

the reflector

FREE
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Lethbridge university cancels speech with former MRU professor

Khai Choual
Staff Writer

Frances Widdowson, a terminated professor from Mount Royal University (MRU) was scheduled to speak at the University of Lethbridge (UofL) but the event was cancelled due to objections. Widdowson made international headlines in 2020 for stating that the Black Lives Matter movement had destroyed MRU and for her defence of the educational benefits of Canada's residential schools.

Widdowson was invited by a UofL faculty member Paul Viminitz, who works in the philosophy department at the university.

Widdowson's speech "How 'Woke-ism' Threatens Academic Freedom," was held on Zoom instead of being held on UofL grounds. The ex-professor gave two lectures on the "Indigenous way of knowing" in Viminitz's class according to her fundraiser. Two petitions were created before her speech in UofL which have over 2500 signatures combined.

Nathan Crow, the creator of one of the petitions and the Indigenous student representative on the Students' Union Council in UofL, stated in the said petition that, "the atrocities that occurred within the Indian Residential School system are 100% accurate and true, and I strongly feel that Frances Widdowson's attendance on our campus devalues the opinions and shared histories of the many survivors who attended this

colonial system."

In a Facebook post, Widdowson was committed to going through with her speech. "You will have to haul me away by security to stop me," she wrote.

The University of Lethbridge President & Vice-Chancellor Mike Mahon has responded with the statement, "The University of Lethbridge has become aware of a guest speaker, invited by one of our faculty members, whose views are in conflict with a number of the values held by the University—including the University's stated commitment to the Calls to Action of the Truth and Reconciliation Commission of Canada. We strongly disagree with assertions that seek to minimise the significant and detrimental impact of Canada's residential school system."

Crow also emphasised the effect this would have on the children and grandchildren of the survivors of the residential school systems.

Mahon has also stated, "Freedom of speech is inextricably associated with freedom of expression and is afforded the same commitments with bounds determined by the requirements of Canadian Law. Freedom of expression does not protect violence or threats of violence and examples of how it is limited include Criminal Code hate speech laws, hate and discriminatory speech provisions within provincial



University of Lethbridge students have created and signed the petition opposing Frances Widdowson's talk on their campus. Photo courtesy of Change.org

human rights codes, and anti-defamation laws."

Just a few days after the Widdowson uproar, a press release from the Alberta government stated that, "Alberta's government is working to further protect free speech and academic freedom on post-secondary campuses. Post-secondary institutions will have to report annually to the government on their efforts to protect free speech on campus."

Minister of Advanced Education, Demetrios Nicolaides quotes that, "It is abundantly clear that more needs to be done to ensure our institutions are adequately protecting free speech... I will continue to explore greater steps we can take to strengthen free speech on campus."

An anonymous policy

studies student who has had two classes with Widdowson at MRU shares that, "Frances is an objective professor. She tries to teach from a very objective point of view. But there have been incidents in her classes where students felt uncomfortable expressing what they had to say and they felt that they could not fully learn in an environment where someone is personally targeting them."

When asked about their thoughts on the UofL situation, the anonymous student shares that "Universities, especially the University of Lethbridge, have to sit down with themselves and reason what is their priority... I think MRU put their priorities straight in the past few years when it comes to Frances, but it's going to take much, much strength

to uphold that set of priority and as well as the Alberta government. I think we have an upcoming election and the [Minister of Advanced Education's] statement will appeal to a lot of people in Alberta."

Meanwhile, signers of the petition opposing Widdowson's presence at the university have shared their disdain online.

One petition signer comments that "it is absolutely horrid that someone who is supposed to be educated, is spreading false narratives, feeding into hate & perpetuating the ongoing systemic oppression & racism! No place that has a semblance of a conscience should allow her to speak especially since it [is] hate speech & goes against what our Human Rights are!"

MRU raises eating disorder awareness

Julie Patton

Contributor

Mount Royal University (MRU) is educating students about eating disorders as a way to participate in the 2023 National Eating Disorder Awareness Week.

The university is spreading awareness through an online informational site, a booth located on campus on Feb. 1, web and in-person seminars and a virtual bingo card of activities to help students tune in with their minds and bodies.

In a 2022 study conducted by the National College Health Assessment, it was found that seven per cent of Mount Royal's students had been diagnosed with an eating disorder by a health care or mental health professional.

Calgary-based charity, Silver Linings Foundation states that eating disorders are the leading cause of death among mental illnesses. They add that due to diet culture, the "thin-ideal," excessive social media use, and body dissatisfaction eating disorders can develop in anyone.

Michelle Chimenti, MRU's mental health outreach coordinator, says the virtual bingo card is an opportunity for students to do all things that support wellbeing through both mental wellness and recreation.

"We don't need to have all this guilt and shame surrounding movement and nutrients," Chimenti says. "We want folks to know that movement should be enjoyable."

Jackie Cooney, MRU

Recreation's fitness and customer experience supervisor, helped develop the virtual bingo card. She says it's an opportunity to think about movement differently.

"We're trying to break down those barriers," she says. "There's so many different ways to be active... I know that some of the spaces we have [at recreation] can be intimidating, we're just really trying to make it a more inclusive environment."

Cooney encourages students that are interested in being active, but not necessarily in the gym, to attempt different activities offered at recreation such as snowshoeing, the obstacle course and the walking track.

Chimenti says there is no guilt and shame for those who suffer from any mental illness, including eating disorders. She believes the stigmas surrounding mental illness are something society is still working to break.

"Whatever behavior, whatever response, or coping mechanism someone is using, we're not saying that the coping mechanism is the problem, we're saying that there's stress happening. How you responded is probably a very natural way to do it. We're just trying to see if we can find some more sustainable options," says Chimenti.

Chimenti also encourages people to continue spreading awareness and having conversations around eating disorders even after Eating Disorder Awareness Week.

"We have to analyze our own biases as well," Chimenti adds. "I need to make sure I'm not projecting fatphobia. I need to make sure that I'm not projecting restrictive or controlling behaviors, or guilt on other people's intake or the way they move or anything like that."

Cooney includes that reflecting on your unconscious bias is an important step.

"I think sometimes people aren't even aware that they have a bias, you know, people need to reflect on how their reactions are or what their wording is," says Cooney.

"It's hard not to have those unconscious biases and I think breaking down those barriers and really doing your own self work [is important to] making sure that you're not projecting on other people."

Both Chimenti and Cooney encourage students to look into additional resources if they believe themselves or a friend to have an eating disorder.

The Wellness and Recreation Services at MRU are happy to support and guide students struggling with mental health illnesses.

Chimenti appreciates

the work and recommends students to look into the continued work of everyone in MRU Cougars Athletics and Recreation and organizations such as the Calgary Silver Linings Foundation, National Eating Disorder Information Centre, Eating Disorder Support Network of Alberta (EDSNA), and the EDSNA webinar presented on Feb. 1 with Eating Disorder Support Network of Alberta's Acting Executive Director Angie Mellen and Social Worker Mo Bamuwagun: Eating Disorders and the Black Community- A Brief Overview and Discussion.



MRU and The Calgary Silver Linings Foundation have collaborated together in bringing awareness regarding eating disorders. Photo courtesy of Michelle Chimenti

MRU sends out gender-based violence survey

Samantha Bingeman, Contributor & **Mikaela Delos Santos**, News Editor

Mount Royal University (MRU) proposes a part to play when it comes to the prevention of gender-based violence in post-secondary campuses, and is seeking MRU students' input.

In an email sent out by the Office of the Executive Director of Student Affairs, the university encourages students to participate in the Provincial Survey on Sexual and Gender-Based Violence. Future provincial efforts and initiatives addressing gender-based violence on post-secondary campuses will be guided by the survey results.

Gender-based violence is a complex issue. According to the Government of Canada, it is acknowledged that commonly race, ethnicity, disability and other identifiers may tie into who is targeted for gender-based violence. In an information session held last Feb. 6 by the Office of the Executive Director of Student Affairs, four out of five Canadian undergraduate students have reported having experienced dating violence, and 13.9 per cent of MRU students have experienced non-consensual sexual touching.

The policy review

According to the email, "MRU's Gender-Based Violence Working group — composed of students, staff and faculty — has been reviewing, assessing and updating MRU's policies and procedures. The group has drafted a new Gender-Based Violence and Misconduct Prevention and Response policy and procedures."

The University has taken steps in establishing a gender-based violence



The Alberta government commits to making campuses safer for students—students are encouraged to participate in the feedback surveys for the policies.
Photo courtesy of Flickr

working group, a review of best practices, assessing the current policy, establishing policy priorities, consulting stakeholders and drafting the policy. Twenty-three members of the committee compose of Dating, Domestic, Sexual Violence (DDSV) services co-chair, three faculty experts, eight students, the Stepping Up Program, CCASA Representatives, HR, Student Affairs, Housing, Security, Safe Disclosure, Iniskim Centre, Legal and Wellness Services. The Stakeholders include SAMRU, CCASA, Human Resources, and the Ministry of Advanced Education.

The new policy and procedures highlight the updated language to reflect best practices, separate documents for procedures the policy in itself, reinforcing DDSV services and eliminating the 'response team',

introducing interim measures, accommodate supports and alternative resolutions, as well as an established committee oversight.

What does MRU propose to offer support?

An individual a part of the MRU community (students, staff, faculty, and any others related to the institution) are able to disclose or report to DDSV services on campus if they have experienced gender-based violence. Disclosing through DDSV will provide resources, confidentiality (with an exception of circumstances that possess safety risk), compassionate and confidential responses, and will not initiate a report. Meanwhile, filing a report will consist of going through various policies depending on the relationship of the

individual to the institution, going through interim measures, alternative resolutions, trauma informed investigation and a decision. Throughout the different processes, support will be accommodated.

The Office of the Executive Director of Student Affairs also reiterates that individuals can provide anonymous disclosures. DDSV responses to disclosures include listening, believing and providing choices.

The university has campus services available for victims who want help reporting gender-based violence. DDSV advocates are accessible by appointment, along with medical and mental health services which can be found on the MRU DDSV website.

Students are encouraged to provide feedback regarding gender-based violence before Feb. 17 on the MRU website.

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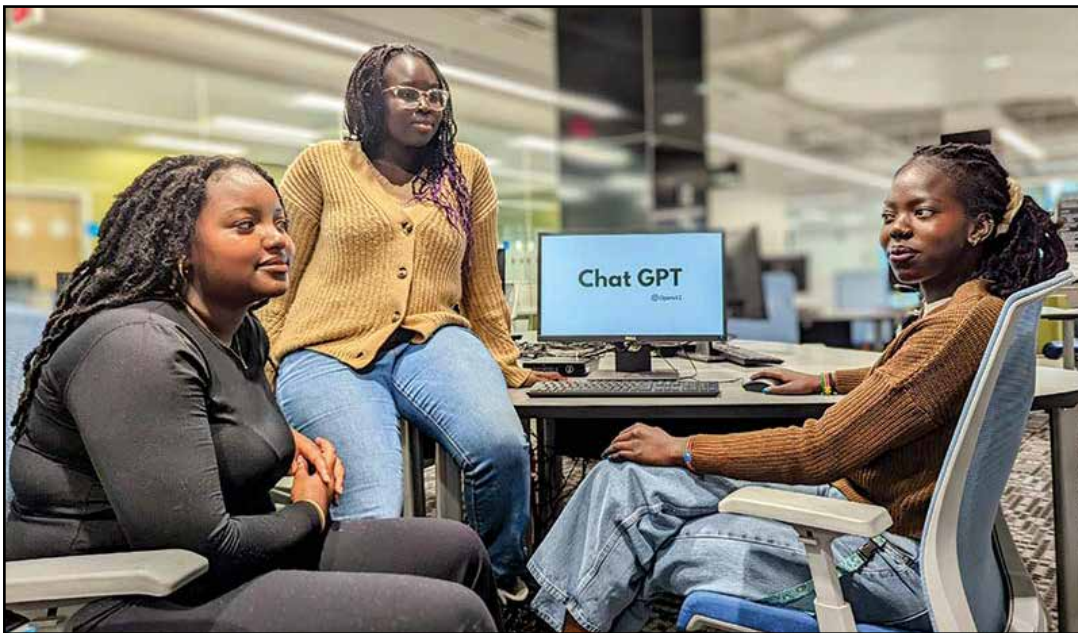
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MRU versus AI

Is ChatGPT taking over campus for better or for worse?

Arroy (AJ) Jacob
Contributor



Will ChatGPT affect the way students study? Photo by AJ Jacob

“Robots are taking over the world” is a sentence others and I would only want to hear in sci-fi films, but amidst OpenAI’s launch of ChatGPT, many now believe this story trope is becoming our reality.

ChatGPT is OpenAI’s most controversial large language model (LLM), established in late November 2022. Its controversy lies in its ability to crunch out complex prose or answers to your calculus homework through chatbot conversation.

The LLM is most infamous for its use in post-secondary institutions like Mount Royal University (MRU). Many know of its power to generate well-written essays that students plagiarize.

But amidst the splurge of fears over ChatGPT’s “copycatting,” many MRU professors seem to think otherwise. In terms of its

application in the classrooms, according to a continuously updated article on the MRU Library website, “Artificial Intelligence” written in collaboration with the Academic Development Centre (ADC) and Student Learning Services.

There is a subtle clash present. And determining whether or not “robots are taking over the world” comes from an open discussion of its faults and opportunities.

Its faults

“So they’re just handing in an assignment, but they’re not the ones doing the work? They just understand what the AI wrote?” asks “Mona,” an MRU Bachelor of Social Work student wondering how her classmates might be misusing the online tool. Mona believes it would be more detrimental

than impactful for their academic endeavours.

ChatGPT can also write creatively, so I spoke with Brennan Kenneth Brown, president of the Mount Royal Write Club, who says, “I have been witnessing the steady progress of artificial intelligence since I was a child, and now, still a layman now, I see the singularity ahead in front of all of us. It looks different than what most science fiction writers have imagined.”

Brown has experience with both creative writing and evolving technology. And hearing his response as a creative writer myself reflected much of the general grief MRU student writers experience.

“Will AI help students? In the short-term, sure. It already is...The ability to tell the difference between a

human’s creation and an AI’s creation will soon become an impossibility,” Brown adds.

Its opportunities

No shadow can exist without light, and with grievances lies opportunities, according to some MRU professors.

Dr. Natalie Meisner, a professor of English and former poet laureate of Calgary, discussed why she may not consider the LLM a threat. “Since AI is scraping data from the internet, it can tend to partake in some of the unfortunate tendencies of internet culture [we agreed upon the term ‘troll-art’].”

According to Meisner, for student writers, at least, “AI can make plays, poems, and stories; [but] they [just] aren’t good. They partake of the worst tendencies of the internet (racist, sexist, homophobic and tone-deaf tropes) so we won’t be out of a job any time soon.”

As mentioned previously, the “Artificial Intelligence” article posted by the Riddell Library and Learning Centre was written partially in collaboration with the ADC. I later spoke with Dr. Christian Cook, professor of Human Resources and academic director for the ADC, one of many faculty handling AI in the classroom.

Cook mentions it’s important to note that, “the K-12 system has tried to ban [ChatGPT]. We’re not taking that approach.”

“I think that whether or not [ChatGPT] is or isn’t academic misconduct... lies in the

agreement that the instructor makes with students. If an instructor has said you can’t use [ChatGPT], and someone does, I think that integrity’s been compromised. If somebody says, ‘use any resources at your disposal, use ChatGPT, use your mom’s friend, use some lady you found in the ADC,’ then maybe that’s a different story,” Cook adds.

When asked if the ADC would assist in facilitating workshops highlighting the use of ChatGPT and its embrace, Dr. Cook says, “we have one where the focus is more around academic integrity, and we have another that is an exchange of what people say.”

Chris Rogerson, the executive director of student affairs, says that while ChatGPT has garnered some media attention, so have programs that combat academic dishonesty.

“MRU is astutely aware of the variety of tools ... that [students may use] to inappropriately gain academic advantage for work that is not their own, and ChatGPT is just one.”

Despite all these differing opinions, we all agree upon two things. ChatGPT has an evolving power, and it’s not going away anytime soon. To innovate and adapt to this ever-changing technology, an open discussion among students and faculty is always a good place to start.

And whether or not this article was written by me or a robot is up to you to decide.

3 big fashion trends making a comeback

Marggyelen Carcache

Contributor



Stretching back to the 60's, cutouts seem to have a little longer lifespan than originally thought. Photo courtesy of Unsplash



Loose clothes was a fashion trend popular in the 80's and 90's. Photo courtesy of Pexels

Growing up in a world where trends change more often than they stay, it has always been difficult to keep up with most. Even though keeping up with trends is challenging and sometimes even impossible, I take pride in the fact that fashion is one of the things that I actively keep up with. Fashion is one of the things that has reflected every major historical event perfectly. Many people look at it as if just the way someone dresses but in reality, it's so much more than that.

Here are three fashion trends that had its time in the limelight and now are back for more.

There have been staple pieces throughout the years and one of my ultimate favourites is oversized fashion. This trend became extremely popular during the 1980s and into the 1990s, which allowed it to expand to denim and many other things. This style has recently made

a comeback as Gen Z has determined that skinny jeans are to be exiled and many agreed. The year 2022 was owned by oversized fashion as it was all over everyone's Instagram feed and it became a signature piece of clothing. Many, including *Forbes* and *Vogue* predict that this trend will only grow in strength due to the fact that even more forms of this style have made an appearance.

The next piece of clothing that that has made an iconic comeback takes us all the way back to the Victorian Era when corsets were in nearly every woman's closet. They have been seen all over the world and have even been spotted on celebrities like Bella Hadid and Zendaya. This gives us an insight into the fact that corsets will be sticking around for a while and will not be going anywhere.

Cutouts, although a controversial trend, are also something that is here to stay.

Cutouts first were brought to light back in the 1960s and have recently been seen all over different items of clothing. They vary from just a small cut in the middle of your dress to a more dramatic cutout near your waist. This trend does not seem to be slowing down but instead gaining more popularity, meaning that we have not seen the last of it yet.

Many forgotten styles have been brought back to life and these are just three of them. Social media plays a huge role in starting and ending trends. Many individuals fail to understand that clothes are not just pieces of fabric but they can tell many stories. They reflect what's going on in the world and allow us to express ourselves through them, it's a creative outlet many enjoy using. This is why tendencies regarding fashion are always altering and adapting accordingly to the changing world we live in.



Once a Victorian era fashion staple, now corsets are making a comeback to our closets. Photo courtesy of Pexels

Spotting red flags in online dating

Annila Baigzada

Contributor



In today's world, digital red flags are everywhere so what do we look for? Photo courtesy of Shutterstock

As Valentine's Day approaches, everyone is preparing for the annual day to celebrate the month of love, admiration and friendship. In the age of technology, the internet poses many convenient opportunities for people to meet others and find companionship.

Many people turn to online dating to fill the void of being alone or to try something new. However, even though online dating or chatting may seem like harmless fun, it also introduces many red flags that people should be conscious of. People must be aware of the potential dangers that may concur over the internet and how to spot red flags.

Statistics from eHarmony, an online dating service,

suggests that one in five current committed relationships began online. With that being said, online dangers are still rampant—according to the same stat, 53 per cent of people lie on dating profiles.

One of the red flags that have become very common among social media platforms is scammers. Scammers tend to approach their potential victims through fake accounts and profiles. They take stock photos or choose professional self-portraits from the internet and claim them as their own. Scammers will also message any people pretending to be someone they aren't and ask for personal information in hopes to gain info into their accounts. Scammers thrive on constant messaging and in-direct contact and will find any way to use their

advantages.

A different technique scammers use are profiles that have hundreds of random followers, a link in their bio, and various posts with very minimal likes and comments. After befriending many people, they may fake a sad story and ask for gifts or money in return. Oftentimes, they will ask you to fill out a survey, sponsor their product, or click a link for cash. Those links usually send the user to a website, which will hack their personal information. Avoid people who ask for favors or gifts immediately after connecting with you since it is most likely a scammer. Be cautious, since they usually make fake profiles to build an honest and trustworthy personality.

Another red flag to look out for is inconsistency in

their stories, personality, or information. Most people provide vague and brief descriptions of themselves to avoid revealing additional details about their identity. If the user you have just met refuses to answer questions regarding their age, location, job, or other personal information, this may be a suspicious person to stay away from.

People will also lie about their responses, usually too good to be true which would be another indicator of a red flag. Profiles with minimal information or too much information could be true signs of a fake user.

The next warning sign is if the other person seems to move the friendship or relationship forward too quickly. Jumping into a relationship after talking for

a short period of time or if they ask for permanent changes such as moving in or buying something expensive together could be an immediate red flag.

According to a study done by time2play, the biggest red flag across Canada is users with controversial or political biographies. The study also suggests that both in Alberta and Nova Scotia, the biggest red flag was people who were only interested in hooking up rather than dating.

To protect yourself, it is important to take your time and get to know the other person before meeting in person. Staying mindful of these red flags will help keep your special day safe and enjoyable with your loved ones.



YOUR STUDENTS' ASSOCIATION



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Get into all the feels with these romance books

Izabella Jaspar
Staff Writer



Fair's Fair bookstore is a great way to save money (and the environment) if you're looking to buy used books! Photo courtesy of Unsplash

February is the month of love. Single or not, it is time for self-love and romance books.

These four heart-warming books will have you giggling, teary-eyed and satisfied with every page-turning smooch. So, cuddle up with your sweetie or your favourite stuffed animal, and get ready to be swept off your feet.

Book Lovers by Emily Henry

Book Lovers follows Nora Stephens, an avid reader. In her daily life, she is a successful literary agent.

Nora knows all the popular tropes and heroines but does not connect with any of them. Then Nora agrees to go on a trip to Sunshine Falls, North Carolina with her sister. She hoped for a vacation romance with a stranger but she runs into Charlie Lastra, an editor from back in the city.

Book Lovers will make you laugh out loud, and have a grin that stretches from ear to ear.

It is the kind of read that's impossible to put down, before you know it you'll have devoured the whole thing in one sitting.

Emergency Contact by Mary H.K. Choi

Emergency Contact follows the relationship between Sam and Penny which occurs over text messages. Penny Lee is studying to become a writer at a college in Austin, Texas. Sam works at a cafe and is stuck in a life rut.

When Sam and Penny cross paths, they exchange numbers and become digitally inseparable. Get ready for some heart-fluttering, nail-biting excitement.

Emergency Contact is the kind of book that'll give you butterflies and leave you on the edge of your seat.

Meet Cute by Jennifer L. Armentrout et al.

Meet Cute is an anthology of short romance stories featuring a bunch of authors. Each story is unique with a variety of relationship types.

A few stories featured are about break-ups and make-ups written by Nicola Yoon. Find out what happens when two teens hide from the



police in a bathroom at a party written by Katie Cotugno and Katharine McGee's story about a compelling transgender heroine. *Meet Cute* is realistic in the portrayal of relationships and does not shy away from what a relationship is, all the positives and negatives.

What If It's Us by Becky Albertalli and Adam Silvera

What if It's Us tells the story of Arthur and Ben. Arthur is

in New York for the summer and knows that Broadway has taught him that romance is always possible, even when you least expect it. Ben on the other hand is having to bring his ex-boyfriend's things to the post office, the universe is not on his side. They happen to run into each other and they both wonder if there is something that is supposed to happen between them.

This story is about what if's and chance-takers. It is impossible to put down and it is sure to make you feel giddy and smile the whole way through.



Spread the love with some sweet treats! Have a candy or two while making your way through some of these books. Photo courtesy of Unsplash

OUT'N ABOUT

Hot Chocolate Festival

Warm yourself up with a warm cup of hot cocoa by supporting local non-profit Meals on Wheels and over 70 participating local restaurants for the month of February!

Broken Hearts, Friends + Lovers

Market Collective welcomes 50+ local vendors, art, tunes, photo booth and more! This market is at the Municipal Complex Atrium on McLeod Trail.

Little Red Warrior and his Lawyer

Laugh it up at *Little Red Warrior and His Lawyer*, presented at Theatre Calgary until Feb. 19, by Theatre Calgary and Making Treaty 7.

Goodnight Moon

Step into the great experience at Telus Spark's Digital Immersion Gallery for a new, interactive take on the classic childhood tale, *Goodnight Moon* until March 5.

The art of storytelling

A journey through 2023's Exposure Photography Festival

Megan Creig

Layout Editor

From the captivatingly conceptual to poignant human experiences, this year's Exposure Photography Festival introduces the work and unique perspectives of over 150 artists. The many exhibitions can be viewed from Feb. 3 to 16 at locations throughout Calgary and Alberta.

Both the Exposure 2023 International Open Call and the Exposure 2023 Emerging Photographers Showcase are being exhibited at Contemporary Calgary. Also on display is "We Are Immigrants," the work of 2022's emerging artist Raenn Cheung.

These first two exhibitions feature a total of 15 artists each. The Emerging Photographers Showcase gives exposure to fine art photographers here in Alberta, whereas this year's

International Open Call invites artists hailing from various countries including the U.S., U.K., Greece, Japan, the Netherlands, France and Iceland.

Among the more veteran artists are Canadians Anthony Gebrehiwot, Jaiden George, Khim Hipol and Shanen Louis. They are joined by Glenna Jennings, Jake Eshelman, Kelly O'Brien, Leia Ankers, Linda Heiss, Panos Charalampidis and Mary Chairetaki, Sarah Christianson, Sarah Mei Herman, Serena Dzenis, Takako Kido and Valerio Geraci.

All of the photographers are accomplished in their own right but it is their distinctive perspective and choices that sets them apart. Some of the photographers in particular stood out for me.

A close-up of some of the shots

Shanen Louis' "Can you see me?" encourages a shift of perspective on the human form and the "naked" subject—especially when that subject is a Black woman. It lets the audience see these women authentically, as they are.

Sarah Christianson does the crucial work of documenting the legacy of oil booms and busts so that we have no choice but to address what world we are leaving behind for future generations.

Takako Kido introduces the term "skinship"—a word that at its most basic

definition describes familiar intimacy but can be better understood by just merely experiencing the bonds so blatantly on display in her work.

The artists of the Emerging Photographers Showcase also brought their own valuable perspectives to the table with images ranging from themes of self-identity and political commentary to memory and perspective.

These and the greater selection of images on display work to prove that photography is a medium not just meant for documentation but one capable of challenging perspectives and evoking deep emotion or thought.

The 2023 Exposure Photography Festival is a true celebration of the power of photography. The festival invites us to take a step back and reconsider our perspectives. From captivating concepts to poignant human experiences, the exhibitions at this festival are a testament to the fact that photography is not just a tool for documenting the world around us, but a powerful medium for challenging our beliefs, inspiring self-reflection, and evoking deep feelings.

With so much to see and explore, this year's festival is an opportunity not to be missed.



Shanen Louis is especially interested in conceptual art, something which can be seen in her images for "Can you see me?" Photo by Keo Bunny



Anthony Gebrehiwot's work, "From Boys To Men: The Road To Healing," looks to address masculine fragility by unpacking learned behaviour attached to childhood trauma. Photo by Keo Bunny

Journey into the magentaverse: Exploring Pantone's 2023 colour

Harneet Sumal
Staff Writer



In 1999, the Pantone Colour Institute established the "Pantone Colour of the Year" initiative to foster dialogue and interest among design professionals, colour enthusiasts and the global community about colour. Photo courtesy of Unsplash

Here's a quick exercise for your mind, imagine your favourite colour.

Now, pick two colours that elevate that colour. If it's difficult for you to do so, the colour wheel is a great tool to use.

Imagine how much of your favourite colour you can see in your everyday routine, in settings of nature and especially, in the many memorable experiences of your life.

Why are colours important to you? Whether it's the colour of your favourite dress or the latest iPhone, colours have the ability to say much more than what the eyes see.

These past few years can be collectively agreed to be "chaotic." And what better way to start this year, than with a colour that speaks to you to be bold and confident? I invite you to the Magentaverse with Pantone's 2023 colour: Viva Magenta.

In the Pantone universe, this colour represents empowerment and self-expression.

From the inspiration of being bold and being ourselves in front of the world, this colour will empower you to be yourself and expect the world to do the same.

Interior designing

For bold changes in your interior space, add an accent wall. To make the colour blend into the space, use muted shades of magenta or the darker shade. With the right décor and placements, this colour can make your space unique and inspiring.

For less drastic changes, use décor and small objects to bring magentaverse into your space; including furniture, throws, lamp shades, flowers, bedsheets and art pieces. Tip: a white background will balance the bold colour and brighten up

Continues on Pg. 12



Never Going Under

Circa Waves

Lower Third

Score: A+

As a Circa Waves fan since "T-Shirt Weather," I was thrilled to hear they were dropping a new album in the latter half of last year. Circa Waves' latest album, *Never Going Under* is an energetic and upbeat collection of songs that showcases the band's growth and maturity as musicians.

The album's sound is a great combination of the band's typical twangy, surf-inspired indie-pop with a more polished production. The album also has a variety of styles and sounds, such as 80s synthesizers and new wave-inspired rhythms.

"Hold On" and "Golden Days" are two standout tracks on the album that highlight

the dynamic versatility of Circa Waves. It features lyrics like, "And am I wasting my time?/ Your eyes look just like mine/ But the devil comes from nowhere/ And he's got a quota to fill" and "I heard you were looking out for me/ And you are the only one I see/ So, we chased the morning as the birds were calling us to stay."

I highly recommend giving *Never Going Under* a listen. It's the perfect album to blast on a road trip, a sunny day in the mountains, or just a feel-good jam session with your friends. Circa Waves has hit it out of the park with this one, and I can't wait to see what they come up with next.

- Astrid Cunanan



Turn the Car Around

Gaz Coombes

Virgin

Score: A+

Gaz Coombes' new album, *Turn the Car Around* is a dynamic and powerful collection of songs that showcases his versatility as an artist. He draws upon a range of influences, from classic rock to alternative, and is held together by Coombes' distinctive voice and insightful lyrics.

"This Love" is a delightful countryside adventure, it's my favourite and one of the album's highlight tracks. The song progresses from a simple guitar opening to a dramatic climax with drums, bass, and cowbells, all while containing an anthemic chorus that will stick with you for days; with lyrics featuring "Came out of

a dream to find you beside/ But you couldn't hear when I called your name." Another standout is "Don't Say It's Over," which will have you tapping your foot along to the insatiable beat from the first listen. The album's production is top-notch, with rich and full arrangements that showcase Coombes' musical prowess.

Turn the Car Around is a must-listen for fans of alternative and classic rock, and anyone who appreciates dynamic music. Whether you're a longtime fan or discovering Gaz Coombes for the first time, this album is sure to leave a lasting impression.

- Astrid Cunanan

"Journey into..." Continued from Pg. 11

your space.

Magenta can be a tricky colour to use, so make sure to play around with the shades you use.

In film production

Media and film production in 2023 can include the magentaverse to create a rooted message of empowerment and confidence. The scenes can have hues of magenta to show romance, femininity, innocence, playfulness and beauty. The saturation and brightness can be altered to alter the colour to the scene.

Fashion

In another case, makeup and fashion can use magentas to show this colour and make the characters bold and more shaped to their personality.

You can match magenta, reds, and pinks with oranges and greens. Dresses are a great choice to make a statement with colour.

Prints, florals, satin, ruffles and bows are a great addition to your outfit. With muted and neutral outfits, add a pop of magenta or shades of pink with your eye makeup, lip colour or blush.

On the other hand, accessories of this colour are a great choice too for a simple and chic look.

The colour palette for spring/summer 2023 presented by WGSN x Coloro are great complementary colours for magentas. Each individual colour of this palette has its own character that can be used as you like in 2023.

There are no rules on how to use these colours. To manifest confidence and empowerment, you can start with your favourite colour or a shade from magentaverse projected for this year.

What do you think of Pantone's 2023 colour? Share it with your friends and family, and keep on thriving!



In the 1960s, Lawrence Herbert, founder of Pantone, created a standardized colour matching system, using a numerical "universal language" of colours. Photo courtesy of Unsplash



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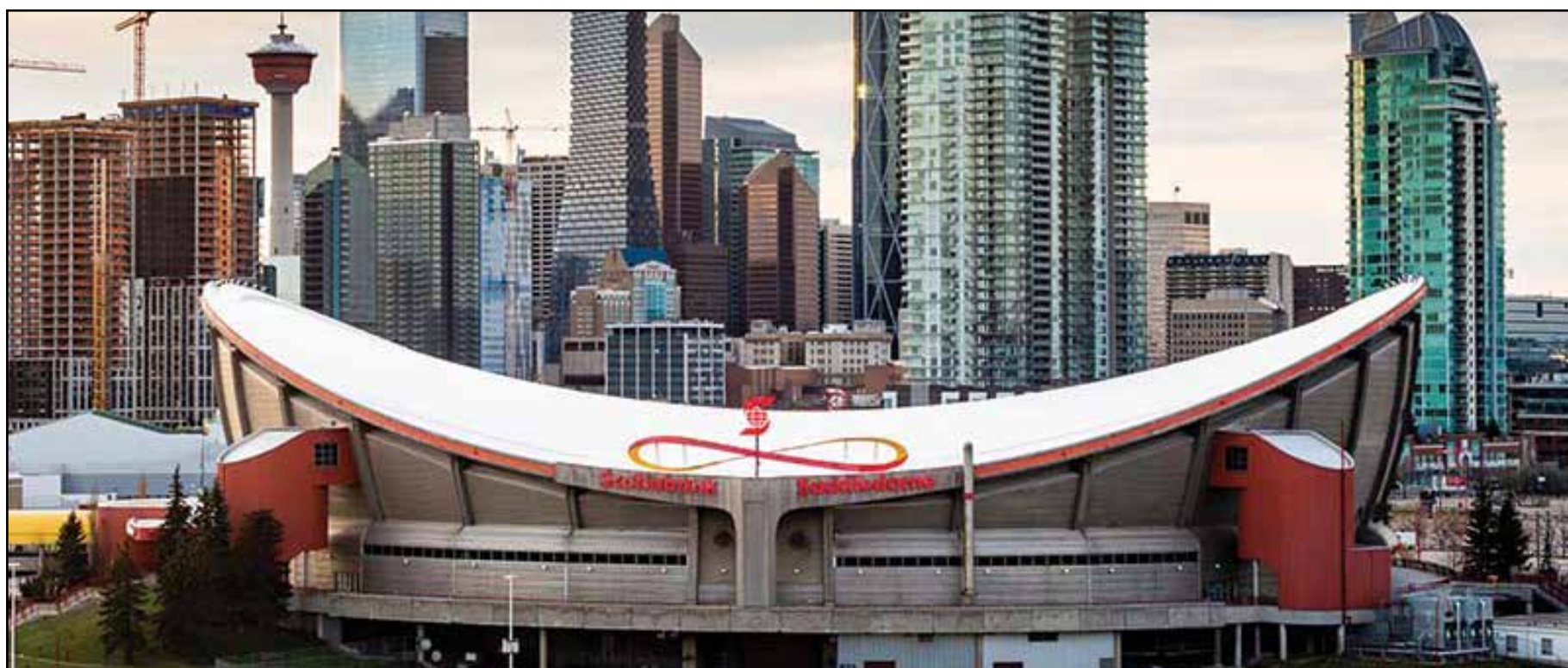


students' association
of mount royal university



Connor Bedard's WHL visit causes Saddledome sellout

Matthew DeMille
Staff Writer



The home of the Flames and Hitmen sold out when young star, Connor Bedard, visited with his team, the Regina Pats. Photo courtesy of AceYYC/Wikimedia Commons

Waves of nervous excitement rolled through a sold-out crowd at the Scotiabank Saddledome on Feb. 1. A quick glance at the Saddledome's schedule would show no activity for the Calgary Flames, nor

any news about an A-list artist visiting town while on tour. Yet, 17,223 locals shuffled their way through the February slush and into the hallowed grounds of the 'Dome for a simple regular season meeting between the

Calgary Hitmen and Regina Pats of the Western Hockey League (WHL).

Electrified whispers and the occasional cheer coursed through the concourse before spilling down into the seats and finally the ice

surface, as the audience not-so-patiently waited for the man of the hour. All this for Connor Bedard. The 17-year-old wunderkind hailing from North Vancouver. As it turns out, this was the second time Bedard and the Pats have

visited Calgary this season. The first meeting, held on Oct. 7, 2022, had just 3,279 spectators. The Bedard hype had yet to manifest into what

Continues on Pg. 14

#s

13.699,
Fastest Skater record at the NHL 2023 All-Star skills competition, completed by Andrei Svechnikov.

33.5, Points-per-game leading average in the NBA, held by Joel Embiid.

38,387,
Most points in NBA history, currently held by Kareem Abdul-Jabbar.

1, Number of losses held by both Islam Makhachev and Alexander Volkanovski, who will fight at UFC 284.

"Connor Bedard..." Continued from Pg. 13

we know it as now.

The 2023 World Junior Championships is when everything changed. Along with collecting his second consecutive gold medal with Canada, Bedard, who recorded 23 points in seven games, took pencil and eraser to the record book and wiped out several World Junior and Canadian records to claim them as his own.

While Bedard's name was already well established prior to the tournament, the cultish hype surrounding his domination of the international matchplays and now his nightly performances in the WHL has garnered a respectable following. Head coach, general manager, and vice president of hockey operations for the Regina Pats, John Paddock, has also noticed a clear change in Bedard's game since his return from the tournament.

"If it's [even] possible, [his game] is even more focused and more driven. He's determined to play in playoff games with us and I think that's the biggest driver in him right now. That's what he wants," said Paddock.

Now, fans across Western Canada are seizing the opportunity to catch a glimpse of Bedard live, before he enters the 2023 NHL Entry Draft in late June. It's almost impossible to snag a ticket to a Regina Pats game

nowadays, especially when the club is on the road. The night before their meeting with the Hitmen, Regina and Bedard broke Red Deer's regular season attendance record with 7,287 spectators.

Medicine Hat and Lethbridge, Alta., will be the last two stops on the road trip for Regina, and both games have already been sold out. This is not the first instance where Bedard has sold out arenas while on the road, however.

In late November, Connor Bedard toured through the B.C. Division in Regina's lone, cross-conference road trip of the season. This was the first time Bedard played in his home province since joining the Regina Pats in 2020-21. To say British Columbians were excited about his homecoming would be an understatement. They came in masses, nearly selling out every game in his five-legged tour.

Reflecting on his four-decade long coaching career, which started in 1983 with the now defunct Maine Mariners of the American Hockey League (AHL), Paddock admits he has never seen a single player be at the forefront of hockey discussion across North America like Bedard has of late.

"I think you're seeing it right now throughout this swing and, I'm sort of



Connor Bedard has been the talk of the hockey world in the first half of 2023, and has taken his World Juniors momentum into his play with the Regina Pats. Photo by Matthew DeMille

guessing, but for the rest of the season. I guess that's why you get exceptional status and it's the first one and why it's gone like this," admitted Paddock. "Again, there was nothing like this. With the focus being on the individual player."

Back in Calgary, Bedard spoke to local media about how eager he was to play in front of a rowdy Saddledome crowd. The largest he's ever played in front of — or so he thinks.

"You feel it, you hear it and I think it brings some extra energy in you and obviously on the road they don't like you as much, which is fun. And when you're home they're cheering for you. So, either way you're kinda getting fired up for it," said Bedard.

While Bedard donned a Pats' road navy and red jersey, he was treated like the hometown kid by the audience of over 17,000. Most nights, a Hitmen victory is the final outcome all fans hope for, except when Bedard is the opposition. The main want from the Saddledomers — let's make that stick — was to catch some first-hand Bedard magic, similar to the goal he scored against Calgary nearly a year ago. Toe-drag around the defender with a between-the-legs finish — forever a classic.

The Hitmen would get the scoring started in the first period with a deflection goal from Blake Heward, but

Regina would need only 56 seconds to even the score. With a perfectly placed, top-corner shot, Bedard collected his 44th goal of the season.

While his lone goal of the night won't make a top-10 chart this time around, Bedard was given the seal of approval from those in attendance with one of the loudest cheers of the night following his tally. Bedard would also tack on a secondary assist on the game-tying goal by teammate Braxton Whitehead, sending the game to overtime and eventually a shootout. In the shootout, Bedard didn't disappoint. He capitalized on his attempt as the Pats closed out a 6-5 win over the Hitmen. Despite scoring, Bedard couldn't help but criticize his shootout attempt following the game.

"I heard a bit of a cheer when I got out there and that's pretty exciting. So I really wanted to score, obviously, and [it was a] terrible, terrible move, but I'll take it and I was pretty excited that it went in."

Banking another two points on the season, Bedard managed to extend both his goal and point streaks to 11 and 35 games, respectively. As a matter of fact, the last time Bedard failed to record a point in a WHL game was on Sept. 23 — the first game of the season. While impressive to almost all, the 17-year-old doesn't think much about his streak which has been

running through 97 per cent of his season.

"I haven't really thought about it too much. I think there's been some games where I had a lucky one in overtime and stuff, so there's definitely been some close ones. But, for me it's something I haven't thought about. I'm just trying to go out there and play my best every game and obviously see what happens. It's not really something I've put much attention towards."

The same can be said about his spoiled chance at a point streak spanning the entire season.

"Obviously, I wish I did [get a point in the first game], but in the end it's not a huge deal. It was the first game and it's kind of funny the way it worked out up to this point."

In Bedard's eyes, it's more important to focus on the future, not the past.

"On a personal level, I got to prove myself and that's kind of my mentality still. You know, take it day by day and try to improve every day and everything."

Just five months is what separates Connor Bedard and his path to NHL fame, yet he isn't jumping the gun just yet. His priority remains with Regina and their ongoing hunt for a spot in the WHL Playoffs.

The Pats' regular season concludes on March 25, while the Hitmen wrap up on March 26.

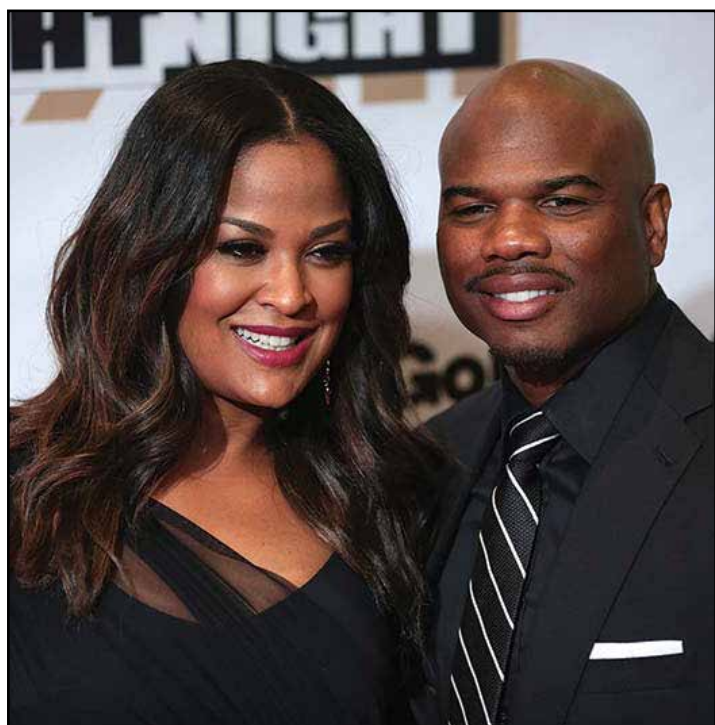


Bedard getting plenty of media attention during his road trip to the Saddledome. Photo by Matthew DeMille

The soft side of sports:

Athlete power couples over the years

Josh Werle
Sports Editor



Laila Ali and Curtis Conway together at a Celebrity Fight Night event. Photo courtesy of Gage Skidmore/Wikimedia Commons

Valentine's day is nearly upon us, love is in the air. It is in that spirit that we reminisce about some of the most prominent athlete couples over the years. We all know the big-time celebrity-athlete crossover couples — Mike Fisher and Carrie Underwood, Alex Rodriguez and Jenifer Lopez — but what about the couples that feature two athletes? Surprise, surprise, there have been a few of those over the years as well.

Laila Ali and Curtis Conway

July 31, 2007 marked the day female boxing champion Laila Ali married former National Football League (NFL) First team All-American wide receiver, Curtis Conway. Conway played in the NFL from 1993-

2004, suiting up with the Chicago Bears, San Diego Chargers, New York Jets and San Francisco 49ers. He spent most of his career with the Bears recording 329 catches with the team, awarding him the fourth most receptions in the team's history.

Ali — taking after her father, Muhammad Ali — is widely regarded as one of the top boxers in the sport's illustrious history. Ali was active from 1999-2007, winning numerous boxing titles and going undefeated with a record of 24-0. After her retirement she married Conway. The two are still married to this day.

Ronda Rousey and Travis Browne

Both former mixed martial arts competitors under the Ultimate Fighting Championship (UFC) banner, Ronda Rousey and Travis Browne are one couple that you don't want to mess with. A trailblazer in the industry, Rousey was once one of the most dominant female competitors in the sport. She used her immense skills in the sport of judo to sweep, flip and submit most of her competition, eventually scoring some knockout victories as well. Rousey was so popular among fans that she was even cheered in places like Brazil when she was facing off against Brazilian martial artist Bethe Correia. Eventually, she lost two consecutive fights via knockout against Holly Holm and Amanda Nunes, and decided to take her talents to professional wrestling in the WWE ring.

Rousey married Browne in 2017. Browne was a former

UFC contender in the heavyweight division having squared off against some of the sports best such as, Fabrício Werdum, Cain Velasquez and Alistair Overeem. After defeating Matt Mitrione via knockout in 2016, Browne had a record of 18-3-1 and was seemingly one win away from title contention. He ended up losing his next four fights and retiring from the sport.

Lindsey Vonn and Tiger Woods

Lindsey Vonn was almost on this list twice — she also dated former National Hockey League (NHL) star P.K. Subban — but Tiger Woods gets the nod here.

Vonn is a former olympic ski racer and multi-time medalist. She won two bronze and one gold medal in her olympic career, along with four world cup victories — the only American woman to accomplish these feats.

She met Tiger Woods in 2012 and dated him from 2013-2015. Woods — highly regarded as one of the greatest golfers of all time — has had a long and illustrious golf career with numerous documented trials off the course. He is currently tied with Sam Snead for most Professional Golfers Association (PGA) Tour victories with 82. Although the relationship didn't last very long, these two were one of the most widely recognized couples on this list, due to their extreme success in their respective sporting fields.



Tiger Woods and Lindsey Vonn at the 2015 Masters golf tournament. Photo courtesy of Ryan Schreiber/Flickr

Chiefs vs Eagles: Super Bowl LVII preview

Josh Werle

Sports Editor



Jalen Hurts has made it look easy this year on the NFL field, and is a top-five favourite to win this year's MVP award. Photo courtesy of All-Pro Reels/Wikimedia Commons

Super Bowl LVII has finally arrived, and features a matchup between league-leading juggernauts: The Philadelphia Eagles vs. Kansas City Chiefs. The big game goes down on Feb. 12, and will be held at the State Farm Stadium in Glendale, Arizona.

Even if you aren't a huge football fan, Rihanna's halftime show alone would be worth tuning into. Both Philadelphia and Kansas City have been at the top of their respective conferences, and this matchup is guaranteed to produce fireworks.

Although their famous foods may differ — Kansas City is known for its unique barbecue, while Philadelphia is known for its cheese steaks

— these two Nation Football League (NFL) titans have more similarities than you may think.

14-3

The only teams with a record of 14-3 this season, the Eagles and the Chiefs were both in possession of the best NFL records this season. Both teams received a bye-week during the wild card round of the playoffs this year for their regular season efforts, and have each rattled off two wins to make it into the Super Bowl.

Including their two playoff victories, the Chiefs are currently riding a seven-game winning streak, while the Eagles are on a three game winning streak.

Texas showdown

The stars of this matchup are quarterbacks Jalen Hurts and Patrick Mahomes — both who were born in Texas. Hurts was born in Houston in 1998, while Mahomes was born in Tyler in 1995. Both of these players were dominant this season, with Mahomes leading the NFL in both passing yards with 5250, and touchdowns with 41.

Hurts was slightly quieter on the offensive front, but because of the Eagles' impressive defensive statistics, he didn't need to do anything crazy to reach the top.

The Eagles and Chiefs both led their conference in sacks — the term used when a quarterback is tackled before they have the chance to throw the ball — and were first and second in the entire NFL. Although the one and two positions don't sound too shabby, the gap between

the two teams is substantial. The Chiefs recorded 55 sacks, while the Eagles finished with 70 — ranking third in the history of the NFL, trailing only the 1984 Bears and 1989 Vikings.

All eyes may be on the two quarterbacks and how they will be able to perform offensively, but keep an eye on the defensive lines for these two squads and how their inevitable pressure will affect the star QB's.

Family ties

Mahomes and Hurts may be the stars of the show, but there are a couple other interesting storylines to follow during the course of this game. For the first time in the history of the NFL, two brothers will be squaring off against each other in the Super Bowl championship. Travis and Jason Kelce — Travis on the Chiefs and Jason on the Eagles — are both sitting at one Super Bowl victory each,

so the stakes will be very high in the Kelce household.

Jason won his ring for the 2017 season, while Travis won his for the 2019 season. Despite being a tight end, Travis Kelce finished in third for most receptions this season with 110.

Chiefs head coach Andy Reid might as well be considered family to the Philadelphia Eagles, as he spent more than a decade as the head coach of their team from 1999-2012. Reid achieved his one Super Bowl victory as a head coach with the Chiefs — who he joined in 2013 — at the 2020 Super Bowl. Although the Eagles are an entirely different squad now, Reid's history with the team might come in handy if the Chiefs are looking for an extra edge to help them win. This matchup is sure to be entertaining, and with multiple storylines to follow, it would be worth tuning into the big game.



The Kansas City Chiefs and Patrick Mahomes look to win another Super Bowl championship this year. Photo courtesy of All-Pro Reels/Wikimedia Commons