



MRU GRADS SAY GOODBYE

**Graduates reflect on their educational journey
(Pg. 5)**

Exploring post-secondary tuition fees

What to expect with the government's two per cent cap and MRU's expected increases

Julie Patton

Staff Writer

Last February, the government of Alberta released the budget highlights for 2023. Included in the said budget was the ministry of advanced education's plan to make post-secondary education more affordable. This will be done by placing a two per cent cap on domestic tuition increases starting in the 2024/25 academic year.

In addition to this cap, they will be reducing interest rates on student loans to the prime rate, doubling the student loan interest-free grace period from six to 12 months, and increasing the threshold for the Repayment Assistance Plan to \$40,000 from the previous \$25,000. Further, they are providing additional funding of \$225 per month to the Alberta Student Grant for eligible students of the 2022/23 loan year.

Minister of Advanced Education Demetrios Nicolaides, says these plans will assist students as they face the high inflation rates for the cost of living. Additionally, he says the two per cent tuition cap will provide students with more predictability as they plan for the future.

"I've met very frequently with student leaders and one of the things they have asked for consistently over the past four years has been greater stability and predictability with tuition pricing," says Nicolaides.

He adds that this is the

first time the government of Alberta has introduced a tuition cap this low. Previously, the tuition cap was set at seven per cent. "For this current year, tuition rate is set at the level of inflation and of course, we're seeing record-high inflation rates," says Nicolaides.

He explains that Albertan universities and colleges must increase their tuition so they can continue to provide high quality education at the same level as other Canadian universities. The government is finding a balance to keep Alberta post-secondary institutions competitive both in their quality of education as well as their tuition rates.

NDP criticism

NDP MLA David Eggen critiques the budget, saying that the two per cent tuition cap is not enough. He criticizes the UCP government saying that they should be providing more funding to post-secondary education.

"This government has taken more than \$1.2 billion out of universities, colleges, and polytechnics over the last four years. This has been unprecedented cuts," Eggen said. "If the UCP was serious about actually helping students, it would do so immediately. Certainly, that's what we will do if we can win this election here in the next few weeks."

Eggen said that tuition has

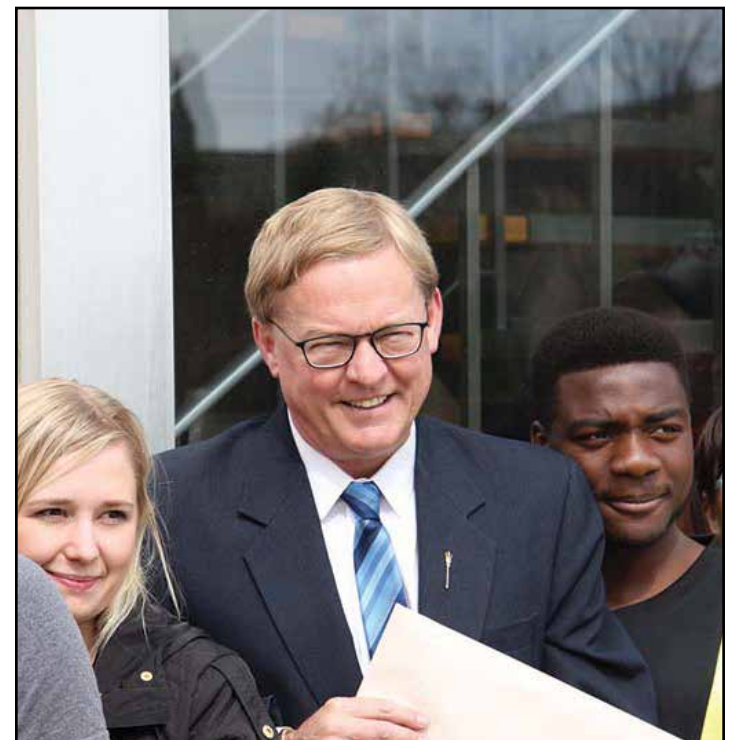
increased by more than 30 per cent on average across the province. "Of course, you've had extraordinary tuition increases of 40, 50, even up to 100 per cent which have all been approved by this government. We are now having the highest increases in Canada for tuition."

Nicolaides disputes Eggen's claim that \$1.2 billion has been cut from post-secondary funding. "I think there's some creative accounting occurring," said Nicolaides. "The government of Alberta has invested approximately \$500 million in new funding to advanced education related initiatives."

Student impact

Recently, Mount Royal University (MRU) has announced their budget for the 2023/24 academic year with students expecting an increase in their tuition and fees. Domestic tuition is increasing by 5.5 per cent and international tuition is increasing by five per cent. However, there are exceptions for a couple programs that will increase at a lower rate.

President of the Representation Executive Council (REC) at the Students' Association of MRU (SAMRU), Joseph Nguyen, said the two per cent cap will be welcomed by students however it will only help short term. Adequate funding for post-secondary institutions would be a more



David Eggen is the NDP's critic for advanced education and is also an NDP MLA for Edmonton-North West. Photo courtesy of Flickr

stable solution.

"Everything is increasing, whether it's food, housing, or tuition," said Nguyen. "Students typically are mad at MRU administration, but I think the strategic move would be looking at the lack of government funding."

Regarding MRU's tuition increases, Nguyen said that as representatives of the student body they fought against the move to increase tuition.

"Whether it's a one per cent increase or seven, students don't like rising costs," said Nguyen. "We are happy about the \$200,000 MRU

has allocated to increase the student bursary fund. That will help students."

He adds that as institutions manage their funding next year with the two per cent cap in place, they need to make decisions that will continue providing students with quality education.

As for students still struggling against the rising costs, Nguyen encourages them to look into the available funding at MRU as well as SAMRU. He adds that SAMRU also has resources available for students struggling with food insecurity.

SAMRU 2023 elections recap

MRU credit students are to expect new representatives for the next year

Khai Choual

Staff Writer



Mount Royal University students are to expect (from left to right) Joseph Nguyen, Tala Abu Hayyaneh, and Anisa Tilston as their new student leader representatives. Photo courtesy of SAMRU

The official results from the 2023 Representation Executive Council (REC) elections are in. Every March, candidates are voted in by Mount Royal University (MRU) credit students. According to the Student Association of Mount Royal University (SAMRU) website, the “Representatives are elected by their peers to be the student voice by representing the interests of students to Mount Royal University and all three levels of government.”

The REC at MRU consists of four elected students that oversees the governance of the Students’ Association. This means various representation initiatives for student concerns such as tuition and loans, lobbying and external relations.

The polls were open from March 13 to 16, and in the end, 805 out of 12,109 (6.6 per

cent) electors voted for their new student representatives. Voters for the presidential position elected Joseph Nguyen with 500 votes with a turnout of 63.1 per cent, leaving Andrea Ciaramella behind with 293 votes and a turnout of 36.9 per cent. This will be Nguyen’s second term as REC president. Nguyen, before serving as president of the 2022/23 REC team, also served as the Vice-President of student affairs in the 2020/21 and 2021/22 terms.

For the vice-president academic position, 643 voted Yes for Tala Abu Hayyaneh who had a turnout of 86.8 per cent and vice-president student affairs Anisa Tilston with a voter count of 597 who voted Yes with a turnout of 81.8 per cent. Both Abu Hayyaneh and Tilston have been involved with SAMRU in a volunteer capacity for several years and were

uncontested for the positions they ran for.

SAMRU is still hiring for a VP external representative. REC members will begin their one-year terms on May 1, 2023.

A student governing board election was also held last Feb. 8 at SAMRU’s annual general meeting. According to SAMRU, “a student governor, along with other members of the SAMRU Student Governing Board (SGB), helps oversee the strategic direction of SAMRU and governs the organization on behalf of [its] members (MRU credit students). The SGB is the highest decision-making body of the organization.”

The student governors that were elected were Angel Castillo, Kyle Joseph and Orion Tigley and the candidates that were re-elected were Nancy Tran and Taylor Amy.

Tensions arise once again in Punjab due to human rights violation

Jazmin Singh Kaur

Contributor

The Indian government has once again been targeting the Sikh population that lives in India. As the death anniversary of the assassinated Sikh musician Sidhu Moosewala closely approaches, and the 2023 G20 Summit is being held in

India, tensions arise between the government and the Sikh community.

On March 18, 2023, according to *Baaz News*, the government enforced internet shutdowns, search operations, police blockades and deployment of

paramilitary resources within the state of Punjab. Amritpal Singh and other members of Waris Punjab De (WDP) have been detained and their whereabouts are still unknown. Numerous Sikh activists are being subjected to unlawful house detentions

and police harassment. According to *Baaz News*, 150 people have been arrested at the time of writing but have not been charged. There are also many videos all over Instagram of protesters being violently attacked and detained.

Amritpal Singh has received a great deal of support from Sikhs all over the world since taking the helm of WPD last year. India refused Amritpal Singh’s repeated appeals to participate in talks. Instead,

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THE REFLECTOR

Issue 13, Volume 61

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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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"Tensions arise..." Continued from Pg. 3

according to *CBC News*, Singh met the force against him through arbitrary detentions, internet blackouts, and the violation of his civil liberties by the Indian government. Currently, Sidhu is still on the run.

The *Reflector* has interviewed a member of the Sikh Community here in Calgary. As they have family back in India, for safety reasons he will be named under the pseudonym Ben.

Ben said that all the community knows is that Singh was kidnapped on his way to visit Sidhu Moosewala's parents.

Ben mentioned how the Indian government and the police force have been planning his kidnapping for more than three months. According to *The Wire*, police are cracking down on lawyers and journalists.

A longstanding history of conflict

In the book, *Operation Blue Star: The True Story*, Lt. Gen. K.S. Brar talks about what happened in 1984. In June, the Indian Army led a ten-day siege on Sri Harmandir Sahib (the Golden Temple), the most sacred site of Sikhs, desecrating the place of worship with tanks and killing thousands of Sikhs including children. In November of 1984, Indian politicians mobilized mobs and slaughtered more than 10,000 Sikhs in Delhi in response to the assassination of Indra Gandhi by her two Sikh bodyguards. The Indian Police were instructed to kidnap Sikh youth, kill them, and stage encounters over the course of the next ten years, according to the World Sikh Organization of Canada.

Calgarian-Sikhs react

The Miri Piri Foundation, a Calgary non-profit, organized a last-minute protest on March 18 for the next day. As per Ben, even with only one day of notice, around 150 to 200 people came. Another protest happened on March 26 at City Hall with a great turnout again according to

a Sikh community member, Avneet Kaur, who attended. Through this, they want to raise more awareness and let Calgarians know about the injustices going on in India. A similar protest from Sikhs in Italy also took place last March 27, according to the Sikh Press Association.

Ben tells *The Reflector* that Sikhs are writing to their elected government officials and asking them to bring this up in the House of Commons. He also said that many Sikhs are sending money to their families back in India, although with the internet ban in place, families here are worried about what might be happening to their kin back home.

The Reflector asked Ben about his thoughts on the current situation in Punjab. "This is an attack against civil human rights. Just basic human rights that people deserve. If anyone has any connections with any human rights organizations, if they can help us get in contact with them or if they can contact them, ask them to look into what is going on in India, that would really help."

Former Ontario MLA Gurran Singh said in a TikTok video that the community believes it is important for everyone to

understand what is actually happening in Punjab right now. Singh also mentions that there has been a great deal of media manipulation by the Indian government to make them look good and defame Amritpal Singh.

According to *CBC News*, notable Sikh-Canadians such as poet Rupinder Kaur and NDP leader Jagmeet Singh's Twitter accounts are banned in the Indian lockdown.

Amritpal Singh said in a Q&A on the Youtube Channel

Kotha Guru, "Punjab is a source of energy for all Sikhs in the entire world and that is always attacked the most."

He adds that Sikhs in Punjab want proper rights and for the Indian government to treat them normally like they do for the rest of the people. Singh said what they have been fighting for is just equality, and even that is too much for the Indian government. This simple task they can not do, he adds.



The Sikh Community in Calgary gathered in front of the Calgary City Hall to protest Amritpal Singh's freedom. Photo by Jazmin Singh Kaur



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Graduates and alumni reflect on their time at MRU

Keo Bunny
Features Editor

Six years. I've been at Mount Royal University (MRU) for six years — that's a lengthy amount of time to do anything. But as the dawn of the semester slowly starts to encroach upon us, and graduation looms over my head, I'm not afraid to admit I definitely would've done some things differently if I knew it'd turn out like this. With that thought in mind, I set out to see what other advice graduating students and alumni have for their lower-year counterparts.

University can be a scary place and while we may see other people everyday, interacting with them may be a different story. It's a lot easier to stay in our own little bubbles especially when it's a place we're not necessarily comfortable with but you might find that breaking out of your shell and branching out might be beneficial not only to your personal life but also your professional life.

Alumni Gabe Chai who graduated in 2020 with a degree in Human Resources says that life outside of university depends on your life in it too.

"I wish I knew how important it is to know people in your field. Networking doesn't secure you a job, but it helps to know people and they can reach out when an opportunity opens," he said.

Networking seems to be a big subject for graduates and alumni. Aisha Sheikh, a fourth year student in Broadcast Media Studies, also

suggests students put their resources as well as their peers to good use.

"Networking starts the day you walk into MRU. Talk to people you typically wouldn't socialize with," Sheikh said. "You have yet to determine what connections will land an internship, a reference or a summer position..."

It seems like another common piece of advice is use the services available to students, academic or otherwise. Spencer Yu graduated in 2022 with a degree in Journalism and says it was convenient to have everything nearby.

"I certainly miss the many amenities that were present on campus. Having a gym and a food court within close proximity to your classroom was certainly a benefit," Yu remarked.

There are also other services students could use to make the most of their tuition here at MRU.

"I would have spoken to academic advising to find more even leveled [semesters] (mix general education courses with cores)," Chai continued. "Speak with career advisors to build a stronger resume. Take advantage of a co-op program ... [and] discounts as a student such as banking, monthly or annual subscriptions."

Not only that but it might be wise to seek out help from members of the MRU community as well.

"All the profs and technical



Graduation is right around the corner, is there anything you wish you did differently? Photo by Keo Bunny

support staff have so much experience. They are always willing to sit down and teach students individually. I wouldn't have survived if I couldn't access my profs individually whenever I needed them," Sheikh said.

According to Universities Canada, an organization that aims to represent Canadian universities at home and abroad, there was approximately 2.1 million new jobs created between 2012 and 2022 aimed at post-secondary graduates.

Leaving the mundanity and rhythm of university is intimidating. According to Statista, graduates will be joining over 300,000 other post-secondary alumni who'll also be looking to break into their various industries.

Although it could be anxiety-inducing to think about the future, alumna Vanessa Iula suggests trying to change your way of looking at things.

"Instead of allowing the stress of 'what the hell am I going to do after' take over, try to reframe that," Iula adds. "It's really just the start of such a cool journey. You're the captain of your ship, time to live [how you want]."

When asked about something she wished she knew earlier, Iula said sticking up for yourself is key.

"[I wish I knew] the importance of advocating for yourself in a university setting. Once you master that, you're genuinely in complete control of your outcome," she said.

If you're feeling uncertain about your future after university, remember that now is the best time to plan for that.

"The biggest advice that I can personally give to people who are currently in university and people who are about to embark on any form of post-secondary education is to have a clear vision of the path they want to take," Yu advised.

Of course, everyone has their own way of dealing with university and sometimes you never know what to expect.

"Each semester felt like a different season and with that, came with their own ups and downs," Chai said.

And maybe that's okay too. You're in university, you might as well make the most of it.

Working from home is great but it's not for everyone

Emma Duke

Staff Writer

The COVID-19 pandemic had many impacts, and challenged norms around life, home and work. One of the enduring effects was the shift experienced by employees from working solely in an office, to working remotely, or in a hybrid format. In fact, Made in CA says that 30 per cent of Canada's workforce was remote between April 2020 and June 2021 but the risks versus rewards for women seem to be higher than other groups.

The ability to work remotely was considered beneficial for both employers and employees. Canadians report higher levels of productivity working from home rather than in-office - clearly a bonus for employers. Employees aren't complaining either. Between avoiding transit, being able to stay in the comfort of their own homes, feeling more productive, and having more flexibility, remote-work isn't so bad for them, either. Statistics Canada found that nearly half of teleworkers say they would prefer to work half their hours remotely, and almost 40 per cent say they would rather work remotely almost all of the time.

Working from home has its benefits, but it does not go without drawbacks, either.

At the Working From Home - Risks & Rewards event hosted by Mount Royal University for International Women's Day, Dr. Heejung Chung outlined why working from home can be a double-edged sword.

Dr. Chung studies flexible working, including hybrid and remote work and is the author of *The Flexibility Paradox*, which looks at why

flexible working leads to (self) - exploitation. She says that on one hand, flexible working has enabled people to manage both work and family; women in particular are less likely to drop out of the workforce if they are offered a flexible working option. This is just one example of how remote working has opened doors for diversity and inclusion, according to Terminal.

But on the other hand, hybrid or remote methods also mean particular risks for women and other marginalized groups.

One negative outcome, Chung says, is that traditional gender norms come into play. When women are afforded flexible working, they end up taking on an unequal share of labour, because they work and take care of their children - sometimes at the same time.

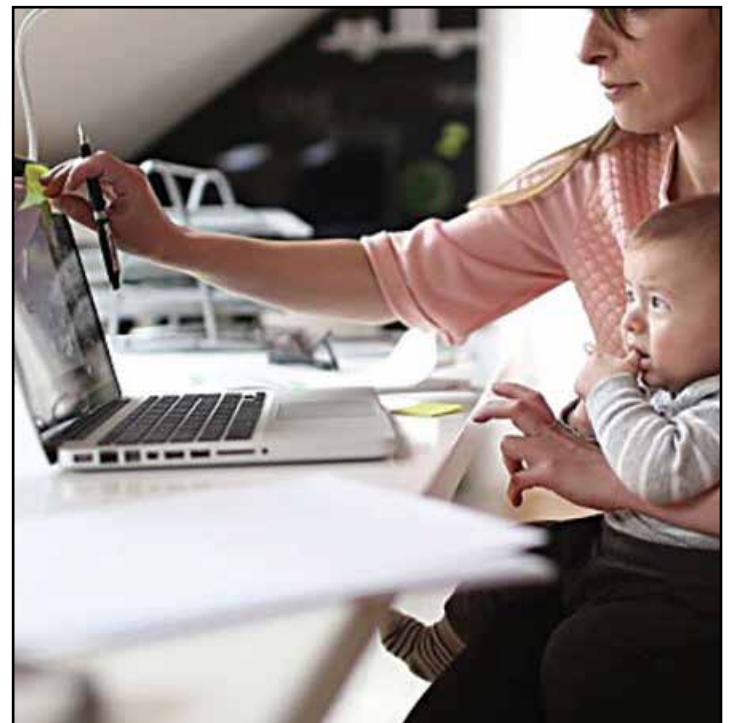
Dr. Chung found that women end up working harder and longer with flexible working, because they can, and also because their hours of productivity have decreased. They get distracted by their children and other responsibilities. A Statistics Canada report backs her up; it highlights that close to 20 per cent of workers say that a barrier to their productivity in working from home was having to care for a child or family member.

What is a privilege for some — high internet speed, having an adequate work space, and being able to access work-related devices and information, do not come so easily to others, and according to Statistics Canada, are reported as barriers to productivity. Class disparities leave some

employees without the technology, workspace, or internet access necessary in order to succeed.

Working from home is a double-edged sword. There is no question that it has its benefits, and it seems to be the preferred method of work for many. However, it does not come without its drawbacks, particularly for marginalized groups.

As companies continue to implement new flexible working methods and routines, they will also need to take into account that not everyone has the same experience working from home. If you are offered a work-from-home or flexible working position, consider weighing the rewards versus the risks to determine if the position suits you best.



Women working at home may also have to take care of their children. Photo courtesy of Flickr

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A new Asian-Canadian family drama series is coming your way

Isabella West

Staff Writer

A new Canadian drama series is coming to Super Channel on April 1 called *Streams Flow From A River*. The short form series follows the story of an Asian-Canadian family that are brought back together because of a stroke within the family. After being trapped together by a snowstorm in rural Alberta, the family is then forced to confront past traumas that had previously tore them apart.

"Inevitably, things flow down from generation to

generation and as kids, we understand our parents so much better than they think we do. You know, we see the little cracks and we see how human they are," said director Christopher Yip in explaining the title of the series.

After the family is stuck together, forced to face their past conflicts, the series goes on to explore the invisible struggles immigrant families face while trying to be successful in the West.

Some of Yip's inspiration for the series comes from personal

experiences within his family when his grandfather had a stroke. Yip said that seeing the difference between his own reaction compared to his father's highlighted "a gap between intergenerational" approaches to grief, of which he wanted to explore.

From this, Yip developed the series as a way to "start a conversation in the Asian community about mental health and bridge the gap between generations of younger and older immigrants and Asian folks," said Yip.

With the rise of anti-Asian hate amid the COVID-19 pandemic, as seen through personal experiences, Yip wanted to create a series that could help "to center and celebrate Asian folks" as a way to get to a point where there won't be a need to "humanize racialized people because we're people like anybody else," said Yip.

Although it takes extra work and effort to consider other perspectives when it comes to the film industry, Yip said that it's worth it "for people who

haven't had that opportunity to shine, [to] be seen," because they deserve to make a "mark in history too."

As the first ever digital series to be included, *Streams Flow From A River* premiered at the Canadian Film Fest on March 28. The series will be available for viewing on Super Channel on April 1. Super Channel is available within most cable providers, as well as streaming live and On Demand with Amazon Prime Video Channels and Apple TV.

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The cast of *Streams Flow From A River* on set. Left to right: Simon Sinn, Jane Luk, Liam Ma, Danielle Ayow. Photo courtesy of Fae Pictures



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Getting to know 2023 Calgary Public Library's Indigenous Artist in Residence Kristy North Peigan

Mae Edillon
Contributor



Kristy North Peigan's residence at the Calgary Central Library runs from May 6 to 15. Photo courtesy of Kristy North Peigan

Kristy North Peigan is a Blackfoot mixed media artist, oil painter, digital artist, and cosplayer, based in Calgary. Peigan draws inspiration both from her background and her love of superheroes, anime and video games. I was able to have a sit down with her to talk about her life, her passions and her work.

Peigan is also this year's Calgary Public Library's Indigenous Artist in Residence. Peigan will be hosting art talks and shows at the Crowfoot and Shawnessy locations. There will be one final exhibit at the Central Library from May 6 to 15.

We touched on her unique blend of traditional and digital media, including her paintings for *Nitssaakita'paispinnaan: We are Still in Control*, a travelling art exhibition back in 2019. Three Blackfoot artists, including Peigan, each made six works of art which reflect the exhibit's theme. Her pieces are digital paintings printed on canvas and done over with oil paints. I asked what inspired that approach as part of her art style.

"The We Are Still In Control exhibit gave me an opportunity to explore actually doing a digital painting to a certain point,

getting that printed onto canvas, and then finishing the painting with oils. It really created a cool juxtaposition of digital and traditional mediums with a kind of modern or futuristic take on Indigenous subject matter," she said.

The blending of the two visual cues beautifully complimented each other to show that Indigenous culture is very much alive in the present and for future generations. To her, the typical imagery of what is considered Indigenous isn't really representative of herself or her culture today.

"We've all seen the 'war Chiefs' on horses, the 'Indian princesses,' we've seen all the sepia tones. For me, it seems very dated[...] I have all my history, and my culture, and my protocols to draw on, and that I get to live that every day. I'm very lucky that I get to have that, but it didn't necessarily reflect on who I am as a modern woman and in this century," said Peigan.

As she creates original professional art, she also makes digital fanart of her favourite superheroes, video games and anime characters. Her love for nerd culture is another facet of her interests and identity. This also reflects what she wanted to see in the

media.

"I kinda draw the things that I wish I saw when I was younger, which was more Indigenized pop culture references. [...] I'm a child of the digital age, I grew up with the internet. [...] I really love technology and really trying to stay with it as much as possible, because it's just another artistic tool for me," Peigan said.

Peigan's love for cosplay started as early as childhood; she dresses up in costume to become the heroes she looked up to. Her cosplay really went into full swing in her years at college, as she found a community of fans and built up self-confidence. This allowed her to reconcile all aspects of her as a creative person.

"I wanted to emulate the things I felt like I wanted to adopt, in terms of shaping my personality as a young adult. [...] I'm trying to take that confidence that I had as a cosplayer, that I took years to build, and I installed that, hilariously enough, into my artist identity. Putting myself out there, as just myself as a whole, has been a little bit of a personal challenge as I don't have a cosplay to hide behind, where someone automatically already loves Wonder Woman, they're,

of course, gonna treat me really well. That's part of the validation thing, people just really enjoying me and who I am without the costume on," Peigan said.

I asked her about how she views the many creative outlets she uses, as they seemed independent of each other. Peigan believes that these different forms of her creative expression aren't separate since they're all equal parts of her. She felt that if they weren't together as one identity, that she was being disingenuous to herself.

"At the end of the day, it's not like I turn being Indigenous on and off. It's not like I turn being an artist on and off. It was in the last year or so I just took both of those things and just mashed them together in this chaotic little medley. And it brought me here. I've never received more validation than I have in the last few months over my artist practice, my cosplay, and who I am as a person, because I decided to stop being so shy and withdrawn, and I actually put myself out there," Peigan said.

This coming April, Peigan will be making appearances at Calgary's Comic and Entertainment Expo and will be a cosplay guest at Otafest in May.

OUT'N ABOUT

International Jazz Days

Jazz Days are back with six incredible performances. Kicking off with Michelle Grégoire's free show at Devonian Gardens on April 27. Don't miss out on a day of free performances!

Calgary Night Market

Gather your friends and family for a night of fun on May 19 at Bridgeland Riverside Community Association. Support your local vendors, artisans and entrepreneurs.

Death Cab for Cutie Concert

Rock out with Death Cab for Cutie at Grey Eagle Event Centre on June 12, at 8 p.m. Don't miss your chance to see these indie rock legends in action. Tickets are still available.

Calgary Folk Music Festival

Get ready for a boot-stompin', guitar-strummin' good time at the Calgary Folk Music Festival from July 26 - 29, tickets are now available on Calgary Folk's Fest official website!

Exploring the dystopian world of *Tender is the Flesh* by Agustina Bazterrica

Gurleen Jassal

Contributor

After reading the novel *Tender is the Flesh* by Agustina Bazterrica the reader will either feel uncomfortable in their own skin or question how humanity has come so far in envisioning such a gorey dystopian run world.

Originally Bazterrica wrote this novel in Spanish, later getting translated into English in 2021. In this novel we follow Marcos, a 'special' factory worker that has his own personal issues that have him choked throughout the novel. As meat consumption for humans in the new society is unsafe to eat; special meat becomes the main source of protein for all civilians.

As everyone in this society indulges in becoming cannibals, Marcos' life working at this special meat factory became one of his everyday mundane tasks. Throughout the novel, we follow life through Marcos' lens, and observe how 'special meat' became a huge part of his life. Personally, this was the most graphic yet interesting novel I have ever read.

As a former vegan myself, it was interesting to see a society where meat had consumed the minds of the masses, that everyone needed to consume it regardless of where it came from. Having this special meat really highlighted the aspect that humans are a type of animal.

I remember instead of the feeling of wanting meat in my life, I craved having a cold cheese string from the refrigerator.

Another perspective that I felt was a huge theme is

the government trying to control society, especially if we put it into context that the more humans are getting consumed, the more the society remains at a constant number.

A quote that made me put that into context was, "Don't be an idiot. Can't you see they're controlling us? If we eat each other, they control overpopulation, poverty, crime. Do you want me to keep going? I mean, it's obvious." This dystopian perspective of controlling the population via cannibalism is unique and never heard of in novels.

Another key perspective this novel made me realise is how fast food restaurants have a connection with how the food is being bred. Most fast food restaurants experiment with animals and raise them in inhumane ways, for it to be sold at higher rates than ever. At restaurants we get fed chicken nuggets in odd shapes and just a mush of chicken goo.

In this novel's society, 'reject' humans are bred for consumption, and the reasons why they may be rejected are unclear, with the same process of the 'meat' taking nine months to be born. It has very animalistic tendencies where it is bred over and over again for gain.

Overall, the reading experience of this novel was the best I have ever had. As much as I was grossed out thinking about a human eating another human, I could not put the novel down. It felt weird reading about how tender human flesh is.



Indulge in a chilling read with *Tender is the Flesh* by Agustina Bazterrica, a gripping novel that exposes the dark side of meat consumption and societal control. Photo by Gurleen Jassal

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Ride the wave of Miley Cyrus' *Endless Summer Vacation*

Izabella Jaspar

Staff Writer



***Endless Summer Vacation* was inspired by Miley Cyrus' own experiences of spending summers in Malibu, California, where she would surf, ride motorcycles and enjoy the beach lifestyle. Photo courtesy of Columbia Records**

Miley Cyrus released her eighth studio album *Endless Summer Vacation* on March 10, 2023. From upbeat tracks to somber ballads, this album is sure to empower listeners to take control of their lives. Cyrus has been in the music industry for years, and she has gone through several phases of reinvention. With her new album, *Endless Summer Vacation*, Cyrus starts fresh and embraces her unique sound. The album is filled with upbeat songs that reflect her newfound optimism and zest for life.

The album consists of nine tracks, with each song that conveys a different aspect of being in the present. To start off the album, her viral song "Flowers" sets the tone for

the rest of the album as it is going to be about self-love and discovery. "Flowers" is a reminder that you do not need a partner to be happy.

In the third track, "Rose Colored Lenses" Cyrus discusses how her sight was blinded by rose-coloured glasses in a past relationship. The upbeat song explains how she saw these red flags within her relationship but ignored them, but she is aware now that it was both beautiful and dangerous. Cyrus explains how easy it can be for people to get caught up in their own romanticized version of love and relationships. In this song, Cyrus warns listeners not to fall into this trap as it can lead them down a dangerous path that can

cause more harm than good in the long run.

The last song on the album "Wonder Woman" is a perfect conclusion to this album. The powerful ballad is said to be written about Cyrus' mom. The song tells the story of how a woman wants to be presented to the world as strong, carefree and brave. However, behind closed doors, she falls apart and her emotions take control. Cyrus sings about her own experiences of being with someone who wasn't right for her and was unloyal. She warns listeners not to get too wrapped up in someone else's version of what love

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Young Hearts

Benny Sings

Stones Throw Records

Score: A

Benny Sings has stayed true to his signature style with his latest album, *Young Hearts*. This delightful collection of 70s-inspired soft pop perfectly encapsulates the feelings of joy and happiness. With his familiar soft beats and distinctive voice, it's the perfect soundtrack for lazy Sunday mornings spent cooking breakfast on a summer day.

Notable tracks for me consisted of "Distance" and "Love Will Find A Way" these two tracks both consist of sweet and light melodies that feature lyrics such as "Did you like the cards I sent you?/ Don't you think they say a lot?/ Summers they don't last forever" and "Guess

I see it now/ We're better off somehow/ Even though the band doesn't play/ Love will find a way."

Young Hearts sets a tone of laid-back fun that is impossible to resist.

Throughout the album, Sings' songwriting shines with its simple yet effective storytelling. The lyrics are relatable and easy to connect with, capturing moments of joy, love and life's simple pleasures — you're surely to find a song you're able to relate to in no time. If you're looking for the perfect summer album, look no further.

- Astrid Cunanan



Homesick

Sea Girls

Polydor

Score: A

Sea Girls' second studio album, *Homesick*, is a captivating work of vulnerability. With each track, the band interweaves a sense of familiarity that glows even brighter with the touch of nostalgia. This band deserves much more recognition than they currently receive, and *Homesick* proves why.

Right from the opening notes of "Hometown," Sea Girls take listeners on a journey that explores the highs and lows of growing up. The album boasts a consistent energy of catchy hooks and driving beats. With lyrics featuring "You'll stay there/ And we'll move on/ You'll never learn the words to my new songs/ I remember

you always."

But it's the vulnerability in the lyrics that truly stands out. This is especially true for track seven, "Lucky," "If my brother was dreaming or my father was selfish/ Would I be a big man or a boy who was helpless?"

If you're a fan of indie rock with heart and soul, then *Homesick* is an album you cannot miss. Sea Girls have crafted something remarkable with this record, showcasing their exceptional talent and artistry. Don't sleep on this band — they're destined for greatness, and this is just the beginning.

- Astrid Cunanan

“Ride the wave...” Continued from Pg. 11





should look like, as it can easily lead them down a path of disappointment or heartbreak if they’re not careful.


Overall, Miley Cyrus’ new album *Endless Summer Vacation* is an inspirational reminder to embrace every moment that they have without fear of failure or judgement from others. It encourages them to explore their own boundaries and make mistakes without guilt or shame, as these experiences can lead them down a path of self-discovery if they allow them to do so. It is an inspirational reminder for us that life is all about risks and learning from mistakes along the way.

It provides a message that encourages people to embrace their imperfections and appreciate every second that they have without getting too wrapped up in romanticized versions of love or expectations from others.



Miley Cyrus was named Destiny Hope Cyrus at birth, but she legally changed her name to Miley Ray Cyrus in 2008 to reflect her childhood nickname “Miley” and her father’s name “Ray.” Photo courtesy of Freenjoy


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— Dr. Robert Wyckham

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The top storylines heading into the 2023 NHL Playoffs

Matthew DeMille
 Staff Writer



Longtime Boston Bruin Patrice Bergeron will look to lead his team to a Stanley Cup championship this offseason. Photo courtesy of Lisa Gansky/Wikimedia Commons

In the hockey world, the end of March signifies one thing: playoff season is right around the corner.

You heard that right! Time to put away the razors, prep the rally caps and toss on your favorite jersey. The National Hockey League's grueling 82-game regular season slog will soon be wrapped-up, making way for puck drop on the

long-awaited 2023 Stanley Cup Playoffs — beginning on April 17.

Now, as the regular season dwindles down and the playoff race becomes ever so clearer, there is no better time to whip up a batch of predictions about how the 2023 Stanley Cup Playoffs will shake out.

Here's a handful of

storylines to keep an eye on as we head into the postseason.

The Boston Bruins will capture another Stanley Cup

This season for the Boston Bruins has been nothing short of remarkable, and, at this point, it's their season to lose.

On March 11, the Bruins, who were playing in their 64th regular season game, not only became the first team in the NHL to capture a playoff spot for the upcoming postseason but also became the fastest club to reach 50 regular season wins in NHL history — sitting at a record 50-9-5.

But, that's not the only record the club has recorded this season — nor will it be the last.

On March 2, the Bruins also broke the NHL record for becoming the fastest club to reach the 100-point mark, securing their 101st point in a 7-1 triumph over the Buffalo Sabres. And with 11 regular season games remaining on their schedule, the Bruins also have a chance to break the record for most wins by a club in a single season.

The record — 62 wins — is currently shared between the Detroit Red Wings (1995-96) and Tampa Bay Lightning (2018-19). In order to become the record holder, the Bruins would need to win eight out of their 11 remaining games — a feat that doesn't seem so impossible.

However, it's not just their record-crushing season that has them pegged as a Stanley Cup favourite. They are also built for it. Patrice Bergeron, Brad Marchand and David Krejci bring Stanley Cup experience to the club — having won the championship in 2011 — while David Pastrnak, Jake DeBrusk and Charlie McAvoy round out their high offensive group. Recent acquisitions in Tyler Bertuzzi, Garnet Hathaway and Dmitry Orlov have already improved the team's depth and have added an extra level of grit and tenacity perfect for postseason play.

The Colorado Avalanche will fail to make the finals

Mark our words, the Colorado Avalanche will not reach the Stanley Cup Finals for the second consecutive year. Following their Stanley Cup winning performance in the season prior, expectations are high for the reigning champs. And while they

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#s

6, More victories for the Boston Bruins to set the record for most wins in an NHL season.

4, Number of points out of a playoff spot for the Calgary Flames.

4, Wins separating teams seeded 4-12 in the NBA Western Conference.

38, Total number of WWE Wrestlemania events, with 39 taking place on April 1 and 2.

"The top storylines..." Continued from Pg. 13

currently sit comfortably in a playoff spot (third in the Central Division), it is a large regression when comparing it to last season's placement (first in the Central Division and second across the league).

The disappointing season is not entirely the team's fault. For much of the season the Avalanche have had to deal with countless injuries, many of which involved their top-line skaters and bonafide stars.

Nathan MacKinnon, Cale Makar, Bowen Byram, Artturi Lehkonen and Pavel Francouz, among others, have all spent time on the 'shelf' this season, but none have wounded the Avs more than the loss of their captain, Gabriel Landeskog. The 30-year-old forward, who made his home on the top two lines, has missed the entirety of the 2022/23 season following knee surgery done in October. While it's been reported that Landeskog has begun skating again, there is no timeline for his return.

A Canadian team will make the Conference Finals

Is it Canada's year to win the Stanley Cup? Who knows. But, is it Canada's year to reach a Conference Finals? Quite possibly. It would not be shocking if we saw either the Edmonton Oilers or Toronto Maple Leafs — sorry, Calgary and Winnipeg — plough through the first couple

rounds of the Stanley Cup Playoffs.

In a relatively weak Western Conference, Connor McDavid and the Edmonton Oilers should make quick work of their first-round opponents, whomever they may be. That's solely from the performance of Oilers' captain McDavid, who looks damn-near unstoppable at this point in the season. The Richmond Hill, Ont., native looks over the entire NHL in the goals (60), assists (78), and points (138) columns, with 10 games still to play.

For the club that will be eventually assigned the task of playing the Edmonton Oilers in the first round, it's not a matter of winning four games to progress, it's a matter of shutting down McDavid four times — which if you ask us, seems almost impossible.

The Toronto Maple Leafs have not won a playoff series since 2004, but all that can change this year, maybe. The Leafs, who sit second in the Atlantic Division, have logged yet another impressive regular season and are well on their way to clinching a spot in the NHL playoffs for the seventh-straight season.

While the first round playoff curse that has plagued the team for over a decade is still on the horizon, we can't help but feel that this is the season where the Leafs will cast away their demons. The core four consisting of Austin Matthews, Mitch Marner, William Nylander and John

Tavares looks lethal as ever, with each skater averaging over a point a game.

But the additions made by Toronto's general manager, Kyle Dubas, is what will sway the scales for the team. Calle Jarnkrok, Erik Gustafson, Jake McCabe, Noel Acciari, and most notably, Ryan O'Rielly have all been added to the roster in the hopes of bolstering the Leafs' depth with some solid two-way skaters. If the Leafs get past their first round woes, then a Conference Final may be in their near future.

The Calgary Flames will fall short

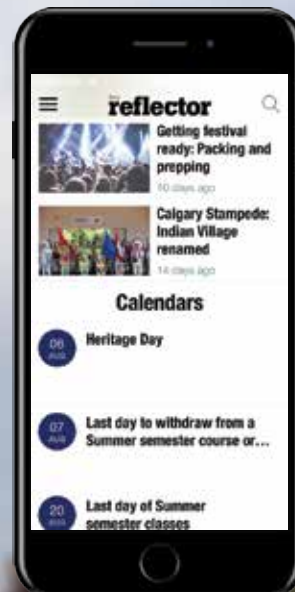
On a more local level, the struggling Calgary Flames are in the hunt for a wildcard spot in the west. Sitting six points out, the Flames are currently scrapping it out with the Nashville Predators and Winnipeg Jets. If the recent performances from the club are any indication of how the rest of the season will finish, the probability of the postseason is grim.

The biggest concern for the Flames seems to be coming

from within the locker room, as the players — mainly the offseason additions, Jonathan Huberdeau and Nazem Kadri — are finding it difficult to gel with head coach Darryl Sutter's style of coaching. This issue has persisted through the entire season, as neither Huberdeau or Kadri were able to replicate offensive performances we've seen in past seasons.

With nine games remaining in the regular season, the chances of Calgary stringing together a considerable amount of wins seem highly unlikely.

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Will reigning Stanley Cup champion Nathan MacKinnon be able to pull off a repeat this year? Photo courtesy of 5of7/Wikimedia Commons



iPhone graphic by Rafael Fernandez - Own work, CC BY-SA 4.0, https://commons.wikimedia.org/w/index.php?curid=51218006

Cougars win women's hockey national championship for first time in program history

Josh Werle

Sports Editor



MRU fans were showing their support during the hockey team's national championship victory. Photo courtesy of U SPORTS

For the first time in the program's history, the Mount Royal University (MRU) Cougars women's hockey team are the U SPORTS National Champions. The team's highly improbable path to the national championship is one for the record books, and is a journey that highlights how beautiful the world of sports can be. Anything can happen, especially when competing at the highest level, and the Cougars have proven that resilience, determination and confidence can take you all the way to the top.

The Canada West playoffs

After a season that saw the Cougars finish with the third seed in the U SPORTS Canada West division, the team embarked on a quest for

a gold medal victory in their divisional playoffs in mid-February. Hopes were high, as the team sat behind only the University of Alberta (U of A) and the University of British Columbia (UBC) in the standings.

After taking out Trinity Western University in the quarter-finals, and the U of A Pandas in the semi-finals — both in 2-1 series victories — the Cougars were set to face the UBC Thunderbirds in the divisional finals. The Thunderbirds have an overall record of 24-4, and were considered to be one of the best teams in the entire country — regardless of division. After taking the first game with a 1-0 victory it seemed like the Cougars were gearing up for a divisional

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"Cougars win..." Continued from Pg. 15

playoff gold medal, but the Thunderbirds bounced back with two straight wins leaving the Cougars in second place. Although silver is still something to be proud of, receiving the medal after a loss is something that no athlete wishes to do.

Eighth-seed superstars

The Cougars' silver medal victory earned them a shot at the U SPORTS National Championship, a title that has never been won in the program's illustrious history. The team was ranked as the eighth seed in the tournament out of eight total teams — their Canada West gold medal winning counterpart was ranked second — which meant that they had to square off against the number one seed in the first round of the tournament.

After 40 minutes of hard fought hockey, the Cougars were down by a goal heading into the third period. Just under 10 minutes in, Jori Hansen-Young potted the

game-tying goal. With less than five minutes left in the game Breanne Trotter scored the game-winner, and the Cougars had officially upset the number one team in the country. This confidence carried over to the tournament semi-finals, where MRU knocked off the number five seed and tournament hosts Universite du Quebec a Montreal.

National Champions

The UBC Thunderbirds also made their way to the semi-finals of the tournament, losing to the Concordia Stingers 3-1. This meant that the national championship would be a fresh matchup between the Cougars and the number three seeded Stingers. After a scoreless first period, the teams began to ramp up the offense, each scoring a goal in the second, and two in the third.

The Cougars' second goal in the third period was another example of this team beating the odds, as Trotter

tied the game with less than two seconds remaining. This meant the two teams would be playing a game of "next goal wins" for the U SPORTS National Championship.

Emma Bergesen played

the role of the overtime hero, and scored a goal that would give the MRU Cougars their first women's hockey national championship in the program's history. This was one of those underdog

stories that even the best writers couldn't make up, and is a truly special moment for all who were involved. Congratulations to the MRU Cougars on their spectacular victory.



The MRU Cougars celebrating after their hard-fought win at the U SPORTS National Championship. Photo courtesy of U SPORTS



Cougars goaltender Kaitlyn Ross made 29 saves en route to the national championship victory. Photo courtesy of U SPORTS