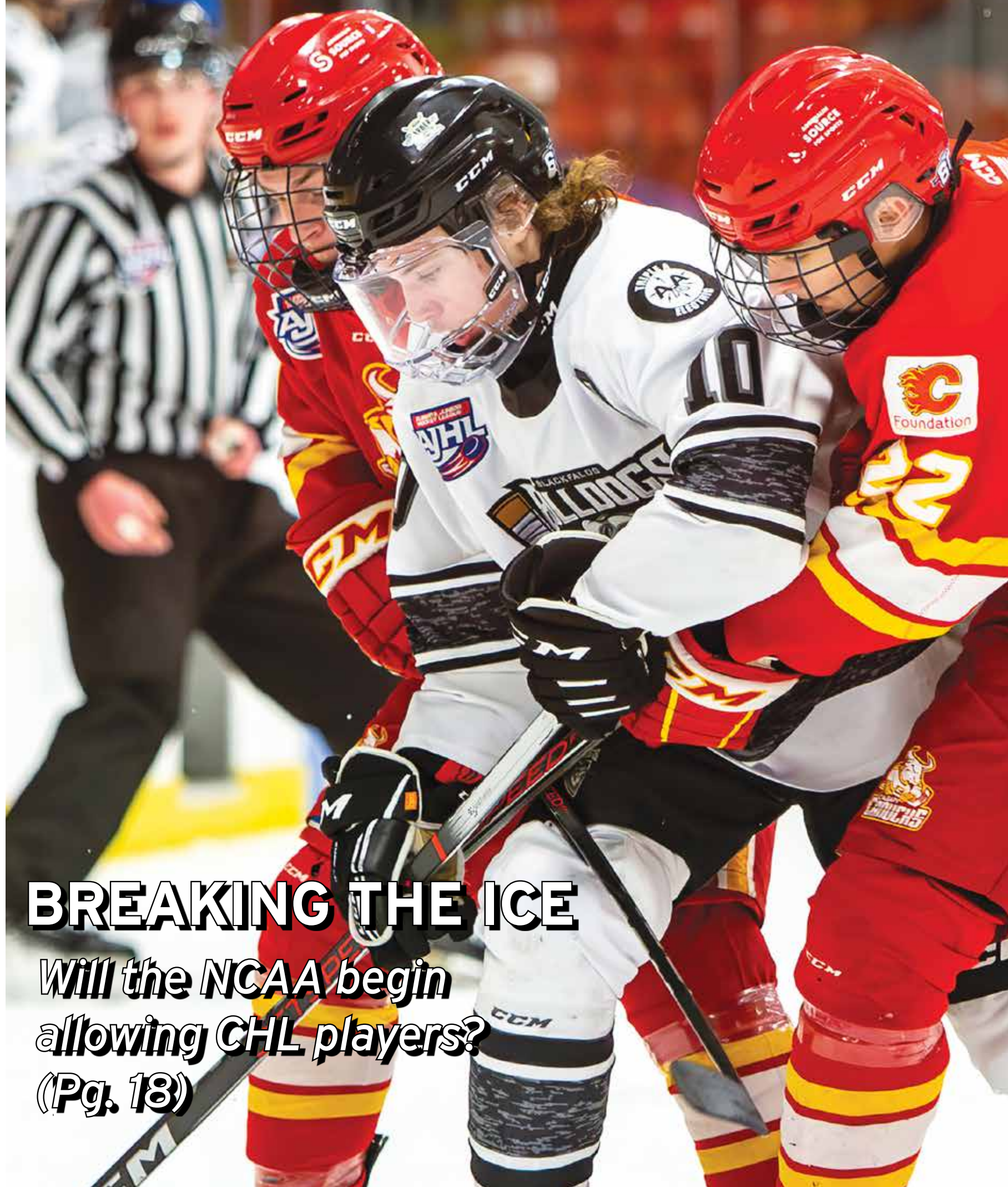


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BREAKING THE ICE

*Will the NCAA begin allowing CHL players?
(Pg. 18)*

Deeper hole of debt

Alberta students face harsher realities as grants give way to loans

Sannah Chawdhry

Contributor



Joseph Nguyen REC President of SAMRU advocates for increased grants to support post secondary students.

Photo courtesy of Joseph Nguyen

Given the recent modifications made to Alberta's provincial budget, students throughout Alberta are facing a financial shift that impacts their educational path and future opportunities.

The government is shifting focus from grants to loans. But the goal to expand access to student loans has caused controversy due to the worth of this type of support being inadequate in light of the growing affordability crisis for higher education.

Joseph Nguyen, representative executive council president of the Student Association of Mount Royal University (SAMRU), said his initial response to the budget was one of disappointment, though he said the outcome was not surprising. The government's emphasis has turned away from providing direct assistance to students in the form of grants, which are of utmost importance for those

who are already struggling with the high expenses associated with university.

"Understanding where the provincial government is at in their priorities, or their focuses, it does make sense that there isn't a substantial increase in the post secondary education network," Nguyen said.

Although there is focused financial assistance in some fields, the insufficient backing for students in studies that do not have direct connections to the economy makes them particularly vulnerable.

"If you're considering students in other programs, such as sociology, where they don't have a direct tie to an industry, unlike aviation and nursing, then those students are left unfunded," Nguyen said.

The implementation of this measure has the potential to result in a significant number of students being unable to pursue higher education due

to the combined challenges of costly living expenses and inadequate financial assistance.

Representing students

In the process of tackling these difficulties, Nguyen stressed the lobbying efforts that SAMRU is making, targeting both the institution of Mount Royal University and the government. These efforts are concentrating on critical areas such as funding for mental health and gender-based violence.

"We have been asking for money to support more staff in that office, or in both those offices - mental health and gender based violence - but also addressing affordability as well as issues that students are facing," he said.

However, there is still a substantial cause for concern. Because of the government imposed cap on institutions raising tuition fees, educational institutions will look for alternate sources of revenue, which may result in an increase for costs of auxiliary services.

"If the government keeps up this model then auxiliary services will go up, I predict the parking will go up and textbook costs, bookstore costs, rental space, etc," Nguyen said. "We're advocating to the government, and it looks like they didn't listen."

Short and long term effects

The switch from grants to loans is more than a

financial issue, it places a major psychological strain on students. Nguyen emphasized the particularly difficult impact on students who are debt-averse.

"The difference between getting a \$3,000 grant and a \$3,000 loan versus getting a \$6,000 loan, it's mentally taxing," Nguyen said. "You're going to be paying loans with high interest and the government is not, right now, being generous with lowering the interest rate for student loans."

Long term, the growth in student debt due to a higher reliance on loans rather than grants has consequences. Students may forego meals, live in unsafe conditions, or even live in their cars to avoid debt. In a difficult housing market, the ripple effects could cause graduates to miss out on major life events like buying a home or starting a family.

A student's perspective

Sheraz Raja, a fourth-year student at the University of Calgary emphasized the financial pressures brought on by tuition increases and the insufficient actions to address the situation.

"I'll be using more of my loans which will make repaying them harder. Additionally, a 12-month grace period is barely sufficient, and 24 months or more would be far more helpful," Raja said.

Raja's calls for greater transparency in tuition distribution points out a growing desire for accountability in how

educational institutions handle and justify raising tuition. Students are questioning the rationale behind these financial decisions as well as the disparity between the costs and the services given.

"My program has a massive understaffing issue and courses are commonly not taught at all, or are instead taught by sessional instructors who don't really care about students, aren't as skilled at teaching, and who have very unclear expectations," Raja said.

"I've had to delay my degree progression a fair amount in order to pursue courses that I'm interested in, which are rarely offered even though they're on the course calendar, rather than being forced to take courses in fields I'm not interested in with professors who don't care. Because of this, I'm forced to take irrelevant courses sometimes due to graduate schools requiring students to take full course loads, even if the courses are completely irrelevant."

Students are forced to make difficult decisions that may affect their educational path and future employment chances. From postponing graduation to avoiding valuable but expensive courses, the consequences extend far beyond the academic campus.

"I know many students who had to leave university due to being unable to afford their loans, especially for students who wanted to pursue graduate school but didn't want to gamble on their futures," Raja said.

Abhay Ball's bee balls

An MRU student is conducting research surrounding bees and the art of play

Liam Rockliffe

Staff Writer

Play. It's something that isn't needed to survive, nor does it provide any physical advantage in the wilderness. Yet, we see it everyday in humans, dogs, birds and — as Mount Royal University's (MRU) student Abhay Ball and professor Robert Owen are researching — bees.

Owen has a PhD from the University of Toronto and has been invested in bee research for 40 years.

Ball is an honours biology student who is using this research opportunity as a way to explore new areas in science and biology — an opportunity that is less available after the

undergraduate program.

Research on bee habits is very recent in the scientific community. The first instance of this type of research occurred in 2022, where London researchers discovered bees' behaviour with rolling small balls.

"This is a topic that has garnered much interest from both the scientific community and the public," Ball said. "We found this topic to be so novel and interesting that we almost had to undertake it."

Ball and Owen have the opportunity to be trailblazers in the world of "small-brained" animals doing "big-

brained" things.

"The main benefit of this research is that it helps us understand more about animal behaviour, as it investigates the potential for complex behaviours, such as play," Ball said. "It offers insights into the cognitive potential of bumblebees, suggesting that they may experience a form of intrinsic reward from an activity that does not serve an immediate survival function."

In the past, it has been assumed that only invertebrates participate in behaviours of play. However, observing bees partake

in "non-survival" related activities and seemingly receive rewards proves that there may be more to an insects' personal life.

It has been observed that bees "play" with small balls while in a well-fed and low stress environment. Ball and Owen's research takes this one step further; investigating if a bee's behaviour with balls transfers over to non-spherical shapes, such as wooden blocks.

Ball and Owen's research has provided many results which can change how we understand "small-brained" creatures and their place in

nature. With bees' performing actions that provide no physical advantages it could mean that insects have more complex thoughts and perhaps feelings than otherwise assumed.

Ball and Owen's produced findings that show a bee's behaviour with wooden blocks has little to no difference compared to a bee's behaviour with balls. Additionally, bees actually partake in "climbing" the wooden blocks for no reason other than satisfaction. Potentially meaning that it doesn't matter the shape or size of the toy, bees just love to play.

Calgary dedicates \$1.9 million to citizen safety downtown

Bella Coco

Staff Writer

In Calgary's downtown core, the concern for safety and crime has risen over the last years. With social disorder increasing along LRT lines, the City of Calgary plans to invest \$1.9 million to amplify public safety.

In the past, the Government of Alberta provided provincial funding to Calgary for downtown core safety. The funding helped add more task forces and police patrols.

Now, after the budget decisions made in fall 2023, the City plans to enhance safety by increasing security, lighting, and surveillance

cameras.

In a four year budget plan, the City has outlined what they are watching, what the Council has directed, and comparisons of service.

"Bylaw Education & Compliance continues to promote equitable access to service and will evolve with Calgary's increasingly diverse population," the plan read. "Community peace officers will continue to adapt to meet additional responsibilities presented by emerging needs in Calgary, including enforcement for public transit, encampments, street

harassment and problem properties."

The plan outlined that the City plans to use technology in order to create more modern and efficient response services and increase accessibility for Calgarians.

The City's civic partners will be receiving grants to continue fostering a community of safety. These recipients include Vecova Centre for Disability Services and Research, Contemporary Calgary Arts Society, Arts Commons, Calgary Public Library, MNP Community Sports Centre, Fort Calgary Preservation

Society, and Telus Convention Centre.

Lori Kerr, manager of major partners, made a statement on Feb. 27, saying that with the funds provided to the civic partners, Calgary can continue to be a safe place for people, staff and customers.

"Our civic partners provide important programs and services downtown and near transit and contribute to the vibrancy of our downtown. We want to ensure they can focus their resources on providing their essential services," Kerr said.

In a City survey conducted

in November 2023, 500 Calgarians were selected to provide their input on safety on transit and their safety downtown.

About 72 per cent of respondents answered positively about their safety on the LRT during the daytime, a 67 per cent increase from the last survey conducted six months prior.

However, only about 39 per cent of respondents said they

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Continued from Pg. 3

feel safe using transit at night and 34 per cent of respondents said they feel safe waiting for the train at night.

On March 6, the City released the outcomes and recommendations of their Downtown Safety Leadership Table.

The table focused on seven areas of concern and evaluated

the current state of the areas, the resources, and the gaps.

These areas were identified as addiction, mental health and homelessness influence perceptions of safety, transit safety, congregating and loitering, environmental design and structural condition, coordination and communications, emergency shelters and the centralization of services, and criminal activity and law enforcement.

More information about

the City's timeline and goals can be found online in their

Downtown Safety Leadership Table.



Downtown safety is a growing concern among Calgarians. Photo by Aiden Johner

Housing Hell

Finding a home in a housing crisis

Liam Rockcliffe

Staff Writer

Partying, homework, skipping class, and fear of homelessness are all core pillars to a university student's life. Finding a place to stay while attending college, especially if you're not originally from the same city as the university, can be daunting.

Reviewing the 2024 Rental Market Report provides a look into the hazardous state of the housing market. "Canada is experiencing record-low vacancy rates (1.5 per cent) and record-high average rent growth (8 per cent) in 2023." These conditions create a market where landlords can expect to be paid whatever number they choose. Vacancy continues to lower in cities like Calgary and Edmonton, and both cities have the highest rental increase. The study also finds that the boom of rent prices has out-paced wage growth.

However, the Students Association of Mount Royal University (SAMRU) has many resources for students trying to find a home. SAMRU has partnered with Places4Students.com to help students find off-campus housing and help students understand Alberta's Residential Tenancies Act.

Alberta has many laws surrounding tenancy to protect

landlords and tenants. These base laws dictate that tenants must pay rent on time, not commit any crimes, and keep the place clean. It also requires landlords to keep the unit available for the term of the lease, keep it peaceful, provide tenants with a "notice of the landlord" (a simple sheet with landlords contact information in writing and a signature of the landlord), and importantly keep the living quarters livable. This means the place must not have bed bugs, must have heating and water (hot and cold), and be maintained in a windproof and waterproof condition, as outlined in the Housing Regulations.

Landlords will also provide tenants with a tenancy agreement, where specific terms of the location can be determined. These usually restate the base values of the housing regulations, with details such as rent amount, how and when they expect it to be paid, information about parking and utilities (if they are provided, and the cost associated with them), insurance requirements, and information on additional fees (such as NSF charges, guests, pets, etc.). It also includes information on the security deposit, such as the price (usually set at around half a month's rent), and when it is

to be paid and paid back to the tenant. If the tenant doesn't agree with any of the terms they have the ability to tell the landlord and arrange other terms before signing.

When looking for a place in Calgary, it's important to see the location in person and get as many details as you can about other roommates, rules, and utilities. This also provides a valuable opportunity to meet the landlord and research beforehand about the property or deal. The location of the rental is equally important, as just five minutes can be the difference between attending class or not.

It's important to come prepared for off-campus rentals as well, with documentation such as character references, identification, and set up

ways to pay the rent, such as E-transfer, cheques, or cash. It is also important to understand utility bills and how the landlord can choose whether or not utilities are included in the rent.

Mark Keller, director of Residence Services at Mount Royal University said that Residence Services is currently accepting applications for the 2024-2025 academic year.

"It's important to note that we have received a higher than usual number of applications and so we can't guarantee a space in residence for any applicant," Keller said. "If you're considering applying we strongly encourage you to submit an application as soon as possible!"



Finding a home in Calgary is proving to be a daunting task. Photo by Aiden Johner

THE REFLECTOR

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How to “mew” and why you shouldn’t do it

Arroy (AJ) Jacob

Web Editor

There is a secret to why celebrities look so perfect in their glam shots. The secret is (apparently) all in the tongue.

Social media users are accusing as many celebrities on the red carpet as possible for trying to shove the skin above their neck into the bottom of their chin. The easiest way they do so? Take the tongue, and push it against the roof of the mouth and the front two teeth. And suddenly, they have a picture perfect jawline for the paparazzi.

Welcome to the world of “mewing,” a “beautification” phenomenon that has recently re-invigorated social media platforms and their audiences alike. Take your tongue, and push it up and around the roof of your mouth and work the muscles under your jaw. People all across TikTok are doing it—shoving their tongues in unnatural positions when posing for their videos, like they’re photoshopping in real life.

However, youth and young adults are taking mewing to another level. Mewing can quickly make one’s appearance more “appeasable” with a stronger jawline. But people have advocated for constantly mewing to physically shape their jawlines for good.

The controversy behind mewing has the hashtag, especially on TikTok, divided into two: people who stitch the hashtag pinning incredulous memes to the trend, and others, who take the real-life photoshopping a

little too seriously.

Trends like these are subject to analysis, including an exploration into its history, the science, and the implications it may have on a social media society.

The history

According to WebMD, “mewing” was never a medical term. The theoretical concept originated from British orthodontist John Mew in the late 1970s, and then further propagated by his son, Michael Mew. It was “originally intended mostly for young children whose jaws are still growing.”

Mewing was never actually intended for beautification purposes. In fact, neither John nor Michael coined the term itself. “Mewing” only became popular over social media when in reality, the Mew’s wished to help children prevent jaw development issues, as a result of evolutionarily smaller jaws in recent generations at the time.

Besides these simple facts, nothing else is known about the term. Without any other information, it’s difficult to determine the legitimacy of the concept, other than it being nothing more than impractical.

The science

As stated in *Health.com*, “no credible research proves mewing can permanently alter your jaw structure.” The only “respectable” organization that backs tongue placement notions is the Mew’s-founded London School of Facial Orthotropics.

With their claims, they theorized that mewing can treat overbites, sinus issues, or even temporomandibular joint dysfunction (TMJ), a disorder that causes internal pain by an involuntary locking of the jaw.

There is no research, though, not even from the London School of Facial Orthotropics, that backs up these claims.

The only credible scientific research that relates to mewing are certain tongue exercises that can be used to treat sleep apnea, or teeth misalignment. But nothing at the moment is proven to physically chisel your skull.

If anything, professionals are actually proposing that there are more risks to mewing than there are (if any!) benefits. *Health.com* says that there is a risk of “mewers” developing a “misalignment of teeth, misalignment of upper and lower jaw, pain or dysfunction at the hinge of your jaw (TMJ pain), and loose or chipped teeth (from misalignment or pressure).”

The dangers

Knowing that the health sciences cannot reasonably back up claims of shaping a jawline (and potentially being worse for your body), it makes the concept sound childish, and perhaps even outrageous.

Needless to say, it makes TikTok’s look silly.

But there is an underlying issue behind the (typically young male) population who continue to perpetuate mewing as a legitimate

method of beautification. In recent years, an influx of influencers joined social media platforms, and have since then monetized on content, videos, and online programs surrounding the topic, and promoting it.

Inherently, they are profiting off of misinformation.

Content surrounding mewing has become a pipeline into the infamous incel (involuntary celibate) community: young men who blame their unsuccessful sexual endeavors on women and society. In fact, according to *The New York Times*, it was the incel community that coined the term “mewing” itself—which means that

those who identify as an incel of adopted mewing in hopes of escaping their self-identified involuntary celibacy.

What’s terrifying is the prospect of children and youth who are exposed to incel-influenced mewing content, who are conditioned to believe that shaping their jawline will result in social acceptance. Futile tongue placement is not the solution to positive body image reinforcement for the younger generation.

Mewing will not only lead to long term physical damage, but also corrupted body image representation that will only lead to new insecurities.



Mewing is a tongue exercise that has gained popularity in recent years. Photo courtesy of Wikimedia Commons

Expression through orange sarees

MRU lecturer communicates feminism through her art

Mikaela Delos Santos

Publishing Editor

At age 23, Dr. Jebunessa Chapola left her home country of Bangladesh to study abroad. It was also at age 23 that she realized the country she was born and raised in was deeply colonized.

“Though [decolonial] education is not very much available [in Bangladesh], through informal learning spaces and through my family education, I started to learn that Bangladesh has a colonized history— India has a colonized history.”

A feminist researcher passionate about decolonial studies, Chapola tells me stories of what it was like growing up in Bangladesh.

“My homeland is highly patriarchal, and highly sexist. And women used to face lots of challenges to leave as a human being, I would say, religious racism was very high that I have experienced. But during my generation, when I was growing up, it was not that [much] worse, like, currently, it’s really, really worse.”

“By saying all of these things after leaving my home country more than 20 years now, I can see that these are mostly the consequences of colonization. I didn’t have this realization before, but as a diasporic woman here in Canada, and also as an anti-racist, anti-colonial scholar I can say it out loud that, yeah, in Bangladesh, when I grew up, I didn’t have the opportunity to have decolonial and anti-racist education.”

Currently, Chapola is a sessional lecturer in Mount Royal University’s (MRU) General Education department. Before coming to Canada, she received various academic accolades

from Sweden, Norway, and the U.S.

For Chapola, immigrating to Canada saved her life. It was also in Canada where a lot of her passion for decolonialism further developed.

“After so many years [from when I left Bangladesh], I felt that I’m so committed and I’m so passionate to be an advocate for my Indigenous people back home.”

“I was hearing so many stories about orange shirts, the red dress day, and also Truth and Reconciliation. All this made me committed once again to be a researcher and where I decided to be an advocate for building relationships with Indigenous and non-Indigenous people.”

Chapola also considers herself an artist. Her art? Saree wrapping.

In various multicultural festivals Chapola uses sarees produced by artisans in Bangladesh and India where she shares the art of saree-wrapping with festival goers.

“But this orange color saree wrapping it, I do it only for myself.”

Orange sarees for Chapola is a means of expressing social feminist messages through her own body. Sarees are Chapola’s art and identity, both as a scholar and artist.

“I mean, that’s my way of doing it. [For a] long time I’m doing it.”

As a scholar, she found it hard to convey her messages to a broader audience.

“I tried to bring this piece as an anti-racist performance piece. Since I’m on my training, I’m an anti-racist scholar. So, around the community, how many people understand your scholarly talk? Right? And

scholarly presentations?”

Along with the orange sarees, Chapola also wears a black blouse.

“I use [a black blouse] because black symbolizes a sad colour back home. So black represents my

Bengali culture. And orange represents here in Canada.”

“Whenever I go for any Indigenous event, or not only Indigenous events actually, [whenever] I get the opportunity to present my doctoral work, I wear this

orange saree. Why? Because I think I feel more committed and I feel that it tells a lot. By showing my appearance in front of the public, it has a silent language that otherwise I need to tell a lot.”



Having worked with the Indigenous communities in Saskatchewan for her doctoral work, Chapola found a newfound passion for decolonialism studies. Photo Courtesy of Jebunessa Chapola

The Legacy of Tim Horton

How did Canada's favourite coffee shop come to be? Who was the man behind it?

Matthew Hillier

Staff Writer

The NHL is not what it used to be.

Back in the “old days” there were no million-dollar contracts, no high-profile trades, and no lucrative sponsorships. Playing hockey at the professional level would earn you a salary of around \$15,000 to \$20,000 in the 1950s to 1960s. There was a potential bonus of around \$30,000 if you played extraordinarily well, but that was reserved for the best of the best.

Simply put, there weren't as many people watching hockey, and there weren't as many ways to watch the games themselves. Television was just becoming popularized at the time and most broadcasters didn't want to invest in hockey as a sport until cameras and broadcasting itself became more affordable and easier to accomplish.

This era of hockey history is where a legendary player and household Canadian name comes in. He unfortunately passed away 50 years ago on Feb. 21, 1974. His legacy is a reminder of his massive impact on Canadian culture and the game of hockey itself.

If you don't know his name already, drive around Calgary for around five minutes and you will see his name on one of the hundreds of his restaurants all over the city.

Tim Horton was born in Cochrane, Ontario to Ethel May and Aaron Oakley Horton, a railway mechanic. Tim had one brother and a lot to prove.

He grew up playing hockey in his hometown in Cochrane and later in the mining community of Timmins, in Northern Ontario. There he honed his skills and

eventually caught the eye of a recruiter for the Toronto Maple Leafs and was signed to play with them in 1948.

He was also attending St. Michael's College at the time, and eventually was signed to play with the barn hockey team of the Pittsburgh Hornets of the American Hockey League. Under their leadership, he would play his first official NHL game on March 26, 1950.

His next NHL game was two years later in 1952. In this era after his NHL debut, he quickly proved himself. His incredible grace under pressure and incredible strength and stamina would make him a formidable and sturdy defenceman. His signature move was a massive bear hug that stopped players in their tracks and was generally regarded as the strongest man in the game at the time.

His career at this point skyrocketed, and eventually he would play for New York Rangers, Pittsburgh Penguins, and Buffalo Sabres.

Despite being an effective “enforcer” and defenceman he earned relatively few minutes in the box per game, and quickly became a crowd favourite.

His career was spectacular, even by modern standards and at the time he played, his skill and popularity were relatively unheard of for the NHL. He was on the winning team for four Stanley Cups and scored three goals and 13 assists in 12 playoff games, which at the time was a Leafs' team record for a defenceman, which wouldn't be broken until 1992.

Unfortunately, age caught up to Horton but despite near-sightedness and other

health issues, he was still signed to the Buffalo Sabres in his 40's.

Now here's where the coffee comes in, in 1964 he opened his first chain of donut shops with his own name on the front. It did very well compared to his other investments, a hamburger restaurant and a car repair shop. four years later it was a multi-million dollar business. Despite his increased wealth he still decided to play hockey until his death.

Unfortunately, Horton suffered a fatal car accident in 1974 while driving back to Buffalo after playing his former team, the Maple Leafs. It was revealed after his autopsy was made public in 2004 that he was intoxicated at the time of his death. He was survived by his wife, Lori Michalek,

and four daughters. He was posthumously added to the Hockey Hall of Fame in 1977.

Despite this, he is remembered for his incredible game skills and for his successful franchise named after himself, which has remained a household name across the country.

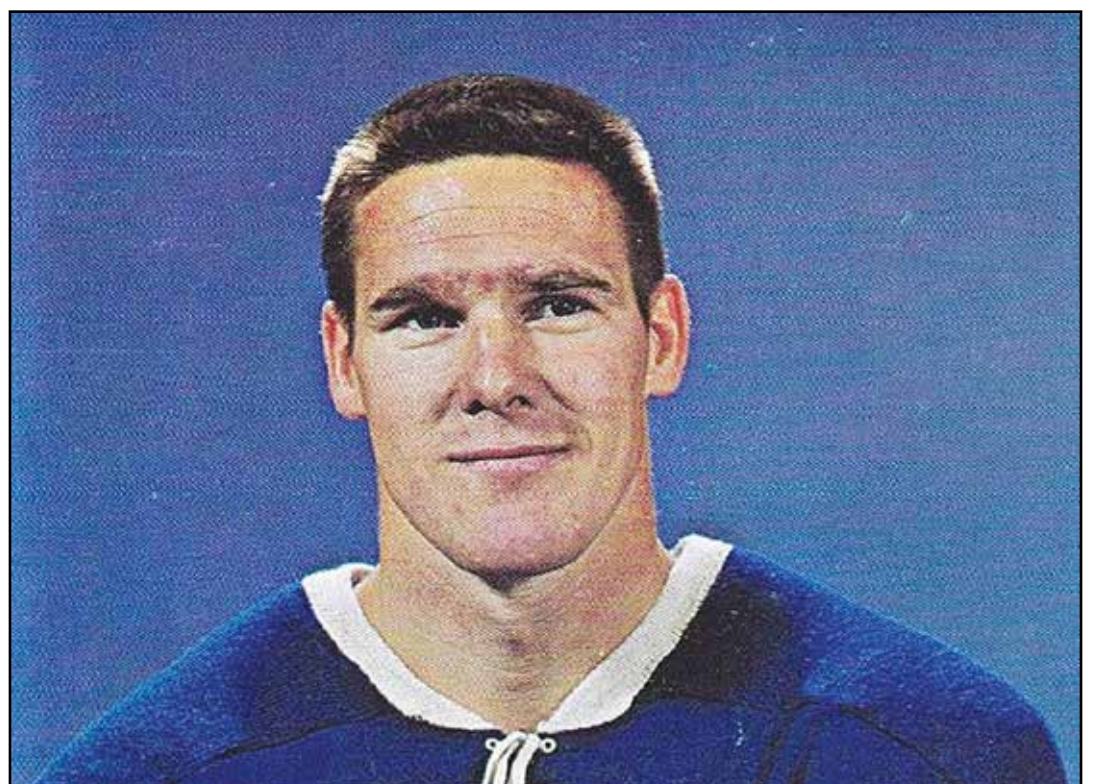
The restaurant itself has been devoted to helping out local communities and encouraging sports development among youths with programs like the Tim Hortons Camp.

Izabella Faytone, a Mount Royal University student in the Funeral Services program, was a camper for three years and held a leadership role in her last year. The camp has had a profound impact on her life.

“It taught me really important interpersonal

and survival skills. For a lot of us, it was the furthest we had ever travelled outside our hometowns. I got to summit a mountain which I still remember to this day and I still talk to the people I shared these experiences with. I would never have been able to do this without the camp. At my school, I felt like no one shared the same experiences or situations I had at home. However, at camp, I felt seen and heard by people who shared a similar background as me.”

Tim Horton will be remembered as a proud Canadian, a founder of a legendary coffee chain, and one of the biggest stars in the founding decades of the NHL. The contributions and good works of his chain of coffee joints wouldn't have been possible without him.



Tim Horton was a successful NHL player and founded a legacy chain of coffee shops that Canadians have come to know and love. Photo Courtesy of Wikimedia Commons

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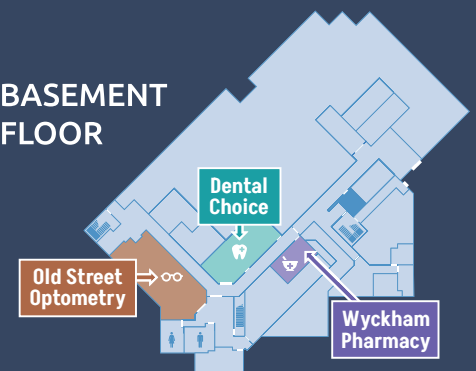


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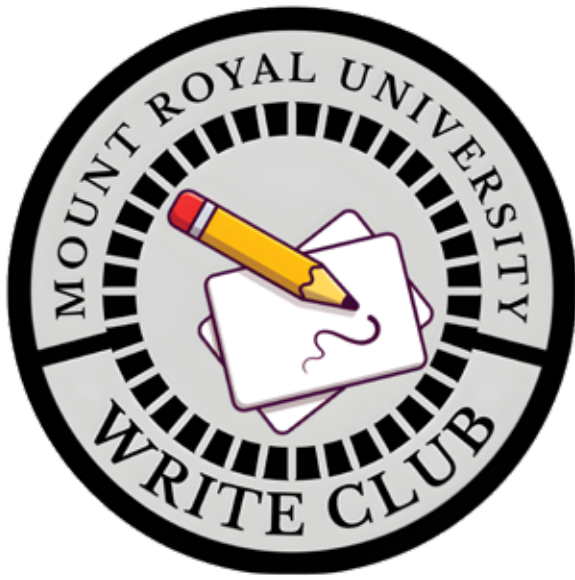
BASEMENT FLOOR



Find us in the basement level of the Wyckham House Student Centre!



@samrubuzz samru.ca



From the President of Write Club

As a student seeking a creative writing community, I was dismayed to find Mount Royal University's creative writing club dissolved due to the COVID-19 pandemic. Undeterred, I took the initiative to establish Write Club—starting with just two members. Through determination, we garnered official status and have been growing our numbers through initiatives like charity fundraisers, author Q&As, slam poetry and open mic nights. Today, Write Club boasts over a hundred members, fostering a culture of radical self-expression and support for student writers across any and all majors.

This Literary Supplement, the first in *The Reflector* since 2017, represents years of creative work by emerging authors. In an increasingly isolated world starved of meaningful connection and creativity, the printed word remains vital. Literary journalism preserves the pulsating heart of our community, providing a platform for self-expression. This supplement encapsulates the boundless potential of compassionate spaces that nurture the arts.

I can only hope Write Club perseveres after I graduate, and can become the thriving, boundless, radically compassionate refuge for all who create, just as I idealize the club to be. Know that you can show up to one of our weekly meetings anytime—you belong here, after all.

—prez & founder, ken.

Brunch @ 5pm (Before Mom Gets Home From Work)

Marcus Vertodazo

My favorite depression meal starts with me briskly snatching a cream-coloured ceramic bowl from the bottom stack of mis-matched plates and tupperware, collectable hand-me downs from the other Filipino families spread across Forest Lawn to Falconridge and beyond, buried deep in the back of the carob cupboard.

I pause, taking account of my acute asthma, before blowing off herds of dust bunnies bundled up in dense honeycombs embedded now in my bronchioles, uncovering sporadic small dents from the last time I shoveled, instead of scooped, my meal with a silver painted brass spoon.

I open the pantry and scan the top shelf, contemplating on what to choose, between the crushed-up Cheerios, the one fourth of Fruit Loops left, the Frosted Flakes with the sucrose and sodium slowly flaking off, Cocoa Pebbles combined into boulders, or the cardboard box of Life left abandoned and untouched. My barren bowl gets filled half to half-way full.

This is me attempting to convince myself that I still conjure the competency to make choices while tolerating the decisions of both a clamoring child waiting till supper and an adult doubting if I am really twenty-two. With a leftover plastic fork, I sift serving-spoon-fulls of Tim's cocoa powder on top brittle cavern mounds of cereal, before splashing down with flash floods of nearly expired almond milk fetched from the front of the half-opened fridge.

I spend however long it may take piling ingredients on top like a desperate dessert lasagna or a blind-folded jenga game with fugacious gaslighting, anticipating the results will remind me of candied happiness; the signature saccharine mango float found in Filipino house parties.

Yet, I taste bitterness; an unsavory, indigestible, partially perished, spoiled, overly-seasoned, oven-burnt off-brand frozen lasagna.

I host a banquet for the compost bin, I assure myself next time should be different before I clamber back into my bed sheets—bundled up burrito-style.

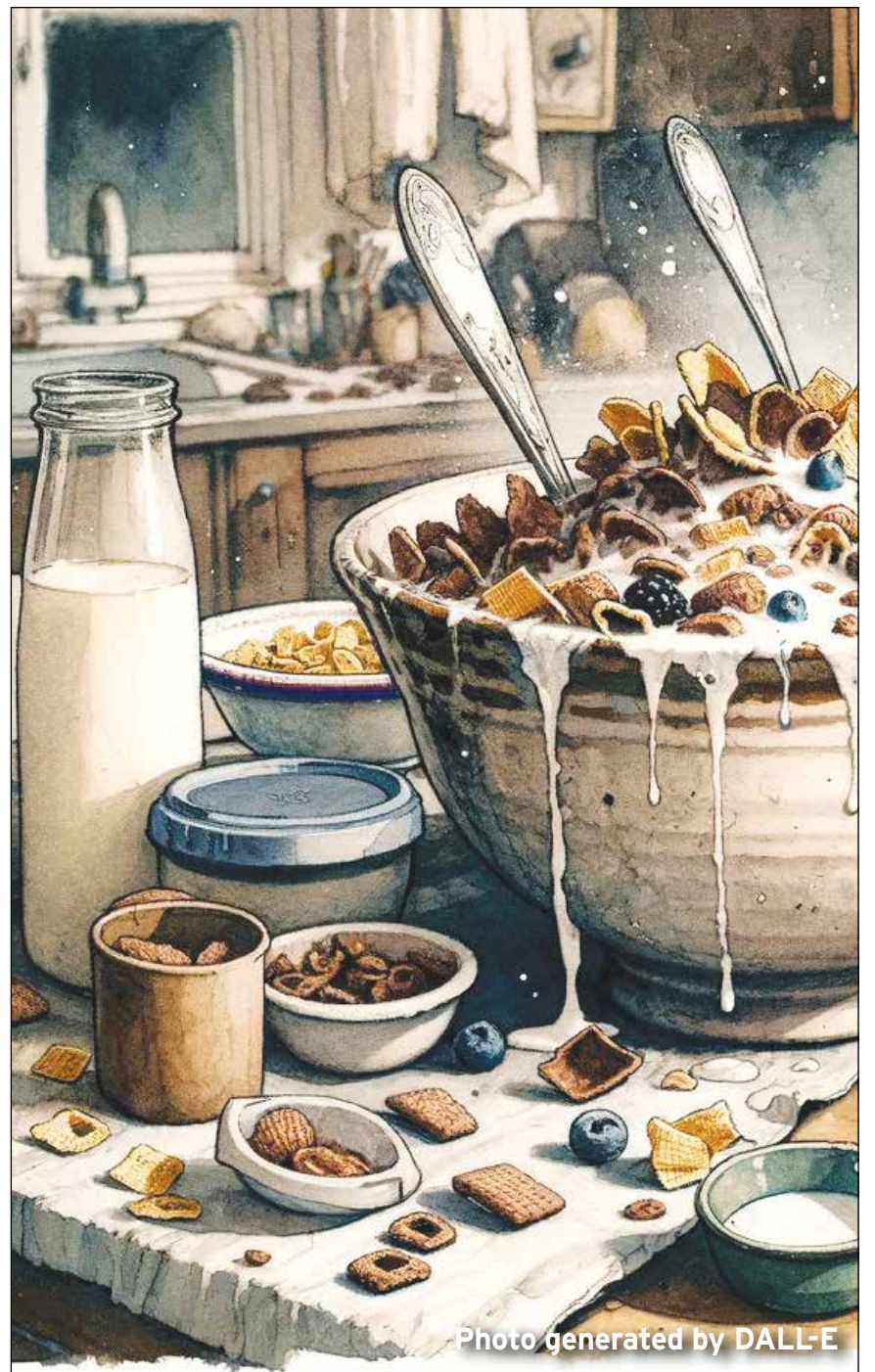


Photo generated by DALL-E

Written Words are Bullshit

Christina Jarmics

Poetry and Rhymes
Singing Songs and Written Words
How beautiful they are
But that is just a sweet lie

You ask why I write
why phrases flow onto pages in front of me
how stanzas and metaphors become more
than just words?

I do not know,
for I dislike poems,
but, maybe it's not the poems, but people
how astonishing they are
weaving words like puppeteers
bending the emotions of their readers
to their own desires and whims

twisting words into something beautiful,
attempting to tame the rotting and wilting.
How meaningless words can mean so much
Love, peace and joy,
when the only devotion they have,
is bathed in deception

You ask why I write and I'll say,
I have no clue.
I'll lie and joke while weaving beautifully awful words
to fit my narrative
Stanzas and metaphors will become so much more

This game of phrases written in ink and silly songs displayed,
poems and rhymes
continuously bending others
to my whims and desires
turning words into nothingness,
changing meanings to prevent rotting.

Making meaningless pages turn into works of art.
You ask me why I write, why play this dangerous game?
It's because this game keeps my insanity at bay.
Words pool in my brain,
crashing into my soul.
Drowning my mind, until I lose control.

The only way to ease this anxiety,
Is by expelling the words in their entirety.
Giving meaning to the meaningless,
trading passion for dishonesty.

You ask me why I write,
I write to lie.
As poets, we outwardly extend truths,
Telling others what to do,
while burning our own advice,
and looking at our demise.

Ink made from our bleeding hands and choking breaths,
to weave words and make rhymes,
It is all a sweet lie
We all write to lie.



Graphic by Mikaela Delos Santos

Poem in Progress

Bailey Wilson

There are old journals on my bookshelf
blank pages at the back
filled with unfinished poetry

similes with no synonyms
metaphors with no meaning
prose left on pause

But the girl who scribbled these words in ink is gone
changed by experiences yet to be written
Words lamenting past lovers that scorned her
trying to heal fresh pain through pen and paper

Now those feelings are a distant memory
only existing as echoes in my identity
And the ghosts of my past try to haunt me in these pages
but their barbed wire smiles don't scare me like they used to

The wounds have scarred over
the girl has grown
and this work will never be finished

Forever a poem in progress
as they all once were
and all will be.

Pull

Jana Tzanakos

pull me away
I can't handle the world right now
like I'm supposed to, like I used to
I can't pretend right now as well
as I'm used to

I'm breaking just a little bit
and everything shows through
I'm not really cool or chill
just heartbreakingly strewn
I'm reaching and falling
it's tormentingly cruel

I'm making up words out of
pretending to be okay
this whole damn poem
is a fucking cliché
I've forgotten how to write it
I've forgotten what to say

there are too many specific memories
flashing through my brain
too chaotic to set anything straight
can I lay my head on your shoulder
pull me away

A Shattered Cup of Earl Grey

Levi Lewko

A teacup and saucer shatter, followed by the apology of a scullery maid and the berating's of her mistress. The flowing fragrant contents of the now dashed china cup scattered across the polished tile floor. The still steaming liquid pooling at the feet of a beautiful, teary eyed girl who I now found rushing past me and into the hall. Her arm brought up in an attempt to shield her face from mine, yet the still red handprint on her cheek peers through.

"Cornelius, be a dear and clean up her mess." ordered the plump woman seated at the dainty circular table at the room's centre, for which she was too large.

"Oh Vera how DO you manage with such lack luster help?"

"Well Primrose we can not all live with such privileges as you."

"Not all of us can afford to live like I do," retorted the lady in the ostrich feather hat, as she poured herself a cup of Earl Grey. I couldn't help but let out a little chortle as I began cleaning the shattered porcelain.

For as comfortable as the house was, it had indeed seen better days, the paint was beginning to peel in places and a drafty dampness seemed to surround the home. The once opulent gardens had become overgrown into a labyrinth of weeds and unattended shrubs which had strangled the few flowers that remained; every inch of the grandiose halls covered by furniture and heaping mounds of trash.

"Well Primrose at least I have STYLE and PANACHE..." the plump woman began pouring herself a steaming cup of the odorous tea. "Which reminds me, Primrose, speaking of style. I must say that, on normal circumstances such a... FLAMBOYANT... hat would be gaudy... but you manage to pull it off." The lady in the ostrich feather hat blinked, deep and deliberately, finishing with her steely stare aimed at the plump lady's very soul.

I returned to my post standing against the wall in time to catch the plump woman flashing a forced toothy grin to the lady in the ostrich feather hat, who returned the gesture in an equally unnerving manner. Reaching into my pocket I retrieved a cigarette and lit it, creating the only sounds in the now silent parlour.

"Well I must say Vera, I think it is INCREDIBLY BRAVE for you to be wearing such a tight fitting gown. I know that if I had a figure like YOURS I would not dare don something so tight." The lady in the ostrich feather hat plopped a lump of sugar in her tea and poured in enough milk that it turned nearly snow white.

"Well Primrose YOU would know better than anyone what GHASTLY things a corset can hide." The plump lady plopped in a handful of sugar cubes, stirring them vigorously into the vortex in her cup. I could hardly contain the chuckle I felt rising in my chest, and resorted to turning into a cough once it broke free.

However the pair were too occupied with other matters, paying no attention to me. "My DEAREST Vera, do you think SO MUCH sugar is wise?" she inquired, turning her nose up to the intricate ceiling. It's plaster covering flaking off and drifting to the ground like a light snowfall.

"My DEAREST Primrose, do you think SO MUCH concealer is wise?" retorted the plump lady, her lips

pursed and gaze narrowing as she sustained a drawn out eye contact with her guest.

She loudly tapped her spoon on the brim of the cup and the two gave a long and hearty forced laugh. Thy began sipping their tea in silence for what I felt was far too long a time. I began to find myself daydreaming as the minutes dragged by.

I was at the beach, a red and white striped towel below me and a matching umbrella shielding me from the sun's rays. The waves crashed and cascaded upon one another just a few feet off. The brine smelt strong and inviting as did the sounds of the squawking gulls cresting in the blue midafternoon sky. It was at this moment that I became acutely aware that the heat of my cigarette was coming dangerously close to my gloved hand. I no longer found myself at the picturesque seaside, but in the dim and drafty parlour of the plump lady. I put my cigarette out in the ashtray at my side, retrieved a new one from my pocket and returned to observing the room.

Having greedily scarfed down a scone the woman in the ostrich feather hat made an inquiry. "Vera, I can not help but notice the CONSPICUOUS ABSENCE of Francis, WHERE prey tell has he gone?" With this she gave a long conniving grin and narrowed her eyes again at the plump woman.

"My DARLING husband is off on business." she replied hastily in an almost rehearsed manner. The lady in the ostrich feather hat took a deep loud sip of her tea, smirking as she stopped and paused.

"Oh...MY MISTAKE, I thought HE may have been with THAT WHORE again!" with this the plump lady's expression darkened and she briskly put down her teacup.

"WELL Primrose, at least MY husband ISN'T IN AN URN!" The lady in the ostrich feather hat daintily placed her teacup on the tiny table. Silently she retrieved the napkin at her right hand, and brought it to her mouth; gently dabbing away the remnants of the earl grey. Finishing she delicately folded it back up and returned it to the table. Upon its return

she looked back up at the plump lady and smiled a genuine smile.

She then proceeded to fling herself across the table, her arms outstretched in anticipation. "FUCK YOU VERA!" She cried as her claws made contact with her target, the flabby and wrinkly form of the plump lady's many chins. The table clattered to the floor in a heap, its cornucopia of cakes and drinks overturned and scattered about.

"Unhand me you TROGLODYTE!" Whimpered the plump lady as she struck a blow to the lady in the ostrich feather hat's gut.

At this moment the scullery maid came bounding back into the room. She attempted to take a step forward towards the unfolding mele but a raising of my arm obstructed her advancement. She turned to face me, silently I raised my hand with my index finger lifted. She looked back at the two women engaged in battle and turning back to me she took up the spot at my side to watch.

A teapot dashed upon one's head, a cup of lukewarm tea was tossed into the other's face. A piece of overly sweet cake smeared across one's overly tight unflattering dress and a priceless china saucer making contact with her attacker's temple. A hefty hand with fingers like sausages bounces off a bony cheek painted with too much concealer.

"CORNELIUS GET THIS BITCH OFF OF ME!"

I let out a small sigh, rolling my eyes. I put my cigarette out and the maid and I sauntered in to pull the two women apart before they killed one other. The plump lady got to her feet and attempted to fix her hair, its locks matted with icing and crumbs.

"Cornelius, see Primrose out!" The lady in the ostrich feather hat picked up her flamboyant headpiece which had fallen in the scuffle and affixed it to her bruised cranium. I placed my hand on her back and began escorting her from the room. As we began to enter into the hallway the plump woman called out to her departing guest.

"Ciao Primrose! Same time next week!"



Photo generated by DALL-E



Photo generated by DALL-E

a leather booth in the corner of a club.

Caden Breen

Sweat, cologne and floor dried liquor consumed my nose.
The strobe lights pounded my pupils, contracting and expressing in every strobe.
My arms rest against the formerly sticky counter as I wait my turn to inebriate.
Our booth hadn't changed a bit.

Nestled in the corner of the room, as if time had stagnated.
A place where everything changed.
A place where everything began.
A place I longed for when it all went bad.

The night we met I sat across on the barstool, half human-half rum.
Friends teased, we smiled, we exchanged numbers.
Prior to tonight, I had carefully coursed and plotted life in order to avoid this place.
However, in this moment all I can do is smile.

Two kids barely aware to the reality that encompassed them.
The priority was joy, at the expense of every other emotion.
After it was all over, I drove home from your house through tears remembering that booth.
Over the span of many moons, the pain has blossomed to fondness.

“Hey, sorry, I'll take a double rum and coke spiced please—thank you”

tAke the leAd

Robbi Fender

Imperfections hide away.
knowing that any appearance they make,
could potentially ruin the surface I had to create.
The words spoken,
were so deliberately perfect
to the insecurities that laid within.

my own acknowledgment of failure was hard enough to face,
it was even harder hearing you agree.
i always thought we'd get past this,
it was just a rough patch.
who was I kidding.
when you were mad,
isn't it obvious that I must be mad too?
it was always a disappointment to hear that I could do
something,
that I could one day be happy.
move on from this.
in your mind you believe that I couldn't possibly get over
this,
because you wouldn't be able to.
but I'm not you.
you're only hurting yourself now,
I will no longer be brought down by your guilt.
you can't expect me to listen and hear honesty from you,
because it's an unlikely occurrence.

I was taught at a young age to walk carefully,
don't break the egg shells that lay at my feet.
walk slowly,
the ripples in the water could lead to disaster.
don't let your mother cry,
because it is,
and always will be,
your fault.



Photo generated by DALL-E

Acknowledgments

It is with great pleasure that I recall the incredible talent displayed by the writers of the MRU Write Club. For far too long, their remarkable skill remained hidden from the world, not getting the recognition it deserved in various literary magazines.

But now, *The Reflector's* Creative Writing Supplement for Issue 12, Volume 63, marks the beginning of a new journey to enrich university students, faculty, and Calgarians with the cultural enlightenment that our creative writing students bring to the city.

I would like to extend my heartfelt gratitude to President Kenneth Brown, Connie Yu, Marcus Vertodazo, and Ben Urquhart from the MRU Write Club for their involvement and patience in creating and vetting the submissions for the supplement. A special thanks to Dr. Natalie Meisner for her overwhelming support and facilitation for funding this journey. I would also like to thank my fellow editors, including Mikaela Delos Santos and Emily Kirsch, for putting up with my ridiculous ideas in all the board meetings.

Lastly, I would like to acknowledge and appreciate all the writers who contributed to this supplement. I look forward to continuing to showcase your exceptional work and the great talent you possess.

- Arroy (AJ) Jacob, Web Editor

The party never starts

*What is happening with Juice WRLD's third posthumous album *The Party Never Ends*?*

Zach Payne

Sports Editor

Since his death in December of 2019, the legacy of Juice WRLD has been marred.

Not by his music, which has risen in sales and maintained popularity on the top charts, but by how that music is produced and published by his label, Grade A Productions.

The label, namely Juice's manager, Brandon "Lil Bibby" Dickinson, has had almost exclusive control over everything to do with his music. However, problems have arisen with being able to deliver the fans the music they want.

At first, everything seemed to be operating smoothly. In the months after his death, at the urging of Juice's mother, Carmella Wallace, Grade A released the song "Righteous" in April of 2020. The lead single for his first posthumous album *Legends Never Die*, was released July of 2020.

The album was originally to be named *Outsiders* but it was changed after Juice's passing. The album featured standout hits such as "Wishing Well," "Conversations," and "Tell me U luv me" featuring Trippie Redd.

However, this is also

where one of the common threads with the Juice WRLD community arose— songs getting leaked.

The album was comprised almost entirely of leaks. With "Stay High" and "Screw Juice" being the only songs that were completely new to fans. "Titanic" was also mostly new, but a snippet had been posted prior to the album's release. Even the interludes had been leaked beforehand.

Throughout the rest of 2020 and 2021, Grade A released more singles, capitalizing on the hype for new music after *Legends Never Die*. However, this is where more complaints arose.

In June 2020, The Kid Laroi released "GO" feat. Juice WRLD— a song that helped Laroi reach new heights as an artist. Laroi had previously been signed to Grade A, and joined Juice on tour in Australia as the opening act.

Thus, Grade A and Lil Bibby saw an opportunity to launch Laroi to true superstardom and released a new song "Reminds me of you" on the anniversary of Juice WRLD's death, a song that was marketed as a collaboration between Laroi and Juice.

The song was released on all platforms as a single under Juice WRLD's page. The problem was, he only had a 30-second verse on the song. A song marketed as a full collab was nothing more than a minor feature.

Fans were outraged after the release, calling out Grade A and Lil Bibby for using Juice's name to promote The Kid Laroi. For months afterward, fans, friends, and family members of Juice began to call Laroi an industry plant.

In an effort to do right by Juice WRLD fans, in the summer of 2021, the first teaser for the next project, *The Party Never Ends* was released in the form of a trailer for the lead single "Go Hard."

The trailer drew a lot of excitement for the new album. However, after growing frustration from songs being leaked, Grade A pivoted and instead put *The Party Never Ends* back on the shelf and began the rollout for *Fighting Demons*. The lead single "Already Dead" was released in November 2021 and *Fighting Demons* was released shortly thereafter in December 2021.

In early 2022, Lil Bibby took some of the songs that were set to be part of *The Party Never Ends* and released them as part of a deluxe edition of *Fighting Demons* instead. Those songs include "Cigarettes," "Go Hard 2.0," and "Sometimes."

In late 2022, Bibby revived *The Party Never Ends*, releasing "In My Head," "Face 2 Face," and "Bye Bye" in what was supposed to be the rollout for the album.

But after leaks kept revealing parts of the album, the project was scrapped once again.

For a while after that there was next to nothing from Grade A on the next album. The single "KNIGHT CRAWLER" with Trippie Redd dropped in January of 2023, but fans were eagerly awaiting news on the album.

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Since his death in 2019, Juice WRLD's music has seen a spike in popularity. Photo courtesy of Wikimedia Commons

OUT'N ABOUT

BUMP Mural Tours

Explore Calgary's street art gallery with an official guided mural tour led by the BUMP Festival. Runs every Saturday and Sunday. Find ticket information at yycbump.ca

Thunderin' Thursdays

Dust off your dancing boots and hit the floor at Ranchman's Free Line Dance Lessons. The lessons start at 9 p.m. and happy hour is all night long.

Tour Fort Calgary

Explore the complex and rich histories rooted in the lands at Fort Calgary through stories, photographs and a tour. Runs April 6, 13, 20 & 27 from 11 a.m. – 12 p.m. More information on Fort Calgary's website.

The Rocky Horror Show

Misfit Theatre YYC and Morpheus Theatre hosts a science-fiction, double-feature journey through Richard O'Brien's iconic rock-n-roll musical. More information on Morpheus Theatre's website.

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In February of 2023, Lil Bibby once again announced the rollout for *The Party Never Ends*, releasing “The Light” (notably a leaked song) as the lead single, and announcing that this would be the final album they would release. But after “The Light” didn’t do as well as expected on the charts and more songs leaked, Bibby once again canceled the project.

As a result of the constant postponing of the album, the hype and anticipation has diminished significantly. There hasn’t been much new music being released either.

However, “Doomsday” a collaboration between Juice and Cordae released in June 2023, and “Lace it” feat. Eminem released in December of 2023 have been the only noise coming from Grade A regarding Juice’s music.

“Lace it” is expected to be the new lead single on the album, which still doesn’t have a firm release date. However, it’s now expected to release in June of 2024—nearly three years after it was originally teased.

Considering the number of times this album has

been postponed, it’s hard to envision a scenario in which the album is released at all if Lil Bibby and Grade A don’t stick to that June deadline.

It is now more than four years since Juice WRLD passed away. At a certain point, it has to be questioned when to let the artist rest and leave fans to enjoy the catalog of released songs and any leaks the community has uncovered.

For an album titled *The Party Never Ends*, we are still left wondering if the party will ever start.



Juice WRLD’s legacy continues to grow as more of his music is released posthumously. Photo courtesy of Instagram/@juicewrld999

‘Love Lies Bleeding’ review: All is fair in love and murder

Bella Coco

Staff Writer

Love Lies Bleeding is an acid-trip dream with love, lust, drugs and blood-covered bodies. But is it the revolutionary, sexy, sapphic film A24 has marketed it to be? Be warned: spoilers ahead.

The 80s set film focuses on the story of Lou (Kristen Stewart), a gym manager in New Mexico who seems to be living a life with no direction. Her days consist of working, eating, smoking, feeding her cat, rinse and repeat.

That is until Lou meets Jackie (Katy O’Brian), a dedicated bodybuilder dead set on hitchhiking her way to Las Vegas for a bodybuilding competition. Jackie is as self-deluded as she is built, and Lou falls for every single second of it.

The two kick it off hot and heavy, and while Lou falls head over heels for Jackie, Jackie falls in with Lou’s father (Ed Harris)—a drug-smuggler who seems to have

his claws in the entirety of New Mexico. With Lou’s father running a gun range, Jackie unknowingly turns her life upside-down when she takes a waitressing job at the range from Lou’s father.

While *Love Lies Bleeding* seems to advertise itself as an avid western or a neo-noir, the unrelenting theme of 1980s muscle (mullets, cars, shirts) and murder seems to shift the film into a tipped-over realm of fantasy.

With each twist and turn, director Rose Glass cuts no corners with the gritty details. From the queer eroticism to chilling gore and guts of murder, Glass takes no prisoners on this LSD-esque sensation.

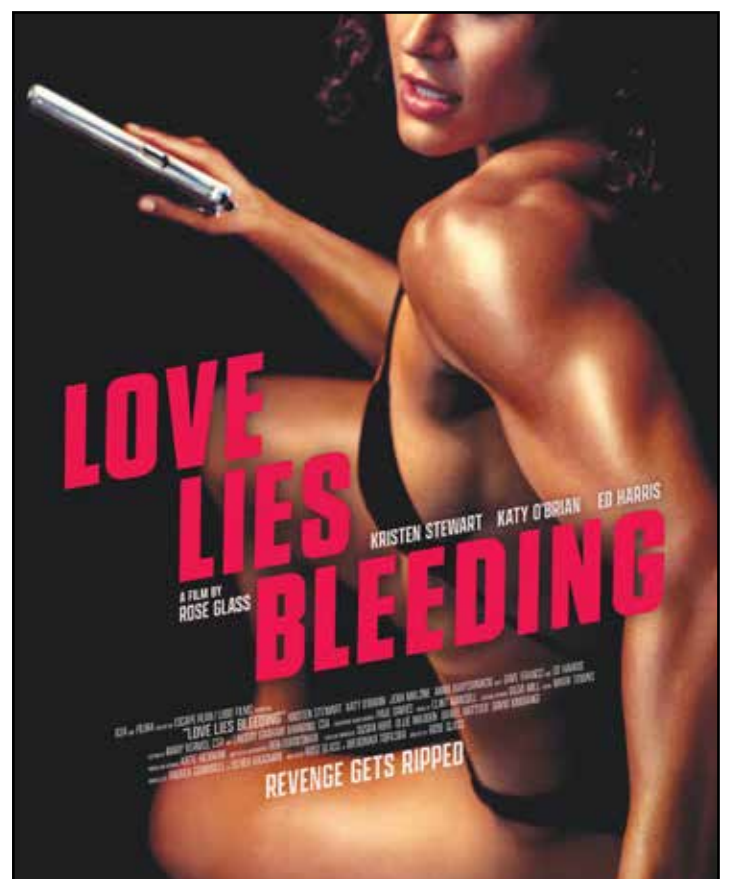
Lou and Jackie are graciously given some bliss in the film after their first night together, and everything seems to be relatively— and surprisingly— normal. Before the murder, there is only sex, love and an

expected amount of drugs for an ambitious 80s bodybuilder. Lou even takes Jackie to meet her sister, Beth (Jena Malone), and Beth’s abusive husband, JJ (Dave Franco).

Lou and Jackie spend every waking moment in their bed together, and it’s ultimately written for the female gaze. It’s clear Glass takes great care in the specific, sensual performances put on by Stewart and O’Brian, who are also queer actors themselves. The tension is palpable and can be cut with a knife, or, in classic Glass fashion, shot through with a bullet.

All is fine and well until Beth ends up in the hospital inches away from death after being brutally beaten. Despite a lack of confession, all roads lead back to JJ.

Lou takes the yolks out of



The cover art of *Love Lies Bleeding*. Photo courtesy of the A24 Films website

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Jackie's omelets, and Jackie takes JJ's head to the corner of his coffee table until his jaw is hanging by threads of muscle and sinew.

Glass' almost hyperbolic scenes of Jackie's muscles and sensational growth through her steroid use make it so abundantly clear that a scrawny piece like JJ never stood a chance against a woman who looks like she flew in from Bizarro World.

Love seems to take one step further when Lou finds JJ in his home beaten to a deadly pulp, and Jackie in his bathtub curled up with

guilt and disbelief.

Lou does what any sensible dedicated lesbian would do for her lover. Naturally, she helps dispose of the body. The moment Lou starts covering up the murder the movie moves from zero to 100.

Details start piling up, much like the secrets and methods characters are forced to hold. The lines between good and bad and heroes and villains blur into so many shades of grey that certain actions feel almost justified in the proper context.

Glass puts the term climax into a whole new meaning, with each new buildup outdoing the last. From bloody gunshots to the head to distorted and disturbing hallucinations, *Love Lies Bleeding* hits and sticks to the ground running until the very end.

With Jackie becoming larger than life and with Lou becoming more like her father, the film ends on an emotional and exhausted note. Like Jackie and Lou, the viewer feels exhausted, but relieved that everything has now come to an end.

Navigating affordability

Janine De Castro, Contributor & Daria Orth, Staff Writer

Sustainable fashion has become increasingly popular amongst the younger generations. Many are starting to make mindful choices when considering the place to buy their new outfit.

Creators on apps such as TikTok often showcase their thrift finds—catapulting the 'buzz' around the concept of thrifting.

What once were places of necessity for low-income households, became a breeding ground for the 'fashionistas.'

Some saw this trend as a business opportunity to resell desired and curated pieces for a hefty profit. These pieces are being sold online, at pop-up markets, and even in stand-alone stores.

Amy Jordens has been thrifting for the past decade, and reselling clothing for the past two years. What started as a closet purge, snowballed into a full-blown business called @prettyoldclothes on Instagram.

She has showcased her clothing at markets in Victoria, B.C., as well as Calgary's largest vintage market called Seconds Collective (IG:@seconds.collective), and currently has a collection located

at Bú Vintage Shoppe in Chinatown, Calgary.

"I don't resell current or fast fashion brands," said Jordens. "It's certain brands I look for that were popular when we were younger. So like Juicy Couture, Bebe, stuff like that."

When choosing the prices for her items, she uses the price she paid for it as a starting point in combination with how 'vintage' and rare the piece is, which drives the price up.

"I would say that I am on the more affordable side. I know a lot of guys who are into reselling graphic t-shirts—mostly band tees and those obviously go for a lot, ranging from \$150 and up."

"As for people's frustrations around the prices of curated clothing, I totally understand where they're coming from," she said. "However, I think that the big increase in reseller prices has been due to the increase in thrift store prices, so obviously we have to raise our prices as well."

Jordens said that she feels that thrift stores have caught onto the idea that reselling has become more popular, thus resulting in a price hike.

"I just think it's a little bit

greedy for the thrift stores to be doing that when they're already profiting regardless since it is all free donations," said Jordens.

Clothing that is being purchased second-hand, is being sold for prices similar to if you were to purchase it brand new. Thrifting is supposed to offer more affordable deals on various already-worn items, which can even include designer brands, vintage styles, and good-quality fabrics.

As thrifting keeps becoming more and more trendy, many have noticed popular thrift stores such as Value Village have increased their clothing prices due to the popular demand for these unique items.

Because of this, finding affordable clothing can be hard for individuals who struggle financially.

Goodwill is a great alternative option to finding second-hand clothing for reasonable prices, as the company strives to make sure anyone can afford to have a nice wardrobe without spending a small fortune.

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THINK LATER
Tate McRae
RCA Records
Score: A

Calgary's star singer and dancer, Tate McRae, has really made her mark in the music industry with her new album *THINK LATER*. On Dec. 8 last year, McRae came out with a series of hits that made jaws drop.

The young Canadian songwriter was already known for songs like "you broke me first" and "she's all i wanna be," however, McRae truly made herself known with her new songs like "exes" and "run for the hills."

Her album earned praise from teenage girls, and other young individuals after she shared samples of her songs on social media. It's no wonder either, as this album embodies different tones of heartbreak, female rage, or in the case of "think

later," living in the moment.

The album is not only made up of relatable tunes that you want to blast through your speakers, but it's also really catchy music.

After the star sang songs from her new album during this year's NHL All-Star Game, she drew even more attention to her talent. Her live performance had a slightly different spin on her songs compared to how they were originally released on music platforms—and this only increased her album's popularity.

THINK LATER embodies a collection ideal for music therapy, encouraging listeners to belt out songs like "greedy" with an infectious enthusiasm.

—Daria Orth



Eternal Sunshine
Ariana Grande
Republic Records
Score: A

On March 8 Ariana Grande's new album *Eternal Sunshine* was released to the public. While some of her previous albums focus on more up-beat, club music vibes, her latest songs feel more calm while still maintaining the popstar spirit.

Her iconic 2016 album *Dangerous Woman* feels bold and direct, with the beats and lyrics in songs like "Touch It," "Into You," and of course "Dangerous Woman." These songs are undoubtedly meant to bring out confidence and life with the sexy rhythms. If there was ever a soundtrack for main character energy, this is the album.

In contrast to these well-loved tunes, her new hits like "imperfect for you," "eternal

sunshine," and "the boy is mine," offer a more innocent and teasing angle that still sets up a powerful atmosphere.

Eternal Sunshine creates a perfect study playlist for homework without feeling like it's a distraction. Each of the songs bring out Grande's angelic voice making the entire collection feel dreamy. These tracks sound personal and full of emotion, as each song tells a story filled with raw heartfelt meaning.

The soft projected notes that are enough to send shivers down your spine and pokes at inner curiosity of what she will come up with next.

—Daria Orth

Continued from Pg. 15

The Goodwill Calgary Impact Centre and Outlet Store, also known as “the bins”, presented itself, ready for hopeful shoppers in April 2023.

Like its nickname, their customer’s unique shopping experience consists of rummaging through clothing and accessory-filled blue-bins, which are frequently rolled out by the workers. The competitive space can get chaotic, as their clothing goes for \$1.35 per pound.

Doug Roxburgh, the director of Brand Integrity at Goodwill Industries Alberta, highlighted that the organization is about affordability to give back to the community, as well as finding new homes for perfectly usable attire rather than clothing being thrown out.

“Just with the institution of the Calgary Impact Center, we’ve already diverted a million extra kilograms from landfills,” Roxburgh

said. “And we want to see that increase. We want to be leaders in terms of innovation of the environmental footprint as well as our mission capabilities.”

Goodwill not only has very accessible clothing for all types of customers, but it also brings in a variety of all kinds of styles to choose from at random.

“Usually it’s fashion that has gone out of date, and fashion is obviously cyclical. All of a sudden that fashion becomes in-date at a certain moment in time.”

Roxburgh underscored that Goodwill’s main priority is to make a difference in society for the better, whether that’s taking costs into account due to economic inflation, or simply to support consumers and our planet.

“At the end of the day we’re honoring our donors. Our donors are supporting our mission because we’re not for profit,” said Roxburgh.





Examples of Value Village price tags on March 19, 2024. Photo by Janine De Castro



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New leak reignites Horner, Red Bull Racing scandal

Zafir Nagji

Staff Writer

For the past three seasons in Formula 1, Red Bull Racing has been all but invincible. Sure, Carlos Sainz stole a race victory from them in Singapore in 2023 for Ferrari, and George Russell took home P1 at the 2022 Brazilian Grand Prix for Mercedes-AMG. Still, these are aberrations in what were otherwise perfect seasons on the track for the energy drink brand.

Off the track, though, the Austrian team has found themselves in a series of controversies. The FIA, motorsport's governing body, found Red Bull guilty of breaching the 2021 cost cap of £118,036,000 by 1.6 percent, or £1,864,000, which resulted in a \$7 million USD fine and sporting penalties that included a 10 per cent reduction in their allocated Restricted Wind Tunnel Testing and Restricted Computational Fluid Dynamics (CFD) limits.

Team consultant Helmut Marko found himself in hot water after making offensive remarks about driver Sergio Perez on two separate occasions in 2023, the first of which came after the Italian Grand Prix at Monza when Perez struggled in qualifying sessions.

"We know that he has problems in qualifying, he has fluctuations in form, he is

South American and he is just not as completely focused in his head as Max [Verstappen] is or as Sebastian [Vettel]," he said then.

This statement, beyond its offensiveness, was also inaccurate, as Perez is from Guadalajara, which is geographically in Mexico, North America. Even if he was from South America, the statement is still erroneous as South America has produced more Formula 1 World Champions than any other continent other than Europe. Still, at least he made it worse when he attempted to clarify his comments days later.

"It wasn't meant that way. I meant that a Mexican has a different mentality than a German or a Dutchman," Marko said.

He would later issue a public apology, stating that attributing Perez's struggles to cultural heritage and generalizing about people from any country, race, or ethnicity is wrong. Perez also mentioned that Marko privately apologized to him, making clear that he was unoffended by the comments because of their "personal relationship."

"Knowing the person helps a lot because I know he doesn't mean it that way," Perez said. "Let's say if those comments

were [from] a different perspective or so on, I would have taken them differently. To me, it's just how things are, and I didn't get them personal."

As the race wins and championships rolled in, though, the backlash over these xenophobic comments and the team's overspending quieted down and for a while, there was little to no controversy in the Red Bull Racing's garage. That is until team principal Christian Horner was accused in early February of inappropriate and controlling behaviour with a female coworker.

The larger Red Bull GmbH company launched an internal investigation and even hired an external specialist barrister to analyze the situation. Horner was still allowed to work as team principal during the investigation, as pre-season testing had already been underway and the first grand prix of the season in Bahrain was less than a week away. The investigation concluded on Feb. 28 and Horner was cleared of any wrongdoing, but this was far from the end of the ugly saga.

Less than 24 hours after the grievance was dismissed, a Google Drive folder containing 79 screenshots of WhatsApp messages, allegedly from Horner to his accuser, was

leaked to 150 members of the Formula 1 paddock, including the other nine team principals, FIA President Mohammed Ben Sulayem, F1 CEO Stefano Domenicali, and members of the media.

Rumours swirled around the paddock about who was responsible for the leak, and many sources believed that Jos Verstappen, father of three-time Driver's Champion and current leader in the 2024 championship, Max Verstappen, teamed up with Horner's accuser to release these images.

As it stands, the Red Bull employee who lodged the initial complaint has now filed for an appeal on the decision

to dismiss the grievance. Horner, on the other hand, is depending on his close ties to the Yoovidhya family, who own 51 per cent of the Red Bull GmbH company, to keep him on the team. Ralf Schumacher, former German motorsport driver and brother of iconic Formula 1 driver, Michael Schumacher, called for Horner to "resign as soon as possible" because of the potential damage this scandal will cause to the Red Bull brand.

Either way, the motorsport spectacle continues, with upcoming races in Japan on April 7, China on April 21, and May 5 in Miami, and Red Bull still at the top of the pyramid.



Red Bull racing has seen their recent success tainted by the controversy surrounding Christian Horner. Photo courtesy of Instagram @christianhorner

#S

\$180M Kirk Cousins signed a four-year \$180M contract with the Atlanta Falcons, the biggest contract handed out so far in free agency.

+200, The Boston Celtics currently have the best odds to win the NBA finals, slightly ahead of the Denver Nuggets and Prost.

20, The potential new regulations for CHL players hoping to play NCAA hockey would require those players to be at least 20 years old.

\$2B, Gary Bettman estimated that the next NHL expansion franchise could cost north of \$2 billion.

NCAA poised to start allowing players from the CHL

Xander Holcomb

Contributor

A big shift is potentially in the works for the structure of junior hockey in Canada, as the National Collegiate Athletics Association (NCAA) looks poised to begin allowing players from the Canadian Hockey League (CHL) to play college hockey in the U.S., as *Sportsnet* reported in February.

Charlie Black, the former assistant GM for the Surrey Eagles of the British Columbia Hockey League (BCHL), says that currently CHL players are barred from NCAA competition as they receive a small stipend from their CHL teams, and are thus classified as professional athletes.

Instead, the NCAA must draw from college-tracking Junior 'A' leagues such as the Alberta Junior Hockey League (AJHL), or the BCHL to fill out their rosters.

It also means that players must choose between the CHL and NCAA before beginning their junior hockey career.

Much like the college route, the CHL is comprised of three member leagues: the Western Hockey League (WHL), the Ontario Hockey League (OHL), and the Quebec Maritimes Junior Hockey League (QMJHL).

Players are drafted into one of the three CHL leagues at just 14, but many factors will make up their decision to play in the CHL or choose a college-tracking path.

American-born goaltender Charlie Zolin was the first overall selection in the QMJHL 2020 draft, but instead chose to pursue the NCAA path, playing in college-tracking leagues in Alberta and British Columbia.

"I wanted the ability to receive collegiate education while also playing the sport that I love, and I think that's a better opportunity in the long run," Zolin said.

Zolin's choice to focus on

education is a common theme among players who choose the college route.

"There is a life after hockey," Black explained. "This path is a chance to have an education to fall back on, or pursue other interests."

A 2020 study found that the CHL "remains a popular route and it is an opportunity that many top players strive for because it remains the best route to the NHL." More than 46 per cent of the NHL is made up of players who played in the CHL, as opposed to only 24 per cent from the NCAA.

Some players also understand that their abilities may be more suited to the NCAA, which is known to be more skill and speed-oriented.

"Sometimes you have a smaller player that would be absolutely slaughtered physically in the CHL, or would need more time to develop, and that's where the NCAA is such an attractive option," Black said.

It is true that CHL players can go to Canadian universities, like Mount Royal University, and play college level in USports, but there is a much smaller success rate for these players to turn professional. Between 2005 and 2020, only six USport players made it into NHL games, compared to almost 200 former NCAA players in 2017 alone.

Even one game in the CHL will cost players their NCAA eligibility, which severely limits their options once they have graduated from junior hockey. The new proposal would change that, allowing players who are released from CHL teams after a handful of games to continue playing in a college-tracking league and eventually play in the NCAA.

The new proposal will restrict CHL players from playing NCAA until they turn 20, and have graduated from

the CHL.

For Zolin, it's an opportunity that he wished he had available to him when he made his choice.

"The CHL has probably the three best junior leagues in the world, and to have the option to play both [CHL and NCAA]

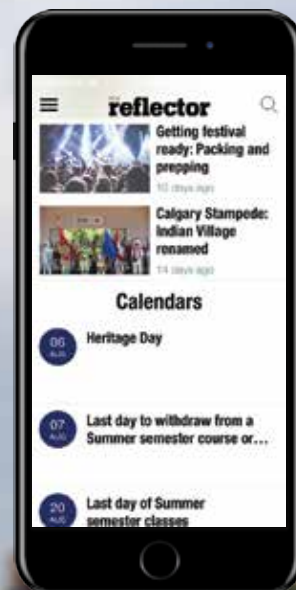
would be a tremendous opportunity," Zolin said.

Black believes that it will benefit players, but won't lead to a major change in where players decide to play their junior hockey. Instead, top-end players who want to use the NCAA path will still use

college-tracking leagues to be able to play in college at 17 or 18 as "true freshmen."

In the meantime, young players across the country will still have to make that decision as to what path they want to take for their career, and their life after hockey.

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Most notable NFL free agency acquisitions

Ethan Dalton

Staff Writer

This NFL free agency period was one of the most chaotic free agency periods in recent memory. The plethora of new faces in new places will give each team a new dynamic on the field, as well as in the locker room. Whether the team is positioned to contend for a title, fight for a playoff spot, or be in a rebuilding stage, each signing is significant in building a team's culture. Beyond a player's individual skill set, general managers are placing an increased emphasis on the individual buying into the team's culture and vision for the foreseeable future. Let's look at 10 of the most notable free agency signings, and what it means for each team.

Falcons: QB Kirk Cousins

Atlanta signed Kirk Cousins once he became a free agent and gave him a four-year, \$180 million extension. This was unsurprising as Atlanta was in desperate need of an upgrade under center, especially with respect to the young, dynamic weapons they have on offense, they also have a solid offensive line. Cousins has an opportunity to rewrite the trajectory of his relatively underwhelming career, with only one playoff win to show for 12 seasons. He was playing the best football of his career before his achilles injury. Assuming it does not affect his throwing, Cousins will be a continually reliable and consistent quarterback, meaning the sky's the limit for this Atlanta offense.

Steelers: QB's Russell Wilson & Justin Fields

Wilson going to the Steelers was unsurprising, he signed a vet minimum deal once he was released from the Broncos to prove he's still the dynamic dual-threat that

he was in Seattle. What was surprising is the Steelers traded for Justin Fields as well to back up Wilson, for a mere conditional sixth-round pick from Chicago. Many believed Fields would get a chance to start somewhere, despite his passing struggles. He has displayed on many occasions that he is capable of making big plays despite subpar offensive line play and pass-catching weapons. With Wilson's veteran experience and similar strengths and weaknesses to that of Fields, this dynamic could prove very beneficial for Fields, should he get the opportunity to start in Pittsburgh or elsewhere.

Eagles: RB Saquon Barkley

Barkley was well on his way out of New York, after enduring half a decade of an unproductive and unexciting Giants offense. Being one of the most versatile players in the NFL when healthy, Barkley was long overdue for a contract. Philadelphia wasted little time after letting running back D'Andre Swift walk and promptly signed Barkley to a three-year, \$37.75 million deal. This will add a new level of excitement to an already legendary divisional rivalry in the NFC East.

Raiders: DL Christian Wilkins

Wilkins has been a leader and key player on the Dolphins' defence since being drafted in 2019. With the contract of wide receiver Tyreek Hill and the extension of quarterback Tua Tagovailoa looming, Miami was unable to keep Wilkins. He now joins a Raiders' team that has found its tough, gritty identity once again, under new head coach Antonio Pierce. Pairing Wilkins with one of the league's premier pass rushers in Maxx Crosby will give opposing quarterbacks plenty

of trouble for years to come.

Titans: WR Calvin Ridley

Ridley's first full season back from his suspension with Jacksonville was inconsistent but promising. There would be games where he would have over 100 yards and a score, exhibiting his explosiveness from his early days with the Falcons, and other games where he seemed nonexistent. It was enough to convince the Titans, who gave the 29-year-old a monster a four year \$92 million contract to give their sophomore quarterback Will Levis, another solid pass catcher alongside DeAndre Hopkins.

Chiefs: DL Chris Jones

Jones has proven that the Chiefs would not be the juggernaut they are now without him. This year, the Chiefs offence experienced an unusual lack of productivity for much of the season. They leaned heavily on the defence led by Jones to consistently keep them competitive in every game. This granted them their second consecutive Super Bowl title and their third in the last five years. He more than earned his five year extension which includes \$95 million fully guaranteed. With the retirement of Aaron Donald, Jones is the premier defensive tackle in the league that offenses will have to game plan for.

Texans: DL Danielle Hunter

Hunter, coming off of a 16.5 sack season, was one of the most sought-after free agents in the league. He signed a two year, \$49 million deal with Houston that pairs him with the reigning defensive rookie of the year DL Will Anderson Jr. This pass rush duo could easily be one of, if not the

best tandems in the NFL. The future is very bright for this young Texans team helmed by reigning offensive rookie of the year quarterback C.J. Stroud, who already led them to a playoff win and a division title.

Ravens: RB Derrick Henry

Henry's signing with the Ravens was one of the more predictable moves of this offseason. After an incredible hall-of-fame-worthy tenure with the Titans, Henry now joins a contending team that has had an elite run game every year since two-time league MVP quarterback Lamar Jackson was named the starter in 2019. He is getting up there in age, but his power, durability, and consistency will be utilized well in this Ravens offence, especially in goal-line or short-yardage situations.

Lions: DL D.J. Reader

Reader has been a key piece of Cincinnati's defensive line since joining the team in 2020. When he missed time,

the absence was noticeable as their run defence would suffer. Reader now joins a contending Lions team that has found their identity on a two-year deal. This defensive line, helmed by dominant edge rusher Aidan Hutchinson, could cause plenty of trouble for opposing quarterbacks and running backs alike.

Steelers: LB Patrick Queen

Queen was one of the league's best inside linebackers last year on the Ravens, alongside Roquan Smith. It is not unsurprising that they could not extend him, as they gave Smith a huge extension once he joined the Ravens in 2022 with a five-year, \$10 million extension. He joined the Steelers on a three year, \$42 million deal. This Steelers team already has a stout defence, and Queen will only make them better. He will undoubtedly have both of his games against the Ravens circled in his calendar for the next three years, adding another level of excitement to an already fierce AFC North divisional rivalry.



One of the biggest surprises of free agency was Justin Fields being traded for a conditional-sixth-round pick. He now hopes to revive his career in Pittsburgh. Photo courtesy of instagram @justnfields

Who will be the NHL's next expansion team?

Noah Wilson

Staff Writer

In 2017, the National Hockey League (NHL) added its first expansion franchise since the 2000-2001 season, the Vegas Golden Knights. Since entering, the Knights have been one of the most dominant organizations in the league, with two final appearances and one Stanley Cup in seven seasons. Due to this ongoing success, hockey has seen lots of exposure in the city of Vegas which has allowed the sport to thrive. For the NHL, the Knights have been a massive victory on and off the ice and proved that expansion can work in the NHL.

Fast forward about four years later and the NHL added another franchise to the mix, the Seattle Kraken. The city of Seattle has been open to a franchise for a very long time and they finally got their bid granted in 2021. Since entering the league, Seattle fans have been extremely engaged with countless sellout crowds, and high amounts of publicity surrounding the team. There is no doubt Seattle is and will continue to be a top market for the NHL for years to come. Different from the Knights, however, the Kraken did not have a good showing in their inaugural season finishing 30th out of the 32 teams in the league in 2021-22. Fortunately for Seattle, the Kraken were able to bounce back the very next season and make the playoffs for the first time in franchise history where they beat the defending Stanley Cup Champion, Colorado Avalanche in the first round of the Stanley Cup Playoffs. With up-and-coming talents such as Matty Beniers and Shane Wright, the future looks promising in Seattle.

With the success of these two franchises, the NHL has made it clear that they are not afraid to go beyond 32 teams in the future, with 34 teams likely being the next objective. The question the league faces is what cities will be most suitable for the next round of expansion teams. They have a vast selection of cities to choose from, let's explore them.

It's time for a team in Houston

The current owner of the NBA's Houston Rockets, Tilman Fertitta, has expressed a major attraction in obtaining a hockey team for Houston. When analysing the market, hockey isn't a sport that is new to the city as it carries quite a rich history. Previously Houston was home to the WHA and AHL, Houston Aeros, which had a very successful two-decade run as a minor hockey team. "We are talking to the NHL, but it's got to be good for both of us," says Fertitta. "We just know that when there is a concert downtown, how it activates downtown. We know what the Astros do for downtown. We know what even soccer does for downtown." Fertitta has expressed he is open to acquiring a team through expansion or even relocation, with relocation being especially noteworthy considering the current situation of the Arizona Coyotes and their arena. For those who are not aware, a new arena plan in Tempe Arizona was rejected by voters last year casting the Coyotes into Arizona State's, Mullet Arena. If Arizona is unable to figure out this crisis soon, expect relocation to be

an imminent solution.

Return of Quebec City

Quebec City is a hockey mecca in North America. The Nordiques are one of the most iconic franchises ever to grace the ice. So whenever there are rumours of relocation or expansion, it isn't a surprise that Quebec is always a frontrunner to land a team. However, they have come short on the latest rounds of expansion teams that have entered the league. NHL Commissioner, Gary Bettman, has stated he has not closed the door on the possibility of a team in Quebec but many still find it unlikely that the NHL will ever return to Quebec. A mix of another Canadian market, TV viewership, and language barriers all work against any chances of Quebec landing a team. It seems if they are ever to land another NHL franchise it would be through the relocation route. They have an arena, they have the fans, and all they need now is a team.

NHL flirting with Salt Lake City

According to *Sportsnet* reporter, Eliote Friedman, Utah makes "total sense" as a market for expansion. He explains how not only has Utah Jazz owner, Ryan Smith, shown immediate interest, but the state of Utah has been one of the fastest-growing states in America which could lead to plenty of exposure for hockey in that area. The current lack of an arena in Salt Lake may play a factor if the NHL grants them a team, but Smith has expressed no issue in developing a new arena that would be ready

by the 2024 season. Bettman has stated that "Utah's expression of interest has been the most aggressive and has carried a lot of energy with it." If I was to predict two franchises that could be granted an NHL franchise it would be Houston and Utah. Not only does it make sense geographically for the league, but also from a money-making, and marketing standpoint. These are two cities that would flourish in the NHL and it helps that both of these ownership groups are heavily interested and engaged in getting a team in their respective locations. As mentioned with Quebec and Houston, a lot is riding on the future of the Arizona Coyotes. If Arizona ownership cannot figure out their arena situation soon, expect cities like Salt Lake, Quebec City, and Houston to be knocking on the door.

Revival of the Atlanta Thrashers

An area that has picked up steam recently has been the city of Atlanta. Atlanta has had two runs with teams throughout the NHL's history. Those teams were the Atlanta

Flames (1972 -1980) and the Atlanta Thrashers (1999-2011) with both teams being relocated to different locations. According to *ESPN's* Greg Wyshynski, in early March the Alpharetta Sports & Entertainment group formally requested an NHL expansion franchise which would come with a brand new arena only about half an hour from where the Thrashers once played at State Farm Arena. For Atlanta, there is going to be a concern for the lack of success the team had in the past, however, *TNT* broadcaster, Anson Carter, believes this time around will find success. "I have no doubt that the best team in the league will thrive in its return to Metro Atlanta," said Carter. "I have been in dialogue with Commissioner Bettman since 2019 about an expansion team returning to the Fulton County Metro Atlanta market, knowing that franchise decisions are exclusively decided by the NHL Board of Governors." It is clear that Atlanta has a strong support group and it will be interesting to see if we see them return for a third time in NHL history.



NHL commissioner Gary Bettman has expressed his hopes to continue the NHL's expansion. Photo courtesy of Wikimedia Commons