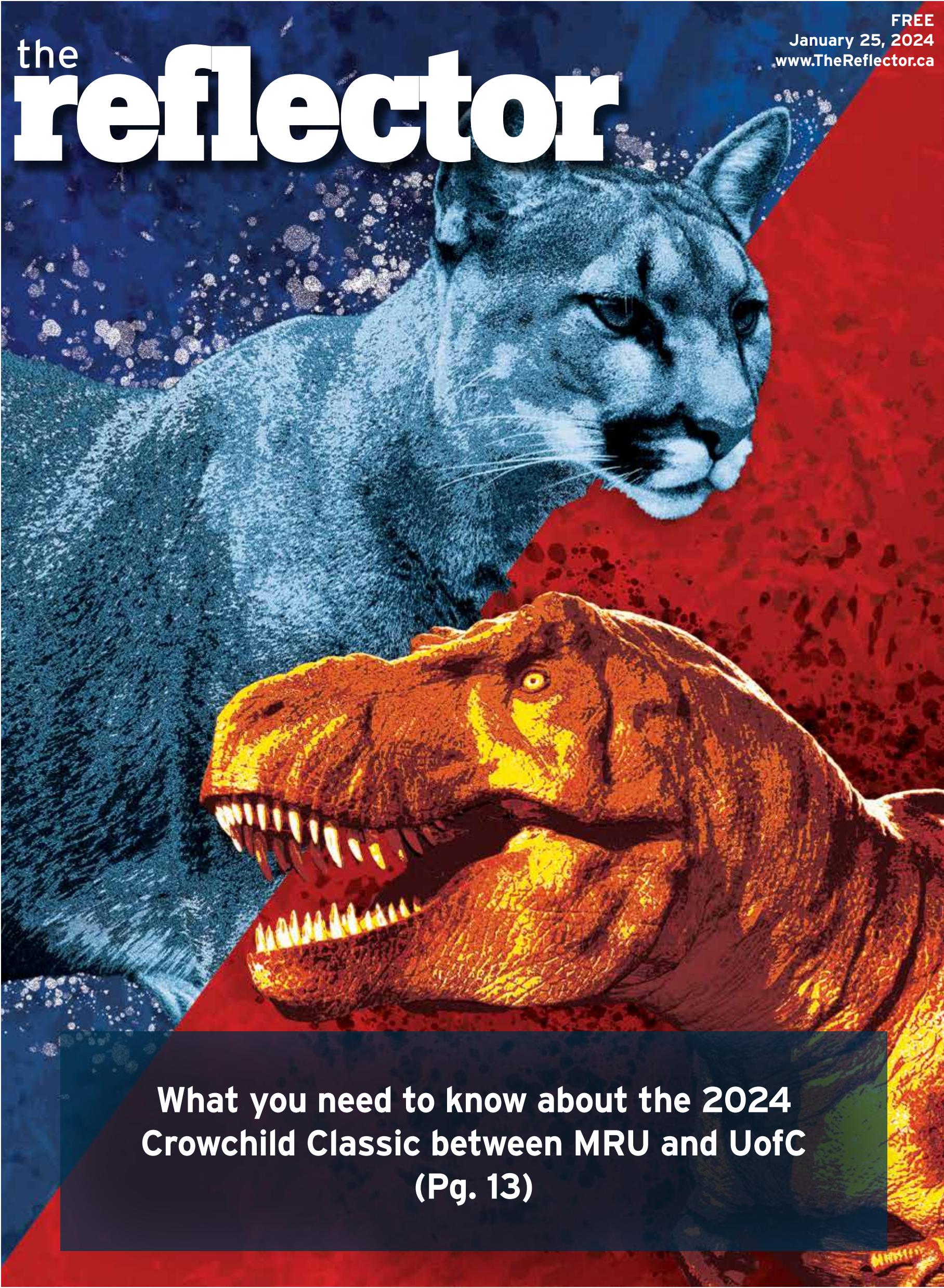


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**What you need to know about the 2024
Crowchild Classic between MRU and UofC
(Pg. 13)**

MRU's NourishU program teaches students to cook, meal plan, and shop

Julie Patton

News Editor

On Jan. 19, Mount Royal University (MRU) launched their brand new NourishU program that teaches students the art of cooking, budgeting, and grocery shopping, all for free.

Jody Arndt, director of Wellness Services, said in a recent survey of the student population, almost 50 per cent of the university's students were struggling with food insecurity.

"What we want to do is put them into a position where not only can they feed themselves, because we're giving them the money to do that, but also we're going to give them the life skills to help them budget and grocery shop," Arndt said.

Funded by Canadian Natural Resources, the program will run once a month for the next three years at The Table food hall on the second-floor of MRU's Lincoln Park building.

Students who attend the class will cook a fresh meal in three hours with hands-on experience as well as receive kitchen essentials and a \$100 grocery gift card, donated by Calgary Co-op and Sobeys.

"Our students are reaching out as much as they can for food," Arndt said, as SAMRU's Care Cupboards, Free Breakfast program, and Good Food Box program are routinely utilized by the student body.

"Our students are doing everything they can to find resources that will help to support them in improving

their food insecurity."

In the class hosted on Jan. 19, the students learned how to cook chicken and vegetable stir fry with rice.

"We're going to try as much as we can to also incorporate cooking rice in each of our classes," Arndt said. "Rice is one of those foods that I think lots of people are still learning how to cook properly but it really fills you up and is nourishing."

She adds that Wellness Services did not even have the chance to launch the program officially before all 30-40 seats in each class were filled.

"It was just word of mouth."

The chance to connect

With loneliness being a large concern for students as well, Arndt said the program will also help bring students together.

"They're doing something that everybody can do, everybody cooks," she said. "They're eating a meal together."

To make the class more accessible in the future Arndt said they hope to introduce more options such as a food box that students can bring home to cook as well as introducing a daycare option for any single parents who would like to attend the class but need childcare.

The experience

A third year Anthropology student who attended the

class on Jan. 19 said she signed up for the class after she had heard about it from her friend.

"I definitely learned some more knife skills and different ways we can budget out foods and how to preserve food that we buy."

Being a third year student, she said that she had developed the basic skills of cooking. However, the class introduced her to more practical skills and provided her with extra knowledge.

"A program like this is definitely a good opportunity... it gives students a chance to not only learn new life skills, but also be in a community where they feel comfortable to explain their problems and know that they're not alone in it."

She adds that the \$100 gift card is a great bonus of the class. The security of knowing you have a little extra money to help get you through the week, or the month, is a huge

support.

Although she enjoyed the class, she won't be signing up again until next year.

"I know it's limited spots. So getting as many students as they can to do it will be good," she said. "I think one time was good for me, but if I do hear about it again, I would sign up."

Any student who is registered at MRU is eligible to sign up for the class and receive all of its benefits.



A chef from The Table Food Hall helped teach students how to use a knife. Photo by Julie Patton

Delayed rocket launch leaves moon exploration hopes Earthbound

Matthew Hillier

Staff Writer

It's fair to say that space exploration has been on the back of everyone's mind for a while now.

With two global conflicts, the repercussions of a global pandemic, and worries about recessions, depressions, and all sorts of economic disasters, the stars have seemed just a little too far away.

However, many were and still are excited for NASA's Artemis moon missions.

The upcoming Artemis 2 voyage is expected to explore the lunar south pole for the first time. The crew of four astronauts Christina Koch, Victor J. Glover, Jeremy Hansena (a Canadian), Reid Wiseman, were assigned to loop around the moon and study the previously unseen side of Earth's favourite orbiting celestial body.

The mission was planned to go ahead in late 2024. However, due to concerns for crew safety it's been pushed back to September 2025.

These concerns stem from issues with the space capsule re-entry which arose during the re-entry, of Artemis 1.

Moreover, there are also issues with critical batteries aboard. These batteries, designed by Lockheed Martin, failed vibration tests. Meaning in a worst-case scenario, a space capsule's power could fail during re-entry.

Top priority: Safety

According to CBS, NASA Administrator Bill Nelson told reporters that safety was the chief reason behind the delay.

"As we remind everybody

at every turn, safety is our top priority...to give Artemis teams more time to work through the challenges with first-time developments and integration, we're going to give [them] more time on Artemis 2 and 3"

It's also important to note that Artemis 2 is just a test flight for Artemis 3. While 2 does have the important distinction of exploring the lunar south pole, it's just a test for the main event, the first moon landing since 1972.

Unfortunately, a delay of Artemis 2 means a delay of Artemis 3 and we most likely won't see a human on the moon until late 2026.

Unreasonable expectations

Raphael Slawinski is a professor of Physics and Astronomy at Mount Royal University. He notes the importance of changing public perception since the last moon landing.

"People sometimes have unreasonable expectations, we put people on the moon now more than 50 years ago. So, it seems like we have so many more capabilities. Our technology has vastly improved and computing power is bigger than what it was back then, so should space be easy?" he said.

"The answer is that space is still not easy. These delays are significant, not only due to the nature of the mission, but also because of the nature of the missions, funding, and development."

Private-public partnerships

The Artemis missions are



Crew of Artemis 2; Christina Koch (left), Victor J. Glover (top), Reid Wiseman (bottom), and Jeremy Hansena (right). The moon exploration with NASA's Artemis mission is wpushed until 2025. Photo courtesy of Wikimedia Commons

also unique because they are one of the first private-public partnerships in space travel. Though this had benefits in the missions progression, it has also affected the missions timetable.

Companies such as Elon Musk's SpaceX, Jeff Bezos' Blue Origin, Boeing, Northrop Grumman, and the previously mentioned Lockheed Martin are all involved in some way or another with the development, funding, and construction of Artemis.

This means that instead of centralized development by one government body (NASA), critical components and manufacturing are outsourced to various corporations with their agendas, finances, and timetables.

An example of how this could lead to issues comes

from the involvement of SpaceX, which has failed to meet deadlines and timetables due to the strain of development with other projects and previous issues with SpaceX launches.

This mission is certainly unique in more ways than one. It is the first mission to explore an undiscovered region of our moon, it's the precursor to the first manned mission to the moon in almost 40 years, and it's the first time public agencies like NASA have relied on private corporations for help in development.

Despite its delays, this mission is groundbreaking and exciting. However, the reliance on private corporations for development and funding could be viewed as a double-edged sword.

On one hand, it allows a

section of scientific study and research to flourish when it has historically been neglected. However, less oversight, less direct involvement, and less "say" in the project means NASA's role has been reduced severely. Additionally, this will likely establish a precedent for future space exploration and development. That being the necessity for private involvement.

Corporate involvement in space exploration and development will certainly speed things up in a way that is unprecedented to government-funded programs. Regardless, we will have to hold our breath and wait until 2025-26 to see how a privately backed NASA will define a potential new era of space exploration.

THE REFLECTOR

Issue 9, Volume 62

Climate predictions for 2024

2023 was the hottest year on record. What does that mean for this year?

Bella Coco

Staff Writer

Last year set a lot of records. One of the most alarming records by far was the highest global temperature since global records began. However, what could this mean for 2024 and what does that mean for the Calgary climate landscape?

We can start with what we already know. Since 1850, 2023 was the warmest year ever recorded. According to the National Centers for Environmental Information, the global ocean temperatures in 2023 from April to December also hit record warm temperatures. 2016—the previous hottest year on record—has officially been knocked down to second place, with a global-average temperature of 14.81°C, 0.17°C less than 2023's average of 14.98°C.

One of the biggest reasons for the year-to-year increase in global temperature was the 2020-22 transition from La Niña to El Niño conditions in 2023. La Niña refers to conditions that are cooler than normal (some refer to it as “the cold event”), and

El Niño is the opposite. In Canada, the transition into El Niño conditions typically mean drier and warmer winters. While the El Niño transition began in 2023, temperatures began to rise. The El Niño conditions are expected to continue (and stay strong) until March 2024.

However, El Niño is not the only reason why 2023 was a remarkably hot year. According to NASA, climate change is here. We are currently experiencing and living through climate change, and this presents challenges. We can attribute accelerating sea levels, rising temperatures, and more intense heat waves to human-driven climate change.

Vox's series on climate change and the climate crisis touched on how with 2023's record breaking temperature, the average temperatures have risen over 1.5°C. The reason why the increase past 1.5°C is significant is because of a limit established during the 2015 Paris Climate Agreement. There was

an agreement to hold the warming limit to 1.5°C, which has now been surpassed.

Events such as El Niño naturally cause higher temperatures, and contribute to the warming limit, but climate activists have pushed for what Vox calls “climate diplomacy.” The UN has stated that the world has done “too far too little”, and that time is not on the planet's side.

What does this mean for 2024?

First off, it means climate activists and those residing in countries that are vulnerable to rising sea levels are going to continue to put pressure on world leaders and corporations to stick to environmental-related goals.

According to *Bloomberg*, scientists have predicted that 2024 could be even hotter than 2023, and that climate change will be the top culprit. With the record-high ocean temperatures from 2023, it could take months for the heat to be released. Fossil

fuels will still contribute to the stifling levels of greenhouse gasses in the atmosphere, and will further the global temperature rise.

However, climate trends are known to change (just think of your poor local weather reporter), and can be extremely difficult to predict.

“The fact that we are in uncharted territory, we don't actually know what will happen next,” Carlo Buontempo, director of the European Union's Copernicus Climate Change Service, told the *Washington Post*.

While it may be unclear what the exact climate predictions may be, it is incredibly clear that climate change has led to an increase in temperature over the years. There is the grim prediction that 2024 will bring temperatures hot enough to heavily exceed the 1.5°C temperature limit, and El Niño will heavily influence and increase the oceanic temperatures.

What does this mean for Calgary?

Calgarians have already seen the effects of El Niño with a dry and tame 2023 winter, and unbelievably sweltering 2023 summer. Despite the yearly cold snap Calgary tends to face in the months of January and February, temperatures are expected to gradually increase in the spring of 2024.

Extremely high temperatures can lead to more natural disasters, and in the Calgary area, people can expect higher chances of floods, high winds, hail, and aggressive thunderstorms. In northern Alberta, there is a higher chance of wildfires and tornadoes in rural areas.



Effects of the El Niño and climate change will leave Calgarians with a warmer 2024.

Photo courtesy of Pexels

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features

Navigating periods on campus

Insight into the student experience

Mia Smith

Contributor



Bin in campus bathroom at 10:00 a.m. with one maxi-pad and six tampons. Photo by Mia Smith

It's that time of the month; time to talk about periods. There is not a single woman who enjoys their period. It is a painful experience (for many both mentally and physically) that women are forced to endure regularly.

In a perfect world, work and school days would be closed on these days of the month. However, that is not the actual world in which women now live. It is required of us to gather ourselves and act like responsible members of society.

Not only are periods absolutely dreadful, but also expensive. As women, we are expected to pay for our own suffering.

How is that fair?

The average box of tampons and pads at Walmart ranges anywhere from \$5 to \$20 depending on the brand and size of the box—this is absurd.

Canada is beginning to make steps in the right direction, though. As of Dec. 15, 2023, period products are required to be given to federal employees by their employer.

This is a small step forward towards a good idea but still an issue that needs to be addressed on a larger scale.

A cheaper alternative period product is on the rise, menstrual cups. This budget and environmentally friendly option sounds great in theory but they make a lot of women feel nervous.

The menstrual cup is a

small reusable cup made out of medical-grade silicone that is inserted into a vagina to catch menstrual flow.

Why the hesitation?

I spoke with third-year Mount Royal Education student Paityn Babb about her thoughts on the said product, she expressed her hesitation towards the product quite openly.

"[Menstrual] cups scare me, I feel like it might get stuck up there," joked Babb.

There is a stigma around the cups that they are scary but when the alternative is paying extra money every month, it is hard to understand why the student population would not be

more pulled towards them as a product.

The average menstrual cup online is listed at an average of \$30. For students, this could be worth the investment in the long-run.

People are still warming up to the product, as they have grown so much in mainstream media in recent years.

Until more people face their fears and try out a menstrual cup, we are stuck paying for these expensive products once a month.

Mount Royal University (MRU) is taking positive steps to help the student population with these financial burdens.

In Fall 2023, MRU launched a campaign to provide accessible products to students. Their slogan being "Take what you need, when you need it. Period."

The mission behind the campaign is to provide students with free period products in all of the bathrooms around campus in a small bin in the washroom.

"Mount Royal University is committed to providing safe, accessible and inclusive period products to our campus community.

We all have the right to access essential sanitary products, including toilet paper, period products, soap and hand-drying materials," as stated within the washroom information page on the MRU website.

While being on campus, it is apparent that although the program has great intent, there are significant flaws. One being that the sizes and variety in the products given

is lacking.

Although, the biggest issue that students are finding is the amount of stock within these bins.

Both Babb and third-year Public Relations student Kaleena Gee have expressed that they would both use the products as they are a good idea but that the products are in fact never stocked when they see the bins in the bathroom.

"By mid-day they are usually gone, they just need to work on better stocking," says Gee.

It is hard to 'take what you need' if there is nothing to take.

"I would never rely on the school hoping they would have tampons for me to use because they are never there," Babb says.

After the concerns about the stocking of products, I decided to speak to some of the custodial staff of MRU to get the inside scoop on the stocking schedule that they are given.

I caught a few of the custodians on their bathroom rotation and they basically explained that they do not really have a schedule to stock the period products.

One worker even stated they only fill the period products when told to do so by their supervisor.

"If they say fill it, I fill it. If they don't, I don't," says the worker.

MRU is starting initiatives to support the student body, such as the "Take what you need, when you need it. Period" program, however like any program, it may still need to be enhanced.

What's wrong with the cure for sickle cell disease?

Arroy (AJ) Jacob

Web Editor

One day in my office, I was working away at my desktop when I saw the breaking news notification from *The Atlantic* in the bottom corner of my screen: "The First CRISPR Therapy Is Here." I clicked on the article and was met with a myriad of more stories saying the same thing, "FDA Approves First CRISPR Treatment in U.S" (*Times*). I called over my colleagues who began hovering around my computer, and who, like me, were hungry for more validating information of what we had just cured. "FDA Approves First CRISPR Gene Editing Treatment for Sickle Cell Disease."

Sickle-cell disease (SCD), or sickle-cell anemia, as described by the Centers for Disease Control and Prevention (CDC), is a genetic blood disorder that forces some red blood cells to take on a "sickle" C-shape, as opposed to the regular full, round, disk shape. Abnormally shaped cells die young, causing a constant shortage of blood. They can also clog blood vessels, preventing healthy blood to flow to their designated limbs, causing internal pain, infections, and stroke. This genetic disorder is statistically more common in individuals with Afro-Caribbean descent.

But Vertex Pharmaceuticals in Boston has changed our helpless view of this condition. By using the CRISPR-Cas9 (gene-editing) basics, they can modify a patient's genes to code for more healthy red blood cells and prevent the formation of sickle-shaped ones.

This beauty of a treatment is informally known as "CASGEVY." And although it sounds like, in this very brief moment, the world

is looking up for once, we should always consider what the implications may be of accepting this treatment.

I turned to Rachel George and her experience so far studying genes. She is an international student at Mount Royal University (MRU) studying Biology, and she aims to become a research assistant with the Faculty of Science & Technology. She has had riveting conversations with her professors regarding CASGEVY.

Who and who cannot use 'gene-editing'

"Even though it sounds awesome, this whole scenario opens up a lot of conversation about the people who are able to actually use gene-editing."

George then refers to an opinion piece her professor had mentioned in her class regarding the topic. "We should remember that sickle cell anemia mainly affects the Black population globally. In the article that we read, there's tons of evidence of systematic oppression against medically treating Black patients."

Looking at the opinion piece itself, they say: "advocacy groups, researchers, healthcare organizations, and policy makers must remain committed to the principles of fairness, and to ensuring equitable access to this therapy, as well as education and community outreach initiatives to promote a broad and lasting impact for this therapy."

George then expands on her own thoughts of society's access to gene-editing.

Thinking more about people who can't gain access

to this treatment, she asks, "What about the people who automatically do? If this life-changing treatment is expensive, only the rich can use it. And if only the rich people can use it, then the prices will never go down, and even go up, making it even harder for people like us to save their loved ones lives."

Familial (un)informed consent of gene sequencing

With the rise of gene-editing underway, indirectly comes the rise of gene sequencing (interpreting a collection of genes).

Popularized forms of gene sequencing come from organizations such as Ancestry.com or 23&Me for the purposes of identifying people's ancestral heritages.

"In another class, we studied a review that talks about the ethics of gene

sequencing. And if you're going to talk about gene editing, you have to talk about gene sequencing."

And looking at the review itself, it is a matter of who is getting sequenced.

The authors look into a phenomenon where individuals who wish to be sequenced for genetic diseases like SCD also require genetically matching their DNA to close relatives, potentially revealing genetic diseases about those individuals as well.

Upfront, it is not an issue. But George mentions that, "It's until their genome sequences are released and used to identify those family members without them even knowing, that is an issue."

The review itself states, "there is an emerging ethical consensus that researchers have greater obligations to address the concerns and protect the privacy of

relatives when

information on family history is published."

Although genetic information is widely conserved, cases of the police attempting to force Ancestry.com to release genetic info for the purposes of criminal investigations begs the question when informed consent is given for screening SCD.

"Is it possible for the police to get gene records from family members after screening for SCD? When most family members of patients with SCD are under constant systematic oppression with the police?" Rachel George says.

She finishes off by saying, "At the end of the day, people just want to live. You'd be surprised how easy it is for people to prevent that from happening. It's in our genes."



Rachel George is an MRU Biology student with interesting points about the introduction of the world's first gene therapy treatment. Photo by Arroy (AJ) Jacob

The Cool Girl phenomenon

What does it take to be 'that girl?'

Bella Coco

Staff Writer

If there is one thing we can count on from society, it is our obsession with trends. The newest trend to rock your TikTok #foryoupage? The Cool Girl. The Cool Girl is a trend, an image, a hope, and a dream. At least according to your local anonymous fashion account on social media.

The current version of 'The Cool Girl' is slightly different from what it was a few years back.

Cool girl used to describe a woman who is in constant competition with other women, might consider herself 'one of the guys' and is quick to say that she gets along with men better because 'women are dramatic.' Cool girl as defined a few years ago is very reminiscent of today's 'pick-me-girl.'

TikTok's 'Cool Girl' phenomenon is marketed as a positive, though. Everyone wants to be her. And everyone can. And I agree, if you fit a certain beauty standard and have a big enough wallet, that is.

The thing with The Cool Girl is that she is only an appearance. One could only imagine how The Cool Girl would act, because very few have put in their two cents on her poise or energy. What we know of her is her appearance—she is skinny, tan, and more often than not, white.

Some accounts have proclaimed that The Cool Girl is genuine, witty, and mindful of her social media presence. While these are all good qualities, one could argue that it is a bit ironic that while The Cool Girl

supposedly stays off social media, her image was born from it.

However, the thing that social media shines the spotlight on the most is The Cool Girl and her relation to shopping and consumerism.

To start, we do know that The Cool Girl has more than a few dollars to spend to maintain her status. According to the creators with accounts solely dedicated to The Cool Girl, we do know she has a fabulous eye for fashion.

After spending more minutes than I should have scrolling on TikTok, (for research, I swear!) I found a few consistent products that cool girls just have to own.

For example, ribbon phone cases by The Dairy. They're dainty, colorful, playful, and \$72. Multiple

accounts, including the one and only @COOLGIRL on TikTok have slapped the cool label on The Dairy.

Next, clothing basics with a spark. The Cool Girl has your classic closet basics, plain fitted t-shirts in neutral colours such as black, white, and grey. She sports blue jeans, clean button ups and basic tank tops and camisoles.

Then comes the spark.

Uniquely coloured sneakers (typically Adidas or New Balance), stacked gold jewelry, hair ribbons, and/or statement sunglasses tend to complete the look. Occasionally a bold coloured t-shirt or a delicate pair of kitten heels will be thrown in to level up the appearance.

While The Cool Girl phenomenon may seem like a positive, because of

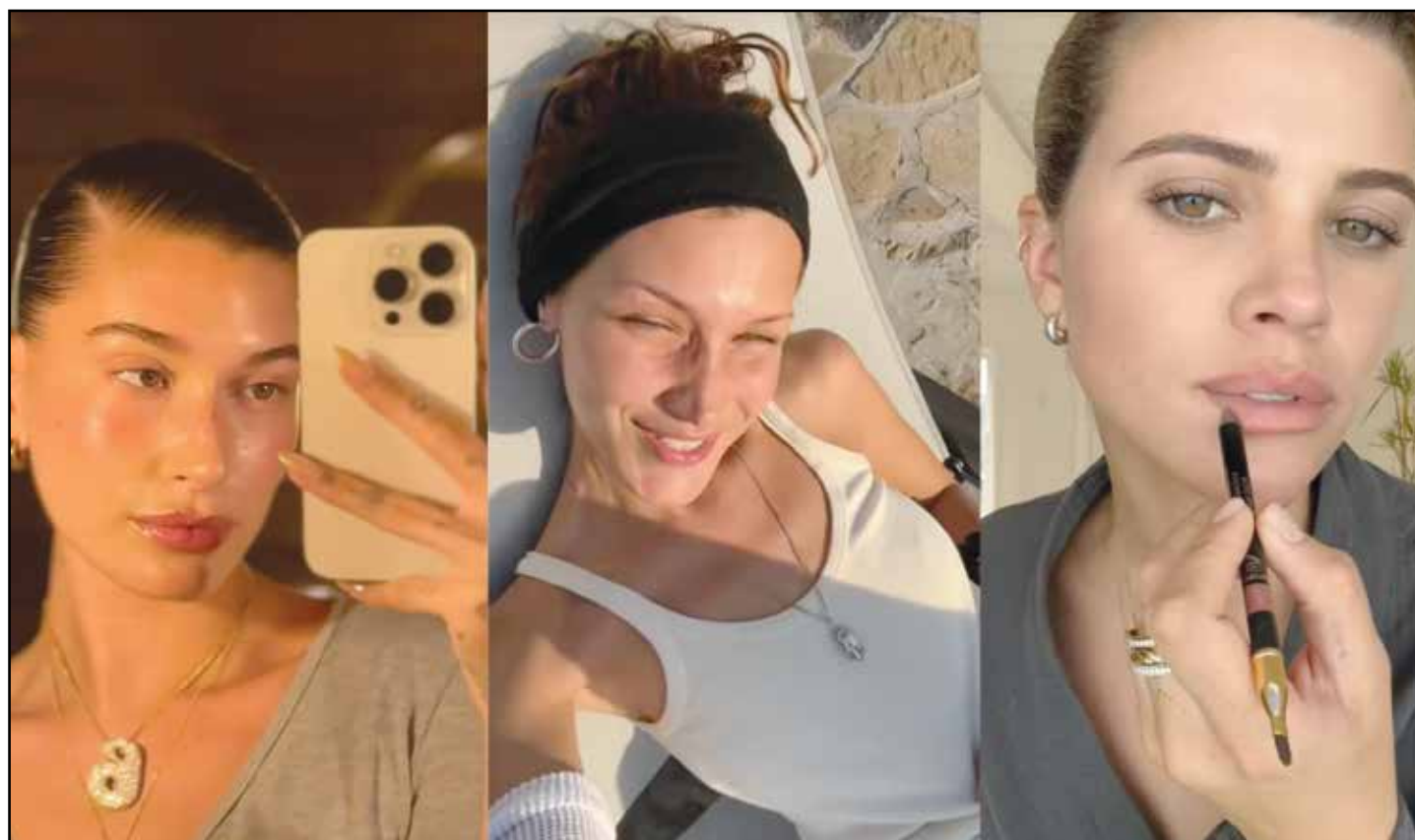
the seemingly redeeming qualities associated with women who are classified into this category, it really is not. The Cool Girl phenomenon is yet another way of tying women's worth to their physical appearance. Not only are women who do not fit certain beauty standards disallowed from being 'The Cool Girl,' even those who are deemed worthy must own certain products, must follow a certain style that is simple yet elevated—elegant, not extra.

I much prefer the 'de-influencing' trend—where content creators convince you out of popular, expensive products that other influencers might convince you to buy to 'up your look.' These content creators, who de-influence, will convince you that you do not need a \$60 lip gloss, nor do you need an \$80 water bottle.

When looking at social media trends, we might want to consider the deeper message they send. In some cases, trends exist to tell us that we must buy into beauty ideals and consumerism—or we risk not being successful or 'cool.'

The difference between The Cool Girl and other appearance-related trends is that The Cool Girl seems to adapt to all of the other trends. She can wear 90s-esque eyeliner or rock a slick back bun to match a "clean girl" aesthetic. The Cool Girl, unlike most trends on social media, has the ability to evolve.

One could argue that perhaps one day it could hopefully evolve to something more eco-friendly and inclusive.



(L-R) Hailey Bieber, Bella Hadid, and Sofia Richie-Granger are some of the big trendsetters of the 'cool girl' phenomenon. Photo courtesy of TikTok @haileybieber / @babybella777 / @sofiarichiegrange

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How studying abroad changed two MRU students' lives

James Windler
Contributor

In 2020 Mackenzie Mason was gearing up for one of the several field schools Mount Royal University (MRU) has to offer. Field schools are short term academic programs that take place aboard in order to offer students an out-of-classroom and hands-on experience.

Mason, who had chosen to partake in the India field school, couldn't contain her excitement. She had saved up money for months, got her shots, and had all her paperwork in order.

Then something happened that no one saw coming—the world shut down.

On March 22, 2020, India followed the growing number of countries that put varying restrictions on flights in and out of the country. Any flight that wasn't carrying goods for trade, or essential goods and supplies were suspended.

Mason's dream of studying in India was dashed as all Spring field schools at MRU were canceled.

Over the next two years, Mason's urge to travel did not subside. With her third year being fully online and her fourth year being uncertain, Mason decided to take a year off and go backpacking in Europe.

Mason had a life-changing time in Europe and upon

returning to Canada she wanted to find any possible way to continue travelling the world. After doing a bit of research she stumbled upon the International Education's exchange program at MRU.

"Europe was such an amazing time so I was like 'Wow how can I travel as much as I can,'" said Mason.

"When I came back to MRU, and I saw the international education program, I was like, 'Where can I go, what's open because it was quite last minute when I decided to look into the program,'" said Mason. "Australia was super competitive to go through, but there were still quite a few places within Europe."

Mason was interested in Vienna, but all the slots were filled, eventually, she was able to secure a spot in the 2023 Munich exchange. After three years, Mason could see her dream of studying abroad come true.

Unforgettable experience

While the COVID-19 pandemic ended up leading to the cancellation of Mason's India field school, Jillian Zack, who is a second-year student at MRU was able to go to the Peru field school this past spring with COVID-19 restrictions

lifted.

Zack's interest in studying abroad differed from Mason's as her interest was piqued by having the chance to immerse herself in another country's culture.

"The learning experience was fantastic," said Zack.

"I think [field schools] are a lot more impactful than regular in-person learning," she said. "If you get the chance to travel somewhere and get that real in-person cultural experience, it changes your perspective on a lot of things, and it was just very eye-opening."

The Peru field school wasn't all smooth sailing for Zack, as the long travel days, accommodation mix-ups, and flu made for a bumpy start to the trip.

The first five days were quite tough for Zack, but after getting things smoothed out, the rest of the experience was fantastic. She credited her classmates for making her feel comfortable throughout the trip and as time went on, everyone started to form close bonds.

"Throughout the whole month we all became super close; I wasn't expecting to make as wonderful friends as I did," said Zack.

"That's the benefit of something like this, meeting all these wonderful people

with different perspectives and ideas, we all took something different out of the trip as we all have come in with different identities and different backgrounds."

Mason mirrored Zack's sentiment on the importance of the bonds she made while studying abroad.

"I would definitely emphasize the connectedness of the whole situation, the friendships you make are so important," said Mason.

"I made the best of friends on that trip, we would organize our day based on when the sun would set so that we could be somewhere to just appreciate the sun setting," she said. "It's so pure, traveling made me grateful for the littlest of

things and I think that's really why everyone should try to experience that."

MRU offers a ton of different options for students to go abroad. Whether that be a field school, like Zack, an outbound exchange like Mason, or work experience completing a work term abroad.

Mason mentioned how supportive MRU was during the process. In her case, the tuition was the same to study in Munich as it would've been at MRU. She also gave a shout-out to SAMRU for providing grants for her trip.

If you're interested in working or studying abroad head over to International Education opportunities on MRU's website.



Jillian Zack explores the jungle in Manu National Park on the Peru field school in May of 2023. Photo by Isabella West

OUT'N ABOUT

High Performance Rodeo

Showcasing local talent through theatre, dance, music, film, and more, the High Performance Rodeo runs from Jan. 15 to Feb. 4 at One Yellow Rabbit Performance Theatre

2024 Nitrocross

Experience the adrenaline-pumping Nitrocross with rallycross and 'big air excitement' at Stampede Park on Feb. 2 and 3, as part of Calgary's Chinook Blast festival. Tickets available on the Nitrocross Calgary website

Hygge Hut

Embrace the Danish concept of "Hygge" with a firepit, warm drinks, and live music at East Village Hygge Hut on Fridays from 3:30 to 5:30 p.m. The hut is open on Fridays and Saturdays and will be closing March 1

Roaring 20s Dining

This 20's themed speakeasy provides two-course meals, lavish cocktails, and an unforgettable experience. Find out more by searching The Candlelight Club 1920's Dining Experience: Calgary

Mirror Mirror is taking viewers on a journey through their wildest dreams

Emma Marshall

Staff Writer



An interactive indoor art exhibit is coming to Calgary from Feb. 2 until March 17.

Photo courtesy of Moment Factory

Get ready to choose your door and step into a world where technology, art, and human connection collide.

CF Chinook Mall is opening its doors to *Mirror Mirror*, an interactive indoor art experience, powered by the entertainment platform, Fever. From the minds of those at Moment Factory, the renowned Montreal-based multimedia entertainment studio, this experience takes visitors on a journey through the realms of memory, imagination, dreams, and consciousness.

Following successful runs in Montreal and Adelaide, this exhibit will be showcased to the public on Feb. 2, promising to transport visitors into a world where reality and imagination seamlessly converge.

The adventure begins with the choice between three doors, leading participants to explore at their own pace. Consisting of nine immersive art installations, the experience aims to separate

users from their day-to-day lives and reconnect them to the more elusive, and a less acknowledged, side of the world.

“Because in our world, everything is so defined. You have your telephone telling you how to behave, where to go and we wanted to shake that up,” said Marie Belzil, Creative Director at Moment Factory. “When you don’t know what you’re exploring, you get back to feeling like a kid.”

The installations include a variety of multimedia aspects. In ‘memory storage’ guests are able to share memories to activate a captivating choreography of light. This leads to ‘intelligent window,’ an installation brought to life by artificial intelligence (AI), transforming a piece of the shared memory into a visual masterpiece. The ‘forest of echoes’ invites visitors to navigate a labyrinth of mirrors, challenging their sense of self in a maze of reflections.

Other interactive installations invite participants to leap across rock-like platforms to conjure colour and music or engage in playful tarot sessions to unveil their destiny.

As the first independent project developed by Moment Factory, this exhibit has undergone trial and error before reaching what it is today. The team is confident that the display is in the final stages of perfection, and that Calgary will be seeing the most completed version of this project.

“*Mirror Mirror* is a really special project for Moment Factory. We call this exhibit our baby because it’s kind of our own voices,” said Belzil.

As Moment Factory continues to redefine the boundaries of immersive art, *Mirror Mirror* promises to be a transformative experience, inviting Calgarians and tourists alike to explore the infinite possibilities of imagination and connection.

The surge in popularity of

interactive art is reshaping the way audiences engage with and perceive artistic expression. Entertainment companies have seen an increase in participation since the widespread loneliness of the COVID-19 pandemic.

The attraction of interactive art lies in its ability to break away from the traditional role of the viewer, transforming them into active participants. Social connection plays a pivotal role in the rising popularity of interactive art. Visitors are not only active participants in the art but also share the experience with others, fostering a sense of community.

“It is amazing that technology allows us to be connected, but we think that we deeply need real physical connection,” said Belzil. “That’s what we see in our experience. Bringing in activities so that you connect with people who you came with, but you might end up connecting with people that you don’t know.”

As society becomes increasingly digitally saturated, the craving for physical presence and experiences grows. Interactive art serves as a bridge between the digital and physical realms, offering a break from screens and a chance for hands-on engagement.

Moreover, the desire for novel experiences propels the popularity of interactive art. In an era where novelty is sought after, these installations provide a departure from the ordinary, offering unpredictable encounters that stand out in people’s memories.

“It’s an artistic twist, it’s an interpretation. It’s not like you’re going to

learn about the brain as you would in a museum exhibit, but we’re going to trigger your memory. We’re going to ask you to dream about the future, we’re going to ask you to move to get into the moment,” said Belzil. “That’s really like a little escape from reality.” Technological advancements contribute significantly to the success of interactive art. AI, augmented reality, and other cutting-edge technologies are seamlessly integrated into these installations, enhancing the overall experience and expanding the possibilities of artistic expression.

“We cannot look away from AI because there are really good ways for us to integrate it into our technology and our process, and innovate everywhere,” said Belzil. “We see these models shifting intention.”

As *Mirror Mirror* prepares to open its doors, it symbolizes not just an art exhibition but a continuation of the cultural movement towards engagement, personalization, and rediscovery of the joy in shared immersive experiences. Calgary, with its vibrant arts community, is set to embrace this transformative trend, paving the way for a future where interactive art takes centre stage in the cultural landscape.

The exhibit takes place in 45-minute intervals, and times for each day are available online. Tickets start at \$22 for adults, \$18 for children (4-12), with group rates starting at \$20. Tickets are available on the *Mirror Mirror* website or Fever’s website and app. The exhibit closes on March 17.

Jo Koy's controversial monologue at the 2024 Golden Globes

Bella Coco
Staff Writer

On Sunday, Jan. 7, Jo Koy made history as the second Asian individual to host the Golden Globes. However, after some poorly landed jokes, the comedian has faced a remarkable amount of scrutiny and criticism since. For many, the 81st Golden Globes was an exciting time to make awards and glamorous Hollywood events relevant again after the SAG-AFTRA strike. But Koy seemed to bury himself in a deeper hole with each joke he made. While Koy took part in the timeworn tradition of jabbing at celebrities, his opening monologue was found by viewers to be uncomfortable, dry, and misogynistic. Shortly into his monologue, Koy sprung into action with a light-hearted joke about *Oppenheimer's* runtime—which seemed to actually

be a hit with the audience. However, things went downhill when Koy compared the dramatic biopic with *Barbie* when it came to the box office achievement award. “*Oppenheimer* is based on a 721-page Pulitzer Prize-winning book about the Manhattan Project, and *Barbie* is on a plastic doll with big boobies,” Koy said. The joke elicited very little amusement from the audience, with some scattered laughter here and there and some unimpressed faces. Greta Gerwig, director of *Barbie*, only revealed an unimpressed expression, as well as cast members Issa Rae and Ryan Gosling. Unfortunately, that was only the beginning of Koy’s downhill journey at the Golden Globes.

“I watched Barbie. I loved it, I really did love it,” he continued to say. “The key moment in Barbie is when she goes from perfect beauty to bad breath, cellulite and flat feet. Or, what casting directors call, character actor.” The moment the joke hit the audience, the camera panned to a shot from Koy’s point of view. While laughter was heard, no audience member could be seen laughing. Selena Gomez grimaced with her head in her hands, while other stars, such as Emma Stone, Harrison Ford, and Christopher Nolan, only offered stony-faced expressions.

Viewers on social media

Continues on Pg.12



Jo Koy's Golden Globes monologue draws criticism from viewers. Photo courtesy of Facebook/Jo Koy



Even Paradise Rains
Samaria
RCA Records
Score: **A**

Whenever this time of the year rolls in, people often feel the need to change themselves through whatever they find fulfillment in. I find my peace in music. Samaria’s EP *Even Paradise Rains* encapsulates the type of growth we all wish we could have and exude. Her new music says yes to new beginnings, and self-worth but also says yes to healing and acknowledging your beautiful scars. *Even Paradise Rains* consists of seven tracks that showcase Samaria’s ability to extract her raw emotions from dark moments in her life into a powerful and relatable tune. The album draws inspiration from her escapade to Hawaii

during a journey of finding herself, filling voids of love and refueling her soul. She considers “3 rings” her best lyrical piece but I gravitate towards “tight rope” as it reflects a part of her journey where she finally understands what she deserves and won’t settle for anything less, whether in her love life or goals. 2024 is the year to stop settling. Some of her other best songs in the EP include “best thing for me,” “serial recluse” and “wish you hell.” While comparable to H.E.R and Tori Kelly, Samaria’s vocal range and tone can stand on their own.

—Noel Ormita

talking to the wind
Umi
RCA Records and Keep Cool
Score: **A+**



If I could see the future, I’d say Umi is going to be the next big thing in the music industry. Her four-song EP ensemble *talking to the wind* cements her ability to story tell in the most authentic way possible – where her truth is the guiding force. Umi embodied her American-Japanese heritage through songs like “not necessarily” where the beat is traditional American melodies but the vibe showcases a zen feeling. While songs like “why dont we go” is about falling in love from a night of adventure and dancing, the commonality of the songs stems from the idea of being present and allowing yourself to be youthful. Whether it’s a rainy day or a

blizzard cold spell, Umi’s ability to transcend you to feeling like you’re spending a day in a magical forest escapes no one. Her songs force you to live a little. The word ‘umi’ in Japanese means ocean and there’s a pleasing sense of happiness in her soothing voice that flows like water. Fans are anticipating a full album release soon and she’s just getting started.

—Noel Ormita

Continued from Pg.11

unleashed their anger on Koy moments after the monologue was aired. Some even demanded Koy be fired immediately from the show, and that award shows need to work better at hiring comedians who don't use offensive jokes to be funny. However, there have been videos circulating of John Mulaney, Amy Poehler, and Tina Fey claiming that this type of comedian is the type of individual who should be hosting the Golden Globes.

Koy was called out for his blunt misogyny on platform after platform. Many users pointed out the fact that Koy's jokes were the reason *Barbie's* "surface level feminism" message was so loud and blatant, and others posted the script of America Ferrera's speech in *Barbie*, which is a powerful monologue about the difficulty of simply being a woman and succeeding in a world built off the patriarchy.

In addition to the criticism Koy has been facing, a new

TikTok trend has emerged from his speech. Many creators have overlaid Koy's comments about *Barbie* with "What Was I Made For?" by Billie Eilish. The song was written and recorded for *Barbie's* original soundtrack and was also paired with clips of women at the Golden Globes or clips of *Barbie*. The numerous edits were made to show that Koy's speech further proved why *Barbie* was made.

Koy was also accused of blaming the writers for the flat jokes. Seconds after the poor reaction to his *Barbie* remark, Koy was quick to the defensive, claiming that he had limited time and only wrote some of the jokes.

"Some I wrote, some other people wrote," he quickly defended to the audience. "Yes, I got the gig 10 days ago! You want a perfect monologue? Yo, shut up. You're kidding me right? Slow down, I wrote some of these and they are the ones

you are laughing at."

Later on, after the show, Koy told the *LA Times* he loves his writers, and that in the moment he was grasping for something to say. Koy also opened up about his *Barbie* joke to the *Times*.

"The reaction to the *Barbie* joke. The things that are being said, it's just like, man, I don't think you understand who I am as a person, you know what I mean?" Koy said.

"I'm telling a joke—what happened to society where we can't even joke with each other anymore," he continued. "I bought the movie. I supported the movie. Yes, that's the story that that doll needed. And I'm glad because now there's people that look like my mom that can support that."

Koy's lack of accountability and apology earned him even more backlash and controversy from social media platforms, and many hope to not see him host any award shows any time soon.



Jo Koy doubles down, defending his jokes to the *Times*.
Photo courtesy of Facebook/Jo Koy



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Previewing the 2024 Crowchild Classic

Zach Payne

Sports Editor

Most hockey players have a routine they follow before every game. Some players like to get to the rink early, some will spend extra time to triple-check their equipment, test out multiple sticks before the game, things of that nature.

These routines help remind the players that every game has the same mission. It doesn't matter who the opponent on the other side is. Stick to the game plan, play your brand of hockey, and good things will happen.

That mindset helps players and coaches alike to not let one game sway them. And to not let any one game matter too much.

But sometimes, the games mean a little more. Sometimes there's more on the line. Sometimes, even regular-season games can carry extra weight.

As both MRU Cougars hockey teams prepare for the Crowchild Classic, there is a level of acceptance among both the men's and women's teams that there is a little more weight behind this game.

It's one game a year in which students from both Mount Royal University, and the University of Calgary (UofC), come together to crowd the Scotiabank Saddledome. The one game that draws the most attention from students cheering on their respective teams. For as much love and support as

the student-athletes receive, there's always a little more in the Crowchild Classic.

The players, as much as they can, will try to approach Wednesday's games as they would any other. But they also recognize how special the atmosphere is when they take the ice in front of thousands of fans.

"It's kind of like that once-in-a-lifetime experience," said second-year forward Connor Bouchard. "The crowd is always standing. I think that's the biggest difference is usually you cheer for the home team. But in this game, there are two home teams, so everybody's cheering them on all game, it's loud the entire time."

Coming into Wednesday's game, Bouchard and the rest of the men's team carry a lot of confidence. Only natural for a team that has won eight straight games since the Christmas break.

According to forward Tristan Zandee, that can be attributed to the team getting back to basics.

"For us, it's just about keeping things simple. We're not a flashy team by any means," he said. "I just think we have to continue to stick to our game and not stray from it."

The simple yet effective style of play has resulted in the hot streak that has pushed the Cougars into fourth in the Canada West division. They will look to keep their

momentum going against the second-place Dinos.

Meanwhile, the women's team has also enjoyed a ton of success as of late.

Coming off a national championship in 2023, the Cougars have carried that momentum into this season, boasting an overall record of 18-4.

As winners of 10 of their past 11, the women's team has gotten key contributions from several players across their balanced roster.

"We have a special group that has made it easy to build on our success from last season, and the depth of our lineup has a big part to do with our success," says fourth-year forward Lyndsey James. Citing the National Championship win as a source of hunger for this year's team.

As they get set for their own matchup against the UofC's women's team, the Cougars are embracing the opportunity to play in front of a bigger crowd.

"I'm definitely a little bit nervous just because I've never played in front of the stage like that. But I'm super excited as well," said first-year defender Summer Fomrades.

She went on to say that she's heard stories of Crowchild Classic's past from older teammates. Fomrades was told to expect "a fan base that we've never really seen or played in front of ... But

they said just be there be in the moment and just have fun."

Indeed it is a crowd that players like Fomrades have never played in front of. Average attendance for Mount Royal hockey games is typically a couple of hundred people. Sometimes more, sometimes less.

Last year's Crowchild Classic? Over 11,000. Primarily made up of students from the two participating schools. It is quite literally 10 times the crowd that the players are accustomed to.

For as much as the players

can and will try to treat this like any other game, the energy from the crowd will no doubt result in more energy on the ice.

The routines leading up to the games might not change, but the significance behind the Crowchild Classic brings an extra element.

The nature of wanting to live up to the moment, to be the one to step up when the lights are the brightest.

And it would mean just a little bit more to the teams if they are able to emerge from the spotlight with a win.



After winning the 2023 Crowchild Classic, the Mount Royal Cougars women's team hopes to keep their hot streak rolling against the Dinos this year. Photo by Josh Werle

#S

12-1, the MRU women's hockey team has won 12 of their past 13 games

8, It has been eight straight seasons since the Denver Broncos last made the NFL playoffs

10.9, The Los Angeles Lakers average just 10.9 three-point field goals per game, which ranks 28th in the NBA

3-8, Since Christmas, the Golden State Warriors have a record of just 3-8 and have fallen out of a play-in spot

Old isn't always gold

Why the Lakers and Warriors have been struggling so much this season

Zafir Nagji

Staff Writer

As we approach the halfway point of the 2023-24 NBA season, fans have been spoiled with surprises. Some of these are feel-good stories, like the young Indiana Pacers leading the league in offensive rating after missing the playoffs last year. Other teams, like the Los Angeles Lakers and Golden State Warriors, have been less fortunate.

California basketball has almost always been a reliable source of entertainment in the NBA. The Lakers are tied with the Celtics for the most championships in league history at 17, and even though the Warriors have ten fewer rings than the team from Hollywood, Golden

State's dynasty dominated the 2010s, winning four championships in six NBA Finals appearances between 2015 and 2022.

However, this season, the Lakers and Warriors are outside of the playoff picture looking in, with the former occupying the 10th seed in the Western Conference and the latter stuck in 12th. So, what exactly is plaguing the Pacific Coast squads?

The Warriors' struggles jump out more obviously, as they weren't considered contenders last year and didn't significantly improve their roster going into this year. With Stephen Curry still at the helm and playing just as good as, if not better

than, his two MVP years, his co-stars, Klay Thompson and Draymond Green just haven't been as productive as they were in the Warriors' championship years.

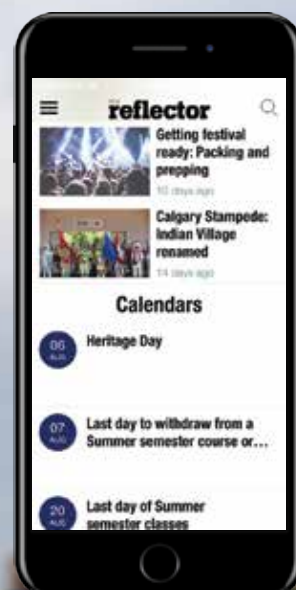
Thompson played his first

full NBA season last year after tearing his Achilles tendon and ACL on opposite legs. Since those injuries, his defensive abilities have taken a significant step back. Still, his three-point shot has

always been his most effective ability, as he has shot over 41 per cent from downtown for

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LeBron James, despite an impressive stat line, has struggled to carry the Lakers to a playoff spot. Photo Courtesy of Wikimedia Commons

Continued from Pg. 14

his career.

This year, though, he's been stuck at 38 per cent from that range and apart from some anomalous games where vintage Thompson makes an appearance, he's no longer the shooting threat he once was.

Combine that with Draymond Green's 15-game suspension for his on-court antics, including stomping, choking, kicking, and roundhouse punching other players in games, and the end starts to seem nigh for the Bay Area dynasty.

The Lakers' issues stem from their rosters' unique amalgamation

of aging superstars and underperforming role players who don't properly fit around them. LeBron James, now a 39-year-old halfway through his 21st season in the league, and Anthony Davis, now 30-years-old and with a myriad of injuries in his history, are both having great seasons, don't get it twisted. But that is where the good news ends for the historic franchise.

James and Davis specialize in scoring near the basket, tallying the 13th most points per game for any two-man lineup that's played at least 25 games. To complement their skill sets, Los Angeles needed to stock up on

potent outside shooting to space the floor and open up driving lanes to the basket. However, the Lakers are 28th in the league in made three-pointers and 20th in three-point shooting percentage this season thanks to underwhelming seasons from role players like Taurean Prince, Rui Hachimura, and Cam Reddish.

The Lakers also tried to retain some of their better assets from last season, like defensive ace Jarred Vanderbilt and veteran point guard D'Angelo Russell, but they have been unable to replicate their success from 2022-23.

Vanderbilt missed the first 20 games of the season due to injury, only to come back averaging less than three points in 18 minutes per game. Even though he was brought on for his defensive prowess, his utter lack of production on the offensive end, particularly as a shooter, allows teams to ignore him on defence and instead load up on stopping Davis and James in the paint.

Russell, while being paid and played the third-most on the team, has been wildly inconsistent in his production this year. He's had 20 or more points in eight games this season but has scored less

than 10 the same number of times.

The Warriors can hold out hope for a solution, as they have tradeable young assets like Moses Moody and Jonathan Kuminga, as well as veteran players on pricey contracts to match salaries in blockbuster deals, like Draymond Green. They even have two future first-round picks and even more second-round picks to sweeten those potential deals.

For the Lakers, however, their role players are on minimum contracts and undesirable because of their lacklustre performances. With only one tradeable first-round pick in 2029, their only hope is convincing a team to take D'Angelo Russell and a few role players in exchange for a star adept at shooting from three-point range, but this would likely cost them their home-grown undrafted star scorer, Austin Reaves.

Californian basketball is still some of the best in the NBA, as the Sacramento Kings and Los Angeles Clippers continue to have impressive regular seasons, but the biggest names in the state have an arduous path in front of them if they want to play deep into May and June.

The Warriors can hold out hope for a solution, as they have bartering power in the form of young assets like Moses Moody and Jonathan Kuminga, as well as veteran players on pricey contracts to match salaries in blockbuster deals, like Draymond Green. They even have two future first-round picks and even more second-round picks to sweeten those potential deals.

For the Lakers, however, their role players are on minimum contracts and don't hold much value on the trade market because of their lacklustre performances. With only one tradeable first-round pick in 2029, their only hope is convincing a team to take D'Angelo Russell and a few role players in exchange for a star adept at shooting from three-point range, but this would likely cost them their home-grown undrafted star scorer, Austin Reaves.



Steph Curry and the Warriors are seeing their season start to slip away as they fall out of a playoff spot. Photo courtesy of Wikimedia Commons

The Denver Broncos: How important is a Franchise QB?

Ethan Dalton

Contributor

Following their dominant Super Bowl victory in 2016, the Denver Broncos have since been a team that has not once made significant noise for the playoffs in the last eight years.

Other than the New York Jets, that is the longest active streak in the NFL for consecutive seasons without a playoff berth. The roots of their mediocrity can be boiled down to failure at the quarterback position, and the lack of support around him.

Denver has since had 12 different quarterbacks start for them across eight years since their Super Bowl win. Being able to beat Ben Roethlisberger's Steelers, Tom Brady's Patriots and the 15-1 Panthers led by MVP Cam Newton with a hollow shell of Peyton Manning at quarterback perhaps encouraged their lack of concern at the position, since the defense undoubtedly takes the majority of the credit for the Super Bowl win. Brock Osweiler was awful in his only four starts outside the 2015-16 Super Bowl run, but to give credit where credit is due, the Broncos wouldn't have won the division that year without him with Manning being injured. Siemian, Flacco, Keenum, and Lynch were all either painfully average or borderline unplayable, all had their fair share of starts from 2016-19.

Drew Lock's rookie campaign in 2019 provided a jolt of optimism to Broncos country after four impressive showings in five games, especially on the road, however, he forgot how to accurately throw a football in his sophomore year.

This led to the seemingly

safe signing of Teddy Bridgewater the year after, where he was named the starter over Lock. Teddy was about as average as expected but set personal career bests in touchdowns and yards. He was then concussed, giving Lock one final opportunity to show what he had, to no avail.

This led to one of the worst trades of all time that seemed so good at the time; the Russell Wilson acquisition. In March of 2022, in exchange for two first-round picks, two second-round picks, one fifth-round pick, defensive lineman Shelby Harris, tight end Noah Fant, and quarterback Drew Lock, the Denver Broncos acquired Russell Wilson, a quarterback on track to make the Hall of Fame, and a fifth-round pick from the Seattle Seahawks. Everybody at the time sang praise of Broncos general wage George Paton for pulling the trigger on one of the best dual-threat QB's ever to play the game who is still very much in his physical prime.

Denver finally seemed prime to make a run. Oh boy, they were so very very wrong. Combined with the signing of the worst head coach in NFL history, Nathaniel Hackett, it was maybe the most disappointing season of all time for Broncos fans, relative to preseason expectations of the team winning 10-12 games and potentially dethroning the Kansas City Chiefs for the division title.

Instead, former Seattle backup quarterback Geno Smith set the Seahawks single-season record for passing yards in a season and led them to a hard-fought 9-8 record and a playoff berth

while establishing a dynamic young core of talented players on both offense and defense. For Denver, they went 5-12 while going 1-5 in their division, and granted Seattle the fifth overall pick.

Wilson has had a definitive bounce-back year on the stat sheet under Sean Payton following the firing of Hackett in 2022, with 26 touchdown passes to only eight interceptions while completing 66.4 per cent of his passes in 15 games played, all of which rank top nine among QB's.

Those who actually watched the games know that the stats are quite misleading, and there's a reason he finished 19th in the league in passing yards and 21st in quarterback rating. Missing open guys, missing reads, turnovers in crucial moments, extending plays for far too long, and taking sacks ultimately cost the Broncos a lot of games this year. Wilson was benched after a heartbreaking week 15 loss to the Patriots that effectively ended any slim playoff hopes they had. Wilson showed flashes of his former self, but not enough to win games. This move was highly controversial and divisive for the fanbase, with both sides having merit.

Those who take the side of Wilson realize that it is classless from the Broncos organization to tell him that he's likely going to be cut and going to be benched unless he changes the injury guarantee in his monster contract after a week 6 loss, while at the same time expecting him to play at a high level for the rest of the year.

These fans realize that Russ was put in an awful

situation with a terrible head coach and new ownership group, he was additionally always respectful of the organization, his teammates, and his coaches when he had every right to act otherwise. Nobody foresaw him struggling as he has, but for all his shortcomings, he has taken it all to the chest and been accountable as a leader.

Those who side with Sean Payton and George Paton realize that they are going nowhere with Wilson and that with how loaded the upcoming 2024 quarterback class is, the franchise is most likely better off roster-wise to effectively cut their losses and reboot with Sean Payton's vision. The ownership group's net worth is over \$60 billion, so money is no object in the grand scheme, and they'd be able to eat his dead

cap hit. As of today, Russ and Payton have had extensive talks regarding his future, and a scenario where he is with the team is allegedly still on the table.

The failure to establish a franchise quarterback with the right coaching staff to translate into offensive production has continued to plague the Broncos and should set an example for all other teams on what not to do to create a winning culture.

Stidham could start all of 2024, they could draft a rookie, or somehow salvage this relationship with Russ. There's truly no telling the most likely outcome. Looking forward, the future is certainly brighter with Sean Payton at the helm providing much-needed optimism to the team after several big wins in 2023.



Russell Wilson has struggled to meet expectations in Denver. Photo courtesy of X/Gabriel Christus