

The background of the entire page is a photograph of several large, red, spherical Chinese lanterns hanging from a structure. Behind the lanterns are bare tree branches with small red blossoms, likely cherry blossoms, against a grey, overcast sky. The lanterns have gold-colored trim and tassels hanging from the bottom. The overall tone is festive and celebratory, fitting for a New Year's issue.

the reflector

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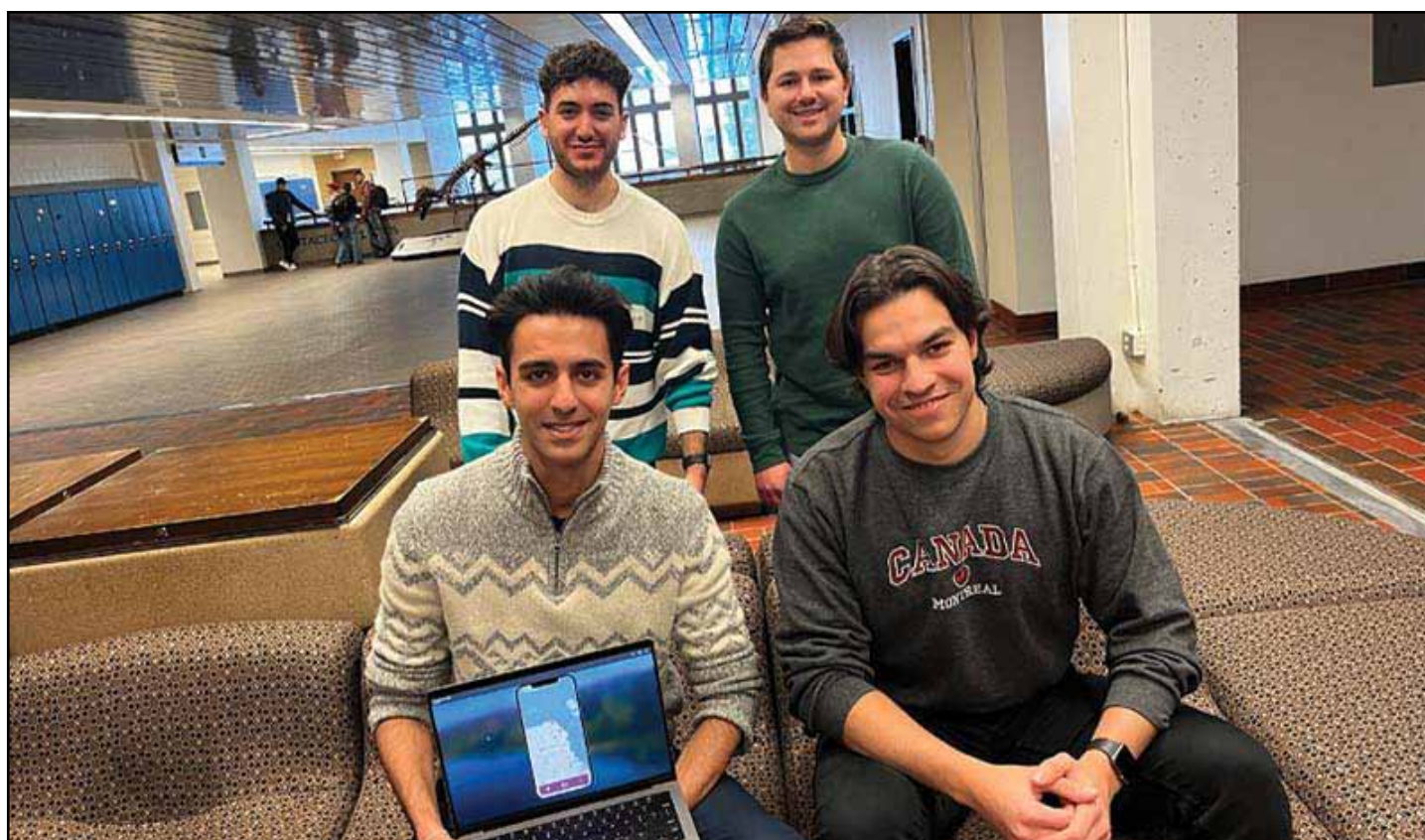
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Students design food donation app

Computer Informations Systems assignment prompts MRU students to tackle food insecurity

Mikaela Delos Santos

News Editor



(Back row left to right) Christian Shammass and Brandon Bodemer (front row left to right) Ramin Radmand and Diego Anzola's app is still under development. Photo courtesy of MRU Media Relations

An assignment for a Computer Information Systems (BCIS) course has led four Mount Royal University (MRU) students to create an app that will help in tackling issues relating to food insecurity.

BCIS students Diego Anzola, Christian Shammass, Ramin Radmand and Brandon Bodemer have created WeGiveYouEat, an app where users are able to donate their unspoiled and untouched food locally.

Those who are hoping to pick up food are not required to create an

account, although those who are donating will need to create one to be able to post and donate through the application. WeGiveYouEat will then connect the users to contact each other or provide directions via their Google or Apple maps.

The app is still currently in development. Due to the liabilities that come with donating food items, the group is looking into drafting a user agreement to help address legal issues. Food donors in Alberta are protected under the Charitable Donation of Food Act. Eventually, the group

hopes to run the app as a non-profit business.

The group says that their motivation for this app was driven by learning that 9.52 per cent of MRU students struggle with food insecurity after a survey carried out by MRU faculty. Seventy-five per cent say that they are severely food insecure, which means that they are unable to purchase food, they sleep to avoid eating, or skip meals.

"We are also advocates for programs and policy changes around campus, such as the SAMRU food cabinets, that help to address the root causes of food insecurity, or

working to reduce food waste on campus," the four states.

The project has also prompted them to learn more about food safety and waste.

"Understanding the prevalence of food insecurity among our fellow students would likely also influence our views on food safety and food waste. We might become more conscious of the need to prioritize food safety in our own choices, and to be mindful of the impact that food waste can have on others."

They also describe how their BCIS education provides a wide range of

skills and tools that can be used to tackle social issues and make a positive impact. Some of these include creating apps and other tools that help with disaster response, relief and recovery and using data analysis and machine learning techniques to address social problems such as preventing disease outbreaks or detecting algorithm biases.

With all of these said, the four then individually talked about their plans after MRU.

"After graduating, my future career plans include furthering my experience in web development and UI/UX design," says Bodemer. He is in his third year of the degree.

"[I] hope to start a full time position with ATB Financial working in Information Security. I would like to keep working on individual projects as well to further my knowledge in different areas," Anzola shares. Anzola will be graduating this semester.

Radmand, who graduates in April, says that "[I] look forward to working in the software development industry with a focus on backend development, distributed systems and possibly embedded software down the line."

"After MRU, my plans are to continue working on individual projects that I have started during my time at MRU (like our app) as well as continue gaining industry experience in the field of cyber security," says Shammass, who is also in his final year.

Alberta government creates cabinet task force for Calgarians

Mikaela Delos Santos

News Editor

The government of Alberta is forming the Calgary Public Safety and Community Response Task Force as a means of tackling homelessness, addictions, mental health and other social issues in Calgary.

The initiatives and work of the assigned task force members includes: increasing addiction treatment capacity in Calgary, providing addiction and mental health programs in correctional facilities, expanding detox services, creating a hybrid health and police hub, forming a harm reduction and recovery outreach team, increasing access to emergency shelter spaces and improving access

to affordable housing options.

The government is allocating \$187 million to address addictions and homelessness in Alberta—Calgary will be receiving \$58 million in funding. In 2022, the city of Calgary was given \$73 million in funding for housing support and around \$10 million for access to addictions treatment.

The members of the task force include: (1) Nicholas Milliken, Alta. Minister of Mental Health and Addiction, (2) Jeremy Nixon, Alta. Minister of Seniors, Community and Social Services (chair), (3) Mike Ellis, Alta. Minister of Public Safety and Emergency Services, (4) Rebecca Schulz,

Alta. Minister of Municipal Affairs, (5) Reuben Breaker, Councillor Asinaipoka, Siksika Nation, (6) Jodi Two Guns, executive director of social development, Tsuu T'ina Nation, (7) Sonya Sharp, Ward 1 councillor, City of Calgary, (8) Andre Chabot, Ward 10 councillor, City of Calgary, (9) David Duckworth, city manager, City of Calgary, (10) Steve Dongworth, fire chief, Calgary Fire Department, (11) Mark Neufeld, chief constable, Calgary Police Service, (12) Kerry Bales, senior program officer, Provincial Addiction and Mental Health, Alberta Health Services, (13) Tony Pasich, associate executive

director, EMS Operations, Alberta Health Services South Zone and (14) Patricia Jones, chief executive officer, Calgary Homeless Foundation.

The City of Edmonton will receive \$63 million to build more access to addictions services and support for the next two years, while an additional \$19 million will be designated to tackling homelessness.

Annually, the provincial government spends over \$1 billion on addiction and mental health care support that includes prevention, intervention, treatment and recovery.

In 2021, Alberta launched the Digital Overdose

Response System (DORS) as a means of countering substance overdoses. The application works as a timer, wherein application users are encouraged to use if they are using substances alone. If the timer session is not canceled or extended, the app alerts a response centre to properly assess the situation.

Albertans looking for addiction and mental health services are encouraged to contact 211 for information and resources in their communities. Albertans struggling with opioid addiction can contact the Virtual Opioid Dependency Program (VODP) at 1-844-383-7688, from 8 a.m. to 8 p.m. daily.



The Calgary Drop-In Centre provides an abundance of resources for the homeless population in the city. Photo courtesy of the Calgary Drop-In Centre



As one of the largest cities in Alberta, the bigger population makes social issues a prominent problem in Calgary. Photo courtesy of Wikimedia Commons

THE REFLECTOR

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MRU welcomes back new Provost and VP Academic

Mikaela Delos Santos

News Editor

Mount Royal University (MRU) starts off the new year with a former dean as its new Provost and Academic Vice-President, Chad London.

Having served as the dean at University of Saskatchewan's (USask) College of Kinesiology for the last six years, London comes back to MRU after previously working as a faculty member for two decades. From 1996 to 2016, London was the dean of the Faculty of Health, Community and Education at MRU.

As his time in office starts in the winter semester, London plans to continue upholding MRU's academic standards. For London, one of MRU's qualities as a university lies in its teaching.

"[MRU] Staff and faculty

are exceptionally talented and that is imparted onto students in the classroom, along with the many interactions through support services offered on campus," London explains.

The University's dedication for indigenization and decolonization and equity, diversity and inclusion (EDI) relations inspired London in leading academic programs. As a PhD holder in educational leadership, MRU's commitment to indigenous and EDI relations has enticed London to come back and interact with the people of MRU.

"Supporting people is one of my strengths; I genuinely want to see others succeed in areas that get them excited, and develop as leaders



Dr. Chad London PhD comes back to MRU after six years at USask. Photo courtesy of MRU Media Relations

themselves."

At USask, some of London's accomplishments included establishing an integrated combined degree in Kinesiology and Education, and launching

a program for Indigenous youth in partnership with the Saskatoon Tribal Council.

London will be in attendance to greet faculty and employees at the Leaders' Dialogue Jan. 16 at the Bella Concert Hall.

Calgary Police shares new year photo radar locations

Mikaela Delos Santos

News Editor

The Calgary Police (CPS) share their radar locations for the first month of 2023.

Drivers should expect radar in the major Calgary highways such as Crowchild Trail, Glenmore Trail, Deerfoot Trail, Macleod Trail, Sarccee Trail and Stoney Trail.

Meanwhile, the following communities that will be the radar focus for the month of January include Abbeydale, Arbour Lake,

Braeside, Cedarbrae, Cityscape, Copperfield, Coventry Hills, Evergreen, Glendale, Killarney, Glengarry, Greenwood, Greenbriar, Hidden Valley, Huntington Hills, Manchester, Mayland Heights, McKenzie Towne, Mission, New Brighton, North Haven, Panorama, Renfrew, Rossbarrock, Westgate, Saddle Ridge, South Calgary, Thorncliffe and Tuscany.

According to CPS, these

cameras reduce collisions and create a safer driving environment. Fifty-eight Intersection Safety Cameras (ISC) are also placed throughout the city. These cameras photograph vehicles that enter intersections during all the phases of traffic light signals.

For Glendale Meadows resident Guillaume Lecoud, radars are a cash grab.

"I'd still rather not have a

speeding camera even though they have made them more obvious to drivers."

In November, the CPS announced that their radar vehicles will be more visible. Previous unmarked police vehicles used for speeding enforcement now have decals that say 'Drive Safe.' These changes are accompanied by Alberta's automated traffic enforcement technology guideline back in 2021.

The Reflector, with an on- and off-campus circulation of 5,000, is the independent voice of the students of Mount Royal University. It is published fortnightly during the academic year (Sept. to April).

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The Reflector welcomes newsworthy submissions from all students and community members. While the right of editorial comment is reserved for editors of The Reflector, opinion pieces may be submitted as letters to the editor, and may be published on the editorial page as such. The Reflector reserves the right not to publish submissions deemed by the Publishing Editor to be offensive.

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Tricks to actually sticking to your New Year's Resolutions

Emma Duke
Staff Writer

The New Year is a fantastic time to reflect, reset and consider what changes could improve our lives as young adults—making us happier, healthier, more organized—the list is extensive. A new year gives us a clean slate, and often many of us feel inspired to set goals for the upcoming year. But often, the struggle is committing to those goals and seeing them through. Fortunately, there are many researched and studied ways to make sure you can cross off those resolutions by the end of the year.

According to an Ipsos poll, almost 60 per cent of American young adults (aged 18-34) set New Year's resolutions. Students often resolve to get more sleep, save money and be more productive. These all sound great, and if we actually did get more sleep, save more money and were more productive, we'd be better students for it.

But just because we say we'll get eight hours of sleep this year, it doesn't mean we'll actually do it. A study from the *Journal of Clinical Psychology* found that 64 per cent of people stick to their New Year's resolutions for the first month, 46 per cent of people are successful at the six-month mark, and only nine per cent of people make it through the whole year having kept their resolutions.

Does it mean that we shouldn't set New Year's resolutions because we are bound to fail? Not necessarily! It just means we may need to

think more deeply about our goals and how we resolve to accomplish them. The question to consider is: what sets apart the nine per cent that do successfully make it through the whole year having kept their resolutions?

A recent episode of the *TED Talks Daily* podcast featured Gretchen Rubin, a bestselling author who writes about happiness and habits. Rubin says that one way to stick to your resolutions is to set your goals as concrete actions rather than vague resolutions. Resolutions like 'exercise more' or 'save money' aren't really measurable. The more you can visualize the goal, the more likely you are to achieve it.

The key is to be specific about what you want. Maybe saving money looks like putting 25 per cent of your paycheck into savings, maybe exercising more looks like getting a gym membership and resolving to go once a week on Wednesdays at 7 p.m.

Rubin also encourages making a list that consists of 23 things you want to accomplish in 2023. She says she adds some bigger goals to the list, but also some items she knows she can check off within a short period of time. The '23 in 23' list is a fun way to meet goals and track your progress throughout the year. A template for the list available on her website, gretchenrubin.com.

Here are some more ways to set realistic goals that you'll stick to in the upcoming year, according to other experts.

Use the S.M.A.R.T. Method

S.M.A.R.T. stands for specific, measurable, achievable, relevant, and time-bound. According to an article in the *New York Times*, your resolution for the year should be specific such as concrete actions.

It needs to be measurable, meaning you can track progress over time. For example, If your goal is to gain muscle, track your progress by taking photos. It needs to be achievable which means knowing your limits and being realistic. They need to be relevant which means considering what impact this goal will have on your life and whether or not it is actually important to you. Lastly, it needs to be time-bound, meaning it is important for your goals to be realistic time-wise as well. You might not write and publish a book in one year, but you could resolve to write for 30 minutes a day, and then you are one step closer to achieving your larger goal.

Give yourself an incentive

Tell your friends about your goals! Tell your family! Have people check-in on your progress. Alternatively, there is evidence from a study from the American Economic Association that if you put money on the line, you are more likely to accomplish your goal. Making a bet with



Ninety-one per cent of people can't stick to their New Year's resolution but that doesn't mean we shouldn't try. Photo courtesy of Pexels

your friend that you will pay up if you don't stick to your resolution is a great motivator. There is even a website called Beeminder that will charge your card if you fail to keep your resolutions.

Make it easy for yourself

Setting good habits, or breaking bad ones, is much easier when you make things more or less accessible. For example, if you want to spend less time on your phone, make it less available. To break my habit of going on my phone in the morning, I plug my phone on the other side of the room overnight so that it is nowhere near my bed. Because it is more difficult to access, it

makes it easier to break the habit.

On the other hand, if you want to set a habit of cycling more often, putting your bicycle in the front yard instead of in the garage will save you a few minutes in the morning and make it easier for you to go on a ride!

Though the statistics on keeping New Year's resolutions might seem grim or bring up feelings of hopelessness, the aforementioned methods are proven to help your goals stick. By being more intentional about your goals, you might just become a part of the nine per cent who have succeeded in keeping their New Year's resolutions by the end of the year.

New year, new animal: 2023's Year of the Rabbit

Keo Bunny

Features Editor

As we arrive in the new year and inch ever closer to the Chinese New Year, the Chinese Zodiac animal changes from the tiger to the rabbit. According to the *Japan Times*, The Year of the Rabbit will be the opposite of the hectic chaos of 2022. As with any horoscope and zodiac, it may depend on your sign but several sources agree things are looking up for 2022.

While 2022's Year of the Tiger may have been ruled by energy and chaos, 2023 may be a "harbinger of gentleness and sincerity," says karmaweather.com. It may bring respite to the "heavy and stifling atmosphere that dominated last year."

According to Jupiter Lai, an astrologer who spoke to the

Japan Times, 2023 promises to bring in a calmer year in comparison to the brash and disorderly energy of 2022's year of the tiger.

Aside from that, it seems like luck is also in the cards for 2023. *Lifestyle Asia* predicts that previous sacrifices will be rewarded and taking risks will pay off this year.

Astrologer Hanz Cua tells Filipino news network, *Philstar*, that career and money-wise, this year will be prosperous. He also states that this is an ideal year to develop new connections.

Astrologer Cathoryn Moe who spoke to the *Japan Times* suggests that 2023 will be a 'yin' Water Rabbit year which means the days will tend to be fluid in nature and things feel

more accepting and intuitive. Last year was a 'yang' Year of the Tiger which contains the chaotic unpredictability of the tiger.

"In the Year of the Rabbit, you may not know how each moment connects to the next, but you are aware of your priorities and can hop away from distractions to stay focused on your goals," Moe says.

Similar to the Western Zodiac signs, characteristics are attributed to those born under each of the Chinese zodiac signs as well. For example, those who are born under the year of the goat are thought to be thoughtful, honest and tend to stick in groups. The difference is that while Western zodiacs

focus on what month people are born under, the Chinese zodiac focuses on the year.

The Chinese Zodiac

The Chinese Zodiac is split into 12 animals rotating between years. According to a variety of legends spread across China, the way the zodiac animals came to be was that the Jade Emperor declared that the first 12 animals to cross the heavenly gate will become his heavenly guard.

The next day, the animals set off and the order they are on the zodiac was the order they arrived at the gate. The animals in order are rat, ox, tiger, rabbit, dragon, snake,

horse, goat, monkey, rooster, dog and pig. The zodiac cycles around the Chinese New Year which fluctuates its date depending on the year but always falls between Jan. 21 and Feb. 20.

Aside from the 12 rotating animals, they also put emphasis on five different elements. The elements, wood, fire, earth, metal and water, also all have attributes and characteristics to them as well. With 12 animals and five elements, it boasts a 60 year cycle that showcases one of the twelve animals as well as their element such as Year of the Water Rabbit.

If 2022 wasn't your year, 2023 promises to bring a whole different kind of energy.



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Getting familiar with the gym as a first time gym-goer

Emily Kirsch
Staff Writer



The gym may be an intimidating place for newcomers especially if you don't know what you're doing. Photo courtesy of Pexels

It's a new year and like many, you may want to set new fitness and health goals to kickstart your year. But working out can seem daunting if you don't know what to do in the gym or you've never stepped foot in one before. You may be thinking, what are all these machines for? How do I use them? Are people looking at me?

Getting over that initial worry is the first step. In reality, everyone in the gym shares a common goal: to take charge of their health and increase their fitness capabilities. Still, most beginners rarely enter a gym

knowing which exercises to do. Starting out, it's normal to feel a little awkward.

It's important to remember that you don't have to go on this journey alone. You could arrange to hit the gym with a friend or hire a personal trainer for guidance. Even taking classes to get your body moving can ease the process. There are countless classes including yoga, cycling, boxing and even dance. What's great about classes is that the length and level of difficulty in each class vary. You can choose a class that fits your interests and abilities. Choosing a low-intensity or short-duration class is great

for those just starting out; you don't want to push yourself too hard too soon.

If you are looking to train in the gym, it is helpful to know that good workouts are thoughtfully planned in advance; they are not improvised. Those people you see move seamlessly from the treadmill to the tricep press are adhering to a conscientious schedule they planned to maximize their time and efforts. So what's the trick to designing a workout that's effective for you? It is key to know the functions of each piece of gym equipment and how they can assist you in achieving your goals. Here is a

brief breakdown of what you can expect to see at any gym:

Cardio machines

Cardio is short for cardiovascular, meaning the heart and blood vessels. Adding cardio to your workout is a great way to improve the health of your heart and lungs while also increasing stamina, improving balance and burning lots of calories. It's a great option if you have joint problems or want to improve or keep up your fitness level after an injury.

The goal is to perform moderately demanding physical activity that causes your heart rate to increase into the range where you will burn the most calories and fat. While some types of cardio are more effective at melting fat than others, they are all fantastic ways to lose weight and strengthen the heart. The treadmill, elliptical and exercise bike are most commonly used, but you may also come across a rowing machine or even the stair climber.

Resistance area

The resistance area in the gym is where you'll find equipment to build strength and mass that could also be used for muscle toning. Strength training can aid in weight management or loss and speed up metabolism so that you can burn more calories. Strength training may improve your ability to perform daily tasks and your quality of life.

Strength training can also protect your joints from injury. The machines you find in the

resistance area are designed to target certain muscles or muscle groups in your body. What's important to note is that strength training is not just about bodybuilders lifting weights in a gym. Regular strength or resistance training is good for people of all ages and for overall health. When planning your workouts, take a look to see what machines your gym has to offer, and follow up with some research into which machines can help you target your goals.

Flexible space

The last area you would find in your gym would typically be a more open space with various types of smaller equipment. This area is best suited for conditioning, stretching, functional training and partner or group training. In this space, you would find things like kettlebells, medicine balls, dumbbells or other functional equipment.

This area is also great for people who want to do a smaller workout or those who like to stay out of the way of the bigger, maybe more intimidating scenes. This area could also be used for free weight training or bodyweight training. It's truly a flexible space.

As your confidence grows, you'll start to achieve the objectives you set for yourself and create a routine that keeps you healthy, content, and energized. No matter your current level of fitness, keep in mind that plenty of people and resources can help you along the way. Now all you have to do is take that first step.

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A closer look at the 2023 grammy nominees for best rap album

Spencer Yu
Staff Writer



Kendrick Lamar has been nominated for 47 Grammys Awards in his lifetime and has won 14 of them. Photo courtesy of pgLang/project3

The Grammys is one of the most controversial things in the hip hop space, some artists work their entire lives to win a trophy and to be recognized as one of the greats. While other artists say that the Grammys is nothing more than a popularity contest. This year's Grammy nominations have me feeling

very divided. While some of the nominated albums are deserving of the recognition they have received, others may have been chosen based on popularity rather than merit.

As a result, the validity of this year's nominations feels tainted in a sense. With that, I thought it would be fun

to go through each of the nominations for Best Rap Album.

***It's Almost Dry* by Pusha T**

Pusha T is one of those rappers that has been around for a while but never rose to the level of someone like Drake, or Kendrick Lamar or

J. Cole. But over time he has perfected his craft and stayed true to his image of being a grittier rapper than most. I feel that his dedication to not only his craft but his image led to one of the greatest rap albums of the 2020s so far with *It's Almost Dry*.

While it may not deliver a message in the way that an album like *Mr. Morale and The Big Steppers* can, it reminded me so much of why I love rap music in the first place. Clever wordplay, epic features and amazing samples. If you haven't listened to this album already you owe it to yourself to give it a try.

***Mr. Morale and The Big Steppers* by Kendrick Lamar**

Easily my most anticipated release this year, *Mr. Morale and The Big Steppers* marks Kendrick Lamar's return after the release of *DAMN* in 2017. It brought about a maturity that I haven't heard from him before. It had my favourite rap song of the year, "Father Time." The only issue that I

could see with this album is that while it was undoubtedly his most genuine album yet, it is more low-energy compared to other releases this year.

I stated in my previous review of this album that the energy this album brings might not be what everyone likes in a rap album.

This album is a moment of catharsis for Lamar where he can express his issues and the elements surrounding them and I believe for that reason it is one of the best releases this year.

***I NEVER LIKED YOU* by Future**

Future for me has always been in a similar vein to Drake where he has a very unique style and a very unique voice but not a ton of substance to back that up. I don't believe it is a bad thing at all to have style over substance.

In my opinion, to be a good Grammy nomination contender, you need to have that substance to show that there is more to the

Continues on Pg. 10

OUT'N ABOUT

Potion Putt

A fantasy-themed golf course inspired by wizards is at Calgary's Springbank Links Golf Club. Experience nine holes with features like smoking cauldrons and portals. Visit [HiddenCalgary's](https://www.hiddencalgary.com) website for tickets.

Lunar New Year Festival 2023

Every weekend from Jan. 14 to 22 at 11 a.m. to 6 p.m., the Calgary Chinese Cultural Centre is hosting the Chinese Lunar New Year Festival, performances, art, food, games and more.

Memory and Dreams

This exhibition created by Alberta artists explores how memories and dreams influence each other and reveal the subconscious. Open daily until April 8 at Southern Alberta Jubilee Auditorium.

Retainers of Anarchy

See the mesmerizing "Retainers of Anarchy," a 25-meter hand-drawn animation by artist Howie Tsui. The exhibition combines martial arts with present-day Hong Kong's social and political realities. Admission is free at Glenbow.

"A closer look..." Continued from Pg. 9

music than what is shown on the surface. That personally was my biggest issue with this album because it never really struck a chord with me like other albums could.

Certainly, it is an entertaining rap album to listen to, but for me, the sound of the album got a little stagnant by the end due to it having little variation. But if you can look past that, there is some enjoyment to be had.

Come Home The Kids Miss You by Jack Harlow

The biggest takeaway I had with Jack Harlow over 2022 was how much of an influence his songs had over social media. It felt like every other Instagram reel I saw had "First Class" laid on top of it; I think based on that alone it was

inevitable that *Come Home The Kids Miss You* was going to be considered for Best Rap Album of the year.

However, a lot of the problems I have with Future's *I NEVER LIKED YOU* rang true with this album as well in that it never did anything that really amazed me or showed me how far he has come since his last album. His rap performance was admirable but I always had the nagging feeling that he could be delivering more. I definitely think that Jack Harlow has the potential to one day release something really special. But for me, *Come Home The Kids Miss You* is more or less what I heard from him before.

God Did by DJ Khaled

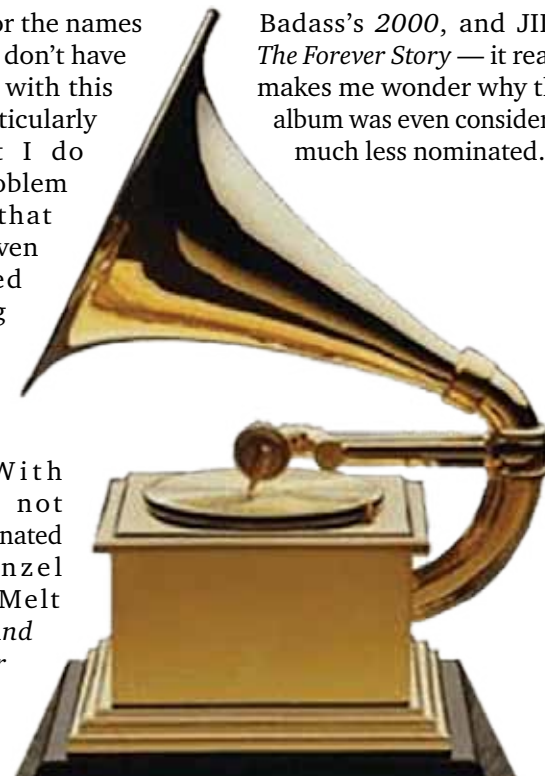
On principle alone, I do not believe that this album is worthy of being nominated.

In arguably one of the best years for rap music in recent memory, this album does not deserve a place in the top five of my 2022 list, much less the nominations list for the Grammys Best Rap Album. While other albums have focus and a sense of cohesion *God Did* feels more like a shotgun blast of whatever Khaled got his hands on that week.

Now the individual elements that make up this album aren't bad. It has the equivalent of the Avengers of rap music on this album with artists like Eminem, Lil Wayne, and Drake appearing backed up with production by some of the biggest producers including Tay Kieth and Dr. Dre. As an entire package this album feels scattered with no focus at all; that is what happens when your album has nothing going for

it except for the names involved. I don't have a problem with this album particularly but what I do have a problem with is that this was even considered for being the Best Rap Album of the year. With releases not being nominated like Denzel Curry's *Melt My Eyes And See Your Future*, J o e y

Badass's *2000*, and JID's *The Forever Story* — it really makes me wonder why this album was even considered much less nominated.



The first Grammy Award show was on May 4, 1959. Photo courtesy of Wikimedia Commons

A time capsule of nostalgia: Music in 2008

Charlotte Holmes
Contributor



Apple's iconic iPod was first introduced in Oct. 23, 2001 and was finally discontinued after May 10, 2022. Photo courtesy of Unsplash

The year 2008 has marked history as a time full of pivotal moments in the 21st century. A housing crisis in the United States, Fidel Castro stepping down as the president of Cuba, a large portion of the Middle East and India being connected to the internet, Beijing hosting the Summer Olympics — and not to mention the global economy suffocating and collapsing, barring a recession. But there is another notable thing to take away from 2008. It also saw dance floors of clubs, bars and school gymnasiums "burnin' up" — as the Jonas Brothers would say.

"Low" by Flo Rida defined my childhood, though I admit I always was curious how

the women rapped about completing a quick change in front of the whole club. At eight years old my naivety to the world outside was high, and instead, music consumed my time. Music was an escape from the real world that I didn't fully understand — though ironically, reflecting now I realize how little I also understood about the songs I adored.

My childhood was defined by Flo Rida, All American Rejects and Kanye West. On the flip, my older sister also had a part of her life defined by them as she embarked on the prime years of her youth

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"A time capsule..." Continued from Pg. 10

as a now-legal partygoer. Her Friday nights were spent out, screaming Britney Spears' "Womanizer" at the top of her lungs till 2 a.m. Similarly, mine were spent tirelessly choreographing a routine to the same song with my friends. The music served as a point of connection, even despite our age gap.

But that's what good music does, doesn't it? Good music transcends the social norms and societal hierarchies we've created — good music breaks down walls and boundaries and gifts us with a sense of freedom, connection and belonging. That being said, I know many from the "Woodstock Generation" might argue my stance of "I Kissed a Girl" as good music. But the music produced in 2008 will forever be a time capsule of nostalgia to a place in our minds — mostly for those born between 1985 and 2000 — of freedom and belonging.

From Akon to P!nk, Nickelback to The Pussycat Dolls or even Lil Wayne to Bon Iver — all these artists contributed to a revolutionary

and iconic time in modern history. They wrote songs that were perfect for the infamous Pauly-D fist pump — which some thought made them more attractive to women — and songs that were perfect to cry and eat a whole tub of mint chocolate chip ice cream after a breakup. They wrote songs with surface-level meanings about sexy women at the club and songs layered with powerful statements on the state of our society.

Poetry was formed through lyrics as artists like Coldplay retold stories of old in 2009 Grammy Award for Single of the Year Winner "Viva La Vida." The song reflected upon the French Revolution and the downfall and execution of King Louis XVI. It led to the band's first number-one single in both the United States and United Kingdom.

No throwback playlist is complete without at least one song everyone knows the lyrics to from this year. Across genres, various artists created melodies that still imprint our minds and subconscious in some way. One reason could be thanks to the rise of

the internet during this time — increasing sales through platforms such as iTunes — coupled with counter protests to the internet from exclusive album releases to CDs.

Rock legends such as AC/DC and The Eagles all contributed to the anti-internet movement by partnering with retail giants such as Wal-Mart and Best Buy. Vinyl also saw an increased reemergence at this time as artists and label records pushed for larger vinyl releases with some including the added incentive of free digital downloads, allowing for easy access anywhere.

Each year has notable music favourites that live rent-free in our minds. Each generation has artists and songs that defined a time in their life in some form or another, this is not exclusive to 2008. However, even if it's not your own playlist, it can be assured that when going out on a Friday, or to your monthly karaoke night you will experience the time capsule of nostalgia that is a song from 2008.



In the year 2008, many artists released timeless songs that are still gaining traction to this day. Photo courtesy of Unsplash



SOS

SZA

Top Dawg, RCA

Score: A

It's been five years since SZA's debut album *CTRL* dropped, but it hasn't been radio silence from her. Since then, she has featured on multiple tracks with multiple artists, but 2022 closed out with the release of her second studio album *SOS*, which garnered her first number one album, proving it to be the masterpiece SZA was aiming for.

SZA's view of love stands out on "Kill Bill" where she sings about killing her ex and his new girlfriend, but towards the end of the track we hear the regret for doing so and for still having feelings for him.

Another track that shines on *SOS* is the absurd team-up on "Ghost In The Machine" featuring Phoebe Bridgers. This shouldn't have worked as

well as it did, but it somehow encapsulates the loneliness of life so well that it connected to both SZA's and Bridgers' fans.

It's on "F2F" and "Nobody Gets Me" that we hear a whole new side of SZA. "F2F" finds its roots in pop punk executed perfectly by SZA's vocals whereas "Nobody Gets Me" slows down, but still stays rooted in a more pop sound.

The biggest highlight of *SOS* is the length. A 23-track album is rare these days, but the number of tracks has allowed SZA to explore both rapping and singing as she journeys through moments of love, life, isolation and self-knowing.

- Abbie Riglin

(i would have followed you)

Delaney Bailey

FRTYFVE

Score: A+



This hauntingly beautiful but rather short folk project is one you don't want to miss. *(i would have followed you)* is emotionally powerful and may cause listeners to feel moved to tears. Bailey's lyrics are relatable and help listeners feel understood and comforted in a span of a little over 20 minutes.

This album includes the viral Tik Tok song "j's lullaby" featuring the lyrics "I'd give you the sun if you asked me/ You could have all of the time." My favourite, "Love Letter From The Sea To The Shore" showcases a higher register than the rest of the album. It is an aching beautiful song that features the lyrics "Cause you hold in my tide/ I would die a thousand times/ Just to see you in another

life" and "I think I loved you/ In a thousand ways/ 'Cause you remain stagnant/ On my troubled days."

The songs are emotional, intimate and cinematic. This album is a rare find, as it is deeply personal and emotionally rich, providing comfort to the listener. It is a welcome addition to the music industry. If you are a fan of artists like Lizzy McAlpine, Leith Ross and Phoebe Bridgers, Bailey is for you. Bailey has only just started her music career but I am excited to see her growth. In my books *(i would have followed you)* is a perfect first folk project.

- Astrid Cunanan

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Damar Hamlin: The story so far

Josh Werle
Sports Editor



The Buffalo Bills and Cincinnati Bengals are both at the top of their game, leading their respective conferences. Photo courtesy of All-Pro Reels/Wikimedia Commons

With two weeks remaining in the National Football League (NFL) season, two of the top American Football Conference (AFC) teams and potential Super Bowl contenders were set to square off. Although the game didn't have any potential playoff implications for the squads,

the Cincinnati Bengals and Buffalo Bills were to engage in a matchup for the ages.

Fans were questioning whether the outcome of this game would impact the betting lines for the Super Bowl championship, as the winner would have been seen as a clear contender. Josh

Allen and the Bills reign atop the AFC East division, while Joe Burrow and the Bengals reign atop the AFC North division. The excitement amongst the NFL community quickly turned into tragedy. With only six minutes remaining in the first quarter of the football game, 24-year-

old Safety, Damar Hamlin, collapsed on the field after making a tackle.

Humble beginnings

Hamlin grew up in McKees Rocks, Pennsylvania, later attending high school in

Pittsburgh. He was a highly touted player throughout his high school career, earning himself the designation of a four-star recruit. Hamlin received offers from multiple prestigious institutions to

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#S

19-14-8,
The Calgary Flames' record so far this season.

23, Points scored by Bedard at the World Junior Championship, the most of any Canadian player in history.

5250, Passing yards by quarterback Patrick Mahomes this season.

22-1, Goaltender Linus Ullmark's record with the Boston Bruins this season.

“Damar Hamlin...” Continued from Pg. 13

continue his football career after high school, and ultimately settled on the University of Pittsburgh. He played football at the university level for four years from 2016-2020, eventually making it to the coveted NFL draft in 2021. After being selected in the sixth round at pick number 212 by the Buffalo Bills, Hamlin signed a four-year rookie contract and his NFL career began.

Early seasons

As a rookie, Hamlin played 14 games for the Bills, none of which he started. He only recorded two tackles in 2021, and had yet to be a breakout player for a team

that already has one of the best defensive lines in the NFL. As the 2022 season began, injuries opened up a free slot on the Bills’ starting defensive unit, and Hamlin got the call. He’s played 15 games this season, of which he started 13 of them. During this time, Hamlin has amassed 91 tackles, 54 of which were solo efforts. At the time of writing, he is tied for second on the entire team for number of tackles this season.

The incident

The Bills and Bengals were set to square off in a week 17 matchup that would see two teams at the

top of their game go head-to-head. For Hamlin and the rest of Buffalo’s defensive lineup, this meant a matchup against star quarterback and 2022 Super Bowl competitor Joe Burrow. The stakes were high, and all eyes were on this battle of AFC leaders. After making a routine tackle, Hamlin collapsed on the field. Every NFL team is required to have an emergency action plan, which Buffalo’s medical staff were forced to use in this instance. An ambulance arrived on the football field in less than five minutes, and after CPR was provided, Hamlin was rushed to the hospital.

The road ahead

The Bills and Bengals game was temporarily suspended after the ambulance arrived on scene, but that suspension ended up becoming permanent in the moments and days to follow. The game was officially postponed indefinitely after Hamlin was taken off the field.

Days later, it was announced that these teams would not play another game, as the impact on the rest of the season was virtually non-existent with both teams reigning atop their divisions.

At the time of writing,

Hamlin has begun his recovery process. His breathing tube has now been removed, and neurological function remains intact. Hamlin has even posted on social media, thanking fans for their prayers and support in an Instagram post. At this time, there are many positive signs that Hamlin will continue to recover. An incident like this is unprecedented and rare, and has certainly impacted both the NFL and larger sports communities. As impactful as this matchup between these teams was, at the end of the day, the health and wellbeing of the athletes is always the top priority.



The Buffalo Bills are the number one seed in the NFL's AFC East division. Photo courtesy of All-Pro Reels/ Wikimedia Commons



Former Super Bowl competitor, Joe Burrow, was set to square off against Josh Allen in a star quarterback matchup the night of Hamlin's incident. Photo courtesy of AlexanderJones1/Wikimedia Commons

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In memory of Stephan Bonnar

Josh Werle

Sports Editor



Stephan Bonnar competed on the very first season of the UFC's hit TV series, *The Ultimate Fighter*. Photo courtesy of Fightlaunch/Wikimedia Commons

Former mixed martial artist and professional wrestler, Stephan Bonnar, passed away on Dec. 22, 2022 at the age of 45. His death is presumed to have been related to heart complications. Although Bonnar never won an Ultimate Fighting Championship (UFC) title, his contributions to the sport of mixed martial arts (MMA) and the UFC organization were invaluable.

There are many figures from outside the cage who contributed to the UFC's success over the years, including the organization's president, Dana White, and former owners Lorenzo and Frank Fertitta. Although the time and money that White and the Fertitta brothers had given the UFC in the early 2000's was important,

ultimately, the success of the business hinged on the fights, and the fighters themselves.

After the UFC had nearly tanked as an organization, the Fertittas and White decided to throw up one last hail mary, a reality TV series titled *The Ultimate Fighter*. White and the Fertittas deserve much credit, but when it comes down to the fight — and fighters — that saved the UFC, Stephan Bonnar and Forrest Griffin deserve this distinction.

The Ultimate Fighter's inaugural first season is commonly referred to as the greatest of the 20+ seasons that were to follow, and culminated with Griffin and Bonnar competing for a coveted UFC contract. Sixteen fighters competed on the show, and would square

off against one another in elimination style matchups.

After working their way through the bracket, Griffin and Bonnar duked it out in a three-round fight that effectively saved the UFC organization. Although Griffin won the contest, the fight was a back and forth tilt, and the action was nonstop. The viewership ratings went through the roof, and *The Ultimate Fighter* TV show was immediately greenlit for a second season.

For their efforts, Griffin and Bonnar were inducted into the UFC hall of fame in 2013. Their fight for the UFC contract was inducted into the UFC's "fight wing" and has cemented both competitors as legends of the sport. After their fight, Griffin went on to have a successful UFC career,

even winning the UFC's light-heavyweight championship.

Although Bonnar achieved some success, he never managed to beat the elite competitors of the sport, and slowly faded away from the sport of mixed martial arts. After retiring from MMA competition with a record of 15-9, Bonnar continued his journey in the combat sports world by making various professional wrestling appearances for a number of years.

Griffin may have had a more successful UFC career overall, and has worked extremely hard to maintain his position as one of the sport's most notable figures.

Bonnar, however, never received the same kind of notoriety from the fanbase.

In an episode of the *Believe*

You Me Podcast, Anthony Smith — an *ESPN* analyst and current sixth ranked light-heavyweight UFC fighter — said that he believed the sport of MMA took more than it gave back to Bonnar.

"The sport has given back to [Griffin] by giving him a position in it to still be relevant and still continue to guide younger fighters. Whereas Stephan didn't get that opportunity."

Although Bonnar may not be as widely known as his Hall of Fame counterpart, his contribution to both the UFC and the sport of mixed martial arts cannot be overstated.

Him and Griffin both left it all on the line when they competed for *The Ultimate Fighter's* prize, changing the entire landscape of the sport in only 15 minutes.

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