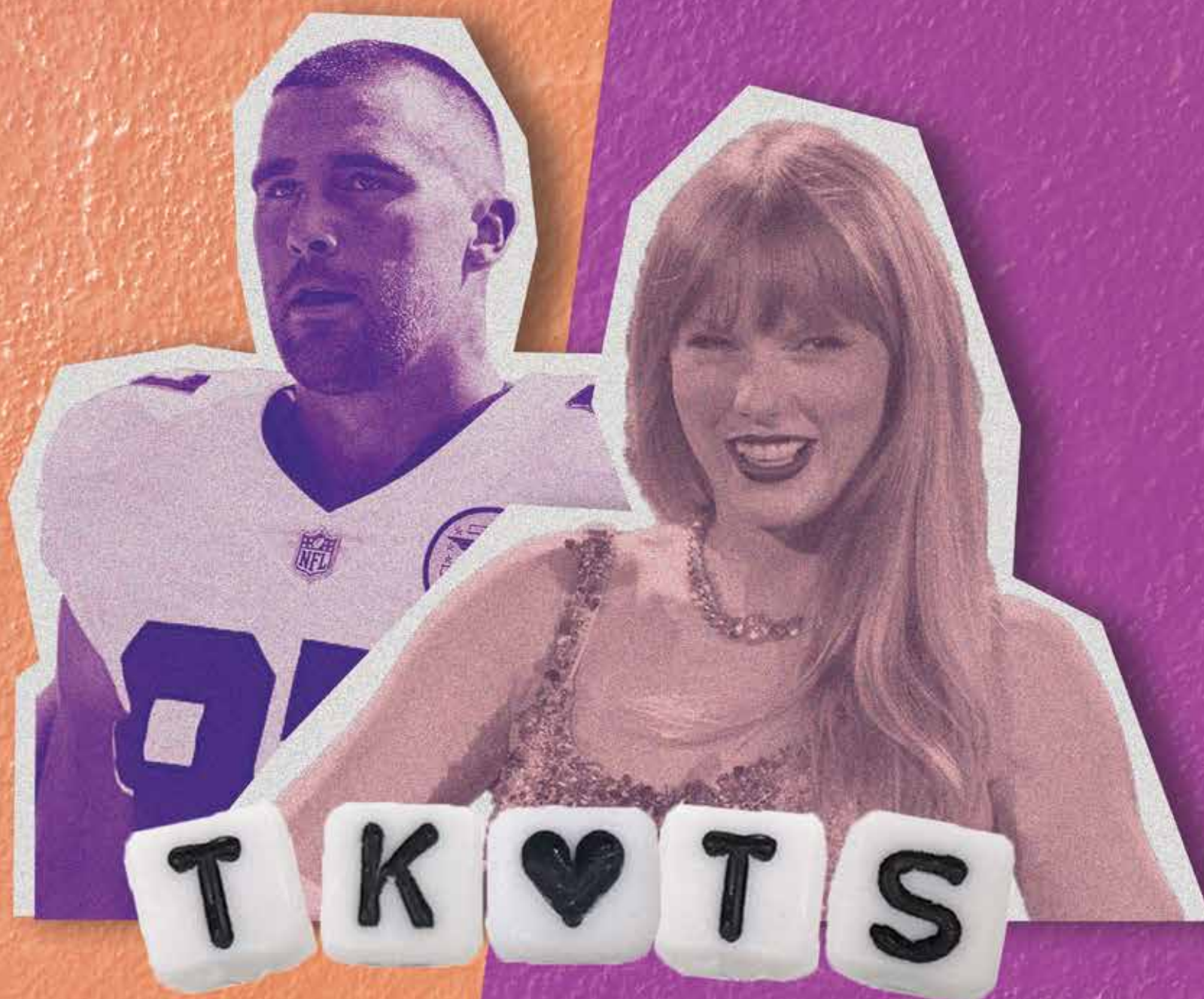


the reflector

FREE
October 26, 2023
www.TheReflector.ca



**Biden
cements
support for
Israel
(pg. 2)**

**Global
halloween
traditions and
history
(pg. 6)**

**Kelce and
Swift romance
leads to uptick
in NFL
viewership
(pg. 16)**

Inglewood Bird Sanctuary reopens after multimillion-dollar upgrade

James Windler

Staff Writer

After a year of work, the Inglewood Bird Sanctuary has fully reopened to the public.

Work began in 2022 after a collaboration between the City of Calgary's Infrastructure Services, Operational Services and Public Art program.

When it was all said and done the Inglewood Bird Sanctuary received \$9.7 million in upgraded park amenities with \$750,000 coming from the Government of Alberta's Watershed Resiliency and Restoration Program and Environment and Climate Change Canada's Environmental Damages Fund, with the other \$9 million coming from the City of Calgary.

As of Oct. 16, Calgarians can enjoy the finished product which integrates habitat and

water channel restoration with functional art.

Rene Letourneau, senior projects engineer in the Utilities Delivery Business Unit at the City of Calgary took over project management in spring 2022 after a colleague went on maternity leave.

Ward 9 Councillor Gian-Carlo Carra said that the area has been beloved by Calgarians and visitors for over 80 years and the new upgrades will ensure the continued vibrancy of the park into the next 80 years and beyond.

Functional art

Johnathan Slaney, planning engineer of the reconnection project, touched on the importance of bringing in an artist in the development stages as it helped breathe

new life into an important area for the city.

"Having an artist embedded early on in the project really helps to improve the project overall," said Slaney. "Engineers like to think in straight lines and a lot of nature doesn't work that way."

Over the span of three years, artist Tim Knowles collaborated closely with a team comprising of engineers, hydrologists, and naturalists to contribute to the planning of a novel route for connecting the Bow River to the lagoon.

More than a bridge

Additionally, he helped design the pedestrian bridge installed at the sanctuary.

Letourneau was happy to have Knowles involved in the development of the pedestrian bridge as it is important to the

Inglewood Bird Sanctuary as a whole.

"We built a pedestrian bridge and it basically does three things; it connects the trails for the public to walk around the sanctuary, secondly, it's basically a troll for how much flow we want to go down into the lagoon, because we don't

want too much water flowing through there, and thirdly, it's a public art component," said Letourneau.

The public can now head down and check at the new improvements of the Inglewood Bird Sanctuary which is located at 2425 9 Ave. SE.



The \$9.7 million in renovations include natural barriers, a new Logjam, erosion improvements, and more.

Photo by James Windler

U.S. supports Israel in conflict

Matthew Hillier

Staff Writer



Hamas is the militant group that ousted Palestinian Authority from Gaza in 2007. Photo courtesy of Dana Bondarenko and Sergey Gavrilov/Wikimedia Commons

U.S. President Joe Biden visited Israel on Oct. 18 to discuss new changes to the humanitarian corridor to Gaza as well as aid to Palestinians in Gaza and on the West Bank.

However, this was not solely a diplomatic mission of aid. This trip also included a promise to look into allocating congressional funds for Israel's military to fight against the militant group Hamas.

Biden is now considering a request for an expected supplemental spending of \$100 billion, which will go to Israel, Ukraine and Taiwan.

According to *Reuters*, Israel has requested close to \$10 billion from this spending package on top of the \$3.6 billion it receives from the U.S. every year as part of an agreement struck between the two in 2016.

Israel and the U.S. have had a close diplomatic relationship for years, however, there is doubt on the authenticity of the motives of both Biden and the Prime Minister of Israel, Benjamin Netanyahu.

Historic conflict

To understand the conflict between Israel and Palestine,

Duane Bratt, a political science professor at Mount Royal University, says it started back in 1948.

Following WWII, the *Balfour Declaration* of 1917 was revisited by Great Britain to establish an Arab state and Jewish state. Arab countries rejected this and attacked Israel, however Israel won the war and went further to take over Palestinian lands.

For almost 60 years Israelis have held the land, despite being threatened in '73

Continues on Pg.3

Continued from Pg.3

and '82. Additionally, the UN has condemned it and has referred to the land as occupied territories.

Flash forward to 2006, Bratt said that Israel wanted to move out of the West Bank and Gaza Strip on the condition that the Palestinian people hold an election. This resulted in the election of Hamas which then turned into a dictatorship and periodic attacks against Israel from 2006 until present day.

"What was different about the Oct. 7 attack was just the scale of the rockets, but more importantly they busted through the wall that Israel had and they already had tunnels underneath [which allowed] the direct attack on civilians and taking them as hostage" said Bratt.

In response to the Hamas attack, Israel has retaliated

with attacks against Hamas and Palestinian people.

Hospital bombing

A day before Biden's visit to Al-Ahli Baptist Hospital, the building was bombed resulting in the death of hundreds of Palestinians. As well, there was an increase in attacks from Israel against targets in Gaza.

According to *CNN*, both sides are not claiming responsibility for the bombing of the hospital. Many in Gaza are stating that Israel bombed the hospital with little to no warning, while Israel states that a misfired Hamas rocket was responsible for the attack.

According to *AP News*, Biden solidified the U.S.'s response to this bombing with this statement on Oct. 18: "Based on what I've seen, it appears as though it was done by the other team, not you."

Bratt said this support

from Biden is no surprise as the U.S. has been a firm ally of Israel since its creation.

"What Biden is doing is no different than what any other American president would do," he said. "[The U.S.] is the largest military donor and the strongest ally the Israelis have."

This support allows U.S. leverage, however Israel does not have to listen. Netanyahu and previous leaders have autonomy away from the U.S., but the U.S. still needs to support them.

"What we're hearing publicly is that there is no separation between the American and the Israelis," Bratt said. "Behind the scenes privately, American officials are urging restraint of the Israelis, because they're worried about the consequences of

a humanitarian disaster in Gaza and the potential of this spreading into a wider war involving Lebanon or Iran."

With Israel currently blockading food, water and power from Gaza, the alleged involvement of Israel in this bombing has seen public opinion turn in the wake of this crisis.

Protesting Biden

According to *Gallup*, Democrats are showing more support for Palestine with 49 per cent in support versus 38 per cent against. As well, only 34 per cent of Americans aged 18-39 now believe that Hamas is solely responsible for the ongoing crisis.

Various campus protests condemning the actions of Israel during this crisis have also sprung up across the West. Hundreds of

supporters from both sides showed up at Columbia University on Thursday, Oct. 19, which resulted in the New York campus being temporarily closed for public access.

Humanitarian aid from the U.S. was delivered to Gaza over the weekend in a 20 truck convoy, says the U.S. secretary of state in a press release on Oct. 21—an additional \$100 million in aid is promised from President Biden in the coming weeks or months. Biden also took the time to state that U.S. soldiers will not lend active military support to Israel at this time.

Regardless of where the responsibility lies for the hospital bombing and the overall crisis, it's clear that the U.S. has and will back Israel at least politically and economically.

Hope's Cradle: A second chance

Gurleen Jassal

Contributor



Hope's Cradle will open in January at the Children's Cottage Society's new family centre. Photo courtesy of Jordan Guilford

Hope's Cradle is an organization based in Calgary and it's offering mothers in difficult circumstances a safe place to give up their newborns, acting as a lifeline. This initiative will be up and running in January 2024, being the first safe surrender site for Calgary.

The facility will be at Children's Cottage Society's new centre which is located in the neighbourhood of

Montgomery in northwest Calgary.

Jordan Guilford is an individual who has a strong desire to help underprivileged women. Initially she started as a CEO at Gems for Gems, a jewelry drive for women that were survivors of domestic abuse.

As part of the leadership team for Hope's Cradle, she has been instrumental in creating a program that gives

moms in difficult situations a safe and considerate way to give up their babies. Guilford has a commitment to making sure every kid gets the chance to flourish and receives the care they need.

During this initiative a program called *Thrive* was launched. The program was able to award scholarships to women as a way for survivors to attend trade schools and be on their own feet in a year's

worth of time.

As the pandemic hit, Guildford wanted to change her gears and help create an initiative that helped safe surrender for babies.

"We launched in 2021, in Strathmore, Alberta, and one in Ontario and Manitoba as well," says Guilford. "January 2024, is when the Children's Cottage [Society] will be operational."

Hope's Cradle at the Children's Cottage Society is a building with a door to provide safe surrender for a child. The cradle has no cameras and allows a mother to safely surrender her child in a bassinet. Once the child is placed, a silent alarm is sounded for staff to come collect the baby.

The surrender site not only gives babies a new chance at life, but also some careful care instructions for the mother.

"There's an envelope for her in there, which she will take and in the envelope there are postnatal physical and mental health resources,"

Guildford explains. "There's also a guided letter for the mother to be able to write her final words to the baby."

Additionally, there is a medical form for the mother to fill out any medical history from her side or the father's side.

After filling out the forms and letter, the envelope can be mailed to the location of the surrender with the pre-paid postage provided.

After the baby is placed and is safely in the care of Hope's Cradle, the staff will collect the baby.

The alarm will also notify first responders, allowing an ambulance to come take the baby to the hospital. The baby will go through hospital procedures; including a check for sexual assault and abuse. Shortly after the infant will be placed for adoption.

Hope's Cradle helps mothers in need provide a safe environment for their children. The initiative aspires to provide a better, brighter future, making a lasting effect for women in the community.

MRU's 2023 Sustainability Forum

Bella Coco
Contributor



Meg Wilcox speaks at Mount Royal University's 2023 Sustainability Forum on Oct. 18. Photo by Bella Coco

When people think of sustainability, ideas of climate activism, environmental change, or alternative energy sources come to mind.

However, Mount Royal University's (MRU) 2023 Sustainability Forum looked at tourism, finance, student life, education, marketing, podcasting, media, aviation, Indigenous practices, and relationships with nature, just to name a few. Known as the largest event on campus, the Sustainability Forum served as a platform of knowledge and education for students and faculty.

On Oct. 18, MRU became a haven of sustainability.

Speakers from MRU, the University of Calgary, and Tec de Monterrey, a post-secondary school in Mexico, came together to share and explore their ideas on modern-day sustainability.

Indigenous lens

Regarding environmental sustainability, Dion Simon of the Cree First Nations Maskwacis Treaty 6, spoke about relationship to land, and brought forth an

Indigenous perspective on environmental sustainability.

One of Simon's themes was the seven sacred teachings: love—to be in harmony with the world around us, respect, honor, truth, wisdom, courage and humility.

Simon's biggest lesson to the audience was to "Leave something for the next day," to move on course with nature's speed, and to have the courage to maintain, control and discipline ourselves with the land and creation.

In addition to environmental sustainability, an online presentation by Guillermo Hernández—all the way from Mexico – brought light to sustainable financing, specifically in middle-income countries.

Sustainability in media

Meg Wilcox, a communications professor at MRU and co-director of the *Community Podcast Initiative*, spoke about creating a strong and equitable media landscape and promoting and protecting the environment

through education.

Wilcox touched on the three main challenges in sustainable media: trust, diversity and fragmentation. Her work with the *Canadian Mountain Podcast* has also put a spotlight on Indigenous information and voices.

Wilcox was invited to speak at the forum, which inspired her to speak about sustainability and the media.

"When I first heard about the forum, I thought it would be an important and much-needed event on campus—and the podcasting work that *Canadian Mountain Podcast* team has been working on fits in well with the topic of sustainability," Wilcox says.

Student Changemaker Network

One of the largest themes spanning throughout the majority of the speaker's talks was the 17 Sustainable Development Goals, which was created by the United Nations.

For those interested in student sustainability, the

Student Changemaker Network (SCN) club at MRU is a representative body for students to create "social and environmental change" and advocate for sustainability. The SCN used the 17 Sustainable Development Goals in their presentation, as well as their three missions: educate, enable and enact.

Different worldviews such as culture, gender, age and experience are presented when creating a sustainable environment at MRU.

Students can join the SCN to create positive change and promote communication to raise awareness about environmental sustainability. Students are encouraged to go online and present a sustainable proposal to the SCN. In addition, the SCN also hosts events and movie nights.

For those interested in student involvement with sustainability at MRU, the SCN member signup form can be found at their Linktree bio on their Instagram page, @scn.mru.

THE REFLECTOR

Issue 4, Volume 62

EDITORIAL STAFF:

Publishing Editor: Mikaela Delos Santos

Managing Editor: Ivar Bergs

News Editor: Julie Patton

Features Editor: Emma Duke

Arts Editor: Isabella West

Sports Editor: Matthew DeMille

Photo Editor: Megan Creig

Layout Editor: Emily Kirsch

Web Editor: Jed Mabazza

CONTRIBUTORS: Gurleen

Jassal, Bella Coco, Tyson Biever

STAFF WRITERS: Arroy (AJ)

Jacob, Emma Marshall, Zafir

Nagji, Matthew Hillier, James

Windler

Cover: Graphic by Mikaela Delos Santos

The Reflector, with an on- and off-campus circulation of 5,000, 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.

The Reflector welcomes newsworthy submissions from all students and community members. While the right of editorial comment is reserved for editors of The Reflector, opinion pieces may be submitted as letters to the editor, and may be published on the editorial page as such. The Reflector reserves the right not to publish submissions deemed by the Publishing Editor to be offensive.

Complaints arising from the content of the paper should be directed to the Ombudsboard. This board has been established as a mediator between the Reflector Publications Society staff and its readership.

All decisions of the Ombudsboard are final and binding on both parties. Letters to the Ombudsboard must be sent in confidence, care of the Reflector Publications Society, to the Reflector Publications Society office.

Submissions and letters to the editor should be a maximum of 500 words, typed, double-spaced, and contain the writer's name and phone number. No unsigned letters will be published. Only in exceptional cases, at the discretion of the Publishing Editor, will writers' names be withheld. The Reflector reserves the right to edit submissions for brevity.

Contents are copyright © 2023. No material may be reproduced without express written consent.

All opinions contained within this paper are those of the individual authors, and not necessarily those of the Reflector Publications Society. For more information, contact The Reflector office at:

the reflector

Wyckham House
Mount Royal University
4825 Mount Royal Gate SW
Calgary, AB T3E 6K6

All depts.: 403.440.6268

Fax: 403.440.6762

TheReflector@TheReflector.ca

Generation Alpha: “Can be good, and terribly bad for too many reasons.”

Arroy (AJ) Jacob

Staff Writer

As the clock of human history continues ticking, the spotlight shifts onto a new set of cast on stage. Since the years 1997 and 2012 the spotlight was on Generation Z, individuals who are now on the cusp of adulthood. Now they must look to the centre-left stage and bear witness to their replacements: enter Generation Alpha, born between the years 2013 and 2024.

Born in 2002, I entered North America post-9/11, an era of constant fear. Because of this, previous generations loved setting expectations for us, hoping we would grow up to change our world. And soon enough, I was having the same thoughts for the generation replacing me. I wanted to delve deeper into this phenomenon with people my age. How will our world change once the younger generation pull up their pants? What is Generation Z expecting from Generation Alpha?

Social media

Meet Hana Baya and Mikaela Olpindo, two Gen Z Mount Royal University (MRU) sociology majors. They both specialize and have experience in studying human cultures and societal evolution.

We sat with our Booster Juice in hand and I asked what they think Gen Alpha's relationship to social media will look like.

Baya puts in her two cents. “Do you remember those family vlogging channels? When you'd have a nuclear

family of two parents constantly shoving a camera in their childrens' faces. Those kids were generally Gen Alpha, right? They are the ones whose faces and bodies are forever left on the internet for everyone to see. They didn't even know this was happening, they're getting a taste of being a spectacle without their consent.”

And isn't that terrible? Gen Z is the first generation to bear witness to a new phenomenon of children being the pride and soul for society's online entertainment. We've seen it occur for decades before, but now that any adult can instantly hit 'record' on their smartphone, the world can now receive an influx of media 'starring' somebody's kids, for anyone to see and use. However, what implications may this have on these kids as they grow to become young adults?

We turned to Olpindo, as she had something to say, “These kids are going to live with a new form of trauma. So when they grow older, privacy and security is going to be incredibly important to them. We're seeing that happen right now in Gen Z and millennials, when you look at cybersecurity and the VPN industry.”

She continues, “The way TikToks are generally made in our generation, is that they place the camera in front of their face, for the world to see. Maybe in the future, this won't be how Gen Alpha handles online entertainment. Maybe they will revolutionize a



Gen Z's Hana Baya (right) and Mikaela Olpindo (left) speculate how Gen Alpha might influence our distant future. Photo courtesy of Arroy (AJ) Jacob

new social media platform where everyone can stay anonymous, and do and say whatever they want without the repercussions of their actions. Maybe privacy is going to be a form of currency. And this can be good, and terribly bad for too many reasons.”

Socialization

I sipped my Booster Juice as I took in their opinions and speculations; so far incredibly enlightening. Then I asked what their opinions are regarding possible societal expectations of Gen Alpha.

Baya starts, “Well if Gen Alpha grew up with their devices, they aren't gonna know a life without it. Taking it away might not be possible anymore. Meaning, that we could see Gen Alpha's networking ability and

socialization completely digital. For example, my sister is Gen Alpha, and she's very knowledgeable about the world. But she doesn't usually leave the house except to go to school, but she's still very conscious of everything that happens.”

Olpindo seconds Baya's experience, “My youngest brother is also Gen Alpha, and he's really sweet. I've noticed that he has much more of a balance with his relationships. And I wonder how he's been influenced as such, maybe he was just on that side of TikTok that is slowly changing the way that he sees other people around him.”

She continues, “We are socialized by our parents and guardians, but our primary socialization comes from teachers or classmates. Our

socialization takes place in the classroom. And so if you put the two concepts we talked about together, does that mean that we're moving into school online? I don't know!”

Baya: “I mean, we've seen this happen with COVID.”

Olpindo: “And it was good for some kids, and worse for others.”

Baya: “You mean, good for some Gen Alphas, and worse from some Gen Zs.”

After the interview had settled, they showed me photos of their younger siblings. We scrolled through, and I looked back at the elder sisters looking at the photos. In their eyes, you can see a strain of concern, twinkle and excitement as they have the privilege to watch their little understudies replace them at the centre stage of society.

Mexican-Canadian director continues to rise in Calgary theatre

James Windler

Staff Writer

Javier Vilalta is riding high after a successful directorial debut at Calgary's Vertigo Theatre.

Vilalta watched on as people packed into Vertigo Theatre Thursday night to see *The Strange Case of Dr. Jekyll & Mr. Hyde*.

Vilalta was overwhelmed with the positive response from the audience as the performers were showered with applause at the end of the play.

The success that Vilalta has achieved didn't happen overnight – it has been a long hard journey after immigrating from Mexico to Canada years ago to pursue his lifelong dream.

"So, I'm originally from Mexico City, and I moved to Calgary to take a fine arts major and drama at the University of Calgary, and after graduating, I started working in Calgary as a director," said Vilalta.

"Having this opportunity in this theatre can allow me to branch out to other places, hopefully in Calgary, or Canada to continue doing specific text-based theatre."

Vilalta has made his way through Calgary theatre directing multiple different genres.

He credited Calgary's great theatre scene as a major reason why he's been able to achieve success as it has enabled him to find his unique voice as a director, which he says is key when sharpening your skills.

"If you try to approach your artistry like everyone else, you're just going to get lost in the mix; but if you find your own authentic voice, then people will understand where your artistry comes from and when they have a project that is right for you, then they will know that you are the right person for that job," said Vilalta.



Cast members Daniel Fong, Grant Tilly and Allison Lynch (left to right). Photo courtesy of Fifth Wall Media

Vilalta's journey has been difficult, but he wouldn't trade it for anything; his drive to make a splash in the Calgary theatre scene as a Mexican-Canadian is unparalleled.

"I feel like if you're really passionate about what you

do, you're gonna do whatever it takes to get to where you want to be," he said.

"Because of my background, I didn't see a lot of people like me out there, so I had to start trailblazing a little bit and say, I'm not going to lose this opportunity."

The performance of *The Strange Case of Dr. Jekyll & Mr. Hyde* will continue to play at the Vertigo Theatre until Oct. 29; information on showtimes and tickets can be found on the Vertigo Theatre website.

A Haunted History

Halloween's roots and rituals around the world

Emma Marshall

Staff Writer

When you think of Halloween, what comes to your mind first? Is it the candy, the costumes, or the scary movie marathons? This is what western Halloween is boiled down to today. However, the history of this holiday has been interpreted in different ways throughout the years.

The origin of this day traces back to the lives of

ancient Celts in various parts of Europe around 2,500 years ago. Many academics have agreed that Halloween can be connected to their ancient festival, Samhain, which was celebrated at the end of every harvest season. Ancient Celts believed that the barriers between worlds were broken down during this time, and they

would sacrifice cattle, light bonfires, and dress in animal skins as a way to maintain peace with the gods.

After Christian influence took over pagan communities, Samhain was rebranded to 'All Hallows Eve' and shared many of the former pagan traditions. This holiday was introduced to America by early Irish immigrants who brought

their traditions across seas. From there, Halloween was made into what it is today in parts of Europe and North America. With costumes to ward off spirits, sweet treats in celebration of bounty and jack-o-lanterns to light the night, it is one of the most widely celebrated holidays in western culture.

Similarly, in Latin America and Spain, on Oct. 31 kids

will go trick-or-treating, but not for the same reasons as Americans. This trick-or-treating is to prepare for el Día de los Muertos, or Day of the Dead, which is a holiday that takes place on Nov. 1 and 2. It is believed that the barrier between worlds dissolves on this

Continues on Pg.7



The people of Guatemala celebrate an annual festival where giant, colourful kites called barriletes are flown to honour the dead. Photo courtesy of Joelsyok/Wikimedia Commons

Continued from Pg.6

day and loved ones are able to reconnect with the deceased.

It is largely misconceived that el Día de los Muertos is a Latin version of Halloween, and while there are similarities, the origin and practices are not the same. This holiday is celebrated to show respect for lost loved ones, and people often wear traditional makeup and outfits — parading, singing, dancing and even making offerings.

The themes of death and afterlife can be seen in many other interpretations of

this holiday. In Guatemala, Barriletes Gigantes, also known as ‘giant kites festival’, takes place at the beginning of November. Hand-painted kites are flown over the graves of loved ones as a way to connect the living and the dead.

As one of the oldest celebrated holidays, Halloween is recognized globally as a time to reconnect with deceased loved ones and protect one another from spirits of the afterlife.

Making the most out of a concert

Tips for audience members before and during the show

Emma Duke

Features Editor

If you’ve been dying to know what my bank statements look like (which, I don’t know why you would..that’s weird, but no judgment), I’ll tell you. Ticketmaster. Groceries. Ticketmaster. Ticketmaster. TAYLOR SWIFT TICKETS! No, that does not have any relevance to the article, I just wanted to share that I made it through *The Great War*.

Rather than spending money on clothes, or going to the bar, I spend my money on concerts. From Ed Sheeran and NF to Milky Chance and The Lumineers to Daniel Caesar, Gregory Alan Isakov and Imagine Dragons, I’ve had the privilege of attending a lot of concerts. I’ve probably attended 20 in the last six or seven years, so you could say I consider myself a sort of concert-connoisseur. I know what makes a fantastic concert and what distinguishes a good performer from a great one, but I also have a couple of tips on how to make the concert more enjoyable as an audience member.

My first rule-to-live-by is to be careful picking your seat. Cheap tickets are lovely, but remember that you get

what you’re paying for, and I don’t mean in terms of the view (the huge TV’s allow you to see the artist, no matter where you’re seated), but in terms of energy. The further back the seat, the less excited the crowd is about the artist, so unless it’s Taylor Swift, there’s a chance that if you’re not on the floor or an adjacent section, the people around you might be sitting down. Not that you couldn’t have fun being the only one standing up and screaming lyrics, but it’s much more enjoyable to be at a concert where the people around you are also energized and excited, so it’s often worth it to pay a little more to sit closer.

We’re all a little guilty of filming the artist singing a bunch of songs, just for them to sit in our camera roll until we realize three years later that the five minute videos are taking up too much space. My advice is this: take videos of yourself and your friends at the concert, rather than the artist. There is already footage of the artist performing live circulating the internet, but videos of you are unique and much

more special.

Lastly, if prices are high for a concert, wait until the day of the concert and then look for a ticket. People reselling

will often sell for lower than what they paid. I wouldn’t recommend doing this for an artist you love (it’s not worth the risk), but it’s a good idea

for a concert you think would be worth attending, if ticket prices dropped.

Now, go buy that concert ticket!



The Eras Tour is where fans get to experience all “eras” of Taylor Swift’s career. Photo courtesy of Paola V/Wikimedia Commons

YOUR STUDENTS' ASSOCIATION



Know what's coming up next
Sign up for our monthly
Students' Association
newsletters



THURSDAY'S GOT TALENT!

West Gate Social
4pm - 6pm

Let's get musical!
Live music, karaoke,
and open mics!



Visit us online for event dates & times
samru.ca/westgatesocial





LOST & FOUND

**Lost something on campus? Found an item?
The SAMRU Lost & Found is here to help!**

- ☒ **Lost items:** Visit SAMRU Reception in room Z222, call 403-440-6077, or email reception@samru.ca.
- ☒ **Found items:** Drop off in the 24-hour drop box located next to MRU Security at West Gate.

Calgary rock event gives local bands the limelight they deserve

Bella Coco
Contributor

Rockin' 4 Dollars started as a local rock event in Halifax. Now, over 15 years later, it has transformed into a beloved weekly local tradition for the Calgary music scene.

BJ Downey, hailing from New Brunswick, came across Rockin' 4 Dollars when he attended art school in Halifax. Posters were plastered throughout the city and the advertisement ultimately piqued Downey's interest.

"The poster was like 'rock for dollars, win a thousand bucks, play a 15-minute set, backline provided, 'I'm like, 'what? This sounds insane,'" says Downey. "I would go there and if you played, you got a free pitcher of beer and it was just the thing to do in the city on a Monday."

Downey fell in love. Planning to move in 2012, he asked the co-founders if he could start doing the event in Calgary on Wednesdays. After receiving their blessing, Rockin' 4 Dollars in Calgary was born.

"Now, they've since quit that. So they've handed over everything. I have the name. Everything is now

mine," Downey says.

In the beginning, Rockin' 4 Dollars was at Broken City on 11th Avenue, and it cost \$3 cash to get in. Now, nine years later, Broken City has since been transformed into Modern Love and it is \$5 cash to get in.

For \$5, audience members get to hear up to eight bands play a 15-minute set each. Bands can win up to \$1,000 on Rockin' 4 Dollars unique wheel of prizes, which is spun at the end of the night.

Since the beginning, Rockin' 4 Dollars has advertised the occasional themed night. The themes range from bands playing covers of Green Day, Blink-182, or Britney Spears. But out of all the themes, Downey says that the most popular by far is Emo Night.

"Usually the theme nights take off when we announce Emo Night, Green Day, Blink-182 or Nirvana is another good one. We announce and bam...the list is full within 24 hours," Downey said.

While numerous bands from various backgrounds come to play at Rockin'

4 Dollars, regulars have their fan favorites. Wack, Astrocaster, and Neon Detour are just a few local gems, and their attendance at Rockin' 4 Dollars always provides a surge of audience members and a rowdy crowd.

Downey says that one of the biggest things he has learned since starting Rockin' 4 Dollars is that bands don't always know what is going on when they sign up to play. Some bring all of their gear, but at Rockin' 4 Dollars, a full instrumental set isn't necessary.

"We provide the drums. Just bring your guitars, your cables, your drumsticks, and your pedals. That's all you need," says Downey.

While Downey has created and curated an incredible local music scene, he has also worked hard at building a warm and welcoming environment at Rockin' 4 Dollars.

While a good amount of bands play their first show at Rockin' 4 Dollars, Downey says that the environment is very low-stress and has a familial atmosphere. For

instance, the hockey lineup is when audience members, either dancing, sitting, or chatting, gather near the front of the stage and form two single file lines. Facing each other, the audience sticks out their hands and the performing band runs through to high-five the crowd. It is a true Rockin' 4 Dollars tradition, as Downey

explains at the beginning of every Wednesday night.

"If you're feeling down, if you don't know anybody in the city, and if you're interested in learning about bands that are in the Calgary music scene, no doubt, Rockin' 4 Dollars is 100 per cent the place to dip your toes," Downey says.



The Even Odds plays an energetic set, on Oct. 18, 2023. Photo by Bella Coco

OUT'N ABOUT

Screamfest

Canada's largest Halloween event has returned to Calgary and features games, creepy entertainment, and must-see haunted houses. Screamfest runs from Oct. 6 to the 31. Tickets are available on the Screamfest website.

Haunted house Party

Show off your costume, win a prize, enjoy live music, and take advantage of the photo booth at West Gate Social's Haunted House Party on Oct. 26. Doors open at 8 p.m.

Gimme Gimme Disco

Calling all ABBA fans! The Palace Theatre is hosting another Gimme Gimme Disco night on Nov. 10 at 10 p.m. This is an 18+ event and tickets can be found on the Palace Theatre Event page.

Portugal. The Man

The band known for the catchy songs "Feel It Still" and "Live in the Moment" are hitting the stage at the Grey Eagle Event Centre on Nov. 8. Grab tickets on the Grey Eagle website under the event centre tab.

A reflection on the themes of grief in this horror-comedy

Warning: contains spoilers about the film Haunted Mansion

Isabella West

Arts Editor

When a mother and son move to New Orleans for a fresh start, their excitement quickly turns to fear once they discover that their new house is filled with unwanted guests who won't let them leave.

The 2023 film, *Haunted Mansion*, directed by Justin Simien is a horror-comedy based on the attraction, The Haunted Mansion, located at Disneyland, the Magic Kingdom, and Tokyo Disneyland.

"I came into this with a bunch of things that I just knew I needed to see as a fan of the ride," said Simien in an Instagram reel.

The movie features iconic references to the ride such as the stretching room, the hitch-hiking ghosts, and my personal favourite, Madame Leota.

"I wanted to be really faithful to the ride. There's a lot of brilliant storytelling and inspiration there. You get the sense that there's this much bigger world, a galaxy of characters from every era," said Simien in the same Instagram reel.

However, while this movie brings audiences in with the notion that it will allow them to relive a Disneyland experience, it holds much deeper themes than that.

The film opens with a flashback scene to when Ben Matthias, played by LaKeith Stanfield, meets Alyssa, his future wife at a New Year's Eve party. The scene then flashes back to Ben's current reality where he is now a disgruntled man doing a job he has no passion for.

When Ben met Alyssa, he was an astrophysicist

studying a formula to map dark matter, or to Alyssa, he was trying to see the unseen. At that time, Alyssa was hosting ghost tours around New Orleans with the intention of helping people see things that they can't always see. Ben then later takes on the same job that Alyssa held.

However, when a woman, Gabbie, and her son, Travis, move to their new house, they find out that it is haunted and once they enter, they must always return to the house after midnight or else they will face terrible hauntings.

Because of his known ghost-hunting experience, Ben is recruited to take on the job of expelling these ghosts from the house. After a full team of 'experts' is recruited to get to the core of the mystery that will reveal why the house is haunted, the team quickly becomes allies and dependent on each other.

It is later revealed that Ben unexpectedly lost his wife and spent years believing in ghosts and searching for ways to connect with her one last time but was never able to. Travis also had recently unexpectedly lost his father and was trying to find ways to cope with the loss.

Once these two are brought together, their journey of grief is consistently tested by needing to decide to either move on from the past or succumb to their pain.

Although this film is categorized as a horror-comedy, I was personally touched by the exploration of grief.

I unexpectedly lost my



Haunted Mansion is a remake of the 2003 version. It stars several big names including Owen Wilson, Danny Devito, Jamie Lee Curtis, Jared Leto, Tiffany Haddish and more. Photo courtesy of Disney

grandmother in 2021 and I'm still trying to find ways to cope with the loss. My grandma helped raise me. She was one of my closest friends, the person I'd turn to for advice, the one who helped me get into university, and most of all, she was my family's glue. After I lost her, I felt like there was no place for me in a world without her. Everything seemed a lot less exciting and a lot more painful.

At one point in the film, Travis is about to go be with his dad, because a ghost is pretending to be him but is stopped by Ben. Ben tells Travis that his dad would want him to be happy and live a full life but Travis quickly says "nowhere feels

right without him."

I found this quote to be impactful because grief is such an unusual thing. It can come in waves, hit you all at once, or for some, take years to sit in. But the thing that strikes me the most is how you don't simply overcome your grief, but rather you learn how to live with it.

Going into this movie, I was expecting a remake of the 2003 lighthearted and children-friendly *The Haunted Mansion*. However, my expectations were quickly shut down within the first 10 minutes of the film. Although it was not what I was expecting, I was surprisingly grateful for my experience. This horror-comedy had me crying,

laughing, scared, and questioning my own journey through grief.

At the end of the film, all of the characters are confronted by the antagonist who is constantly speaking to Ben and Travis as they are grieving, trying to convince them that they will never be able to overcome their pain and that they'd be better off 'reunited' with their lost loved ones. I think that this character could reflect the negative thoughts that many who are grieving can often experience. But the message that is driven home in the film is that one's grief does not become them and I think that is one of the most important reminders to hold dear.

Pumpkins After Dark: carving dreams into reality

Emma Marshall

Staff Writer

When the sun goes down in October, Calgary lights up with a haunting jack-o-lantern display, but the Halloween spirit is not found in the pumpkins, but rather in those who carve them.

Three years ago, Lantern Events Inc. and Pumpkins After Dark Ltd. collaborated to host the first Pumpkins After Dark. With these production companies focused on supporting local businesses, boosting the economy, and having a positive impact on the community, it quickly became a must-see Halloween event.

In 2020, the management team at Pumpkins After Dark released a Facebook post that called all community members who had an interest in Halloween and pumpkin carving for potential hire. For Mike Innis, applying for the position was a no-brainer.

Innis, alongside the other artists who got hired, Kelly Schaffner, Carlos Roche, and Julian Lee, have worked every year together at Pumpkins After Dark. The four of them quickly became a team and

they plan on returning as the live carvers at this event for the foreseeable future.

"It's a really positive experience and it's a great community. It's nice to see other people get as excited about something I am enthusiastic about," said Schaffner. Obviously, they're paying me to do it, but it doesn't feel like a job. It just feels like a lot of fun."

While it only comes around once a year, this exhibit takes 12 months to prepare. Innis explained that the design, carving, and set-up of the walkthrough display happens throughout the year by a team of skilled professionals.

"I keep seeing it evolve, there's more and more excitement about it," said Innis. "We look forward to seeing how it grows and to being a part of that Calgary October tradition."

Their job is not to create the walk-through displays, but rather to carve intricate designs on pumpkins and interact with patrons of the event. This includes explaining their process,

the tools they are using, and even the lore behind jack-o-lanterns.

"Stingy Jack is an old Irish story of a man who was cheap," explained Innis. "The devil gave him a hollowed-out turnip with coal to light his way through the darkness, so that is why we make jack-o-lanterns. It's to ward off Jack and guide those other lost souls."

While Schaffner and Innis pursue carving mostly as a hobby, Roche and Lee have careers in the arts. However, their backgrounds do not matter when October hits and they can come together to slice, chisel, and light up pumpkins.

"Nothing's off limits when I'm carving," said Schaffner. "The lighting is often what makes it really magical. It takes it from just being a regular piece of art to something else."

Over the span of the month, each of the carvers will finish about 50 pumpkins which are then put on display at the event.



Pumpkin archway at the Pumpkins After Dark event. Photo by Emma Marshall

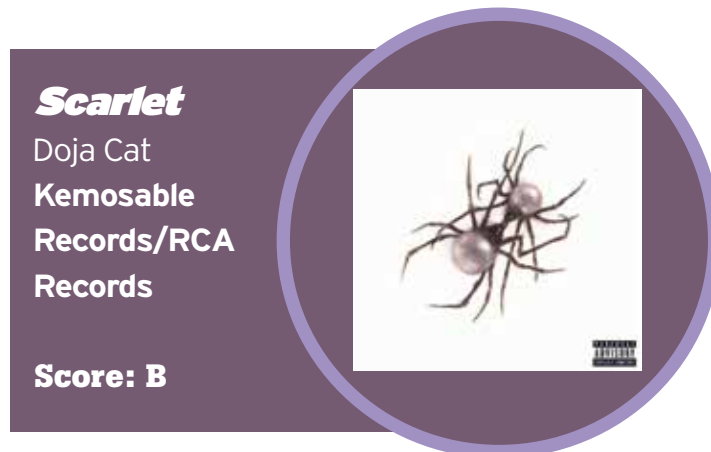


The long-anticipated eighth solo studio album and 13th album overall from Canada's most popular current artist, Drake, finally arrived at the beginning of October. Titled *For All The Dogs* (FATD) and represented by an album cover designed by Drake's son, Adonis, debuted at #1 on the *Billboard* 200 Chart. With his release, Drake became the first rapper to have their first eight albums all rank #1, tied Michael Jackson for most #1's by a male soloist, and now has the most #1 projects this century.

With features like J. Cole, SZA, 21 Savage, Teezo Touchdown, SexyyRed, and Lil Yachty, along with the near-perfect production that

we have come to expect from every Drake project, FATD hit all the right spots sonically. There are slow songs that will have listeners reminiscing about heartbreak, like "Bahamas Promises," energetic bangers like "First Person Shooter," and glowing songs that can light up the gloomiest of days, like "What Would Pluto Do?" Adonis, Drake's son, even makes an appearance with a snippet from his first song, "My Man Freestyle," coming at the end of "Daylight." Overall, it's a versatile album filled with emotions and themes that make it an essential addition to your playlist.

— Zafir Nagji



Doja Cat's fourth studio album sees her take a more heavily rap-based form, straying away from the playful aesthetic that helped her rise to fame and back into her bag of tricks as a rapper. This is also her first album with no features, an important milestone in many rappers' careers.

Doja Cat's "Paint The Town Red" opens the album with glowing production and a happy tone, before transitioning to the distorted trap banger, "Demons." Her high-pitched vocals add a unique dimension to some of the darker beats on this album, which makes her music so much more satisfying to listen

to. She uses great wordplay on tracks like "Wet Vagina," where she claims to have "drip," a clever pun that hopefully needs no further explanation. She then transitions into a more low-key middle section, full of bubbly, gentle vocals that can remind listeners of her wildly successful album, *Planet Her*, before picking up energy towards the end again. Most importantly, Doja Cat proved that her versatility as a rapper and singer works well enough to sustain a 17-track featureless album that keeps listeners engaged from start to finish.

—Zafir Nagji

A haunted evening of classics

Emma Marshall

Staff Writer

This Halloween season, get ready to immerse yourself in a multi-sensory experience like no other.

Fever, the leading global entertainment discovery platform, is expanding its portfolio for the Candlelight concert series in Calgary, and they are inviting locals to embrace the enchantment of the season through multiple unique Halloween concerts on Oct. 28.

In the heart of Calgary, the Grace Presbyterian Church is being transformed into a hauntingly beautiful setting for these events, brought to life by the soft, flickering glow of thousands of candles.

“The experience is lived in venues that are noted for their historic nature or

unique character to the city,” said Eloisa Marenco Alvarez, communications specialist at Fever. “Our production team studies each venue in detail in order to decorate the environment in the best possible way. Candles are carefully placed to create the warm atmosphere that characterizes Candlelight Concerts and, particularly for Halloween, candles are complemented with the typical Halloween decorations to give it a special look and feel.”

This year, they have taken inspiration from the soundtracks of many classic Halloween favourites, including *Ghostbusters*, *Beetlejuice*, *The Addams Family*, and *The Exorcist*.

Whether you are a fan of the macabre, or simply looking to embrace the spirit of Halloween, these concerts promise an unforgettable experience for viewers of all ages.

However, Candlelight Concerts are about more than just the music. They are a part of the original music series by Fever with the goal of making classical music more accessible to audiences all over the world by creating candlelit performances in various historic locations.

“With the musicians speaking directly to guests, the connection with the artists and the music is much stronger,” said Alvarez. “We are always hiring talented local musicians who align

with our belief that classical music can reach a diverse audience and demonstrate this by performing compositions for all tastes.”

To check out the full range of shows and to purchase

tickets, check out the Fever website, and get ready for an enchanting evening of haunting melodies in the glow of thousands of candles.



Concert setup for a Halloween special in Madrid, Spain.

Photo courtesy of the Fever website



@samrubuzz

samru.ca

fresh routes

mobile

grocery
store

Bring your
own bag!



Mondays, 11 am – 1 pm*

*No markets during Reading Break, exams, or holidays.



Wyckham House
Food Court



Debit, credit, and cash accepted



samru.ca/events



Raptors exhibition game projects future success for team

Tyson Biever
 Contributor

Preseason Perfection

The Toronto Raptors' preseason is off to a great start, as the team has quickly jumped out to a perfect, 3-0 record that stands atop the Eastern Conference standings. Their latest triumph was a tough 106-102 victory over former-Raptor, Demar DeRozan and his team, the Chicago Bulls.

While the Raptors meeting with the Bulls on Oct. 17 was the team's most recent outing, their first preseason game was held on Oct. 8 against the Sacramento Kings in Vancouver. The Raptors would go on to win, 112-99.

Raptors head coach, Darko Rajakovic, wasted no time in playing his top players as the team's starting lineup in their first preseason game consisted of small forwards O.G. Anunoby and Scottie Barnes, power forward Pascal Siakam, point guard Dennis Schroder and centre Jakob Poeltl.

The Raptors followed up their win over the Kings with a friendly exhibition match against Australian team, the Cairns Taipans. The Taipans are one of 10 teams that participate in the National Basketball League (NBL)—Australia and New Zealand's professional basketball

associations.

With the level of worldwide talent the Raptors have on their roster, the NBA team dominated in a blowout victory over the NBL team — a final of 134-93.

In their opening three games, there's a lot to like about this season's roster.

For starters, new recruit Dennis Schroder playing in the starting point guard position seems to be working so far. Last season, Schroder averaged 30.1 minutes per game with the Los Angeles Lakers while racking up 830 points over a span of 66 games played.

Shooting guard Gary Trent Jr. is doing well in his new role as a 'super substitute' too. The move was done in the hopes that Trent Jr. can make important plays off the bench.

Enter Darko

It was an offseason full of changes for the Raptors as several moves were made after the team lost in the play-in round last season.

Most notably, the Raptors made a massive coaching change, firing head coach of five years, Nick Nurse, and replacing him with Darko Rajakovic — a former assistant coach of the Oklahoma City Thunder. Nick Nurse went on to become

the latest head coach for the Philadelphia 76ers.

Since his hiring, it seems that Rajakovic plans on helping the Raptors improve on both offence and defence by teaching the team to focus on their decision-making process. Personally, I'd recommend that the team avoid passing the ball when their teammates are contested by an opposing guard as too many times it was intercepted and led to the other team scoring last year.

Despite this being Rajakovic's first time as a head coach in the NBA, his players have already admitted that their new coach is doing really well. Part of the reasoning being, Rajakovic already acts like a veteran coach and excels at listening to what his players have to say.

Meet the Crew

Not even the Raptors roster was spared during the annual offseason shuffle.

Former Raptor point guard Fred VanVleet departed from the team after signing a three-year deal with the Houston Rockets, while German-star Dennis Schroder along with 13th-overall pick in the 2023 NBA Draft, Grady Dick, joined the club.

Dick, a small forward and

shooting guard, has been called a sharpshooter by many. Wearing number '1' on the court, the rookie is keen to do whatever his team and coaches want from him and has promised to work hard on his training — that is, if he isn't busy filming cameos in Drake's latest music videos!

Along with the new recruits is returning player Scottie Barnes. Drafted fourth overall in the 2021 NBA Draft, Barnes took the league by storm almost immediately. In 2022, the first-round pick was named the NBA Rookie of the Year and is already entering his third season with the team. NBA basketball player by day and Subway ambassador by night, Barnes switches between power forward and small forward

positions for the Raptors and averaged 15.3 points a game during the 2022-23 season.

Let's not count out Pascal Siakam, either. Siakam, who was drafted by the Raptors in 2016, is an NBA all-star that averaged 24.2 points per game for the team last season. And, now that the previous rumors hinting that Toronto could be trading Siakam have quieted down, there might be a better chance that he may sign another contract with the Raptors at the end of this season.

Great preseason in hand, the Raptors are a young team who will be very interesting to watch. The team's season-opening game will be held on Wednesday, Oct. 25 where they will host the Minnesota Timberwolves.



Toronto Raptors head coach is expecting a strong performance from Scottie Barnes, after a spectacular preseason. Photo courtesy of Erik Drost/Wikimedia Commons

#S

212, digs recorded by Cougars setter Sarah McKillican, last season

23, the career high of points-per-game set by Cougars guard Holt Tomie, last season

17, times Taylor Swift was shown on television during the Kansas City Chiefs game on Oct. 1

575 thousand dollars raised by Chris Snow and his family for ALS research

Cougars basketball set for success in 2023-24 season

Zafir Nagji
Staff Writer

In 2022, the Mount Royal Cougars men’s and women’s basketball programs had impressive regular seasons followed by heartbreaking losses in their play-in games. This year though, the Cougars are looking to make a splash in their Canada West conference while contending for two U SPORTS basketball titles.

During the 2022-23 season, the Cougars women’s basketball team managed to balance a fast-paced style of play by taking care of the ball. However, they really shined on the defensive end where they averaged significantly more steals and blocks than their opponents.

Their home record of 8-2 was astounding, but like so many young teams in a variety of sports they struggled on the road — posting a record of 3-7 away from their home court and ended their season with a play-in loss on the road against the University of Winnipeg Wesman.

“Playing at home is definitely an energy thing for all of us,” third-year guard Abbey Wilkinson said.

“It’s much easier to build off of when you have the soccer team come out banging the drums and all your families come out, so

it’s a much more welcoming environment versus being on the road, which is definitely tougher.”

Wilkinson, who made the third most three-point shots on the team last season, was one of 73 Cougars to win the 2022-23 U SPORTS Academic All-Canadian Award. Passionate about the game of basketball, she strongly believes in the roster the women’s program will be putting on the hardwood this season.

Mount Royal’s women’s team is depending on their veteran core of fourth- and fifth-year student-athletes to lead their rookie-less roster of second- and third-year players into battle.

Their level of experience and chemistry gives the Cougars a serious chance to win every night and Wilkinson believes the team should aim to make a deep run for the 2023-24 Canada West and U SPORTS National Championship titles.

“We definitely are looking ahead to try to finish in the final four or better,” she said.

“We have an advantage with our depth.”

Mount Royal University’s men’s basketball team also ended their season in the same place as the women’s

team, losing in the play-in game after a regular season that left room for improvement.

All but six players on the 2022-23 roster were rookies, so the men’s team also struggled to find wins on the road but excelled at home. The fresh-faced roster

finished with a record of 6-4 at home, but 2-8 on the road.

However, the highlight of last year came in the form of a breakout season for guard Holt Tomie. His numbers

steadily improved in each of his three years with the Cougars, yet, his greatest season by far was in 2022-23 — averaging a career-high of 23 points-per-game and five

Continues on Pg. 16



Cougars guard Abbey Wilkinson drives the basketball into the teeth of the defense during a practice with her team. Photo by Zafir Nagji

The Reflector Newspaper app available now in your favourite app store



Get The Reflector Newspaper app available in the App Store and in Google Play. It has all of the up-to-date news and information to enhance your Mount Royal University experience



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

MRU's volleyball teams ready to hit the court in new and exciting season

Matt DeMille

Sports Editor

Mount Royal University's (MRU) volleyball teams opened a new chapter in their programs' history last weekend when they began their regular seasons on the road in B.C. Facing off against the University of British Columbia Thunderbirds (UBC), the two programs got off to a rocky start. While the men's team opened up their weekend with a 3-2 win over the Thunderbirds, the B.C. team enacted their revenge the next evening — handing the Cougars a 3-1 loss on Saturday night. The women's program faced even tougher results as they failed to win a set all weekend, losing both of their matchups against UBC by an identical, 3-0, score.

Now, the two teams will head back to MRU's Kenyon Court as they get prepared for their home-opening match against the UBC Okanagan Heat (UBCO) on Friday, Oct. 27.

With each team only having completed their opening weekend of games, much is still unknown about how the rest of the regular season will bode in their respective leagues. However, if last season is of any indication, both programs will be hunting for a collection of victories along with a title or two.

At the end of the 2022-23 regular season, the men's and women's programs boasted an impressive and identical record of 19-5, including second-place finishes in the Canada West regular season standings.

Albeit, their playoff performances weren't so similar.

The women's program claimed a spot in the Canada West Championship, taking

home a second-place finish after a subsequent loss to the Trinity Western Spartans. While slightly disappointed about being the runners-up in the playoffs, the finish was enough to grant them entrance into the season-culminating U SPORTS National Championship for the second consecutive year.

And, despite being a crew riddled with injuries, the women's program mustered up a fifth-place, consolation title at the country-wide tournament.

For fifth-year setter Sarah McKillican, her second experience at the National Championships was one that she will always remember — no matter the result.

"I'm from B.C., so going to play at [the University of British Columbia] was so awesome. All my family was able to come out and watch," said McKillican.

"We always talk about, 'it's the memories that you make during the process. It's not about the games that you win or lose, we don't remember that longer term. We remember the memories and stuff.' So, I think that's the main thing that we were focusing on. Like, yeah, it sucks that we lost our quarterfinal, but we made the most of it and we enjoyed our time [at the National Championship]."

A third-straight trip to the National Championship isn't out of the question for McKillican and her team, either. While the team isn't too stressed about finding wins and positive results immediately, they do understand what it takes to nab a spot in the tournament.

"There's so many teams that are deserving to go, but I think since we've been

there the last couple years, we know how much we want it, so that helps us," shared McKillican.

"We got these goals to make it to nationals and hopefully we just keep growing throughout the year and make it there."

With long-time players, Maddy Marshall, Quinn Pelland, Haley Roe and Nyadholi Thokbuom graduating over the offseason, this year's Cougars team will look at its list of returning players and new recruits to step up and fill in the recently-open gaps.

"I'm so excited for this group of girls," smiled McKillican.

"I've been very impressed with everybody. Everyone's so hardworking [and] driven. Everyone just wants to get better and prove themselves."

Inversely, the second-seeded, men's program dealt with a tougher blow during their post-season push. The team bowed out in the first-round of the Canada West playoffs, following a series-sweep at the hands of their

Crowchild Trail rivals, the University of Calgary Dinos.

For fifth-year business student and middle blocker Luis Lange, his team became too focused on the wider scope of their previous season instead of following a weekend-to-weekend approach.

"I think we put a lot of focus into our regular season, which I don't think we should miss out on again this year. But the playoffs [are] the team that's better that weekend, not necessarily overall."

And, in a similar fashion to the women's program goals and expectations, Lange believes a trip to the nationals is also very achievable for the men's team.

"This is arguably the most open the league has been since I've been here and there's going to be a lot of good competition every weekend," Lange said.

"As a team, we've definitely established that we want to be playing for a national championship this year."

The skill of Lange and his

cohort hasn't gone unnoticed. Prior to the season-opening weekend, the annual Canada West preseason coaches poll listed the Cougars as the second-best team among Western Canada institutions — just four points behind the University of Alberta Golden Bears.

But the preseason rankings haven't changed anything in the team's perspective. For them results always trump the rankings.

"I think it's a nice pat on the back, but that's kind of how all I take it," he said.

"This league is so competitive that any weekend, any team can beat another team. It's a very competitive league for that reason. That's why I love playing here. So, again, pat on the back but [the poll] doesn't mean much to me or the team."

On Friday, Oct. 27 and Saturday, Oct. 28, the men's and women's team will take to the Kenyon Court to host the UBCO Heat in their home-opening weekend.



Sarah McKillican and her teammates hit the court at Mount Royal before heading to Vancouver for their weekend series with the UBC Thunderbirds. Photo by Matt DeMille

Continued from Pg. 14

assists-per-game. As a result of his incredible season, Tomie was selected to the Canada West second All-Star team.

Going into his fourth year, however, Tomie is focusing on his role as the veteran leader of this squad.

"Last year taught me that sometimes, it's best to just support people rather than getting on them about stuff," admitted Tomie.

"For this year, continuing

to work on that, looking at not just results-oriented stuff, but being a support guy, a guy they can talk to."

Cougars 'b-ball' fans should be excited to see some improvement in the upcoming season. With the big difference being the level of experience this roster has along with their combination of fast-paced, high-octane offense and a constantly improving defensive scheme.

"We got guys who have

actually played meaningful minutes now, so expect us to make better decisions on the court as a team," Tomie said.

The Mount Royal's basketball teams will open up their Canada West seasons in Edmonton on Nov. 3 when they take on the MacEwan University Griffins. The women's game tips off at 6 p.m. while the men's team will take to the court at 8 p.m.



Holt Tomie honing his three-point shot before the Cougars start their regular season on Nov. 3. Photo by Zafir Naqji

Why, in your wildest dreams, has the NFL seen a rise in female viewership?

Khaoula Choual

Contributor

The internet's favourite couple, Taylor Swift and Travis Kelce, are taking over the National Football League (NFL), whether you like it or not.

The famed romance between the two high-profile stars first began when Kelce, a tight end for the Kansas City Chiefs, attended Swift's Eras Tour show at the Chiefs' home field, Arrowhead Stadium in Kansas City, Missouri. During the show, Kelce fumbled his first effort at courting Swift when his attempt to offer the singer a friendship bracelet with his phone number on it failed.

"I was disappointed that she doesn't talk before or after her shows because she has to save her voice for the 44 songs that she sings," Kelce said in his shared podcast with brother Jason, *New Heights*.

Kelce further admitted to his brother that he was "butthurt" after being denied an opportunity to connect with Swift at the concert.

However, Kelce would only need to wait a few months for Swift to finally notice him. On Sept. 24, Swift returned the favour to Kelce

by attending the Chiefs' football game against the Chicago Bears at Arrowhead Stadium — sending 'Swifties' and football fans spiraling.

Swift's rumored romance with the two-time, Super Bowl champion has led to a spark of interest among her Swifties' and the female demographic regarding both Kelce and the Chiefs.

As Swift and Kelce's relationship blossomed in the public eye, jersey sales for Kelce's uniform also increased by nearly 400 per cent, according to the *Associated Press*.

Meanwhile, the week after Swift made her first appearance at Arrowhead Stadium, the Chiefs hit the road for a game against the New York Jets. For the second-straight week, Swift along with other pop culture stars, including actors Ryan Reynolds and Hugh Jackman, were in attendance for the Chiefs game in New York City's MetLife Stadium. Her appearance at the game led to an explosion of views, as 27 million people tuned into the game. The feat made it the most watched Sunday show since the Super Bowl,

last February.

According to the *CBC*, the Sunday night game between the Chiefs and Jets was the most streamed NFL regular season game ever.

With a spike in female viewership exceeding two million, Swift's participation undoubtedly contributed to the broadcast's record figures and creating an atmosphere that essentially exceeded the game itself.

However, not all football fans have been vibing with the constant mention of Swift during Chiefs games. In response to the NFL panning back to Swift on 17 different occasions during her visit to MetLife Stadium, even Kelce had something to say about the increased coverage.

"I think it's fun when they show who all is at the game," Kelce admitted to his brother on their podcast.

"I think it brings a little bit more to the atmosphere, brings a little bit more to what you're watching. But at the same time, they're overdoing it a little bit for sure."

In response, the NFL politely clapped back by defending their decision to

overload their media with coverage on both the Chiefs and Swift.

"We frequently change our bios and profile imagery based on what's happening in and around our games, as well as culturally," an NFL spokesperson shared with *PEOPLE* magazine.

"The Taylor Swift and Travis Kelce news has been a pop cultural moment we've leaned into in real time, as it's an intersection of sport and

entertainment, and we've seen an incredible amount of positivity around the sport."

So, it seems that as long as Travis Kelce and Taylor Swift stay a pair and the NFL remains interested in taking advantage of their fling, the disgruntled football audience will be forced to swallow their 'Bad Blood' if they plan on continuing to watch the Kansas City Chiefs hit the field.



Taylor Swift kisses Travis Kelce on the cheek after Chiefs game. Photo courtesy of @chariah_/Instagram