

news

The debate surrounding Alberta's proposed transgender youth policies

Bella Coco

Staff Writer

On Jan. 31, Alberta Premier Danielle Smith announced numerous proposed policies affecting transgender youth. According to Smith, the legislation will be introduced this fall. These policies include a ban on hormone blockers and treatments for those under 16, and have sparked a wildfire of debate across the province.

Smith has said that the choice to go on hormone blockers and treatments as well as decisions to be made regarding a child's pronouns are decisions best made by adults and parents.

"I am also confident that parents love their kids and they want to know what's going on with their kids. Doesn't matter what perspective they come from, they want to make sure that they're walking the journey with their child every step of the way, and anyone who's trying to put roadblocks in that child-parent relationship, I don't think they have public support," Smith said in a news conference on Feb 1.

The policies

Smith continued to say that the province understands that there may be difficult conversations ahead and that the province will provide counseling for families and child protection services for those who feel at risk or in harm's way.

Additionally, Smith said that the science surrounding the safety of hormone treatments and blockers has not been settled during the news conference.

While other Canada, such New Brunswick Saskatchewan, have also introduced related policies in the last year, Alberta's policies go much further. Some of the policies include measures of: (1)Children under the age of 15 will not be permitted to go under hormone treatments puberty blockers.(2) If a child under the age of

15 wishes to change their pronouns or name at school, parental consent is required. For students aged 16 or older, the school is required to notify the parents, but no consent is needed. (3) Top surgeries and bottom surgeries will be banned for those 17 and under. (4) Youths aged 16 and 17 will only be permitted to undergo any hormone treatments or puberty blockers if they are "deemed mature enough" with psychologist, parental, and physician approval.

Smith has stated that the government is keeping trans children's best interests in mind— but not everyone agrees.

The queer perspective

According to Celeste Pang, assistant professor of Women and Gender Studies at Mount Royal University (MRU), Smith's new policies directly impacts the safety of trans and queer youth.

"The proposed policy changes target everything from healthcare to education to sports. They are not evidence based. I think they are a fear mongering and political distraction tactic," Pang said. "Youth are in the crossfire. Trans and gender diverse youth specifically are in the crossfire."

When it comes to the news relevance of the policies and who it affects, conversations about the importance of the impact and who it is really affecting have begun.

For Pang, the relevance does not lie in the numbers or in statistics about population.

"It's not about the number of trans and gender diverse youth, it's about the fact that it's impacting even one trans and gender diverse youth. And we know it's going to be way more than one person," Pang said.

"It's about what this type of policy proposes, says about our society, and how they will definitely impact, and how they have already impacted many trans and gender diverse youth, as well as the people who support them, be they family members, friends, and health care providers."

While the government is working on how the policies can potentially affect families, professionals and educators are also focusing on how the policies will work and affect the education industry, for students and teachers.

"As an educator at a university level, I feel so much for elementary and high school educators.

teachers For understand their work and their responsibility to be towards children. To now be put in a position of being told that they need to betray the trust of children, and that this is so damaging, not only to children and themselves, only to teachers, but to our education system as a whole and the relatively safe haven that schools can be for some people," Pang said.



Calgarians gathered at the City Hall downtown on Feb. 3, 2024 to protest the proposed transgender policies. Photo by Zach Payne

Recalling the mayor

Gondek under siege due to new recall legislation, yet the process appears impossible

Liam Rockliffe

Staff Writer

On Jan. 30 a small business owner and resident in Calgary for 10 years, Landon Johnston, took advantage of the brand new Alberta Municipal Government Act which was put in place on Dec. 7, 2023. One of Johnston's goals with the recall petition is to point out the inadequacies in the new Municipal Government Act.

This act, as the Alberta Government explains it: "Empowers municipalities to shape their communities. It regulates how municipalities are funded and how as local governments they should govern and plan for growth."

Many of the acts allow movements increased communication and further ability for any person to have a say in their municipal government; effectively bridging the gap between the municipality and the people.

The act of course gives any one person the complete power to petition a recall of any active duty councilperson: "An individual may commence a recall petition by submitting a notice of recall petition in accordance to [the act]."

More barriers than reason

For Johnston to submit the recall request he had to pay a sum of \$500, and give a piece of paper with a paragraph of information to the Chief Administrative Officer.

While the task of starting the recall may be just that

easy, actually following through in a successful recall is next to impossible.

To recall Mayor Gondek, Elections Calgary states Johnston needs to get signatures "equal in number to at least 40 per cent of the population," is "measured against a population total of 1,285,711 which will require a total of 514,284 signatures to be considered sufficient."

In the last municipal election in 2021, 390,383 voters attended the ballot boxes out of an eligible 847,556.

Duane Bratt, professor of Economics, Justice, and Policy Studies at Mount Royal University commented on this absurd number telling CBC News: "You're asking for over 500,000 signatures when there were less than 400,000 people who voted in the last municipal election."

The petition's legislation also holds another barrier for Johnston's recall: every signature has to be in person and on paper. No email or electronic ballots are allowed, which means that Johnston and his team would have to collect around 8,000 signatures a day purely on foot, or at conferences. Which can be found through his website, RecallMayorGondek.com.

Additionally, to obtain each signature, a witness must observe the signing of the petition, find a commissioner of oaths to sign off on the signatures, and only then can the petitions be sent to



The mayor visited MRU on Jan. 25 for Student Connect. Photo by Julie Patton

Sending a message

While seemingly impossible to obtain, the petition certainly sends a message to Mayor Gondek. The petition's success may also have an effect on her political standings.

In a statement to The Reflector, Gondek said:

October 2021, Calgarians put their faith in me to be a mayor who could bring balance and stability to this city at a time when polarised ideologies stood to divide us. I remain steadfastly committed to the work of building a future that holds opportunity and prosperity for everyone who lives here.

Johnston to be added to the We have work to do. Onward."

If the recall were to be successful, Mayor Gondek would be immediately recalled and no longer have a seat on Calgary's city council. With the position of mayor vacanta by-election would be held to find a new mayor - or interestingly enough - Mayor Gondek could reclaim her throne in the very same byelection held to replace her.

According to Landon Johnston's X (formerly Twitter) account, he has been banned from all Calgary Public Libraries. He stated that, "He needs more than half a million signatures, and the best place to do that is where the public congregates."

for his The reason banishment is unknown, but likely associated with his rallying at these locations.

Also on his X account, Johnston speaks to a flaw in the new Municipal Government Act: "If you wish to protect your MLA, Premier or Leader of the Opposition from being recalled; file the petition, wait a few days and hand it back empty. That elected official is now protected."

There are definitely flaws in the new act, the above ability to "protect" a councillor, the ease of starting a recall, the impossibility to actually recall in a large urban centre such as Calgary. But Johnstons work to use and broadcast these issues may create change in Alberta's legislative, but at the very least create pause for reflection.

Adding to the green scene

Pressure builds for a new sustainable event centre

Bella Coco

Staff Writer



The Calgary Saddledome is planned to be demolished once the constuction of the new event centre begins. Photo by Aiden Johner

Did you know the 2024 Super Bowl was the first sustainable Super Bowl in history? Fully powered by renewable energy, Allegiant Stadium in Las Vegas was home to the first renewable Super Bowl.

Now, the sustainability conversation has flown all the way from Las Vegas to Calgary, where pressure has been building about potential sustainability at Calgary's new Event Centre.

Lead by example

With the City of Calgary preparing to begin their site preparation and the design phase for the new \$800 million centre in winter of 2024, people are beginning to wonder how the city is going to apply sustainable practices to the centre and its infrastructure.

Some American stadiums efforts? are already paving the way, like Climate Pledge Arena in Seattle, home to the Seattle Kraken.

According Time to "The Climate Magazine, Pledge Arena, with its green ambitions raised from above its environmentallyinclined owners and from below by Seattle's ecoconscious populace, is an outlier. Its unparalleled commitment to sustainability earned it the title of the world's first net-zero certified stadium last year."

Additionally. Seattle citizens are encouraged to take the monorail rather than their vehicles to the arena, and the attendees consume fried food run off of electricity rather than gas.

That leaves the question: What is Calgary's plan to keep up with sustainable

C of Green?

Calgary has set some pioneering environmental goals on a city-wide scale, but will this new event centre scale them back?

Despite being in a province that is heavy-handed in the oil and gas industry, one of Calgary's biggest goals is to reduce their communitygreenhouse emissions to 60 per cent below 2005 levels by 2030. In addition, the city hopes to decarbonize completely by

The question of developing another large building in the city brings up the topic of large emissions. During the building process as well as the time the building runs, it is expected that the carbon footprint may be bigger than needed, as athletic arenas use a large amount of energy.

However, with the planning process still well underway, some Calgary students are confident that the city can keep up the sustainable measures while the centre remains in its early-stage.

"I know we live in a province that doesn't feel environmentally friendly sometimes, but I think the city should be able to hopefully stay on track with their plans with environmental goals and the new centre," one Mount Royal University student said.

According to the City of Calgary, "The Event Centre will be designed and constructed to be LEED certified. The specific design features of the building will be developed during the design phase of the project."

To be LEED certified means that the building certified has provided a framework for healthy, highly efficient, and cost-saving green buildings, which offer environmental, social and governance benefits.

"We have a really good opportunity to get the design right and execute on something that will be long-lasting and in the best interest of all Calgarians," Mayor Jyoti Gondek told the Calgary Herald.

The City of Calgary hopes to reveal their design and achieve their development permits by spring or summer of 2024. To see more information, you can visit calgary.ca to view Calgary's Event Centre and Culture + Entertainment District improvements.

THE REFLECTOR

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features

Three must-visit local Black-owned businesses

Bella Coco

Staff Writer

Black History Month is a time to focus attention towards the contributions and achievements all Black people have made across the globe. It is also a time to learn from Black-Canadians about their stories, and how their past is an important piece in Canada's historic puzzle. It's a time to recognize and work against racism and toward decolonization, as well as help restore a more diverse and inclusive society across the country.

Calgary is stacked with impressive Black-owned businesses and talented owners. From restaurants to beauty salons to athletic wear (and much more!), multiple businesses across Calgary deserve the recognition.

While the spotlight should be shed on all of Calgary's Black-owned businesses every day of the year, here are three businesses to honour during Black History Month.

Iconic Salon

Starting off strong, Iconic Salon, formerly known as Serena's Beauty Center, has been in Calgary for the last eight years. Located at 1138 Northmount Dr NW, Iconic Salon offers a range of beauty services that boast excellence for both men and women. The salon holds an impressive 4.5/5 stars on Google Reviews and has a plethora of stellar reviews on cuts, colours, extensions, and braids. Iconic Salon offers student discounts to post-secondary students in Calgary and is located close to the University of Calgary.

According to Iconic Salon's website, they are committed to creating a warm, welcoming, and comfortable environment for all of their clients, and they strive to exceed expectations and offer an individual experience for each of their guests.

Jane Bond BBQ

For those who enjoy international fusion and barbecue, Jane Bond BBQ is the place to visit. Jenny Burthwright began her culinary journey and career in Toronto, but started her BBQ brand in Calgary. According to Jane Bond's website, "We are all a bit of Jane! Jane is the ideal of hospitality and human connection through food." Jane Bond specialises in creating a good time with the perfect flow of business development with Burthwright's culinary expertise and prior education in marketing and advertising.

Voted #1 BBQ in Calgary, Jane Bond BBQ combines international fusion with dishes such as Jerk'd Coconut Prawns with Blackened Peaches, Coconut Cornbread, or Jamaican Jerk Rub. Jane Bond BBQ also does catering for private events, corporate parties, and online ordering. Jane Bond BBQ has two locations in Calgary, 723 46 Ave SE and 230 11 Ave SE.

Agu Athletics

Last but most certainly not least, Agu Athletics originated when JohnMary Igbelina had a vision to promote fitness with style. Agu Athletics does the majority of their business online but occasionally participates in local markets around Calgary. The name Agu translates to lioness, ruler of the jungle, and originates from the Igbo tribe of Nigeria. Igebelina's goal was to create flattering yet functional workout attire, so users could embody the confidence and courage Agu Athletics has built into their brand

"The people are an amazing part of what we do. From the various creatives, we work with on various projects to meet our customers and hear how much they love the brand and its products; the people are what makes running this business such a pleasure," Igebelina told the Calgary Guardian.

Agu Athletics offers free shipping across Canada and is currently holding a sitewide sale. Their products boast quality material put together locally in Calgary, and are made for anyone.

"Our products are for anyone and everyone and our sales analytics shows this. Marketing-wise though, Agu Athletics mainly caters to the 18- to 34-year-old age range. This is because this age range tends to spend most of their time in activewear/loungewear; not just to exercise, but also to work from home, go to the store, and so on," Igebelina adds.

Promoting Equality All Year Long

While Black History Month is celebrated every February across Canada and the United States, it is more than a month of mere acknowledgement.

Individuals encouraged to educate themselves and those aroundthem about the years of systemic racism, oppression, and discrimination Black individuals face year-round. Some easy ways to learn more about Black History Month and its purpose is by doing some online research—such as visiting the World Economic Forum or NPR—or simply starting a conversation about others to spark change and create a community with more equality.



Agu Athletics promotes fitness with style. Photo courtesy of Agu Athletics Instagram

Rotting through reading week

Exploring TikTok's "bed-rotting" and psychological "languishing" in the context of university

Arroy (AJ) Jacob

Web Editor



MRU student "bed-rotting" during the winter reading break. Photo by Aiden Johner

Winter 2024 reading week for Mount Royal University (MRU) students has concluded— a period where students can supposedly catch their breath. And some things change every year, but many others do not— one of them includes TikTok's recently popularized trend: "bed rotting."

As the name suggests, "bed rotting" has been used to describe a form of relaxation deemed as unproductive and typically paired with mindless passive entertainment like "doom scrolling"—all in bed.

But looking at TikToks covering the topic, most videos tagged with #bedrotting includes memes making fun of the concept or how-to guides to remove yourself from situations of

bed rotting completely.

One TikTok in particular from @marottes_music claims that a more accurate term to describe bed rotting is "languishing," defined as feeling stuck, failing to make progress, or being successful.

Although the connection between bed rotting and languishing is real, the two are on separate intensity levels.

Reading week at MRU is one of the primal times to feel "stuck" in bed, knowing that classes will not keep you accountable to your workload. And so, bed rotting, or languishing, is one of the easiest things to do during this period, even though most of us have work we could be doing.

Languishing can be

unpacked in the context of university students. In some cases, the concept can be studied and found to have some benefits that individuals may not have known. And just as light comes with a shadow, languishing can have gruesome consequences. In both situations, exploring understanding how languishing and bed rotting impact university students and what that may mean for upcoming reading weeks is important.

The surprising benefits of "bed rotting"

Despite the negative connotations around "rotting," *Thriveworks* says that "bed rotting might give some individuals a muchneeded boost in their mental health and physical wellbeing."

Bed rotting can, therefore, be considered a form of self-care. Suddenly, "bedrotting" does not sound so consequential.

"In my graduating semester, I was just bed-rotting. But it was good for me that time because it helped with my burnout," says Arooba Siddiqui, a recent graduate from the Bachelor of Child Studies in Child and Youth Care Counselling program at MRU. "And it was always during reading week!"

Thriveworks then lists "The Benefits of Bed Rotting for Your Well-Being." Some of their reasons for "wasting away in bed" include

providing physical rest and recovery, reducing stress and anxiety, helping you unwind after a long day, and offering a mental and emotional respite.

But only in moderation.

The dangerous pipeline to languishing

"Bed rotting can be a form of self-care when mindfully and in done moderation," continues Thriveworks. Languishing, as mentioned previously, is the feeling of being "stuck," and millions of TikToks with the #bedrotting hashtag seems to relate this feeling to that exact issue. Bed rotting is an easy gateway to feeling the gruesome side effects of languishing.

And MRU students during Reading Week are no exception to this pipeline.

I asked Siddiqui about her thoughts on languishing with her expertise and understanding of development and behaviour in university students when completing her program.

"In the long run, it absolutely does not help with development, because students just stay in the same segment, they don't go out or explore. They end up stopping at their comfort zone and continue that pattern."

After escaping the grasp of the COVID-19 pandemic, the American Psychological Association says that "by nearly every metric, student mental health is worsening. During the 2020-21 school year, more than 60 per cent of college students met the criteria for at least one mental health problem."

And the quickest way to escape the blistering sentiment of mental health is to come to terms with the coziness of a bed and ignore your problems through doom scrolling. If you use bed rotting as a way to escape your underlying mental health issues rather than recuperate, then bed rotting becomes languishing, and you begin to feel "stuck."

Since the pandemic, losing motivation to strive for academic success negatively impacted students. It easily made individuals feel that running away from projects, exams, and responsibilities may be simpler confronting them. When the cycle repeats, wanting to rot and, as Siddiqui puts it, "stop in your comfort zone," becomes habitual and a dangerously secondary gateway to anxiety and even depression.

Although students appreciate reading week for the quick rest from classes, it is crucial to take advantage of the week to relocate your priorities in self-care and avoid digging themselves into a ditch.

And understanding the difference between the two can be a good place to start when you decide whether or not you're in a solid position to doom scroll on TikTok again.

the reflector • February 29, 2024

Another leap year is among us

Why leap years exist—legends, myths, and fortunes

Mia Smith

Staff Writer

2024 is a leap year. But what does that mean?

Leap years occur every four years, and, despite seeming rather insignificant, there is in fact a deeper meaning to them. We can thank Julius Caesar and his Julian Calendar for the additional day added every four years.

According to his calculations in 46 B.C., the leap year was added to balance out the star alignments that were off with the basic 365 days in a year that were initially calculated.

Adding an extra day every four years keeps our astrological seasons aligned. Because of the rotations of the earth around the sun, a full year is 365.25 days — not the 365 that everyone knows.

It takes the earth 365 days, five hours, 48 minutes, and 45 seconds to orbit the sun.

According to what astronomy expert Dr. Stephen Hughes of Queensland University of Technology told the *Asian Scientist Magazine*, "if there were no leap years, the seasons would completely swap every 750 years, i.e. the middle of summer would become the middle of winter — calendar climate change."

Although, there are exceptions to the leap year. Pope Gregory XIII changed the Julius calendar to then add a new rule.

When there is a turn of the century in which that year is not divisible by 400, the leap year is skipped. That means that the years 1700, 1800, and 1900 were not leap years and the years 2100, 2200 and

so on will also not be counted.

Myths and legends surrounding leap year

It is easy to tell a leap year by looking at the calendar but many people do not know of the urban legends that lie within leap years.

A major blockbuster movie called *Leap Year*, starring Amy Adams and Matthew Goode, shows us one of the many legends that are hidden within leap years.

In this romantic comedy, Anna (Amy Adams), is making it her mission to propose to her then boyfriend only to go on a big adventure through Ireland.

It is an urban tradition that men cannot refuse the proposal of marriage from a woman on a leap year day.

"Its Leap Year diddly-eye! Will you marry me, diddly-eye?"

This legend stems back to the historical figure St. Bridget who is said to have complained about how long St. Patrick was taking to propose. In turn, St. Patrick then ended up making it that only on Feb. 29, it is acceptable for women to propose.

Following this, there is a myth that Queen Margaret of Scotland enacted a law that there would be a fine for any man that turned down a proposal on a leap year.

The rumors and myths about fines on leap days are also carried into other countries.

In Finland, an uninterested

man must give the woman enough fabric to make a shirt if he is to turn down the proposal.

In Denmark, he must give a dozen pairs of new gloves.

So from what I am hearing, if you want to either be engaged or are in the market for new clothes, Feb. 29 is the day for both.

The Greek, on the other hand, have the superstition that if you get married during a leap year there is a higher chance of divorce.

To those who want to get married this year... be warned

Does fortune favor those with leap year birthdays?

If you are one of the one in 1,461 who has a leap year

birthday, sorry.

In some cultures, having a birthday on a leap year is considered to be very bad

In Scotland, being born on a leap year means that you are destined to a life of bad luck and fortune. Part of that bad luck could be attached to current day issues such as post offices. Companies such as Toys R Us do not register Feb. 29 as a day in their systems, which means that there is the potential of not having gifts delivered on that day. Happy birthday to you.

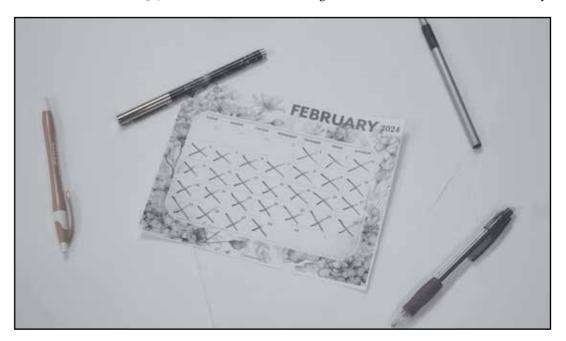
But, on the other hand, some astrologists believe that having a leap year birthday means you could have hidden superpowers. Some astrologists believe that when there is a rare day when the stars align that

there could be untapped power behind the day. No pressure to tap into the power or anything...

If you are born on a leap year, how old are you really? It could be argued that as a leap year baby, you would only age one year for every four that pass. But that is not the reality. A lot of leap year babies find themselves celebrating on either Feb. 28 or March 1.

Although sadly, leap year babies do continue to age. It does make for a lot of good jokes and teasing for the friends of those with leap year birthdays.

Where will we all be in 2028 when the next leap year occurs? Who knows. But at least kids born on Feb. 29 this year will finally get to celebrate their first birthday.



Feb. 29 is the ideal day to get engaged or some new clothes according to urban legend. Photo by Aiden Johner

YOUR STUDENTS' ASSOCIATION





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.



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arts

MRU Broadcasting student dives into the international modeling scene

Daria Orth

Contributor

It's true that no one can predict what the future holds. Many university students go into their degrees without a plan. Oftentimes, students will pick a degree that appeals to them and will base a career path around what they continue to learn in their major.

This was not the case for Madison McClelland, a previous Mount Royal University (MRU) Broadcasting student. McClelland's life took an exciting turn when the opportunity to model in Turkey presented itself.

McClelland studied at MRU before being called into the modeling industry full-time. She decided she could always return to school after she built up her portfolio— after discussing it with her parents, she decided that working as an international model in Istanbul for three months was the obvious choice.

"Knowing that whatever direction I decide to go in, involves me going to other parts of the world, that's what's most exciting for me about modeling," McClelland said.

The model explained that the industry is very glamourized, and many

people are unaware of the amount of hard work that comes with it. Like any other profession, modeling is a full day of draining work commitment.

"It's exhausting on the days where you are in heels for eight to nine hours straight wearing 100 to 200 outfits," McClelland said. "Sometimes you don't even have time to change yourself. You literally just go behind a curtain and people will rip off your clothing, put on a new outfit, and you're back out again."

And if the fast-paced environment wasn't challenging enough already, the constant pressure of being sized up can be a lot to handle all on its own. The process of casting comes down to clients talking about what they like and dislike about a model, and with a language barrier, it can be a nerve-wracking experience when waiting to hear about a callback for a shoot.

Being a model means staying strong throughout these tedious events that go on throughout the day. With the fashion industry continuously expanding, competition among modeling agencies grows with it.

However, while working in fashion can be very harsh and sometimes discouraging, McClelland emphasizes that it's also an incredibly rewarding job to have. Being able to be the face of fashion companies and trying on their clothes is a part of the job that she loves.

"I've done stuff for some higher-end Turkish brands and stuff for some more consignment things. But most of the names I've never really heard of, so it's been cool because I feel like I get to experience a different normal than my normal."

Some struggle with homesickness when they are living in another country but for McClelland, she is too excited with all of the opportunities that came with the trip to feel separation anxiety from her home.

For McClelland, meeting new people and making friends along the way also makes it harder for her to feel alone. Especially when she's working with other girls around her age with the same ambitions. As an extrovert, the model enjoys sharing an apartment with the girls and growing her connections with people who work in fashion.



Headshot of Madison McClelland, broadcasting student turned International model. Photo by Cassidy Chen

"I almost feel like I'm having the university dorm experience this way because it's five of us or more," she said.

Already off to a great start, McClelland hopes to continue flourishing in a world full of designs and styles. Her goal is to one day work with some of the universal designer brands, and walk the runway in different cities around the world.

With every day being a different schedule, she has no idea what opportunity will present itself next but she is ready to take on what the industry has to offer her. As

a young woman who is new to the modeling world, she is excited to see where these experiences will continue to take her.

Accepting this journey over her studies in Broadcasting was a decision she won't regret as she makes memories that will last a lifetime. It's different for everyone, but for McClelland, she could not be happier with where this choice has led her.

"I feel like having such fresh eyes coming into an industry like this is definitely doing me well because I get so excited to do even the most mundane tasks and shoots," she said.

OUT'N ABOUT

Summer Job Fair

Explore your options and secure that summer job at MRU's job fair on March 7. Booths will be set up on Main Street from 10 a.m. - 3 p.m.

SAMRU Free Tax Clinic

This may not seem a fun way to spend your time but it's good to adopt healthy habits when it comes to your taxes. The SAMRU Free Tax Clinic will be taking place in Z307 daily from March 4 until April 30

Cozy Hangouts

Join MRU's Cozy Crafters Club on March 11 to meet fellow crafters, hang out, and work on those 'inprogress' projects. 5:30-7:00 p.m. at The Gallery in Wyckham House.

Cowboys 6th Annual Wing Off

Enjoy all-you-can-eat wings for a good cause at Cowboys 6th Annual Wing Off. The event will be hosted at Cowboys Calgary on March 7, from 6-9 p.m. Get tickets on Cowboys website or Instagram.

Renee Rapp's influential 'coming out'

Bella Coco

Staff Writer

Renee Rapp, an American singer-songwriter and actress recently came out as a lesbian in late January, and many are viewing it as an influential progression for the queer community.

Why is Rapp's coming out such a huge progression? To put it simply, some queer women, who identify as lesbian can have a difficult time owning their identity and putting it out into the world. Regardless of an individual's identity, there are more than enough stereotypes against (or within) the 2SLGBTQIA+

community.

Stereotypes in the lesbian community: harmful or helpful?

For lesbians, the stereotypes-more often than not-are deeply rooted in a lack of enthusiasm when it comes to the use of labels and displaying their identity. Many women refer to themselves as gay or queer rather than a lesbian to avoid the stereotypes that may accompany the label.

Lesbians are often grouped

into categories largely based on appearances; and these appearances affirmed stereotypes for those perpetuating them. For example, lesbians who present on the more feminine side, often referred to as "fems," are consistently sexualized by the male gaze, or are seen as invalid by people in and out of the queer community. For years, lesbians have been boxed into an idea that they are masculine presenting, hate all men, and each couple has to have "the man" in a relationship.

However, with Rapp's recent coming out, many young queer women have taken to social media to praise the singer for her openness on her sexuality.

Rapp, who had previously been out by bisexual, began by referencing her sexuality and the lesbian community during her time on *Saturday Night Live* (SNL) alongside celebrity host Jacob Elordi, and while promoting *Mean Girls* (2024).

Rapp, who reprised her role as Regina George from the Broadway hit, *Mean Girls*:

The Musical, additionally contributed to the soundtrack with the hit single, "Not my Fault," featuring Megan Thee Stallion.

Fans ecstatically took to TikTok when Rapp released a snippet of the song before the release, containing the lyrics, "Get her number, get her name. Get a good thing while you can. Kiss a blonde, kiss a friend. Can a gay girl get an, 'Amen?"

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Since Rapp's debut on *SNL*, the actor has openly spoken about and referenced her sexuality during podcast episodes with Andy Cohen and during her current European leg of her debut album tour, *Snow Angel*.

Fans have happily pointed out that on the Snow Hard Feelings Tour during the North American leg, Rapp had previously held up the bisexual flag during her performance of her hit song, "Pretty Girls." Now back on track with her European leg of the same tour, Rapp started singing and dancing with the lesbian flag, and goofily throwing in ad-libs that counter her own previously written lyrics about romantic feelings towards men.

Many fans and young queer women have taken to TikTok

to congratulate the singer on her journey and state that her openness has validated their feelings about their identity as lesbians and queer women. Additionally, other creators have stated that Rapp's coming out and embracing her identity is a huge progression for the lesbian community.



Renee Rapp's coming out is a step forward for the lesbian community. Photo courtesy of @reneerapp on Instagram

Saltburn is "mid"

Mikaela Delos Santos, Publishing Editor & Arroy (AJ) Jacob, Web Editor

Not to be the party poopers, but... Saltburn (2023) could be better. Sure, it's cinematically pleasing, and so is Jacob Elordi. But it's not the new American Psycho (2000) that some folks claim it is. And we'll tell you why.

Written and directed by Emerald Fennell, the movie was released on Nov.22 and premiered at the 50th Telluride Film Festival. Slowly, Saltburn trickled its way into theatres towards the end of 2023. According to Vulture, while Fennell is in the early phases of her career, "It feels fair to say that her more irritating habit as a writer is a fondness for button-pushing last acts that undermine all the character building that's come before." And we agree.

What was the point of Pamela?

Speaking of character building— the film stars Carrey Mulligan, an esteemed actress with many great roles. You've seen her portray Daisy Buchanan in *The Great Gatsby* (2013) and Irene in *Drive* (2011). In *Saltburn*, she portrays Pamela as a helpless recovering addict leeching off the Catton family's wealth, shelter, and food. She is evidently a nuisance.

But what was the point of having Pamela around? In our discussion, we figured that it could represent being the toy poodle that the wealthy family (The Catton's) likes to play around with. While that symbolism portrays relevant messaging, Fennell should have given more screen time

to her rather than rushing her to her disposal as a character. You've got such a great actress for the role, yet she was only given five minutes of screen time? There's so much potential for Pamela to give us context into what lies ahead for the Cattons' given Oliver's arrival. Yet, we were left wondering why Fennell even bothered to put Mulligan in if she wouldn't be a big part of the story. It felt as if Fennell needed to fit Mulligan in somewhere and made Pamela a part of the story as a last-minute addition.

Those scenes...

You know which ones. Let's

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Known for his thought-provoking music that explores themes related to politics and environmental issues, Mckenna released a new album, *What Happened To The Beach?*. It reflects a period of personal growth and introspection for the 24-year-old musician—the album takes a more introspective approach, focusing on themes of joy, freedom, and self-discovery.

The album shines brightest in its innovative sounds and exceptional lyricism, something Mckenna has proven to be skilled at. This is evident in tracks like "I Write the News," "Mulhollands Dinner and Wine," and "Nothing Works." These songs offer commentary on London life and the music industry, showcasing McKenna's

knack for melodically communicating social critique. Some tracks with a soft-synth melody capture the essence of McKenna's California-infused mindset, while still retaining a strong sense of British identity.

Overall, *What Happened To The Beach?* is a departure from McKenna's previous work, but it's a welcome evolution.

McKenna's knack for crafting easy-listening tunes is evident throughout, making it suitable for a variety of settings, from solo introspection to intimate gatherings. What Happened to the Beach? finds its strength in its ability to evoke a sense of intimacy and connection while straying from his usual melodramatic style.

—Emma Marshall



Just two days before his Super Bowl Half-Time performance, Usher released his ninth full-length studio album, COMING HOME. With no album releases since 2018, this was a long-awaited drop for fans. In an era where nostalgia often collides with the demands of a rapidly evolving music industry, Usher faces the struggle of many senior Hollywood stars — adapting to survive while staying true to his signature Sound

He uses collaborations to spin this album into a contemporary work but ensures that his velvet vocals still remain a centerpiece in the overall sound. By including modern voices like Burna Boy,

21 Savage, and H.E.R, he successfully tailors the album to younger R&B audiences, while still preserving the nostalgic feel of his music as a whole for the older generations.

As Usher continues to evolve as a seasoned entertainer, *COMING HOME* stands as a testament to his talent and his unwavering commitment to his craft. It's a chance for him to reclaim his throne as the king of R&B and prove his enduring relevance in today's ever-evolving music landscape. Overall, *COMING HOME* represents a respectable addition to Usher's discography and a promising sign of his ongoing career renaissance.

—Emma Marshall

first talk about the bathtub scene. To run it back, the scene happens after Oliver has sex with Venetia while she is on her period (no judgment from us here). Since Oliver and Felix share the same bathroom, Oliver ends up catching Felix pleasuring himself in the bathtub. Once Felix finally goes to bed, Oliver creeps into the bathtub and slurps up the remains left in Felix's bath water.

At this point in the movie, we are left thinking that this is because of Oliver's possible suggestive liking for Felix. But, at the movie's end, Oliver says that he doesn't even like Felix in that way. So what was the reason? Although, to be fair, who knows what's going on in that head of his?

Business Insider states, "Barry Keoghan (Oliver) has revealed that one of the most talked about scenes in Saltburn did not actually appear in the film's original script and was improvised on

the day of shooting."

Keoghan then says, "On paper, he wasn't written to do that," Keoghan said. "But I wanted to see what actually happened, where I would take it. I wanted to be confused and let my body lead the way. What am I doing? How can I get closer?"

"It's trying to find that new level of obsession. Trying to level up on the obsession," he added. "It's quite sad because he didn't even know what to do. He's a lost boy who's confused and doesn't know what he's chasing."

We can see his reasoning. Really, we do! But we think his confusion should have been more evident to the audience. We should have understood better that he suffered from inner turmoil between winning Felix's affection and taking Saltburn for himself.

One of the key components of good story-telling is introducing the main character's motivations early in the plot. Fennel should have leaned into that gimmick so the audience could understand what Oliver wanted with Felix and Saltburn.

Stop underestimating the audience

We appreciate the way Fennel tried to exemplify Oliver's psychopathic tendencies. But these concepts should have been more prevalent earlier in the film. The first 30 minutes of the film felt long-winded and uninterestingly unimportant.

What feels like a psychotic twist at the film's end felt like a last-minute attempt for Fennel to pull in a wow factor. Yes, audiences talk about the film after leaving the theatre, but not in a positive light. This feeling especially stems in the ending scene where Oliver is mindlessly typing on his computer when Elspeth (Rosamund Pike) walks into



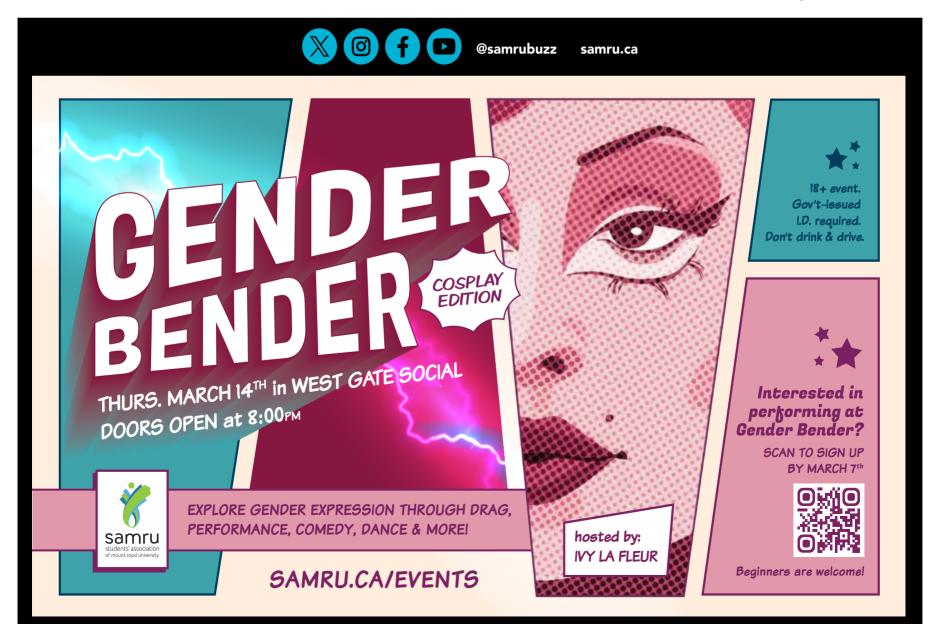
Saltburn star Barry Keoghan who plays Oliver. Photo courtesy of Amazon Prime Studios

the cafe — it is impossible to believe that Oliver had known she was going to enter at the right time and moment without any sort of background context to the place itself and the timing of the situation.

It feels as though Fennell thinks the audience wouldn't

notice a rushed ending and sudden tie-ins like this, just like with the graveyard scene and Pamela's character. We have seen this repeatedly in many Hollywood films, and in every case, it leaves the audience with a sour aftertaste.

Unfortunately, *Saltburn* is no exception.



sports

Joel Embiid injury re-ignites MVP race

Noah Wilson

Staff Writer

Throughout the entirety of the 2023-24 NBA season, franchise player Joel Embiid has been a heavy favourite as the NBA's Most Valuable Player (MVP). That was until the star went down with a long-term knee injury.

This season the NBA added a rule that in order to win the MVP trophy, a player must play a minimum of 65 games. If a player does not meet these 65 games they will be deemed ineligible to win the award.

Unfortunately for Embiid and the 76ers, this injury will put him under the 65-game threshold eliminating him from any contention for a back-to-back MVP trophy.

The whole premise of the MVP award is it goes to a valuable player in the NBA that impacts his team in the greatest way. This year we have seen many familiar faces rise to contention for the coveted trophy but also we are seeing some new faces in the fold who have broken out into superstardom. Let's explore the players who deserve some recognition.

Nikola Jokic -Denver Nuggets

Two-time most valuable player winner Nikola Jokic currently sits atop the MVP ladder as we head into the

All-Star break. This comes as a surprise to no one. The Nuggets currently sit fourth overall in the west with a 36-19 record. Jokic has solidified himself as arguably the best player in the league and is the engine that runs the Nuggets juggernaut that won it all in 2023. This season Jokic has been very impressive statistically posting 26.3 points per game, 12.2 rebounds, and 9.0 assists shooting at 58 per cent. Every game Jokic plays he is an extremely dangerous tripledouble threat that leaves teams he plays in ruins. As the Nuggets look to repeat another championship run for 2024, Jokic will have to continue to lead the charge as one of the most complete players we've ever seen.

Shai Gilgeous-Alexander (SGA) - Oklahoma City Thunder

At number two in the rankings, we have a player who has broken out into one of the best point guards in the NBA. What's been most impressive about Gigelous-Alexander's rise to excellence has been he's also taken his team with him, going from a 10th-place finish in the west last season to now being a second seed



Shai Gilgeous-Alexander is one of the top candidates for MVP in light of the Joel Embiid injury. Photo courtesy of @shai on Instagram

with a 37-17 record heading into the all-star break. SGA has been sensational posting 31.1 points per game, 5.5 rebounds, and 6.5 assists. What's been the most eye-opening category with SGA this season among fans has been his ability to score the basketball. We saw glimpses of this scoring prowess in

the FIBA World Cup this past summer, but he has taken it to a new level for the 2023-24 season. Even if he doesn't take home the MVP this May, Gilgeous-Alexander will be a perennial MVP front-runner for years to come. He's that special and is the heart and soul of this Oklahoma City team.

Giannis Antetokounmpo -Milwaukee Bucks

Giannis Antetokoumpo has found himself in MVP

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31.1, Shai Alexander has scored an incredible 31.1 points per game this season, which ranks second in the NBA. 11.6, 23-yearnold Tyrese Haliburton is averaging 11.6 assists per game, which is the most in the NBA.

296.1, Patrick Mahomes currently

Mahomes currently averages the most passing yards per game in NFL history with 296.1 yards per game. 103, Lewis Hamilton owns the record for the most race wins all-time with 103, despite not winning a race since 2021.

conversations for about six solid seasons tracing back to 2019. In that span, he has taken home two MVP awards in 2019 and 2020, while also finishing top three in votes from 2021-2023. As you can see, Antetokounmpo has always been a consistently dominant player in the league which is why he is always in the running to win an MVP trophy. This season Antetokounmpo has produced 30.7 points a game, 11.7 rebounds, and careerhigh 6.3 assists per game. At this point in his career, many fans argue that there is some voter fatigue which is why he won't win it. Although

that may be the case in some eyes, his team is third in the east with a 37-20 record. I predict Antetokounmpo will have to play the best he has ever played from now to the end of the season if he wants any chance to be the most valuable this year. One thing is for sure, MVP or no MVP it's clear Antetokounmpo wants to bring another championship to Milwaukee and he has great opportunity to accomplish that.

Tyrese Haliburton - Indiana Pacers

The Indiana Pacers this season have taken the league

by surprise. Not only have they been an excellent team as a whole, but also have one of the best and upcoming stars in the NBA. Tyrese Haliburton has been brilliant as a pure playmaking point guard. So good that fans are comparing him to the great John Stockon. The Wisconsin native has put up incredible stat lines this season, posting multiple 20-assist performances while averaging a league-leading 11.7 assists per game. To compliment, he's produced a stellar 21.8 points per game. The Pacers currently sit in sixth place in the east with a 31-25 record.

Without Haliburton's performance this season, it would be interesting to see where the Pacers would sit. Most would think they wouldn't be in the position they are in now, probably much lower in the standings. Haliburton has been invaluable for the Pacers this season which is why I believe he deserves some credit for the MVP.

He has made Indiana his city at only 23 years of age. He has a great career ahead of him, and like SGA, expect him to be in the MVP conversation for years to come.

Honorable Mention - Jayson Tatum

- Boston Celtics

Tatum has been nothing short of elite this season. Posting 30.1 points per game, he's been a scoring threat from everywhere on the court. The Celtics currently sit first in the NBA with a 42-12 record. What's holding him back is the tremendous supporting cast around him, the Celtics are a very complete, dominant team. If he continues the pace he's on, there's no doubt Tatum can shoot up the rankings to even number one, he's been that good.

Chasing the GOAT: Patrick Mahomes II

Mahomes' legacy is on track to rival Tom Brady, but can he surpass the GOAT?

Ethan Dalton

Staff Writer

Since being drafted 10th overall in 2017, Patrick Mahomes and the Kansas City Chiefs have had arguably the most dominant stretch in NFL history, capped with their recent Super Bowl victory over the 49ers. In every year that Mahomes has been the starting quarterback, the Chiefs have made the AFC championship, meaning they have been in the top remaining teams competing for a Super Bowl title every year for over half a decade. This domination is mimicking Tom Brady, who saw three Super Bowl victories in his first four years and firmly established the 2000s and 2010s New England Patriots as one

of the greatest dynasties in the history of sports, accumulating six titles over that time, and one more with the Tampa Bay Buccaneers before retiring. But let's steer focus toward the individual players, as team wins aren't the best indicator of all-time greatness. Mahomes' resume now includes three Super Bowl titles, three Super Bowl MVPs, two first-team all-pro selections, and two regular season MVPs, among other elite individual statistics. Additionally, Mahomes holds the current record for most passing yards per game

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in NFL history with 296.1, a whopping 16.1 more yards per game than Hall of Fame quarterback Drew Brees, who is second with 280.0. Mahomes still has a long career left as the face of the NFL, but his greatness now still stacks up to the all-time greats and surpasses most of them. Mahomes could retire right now and be a first-ballot Hall of Famer, but let's examine just how well he stacks up to other all-time greats.

Let's look at Peyton Manning, who when he retired held several significant all-time quarterback records including the all-time passing vard and passing touchdowns' title among many others. When Manning retired, he was considered to be one of the best of all time, if not the best. His resume includes an all-time best five league MVP's, with two Super Bowl titles, one Super Bowl MVP, and seven 1st team all pro's. Manning changed the game with how he prepared for every week, made adjustments at the line of scrimmage, and was feared by defenses opposing defensive coordinators. He was drafted in 1998 and played in an era that saw players like Trov Polamalu, Ed Reed & Ray Lewis sending receivers and opposing quarterbacks to the emergency room every other week. He saw the game evolve toward a more quarterback-friendly, passing-oriented league remained dominant throughout. His best weapon was undoubtedly Marvin Harrison, but he had other extremely talented players like the late Demaryius Thomas, Emmanuel Sanders, Reggie Wayne, and Dallas Clark to catch passes. The sheriff is undoubtedly an alltime great.

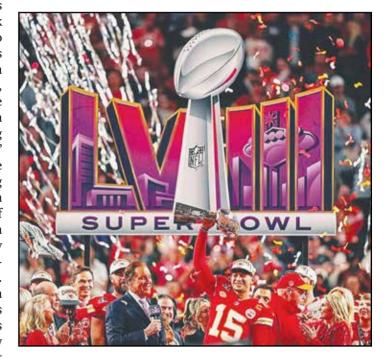
Let's now look at Aaron Rodgers, widely regarded as having the best/most talented arm in NFL history. Rodgers spent 18 seasons in Green Bay and has at least one more to go with the New York Jets. His resume is impressive, including the best touchdown to interception ratio of all time, four league MVPs, a Super Bowl title, a Super Bowl MVP, the best all-time passer rating, and four firstteam all-pros. Rodgers took the reins from Brett Favre and led the Packers to consistent regular season success throughout his tenure, but couldn't translate it to the postseason, only seeing one title from five championship appearances. Much like Manning, Rodgers played through an era in the NFL that saw the transition

towards a more quarterbackfriendly and passing-oriented league, being drafted in 2005. He has been blessed with elite playmakers such as Jordy Nelson, Davante Adams, Randall Cobb, and Greg Jennings throughout his career. Rodgers' sheer talent and ability to complete seemingly impossible passes has plagued NFL defenses for decades, and assuming his achilles injury doesn't slow him down, he could have many productive years to go.

One more all-time great quarterback to examine is Joe Montana, who has been referred to on multiple occasions by Tom Brady as "his idol" or the quarterback that he always tried to emulate. Joe Montana has four Super Bowl rings, with three Super Bowl MVPs, two league MVPs, and three first-team all-pros. Montana was revolutionary, helming the first true "west-coast" style offense that laid the foundation for NFL passing schemes today. Montana had the greatest receiver of all time, Jerry Rice, which resulted in quite possibly the greatest quarterbackreceiver tandem of all time. Montana played through the 80's and 90's, which was one the most physical eras in football history, and saw some of the greatest talent that the game will ever see. He was dominant throughout his career and is still known as one of the most clutch quarterbacks to ever play the game. Montana is regarded as one of the greatest to ever do it and with good reason.

Mahomes' career accolades stack up shockingly well compared to these all-time greats, as well as others that were not mentioned, like Dan Marino or John Elway. Mahomes has more Super Bowl titles and playoff wins than Manning and Rodgers, with the same amount of league and Super Bowl MVPs as Montana, and he's only entering his eighth season. On paper, it's hard to argue against Mahomes

being in the top three alltime conversation already. individual statistics, combined with his ability to lead his team in the clutch and make impossible throws cements him as an all-time great. He is now drawing similar "villain" comparisons to Brady, where essentially he's so good that we hate seeing him win. His career trajectory is the Hall of Fame, but he's got over a decade to go of maintaining this level of dominance before he can truly be compared to Tom Brady as the greatest quarterback to ever play the game of football.



Patrick Mahomes' legacy continues to grow as he captured his third Super Bowl ring. Photo courtesy of @patrickmahomes on Instagram

F1's most expensive game of musical chairs

A preview of how the Formula One grid could look by 2025

Zafir Nagji

Staff Writer

Formula One's offseason never disappoints. Nicknamed "silly season," the action off the track tends to be almost as spicy as the nail-biting races on it, with drivers changing teams and in turn completely altering the landscape of

the sport. While the 2024 silly season got off to a slow start, with most teams just extending their current driver pairings, fans were treated to arguably the biggest move in F1's history.

Lewis Hamilton, the most

successful driver of all time, will leave Mercedes, the team Hamilton was apart of for the last 17 years, to join the most successful team of all time, Scuderia Ferrari, in 2025. So, what made the seventime world champion switch

teams

Ferrari's historic legacy is indisputably iconic, as they hold the most Constructor's Championships (16) and have been in the sport since 1950. However, the last time a Ferrari driver took home the

Driver's Championship was in 2007. Their most recent Constructor's Championship

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came just a year later, in 2008 at the hands of Kimi Raikkonen and his Brazilian co-driver, Felipe Massa. Whether it be horrific strategy calls, all-out driver wars, or their rotating door of team bosses, the Prancing Horse has yet to return to the glory of their illustrious past.

That being said, the red cars themselves have been quick in the last few seasons, especially since the introduction of the budget cap in 2021, and the team from Italy has never failed to acquire talented pilots. Even though Red Bull Racing has dominated the last two seasons and Verstappen looks Max undefeatable at the helm, Ferrari has been engaged in a stiff battle for secondfastest with Mercedes-AMG, McLaren, and Aston Martin. They tallied nine podium finishes in 22 races last year, and even managed to win one of them in Singapore.

Meanwhile, Hamilton, who holds the record for most race wins with 103, hasn't tasted victory since the 2021 Saudi Arabian Grand Prix. He's stockpiled a series of podiums since then, but due to the lack of pace from his

last two Mercedes-AMG race cars and the sheer dominance from Verstappen, the British driver has been unable to taste victory for two whole seasons. As a result, the boost his alltime legacy will receive if he can bring the most beloved team back to their prestigious status could be monumental.

However, a move like this, while captivating all on its own, could start a domino effect that causes silly season to leak into the 24-race 2024 Formula One season. Mercedes-AMG, who have won eight of the last 10 Constructor's Championships, must now decide who is worthy of filling one of, if not the most desirable seat on the grid.

One scenario entails Andrea Kimi Antonelli, their 17-yearold reserve driver and current Formula Two pilot, filling the now empty seat in the hopes that he can develop into a race-winning driver quickly, similar to how Red Bull Racing handed Verstappen a race seat at the same age. However, it's important to remember that the Dutch speedster was driving for their junior team, Scuderia Toro Rosso, and was not expected to win races.

Mercedes-AMG is a team that two Driver's Championships races for podiums and wins, and so the question would be: can Antonelli jump into a seat as an 18-year-old and handle the pressure, all while staying out of the way of his racewinning co-driver, George Russell?

Another potential outcome, and one that feels far more likely to happen, is them signing the most talented and proven winning driver to pair with Russell. Sergio Perez, Fernando Alonso, Carlos Sainz, Pierre Gasly, Esteban Ocon, Daniel Ricciardo, and Valtteri Bottas are just some of the drivers with contracts that expire at the end of the upcoming 2024 season, and, more importantly, all have at least one Formula One race win to their name.

So, who should Mercedes-AMG choose? Considering that most of the current rumours swirling around the team indicate that they are open to giving Antonelli a chance, it seems that the Silver Arrow is committed to Russell being the lead driver. The only other candidate that could realistically knock him off that pedestal would be Alonso, with 32 race wins and

to his name. However, Alonso is in his mid-40s and it's unknown how many more years he could reliably race at this level.

Esteban Ocon Mercedes-AMG team boss Toto Wolff have been linked in the past before but present a gamble as the French driver has never finished better than eighth in the Driver's Championship. Gasly's ties with Russell could help him secure the seat, but the Frenchman hasn't won a race since his first victory at the 2020 Italian Grand Prix.

Cross Sainz off the list too, as he's been speculated to be joining Audi when they take over the Sauber-Stake team in 2026. A return to the Brackleybased team might seem picturesque for Bottas, but the Finnish driver hasn't turned in an exceptional result since Russell replaced him after 2021, which could also create a sour work environment for both drivers

This leaves Ricciardo and Perez on the table, and while both drivers are immensely talented, Red Bull Racing has personal ties with Daniel Ricciardo and will likely put him in their open 2025 seat before any other team has the chance to sign him.

Mercedes-AMG can then scoop up Perez with little to no risk of messing with the team dynamic they are hoping to achieve, as the Mexican driver has become well-acquainted with being the secondary driver after spending three years with Verstappen. Plus, since the Dutchman is so unbelievably fast, Perez has recently become one of the most underrated names on the grid, making him worth a smaller contract amount. It would also be a great way for Perez to re-establish himself as an elite driver by securing better individual results for a team that desperately needs it and challenging Russell to prove his mettle as the lead driver of the team.

The game of musical chairs, or race seats, has only just begun in the billionaire's playground that is Formula One. The first and arguably biggest domino may already have fallen with Hamilton going to Ferrari, but fans of the sport must brace themselves for what could be the most entertaining silly season ever



Lewis Hamilton made the move to Ferrari, shaking up the entire F1 grid. Photo courtesy of @LewisHamilton on X