filmmaker and writer Stephen Elliott, whose name was on the list- he had been accused of coercion, sexual harassment and rape. Men who had been accused by several women had their names highlighted in red on

the spreadsheet.

Elliott’s name was in red.

Elliott published an article in *Quillette* saying that the accusations of rape had “derailed his life.” He sued Donegan for \$1.5 million.

Donegan says she did not write Elliott’s name on the spreadsheet, even though she did create and share the document. Donegan added to her affidavit that she did not encourage any women to make false statements or accusations about a man.

Roberta Kaplan, Donegan’s lawyer, attempted to have the case thrown out, arguing that Donegan was protected under the Section 230 of the Communications Decency Act, a law that protects online users and companies who republish content from being held legally responsible for what others say or do.

The judge did not approve Kaplan’s motion for immunity under the Communications

Decency Act. The judge says in *Politico* that the “Defendant’s inability to recall the contents of her communications leaves open the possibility that Defendant did specifically encourage the posting of unlawful content.”

The document undoubtedly presents legal challenges and complications. The list contained the names of several men who would certainly have a reaction to being on a spreadsheet titled ‘Shitty Media Men.’ It does not appear as if any man on the list has been proven guilty.

Donegan’s spreadsheet was spread more widely than she expected it to; the list was taken out of her hands and shared with the public, against her will. What she attempted to do in creating that list was to create a safe space, to protect fellow women, to hold truth to power. Now she is going to court.



The original list consisted of around 70 names. Photo illustration by Riggs Zyrille Vergara

Holidays around the world

A look at other celebrations around winter break

Emily Kirsch

Staff Writer



Part of the festivities of Chinese New Years include dragon dancers. Photo courtesy of Pexels

When it comes to the winter holidays, Christmas seems to be the headliner. Celebrated worldwide, Christmas is a religious and cultural holiday with a history and tradition combining Christian beliefs with warm folklore. But it isn't the only holiday celebrated this time of year. Countless other holidays hold great cultural significance, with festivities even the most extravagant Christmas celebrations can't top.

Here is a look at some of the winter holidays around the world.

Hanukkah

Hanukkah is a festive eight-day celebration that, for some, falls during the darkest and coldest season of the year. The holiday, also known as the Festival of Lights, brings light, joy and warmth into homes and communities, celebrated with candles, food, family and friends.

The celebration extends

from Dec. 18-26 and is observed by members of the Jewish population all over the globe.

Hanukkah is celebrated with nightly menorah lighting, special prayers and fried foods. Named after the Hebrew word for "dedication," Hanukkah commemorates the Holy Temple's rededication.

Las Posadas

Beginning on Dec. 16, Las Posadas is celebrated throughout Mexico and Central America and commemorates Mary and Joseph's journey from Nazareth to Bethlehem in search of a place to stay.

Each day consists of a march in which participants will first hold candles and sing Christmas carols, and make their way to a particular home. A special song called "La Canción Para Pedir Posada" is sung until the host agrees to let everyone inside.

After this procession, a

mass is typically held where children get to break open Piñatas, usually crafted in the form of a star similar to the one that is said to have guided the three wise men to newborn Jesus. Once cracked open, kids enjoy candy, toys and sometimes money.

Kwanzaa

Beginning the day after Christmas on Dec. 26, Kwanzaa celebrates African-American culture. Each of Kwanzaa's seven nights begins with a candle-lighting ceremony with candles representing one of the seven Kwanzaa principles: unity, self-determination, collective work/responsibility, cooperative economics, purpose, creativity and faith.

There are also seven symbols of the holiday including fruits, vegetables and nuts, a straw mat, a candle holder, corn, gifts and a communal cup signifying unity. On each day, one of

seven candles in the African colours of red, green and black is lit in the kinara or candleholder, and those participating discuss the day's principle.

The celebration intends to reflect upon and celebrate the community's culture and contributions to society.

The Chinese New Year

The Chinese New Year marks the beginning of the lunar new year between Jan. 22 and Feb. 1. It is also known as the Spring Festival and is one of China's most significant celebrations, with each year being named after one of the Chinese zodiac's 12 animals. Filled with fireworks, parades and performances, the celebration concludes with a lantern festival.

This coming Chinese New Year, 2023, is the Year of the Rabbit. The rabbit is known in Chinese culture to be the luckiest of the twelve animals in the Chinese zodiac. It symbolizes grace, beauty and mercy. It brings peace and is

regarded as a good year for negotiations.

Mardi Gras

Every year on Jan. 6, Mardi Gras begins, signalling the end of the 12 Days of Christmas and the beginning of several weeks of parties, parades, fireworks, music and general entertainment.

The biggest celebration in the United States is held in New Orleans, where marching bands take over the streets and masquerade balls are held throughout the districts. Mardi Gras is also celebrated in other cities such as Rio de Janeiro, Brazil and Venice, Italy.

The name "Mardi Gras" is French for "Fat Tuesday," referring to the practice of eating rich, fatty foods on the last night before the Lenten sacrifices and fasting.

Although this list only included a few of the many winter holidays celebrated worldwide, this time of year allows us to reflect on our personal celebrations and how others in our communities, country and world celebrate.

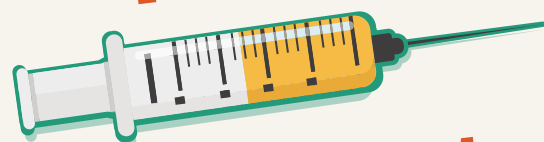


There are a variety of holidays that occur around the same time as Christmas, Kwanzaa is one of them. Photo courtesy of Pexels

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**The Holidays approach
but first there are exams...**

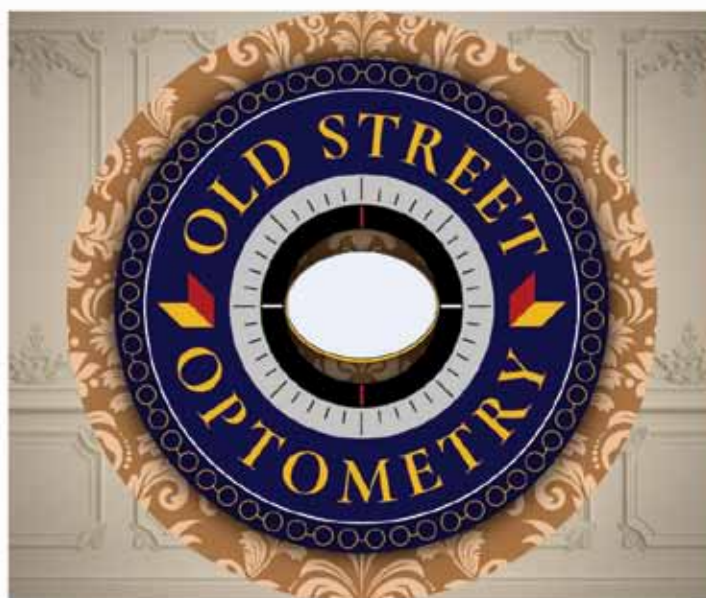
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The eras of cinema through the years

From the silent movies to the today's streaming platforms

Harneet Sumal
Contributor



The Roundhay Garden Scene (1888) is the earliest surviving motion picture film produced by Louis Le Prince. Photo courtesy of Unsplash

Imagination is the key that fuels creativity and storytelling. The birth of cinema inspired a new generation of people to tell stories through motion pictures. Going to the movies is a nostalgic experience for all the great times we had; from family time, first dates or even a relaxing pastime.

Cinematography is a language that communicates with the audience portraying

different emotions through angled shots, lenses, colour, lighting and camera movements. Several film industries were formed by 1914 and the industry grew with each technological and equipment advancement.

The success of a film is measured by the box office. The box office denotes the earnings of a film made by the sales of movie tickets. The film industry has grown to be

able to make big investments in cinematic projects and has established opportunities in film production for various jobs including director's assistant, hair stylist, producer and side characters. The success of a film is also determined by the main discourse on social media and film critics.

The scope for film critics grew to analyze films to write for newspapers, journals, radio, television and more. The art of film paved the way to project important issues for the audience to learn about and connect to their everyday lives; documentaries, video essays and short films about mental health, world issues and societal flaws. The six eras of cinema evolution have changed the way we watch and critique films.

The Silent Era

The evolution of cinema started in 1891 with the Kinetoscope, invented by Thomas Edison in the United States, and continues to elevate today with the latest 3D experience. *Le Voyage dans la Lune* set the standard for production values and introduced new techniques.

The Sound Era

The first feature-length movie with music was released in 1927. Hollywood, Bollywood and Walt Disney's English cartoons, carried the sound era through and until the 1930s. Filmmakers and contributors started to experiment with sound and its effect on films.

The Golden Age of Cinema

Film production took a big turn with the release of classics and films started to get longer, more complex plots, lighting, costumes, and special effects. In Indian cinema, the most critically acclaimed movies included Raj Kapoor's *Awaara*, Guru Dutt's *Kagaz Ke Phool* and more classics capturing the attention of international audiences.

The Blockbuster Age

The 1960s and 1970s stamped the blockbuster age with films like *Bonnie and Clyde*, *2001: A Space Odyssey* and *Jaws*. The increase in television and VCRs led to the popularity of films in

everyone's lives.

The Independent Era

The industry's success sparked the rise of independent studios with their own production companies. This era is memorable from the films like *Pulp Fiction*, *Jurassic Park* and the film with a romantic soundtrack, *Titanic*. Family-oriented films also emerged promoting family time; *Aladdin*, *Toy Story* and *The Lion King*. VCRs were quickly getting replaced by DVD players as the latest feature of this era.

New Age Cinema

While online streaming platforms were introduced in the comfort of a person's home in addition to sophisticated sound systems and immersive film experiences. The entertainment industry is now produced with high-end cameras, editing tools and techniques. The new age cinema can be appreciated for its enigmatic presence in our lives; the starry world of cinema inspires, aspires, and shares with the world a piece of art.

OUT'N ABOUT

Immersive Nutcracker

From the makers of the Van Gogh immersive experience, attend a magical immersive Nutcracker show for as low as \$30 at Calgary's BMO Centre until Dec. 28. Tickets can be bought online.

Calgary Philharmonic

Get into the holiday spirit and watch the *Traditional Christmas* show at Grace Presbyterian Church. Get your tickets now as all shows are almost sold out.

Banff's Live Christmas Story

Experience a magical immersive story at Cascade of Time Garden in Banff. Make sure to bundle up and bring your camera for the beautifully illuminated animal sculptures.

East Village Hygge Hut

The Scandinavian-style Hygge Hut is back in East Village every Friday - Sunday until March 2023. Enjoy ice sculptures, live music, food trucks, a firepit, games and more!

A lacklustre comeback for Joji

Spencer Yu

Staff Writer



Joji's "YUKON (INTERLUDE)" official video came out on Aug. 25, 2022 and was a peek into Joji's new era with *Smithereens*. Photo courtesy of LFR Productions

Joji (George Kusunoki Miller) has had one of the most interesting careers in entertainment to date. Going from internet meme lord Filthy Frank to becoming one of the most beloved musical artists in the world. Throughout his music career, he has put out many popular songs including "SLOW DANCING IN THE DARK" and "Glimpse Of Us." His newest release *Smithereens* fails to live up to his previous works, however, there is still some enjoyment to be had.

Immediately, I was surprised at how short this album came out to be. The album was over before anything interesting could happen. Compared to his 2020 release *Nectar*, *Smithereens* is only a third of the length. I have always felt that it is better to have an album that is shorter and tightly packed with really

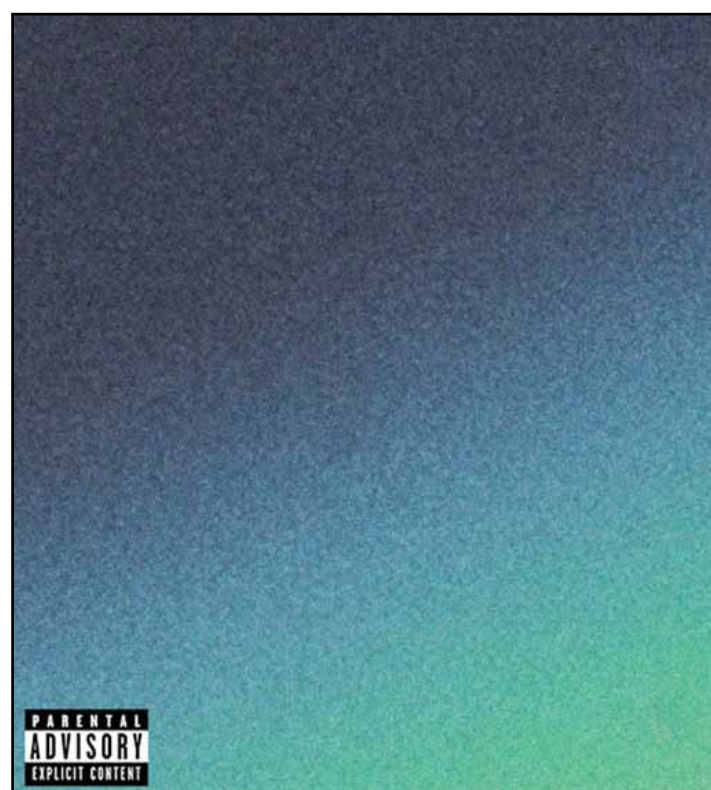
good songs than to have a very long album with spots of little interest. However, this album is not tightly packed with good songs back to back.

There are some amazing songs on this record like the incredibly popular "Glimpse Of Us" but everything else in between feels really scattered with no real focus other than the 'sad boi' vibes that people come to expect from Miller. It is also very unnecessarily split into two disks, this was worth noting because the second disk is notably weaker than the first. The first disk reaches a level of quality that I have come to expect from him. However, the second disk just feels like a mishmash of ideas that aren't complete. His previous albums definitely had songs that felt lacklustre, however, given that this album is only 20 minutes long with four mediocre songs, this

definitely impacts the listening experience.

Millers' performance is as strong as it has been before but that being said it isn't anything that is above and beyond what we have heard before. His performance on "Glimpse Of Us" has been touted as being one of his best, but every other track on this album fails to live up to that high. That does not mean that the songs are bad, they just either feel average or incomplete. Not to say that his performance is bad, but the songs themselves lack polish.

This album feels more like a demo disk with a variety of songs on it rather than what it should have been, which is a follow-up to his previous works. I was expecting much more from this project and I hope that this album was just a teaser for what is coming in the future.



Joji sold over 57,500 units on *Smithereens* album release week which was able to land him the number four spot on the *Billboards* top 200 chart. Photo courtesy of Unsplash

5 films to get you into the Holiday season

Izabella Jaspar
Staff Writer



Offered to Mount Royal University students for free, Kanopy is a great streaming service to use. Photo courtesy of Unsplash

The end of the semester is finally upon us and this means stressing over finals and holding late-night study sessions. But it doesn't mean you have to put a hold on the start of the holidays. Grab your favourite blanket and make yourself a warm cup of hot cocoa, add extra marshmallows on top, you deserve it! Here are five films to get you into the holiday spirit.

The Nightmare Before Christmas (1993)

When Halloween Town's king Jack Skellington, uncovers Christmas Town he

immediately creates a scheme to take over Christmas. But he soon realizes it is not as easy as it sounds when he face a series of trial and error. This Tim Burton Christmas classic explores what it means to celebrate Christmas and the importance of celebrating differences.

Klaus (2019)

This Netflix original is a feel-good movie you won't forget about anytime soon. *Klaus* is about a partnership between a postman named Jesper and a woodsman named Klaus assigned with an important mission to bring the Christmas spirit to an unwelcoming town.

Polar Express (2004)

This childhood classic showcases a doubtful young boy who boards a magical train on Christmas Eve. He is taken on an adventure of a lifetime to self-discovery and learns the power of believing in one's self.

Elf (2003)

If you want some comedic relief, this is the holiday movie for you. When Buddy the Elf is left to find his biological father in New York,

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Blue Rev

Alvvays
Polyvinyl/
Transgressive
Score: A+

The Canadian indie-pop band Alvvays have recently released their third studio album. This beautifully crafted album is identifiably Alvvays, the heavy use of instruments creates a palpable energy. After three albums, Alvvays have perfected their formula for creating delectable indie-pop hits.

Blue Rev is a breath of fresh air, this tightly composed album fits together perfectly like a puzzle. Tracks like "Belinda Says" and "Velveteen" are songs where Molly Rankin's sweet voice gets to shine. Her vocals are accompanied by a catchy hook embraced by a mix of robust bass melody and synthetic drum patterns without drowning out their main vocalist, Rankin. Their lyrical focus on the unexpected

changes in life is fitting for a coming-of-age movie, with lyrics of "Now that we've passed through many mirrors / I can't believe we're still the same" from "Mirrors." And my personal favourite "Easy on your own?" perfectly depicts how aimless it can sometimes feel to be in your early 20s, featuring lyrics like "How do I gauge? / Whether this is stasis or change."

In all, *Blue Rev* captures the dreamy indie-pop sound while still managing to explore and take risks with a few songs. *Blue Rev* does not stand apart from the band's other two albums — it deepens it.

- Astrid Cunanan



SELFISH

Yooa
WM Entertainment
Score: A-

Oh My Girl member, Yooa (Si-Ah Yoo), has returned with her second EP titled *SELFISH*. With her new release, fans will be pleasantly surprised with her choice to change things up. The sound and performances she has shown with her recent EP has been one that is quite different from what she has shown the public as an Oh My Girl member and a complete flip from her past solo tracks.

We start off the EP with the titular track "Selfish," a song that is more pop-like in sound than her other music. The song is catchy and showcases Yooa's vocals in a different way than fans are familiar with. The next track, "Lay Low," is more playful and mellow in sound, a track that feels like you're nearing the end of summer.

Following is "Blood Moon," a song that has a more mellow and chill feel. The use of bass really shines in this track and is definitely what makes this track stand out for me. The last track in the EP is "Melody" and what a great way to end the EP, it is a song that really takes elements from the other tracks and puts it all together.

SELFISH is Yooa's second release as a soloist and with tracks full of sounds that we haven't seen her try before, fans will be surprised by the change of pace. She's showing us that she's someone who still has lots to show.

- Catherine Huynh

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

he is taken on a wild journey as he builds new relationships and experiences new things. Most importantly, he attempts to build a relationship with his father, a cynical businessman, to bring back the Christmas spirit into his family.

Love Actually (2003)

Yes, when you look for it, you'll discover that love certainly is all around. What is better than a romantic comedy? A holiday romantic comedy!

Follow the stories of nine different relationships as they work to navigate the feelings of love.

These movies immediately take me back to my childhood and make me reminisce about the magic of the holidays. Even though I live on my own now, putting these films on while I bake Christmas cookies brings me right back to my family's living room.



Holiday goodies are best served when made from scratch and topped off with love. Pinterest has many easy recipes to try. Photo courtesy of Unsplash



A classic red Christmas tree never goes out of style, if you need to save on space consider buying a Charlie Brown Christmas tree! Photo courtesy of Unsplash



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4 big surprises in the first quarter of the NHL season

Matthew DeMille
Staff Writer



The New Jersey Devils have shocked the hockey world with their performance in the first quarter of this season. Photo Courtesy of Matthew D. Britt/Flickr

One quarter of the 2022-23 NHL season is officially in the books as almost every club in the league has completed at least 20 games. With 25 per cent of the season in the books, performance trends for both teams and players are starting to show, giving us a relatively accurate picture on

how the rest of the season will shake out.

While some trends are of no surprise to anyone, there are a few storylines that have shocked the hockey community early into the season.

Here is what stood out to us, as of Dec. 1.

Devils reign supreme

The New Jersey Devils are taking the NHL by storm. This has been, without question, the biggest storyline of the season, as nobody expected a performance of this caliber by the club.

At the time of writing, the Devils boast a record of 19-4-1 and are currently sitting atop the entire NHL at 39 points. Along with their impeccable record, the club also tied their franchise record for most wins in a row with 13.

Generally, it takes teams a handful of seasons to

build their rosters into potential contenders for the championship, not a single offseason. The Devils seem to be the incredibly odd exception, especially considering their dreadful

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#s

8, hours spent in the UFC octagon, a record set by Rafael Dos Anjos.

5, goals scored by the Flames against the Washington Capitals on Dec. 3.

24-23, the final score of the 109th Grey Cup championship.

19-5, the current top record in the NBA, held by the Boston Celtics.

"4 big surprises..." Continued from Pg. 13

outing in the season prior.

One explanation for New Jersey's remarkable start is how their team is built. This Devils roster is a fairly young group that uses speed to their advantage. Hockey is transitioning from a game of strength and power to speed and craftiness, and the New Jersey Devils may have cracked the code.

Kraken rise from the deep

While the Devils are the kings of the east, the Seattle Kraken may be the princes of the West. Seattle was expected to spend another season as a bottom feeder club vying for the first overall selection in the 2023 NHL Draft, but it seems they have other ideas.

The quarter-mark of the season saw the club rise from the bottom of the standings to the top. Currently sitting third in the Western Conference with a record of 15-5-3.

Offseason acquisitions go a long way in this league, and the Kraken made the most of their recent additions. Free agency signings Andre Burakovsky and Martin Jones are paving the way for the club. On one end of the ice, Burakovsky leads all Kraken in points with 25 in just 23 games, while netminder Martin Jones has had no issues defending his net with a record of 12-4-2.

Return of King Karlsson

It's been an exciting start to the season for San Jose Sharks

defenseman Erik Karlsson, as he currently leads all NHL defenseman in points, with 32. The former Ottawa Senator and two-time James Norris Memorial Trophy winner — was traded to the San Jose Sharks in 2018, where he faced a drastic drop off in production mainly due injury related setbacks.

Prior to this season, Karlsson's career had been considered a wash and many believed he may never return to an elite level defender again. Not only is Karlsson an early favorite to win his third Norris Trophy this season, he also became the fifth defenseman in NHL history to record a hat-trick at the age 32 or older.

Robertson shines bright for the Stars

The Dallas Stars have found a considerable amount of success in the early portion of their season and a lot of it stems from 23-year-old Jason Robertson. While Robertson has already proved to be a point-per-game player for the Stars, his output levels are off the charts to start this season.

At the time of writing, Robertson has recorded 22 goals and 17 assists in 24 games, leading the entire NHL in goals and sits solely behind Connor McDavid for points. Although early, Robertson has already made himself an incredibly strong candidate for the NHL's Hart Memorial Trophy, which is awarded to the Most Valuable Player as voted on by the Professional Hockey Writers' Association.

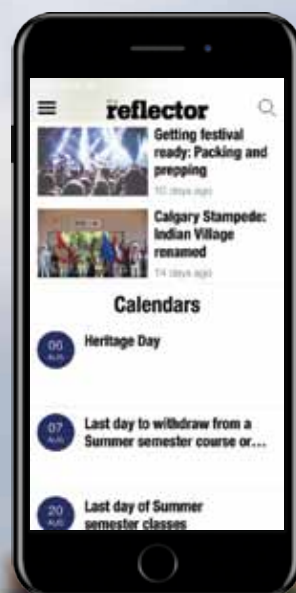


Two-time Norris trophy winner, Erik Karlsson, is looking like a potential candidate again this season. Photo courtesy of Michael Miller/Wikimedia Commons



The Seattle Kraken have had a stellar start to their season, primarily without the use of highly touted rookie, Shane Wright. Photo courtesy of Jenn G/ Wikimedia Commons

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A seminar with BJJ black belt, Roy Harris

Mikaela Delos Santos

News Writer



Brazilian Jiu Jitsu black belt, Roy Harris, is fourth in lineage from one of the founders of the sport, Carlos Gracie. Photo by Mikaela Delos Santos

Excitement was at an all time high when I hit the mats at the Calgary-based martial arts gym, Champion's Creed. Chatter filled the whole gym; everyone from buff and lean, young and mature, short and tall, waited for the man in question. That day, our belt colours didn't matter, as all of us were here to learn from Brazilian Jiu Jitsu (BJJ) black belt, Professor Roy Harris.

Amidst the crowd of us in rash guards and grappling shorts, I looked around for him. When I found him by the cubbies, he didn't immediately stand out to me. It took me a few seconds to realize it was him. He was

wearing a simple blue t-shirt and white cotton shorts, and as a first impression, it embodied for me what it means to be humble in the sport. Something that I learned in the first few weeks of rolling (the jiu jitsu term for sparring).

Harris is a renowned six-degree black belt in jiu jitsu from San Diego, California. Fourth in lineage from the founder of the sport Carlos Gracie, Harris was one of the first non-Brazilians to receive a black belt. In 2007, Harris was inducted into the Masters Hall of Fame for his innovative contributions to the gentle sport.

There was no denying that I was lucky to be in the same room as Professor Harris. He started off the seminar by introducing himself as a man of structure; engaging us with a story of how when his father gave him a radio, the first thing he did was to take it apart and put it back together again. This story of structure set the tone for the whole seminar, concise and simplified for easy comprehension.

The seminar focused on back mounts — a dominant position to take and the worst to be in when rolling on the mats. When Harris wasn't engaging us with his funny

stories, he emphasized the importance of drills.

From then on, it was a haze of both excitement and exhaustion. All I remember was getting mounted on, choking my partner from the back, getting accidentally kicked in the head and non-stop drills. I came home that day tired and sporting fresh purple bruises, but overall it was a positive learning experience.

I asked Harris for some valuable wisdom to impart on those who want to learn jiu-jitsu.

"Jiu-jitsu as well as other styles of martial arts require that a person be humble,

because to learn and progress and grow requires humility. It requires the understanding that there are people well ahead of you," Harris tells me.

Champion's Creed owner and fourth degree black belt in jiu-jitsu, Brian Bird, tells me about how he feels having his direct lineage instructor come back to teach everyone in the gym.

"He obviously [is] massively impactful not just in me learning martial arts, but in how I coach. So I really enjoy watching everybody getting to learn from him...I really enjoy the opportunity [for] my students to get to share in that."

Bird also mentions the uniqueness of Harris' teachings.

"[Professor Harris] has lots of great concepts outside of just the techniques. He shows different training methods, different mindsets, and he has a really good ability to look from a panoramic view of how things all fit together so that people start to see a bigger picture of not just the techniques, but how they blend together and how to make them work more functionally."

I asked Harris if there was anything about the sport that he believes is important to emphasize.

"It has the community and camaraderie component to it. It has a physical, mental challenge to it that feels like a chess game. And so when you combine all of these, it's great for the mind, it's great for the body, it's great for your spirit. It's great for life in general."

Recapping the 109th Grey Cup

Mohana Holloway

Contributor

Although it was a cold Sunday at Mosaic Stadium in Regina, Saskatchewan, over 30,000 people attended the 109th Grey Cup. Going head to head were the East Division champions, the Toronto Argonauts, and West Division champs — as well as reigning back-to-back Grey Cup champions — the Winnipeg Blue Bombers.

Given the fact the Argonauts and Bombers had not gone head-to-head in the Grey Cup in 72 years, and that the Bombers were on the verge of being three time back-to-back champions, the 2022 Grey Cup promised to be an exciting game. The Blue Bombers entered the match with a record of 15 wins and three losses, while the Toronto Argonauts entered as underdogs with a regular season record of 11 wins and seven losses.

Teagan Littlechief sang the national anthem in English, French and Cree, and the Purolator Tackle Hunger fundraiser announced a donation of 386,000 cans of food across Canada with the help of CFL fans. Winnipeg won the coin toss, and chose to kick off to the Argonauts.

Defense was strong during the first quarter. The opening first-down of the game went to the Argonauts' Markeith Ambles, which allowed Argos kicker Boris Bede to kick a field goal, making the Double Blue first on the scoreboard 3-0. A few drives later, Bombers defensive end Jackson Jeffcoat made the first sack of the game against Argos quarterback McLeod Bethel-Thompson. The quarter ended in favour of the Argonauts, having both the lead and more offensive plays than the Bombers.

The second quarter began

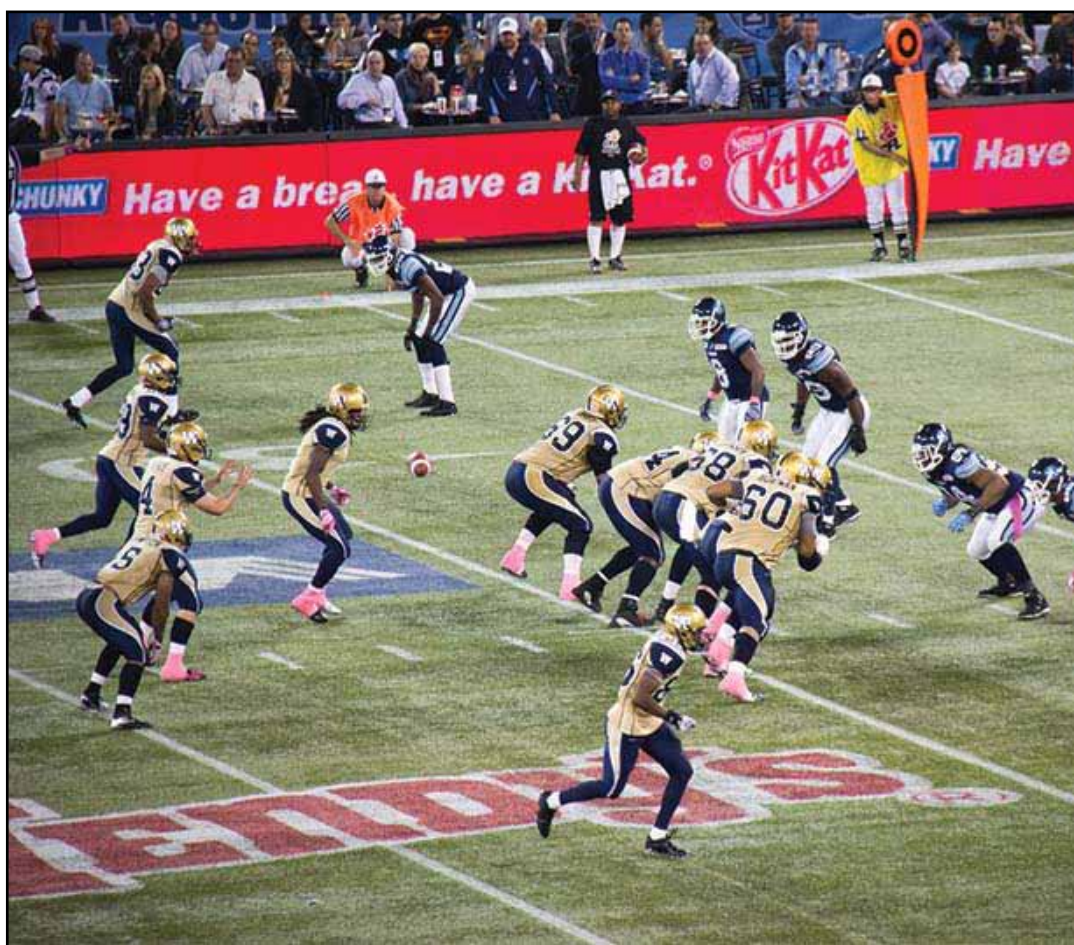
with an Argonauts attempted field goal. Bede missed, but Winnipeg was unable to get the ball out of the end zone, giving Toronto a rouge point, bringing the score to 4-0. In the next drive, Winnipeg's quarterback, and the CFL's 2022 Most Outstanding Player, Zach Collaros, threw a strong 39-yarder to CFL rookie of the year Dalton Schoen, bringing them into Argonaut territory.

Shortly after, the first touchdown of the game was scored by the Bomber's second-string quarterback, Dakota Prukop, giving them their first points of the game. After a kickoff to the Argos, Toronto made several pass plays, bringing them close to the potential of a touchdown. However, the Argonauts opted for a field goal instead, making the game even at seven apiece.

With 45 seconds left in the second quarter, Marc Lieggho kicked a 45-yard field goal, giving the Bombers back the lead 10-7 heading into halftime. Country singers Jordan Davis, Tyler Hubbard and Josh Ross joined together for a performance perfectly fit for the prairies.

The second half began with Bombers in possession of the ball. But Collaros was sacked early on. They punted to Toronto, and Argos running back (and former Blue-Bomber star), Andrew Harris helped bring the ball up to a first and goal position. Argos running back AJ Ouellette scored a rushing touchdown, launching Toronto back into a 14-10 lead.

It was clear the Bombers were not ready to give up their status as league champions just yet, though. After several successful Winnipeg drives, a Toronto penalty helped



The 109th Grey Cup saw the Toronto Argonauts defeat the Winnipeg Blue Bombers. Photo courtesy of Paul Gorbould/Flickr

bring the ball up to their one-yard line. Another rushing touchdown by Prukop, and the Blue-Bombers were ahead yet again, 17-14.

The fourth quarter was about as exciting as the Canadian version of gridiron football can get. In the first minute, Blue-Bomber wide receiver Janarion Grant made the longest punt return touchdown in Grey Cup history of 102 yards. But, in the last 10 minutes of playing time, Argos Javon Leake returned the favour with a 44-yard punt return, which is exactly what they needed to put them in a winning position.

Two drives later, Ouellette scored his second touchdown

of the night. This brought Toronto to a lead of only one point, 24-23, with just shy of three minutes left. It looked promising for an Argonaut win, with an interception a couple of plays later. But it was evident that the Bombers were not yet ready to admit defeat. Winnipeg's Greg Mackellar blocked Toronto's field goal attempt and regained possession of the ball.

The last minute of the game was perhaps the most exciting of all. Multiple sacks, a major face mask penalty and a block against the Bomber's 47-yard field goal attempt, all led to a well-deserved victory for the league's oldest franchise, the Toronto Argonauts.

Looking at both statistics, and watching as a fan, it was evident this was Toronto's game. From the beginning, the Argos displayed both great defense and offense. Regardless of being the underdogs, it was obvious the Argonauts had something to prove. Winnipeg put up a good fight, however, it wasn't good enough to clinch them the win.

The Argos now hold the league record of most Grey Cup wins, having won the championship no fewer than 18 times. This game truly feels like one for the books. When it all comes down to a one point difference in the final score, it's evident that this was some true Canadian football.