

MRU invites speakers in celebration of International Women's Day (Pg. 2)



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MRU celebrates International Women's Day through speaker events

Julie Patton
 Staff Writer



Panelists of Embracing Risk Taking (from left to right): Sierra Nunno, Katherine Martens, April Hicke, Shennelle Henry, and Tamara Lee-Anne Cardinal. Photo by Julie Patton

March 8 marks this year's International Women's Day (IWD). In honour of the monumental day, the faculty, students and community surrounding Mount Royal University (MRU) celebrate IWD in a number of ways.

Two speaker events took place on campus and many more are scheduled to take place in the coming weeks of March.

To celebrate the day, the faculty of Business and Communications Studies organized the IWD Speaker Series.

Their first event of the series was held the afternoon

of March 8. Calgary's chapter of Young Women in Business (YWiB) led a panel at MRU's Riddell Library where five inspiring women enlightened MRU students, staff and alumni on the power of embracing risk taking.

One of the event organizers, Rachael Pettigrew, says the event's topic of embracing risk taking is an important one for all women to consider.

"Research shows that women are less likely to apply for the job if they don't fulfill all of the requirements of the role. But men will do the same if they qualify for 60 per cent. It's the little things

we're trying to encourage like stepping outside of the box and stepping into our full selves. Sometimes we get stuck and need to take risks," said Pettigrew.

The two moderators of the panel were Sierra Nunno, president of YWiB, and Katherine Martens, accounting director at YWiB. The three panelists were April Hicke, co-founder and chief growth officer of Toast, a job placement company for women in tech, Shennelle Henry, a financial business consultant and Tamara Lee-Anne Cardinal, a large-scale installation artist and

community activist.

The women left the group with thoughtful anecdotes from times in their lives and careers where they took a risk. This included decisions like starting a business, taking a mental health break and going back to school.

Later in the evening, the MRU Justice Advocates club hosted an event called Women in Criminal Justice. Two of the club's executives, Molly Clare and Shuada Ahmed, hosted a panel of two courageous women in criminal justice. The first speaker was Tracey Lowey, a crime analyst at Calgary Police Service as well as an MRU professor in the criminal justice department. The second speaker was Winifred (Win) Storm, a restorative justice and integration caseworker at the Elizabeth Fry Society of Calgary.

The two women shared their personal stories and experiences as women in criminal justice. Lowey said she has seen major improvements at the Calgary Police Service in her 25 years working as a crime analyst, however she always remembers the days where she was looked down upon for being "one of the girls."

Storm shared with the room her emotional journey into criminal justice. As a survivor of the sixties scoop, she had undergone tremendous trauma and a long healing journey. She says she has played every role in the court system. She was a juror, a

criminal, a witness and now she is an agent of the court. She also shared with the many in person and online attendees a short film she participated in, Healing Our Hearts.

Ahmed said her biggest takeaway from Storm's talk was the importance of finding purpose.

"It's such a weird time for us right now. For everyone who is graduating, we're kind of stuck in that phase of not knowing what you want to do with life, but I think if you have that general idea of what you want to do, that really helps you," said Ahmed.

For Carla Welsh, another club executive, she said Lowey's encouragement to follow your passion stuck with her.

"If you have something in mind, go for it. You don't have to have everything figured out, you can figure it out along the way and find yourself through your experiences," said Welsh.

They were impressed with the turnout of the event and encouraged the discussion around women to never stop.

"It should be reiterated through classroom discussions, especially in a field like criminal justice. I think it should be an ongoing conversation," said Ahmed.

Upcoming events from the Speaker Series to continue celebrating IWD include: Working-From-Home: Risks and Rewards on March 22 and High Low: Women, wellness and fun! on March 29.

Calgary Chinatown's history re-illustrated in new exhibit

Heritage Park is making strides towards diversifying the museum by highlighting Canadian Chinese history

Isabella West

Contributor

Heritage Park is taking important steps towards creating a diverse and accurate representation of historical Western Canada.

We Were Here: Stories from Early Chinatown is an exhibit hosted by Heritage Park in Calgary. The exhibit originated at Lougheed House but relocated to Gasoline Alley at Heritage Park once the two museums partnered. The exhibit runs from Jan. 14 to April 30, 2023.

The exhibit features fictional stories created by members of the Calgary Chinese community, allowing visitors to learn about Chinese history in early Western Canada through art and imagination. Although the stories featured at the exhibit are fictional, there are many authentic donated artifacts on display.

Kesia Kvill, chief curator at Heritage Park, understands the importance of diversifying the park in order to ensure everyone has the opportunity to share their stories and heritage.

"For us, it's kind of that first step in really committing to making sure that everyone feels that they have an opportunity to be seen and tell their stories at Heritage Park," says Kvill.

As a way to ensure that the museum accurately depicts the Chinese community in historical Western Canada, they partnered with Dale Lee Kwong, a Calgary citizen of Chinese roots, and other members of the Chinese

community who want to preserve Chinatown.

Kwong, co-curator, says that she has many connections to the exhibit. Firstly, Kwong's story, "His Gift," is being featured in the exhibit. It is a tale inspired by the life and journey of a Chinese immigrant known as Jimmy Smith. Her second connection is through her father, Jack.

Jack Kwong donated traditional clothing in the 1990s which can be seen on display. Lastly, Kwong has a rich knowledge of Chinese culture through her own cultural background, which is why she was consulted for this exhibit.

Kwong says that although the exhibit is temporary, "You have to start somewhere," which is why it's notable that Heritage Park is trying to take the correct steps towards diversifying the Calgary landmark.

The exhibit explores the history of Calgary's first two Chinatowns which were moved multiple times because of pressures from the government and other settlers who sought the land for other purposes. Because of this, there are no known artifacts from the first two Chinatowns which is why the exhibit relies on fictional stories and illustrations to tell the story.

Chinese immigrants in Western Canada date back to the mid-1800s during the time of the gold rush and the construction of the

Canadian Pacific Railway. After construction of the railway was complete, many immigrants settled in towns across Western Canada, Calgary being one of them. Soon, Calgary's first Chinatown developed as the Chinese community's established businesses and places of residence.

"Chinatown has a vibrant past as well as a dark past. So it was a space of both exclusion and inclusion," says Kvill.

Once the railway was complete, the Canadian government imposed a "head tax" of \$50 on Chinese immigrants which escalated to \$500 soon after. The head

tax was imposed as a way to slow Chinese immigration thus leading to the Chinese Exclusion Act of 1923.

Despite discrimination, the early Chinese community in Calgary remained resilient. Calgary's Chinatown became an enclave.

"It was where people who were Chinese went to feel safe and find services that they couldn't find anywhere else because they wouldn't be served or they wouldn't be welcomed. So it formed a community out of necessity, but then I think it has really evolved into a community that is celebratory and has worked together to really reclaim that space from being

an enclave to being a place of safety and a celebration," says Kvill.

Heritage Park wants to signify that they are put in place to support and engage the community. "Our community is broad and big, and vibrant and diverse," says Kvill, which is why they are taking action towards telling diverse stories and histories.

"As an Asian person, seeing my culture represented so thoroughly at Heritage Park was just overwhelming and touching. Feeling seen when normally you are invisible, was a big deal," says Kwong.



Photo gallery of the early Chinese community in Calgary on display at the exhibit.
Photo by Isabella West

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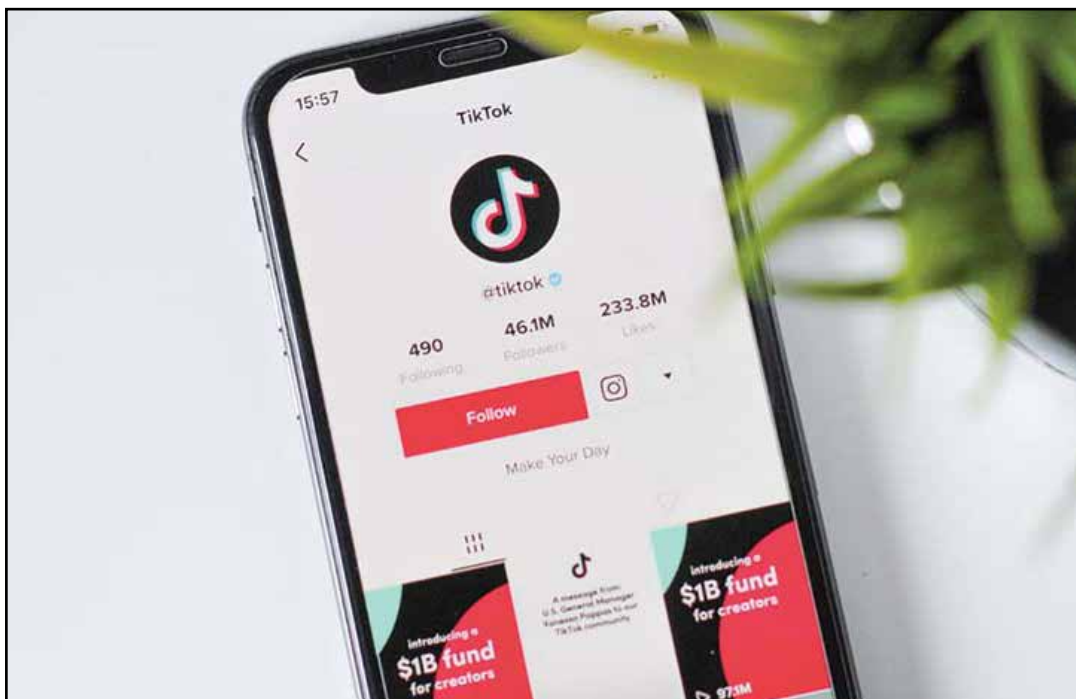
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Cover: Illustration by Abbie Riglin

Federal government bans TikTok on employees' phones

Matthew Hillier

Staff Writer



Following the federal government's advise, various different Canadian cities removed TikTok from government worker's devices. Photo courtesy of Planthat.com

Recently, the government of Canada announced that the popular social media and content-sharing app TikTok will be removed and banned from federal government workers' phones.

This decision was made by the Chief Information Officer of Canada Catherine Luelo following a review of possible security concerns stemming from employees' use of the app.

"Effective Feb. 28, 2023, the TikTok application will be removed from government-issued mobile devices. Users of these devices will also be blocked from downloading the application in the future."

Following a review of TikTok, the Chief Information Officer of Canada determined that it presents an unacceptable level of risk to

privacy and security.

The decision to remove and block TikTok from government mobile devices is being taken as a precaution, particularly given concerns about the legal regime that governs the information collected from mobile devices, and is in line with the approach of our international partners. On a mobile device, TikTok's data collection methods provide considerable access to the contents of the phone."

According to *CBC*, among these concerns was the app's use of private data collection from users. However, they have stated that to date, no government information has been compromised by the app itself.

In addition to the apps being banned from phones, four

Canadian privacy regulators are undertaking a joint probe of TikTok's privacy policies. The goal of this probe is to decide how the app's policies affect the privacy of younger users and how this data collection affects these users.

CBC stated that this probe "will examine whether [TikTok] practices are in compliance with Canadian privacy legislation and in particular, whether valid and meaningful consent is being obtained for the collection, use and disclosure of personal information."

The City of Calgary has also banned the app from workers' phones and tablets. In an email sent by the IT department of the City of Calgary, they said that "Removing TikTok will increase the protection, security and privacy of the

city's technology environment as well as any personal information [employees] may have stored on [their] city iPhones and iPads."

The department states that TikTok's methods of collecting data and user monitoring makes those who have downloaded the app vulnerable to surveillance.

In addition to the move from the federal government to ban the application, *CTV News* reports that the city of Ottawa is also banning TikTok from all corporate phones that access city-managed phone applications.

It has also banned the app from all municipal government-issued devices. The city of Ottawa has cited the recent federal ban and security issues as the reason for these bans.

Furthermore, Alberta, Manitoba, Nova Scotia, Prince Edward Island, Saskatchewan and many more are also banning the application from government workers' phones.

These concerns over privacy are tied to the Beijing-based developer ByteDance Ltd. Many are worried that this company will harvest data from western users for The People's Republic of China.

These recent concerns have fueled the fire of data privacy concerns for these apps' users and some are beginning to question the motives behind large data collection apps and algorithm-based content, despite claims from these apps stating otherwise.

The Reflector, with an on- and off-campus circulation of 2,000 copies, is the independent voice of the students of Mount Royal University. It is published fortnightly during the academic year (Sept. to April).

The Reflector is editorially autonomous and financially independent from all other governing bodies at Mount Royal University.

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MRU club raises money for sexual assault survivors

Emily Kirsch

Staff Writer

A Mount Royal University (MRU) student organization called Women in Media explores themes of sexual assault and safe spaces through a screening of *She Said* to celebrate International Women's day this March 8.

She Said is a film about two New York Times reporters who broke an important story about sexual assault in Hollywood. The screening had a concession where proceeds were to be donated to Calgary Communities Against Sexual Assault.

WIM is a SAMRU club that was started by Broadcast Media Studies students in 2020, and this is their first year organizing an event for International Women's Day.

The club formed with the intention of creating a safe space for women to tell their stories and make content that they were passionate about.

WIM's president Alexandra Padilla Guajardo explains that their goal is to create content that fairly represents women and other minority groups and to amplify their voices. They intend to make and showcase work that doesn't push stereotypes and misconceptions regarding gender or marginalized

groups.

Amanda Williams, associate professor and faculty advisor for WIM states that "If we don't have the right kinds of representations, then how can you imagine a future in which, as a self identifying woman, you are a leader, an entrepreneur...if you don't see those [representations], then it becomes challenging."

Through their screening event, WIM hoped to open discussion about safe spaces, sexual harassment, disclosure in different environments, conversations that can be very tricky. Just like the overlying theme of these events, equity and representation is at the forefront of discussion.

Williams touches on the sensitivity, adding that universities are a space where difficult conversations should be had—because once students begin to move into workplaces, they might want some strategies and ways to think about these issues.

"How do you have those difficult conversations around representation? When you see it, and you can recognize it? How do you work to amplify voices of marginalized communities?"

Aside from WIM's



The executives of Women in Media (WIM) aim to make the club a safe place for not just women but everyone. Photo courtesy of WIM

screening, there are two other notable International Women's Day events to look out for from the Faculty of Business and Communication Studies.

On March 22, there will be an interview with Dr. Heejung Chung from the University of Kent, and author of the book *the Flexibility Paradox*, which will touch on navigating the risks and rewards of working from home.

The event will also feature the voices of Tammy Arseneau, the vice president of human resources at Suncor, which is about the

employer's approach to this new workplace dynamic.

Dr. Laura Hambley Lovett, who has worked with employers to develop policies and practices in managing a distributed workforce, will also be speaking. Following the panelists will be time for discussion and networking.

To close off the International Women's month at MRU, organizers are changing things up by hosting a Hi Lo class for faculty, staff and students alike. Anyone interested can take part in the cardio workout class curated for all fitness levels held on

March 29. This event is a by-donation participation, as all proceeds will go directly back to students.

Williams shares, "particularly for self identifying women who are entering the workplace, there's still a climate where patriarchy exists. So acknowledging that and knowing what strategies might work, especially when there's strength in numbers, all of those kinds of things are positive things."

Project U: A collective to keep track of your new year goals

Arroy (AJ) Jacob

Staff Writer

It would be at this time every year when I give up on my New Year's resolutions. But 2023 is finally the year I can say that's not the case (at least to an extent). But

I'm not writing this to flaunt my progress; I have to credit the people who are making it happen. During the wake of my annual resolution motivation regression, I

stumbled upon a Mount Royal University (MRU) student-led "support group" called Project U.

Enter Christopher Lassota and Katelyn Oszust, two

superb individuals who run Project U, a student initiative dedicated to helping participants keep up with their New Year's resolution through accountability and

fun-filled incentives.

Lassota is a Bachelor of Science - Cellular and Molecular Biology student

Continues on Pg. 6

Ramadan: A month of reflection

Annila Baigzada

Contributor

Ramadan, one of the most spiritual and holy months of the year. Depending on the sighting of the moon, Muslims will begin their month-long religious holiday this year on March 22 to April 20. While the Islamic calendar follows the lunar cycle, these expected dates can differ. For many Muslims, Ramadan brings a period of fasting, prayers and self-awareness. These few weeks are a sacred time to show worship and devotion to God.

During the holy month of Ramadan, Muslims fast every day from dawn to dusk. Fasting includes abstaining from eating, drinking, impure acts or thoughts and sinful actions like substance use, swearing, or backbiting. Instead, acts of worship are encouraged such as praying, reading supplications and verses from the holy book (Quran), giving to charity and connecting with the community at the local mosque.

I like to spend time at my mosque and holding

organized fundraisers, donating my time and efforts to a shelter, and doing simple good deeds. It makes me feel fulfilled and thankful.

Every Ramadan, my parents and grandparents cook a delicious meal to break our fast, and it is always everyone's favourite part of the day. Each day, Muslims must fast while the sun is out. When the sun sets, Muslims break their fast with a meal called 'Iftar' in Arabic. Iftar is a special time when one gathers with their family and friends for a blessed celebration. Iftar usually begins with eating dates or drinking sweetened milk.

Fasting can be invalidated or broken by eating or drinking at the wrong time, although this can be compensated for by fasting on another day (outside of Ramadan).

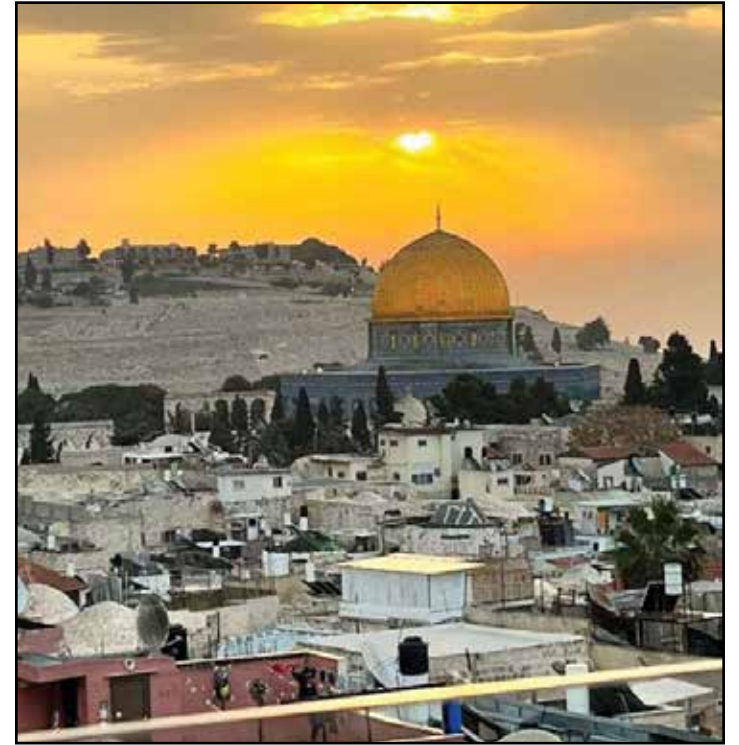
Elderly, women menstruating, nursing mothers, children, pregnant women and the weak are exempt from fasting but to compensate for missed fasts if unable to make them up, one

must feed somebody in need a meal for every day they can't fast (Quran 2:183-184).

At the end of the month, the Ramadan fast is celebrated with Eid Al-Fitr amongst all Muslims around the world. Eid Al-Fitr is one of the two Eids in the Muslim calendar. Eid is celebrated for three days and is a time to reflect, rejoice and connect with other Muslims around us.

Families wear their nicest clothes, parents give their children gifts or money, special foods and pastries are made, and people gather to pray. As a kid, I couldn't wait to wear my Eid outfit and take pictures with my family. Days before Eid, I would pick out my favourite dress to wear. I remember waking up excited to get ready and going out to show all my friends and family. These are the moments and memories I cherish.

Even though I have experienced the joys and excitement of Ramadan and Eid every year, each Ramadan is different. Every year, I learn something new about myself,



Sunrise in front of a Mosque during Ramadan in Palestine. Photo by Annila Baigzada

the people around me, and my faith.

It brings a certain type of vibe and light into the year and to myself. I always look forward to the month

of Ramadan as it brings me a sense of calmness and reassurance. All around, it is one of the happiest and most rewarding times in the year for Muslims.

"Project U..." Continued from Pg. 5

who can be found working all across MRU, whether it's behind the counter at West Gate Social or over the phone at the Admissions and Recruitment Office. Oszust works as a student leadership coordinator with the Office of Student Experience, pioneering new leadership opportunities tailored to blossoming student's potentials.

During the 9th Annual MRU Student Leadership Conference, Lassota approached Oszust with the hopes of practising his public speaking ability. Oszust took him on as one of her capstone students, ready to complete

the program this year.

"The idea for Project U came from Christopher, as he wanted to help people build positive lifestyle habits and reduce the amount of unhealthy/addictive habits that they had in their life. He wanted to create a support network to empower individuals to make small positive lifestyle changes and to be able to connect with like-minded individuals to normalize some of the struggles of building new habits."

Within just a couple of weeks, a dozen students, including myself, found themselves revisiting the

importance of a New Year's resolution and building a strong productive habit.

Participants install the HabitTracker app (available for free on the App Store and Google Play). When you set up an account, you input the kind of habit you want to try keeping, like reading a page of a book before bed. After the account is set up, each participant adds each other as "friends." And when someone completes their task for the day, they mark their daily goal as "complete," notifying the rest of the participants of their accomplishment, and motivating them to do the same.

Every two weeks, Lassota and Oszust meet with their participants, catching up on their lives, their accomplishments and failures in their HabitTracker journey. Incentives are awarded to those who have consistently tracked their progress.

"It is meant to reward those little behaviours and encourage its participants to keep going even when you cannot see the reward at the end," Lassota adds. But prizes aren't given to those who solely complete their goals; they are given to individuals who are honest enough to admit when they did or did not complete them. Honesty

in admitting when they needed the support lands them rewards like Lululemon gift cards or MRU merch.

"I hope that Project U's participants have learned how to manipulate their environments, behaviours and mindset in a way that promotes individual success and wellness," Lassota remarks. "I also hope that Project U has created a warm and welcoming community of people who all share a passion for continuous improvement."

Everyone is welcome to participate! You can scan the QR code on any of their posters.

Language matters: Learning IPA

Charlotte Holmes

Contributor

Growing up, it is almost a right of passage to try and create your own language with your friends. It gives way to ‘inside jokes’ as anyone overhearing would try to piece together the gibberish-like sounds you’d be making. For me, language was always something that seemed a little abstract whether it be French, English or the gibberish language my friends and I made. I struggled to understand all the rules and structure of language - maybe that was because of my dyslexia or maybe it is because language can be a lot more complex than the average person might realize.

Language by definition is a structured system of communication. We might think of it to consist of spoken and written words but language is far more encompassing than just that.

Language can also be formed by gestures and actions like in sign languages, or speech sounds like “clicks” in Khoisan languages.

There are also tools that focus on speech sounds. One, in particular, is constructed by symbols for each speech sound. Simply put, one symbol represents one distinct speech sound. The interesting thing is that the symbols themselves are pulled from various other languages throughout the world. This system is called the International Phonetics Alphabet (IPA).

I began learning IPA earlier this year in my Linguistics class. With a minor in speech, I am required to take The Nature of Language 1. I had a weird mix of feelings going into the class. On one hand, I was ecstatic to dive deeper and expand my knowledge of the language in the hopes

of improving my skills as a communicator. On the other hand, I was terrified.

For much of my life I thought university was an unattainable goal — my learning disability had always served as the devil on my shoulder making me feel weak and incapable. For years I have worked my ass off — pardon my French — to navigate and compose for my dyslexia, especially in terms of academics, but my hard work has paid off.

Thus far in my time at university, I have pretty much been a straight A-student, with the standard mid-semester mental breakdown accounting for a few less-than-ideal grades. But I knew this class was going to be different, I knew this class was gonna challenge me in a new way that I was truly terrified about — and I honestly had

zero ideas what to expect.

When I sat down at the desk on the first day of classes and heard I would have to learn a sound-based, symbolic alphabet, my jaw dropped and I realized my fears were becoming a reality. I knew I was in for a challenge.

I would be lying if I said it wasn’t challenging. IPA is not as straightforward as French or Italian was for me to learn but it did teach me something else too — it taught me that communication and understanding across languages and cultures could be easier than I ever thought. With a great professor properly guiding me through each lesson and breaking it down, my anxiety lessened each class. I didn’t have to worry about my dyslexia, or getting a bad grade — I very quickly realized how much I overdramatized my anxiety

going into it.

With a supportive environment in the class and a room full of other students who were slowly piecing it all together, just like me, I realized that learning IPA could teach me a lot more than just basic sounds and symbols.

My class has worked hard throughout the semester to unlock a part of our brains. We have a better understanding of language and all the different languages throughout the world. We have also become better communicators and because of this, we all wanted to share what we have learned. Below is a fable, *The Ant and the Chrysalis*. My class came together to transcribe it into IPA to give you a little taste of what it is like and hopefully encourage you to expand your learning in ways you didn’t know were possible.

The Ant and the Chrysalis

An Ant nimbly running about in the sunshine in search of food came across a Chrysalis that was very near its time of change. The Chrysalis moved its tail, and thus attracted the attention of the Ant, who then saw for the first time that it was alive.

“Poor, pitiable animal!” cried the Ant disdainfully. “What a sad fate is yours! While I can run hither and thither, at my pleasure, and, if I wish, ascend the tallest tree, you lie imprisoned here in your shell, with power only to move a joint or two of your scaly tail.” The Chrysalis heard all this, but did not try to make any reply.

A few days after, when the Ant passed that way again, nothing but the shell remained. Wondering what had become of its contents, he felt himself suddenly shaded and fanned by the gorgeous wings of a beautiful Butterfly. “Behold in me,” said the Butterfly, “your much-pitied friend! Boast now of your powers to run and climb as long as you can get me to listen.”

So saying, the Butterfly rose in the air, and, borne along and aloft on the summer breeze, was soon lost to the sight of the Ant forever.

“Appearances are deceptive.”

[ðɪ ænt ən ðə kɪsəˈleɪs]

[æn ænt ˈnɪmli əˈbɔʊt ɪn ðə ˈsʌnʃaɪn ɪn ˈsɜːtʃ əv fʊd keɪm ækruːs ə kɪsəˈleɪs ðæt wəz veri niu its taɪm əv tʃeɪndʒ. ðə kɪsəˈleɪs muvɪd ɪts teɪl ən ðɪs ætʃʊæktɪd ðə ætənʃən əv ðə ænt, hu ðen sɔw fɔw ðə fɜːst taɪm ðæt ɪt wəz əˈlaɪv.

“pɔw, pɪtɪəbəl ænɪml!” kɹaɪd ðə ænt dɪsdeɪnfʊli. “wʌt ə sæd feɪt ɪz jɔwɹz! weɪl əɪ kæn ˈhɪðər ən θɪðər, æt məɪ pleɪzər, ən ɪf əɪ wɪʃ, əsənd ðə tawlest tʃiː, ju laɪ ɪmˈpɹɪznd hiː ɪn jɔw ʃel wɪθ pæwɹ ɔwnli tu muv ə dʒɔɪnt ɔwɹ tu əv jəʊ skeɪli teɪl.” ðə kɪsəˈleɪs hʌd əl ðɪs, bʌt dɪd nɒt tʃaɪ tu meɪk ɛni ˈɹɪpləɪ.

ə fju deɪz æftə, wɛn ðə ænt pæsd ðæt weɪ əɡen, ˈnʌθɪŋ bʌt ðə ʃel ɹɪmeɪnd. wəndɪɪŋ wʌt hæd bɪkʌm əv ɪts kəntents, hi felt hɪmsɛlf ˈsʌdenli feɪdɪd ænd fænd bæɪ ðə ɡɔwɹdʒəs wɪŋs əv ə bjuːtɪfl bʌtəˈʃʃəl. “bɪhɔwld ɪn me,” sæd ðəbʌtəˈʃʃəl, “jɔwɹ mʌtʃ-pɪtɪd frænd! bɔwst nɔw əv jɔwɹ pəwɹs tu ˈrʌn ən klaɪm əz lɔŋ əz ju kæn ɡet mi tu lɪsən.”

Sɔw seɪɪŋ, ðə bʌtəˈʃʃəl jɔwz ɪn ðə əɪ, ænd, bɔwn əˈlɔŋ ən əˈlɔft ən ðə sʌmɹ brɪz, wəz sʌn lɒst tə ðə səɪt əv ðɪ ænt fəˈevɹ.

əpɪənsɪz əɪ dɪseptɪv.]

YOUR STUDENTS' ASSOCIATION



**Thursday
March 23** ♦ **West Gate
Social** ♦ **Doors open
at 8pm**

Explore gender identity and expression through dance, performance, comedy, drag, and more!

Interested in performing at Gender Bender?

Contact the Pride Centre at pridecentre@samru.ca for more information, and to sign up by March 20. Beginners are welcome!

free
event!

samru.ca/events

18+ event. Government-issued ID required. Please do not drink and drive.



Online and
in-person
appointments
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**Free TAX
CLINIC**
March 6 to April 28

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Join the Celebration!

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Lost in a dreamy spell

My enchanting night at the Alvways concert

Astrid Cunanan

Arts Editor



Alvways is a Canadian indie-pop band who originated from Charlottetown, Prince Edward Island. Photo by Astrid Cunanan

In short, I was swept away by dreamy guitar riffs and sugar-coated vocals by Alvways, the indie-pop quintet based in Toronto that has been charming audiences across North America with their irresistible melodies and bittersweet lyrics in support of their newest album, *Blue*

Rev, last fall.

On a chilly evening in Calgary fans eagerly gathered at MacEwan hall to witness the band's mesmerizing live performance. And let me tell you, Alvways did not disappoint. From start to finish, their set was a whimsical journey through

love, loss and everything in between.

As the lights dimmed and the crowd erupted in cheers, Alvways took the stage, frontwoman Molly Rankin leading the charge with her signature guitar sound and ethereal vocals. The band kicked things off with their

infectious hit "Pharmacist" immediately sending the audience into a frenzy of swaying and singing along. From there, they launched into a series of fan-favourites like "Dreams Tonight," "Not My Baby," and "Archie, Marry Me," each one delivering a euphoric burst of energy that filled the room.

In a refreshing break from the usual sea of glowing phone screens, the crowd at Alvways' concert seemed to be fully present and living in the moment. The absence of constant filming and photo-taking was a welcome sight, as fans instead surrendered themselves to the band's infectious beats and dreamy melodies.

It was as if the music had cast a spell over the audience, luring them into a state of pure blissful abandon.

As if Alvways' enchanting music wasn't enough to transport the audience to another world, the concert's projection visuals took things to the next level. Against a white backdrop, images of natural landscapes and celestial wonders danced across the screen, creating

a mesmerizing dreamscape that perfectly complemented the band's dreamy sound.

At times, it felt as though the audience was being whisked away on a cosmic journey, soaring through starry skies and gliding over fields of wildflowers. Other times, the visuals took on a more intimate, introspective tone, zooming in on the intricate details of a leaf or the shimmering reflection of a pond.

Throughout it all, the visuals never felt like a distraction or an afterthought, but rather an integral part of the concert experience. They added an extra layer of beauty and depth to Alvways' music, highlighting the themes of nature and wonder that run through many of their songs.

As the crowd filtered out into the night, it was impossible not to feel a sense of gratitude for having been part of such a magical experience. Overall, for \$30 I got everything and more for about an hour and a half. If you have the chance to see Alvways live, I highly recommend it.

OUT'N ABOUT

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Fashion at MRU: How MRU students stay trendy on a budget

Hunter Pratt

Contributor

In a world where trends are fast changing, young people are pressured to follow and succumb to these fads. How are university students expected to afford these trends while facing important costs such as tuition payments and housing payments?

When I walk through campus, I commonly notice students wearing brand names and dressing similarly to what I see trending online. What are their secrets? In an attempt to reveal some students' secrets, I took to the hallways of Mount Royal University (MRU) and asked select students how fashion trends affect them.

With each interview, I discovered a variety of different outlooks on fashion; mostly how some students care about what they wear much more than others. I think the deciding factor of how much we care about fashion is based upon how many other pressing factors are within each of our lives. If you stress more about making your next month's rent, then the last thing on your mind is probably what you are going to wear to your 8:30 a.m. class.

As students, we do what we can to feel our best about our appearances. So, what are the things that MRU

students do to maintain a budget and dress how they want? Well, let's take a look at some of the students I had the pleasure of interviewing.

Firstly Malaika, pictured wearing a long sleeve top, acid wash jeans and air force ones. I have mostly seen swirl tops like the one she is wearing on TikTok and her Air Force Ones is a staple in any closet. Malaika commonly shops at stores like Urban Planet or Garage because of their affordability.

"I feel like it's hard not being into fashion, especially when you come to university and you see everyone wearing the same thing," said Malaika. University is a place where students not only go to learn but they go to represent themselves with their use of personal style.

On the other hand, Aliana looks for more timeless clothing. When I asked her if she feels the need to keep up with fashion trends she responded with, "I usually shop for things that appeal to my eye, if it's trendy at the moment then why not. I usually see how I can refine clothes, how I can thrift flip them, like with crocheting," she said.

Thrift flipping is a great and inventive way to save money and to create clothing that is personal and unique to the person making them. I also asked Aliana if she felt that she misses out on trends because of the student budget. She said, "For me, not really, I think trendy clothes are cool and are nice but missing out on



When it comes to her style, Aliana values comfort more than trends. Photo by Hunter Pratt



Shopping at the thrift store is a fun way to experiment with their style for students like Malaika. Photo by Hunter Pratt

that part, I just wear what I feel comfortable with."

Aliana's sentiment reflects a larger trend among fashion consumers, who are increasingly placing a greater emphasis on individuality and personal style over the pressures of staying current.

I determined from each interview how differently students perceive fashion. Some students care much more about brands and following trends than others. It really brings up the question of how much we should let ourselves care.

Our outer appearance is the first thing we notice about one another and make

assumptions on. As well, there is the cliché saying "dress to impress." I think as a student following trends isn't essential, but finding your personal style is. At the end of the day what you wear is a reflection of yourself and while there is pressure to follow the latest trends, if it doesn't favour your bank account maybe it's not worth it.

It's important to remember that each individual has the power to shape their own fashion journey. By embracing our individuality and letting go of external pressures, we can find joy and freedom in the clothing we wear.

EEAAO wins in more ways than one

A groundbreaking moment for Asian representation at the 2023 Oscars

Astrid Cunanan

Arts Editor



Viewership for Oscars surges by 13 per cent, drawing a record 18.8 million audience. Photo courtesy of A24

The anticipation was palpable as Hollywood's elite gathered for the biggest night of the year. But for me, the real star of the show was the highly-anticipated film *Everything Everywhere All at Once*. With its mind-bending storyline and star-studded cast, I was on the edge of my seat waiting to see how it would perform on the Oscars stage. And let me tell you, I was not disappointed.

Everything Everywhere All

at Once was undoubtedly the talk of the town this award season, and it's no surprise why.

With a whopping eleven nominations, including a well-deserved nomination and win for Michelle Yeoh in the Best Actress category, her first Oscar nomination ever. As well as Ke Huy Quan's win for Best Actor in a Supporting Role and his emotional speech. This film was poised to sweep the

Oscars.

The characters' performances were nothing short of extraordinary, and it was clear that every actor gave it their all.

It was especially heartening to see Yeoh's win, since the only person of colour to have won the Best Actress award in the past 20 years was Halle Berry back

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Paramore's latest album *This Is Why* is a masterclass in millennial angst and introspection.

Hayley Williams' powerful vocals and the band's dynamic instrumentals take listeners on a journey of self-discovery and emotional vulnerability.

The album's themes of anxiety, self-doubt and navigating the challenges of adulthood are woven throughout each song, making it a relatable and cathartic listening experience for listeners of all ages.

My favourite, "Crave" is the most underrated song on the album and is undoubtedly one of the most powerful and haunting tracks, leaving an indelible impression in the

ears from the very first listen. It's one that gets stuck in your head and refuses to let go. Beginning with a slow and quiet tone, it gradually evolves into a groovy, melodic and heavier masterpiece.

At its core, *This Is Why* is an album about self-acceptance and growth. *This Is Why* is a perfect encapsulation of Paramore's ever-evolving sound and unmatched energy. It's an album that speaks to the heart of what it means to be young and uncertain in the 21st century, and it's sure to resonate with listeners for years to come.

- Astrid Cunanan



Death Cab for Cutie has been a staple of indie rock for over two decades, and their latest release, *Asphalt Meadows* (Acoustic), showcases the band's enduring ability to captivate audiences with their heartfelt lyricism and melancholic melodies.

Lead singer Ben Gibbard, in a recent interview with *The Skinny*, discussed the album's origins and how the pandemic has influenced their creative process. He said, "There was a need to create something that felt more intimate and stripped down, that would work in a living room with a small audience." *Asphalt Meadows* (Acoustic) is precisely that - an intimate and

deeply personal offering from the band that showcases their talent for crafting emotive and introspective music.

My favourite acoustic re-recording of this album is "Pepper." This acoustic rendition by Death Cab for Cutie surpasses the original album cut in every way. While the production of the original album was great overall, it felt a bit excessive, especially on this particular track. In contrast, the acoustic version stays true to the essence of the song. The stripped-down nature of the acoustic version also allows for a deeper appreciation of the lyrics and vocals.

- Astrid Cunanan

“EEAAO wins in...” Continued from Pg. 11

in 2002, making Yeoh the first Asian star to win best actress in the 95-year history of the Academy Awards.

Despite the Academy Awards’ claim to recognize excellence in the film industry, the Oscars have a long history of underrepresenting minorities. As reported by *Insider*, in the last decade alone, a staggering 89 per cent of nominations have gone to white nominees, with men receiving 71 per cent of nominations.

Yeoh has been acting since 1984 when she made her debut in a commercial alongside the legendary Jackie Chan. She starred in her first film in 1997 in *Tomorrow Never Dies*. And since then, Yeoh has worked tirelessly to hone her craft, appearing in over 50 films and garnering international acclaim for her talent.

Her win for Best Actress

in *Everything Everywhere All at Once* is a well-deserved recognition of her incredible work in the industry.

The 2023 Oscars was a groundbreaking moment for Asian representation, as *Everything Everywhere All at Once* secured an impressive seven awards out of 11 nominations. Notably, it marked the first time in Oscars history that multiple Asian actors received awards on the same night.

In a world where sequels and reboots dominate the box office, *Everything Everywhere All at Once* is a breath of fresh air. It’s a reminder that originality and creativity are still alive and well in Hollywood.

As we look towards the future of Hollywood, we can only hope to see more diverse voices and stories recognized and celebrated on the world’s biggest stage.



The Dolby Theatre is where they host the Oscars every year except for in 2021 due to COVID-19. Photo courtesy of Wikimedia Commons





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The biggest winners and losers of the NHL trade deadline

Matthew DeMille
Staff Writer



A staple of the Chicago Blackhawks' for more than a decade, Patrick Kane now finds himself in a new set of threads. Photo courtesy of Trippchicago/Wikimedia Commons

In what seemed like a blink of an eye, the National Hockey League's (NHL) trade deadline has sped on by. While the deadline itself landed on March. 3, many clubs didn't wait till the final day to make their moves. As a matter of fact, deals started to roll through as early as Jan. 30 — when former Vancouver Canuck team captain, Bo Horvat, was sent to the New York Islanders.

The beautiful thing about the trade deadline is that it's nearly impossible for clubs to hide their true intentions as they get ready to gear up for a Stanley Cup Playoffs push or a long, hot summer on the golf links. Other clubs, analysts and fanbases are all able to see which teams have put all their chips in the pot, which are on the fence, which are selling their store, and, lastly, which have no-flipping-clue what direction their crew is headed.

Now, as the 32 general managers get tucked into bed following a handful of chaotic afternoons in the office and sleepless nights, most likely still in their offices,

we will examine all 59 swaps made this deadline in order to highlight a few clubs who struck it rich and a few who fell short this go-round.

Fear the east

Prior to the deadline, there was a commonly shared belief across the hockey community that a team from the Eastern Conference would win the Stanley Cup. And that was before superstars, who once ran the opposing Western Conference, migrated over to the east. The likes of Bo Horvat, Vladimir Tarasenko, Ryan O'Reilly, Timo Meier, Tanner Jeannot, Jesse Puljujarvi, Patrick Kane and Jakob Chychrun, all found new homes with Eastern Conference clubs.

Beantown or bust

If you didn't already have the Boston Bruins as your favourites to win the Stanley Cup, now is the time to change your pick. Boston — who

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#s

50, The 2022/23 Boston Bruins became the fastest NHL team to reach 50 wins in a season.

48, Most wins in the NBA this season, currently held by the Milwaukee Bucks.

14, Seconds it took Ronda Rousey to submit Cat Zingano, the fastest submission in UFC history.

5, Current amount of points out of a playoff spot for the Calgary Flames.

"The biggest winners..." Continued from Pg. 13

was already atop the NHL standings prior to the trade deadline — added even more toughness, grit and tenacity to their roster by acquiring Garnet Hathaway and Dmitry Orlov from the Washington Capitals and Tyler Bertuzzi from the Detroit Red Wings. While results aren't usually instantaneous, blueliner Dmitry Orlov is already proving us wrong. In his five games as a Bruin, Orlov has already recorded three goals, six assists and was given the NHL's First Star of the Week honours on March 5. We sure feel bad for the poor wildcard team that gets stuck playing the Bruins in the first round of the playoffs.

The 'Big Apple' gets bigger

The New York Rangers are staking the claim that a pure offensive strategy is enough to make a deep push in the Stanley Cup Playoffs. They reiterated this belief through their trade deadline acquisitions this year, acquiring one- and three-time Stanley Cup champions, Vladimir Tarasenko and Patrick Kane. Taresenko and Kane will join the Rangers' already star-studded forward core that includes Artemi Panarin, Mika Zibanejad, Chris Kreider and Alexis Lafreniere.

Pair that with 2021 Norris Trophy recipient, Adam Fox and 2022 Vezina Trophy winner, Igor Shesterkin, and the New York Rangers may have just found themselves

a Stanley Cup winning combination.

Midseason rebuilds

Just because a team is not in the position to buy at the trade deadline, doesn't mean they have to keep quiet. The Nashville Predators are perfect examples of how teams looking to shake up their roster can have a successful deadline as a team not looking to make a run in the playoffs.

Sitting just six points out of a wildcard spot in the Western Conference, the Predators kickstarted their retooling process at the trade deadline, selling four rostered players to cup contenders for a slew of draft picks. After sending Nino Niederreiter, Tanner Jeannot, Mikael Granlund, and Mattias Ekholm out the door, Nashville welcomed in a total of nine draft picks, Rasmus Asplund, Tyson Barrie, and prospect Reid Schaefer. With the addition of the nine draft picks, Nashville now has two first-round picks, two second-round picks, and three third- and fourth-round picks in the 2023 NHL Entry Draft.

While Nashville's postseason hopes remain up in the air for this season, they've already built a remarkable foundation for a rebuild in the years to come.

Left in the dust

The trade deadline didn't favour the Carolina Hurricanes this year, but it wasn't because of shoddy moves made but the team's general manager, Don Waddell. Instead, the

Hurricanes were caught in a 'left-in-the-dust' scenario by not only their Metropolitan Division rivals but almost every Eastern Conference club that is slowly solidifying a playoff spot.

While Waddell managed to buff up the Hurricanes forward and defense depth with the additions of Jesse Puljujarvi and Shayne Gostisbehere, other clubs were locking down former Stanley Cup champions. In the Metropolitan Division alone, the Hurricanes are now tasked with competing against the New Jersey Devils and New York Rangers, who acquired

Timo Meier and Patrick Kane plus Vladimir Tarasenko, respectively.

Getting old

The good old days are long gone in Pittsburgh. But, it seems that their upper brass, led by general manager Ron Hextall, have yet to realize or act on it. Although still elite, longtime Penguins — Sidney Crosby, Evgeni Malkin, and Kris Letang — are not getting any younger, with Crosby and Letang clocking in at 35-years-old and Malkin sitting at 36. The Penguins, who currently sit in the Eastern Conference's second wildcard slot, should

have followed the Nashville Predators' path and sold an asset or two for a handful of picks. Instead, the club added three skaters to their roster — Nick Bonino, Mikael Granlund, and Dmitry Kulikov — all of which are over the age of 30. In exchange, the Penguins shipped out 29-year-old Brock McGinn and five draft picks.

It's clear that Crosby and company want a couple of more tries for another ring, but at one point or another, management needs to put a priority on rebuilding instead of winning another championship.

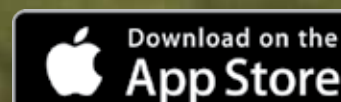
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Former Stanley Cup winner Vladimir Tarasenko will look for more postseason success with his new team. Photo courtesy of Michael Miller/Wikimedia Commons



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How the *Creed* film trilogy humanizes boxing

Josh Werle
Sports Editor

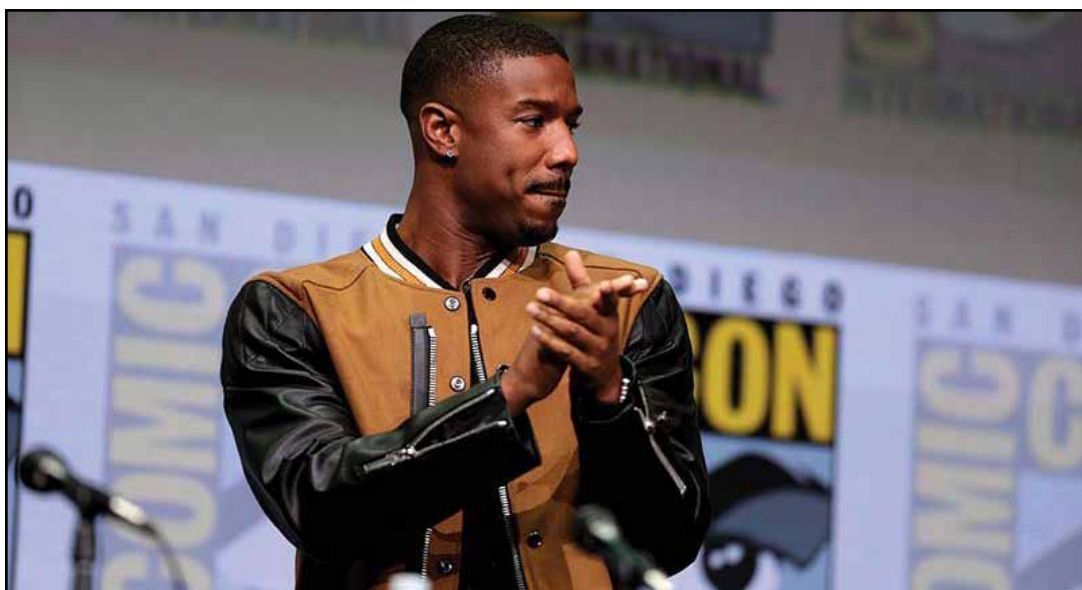
Long before Michael B. Jordan took on the role of Adonis Creed in the newest trilogy of combat sports movies, Sylvester Stallone's Rocky was the blockbuster boxing breadwinner. After the release of *Creed 3* on March 3, it's clear that the torch has been passed on to a new generation of boxing films. The *Creed* trilogy is set in the same universe as the *Rocky* films, with Sylvester Stallone's Rocky character having appeared in the first two movies. During this time, you can actively see Rocky passing on his wisdom — and Stallone his torch — to Jordan's Creed, both in the sport of boxing and in life.

Passing the torch

The *Rocky* films were always about more than boxing, and the *Creed* trilogy followed suit. Creed is a character who dealt with much adversity — growing up without a father, living in a foster home, making a name for himself in a sport

that already knows his last name, and finding his “why” that is unique and personal to himself which pushes him to fight. The first *Creed* film chronicles Creed carving out his own path in the sport of boxing. He moves from Los Angeles to Philadelphia in an attempt to learn from Rocky, who no longer interacts with the boxing world.

Almost out of a sense of guilt and responsibility — Rocky feels responsible for the death of Creed's father after watching him die in the ring — he eventually helps to train Creed and prepare him for a boxing match. During this time, Rocky is diagnosed with cancer, a disease which took the life of his late wife. After battling with his diagnoses, Rocky and Creed work together to overcome their own individual battles, as Rocky fights cancer and Creed fights an undefeated boxing champion, Ricky Conlan. Rocky and Creed have their ups and downs



Actor Michael B. Jordan has brought life to the character of Adonis Creed in the Creed trilogy. Photo courtesy of Gage Skidmore/Wikimedia Commons

in the film, each struggling with maintaining their sense of self, while also fighting against physical battles and helping each other overcome them.

New age

In the second *Creed* film, Creed battles with his responsibilities as both a new father, and the heavyweight champion of the world. After suffering a brutal disqualification victory at the hands of Viktor Drago — the son of Ivan Drago, who killed Creed's father in the ring — Creed has to decide whether being a father and raising a family is a possibility if he wishes to exact revenge in the boxing ring.

This film's primary theme is family, and it examines the importance of being there for the people who you're closest to — whether you are related or not. After facing Viktor Drago for a second

time, Creed overcomes the odds and defeats him after his father Ivan throws in the towel — a boxing term that stems from one competitor's team throwing a physical towel, indicating that they wish to stop the fight. This meant that the Drago's would be shunned by their family for their perceived cowardice, but that Ivan had changed as a person and chose to prioritize his son's health over his personal status and notoriety.

Rocky-less finale

Unfortunately, a real-life dispute between Sylvester Stallone and producer Irwin Wikler led to Rocky's absence in the third film. Although it was unfortunate that his character wasn't a part of the newest installment, his legacy will live on through the impact of a character that he helped build — Adonis Creed. In the third *Creed* film, Creed once again struggles

with his identity and his past. After retiring from boxing and becoming a promoter, Creed gets reconnected with his friend Damian Anderson, who had been in prison for 18 years. When the two were younger, Creed ran away from the police who arrested Anderson — who was helping protect Creed.

The film examines their friendship, as well as Creed's decision to step up and fight Anderson in the ring. The primary theme of this film is running — whether it be from your past or your future destiny.

Although the *Rocky* films will forever be the gold standard for both boxing and sport-related films, the *Creed* trilogy has created an equally great story that can capture the minds of new-age fans and the next generation. Similarly to the *Rocky* films, the *Creed* movies highlight just how human a violent sport can be.



The Creed trilogy has been uplifted by the stellar performances of Michael B. Jordan, Sylvester Stallone and Tessa Thompson. Photo courtesy of Patriarca12/Wikimedia Commons

Trailblazers: Women who fought for equality in sports

Josh Werle
Sports Editor

March 8 marks International Women's Day, a time to celebrate the achievements and contributions of all the amazing women in our world — both past and present. In the world of sports, women have consistently had to compete for their opportunity to compete, seemingly always needing to remind sports fans why they deserve the same attention as their male athlete counterparts.

In some cases, certain women have risen to the occasion in the sporting world, and used their position as a top-tier competitor to fight for others to receive the treatment that an athlete — professional or otherwise — deserves. These are only a few of the most prominent trailblazers in the world of women's sports.

Ronda Rousey

"Never." Only one word, yet it held so much weight for all the female martial artists in the world when Ultimate Fighting Championship (UFC) president Dana White responded to a reporter on Jan. 19, 2011 when asked if women would fight in the UFC.

The sport of mixed martial arts allows competitors to focus on any skill they would like, so to think that all the female wrestlers, karate practitioners, judo competitors and boxers around the world would seemingly never have a chance to compete in the big leagues is a truly saddening thought. Then came Ronda Rousey — a female judo competitor who was so exciting and encapsulating



Jackie Joyner-Kersey was the first American woman to win a gold medal in long jump and heptathlon. Photo courtesy of Ash Carter/Wikimedia Commons

that White had his hand forced. Only two years later in 2013, Rousey would be one half of the first female UFC fight, standing opposite of rival Liz Carmouche. Rousey would go on to become one of the UFC's biggest stars, regardless of gender. Rousey's contributions to the growth of women's MMA can not be overstated, as her presence as a champion and star of the UFC has allowed the women's divisions of the company to be one of their most prominent and featured for marquee matchups.

Jackie Joyner-Kersey

Jackie Joyner-Kersey is a former track and field athlete, having won six Olympic medals across four different Olympic Games. Joyner-Kersey is a philanthropist and activist who primarily works in racial equality and women's

rights. Joyner-Kersey was named by *Sports Illustrated* as the greatest female athlete of the 20th century, and was the first American woman to win a gold medal in long jump and heptathlon. In 1988, Joyner-Kersey created her own foundation with the purpose of helping youth through healthy living, education and sports. She is both a trailblazer and prominent figure for women in sports, and African-American athletes around the world.

Billie Jean King

Considered largely to be the greatest tennis player of all time, Billie Jean King's 22 year pro career is a spectacular example of trailblazing in sports. Jean King won 39 major titles, and was inducted into the International Tennis Hall of Fame in 1987, three years before she completed her playing career. Jean

King was a major activist for equality in female sports — in tennis or otherwise. She was the first female athlete to earn over \$100,000 in prize money, and after winning the US Open in 1972 — earning \$15,000 less than her US Open winning male counterpart — Jean King would go on strike and refuse to play the following year if the female and male pay were not of equal value. This resulted in 1973's US Open payment being equal for both men and women winners.

That same year, Jean King became the president of the Women's Tennis Association — created to advocate for a better future for women in tennis. On Aug. 12, 2009, Jean King was awarded the Presidential Medal of Freedom from then US President Barack Obama, for her contributions to the female sports community.



Billie Jean King is commonly considered one of the greatest tennis players of all time. Photo courtesy of David Shankbone/Wikimedia Commons