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MRU's Journey to Indigenization

Liam Rockliffe

Contributor

Mount Royal University (MRU) hosts its very own truth and reconciliation events to be held between Sept. 22 and Oct. 4.

These events hold special meaning for all Canadians especially after the discovery of 215 unmarked graves that were found in Kamloops, B.C. This discovery magnified the focus on truth and reconciliation and brought light to the injustices of residential schools. This year's events focus on those who survived residential schools, and honours them in their legacy.

The reason why Journey to Indigenization starts on the 22nd instead of the 30th, which is the National Day of Truth and Reconciliation, is because the 22nd marks the original signing of Treaty 7.

Signed by the Kainai, Nakoda, Îyârhe Piikani, Siksika, and Tsuut'ina, in 1877, Treaty 7 allowed a transnational railway to be built.

To commemorate the signing of Treaty 7 the Survivor Flag shall be raised at MRU. This flag honours those who survived the residential schools, and contains nine symbols—10 including the colour—all which hold important factors of the effect of residential schools, while also maintaining Indigenous culture and values.

The colour orange has represented truth and reconciliation since the beginning of the movement in 2008, stemming from a story of survivor, Phyllis Webstad, who had her hopes and dreams—as well as her shiny new orange shirt—stripped from her by residential schools. Throughout the 13 days of

Journey to Indigenization, Mount Royal will be lit up in orange lighting at several locations: Charlton Pond, the recreation pool, East Gate and the T-wing Courtyard tipis. These lights will uphold a constant reminder of the importance that these days hold.

The National Centre for Truth and Reconciliation (NCTR) is also holding virtual “lunch and learns” everyday at 11:30 AM and run for 50 minutes. These info sessions will provide listeners with history from First Nations, Métis, and Inuit knowledge keepers—showing many the “other side” of history. These lessons will involve residential schools, unconscious bias and stereotypes, current impacts and discrimination, rights of Indigenous people, and rounding it off, the path to reconciliation.

Journey to Indigenization

From Sept. 25 to 28, faculty, students, and elders alike will be sharing stories, presentations, and efforts to the general public. The elders have been requested individually by organizers and generally have a relationship with the presenters or the university as a whole. These sessions are available for pre-registration.

The Ani to Pisi (spiderweb) event on Sept. 28 is a creation story which is being used and utilized on MRU's path to reconciliation. This event will include creating a human spiderweb which responds to vibrations, and deals with them as they occur.

The Ani to Pisi event is supported by Elder Roy Bear Chief who is ingrained in learning at MRU specifically



MRU is hosting truth and reconciliation events between Sept. 22 and Oct. 4 in honour of The National Centre for Truth and Reconciliation. Photo by Megan Creig

in the health, community, and education faculties. Elder Clarence Wolf Leg, a doctor of Law honorary degree recipient will be opening the Ani to Pisi event.

John Fischer, the interim associate vice president of indigenization and decolonization, provides some insight into the inner workings of these events. The office of indigenization and decolonization has partnered with the Iniskim Centre, to provide opportunities to recognize the National Day for Truth and Reconciliation.

“The general principles about Truth and Reconciliation Week is to acknowledge what we are doing as a university in learning about the impacts of colonization and what the days that we are acknowledging represent,” Fischer says.

“[It’s] important for MRU students and faculty to recognize the National Day of Truth and Reconciliation and also recognize the Sisters in

Spirit march and the impact on missing and murdered Indigenous girls.”

Son of a survivor

The meaning of truth and reconciliation hits incredibly close to home for Fischer. His mother, a residential school survivor, passed away last July. He says this week is an “acknowledgement of how [residential schools] affected [Indigenous] families in ways that we know and ways that sometimes we don’t”.

This year's truth and reconciliation events for Fischer are focused on “what’s happening in our universe”. Specifically, MRU's actions in the past, present, and future.

Rounding off Journey to Indigenization is Sisters in Spirit Day. Held nationally on October 4th, Sisters in Spirit Day is a sombre convocation for murdered and missing Indigenous women, girls, and two-spirit. Everyone is encouraged to wear red in support of the families and

victims who have suffered this loss.

On this day, MRU will hang red dresses from trees. This is inspired by Jaime Black, a Métis Artist and founder of the *REDress Project*. In Black's own words, “the project has been installed in public spaces throughout Canada and the United States as a visual reminder of the staggering number of women who are no longer with us.”

Outside of campus, Awo Taan Healing Lodge Society is hosting their 20th annual Sisters in Spirit Vigil at 11:30 AM at downtown Calgary. This peace march, complete with drum circles, honour, and traditional ceremony—honours those who have been lost, while also fighting for no more “stolen sisters”.

MRU's Journey to Indigenization is an event anyone can attend, and holds the power to break down the barriers between colonization and indigenization.

MRU program transforms students to professionals

Julie Patton

News Editor

Learning is not limited to the classroom, and the new AccelerateU program is an example of that. Piloting during the 2023-24 academic year at Mount Royal University (MRU), the AccelerateU classes will be held at the Open Learning Lab in downtown Calgary.

A unique experience, students will work alongside industry professionals, gaining valuable experience in the workforce and creating network connections that will help students land jobs after graduation.

David Finch is a professor of marketing at the Bissett School of Business, chair of the LearningCITY Collective, and director of the Open Learning Lab.

AccelerateU challenges the traditional post-secondary model that Finch calls the “Cliff graduation model.”

“At the end of 40 courses we’re pushed off the cliff,” he says. “We hope over those 40 courses you are ready to ‘hit the ground running,’ right? What this model, AccelerateU, does is it becomes a controlled off-ramp.”

The Open Learning Lab is a city-level study designed to increase collaboration between students and organizations. Piloted by the LearningCITY Collective, a Calgary organization dedicated to redefining the way students learn, the Open Learning Lab will complement and augment Calgary’s learning system.

Located in Bow Valley Square, a professional building in downtown Calgary, the program removes barriers between students and professionals and provides them with experiential learning.

Not only do the students further their education in the

classroom, it helps them build confidence in the workforce as they immerse themselves in the downtown work life with tens of thousands of other professionals in the city.

Finch says there are about 150,000 people who work in Bow Valley Square, and students of the Open Learning Lab can engage with those professionals through the programming both formally and informally.

“The students have a new level of confidence because they realize what they’ve learned is valuable, they realize how to tell the story more effectively, and they’re not intimidated any longer,” he says.

A successful start

Gracie Curlock was one of the students who took on the challenge of joining AccelerateU in August.

Hoping to take a block week course and cram a semester’s worth of work into five days, Curlock decided to take an AccelerateU course after Finch reached out to her.

“I was really drawn to getting a little more hands-on experience by being in a different building right in the heart of downtown,” she says.

A public relations major with a minor in marketing, Curlock was nervous with what to expect, however she says the whole experience was wonderful.

In her marketing course, she says the first half of the day was spent on career development where Finch helped tailor the course to each students’ specific goals. The second half of the day was spent in fast paced interviews and networking with industry professionals.

“The interviews honestly

just opened my eyes to all the possibilities that are in Calgary and that are tangible for me to reach,” she says. “I feel like even on campus, we talk so much about what we could possibly want to do but it seems so rigid... but by meeting with what felt like almost hundreds of professionals over the week, it really opened my eyes to what I can do.”

Finch says classes for the program are about 80 per cent full which exceeds their projections for the first year of the program.

Choosing more

Muntahir Ahmed also participated in the block week course alongside Curlock. He also had a positive experience with the course and decided to take two more AccelerateU courses.

“It’s quite intensive and rigorous, compared to that of a regular, traditional course,” he says. “Not only are you balancing and juggling class work, but you’re also in the

face of professionals and organizations and experts... But I find it quite beneficial and transformative.”

Ahmed says the transition from student to professional is daunting, but after his experience with AccelerateU he feels confident in his future.

“If there are students out there that are truly contemplating about taking this program, next semester or in several years, I just say go for it... I’ve met more professionals and experts in the last several weeks than I have in the last four years studying at Mount Royal. It’s really getting your foot in the door.”

Grand Opening

On Sept. 13, the LearningCITY Collective hosted its grand opening of the Open Learning Lab. “We’re trying to have individuals and the community recognize that we all learn in a variety of different ways,” he says, adding that the most transformative experiences happen outside of

the classroom.

The traditional classroom and blackboard learning, what Finch calls pipe learning, represents 80 per cent of the learning programs in Calgary. The LearningCITY Collective is challenging that model, and the grand opening is an example of the community wanting to see that change.

Finch says the grand opening exploded with a variety of organizations from different sectors, all who want to be a part of this bigger learning system. Additionally, there is interest from almost all of Calgary’s post-secondary institutions to collaborate and work together on community-oriented initiatives.

“Those conversations are very difficult and don’t generally happen in places like Toronto. So, the opportunity for us, is Mount Royal University really becomes part of that broader community conversation and has an opportunity to play a leadership role in that collaborative model.”



Piloting during the 2023-24 academic year, AccelerateU connects students with industry professionals. Photo courtesy of David Finch

Explainer: Could Trump prevent WWII?

Iyan Velji

Contributor



Donald Trump claims he can negotiate peace between Ukraine and Russia as war continues between the two countries. Photo courtesy of Mathias Reding/Pexels

It has been nearly two years since Russia invaded Ukraine. Since that day on Feb. 24, 2022, it's estimated around 260,000 soldiers have died on both sides of the conflict and hundreds of thousands more have been injured.

Tension began in 2014 when Russia invaded and annexed Crimea from Ukraine, and ramped up again when the newly elected Ukrainian president, Volodymyr Zelenskyy, asked United States president Joe Biden to let the country join the North Atlantic Treaty Organization (NATO) in early 2021.

Now, behind the scenes, Russian president Vladimir Putin has been allying himself with leaders like Belarus' Alexander Lukashenko, China's Xi Jin Ping, Iran's Ebrahim Raisi, and even North Korea's Kim Jong Un, who recently took an armored train to meet Putin for weapons talks.

The west, on the other hand, has been strengthening its NATO alliances, adding new member Finland, and contemplating the accession of Georgia, Sweden, and Ukraine itself.

More recently, Russia has threatened to start utilizing its massive nuclear arsenal against the west.

As Russian security council deputy chairman, Dmitry Medvedev stated, "if the territorial integrity of our country is threatened, we will without [a] doubt use all available means to protect Russia and our people."

This does not seem to be an empty threat as Putin has already started moving some of Russia's short-range nuclear weapons to Belarus and is readying an intercontinental ballistic missile (ICBM) capable of carrying nuclear warheads known as Sarmat, *National Post* reports. Actions like these have led to the UN Office for Disarmament Affairs, warning that the risk of nuclear weapons being used in the conflict is currently at its highest since the Cold War.

The consequences of a full-scale nuclear war between NATO and Russia would be disastrous for the world. According to nuclear scientists, even a small nuclear conflict could result in a nuclear winter spanning decades. Megatons

of black carbon would enter the Earth's atmosphere, agricultural production would plummet, and up to two billion people could starve to death, atmospheric and environmental scientists estimate.

So, how do we end this escalating conflict before things spiral out of control? How do we prevent a potential World War III?

According to the Biden administration, the answer seems to be, as Secretary of State Antony Blinken puts it, "to keep tilting the battlefield in Ukraine's favor." Biden has attempted to achieve this through military drawdowns to Ukraine, sending the country over \$75 billion USD in aid including tanks, artillery, missiles, fighter jets, and even cluster bombs, which are currently banned in Canada.

Throughout the summer and into the fall, Ukraine has been using this military aid to launch a counter-offensive which has resulted in tens of thousands of casualties on both sides and may soon come to a halt due to cold weather, *The Telegraph* reports.

Despite the Biden administration's support, the public questions if there is an alternative to produce an end to the war.

The answer may lie in an unlikely place—former president Donald Trump, who has publicly promised that he will end the Ukraine-Russia conflict in just a single day.

How would Trump fulfill this bold claim? He has stated he would start peace negotiations between Putin and Zelenskyy, leveraging his past relationships with both leaders to get a deal done.

The Washington Post raises skepticism towards Trump's plan, calling it "nonsensical" and "remarkably simplistic." Others like Hungarian president Viktor Orban have praised Trump's proposal, stating it is "the only way out" of the war.

What remains clear is that gaining peace between Russia and Ukraine would be no small task. According to Turkish news company *Anadolu Agency*, Kyiv, the capital of Ukraine, would likely need to refuse to join NATO and may have to give up territory. Russia, on the other hand, would need to assure the West it would respect the sovereignty of Ukraine and would not resume its invasion later on.

It's important to note Putin has stated he does not reject the idea of peace talks. In addition, it wouldn't be the first time Trump has made an unlikely deal. During his presidency, he became the first US leader to set foot in North Korea and was able to sign peace agreements between Israel and four countries in the Middle East in what became the *Abraham Accords*.

So, could Trump prevent World War III? Maybe or maybe not, but one thing is for certain, he is the only former president who has claimed to do so.

THE REFLECTOR

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Scouts Honor and a government's promise

Content Warning: This article discusses child sexual abuse, systematic discrimination, and content about Truth and Reconciliation. Please read with care.

Alex Padilla, Contributor & Emma Duke, Features Editor

In September 2023, Netflix released a documentary called *Scouts Honor: The Secret Files of the Boy Scouts of America*. The documentary paints a picture of a decades old institution that has systematically hidden evidence of sexual abuse and protected its perpetrators. In this documentary, we hear from high-ranking members of the Boy Scouts of America (BSA), and from the countless men who were victimized during their time as boyscouts.

The timing of this documentary's release couldn't be more relevant as we approach the National Day of Truth and Reconciliation — also known as Orange Shirt day, on Sept. 30.

Although the two situations can in no way be compared, I hope that the documentary on the BSA can help make you understand and build a larger sense of empathy for those victimized by residential schools. There is no doubt that even today, where Indigenous voices have a larger audience than ever, there are individuals who still wish to denounce the continued suffering of Indigenous communities as a result of the residential school system.

In the documentary, Patrick Boyle, the journalist who first broke the story about sexual abuse in the BSA says that one of the main criticisms he heard is that he was tarnishing the reputation of the BSA for a “problem that’s miniscule.” The message being that the reputation of the organization

is more important than the safety and well-being of its members.

Boyle mentions that the process of bringing the article to publication was particularly challenging because you weren't just accusing some random creep, you were stating that a trusted and “respected community leader” could be, and was capable of “the worst crime imaginable.” Not only were these leaders role models for the victims, but they were esteemed by the entire community. Doug Kennedy, a BSA youth leader at the time of his assault, outlines the difficulties with reporting predators: “He’s my employer, he’s the person who’s putting food on the table, the person my mother trusts. He’s the person that everybody else is going to believe.”

In Canada, it took about 125 years after residential schools became government sponsored to accept what we had done to Indigenous children. The BSA documentary can also help explain why it took so long for survivors of the residential schools to even come forth.

Some victims say they weren't aware what happened to them was abuse until adulthood. They described feeling guilty and at fault for what happened to them. Many lament the fact that they didn't do something, because they think they could've, or should've acted. Sadly this is a common experience among childhood sexual abuse survivors, according to

a study published in *Dignity: A Journal of Exploitation and Violence*.

When we hear the term ‘sexual abuse’ without any context about what actually occurred between a child and a perpetrator, it's easier for people to ignore and diminish victims, because the greatest discomfort they will experience is just hearing the words ‘sexual abuse’ put together. According to Michael Johnson, former child crimes detective and ex-youth protection director of the BSA “people are uncomfortable” with the fact that these young men who were victimized were being assaulted by men “in their cars, in tents, at their house” that they were violated orally, anally, digitally, etc. and sometimes even brutalized.

And when communities do this, it continues to victimize the child. Many of the former boy scouts describe their experiences with community alienation—even the fear of alienation kept them from coming forward with their experiences. Kennedy explains that he loved the BSA, he says it was meaningful, and thought it had a positive mission. He also says that the risk of being alienated from the program, as opposed to his abuser, played a factor in his choice to not report.

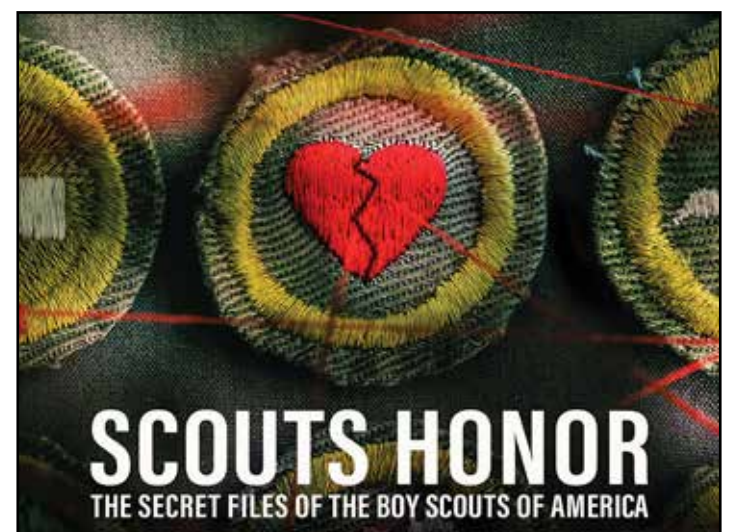
With residential schools, there exists more nuances. According to a report by the *Truth and Reconciliation Commission of Canada* titled “The Survivors Speak,” many parents’ hands were forced

in order to send their kids to these institutions. Indigenous communities were already dealing with poverty — as a result of generations worth of anti-Indigenous policies — and an opportunity presented itself to struggling parents, for others, non-compliance came with the threat of imprisonment.

The intention behind these forced-assimilation institutions is irrelevant. An estimated 150,000, if not more, Indigenous children went through the residential school system and were exposed to not only neglect but physical, mental, and sexual abuse, all while they were stripped of their culture and sense of community. The effects of residential schools continue to be felt to this day. Indigenous people have poorer health outcomes, according to *Global News*, as well as lower educational outcomes,

according to Statistics Canada, and experience disproportionately high rates of violence, as outlined by the *CBC*.

The first step forward is to acknowledge these issues, and then, to listen openly, and earnestly to Indigenous communities and survivors as they lead the way. Take this upcoming week of Truth and Reconciliation to educate yourself on settler colonialism and the part we all play in upholding systemic inequality. In both the cases of the BSA and the Indigenous residential schools, one common thread remains: thousands of individuals are still affected by not only the abuse they suffered, but also systemic denial, deflection, and inaction. No matter how much people try to bury it or want to live in denial, an inconvenient truth is still the truth.

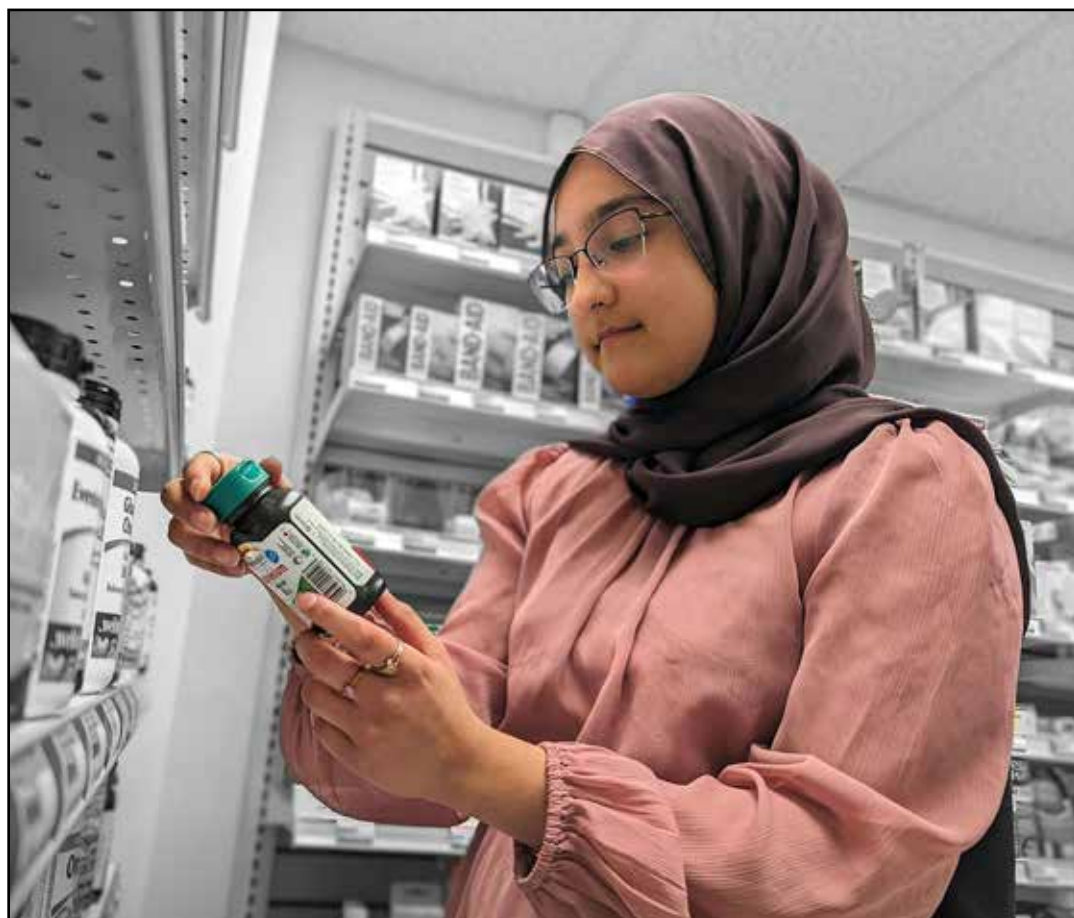


The Secret Files of the Boy Scouts of America is a Netflix documentary directed by Brian Knappenberger.
Photo courtesy of Netflix

Vitamins: The trick to academic success?

Studies find vitamins might be the solution to high stress levels, low energy, and poor immunity.

Arroy (AJ) Jacob, Staff Writer & **Emma Duke**, Features Editor



Can vitamin supplements help students succeed in their exams this semester?

Photo of Arooba Siddiqui, Photo by Arroy (AJ) Jacob.

The day begins to lag and so does your body. The exam in front of you begins to blur, and suddenly your pencil falls out of your hand and towards the floor. And soon enough, so does your head.

Hopefully that was not too graphic, and we especially hope that does not happen during any of your midterm exams this fall semester — but it is important to recognize that this has been a reality for numerous students. Many undergraduate students, including those at Mount Royal University (MRU) can safely say that they are stressed for this upcoming midterm season. Whether they are in their first year, or their seventh, every MRU student is looking for new ways to tackle this semester's examination period. And this article might

introduce a method you haven't considered yet.

Not every student is sold on the idea of taking care of their bodily health (why else are people passing out during their exams?). However, if you twist it and instead say "improving your bodily health can help you achieve better grades," then suddenly you've piqued a few ears.

Vitamins are essential micronutrients that our bodies rarely get enough of, and they can easily serve as a way to increase your energy, brain function and immune system —let alone decrease stress levels—all key elements to making sure the events of this article's first paragraph do not happen to you.

Student life means you're probably stressed a fair bit of the time, and you are likely

aware of the negative effects stress may have on both your academic ability, and your overall mental and physical health. We all have various ways of coping with stress, but taking vitamins is one of the healthier and proven ways to mitigate high stress levels.

A study done by the *Kesmas National Public Health Journal* in 2020 found that vitamin D supplements are one way that students can reduce academic stress. According to the study, exposing yourself to sun rays is another way to get vitamin D, but, in Calgary, it might be more realistic to stick with the supplements. In order for vitamin D to actually be effective, you need to take a certain amount; *The National Institutes of Health* recommends that adults (19-70 year olds) consume 15 mcg

(or 600 IU) per day.

Vitamin D is not only important for reducing stress, but it also helps increase immune function, according to *The National Library of Medicine*. They conducted a study which found that a deficiency in vitamin D is linked to a higher susceptibility of infection. Nobody wants to get sick, but remaining healthy becomes especially important for students in the winter time, since finals season also happens to be flu season.

Obviously there are other vitamin options, some which mitigate stress alone, and others which specifically help improve immunity, however, vitamin D is a great catch-all and cost-effective option.

Our brains need some love, too. Guess what? There's a vitamin for that! Actually, there are lots, but let's focus on a popular one with some serious benefits. Does vitamin B complex sound familiar? According to *WebMD*, vitamin B complex is a group of vitamins, consisting of B1, B2, B3, B5, B6, B7 and B12. Thankfully, instead of buying each of these vitamins separately, you can get the benefits of each vitamin by taking a vitamin B complex. According to the *National Library of Medicine*, B vitamins are proven to increase energy levels, and a deficiency in B vitamins is considered to be a factor in the development of neurological disorders—so taking these vitamins may make you more energized, as well as keep your brain healthy.

The world of vitamins is huge, overwhelming, and expensive. Less stress, more energy, a strong immune system, and optimal brain function sounds great, but it's not so great spending a bunch of money on various vitamins every month. If you only purchase one vitamin, your best bet may

be a multivitamin— but it is important to clarify that there are some varying perspectives regarding the extent to which multivitamins actually make a difference in one's overall health.

At John Hopkins Medicine, for example, a group of researchers debunked the myth that taking multivitamins reduces the risk of cancer and heart disease —instead, they suggest alternatives like a healthier diet.

A study published by the *American Journal of Clinical Nutrition* in July 2023, however, found that taking multivitamins daily improves memory in older adults. As *WebMD* points out, the purpose of multivitamins is to close nutritional gaps, so you can ensure you are getting your necessary daily intake of various nutrients. For example, UT Southwestern Medical Center highlights that most multivitamins contain 100 per cent of your daily vitamin D intake. In order to get the best bang for your buck, the UT Southwestern Medical Center recommends purchasing a multivitamin with most ingredients at 100 percent of the daily value.

Over-the-counter vitamins and supplements might make you reconsider how you approach your health. Starting a vitamin intake early, and consistently, with just a month to go before the first round of midterm exams, may serve as your next method to getting that 4.0 GPA this fall semester. It is important however, that all students recognize that taking supplements will not guarantee them anything, as everyone's needs vary. Speak to your family physician before making any changes to your study routine and supplement intake.

'Let me take what I want to take:' MRU students divided on Gen Ed requirements

Darian Macdonald

Contributor

General Education Classes (better known as Gen Eds) are a hot topic around campus. Some people love them, some people hate them. The two arguments tend to be either: "I'm taking extra classes that aren't necessary." or "I'm taking classes that help me learn lots about different subjects." I remember, even before applying to Mount Royal University (MRU), I asked a student what they thought of their studies at the school and they told me, "I love my program's classes, the issue is the Gen Eds. I hate them, but I have to do them." Their words genuinely made me reconsider applying to MRU.

I was so worried about hating school because I knew I'd have to take these extra courses, which I thought were unnecessary at the time. Now, three years later, I can actually say that I personally appreciate the fact that I was required to take Gen Ed classes.

For starters, taking Gen Ed's helped me expand my world and discover a new

found love for subjects outside of my program. For example, after taking one Gen Ed, I learned I had a love for history. At my high school, we didn't have a history course, so university was the first time I was able to try such a course—I ended up taking three more history classes. Even courses I didn't like ended up being, grudgingly, helpful. In my first year at MRU I took science and math literacy, and it was rough, because I'm really not a math person. However, a year later, I had to take statistics for my program requirements, and I was surprised to see some familiar topics. In fact, my earlier science and math literacy Gen Ed helped me through several statistic units. Now, in my fourth year, I've used my Gen Ed and elective requirements to fill out a minor that compliments my degree and even helped me land my internship.

Personally, I've come to understand and appreciate the importance of Gen Eds,

and I do believe these classes can make you a more well-rounded person with a wider range of skills. I am not alone in this—MRU is pretty sold on their benefits, too.

On the MRU website, under the General Education section, MRU lists several reasons why Gen Eds are important, "You will gain a number of critically important academic skills, and...you will have a stronger, multi-disciplinary base to draw from when making decisions in your chosen field. Today's workplace is increasingly multi-disciplinary...You may change career directions... You may discover a new passion," the website says.

But not everyone feels so positively about Gen Eds. I talked to a few students on campus to hear their opinions on Gen Eds. One student says "Just give me normal electives. Let me

take what I want to take, don't force me into taking certain courses when you're already doing that for my main program. I understand that you're supposed to get a wide range of courses and knowledge, but I don't think we should be forced into doing that if we don't want to." This student also expressed that he would be interested in taking extra classes, but he wants the freedom to choose which classes to take: "My friends are taking Natural Disasters ... and I want to learn about that but I don't have the option to. Overall I do not like them and I'd rather just have normal electives," he says.

Another student told me, "When I first started at MRU...I was not paying attention and I unfortunately took and committed to two writing intensive courses that conflicted with my core

courses and my social life. I never want to do that again. So now I end up searching the prof, gauge how this course goes, and put all my Gen Ed courses into a spring semester. All because I ended up having to take a history and an art history course in the same semester. While interesting subjects for sure, I hated writing for these classes."

At the end of the day, MRU students are divided on whether or not they think the Gen Ed requirements are necessary or beneficial, but maybe the truth is in the middle—while they indeed have their benefits, general education classes can also be time-consuming, costly, and hard.

Whatever your perspective might be, ask for help when you need it, and try your best to pick a Gen Ed on a topic you think you might be interested in.



Students have mixed feelings regarding Mount Royal University's Gen Ed requirements. Photo by Megan Creig



'Keep Gen Ed Weird' poster in Mount Royal University. Photo by Megan Creig

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A decade of history

Art, science and biology collide in Beakerhead's 10th Annual Showcase

Emma Marshall

Contributor



Beating heart display at *BODY* on Sept. 14, 2023. Photo by Emma Marshall

A Canadian festival that fuses art with science stopped in Calgary to celebrate its 10th anniversary.

Beakerhead has partnered with the experts at Walk the Plank to host the North American debut of *BODY*, a UK-based interactive art exhibit, at Millenium Park from Sept. 14 to 17. The festival was free to attend and took place at three

locations, Contemporary Calgary, Millennium Park and TELUS Spark Centre.

To celebrate a decade of success, Beakerhead planned a weekend with over 50 activities, workshops and displays that combined the ideas of artists and scientists. This included everything from adaptive skateboarding to Alien Talk Shows.

Since its creation in

2013, Beakerhead has been made possible because of the support from sponsors and volunteers. The organization enables people with the same passions to form a community and their creations are showcased at their annual festival.

"You get to know who the artist is, what their background is and really just get to know them and why they want to do this,"

said Sherry Yang, a former volunteer for Beakerhead. "It's such a great experience to understand science in a creative way."

Having recently joined forces with the TELUS Spark Centre in 2022, Beakerhead kept this momentum going by kicking off their 10th festival stronger than ever before.

Over the course of the weekend, attendees got to visit the TELUS Spark Centre to learn about robotics and witness Hack The House, a project where youth upcycle furniture into sustainable and operational machines.

People can also venture to Contemporary Calgary to experience virtual reality displays, take in the immersive art and take a ride through the roller rink at *BRAIN*.

The main attraction, *BODY*, is an immersive exhibit that connects art and anatomy to teach viewers the beauty behind our own human biology. By using all of the elements to ignite guest's senses, they take attendees on a journey through their own biology.

"You feel it in your body," said Yang. "It's that... they are trying to create

an environment for you to understand the body."

Founded in 2020 by Richard Babington, *BODY* began as a creative project to keep artists entertained through the COVID-19 lockdown. The creators had time to dedicate towards a project and the public was showing an interest in things like virology and immunology because of the pandemic.

"I think everybody was thinking about how their bodies worked in that period of time," said Babington. "We specifically enjoy making things that have a meaning and a core behind them. You can come to this and you can walk through the whole thing and [have] taken no sciences...but you will accidentally learn."

The first showing of *BODY* was at the British Science Festival in 2021. They went on to premiere numerous other events around Europe over the last two years, including a showing at the 2022 Science Week in Dublin.

Now, after their first-ever transcontinental premiere, the *BODY* exhibit has

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OUT'N ABOUT

National Day for Truth and Reconciliation

On Sept 30. Arts Commons will be reflecting on Indigenous strength and resilience while celebrating art and culture. More details on the Arts Commons website!

Pumpkins after dark

Featuring over 10,000 hand-carved pumpkins in its immersive experience. Come alive with the Jack-O-Lanterns after dark from Sept. 22 to Oct. 31. Tickets are available on their website.

A Comedy of Tenors

Enjoy a night at the theatre while being transported to Paris, circa 1930. Running out of Pumphouse Theatre from Sept. 29 to Oct. 7, this play offers students an affordable night out.

Calgary Ghost Tours

Visit the Heritage Park ghost tours and explore their century-old buildings accompanied by eerie stories about what goes on after dark. Running from Sept. 13 to Oct. 18. Tickets available online.

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attracted many Calgarians, some came for science and some came for art. Regardless, the attraction brought people together as attendees experienced the display in awe.

“For Calgary, they want to bring this warmth, especially during this time. September can be cold. It’s great to see Calgary light up this way and at the same time, you’re still learning about science,” said Yang.

By bringing elements of science to life in a wondrous display of steam, fire and innovation, the festival is inspiring guests to think critically about their bodies and health.

“We don’t listen to our bodies every day, we breathe because it’s natural, but we come here in order to feel it,” said Yang.

Not only was much of the exhibit sustainably designed

but it was also created to be portable, so packing up and transporting it across the seas was no problem for the creators. This type of accessibility has allowed many great opportunities for the organization.

Considering the emphasis that both of these organizations have on innovation, art and curiosity, this collaboration has offered both exposure and empowerment for their future endeavours.

As Beakerhead showcases this year’s work, they prepare for the next year of innovation at their new base in the TELUS Spark Centre. Meanwhile, *BODY* has their next two events lined up back in England.

“There’s an appetite for curious minds,” said Babington. “It’s a labour of love.”



Exhibit explaining sight and optics at the *BODY* installation on September 14, 2023.

Photo by Emma Marshall

New Blood leads the way for conversations about Indigenous experiences

Isabella West

Arts Editor



New Blood explores themes of reconciliation and Indigenous history at their dress rehearsal. Photo courtesy of New Blood Facebook

New Blood: A Story of Reconciliation combines poetry, music, contemporary and traditional dance to tell the true story of the former chief of the Siksika Nation.

The play recounts his experience in residential school as a child and how he reclaimed his way of life to then become the chief of his people.

The director of the play, Deanne Bertsch, is a drama teacher at Strathmore High School. Bertsch said that she was inspired to create a play that explored Indigenous themes and history after visiting the pictographs at Writing-on-Stone Provincial Park.

“I went on a tour of the pictographs with a

Blackfoot elder and she told us that many of the stories had been lost when the Blackfoot people were put on reserves,” said Bertsch. “I just felt so sad for my Blackfoot students that I teach at Strathmore High School.” After this, Bertsch began developing the play, but there was still one main element missing, a focus person.

This is when one of Bertsch’s students approached her and said that she should talk to their grandfather, Chief Vincent Yellow Old Woman.

Yellow Old Woman shared

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New Blood, a production featuring reconciliation and history. Photo courtesy of New Blood Facebook

his story with Bertsch and gave her a poem called *The Indian in the Child*, which became the opening act in the play.

New Blood is now entering its 10th year, performing more than 320 times. Each year, new members join the cast and the production grows.

Bertsch said that most cast members are students from Siksika Nation, however, they also have parents, grandparents and non-indigenous members.

"Although Siksika is a Blackfoot nation, so many of these kids are also Cree and Dene and have different Indigenous backgrounds," says Bertsch.

How students are representing their stories

Trinity Pretty Youngman has been a cast member for the past three years, switching between the main role as a child and the Blackfoot dancer role.

Pretty Youngman says that

this play is an opportunity for her to show where she comes from and to give audiences an understanding of why Indigenous people are the way they are.

She says that she has heard all of her grandparents and mother's stories about what they experienced in the residential and day school system and is grateful for the opportunity to share her family's story.

"I just wanted to show people that we're still here. That I'm still here," says Pretty Youngman.

When each member of her family attended the play for the first time, there were many emotions brought up from their own experiences with the themes discussed in the play.

Pretty Youngman says that although the play brought up painful memories and emotions for her family, she believes it also opened a door for healing.

"I think the show brings a huge awareness about residential school [and] the reality of it when you

see these Siksika students, essentially playing the parts of their grandparents who have all gone through residential schools," says Bertsch.

What more can you do?

This year, the production has three shows. On National Truth and Reconciliation Day, Sept. 30, the play will be presented at Bert Church Theatre in Airdrie.

Tickets are available on the Bert Church's website or on the New Blood Dance Show website.

Pretty Youngman says that she often gets the question "what can I do more?" from people who are looking to support Indigenous communities.

"The first thing that comes to mind, is well you're here, you're already listening to what we have to say and that's more than enough," says Pretty Youngman.



Micah Sage

Micah Sage
Independent

Score: A

On June 9, 2023, Micah Sage released her debut album, *Micah Sage*. Consisting of six tracks, this dreamy collection of music brings forth the presence of yet another local independent artist to look out for. With a sound that's comparable to Mazzy Star or Suki Waterhouse with an indie-folk twist, the album has a very classic feel. Both emotional and inspiring, the album seems to sort of encapsulate the experience of female adolescence. With both relatable lyrics and glorious vocals, the two pairs beautify the instrumentals making each track feel very complete. Like a scene in a classic coming-of-age film, there's a sort of comforting girliness present within the music— a personability to her

sound that you just can't help but admire. As such, while it's clear this collection of music is a representation of her own life and experiences, there's a universal nature to the way the music feels. Whether it be one of her melancholic tunes or uplifting tracks, there's certainly something for everyone to connect with on what is promising to be one of Sage's most significant releases thus far.

—Madison McClelland

Rumors Live

Fleetwood Mac
Warner Music

Score: A++



Have you heard the rumours? Fleetwood Mac has released yet another album. But, this time, instead of gracing listeners with a brand new collection of tunes, they've kicked it back to the classics. On Sept. 8th, 2023, Fleetwood Mac released *Rumours Live*. With the band's original release of the album in 1977, *Rumours* went on to become one of the most legendary albums of all time. An iconic mixture of musical creation and performance made them legendary and as such, the group will forever be remembered for hits such as "Dreams" and "The Chain". How exciting then for new and old fans alike when the band released this never-before-heard collection of iconic hits

- live! Recorded on Fleetwood Mac's original Rumours Tour back in 1977, the music present on this album was recorded at the Forum, in Inglewood California. Hits from the band's earlier album *Fleetwood Mac* were additionally performed at this venue and as such are featured alongside hits from the original album as well. Altogether, this album is Fleetwood Mac like you've never heard before. What a special way to be taken back in time to enjoy the classics in a brand new way.

—Madison McClelland

Local museum makes strides towards inclusivity within their walls

Isabella West

Arts Editor

National Truth and Reconciliation Day is a time to honour the strength and resilience both survivors and intergenerational survivors have endured because of the residential school system. As Sept. 30 approaches, many businesses, organizations and citizens are searching for ways to support and listen to the Indigenous communities.

Fort Calgary is historically known as a site of colonial occupation. However, the museum is striving to be a place of learning and understanding, where Indigenous Peoples' stories and experiences are heard.

"Something that's really important here at Fort

Calgary is looking at our past, sharing and discovering the truth, understanding that truth and giving voice to Indigenous people in the arts and culture community who have something to say," says Rebekah Jarvis, director of community engagement.

Films at the Fort started with a film series called *Shot in Alberta*, featuring films that were, well, shot in Alberta. Following their first film series, Fort Calgary saw a need for Indigenous representation at the museum, especially throughout the month of September leading up to National Truth and Reconciliation Day. From

this, they developed the Indigenous Film Series.

"We chose September for the Indigenous Film Series as we lead up to September 30th and Orange Shirt Day and International Peoples Day," says Jarvis.

Films that were included in the lineup were *Night Raiders*, *Rosie*, *The Saver*, *Kayak to Klemtu* and *Bones of Crows* — all of which feature Indigenous cast members and themes that are created by Canadian filmmakers.

The film that will be screened on National Truth and Reconciliation Day is *Bones of Crows*. The film is about Aline Spears, a Cree code talker's journey

of surviving Canadian residential schools. Spears is inspired to persevere in order to continue her family's generational fight against systemic starvation, racism and sexual abuse.

"It truly is about the residential school experience and the horrors [and] the atrocities that happened during that time," says Jarvis. "We will also have trauma support people on site for that [film] because it is dealing with some challenging topics on a very difficult day."

Michelle Thrush, who plays January Spears in the film will be present at the screening as a guest speaker.

"Thrush has said it's been only the last 20 years that Indigenous people have been able to tell their truth through their own stories, though she credits such luminaries as Tantoo Cardinal and Graham Greene for kicking down the doors for Indigenous people in the industry," as quoted in Thrush's biography.

As part of their programming for Orange Shirt Day, Fort Calgary is not charging a fee for this screening. However, tickets are being reserved quickly so people are encouraged to reserve sooner rather than later.

Tickets are available on Eventbrite.



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Jets season in turmoil as quarterback, Rodgers, handed season-ending injury

Matthew DeMille

Sports Editor

For the first time in what seemed like decades, expectations were high for the New York Jets.

Having made several moves in the offseason, the Jets — who had hopes of making an NFL playoff appearance for the first time in 13 seasons — found themselves with a roster worthy of breaking their decade-long slump.

They improved their offence with the additions of running back, Dalvin Cook, and wide receivers, Randall Cobb, Mecole Hardman Jr., and Allen Lazard.

Last season's Offensive Rookie of the Year (OROY), Garrett Wilson, and Defensive Rookie of the Year (DROY), Sauce Gardiner, were looking to make strides in their sophomore seasons.

Breakout running back, Breece Hall, was back following a torn ACL sustained in October 2022.

And most notably, the Jets acquired future Hall-of-Fame quarterback and modern-day superstar, Aaron Rodgers, in a trade with the Green Bay Packers during the offseason.

The Jets were finally ready for takeoff. Until they crashed.

In the first three minutes of their opening game against the Buffalo Bills, the Jets' dreams of a successful season flipped to a future filled with horror.

Their prized possession and starting quarterback, Aaron Rodgers, left the game with

an injury after just the fourth play in his debut with the Jets. In what looked like a routine drive, Rodgers, who was trying to evade a tackle, wound up being dragged down by Bills' defensive end and pass rusher, Leonard Floyd.

After getting back to his feet and taking a few steps on his own, the long-tenured quarterback fell back to the field as he realized something was gravely wrong.

As the night progressed, the quarterback's injury status became increasingly grim. Following a quick trip to the team's pop-up medical tent, an injury cart was sent to take him back to the locker room. Soon after, Rodgers was seen wearing a compression boot on his left foot as he was shuffled into more rooms for further testing.

The next day, the Jets medical team confirmed the worst. Rodgers completely tore his Achilles tendon and would miss the remainder of the season.

The kicker—Rodgers' absence from turf wasn't as detrimental or immediate as was expected.

The team, instead, rallied behind the likes of wide receivers Garrett Wilson and Xavier Gipson, as well as safety, Jordan Whitehead, to pull off a come-from-behind, overtime victory against the Bills.

Wilson made a jaw-dropping catch in the final five

minutes of the fourth quarter, while Gipson was credited with a game-winning, 65-yard punt return in overtime. On the defensive-side, Whitehead locked down Bills quarterback, Josh Allen, with three interceptions.

However, with Rodgers' season-ending injury coming four minutes into a season spanning over six months, the larger concern emanating from Jets organization was how the rest of the regular season will shape up for the team.

Now without their Super Bowl-winning and four-time NFL MVP quarterback, a majority of the Jets offence — for now — will be run by 24-year-old, Zach Wilson.

Known for producing a variety of results in past seasons, the decision to put the 'pigskin' in Wilson's hands is a polarizing one.

Wilson, who was the second-overall pick in the 2021 NFL Draft, is still in the juvenile stages of his professional football career. Meaning, there's much to learn if he wants to follow a similar route to his 39-year-old mentor, Rodgers.

Last season, in the nine games Wilson was the signal caller for the Jets, the Brigham Young University (BYU) alumnus finished 33rd among NFL quarterbacks in both pass completion percentage (54.5 per cent) and passing yards (1,688). His counterpart,



Aaron Rodgers, quarterback for the New York Jets, has set several career passing records. Photo courtesy of Keith Allison/Wikimedia Commons

Rodgers, finished 18th and 11th, respectively.

While the decision to slot Wilson in the starting quarterback role may have come as surprise to some, Jets head coach Robert Saleh is supporting the decision.

"We've got a lot of faith in Zach. We're really excited about his opportunity, but we're rolling with Zach and excited for this and excited for him," said Saleh in a press conference following Rodgers'

injury announcement.

The decision isn't permanent.

As the Jets dive headlong into the remainder of the regular season, there is still time to hash out a more concrete solution for their heartbreaking quarterback dilemma.

And, while a post-season starring the New York Jets is bleak, they cannot be ruled out yet. After all, they haven't lost yet as of Week 1.

#S

4, amount of snaps Aaron Rodgers played in during the 2023-24 NFL season.

656, points scored during the NFL's opening weekend.

63, the lowest score set during one round at the 2023 Fortinet Cup Championship.

31, number of wins recorded by the Calgary Hitmen, last season.

Local course, Country Hills Golf Club, hosts PGA TOUR Canada's last hurrah

Matthew DeMille

Sports Editor

It was a weekend full of closure at the 2023 Fortinet Cup Championship — PGA TOUR Canada's season-ending tournament.

For the participants, the top-60 ranked golfers in the 2023 PGA TOUR Canada field, the tournament was one last opportunity to move up the rankings or climb into the higher division, the Korn Ferry Tour.

The Korn Ferry Tour is the ultimate step professional golfers need to pass before they enter the top PGA TOUR lineup.

For the PGA TOUR Canada, the showdown marked the final 'swan song' of the tour. Starting next season, the Canadian golf tour is expected to merge with the PGA TOUR Latinoamérica to form a brand new, PGA TOUR Americas field.

There was a lot of pressure on Calgary course, Country Hills Golf Club, to provide a memorable send off for both the participants and the tour itself.

Yet, the club and its staff remained unfazed. After all, they've had experience hosting past PGA TOUR Canada tournaments.

"We've hosted the ATB

Classic previously. I think six times. Which is an event on the same tour," Brendan Collins said.

Collins, the club's assistant general manager and memberships director, was pleased at how well his golf club managed the season-ending tournament, from the course's condition to the warm hospitality towards the players and visitors.

"It's a really cool thing to do. To know that we have a golf course that is capable of handling the caliber of golfers that are on this tour. These are top professionals and are usually on the upswing of their careers," Collins said.

"It's prideful to know that we can host an event of this level."

Apparently, the visiting golfers couldn't agree more.

"They love coming here because of the condition and the challenge that our golf course provides, and that's a pretty awesome thing," Collins admitted.

After the last golf ball was drained into the cup on Sunday afternoon, it was Trophy Club, Texas product, Hayden Springer who reigned supreme.

With a collective 22-under-

par on the tournament, it wasn't just a handful of trophies and a sporty cowboy hat that Springer was going home with. The newly minted, PGA TOUR Canada's Player of the Year was southward bound with a full-time invitation to the 2024 Korn Ferry Tour and an extra \$40,500 in hand.

It wasn't just Springer who

earned a spot in the Korn Ferry Tour, either.

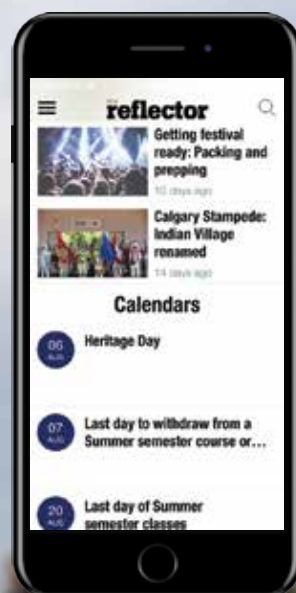
The next four golfers behind Springer in the Fortinet Cup standings, Sam Choi, Davis Lamb, Yi Cao and, Canada's own, Etienne Papineau, will also join the Korn Ferry Tour field on a conditional status next season.

The 2024 Korn Ferry Tour is

expected to get under way in January 2024.

While the location of the 2024 Fortinet Cup Championship has yet to be announced, Collins and the Country Hills Golf Course are ready to take on whatever future tournament requests their vibrant links and well-trimmed greens.

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The 18th hole at Country Hills Golf Club's 'Talons' course was where Hayden Springer cemented his tournament win and Korn Ferry Tour invitation. Photo by Matt DeMille

Previewing the NFL's Week 3 primetime matchups

You won't want to miss these four NFL clashes coming up this weekend

Matthew DeMille

Sports Editor

The 2023-24 NFL season has already brought us some incredibly entertaining primetime matchups — and it's only been two weeks.

From the Detroit Lions upset over the Kansas Chiefs in the opening game of the season, to the New York Jets coming from behind to beat the Buffalo Bills in overtime following a heartbreaking Achilles tendon injury to their quarterback, Aaron Rodgers, the start of the season has already been memorable.

Luckily, we're just getting started.

Here is how the primetime matchups in Week 3 are shaping up.

Thursday night football: New York Giants at San Francisco 49ers

A matchup of two playoff teams from last season is bound to be good, right?

The Giants, led by reigning coach of the year, Brian Daboll, pride themselves on taking advantage of their opponents' mistakes, whilst minimizing their own. The 49ers, meanwhile, boast one of the deepest rosters in the league and arguably the best defence overall, led by stars Nick Bosa and Fred Warner.

Both teams started the year very differently. Led by strong play on both sides of the ball, the 49ers got off to a hot start with a convincing win in Pittsburgh. The Giants, on the other hand, had a week to forget after getting shut out and obliterated, 40-0.

Heading into this game, the 49ers have a very clearly outlined goal: contain Giants running back, Saquon Barkley. The Giants offence runs through him and they don't have the

personnel to consistently move the ball when he isn't carrying a significant load. The 49ers should be able to move the ball offensively with the glut of talent at each skill position. They just need their top-ranked defence to stop the ground game.

Sunday night football: Pittsburgh Steelers at Las Vegas Raiders

In somewhat of a lackluster matchup, the Steelers will travel to Las Vegas to take on the Raiders on Sunday Night Football. These are two teams that aren't necessarily flashy, but each brings a couple superstars to the field that elevate the team around them.

For the Steelers, that's edge rusher, T.J. Watt. Always in the Defensive Player of the Year conversation, Watt is one of the best edge players in the league. He can be counted on to produce 15 or more sacks a season, when healthy, and is excellent against the run.

For the Raiders, wide receiver, Davante Adams, remains a top-three receiver in the league. His expert route running and ability to create separation from defenders makes him a quarterback's best friend on the field.

Similar to the 49ers and Giants matchup, this is a game in which a stellar defence is going to be tasked with shutting down a couple weapons on the opposing offence. The Raiders don't have the depth to grind out a close game when their top players don't contribute in meaningful ways. They will need their superstars to step up under the bright lights.

Monday night football: Philadelphia Eagles at Tampa Bay Buccaneers

The first of two Monday Night Football matchups sees a rematch of the wildcard weekend between the Eagles and Buccaneers from 2021. Of course, back then, the Buccaneers still had Tom Brady and one of the better rosters in the league. Now, the shoe is on the other foot, as the Eagles boast depth across the board; depth that is only rivaled by San Francisco, of course.

Tampa Bay still has remnants of their Super Bowl caliber roster from a few seasons ago. Namely, Mike Evans, Chris Godwin, Vita Ve, and Lavonte David. The core is getting older, but they are still good players. Unfortunately, Philadelphia possesses more talent at pretty much every position.

This game projects to be fairly one sided. However, there is a scenario in which Baker Mayfield has a great game and can get the ball to his talented receivers. That being said, the more likely scenario is Tampa Bay struggles to move the ball and eventually loses a battle of attrition.

Monday night football: Los Angeles Rams at Cincinnati Bengals

In a Super Bowl LVI rematch, the Rams travel to Cincinnati to take on the Bengals.

These teams each entered the year with completely different expectations. First, the Rams are coming off a disappointing and injury-riddled season, while the Bengals continue to have championship aspirations. Yet, they opened the season in opposite fashions. Led

by a vintage performance from quarterback, Matthew Stafford, the Rams walked into Seattle and dominated the Seahawks. Meanwhile, the Bengals got completely outclassed by their Ohio rivals in Cleveland.

In this matchup, the star power favours the Bengals — and significantly. Yet, for some reason there is lingering hope that Stafford can do what he did for so many years. Drag a mediocre team to being competitive. With two great quarterbacks on the field, there certainly is a potential for fireworks.

Yet, it's also difficult to pick against the talent of the Bengals. This isn't the same Rams team that beat them in the Super Bowl, and Cincinnati has more talent on the defensive side of the ball to try and keep Stafford and the Rams offence in check. The only question is whether Stafford can overcome the odds — a question he's used to being asked.



Buccaneers' quarterback, Baker Mayfield, won the Heisman Trophy in his senior year at the University of Oklahoma. Photo courtesy of Erik Drost/Wikimedia Commons

Hitmen to kick off latest regular season campaign starting Friday, Sept. 22

Matthew DeMille

Sports Editor

Hockey has returned to the Scotiabank Saddledome.

But it isn't the Calgary Flames who are taking to the ice — yet.

Instead, it's time for Calgary's Western Hockey League (WHL) representative, the Calgary Hitmen, to take the spotlight.

For Hitmen defenceman and Calgary local, Carter Yakemchuk, his anticipation for the start of the season was almost painful and his trepidation and eagerness to suit up with the Hitmen was agonizing.

"We're all really excited for the year," Yakemchuk said in an interview with the WHL. "We all think that this is going to be a big year for [the Hitmen]."

The same sentiment was echoed by Hitmen head coach, Steve Hamilton.

"I think any year, if you want to take a step as an organization, you need more quality players pushing for roster spots that are actually available," Hamilton shared in another interview with the WHL. "If you want to evolve and become an upper echelon team in the league, you need depth at every position and we certainly feel like we're a step closer to that."

Last season, the Hitmen snuck into the first round of the WHL Playoffs with a seventh-place finish in the Eastern Conference's regular season standings. Their time in the playoffs didn't last long, however, as they were booted out by highway rivals, the Red Deer Rebels, following a quick, five-game series.

Now, new season in hand, Yakemchuk and the Hitmen are ready to make another post-season push.

"We have a lot of skill on our team and I think probably

the biggest thing we bring to the Hitmen is we work hard. I think we have a lot of talent up front, but we got a lot of guys that are really willing to do whatever it takes to win."

In order to grasp a season full of success, Yakemchuk himself is expected to be an integral cog in the Hitmen lineup — much like he was last season. And coach knows it too.

"[Carter's] offensive talent is undeniable. He's creative, he's got a wicked release and is able to beat goalies clean, which is, in itself, a weapon," Hamilton said.

The looming, 6-foot-3 blueliner finished third in goals among WHL defenceman, with 19, and first in power-play goals by defenceman, with 15.

"He's a prime example of a guy, who at [16-years-old], is finding his way in the league and now, as he enters his third season in the league, his progression has been impressive."

Along with Yakemchuk, the Hitmen organization will

also rely on the rest of their returning player cohort to step up and lead the team in the early stages of the season.

Especially the team's 20-year-old players, Sean Tschigerl and Tyson Galloway. Heading into their last eligible year in the WHL, the pair are set to be

the elder mentors for their younger teammates.

"Those guys are quality 20-year-old players. From a leadership standpoint, from an on-ice performance standpoint, they really do embody what we want our guys to be about," Hamilton said.

Good news is, the wait to

get the season underway is nearly over for Yakemchuk, Hamilton, and the rest of the Hitmen.

Starting on Friday, Sept. 22, the Hitmen will begin their 68-game, regular season campaign when they host the Medicine Hat Tigers at the Scotiabank Saddledome.



Calgary Hitmen's logo and name is a homage to retired wrestler Bret "Hitman" Hart. Photo courtesy of Cassandra Vilgrain/HitmenHockey.com



WHL team Calgary Hitmen play their home games at Scotiabank Saddledome. Photo courtesy of Cassandra Vilgrain/HitmenHockey.com