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Bridge to Canadian Nursing

Alberta's plan to support internationally trained nurses in their transition to Canada

Julie Patton
Contributor



Left to right: Robyn Stewart, Uche Nechi, Demetrios Nicolaides, Zaldy Patron, Jason Copping, Chad London, Lynn Connell and Jennifer Mah. Photo courtesy of Mount Royal University Media Relations

The Alberta government is announcing its commitment to invest \$7.3 million over the next three years into the Bridge to Canadian Nursing (BCN) program.

This program was designed to assist internationally trained nurses in their transition to the Canadian and Alberta nursing system. The program's courses were developed to meet the requirements of the College and Association of Registered Nurses of Alberta.

Through this initiative, an internationally educated

nurse can build upon their acquired skills to meet the necessary requirements of Alberta and Canada's entry to practice competencies.

This \$7.3 million investment will create 600 new seats for nurses interested in taking the BCN program. Of these 600 seats, 256 will be at Mount Royal University (MRU), 250 at NorQuest College, and 120 at Bow Valley College.

Untapped source of knowledge

The BCN program was first

introduced to MRU in 2006. The program takes nurses 10 to 14 months to complete and it consists of 10 courses that end with a six-week practicum.

Robyn Stewart, MRU's BCN program coordinator and associate professor, told MRU that nurses are always needed. She says, "Professional nurses who immigrate to Canada but are not able to obtain or are stalled or delayed in obtaining a license are an untapped source of knowledge and skill."

Additional funding

The Alberta government has also included \$7.8 million in the provincial Budget 2023 to annually fund non-repayable financial support for internationally educated nurses.

This fund is available to all nurses who have been successfully enrolled in an approved bridging program. Starting in the 2023/2024 academic year, eligible students can access up to \$30,000 over a five-year period to offset the costs of the BCN program. Recipients of this bursary are required to complete one year of nursing service in Alberta for every \$6,000 accessed.

The amount of the bursary will depend upon the recipient's program of study, tuition costs, licensing and program fees. The minimum amount that can be awarded is \$8,000 and a third party will oversee the bursary program.

Recognizing Filipino nurses

Additionally, the Alberta government's commitment to funding will fulfill a Memorandum of Understanding (MOU) made back in October 2022 between the Alberta and Philippine governments. In this agreement the Philippines agreed to encourage nurses to choose Alberta if they were seeking

international opportunities. In return, the Alberta government promised to provide financial, educational and licensing assistance to help Filipino nurses in their transition to Alberta.

This MOU will help address Alberta's critical nursing shortage through recruitment of registered nurses as well as licensed practical nurses. As the province has a vibrant Filipino community, nurses from the Philippines will find themselves not only supported by the government but welcomed into the community.

Former premier Jason Kenney, stated at the time of the MOU: "We are thrilled to take this important step toward attracting internationally trained nurses from the Philippines to work in Alberta. These professionals are dedicated and highly educated, and can make an enormous contribution to bolstering our healthcare system."

Through the BCN program and bursary available for internationally educated nurses, Alberta is fulfilling their promise to the Philippines to help support Filipino nurses who enter the province. In addition to this, they are creating more opportunities to enter the nursing system for other international nurses residing in Alberta.

MRU announces new Associate VP

Dr. Connie Van der Byl is the new Associate VP of Research, Scholarship, and Community Engagement

Isabella West

Contributor

Dr. Connie Van der Byl is appointed as Mount Royal University's (MRU) new Associate Vice-President of Research, Scholarship and Community Engagement as of Feb. 10.

The Office of Research, Scholarship and Community Engagement is dedicated to helping Mount Royal faculty, staff and students with research and scholarly activity from beginning to end.

The said office strives to foster an environment of scholarly inquiry and community-engaged research on campus for the betterment of the broader community.

Van der Byl says that she thinks research is valuable for the student experience because, "research is the creation of knowledge and I think that universities are these amazing places where we discover things, we share things, we analyze knowledge, we critically assess it."

With a PhD in Energy Management and Sustainable Development, an MBA from Haskayne School of Business and a BA in Economics and Applied Studies, Van der Byl understands that being curious and asking questions is a part of our innate identities which is why she finds research to be highly valuable.

Van der Byl has been a faculty member of the Bissett School of Business at MRU since 2012 and was the Academic Director for the Institute of Environmental

Sustainability for nearly eight years. She is now focusing on research targeted towards energy organizations and strategic response to environmental issues.

Van der Byl says that she hopes to foster a collaborative environment where students, faculty and staff can share their stories and experiences in order to better understand what she can do to better support research, scholarship and community engagement.

In order to accomplish this, Van der Byl says she is open and willing to talk and meet with members of the university in an inclusive, kind and supportive environment.

"I love meeting with people, like yourself, I love hearing stories, I love understanding what we're doing well and where we can improve," says Van der Byl.

It is apparent that some university students may struggle with comprehending assigned research or reading

academic articles, as such, Van der Byl says that academic reading and research is a new way of being presented with

information in a complex way which can make it difficult for many.

However, when asked for her advice on this subject,



Dr. Van Der Byl has been a faculty member at the Bissett School of Business since 2012. Photo courtesy of Mount Royal University Media Relations

"I love understanding what we're doing well and where we can improve."

Connie Van der Byl

Van der Byl said that students should try to stick with it and don't become discouraged because the more you practice, the easier it will become.

life. "You'll be able to decipher things in a different way and I think it's really a bit of a privilege for all of us who have a university education,"

says Van der Byl.

In her newly appointed position, Van der Byl says that her vision for her office is to enhance the

foundation and access any gaps that need to be filled.

She also hopes to showcase Mount Royal students and faculty researchers internally

as well as externally, to a broader community because "Mount Royal is unique and special in what we do and how we do it" and she believes it's important to celebrate that.

Van der Byl believes that although her office may seem detached from the student body, students are key to the university and the office is put in place in order to support students. She says that there are many opportunities for students to be involved in interesting and unique problem solving projects because "having a youthful voice and perspective in solving those problems is really really important."

Two earthquakes astound Türkiye and Syria

Khai Choual

Staff Writer

The initial earthquake struck at a depth of 11 miles, which is approximately 17.9 km. The earthquake affected approximately 13 million Turkish civilians and the earthquake resulted in at least 120 aftershocks.

Turkish President Tayyip Erdogan declared a three-month state of emergency in the affected areas such as Nurdadi and Gaziantep in Gaziantep Province, and many provinces including Adana, Gaziantep, Hatay, Kahramanmaras, Malatya and Sanliurfa. Syrian cities such as Aleppo, Latakia, Hama and Idlib were affected with buildings damaged and collapsed.

Syria has already come across a humanitarian crisis with a 12-year conflict and refugee crisis which the earthquake has only caused further disaster adding to the already existing crisis in the region with over four million people relying on aid.

The earthquake in Türkiye and Syria has left hundreds of thousands of individuals homeless and has left many vulnerable to disease, exploitation and abuse. The harsh winter weather has caused damage to shelters and water infrastructure and has increased the risk of hypothermia and waterborne diseases. Children are also unable to return to school and buildings have been deemed unsafe.

The minister of International Development and minister responsible for the Pacific Economic Development Agency of Canada, Harjit S. Sajjan, announced Canada has



The two earthquakes have caused a number of casualties. Photo courtesy of Wikimedia Commons

provided 10 million in humanitarian assistance to help support medical services as well as providing shelter, food and essential items. Canada has also issued 50 million dollars in humanitarian assistance for Syria in 2023. Canada continues to monitor the situation in Türkiye and Syria and touch base with humanitarian partners to evaluate and respond to the needs.

Sajjan has stated that "Canadians are deeply saddened by the loss of life and terrible destruction caused by the earthquakes. Our initial response will go toward meeting the immediate, most urgent needs of those impacted by these devastating events. We continue to look at ways we can support those affected during these difficult times."

Thirteen days after the

earthquake in Türkiye and Syria, on Feb. 20, Southern Türkiye and Northern Syria regions were hit again by two new earthquakes with magnitudes of 6.4 and 5.8.

The death toll has reached more than 45,000 in both Syria and Türkiye, 4,500 deaths were reported in Northwest Syria. Access to aid finds another level of complications, as currently, only three crossing points are authorized for humanitarian aid between Türkiye and Syria. The death toll is anticipated to rise as bodies are being recovered from the rubble.

The latest quake was smaller in magnitude but reports declare more lives have been lost and many more people are injured. Many buildings have collapsed, health care services are disrupted, and more evacuations have

taken place. The recent earthquakes caused severe delays in access to safe water.

A lot of humanitarian aid is now working and responding to the new quakes. Organizations such as the Red Cross, The International Federation of Red Cross and Red Crescent Societies (IFRC) and the Doctors Without Borders have aided Türkiye and Syria with teams consisting of volunteers and doctors, assisting the affected communities, including transporting, food and medical aid.

The World Health Organization (WHO) in response to the devastating earthquakes impacting Türkiye and Syria, has delivered 72 metric tons of trauma and emergency supplies, including treatments, to support the response efforts.

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).

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Phones before bed may be hurting you more than you think

Emma Duke, Staff Writer & Keo Bunny, Features Editor



Putting your phone away 30 minutes before bed can improve your sleep quality.
Photo courtesy of PxHere

How many times do you pull out your cell phone a day? How about at night? It's easy to lose track of time as you scroll through Twitter or Instagram but the effects may extend further than just being sleepy in your morning classes the next day. The blue lights radiating off your phone screen may be detrimental to more than your sleep, it could also affect your physical well-being, exposing you to a host of chronic issues.

We sleep every night and scroll our phones everyday. When these two things collide and we use our phones before sleeping or

in bed, our quality of sleep may decline. Perhaps, to better our sleep, we need to understand it better first.

Why do we need to sleep?

Simply put, if we don't, we'll get tired. But if you're looking for a deeper explanation, the Canadian public health campaign on sleep, "Sleep on it!", states "Sleep plays a role in the preservation of the immune system and helps to regulate almost all the functions of our body..." The National Heart, Lung, and Blood Institute also says that "sleep

deficiency is linked to many chronic health problems, including heart disease, kidney disease, high blood pressure, diabetes, stroke, obesity, and depression." We need it to survive and without it, we wouldn't be able to function properly, much less pay attention in our classes.

How do cell phones affect sleep?

Living in a world where phone usage is the norm, it's no surprise that we use cell phones constantly. I'm no stranger to the, "just one

more video" mindset and apparently lots of people think similarly. With the prevalence of TikTok and other social media sites, it's no surprise that a study published in 2018 states that 70 per cent of their participants use their cell phones when they've already gotten into bed. If that was a stat from 2018, I can't imagine how much bigger the numbers have grown.

But we use cell phones all the time in the day, what's so bad about it in the night time? You've probably heard that cell phones are bad for your sleep but it's not just lights from cell phones, tablets, computers or even wearable devices. As we're washed over with the abundance of information from what we're scrolling through, the blue light that comes from these screens can delay how fast we can get to sleep.

"...the blue light emitted from electronic screens has the greatest impact on sleep. Blue light stimulates the parts of the brain that makes us feel alert, leaving us energized at bedtime when we should be winding down," the fact-checked Sleep Foundation article said.

Not only does smartphone usage mess with the circadian rhythm, it actually also suppresses our melatonin which also contributes to the cycle. Melatonin is a hormone our body naturally creates that essentially tells us when it's

time to go to bed. When we stare at our phone screens at night, it delays our melatonin production which in turn makes it harder to sleep. Northwestern Medicine, a hospital network in the US, asserts that aside from fatigue, the risks associated with disrupting your sleep may include: obesity, heart attacks and types of cancers.

Let's back up a minute. I'm not saying to toss your phone down the toilet and forget about it - that's not realistic. We live in a connected world, in fact, Statista says that almost 90 per cent of Canadians are connected to social media. But that doesn't mean we shouldn't at least try to lessen our cell phone usage.

The Sleep Foundation recommends putting electronic devices away 30 minutes before bed and doing something relaxing. In fact, a study from 2021 concluded that reading in bed will improve your sleep quality. Other relaxing methods could include journaling, listening to an audiobook or even taking a warm shower or bath to lower your body temperature. Having consistent times to wake up and go to sleep will also contribute to getting a better sleep as well.

I hope you take something away from this article, even if it's small. After all, we spend so much of our lives sleeping, maybe we should at least start learning how to do it properly.

Sister store to Good Neighbour opens in Calgary

Emma Duke

Staff Writer

“A barrier-free shopping experience, regardless of a person’s inability to pay.” This is how co-founder Alice Lam describes Calgary’s new thrift spot Good Thrift. A sister store to Good Neighbour, Calgary’s pay-what-you-can thrift store, Good Thrift works a little differently — unlike Good Neighbour, Good Thrift has priced items.

Lam says the money raised from the purchases will be spent on fundraising for the community, feeding Calgarians, and other initiatives. She says the thrift store is a creative and accessible way to make a difference in poverty reduction.

Since its doors opened in 2021, Good Neighbour has gotten a reputation for its involvement in the Calgary community, initiating projects like stocking the Calgary Community Fridge and pantry, and holding free-clothing markets. The money raised from its new sister store, Good Thrift,

will also help cover some of Good Neighbour’s costs, to allow this store to be able to continue these community initiatives.

Good Neighbour and Good Thrift’s co-founder, Alice Lam, is no stranger to community service. She is the brains behind vollyapp.com, a website which connects people with volunteer opportunities across Calgary. She launched the website in 2018, and has been launching projects, like Good Neighbour and Good Thrift, to help the Calgary community ever since.

Lam says Good Thrift has been a success so far, and Calgarians “love being able to shop on the fundraiser side.”

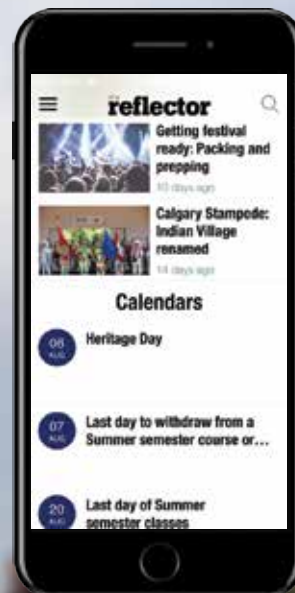
The co-founder says Good Thrift and Good Neighbour are always in need of clean, adult clothing. They are also in need of gloves and mitts for upcoming cold temperatures. Donations are accepted at either locations. Good Thrift accepts drop-off donations between 11 a.m.

and 5 p.m. on Thursdays and Fridays, and Good Neighbour between 11 a.m. and 5 p.m. from Thursday-Saturday.

Both thrift stores have items like clothes, non-perishable food items, and household items.

Good Thrift is located in the same building as Good Neighbour, at 149 5th Ave SE.

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Located in Downtown Calgary, both Good Neighbour and Good Thrift aim to provide a barrier-free shopping experience. Photo courtesy of Alice Lam

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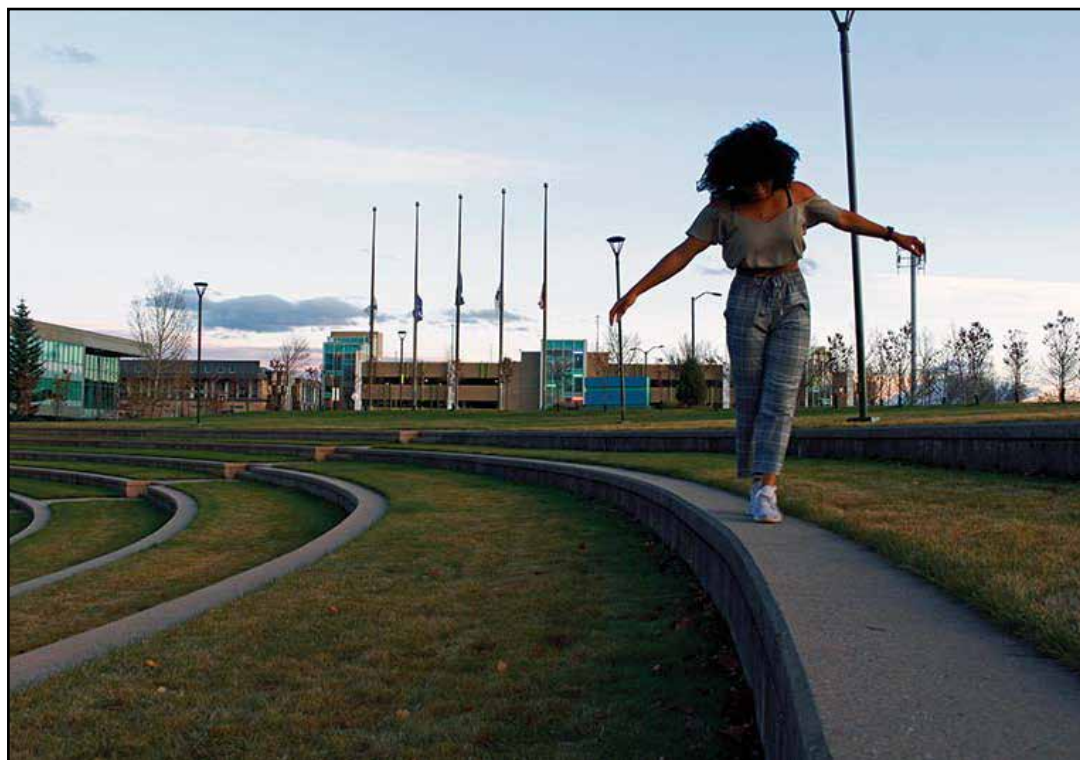
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Stretching your comfort zone to combat mid-semester burnout

Julie Patton

Contributor



Stretch quests are supposed to push you out of your comfort zone, not break it.
Photo by Julie Patton

“How did I end up in this situation?” I thought to myself as I sat alone at a table in a busy restaurant. I was wearing a dress that I never had the courage to wear. I was wearing red lipstick when previously I’d only worn it in the comfort of my room. And I was alone; I’d never eaten in a restaurant by myself before.

It may be surprising, but I did this for a class.

Last year I took the class Creativity for Entrepreneurial Practice at Mount Royal University. For class, I was graded on stretch quests, the act of leaving my comfort zone. Katherine Ziff, an instructor at MRU, taught the class I attended. She said that stretch quests have many benefits for those who attempt them.

“It’s a stretch, not a break,” she said. She never

encourages anyone to leave their comfort zone so far that they’ve entered their panic zone. “It’s something to shake you up, get you out of your routine, and get your brain into a different state.”

She explains that stretch quests make people push their limits and help them to realize their limits may be wider than they initially believed. As people expand their limits through stretch quests, they learn more about themselves.

“It’s super valuable to reflect on them,” she adds. “Take time to ask ‘Hey, what

did this mean to me?’ and ‘What did I learn about myself?’... In fact, that kind of reflection, for some people it just happens naturally, but for a lot of people, that in itself

“If we never do anything that we’re uncomfortable doing, we’re not going to learn anything.”

Patrick Moskwa

could be a stretch quest.”

As students enter the second half of the semester, they may experience mid-semester burnout. However, through participating in stretch quests they can

create new experiences and motivate themselves through the excitement of change.

Ziff said that most burnout stems from feeling trapped or not feeling like you have enough energy. By completing stretch quests people can be excited by their lives again.

Patrick Moskwa, another instructor of the Creativity for Entrepreneurial Practice course, said stretch quests don’t need to be revolutionary. He encourages students to start easy.

“Think about how or what is just a small, tiny, little thing that I can achieve today that I wouldn’t do normally,” Moskwa said. He adds that more challenging stretch quests, like skydiving or backcountry skiing, can have their benefits but they’re not the most important.

“If we always spend our time doing those crazy things, then we spend too much time in this sort of anxious space and we lose track of what our comfort zone is for.”

Comfort zones are great to have, and the purpose of a stretch quest isn’t to eliminate

them, but to stretch ourselves so that we have the ability to live on the periphery of it. By living our lives slightly outside of our comfort zones we

expand our living and can feel motivated by the excitement of trying something new.

The most important aspect of a stretch quest comes after you’ve completed it. You should have learned

something new about yourself – even if that involves learning that you didn’t enjoy the quest you partook in.

“If we never do anything that we’re uncomfortable doing, we’re not going to learn anything. Nobody would be in university. Nobody would be running a marathon... We wouldn’t be making all of this new technology if somebody didn’t take a risk,” said Moskwa.

Ziff suggests that students incorporate stretch quests into their school life. Potential stretches can include taking a different path to class, exploring an area of campus you’ve never been to, speaking to a stranger in the hall, trying out a new order at Tim Hortons, or simply putting away your phone.

She includes that stretch quests can also involve breaking current habits or creating new ones, like joining a club or going to the gym.

From my experience participating in stretch quests, I learned that my social anxiety was less limiting than I thought. I can eat dinner alone in a restaurant and not worry that someone is judging me. I can attend school events and meet new people without caring how they perceive me.

It all began with small stretches, testing my limits, but from it I have grown and I feel motivated by my own life. As mid-semester burnout sets in for many students, these small stretches can help them feel excited by life again. Whether it be at home, on campus, or at work, stretch quests can be accomplished anywhere. So give it a try, stretch your comfort zone.

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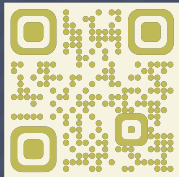


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The complex nature of mixing automation and human creativity

Mae Edillon
 Contributor

The rise of content produced by artificial intelligence (AI) is challenging the current art landscape and many are asking: is this a good or bad thing?

To say that AI-generated content has exploded recently is a huge understatement. From social media platforms to art sites, AI tools like Dream by Wombo, Midjourney, Stable Diffusion, DALL-E 2, Prequel and Lensa make generating works of art easier and faster than ever.

How does this work?

Depending on the software, how the users make these images may vary. Some can generate content simply from a text prompt, while others rely on the user to input their own images. Then they use the data, collected from all corners of the internet, to produce, in theory, something entirely new.

What do people think?

As there was excitement and praise for AI, it also spurred many different controversies from many different groups. From concerns over the privacy

of users and their likenesses, to the perpetuation of harmful beauty standards, to pushing the limits of copyright law when it takes and samples artists' work without their consent or proper credit across the internet. All of these issues shed light on a flawed, unethical and quite problematic side of AI art.

What can be made of this?

For the longest time, I didn't know what to think. There's so many moving parts and considerations that it's not as easy to say whether to embrace or reject AI art. At first I was intrigued by the content that AI was producing as a creative person myself. As I learned more about the workings of the technology and became aware of all of the issues, I became more hesitant.

What I notice seems to be missing in these discussions is why AI-generated content even exists in the first place. Why were these technologies developed? Are the images generated by the AI really art?

AI-generated content is the result of a much larger issue in creative circles. The idea that art needs to be automated is

not the fault of the developers, but the industry as a whole. AI art removes labour and, from an objective standpoint, is less costly and more efficient. This attitude separates the human passion and creativity out of art, turning it into consumable content made for profit.

The truth is, AI art is here to stay, but the attitude of industrializing art needs to go. It should not be an alternative medium for genuine human artistry, but a tool to create. Artificial intelligence is already commonplace in digital art programs as tools like a magic eraser, interpolation, magnetic select and content awareness from Adobe. These were never used as a replacement but as an aid to make creation easier.

The problems stemming from how the AI works, where it sources its data and how it retains user information, need to be fixed as well. Currently, there are actions being taken to regulate the use and the development of AI-generated content. There's lawsuits in the US against OpenAI for the collection of data. Stability AI Ltd., and MidJourney Inc. are also facing legal battles from artists who are suing them for profiting off of the collection



As technology and art evolves, there will always be praise and pushback. Photo courtesy of Unsplash

of copyrighted images without consent.

History repeats itself

As technology advances and new media comes out, there's always been pushback. Take photography and digital art for example: during their early days, traditional artists were hesitant and even outright opposed to the new media. Today, both have found a place as valid and respectable art forms.

Since AI art is not going

away anytime soon, artists now have a choice. They can learn how to coexist with the new technologies by using it to their advantage, or double down in embracing more traditional art mediums. As for the legal and ethical issues that come with the new technology, there has to be more push in legislation to protect human-made art and copyrighted work.

AI can never replace true appreciation for the arts or replicate the raw skills and experience of a human artist.

OUT'N ABOUT

Festival of Animated Objects

Visit the Festival of Animated Objects, March 14 to April 2. Multiple locations in Calgary will host puppet shows, film screenings, workshops and more.

Skate your way through Calgary

Until March 19, the city will provide seven free outdoor rinks, first-come, first-served. Skate the trails or experience the new ice bikes at Bowness.

Calgary's Witching Hour Poetry

Mark International Women's Day with local poets at the Treehouse at cSpace, March 8 at 8 p.m. Get your tickets for \$8 and enjoy an evening of amazing performances!

Candlelight: A Tribute to Fleetwood Mac

Discover Fleetwood Mac's music like never before in Calgary's awe-inspiring candlelight concerts. Get tickets now for The Lantern Community Church.

Lust, land and Lizzy

Little Red Warrior and His Lawyer is an unexpected satirical comedy

Noel Ormita

Contributor

Little Red Warrior and His Lawyer premiered at the Max Bell Theatre on Jan. 31, with the last show on Feb. 19. The play centers around Little Red, played by Gordon Patrick White, the last remaining member of the Little Red Warrior Nation, fighting land developers stealing his land. Little Red goes through the courts system after a spur of the moment. Driven by his anger, this causes him to attack an engineer working on his land. After being assigned a lawyer, he is left with nowhere to stay, until his lawyer offers his home.

The key part I was missing before watching the show was that it was a satire. I came in ready to be inspired by a story of injustice – but in the end I was inspired in a different way.

An eventful introduction

Each character of the play was brilliantly created by Keven Long, the writer and director of the show. And each artist embodied their character magnificently and gave it dimensions.

The first character you meet is the narrator, Floyd, played by Kevin McNulty, strolling in portraying a homeless man pushing a grocery cart with all his belongings and “tools”. In this cart are different costumes that turn him into different characters throughout the show. From the construction engineer Little Red killed, to different court judges and even being the voice of the ancestors. It’s safe to say, he wears different hats or more specifically, wigs.

In the first half of the play you also meet Larry, the court-appointed lawyer, and his wife Desdemona, a confident, more-successful lawyer. Their relationship can be described as toxic and witty.

Desdemona, played by actress Luisa Jojic, dislikes the idea of having Little Red stay with them. Her first encounter with Little Red was overtly racist with damaging assumptions about Indigenous peoples.

I was confused. During this scene the audience, inherently middle-aged and senior Caucasians, were laughing at the offensive language Desdemona was saying to Little Red – in today’s culture, she would be cancelled.

But again, I missed the satire part.

When it all started going downhill

As the story progressed, we started seeing that Larry and Desdemona’s relationship wasn’t as strong as it seemed. Desdemona’s character is a dynamic one; once confident, she turns insecure when Little Red points out her lazy eye – she even goes to the point of wearing an eye patch to cover it up.

Alcohol makes you do wild things, some you regret and others you don’t – I’m not sure which Desdemona would say about what she did next.

After a glass, more like a bottle, of wine she starts to have feelings for Little Red. During the dinner scene with all three characters, Desdemona drugs Larry to

put him to sleep and she pursues Little Red. In short, they end up sleeping together and let me tell you, this scene was exactly as you’d picture – Cirque du Soleil in bed considering their personalities.

The strange part is, after having intimacy with Little Red, Desdemona is convinced she’s somehow connected to the Little Red Warrior Nation ancestors after Little Red gives her the name, Flannel Dancer because she wanted to see the world through his eyes.

Eventually time passes and Larry and Little Red continue to fight the case in court and Desdemona and Little Red also continue the fight in the sheets.

The what the f*** moment

Finally we get to the latter part of the play where it is judgement day. But to the audience, to Larry and Little Red’s surprise, Desdemona is representing the plaintiffs of the land developers and builders. But this isn’t even the crazy part.

Each side is given a minute to defend their clients as determined by the judge after saying it’s an important case.

Using her prowess, Desdemona goes all out with a sing and dance defense – well exceeding one minute, while Larry, gets less than 30 seconds to defend Little Red. It is sort of an analogy of how it really is when it comes to land claims by Indigenous people and the government – loads of injustice.

Happening in a span of minutes, Little Red and Larry

bring the case to the appeals courts, where they are still defeated.

At this point Little Red is enraged, as he should be. Here comes the craziest but best part of the play. Little Red summons Queen Elizabeth II herself to give the land they stole from his people long ago.

But she was represented as the guidebook calls her, “fabulous and larger than life”. And it was true.

Who knew Queen Elizabeth II in drag is what I never thought I wanted to see. Nick Miami Benz played ‘Lizzy’ in an outfit never before seen worn by the Queen – and it was brilliant.

It was probably the most hilarious thing I’ve ever seen in a play watching Lizzy pole dancing while making the decision to give Little Red’s land back to him. As Lizzy left the stage back to her

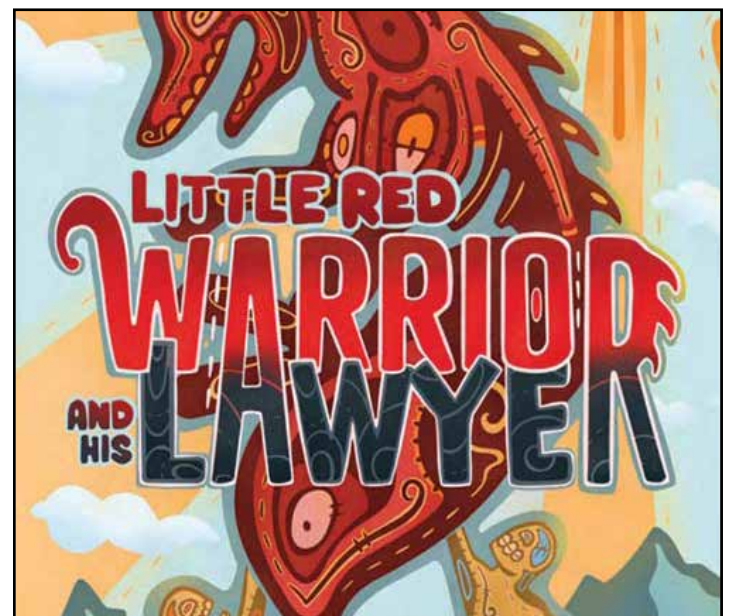
spaceship going to wherever she was headed, her face was replaced by a cut-out of King Charles.

Shawshank Redemption but not really

The land Little Red now owned was discovered to be uranium rich and he planned on capitalizing on the resources on his land, forgetting what his ancestors have taught him – which will haunt him later.

Wished it was a happily-ever-after after that but it wasn’t as happy as you might think because remember? The affair.

During an altercation followed by Larry finding out about the star-crossed lovers, Desdemona reveals she is pregnant and now the three must go on with their lives intertwined forever.



The production of *Little Red Warrior And His Lawyer*, written by Kevin Loring, was a collaborative effort between Making Treaty 7 and Theatre Calgary. Photo courtesy of Theatre Calgary

Awards season fashion, the hits and misses of 2023

Izabella Jaspar

Staff Writer



From the runway to the streets, self-expression through fashion is a powerful tool for embracing individuality and celebrating diversity. Photo courtesy of Unsplash

Ah, awards season! The time of year when we pretend we know a thing or two about fashion while we sit on our couches in sweatpants. However, let's face it, we can't resist the allure of the red carpet and the opportunity to critique our favourite celebs' wardrobe choices. These are the hits and misses of the 2023 award season fashion.

The hits

Jenna Ortega attended the Golden Globes in a beautiful pink nude Gucci dress that is in a wrap dress style. The dress has an almost ethereal aesthetic to it and the silver jewelry adds elegance to the look.

Another hit is Andrew Garfield in Zegna at the Golden Globes. The camel-coloured suit with black accents is an elevated look from the typical black tie.

Emma D'Arcy shocked

us all with an Acne Studios outfit to the Golden Globes. The oversized asymmetrical suit has a camp vibe and is perfectly executed. The blue accents, as well as the gloves, made the look unique, perfect for the red carpet.

Lizzo's attendance at the Grammys did not disappoint. She wore a floral long orange shawl and a corset-style orange dress. Dolce & Gabbana is the designer of this beautiful gown which was a showstopping moment on the carpet.

Michelle Yeoh illuminated excellence at the Critics' Choice Awards. The black strapless gown and pink ruffled cape by Oscar de la Renta are simple but effective. This is how a more simple look should be done. These celebrities and designers got our attention with memorable red-carpet elegance.

The misses

Blac Chyna made a questionable fashion statement at the Grammys. She wore a black bodysuit with sparkles and feathers; the gothic look turned heads and was unexpected but it could have been better styled.

Another miss is Donald Glover in Saint Laurent during the Golden Globes. I do like the outfit overall with the white chromatic dress pants and tied long-sleeve top but the black blazer does not work. If it was not there, it would be a hit.

Sam Smith at the Brit Awards this year wore an inflatable outfit by HARRI and Valentino. The all-black outfit was a miss because it was almost too over the top. It was definitely a camp and bold fashion choice, I wish



Sitting Pretty

The Academic
Capitol Records

Score: A

The Academic's latest album, *Sitting Pretty* showcases the band's growth and versatility. From the opening track "Pushing Up Daisies" which features soaring basses and anthemic choruses, it's clear that this album is meant to be played loudly and sung along to.

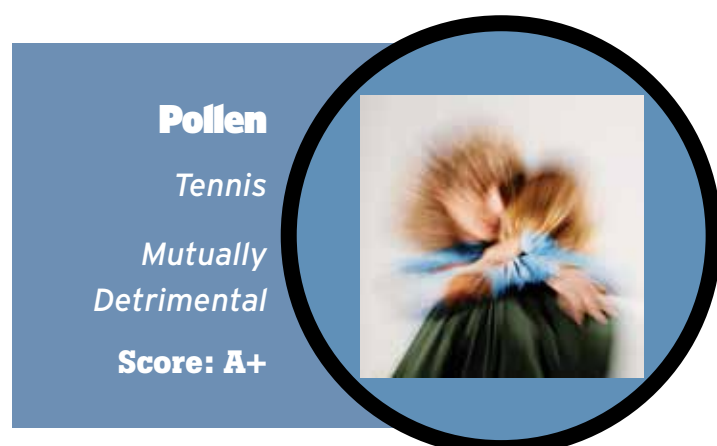
One of the standout tracks on the album is "Don't Take It Personally." The song's driving rhythm and catchy chorus make it a perfect example of the band's ability to craft memorable indie rock songs that stick in your head long after the last note has faded away.

The Irish Times has noted that while the band has stayed true to their indie rock

roots, they have also evolved and grown since their early days. The band has stated that they never wanted to be pigeonholed as a specific type of band, and *Sitting Pretty* is a testament to their willingness to experiment and push the boundaries of their sound.

Overall, *Sitting Pretty* is a must-listen for anyone looking for catchy, energetic songs that are sure to get stuck in your head. The Academic has proven once again that they are a band to watch, and with this album, they have cemented their place as one of Ireland's most exciting musical exports.

-Astrid Cunanan



Pollen

Tennis

Mutually
Detrimental

Score: A+

New Tennis album, *Pollen*, has been receiving critical acclaim since its release. The band, consisting of married couple Alaina Moore and Patrick Riley, has managed to create a truly unique sound that is both nostalgic and modern at the same time.

Pollen is a triumph for Tennis, showcasing the band's growth and experimentation while still remaining true to their signature sound. The album's lush production and catchy hooks make it a joy to listen to from start to finish, and it's sure to be a favourite among fans of indie pop and dream pop alike.

One of the standout tracks on the album is "Never Been

Wrong" which features a beautiful melody, a driving beat that draws the listener in and Moore's soft voice. The song's lyrics, which deal with the difficulty of letting go of past hurts and grudges, are both relatable and deeply moving.

Pollen is a testament to the band's creative prowess and their ability to produce catchy pop songs while also exploring new sounds and styles. It is sure to resonate with both fans of the band and those who are new to their music, for this reason, I give this album an A+.

-Astrid Cunanan

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"Awards season..." Continued from Pg. 11

the bottom half of the outfit was different; perhaps a skirt silhouette or a catsuit would have worked better.

The last miss is Anya Taylor-Joy in Dior at the Golden Globes, the two-piece yellow dress is too simple for a red carpet, the dress needed more. Perhaps more accessories or the dress made shorter and having a statement heel would've made a big improvement. Overall, the celebrities looked stunning, but the design of the outfits were a miss.

The 2023 award season saw amazing fashion choices that dazzled the audience but like with every fashion event there were several misses that left us confused. Despite this, the creativity and innovation on display this year demonstrate that fashion is still very much alive and thriving. Here's to fashion's future and the new trends and designs we may anticipate to see on the red carpet in the next few years.



The Golden Globe Awards is an annual event that honors the best in television and film in the previous year, as voted on by the Hollywood Foreign Press Association. Photo courtesy of Wikimedia Commons



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NHL playoff preview:

Which teams are set for postseason success?

Josh Werle
 Sports Editor



Jake Oettinger and the Dallas Stars will look to stay atop the NHL's Central division as they approach the playoffs. Photo courtesy of All-Pro Reels/Wikimedia Commons

With around 20 games remaining in the National Hockey League season, the playoff picture has begun to take shape. With some divisions being stronger than others, there is still plenty of time for some of the teams

on the brink of contention to make one final push into a playoff spot, while other teams are dominating their conferences and show no signs of slowing down.

Here is a preview of the NHL playoff race, and which

teams seem poised for postseason success.

Atlantic division

Over the past few years, the NHL's Atlantic division has been extremely top-heavy. The Boston Bruins,

Toronto Maple Leafs, Tampa Bay Lightning and Florida Panthers have consistently ranked in the top four, leaving the rest of the teams in the Atlantic in the dust. Although this year is a far tighter race, these four teams still rank amongst the best. The Bruins are the top team in the entire NHL by a country mile, as they sit at a league-best 91 points at the time of writing, with only 13 losses all season. Goaltender Linus Ullmark is a clear favourite to win the Vezina trophy — awarded to the league's best goaltender during a given season — as he currently sits at a 1.88 goals against average and a .937 save percentage, both being a league best. Add to that the fact that defensemen Hampus Lindholm and Matt Grzelcyk have a league best positive net rating of 36, and star forward David Pastrnak is second in goals scored and fifth in total points this season, and it's clear why the Bruins are dominating the league.

They are a lock to sit at the top of this division,

and should easily win the President's Trophy — awarded to the team with the most points in a season.

In the second and third spots of the Atlantic division are the Maple Leafs and Lightning. Lightning goaltender Andrei Vasilevskiy sits with the second most wins this season behind Ullmark, while star forward Nikita Kucherov is sitting with the third most points in the NHL with 80. The recent back-to-back Stanley Cup winners are poised for postseason action, where they will most likely face the Maple Leafs.

The Maple Leafs have put together a great team effort this season, with no one player sticking out from the pack on the stat sheet. The Leafs have three players ranking in the top-thirty for most points this season, with Auston Matthews just outside that list due to injuries. With Matthews back, this team is ready to fire on all cylinders heading into the playoffs.

Continues on Pg. 14

#s

3, MRU women's volleyball U-SPORTS overall team ranking.

14, UFC title fight held by Jon Jones.

45, Wins recorded by the Boston Bruins in 58 games this season.

42, Days until the end of the NHL regular season.

"NHL playoff preview..." Continued from Pg. 13

After trading for veteran Ryan O'Reilly near the trade deadline, the Leafs are seemingly full-steam ahead and will look to contend for a Stanley Cup in the offseason.

The Florida Panthers are just behind these three juggernauts, and will look to hold strong in a wild card spot. That being said, the spread between them and the very bottom of the division is only a 12-point difference, with the Detroit Red Wings and Buffalo Sabres chasing the Panthers' tails. Although Matthew Tkachuk has been dominating in his debut season with the Panthers, they are certainly missing the help of Jonathan Huberdeau and MacKenzie Weegar this season.

Metropolitan division

This season, the Eastern conference teams are far better than that of the Western conference. This is indicative of the best team in the West having less points than both third-place teams in the East. Sitting in first place in the division, the Carolina Hurricanes have proven that they are one of the best in the East. With goaltender Frederik Andersen battling injuries, the Canes have had to rely on Antti Raanta and rookie Pyotr Kochetkov to guard their crease throughout the season, with both having success. Martin Necas, Andrei Svechnikov and Sebastian Aho have been filling the scoresheet for the forwards, while former Norris trophy winner Brent Burns sits in fourth for points on the team with 43. Although Carolina is in a strong position, they can't be quite as comfortable as the Bruins are, as the New Jersey Devils and New York Rangers are less than ten points behind them.

After a slower start to the season, the Rangers have seemingly found their groove as of late. Artemi Panarin and Mika Zibanejad have both crossed the 60 point mark, and goaltender Igor Shesterkin is back to playing in his Vezina-winning form. In opposite fashion, the Devils got off to a blistering

start to the season, and have held strong onto their position at the top of the Metropolitan. With a record of 24-6, goaltender Vitek Vanecek has been beyond stellar for this team so far. The former Washington Capitals goaltender has been playing far better in his new threads this year, and has kept this team at the top of their game. Young star Jack Hughes has continued to develop into one of the league's best offensive players, continuing to have a career year this season. These two teams, along with the Hurricanes, are locks for the playoffs this year.

The New York Islanders are in fourth place in the Metropolitan division, and will look to secure a wild card spot. They are in good shape, especially with the recent acquisition of star forward Bo Horvat, but they need to win big in order to keep their position. Sidney Crosby and the Pittsburgh Penguins, and Alex Ovechkin and the Washington Capitals are only a few victories away from taking that spot, so these remaining games are of the utmost importance.

Central division

Last season saw five teams from the Central division competing in the playoffs, while only three from the Pacific division made the cut. This year, it's looking like that narrative could flip. The entire Western conference is very lucid right now, and these final games are vital to any team's success. The Dallas Stars hold first place in the Central division, and they shouldn't see any decline in their play in the home stretch. Jason Robertson has continued to defy the odds, and is one of the best goal scorers in the entirety of the NHL. He currently sits in fifth place with 35 goals, only one goal away from a tie with third place. Although he is the star of the Dallas show, players like Joe Pavelski and Jamie Benn have continued to show that age is just a number, and goaltender Jake Oettinger has carried his 2022 playoff momentum with him into this season with 23 wins

thus far.

The Winnipeg Jets are only a point behind them at the time of writing, and have seemingly gotten their act together. At the conclusion of last season, this team seemingly had too many questions that needed answering, and this year they seem to have found them. Defenseman Josh Morrissey has recorded more points than most forwards, Mark Scheifele and Blake Wheeler have found their mojo, and Connor Hellebuyck is back to his winning ways in the crease. The reigning Stanley Cup champions aren't to be forgotten, as the Colorado Avalanche are still in a playoff spot at this time. Injuries have really hampered this team, and after losing goaltender Darcy Kuemper in the offseason, they have yet to dominate in their usual fashion. They need to watch the Minnesota Wild, who are right on their heels and are looking to snag their spot.

Pacific division

After only three teams seeing postseason action in the Pacific division last season, it looks as though there will be at least four this time around. Vegas Golden Knights Goaltenders Adin Hill and Logan Thompson have both exceeded expectations,

while the team's top stars — old and new — have increased their production. Chandler Stephenson and Jack Eichel have stuck out as the team's top players while Mark Stone has been battling through injuries.

The Los Angeles Kings and Edmonton Oilers — who battled in the playoffs last year — could contend against one another in the first round again. In his first year with the team, Kevin Fiala is leading the Kings in points, while veterans Anze Kopitar and Drew Doughty are continuing to produce a high offensive output. After years of playing back and forth in the NHL and minor leagues, goaltender Pheonix Copley is having a breakout career year with the Kings. With less than five regulation losses on his record, Copley will look to carry this momentum into the playoffs. After the Oilers' new offseason acquisition, Jack Campbell, struggled in the crease, goaltender Stuart Skinner played his way into a starting job. With Connor McDavid and Leon Draisaitl sitting at the one and two positions for most points in the NHL this season, the Oilers are in a good position heading into the playoffs.

After an inaugural year that saw the Seattle Kraken defer towards the bottom of the league leaderboard,

the team's sophomore appearance has been a complete 180. After shuffling around some players in the offseason, this new-look team looks different on the ice and in the standings. Goaltender Martin Jones has had a career turnaround since joining the Kraken, and has been keeping the team in the playoff mix only a couple points behind the top of the division. Rookie Matty Beniers has been the star of the show, making an appearance as an NHL All Star in his first season.

At the time of writing, the Calgary Flames are four points back from the Kraken, and will need to step up their game if they want a chance at the playoffs. Unless Minnesota or Colorado take a tumble — leading five teams from the Pacific division into the playoffs — Calgary will need to overtake one of the Pacific's top teams in order to make the postseason. After losing star players Johnny Gaudreau and Matthew Tkachuk, the team has been struggling to find their groove on the ice. The Flames are tied for the most overtime losses in the entire league, and should look to be on the winning side of overtime over their last games if they wish to have a chance to compete for the Stanley Cup.



As they close in on the winningest season record, will the Boston Bruins be looking at another Stanley Cup win? Photo courtesy of Michael Miller/Wikimedia Commons

UFC 285: The return of Jon Jones

Josh Werle

Sports Editor

After more than three years away from the Ultimate Fighting Championship (UFC) octagon, former light-heavyweight champion Jon Jones is set to make his return on March 4, when he takes on the number one ranked heavyweight in the world, Ciryk Gane. It's been well over a decade since rumors of Jones making the jump to heavyweight surfaced.

A career-long competitor at 205 pounds, Jones will finally make the jump to the heavyweight division and compete against Gane for the vacant title.

Legendary status

Jones holds the UFC record for most title fight wins in the history of the organization, having won 14 contests with a belt on the line. Although he couldn't put together a win streak due to issues outside the octagon — both related to his personal life as well as banned substance usage — Jones has yet to truly be defeated by another competitor in the sport.

He became the youngest UFC champion in history at the age of 23, and continued to break records since. Another title fight victory would set him even further from the pack, with the only active UFC fighter being four spots behind him in the category.

In the three years since Jones last competed, he took the time to properly manage his weight in order to make the transition to heavyweight. He also spent

time negotiating with the UFC in order to get a contract that he was happy with, something that former heavyweight champion Francis Ngannou was unable to do with the UFC.

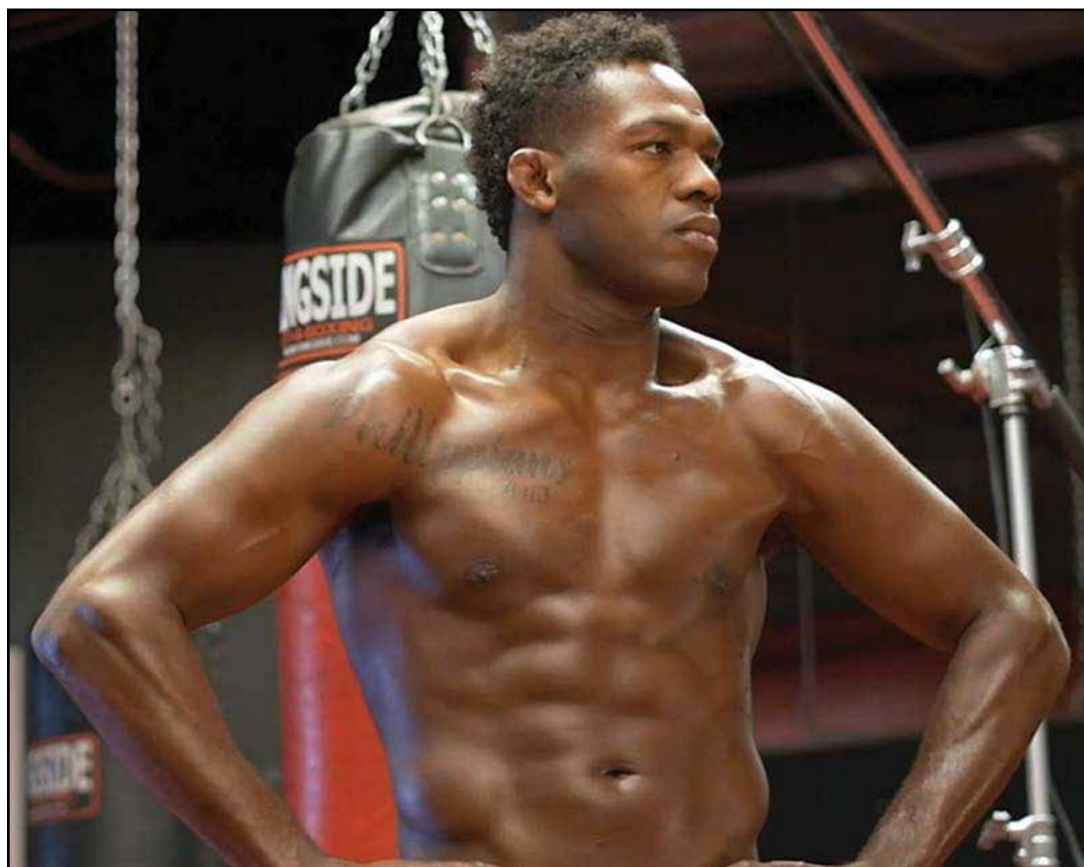
Jones and Ngannou had been linked to fight for many months, but after Ngannou and the UFC couldn't agree on terms, the belt was left vacant.

Now, Jones returns against the French heavyweight contender, Gane, who's only defeat was at the hands of Ngannou. This is a make-or-break fight for Jones, as his status as the best could hinge on him winning the heavyweight title. For Gane, this fight could solidify him as the new "baddest man on the planet" with a title fight win and victory over one of the sport's greatest competitors of all time.

Also on the line at UFC 285 is the women's flyweight championship, currently held by Valentina Shevchenko.

Shevchenko has yet to lose a fight in the flyweight division, and has seemingly already solidified herself as the most dominant champion the UFC currently has. She's defended her title seven consecutive times, only four defense away from tying the current record holder, Demetrious Johnson. Shevchenko will compete against Alexa Grasso, who's rattled off four straight wins since moving to the flyweight division.

UFC fans are used to underdogs shocking the world — in the past year



With a win at UFC 285, will Jon Jones solidify himself as the GOAT? Photo courtesy of Vengo Films/Wikimedia Commons

and a half Kamaru Usman, Israel Adesanya and Amanda Nunes all lost their titles that they had defended numerous times — so Grasso taking home the title isn't completely out of the question. However, the most likely outcome is a Shevchenko victory and the flyweight reign of dominance continuing to run its course.

The prospects

The marquee billings of UFC 285 features two legends at the top of their game, while the undercard features a number of

prospects looking to break into contention territory. In an already stacked welterweight division, 16-0 Shavkat Rakhmonov will look to make a splash with the sharks. Rakhmonov will take on Geoff Neal, a top-tier striker coming off a knockout victory over Vicente Luque.

If Rakhmonov can extend his undefeated streak to 17, he'll place himself amongst the upper-echelon of the 170 pound division. In the division below, Jalin Turner and Mateusz Gamrot will go head-to-head in a top-ten ranked battle.

Although Gamrot came up short in his last contest against Beneil Dariush, he will get another chance to solidify himself as a top-tier lightweight when he clashes against Turner, who has been highly touted since his last victory over Brad Riddell.

With a victory, Turner could see himself facing a top-five opponent before the end of the year. With both the welterweight and lightweight division brimming with contenders, these prospects have a big opportunity in front of them come March 4.

Women's MRU Cougars teams find postseason success

Josh Werle

Sports Editor

The Mount Royal University (MRU) Cougars are within arm's reach of gold medal victories, as the women's volleyball and hockey squads have advanced in their respective playoff brackets. The women's hockey team has advanced to the Canada West Championship, and will square off against the number one seeded University of British Columbia (UBC) Thunderbirds. The women's volleyball squad will look to further advance in the Canada West bracket this season when they take on the University of Manitoba (UofM) Bisons in a semi-final series.

The women's volleyball squad finished as the second seed in the Canada West division this season, holding a record of 19-5. In the overall U-SPORTS rankings, this team consistently held in the top-three teams, and finished third only slightly behind divisional rivals Trinity Western University. The Cougars were riding an 11 game win streak heading into the playoffs, and will have gone the entire month of February without taking a single loss. This momentum continued as they entered the playoffs, as they swept the matchup against the University of Calgary in the quarter-finals of the tournament. They head into a matchup against the sixth seeded UofM Bisons. It seems like an inevitability that the top two Canada West teams will match up in the finals this season, and the Cougars will have a chance at revenge against Trinity Western University.

Finishing the regular season with a 19-6-3 record, the

MRU women's hockey team upset the University of Alberta (UofA) Pandas in the semi-finals of the Canada West playoffs to make the gold medal game against UBC. MRU team captain, Tatum Amy, leads the team with 32 points this season and took home the Canada West women's hockey Player of the Year award. She's also been recognized for the Student-Athlete Community Service award and Sportsmanship and Ability award. Second-year student, Aliya Jomha, leads the team in goals with 11 and has 25 points overall. The team's offense has been stellar, but the defense and goaltending has been equally as strong on route to their playoff success. Emma Bergesen has been recognized as Canada West's top defenceman, while goaltender Kaitlyn Ross has posted a .937 save percentage with eight shutouts in 18 total victories.

In the first round of the playoffs, the Cougars shutout Trinity Western University in the first game. After a second victory from Trinity Western, the Cougars battled back to win game three and advance to the semi-finals. After both a shutout win and a shutout loss to the second seeded UofA Pandas, the Cougars won the series in a 2-1 victory. Considering the Cougars finished in the third seed of the Canada West division. After a successful season, now they will have a chance to bring some gold home for the entire team. The Cougars take on the number one seeded UBC Thunderbirds in the Canada West finals, with the series starting on March 3.



The MRU Cougars women's volleyball squad won silver last year, and are on the hunt for gold this year. Photo by Josh Werle



The MRU Cougars women's hockey team have taken home a lot of individual hardware, can they win big as a team? Photo by Josh Werle