

MORE SCANS, MORE BUSES

*Skewed data affecting
transit at MRU
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Data discrepancy at MRU

SAMRU REC President, Joseph Nguyen, explains why 'More scans equals more buses'

Julie Patton

News Editor

Public transportation at Mount Royal University (MRU) has seen its improvements over the years thanks to the advocacy of the Students Association of MRU (SAMRU).

Joseph Nguyen, SAMRU Representation Executive Council (REC) President, said their biggest win recently was decreasing the Max Yellow wait time from 19 minutes to 11 minutes.

“Overall, our relationship with transit is good,” he said.

With the UPass system, a student subsidized transit pass, students who rely on public transportation to get to school can do so efficiently.

However, Nguyen said it does have its faults.

“Typically during peak hours, there are times when the bus gets so [packed] to the point where students are left waiting and the bus just passes them by because it’s too full,” he said.

No scan equals no buses

A frustrating experience for students, SAMRU has told the City of Calgary that the university needs more buses. However, the City tells SAMRU that according to their data there are not enough people on the bus to warrant the increase.

How could this be? Nguyen said it’s due to students not scanning their UPass.

“As we’ve seen, [from a personal perspective and from reported instances], bus drivers would just tell students to come on without scanning their QR code,” said Nguyen.

The City relies on data recorded from the QR scans as well as bus driver counts. With head counts subject to error, the number of QR scans give a more realistic picture of the buses’ riders. However, seeing as students are not scanning their UPass and simply only showing it to the driver, the data has been skewed.

In an effort to correct this issue and encourage students to scan their UPass, SAMRU has been spreading the word to students, “More scans equals more buses.”

Personal ride

Nguyen lives in the Northeast of Calgary and is a public transit user himself.

First catching the bus to Whitehorn station, he takes the train downtown, and then uses the Max Yellow bus or route 66 to get to the university.

“I would say that overall, it is smooth,” he said. “The main issue that I encounter, outside of the ones we’ve

already mentioned here, are inconsistent bus times.”

Due to construction, he said bus stops may change, and when they do, the Calgary Transit app and/or Google Maps don’t always refresh immediately.

“You’ll be running around finding where the alternate bus stop is,” he said.

Additionally, the transit apps don’t always update when a bus is canceled or delayed, adding another hurdle for transit users to make it to their destination on time.

Nguyen said that SAMRU is advocating to the government on these issues in addition to the lack of buses at the university.

Advocating

“As the [REC], my team and I, we are professional complainers,” laughed Nguyen. “We advocate to the city and an important piece of advocacy is information.”

Students on campus need to be the REC board’s eyes and ears. By informing the council of barriers, trouble, or disadvantages they’ve witnessed on campus, the council can document the complaints and present it to the necessary stakeholders.

“At the end of the day, information is power. So the more information we have, the better,” he said.

Lastly, Nguyen asks that students using public transportation advocate the message of “More scans equals more buses” to their fellow classmates, as well as the bus drivers.



Due to unreported riders on public transportation at Mount Royal University, the City of Calgary has not received proper data to warrant increased buses at the university despite the student association’s advocacy. Photo by Aiden Johner

NDP speaks to UCP's denial of pharmacare

Liam Rockliffe

Staff Writer

On Feb. 29, the New Democratic Party (NDP), in a joint manoeuvre with the Liberal Party of Canada, tabled their new bill for pharmacare.

This early-stage pharmacare plan includes complete coverage of contraceptives and diabetic medication — prescriptions that would save people with diabetes and birth control users thousands of dollars a year.

This plan, upon release, was almost immediately shut down by Alberta's Health Minister Adrianna LaGrange. She said she wants Ottawa to give Alberta per-capita funding to bolster its own program instead of forcing the province to sign-on to a national program. In a statement to the press LaGrange stated, "Give us the dollars. Allow us to enhance the programs we actually have now, rather than create more bureaucracy."

In Alberta, the lowest costs for type 1 and 2 diabetes for individuals with a family income is less than \$30,000. This is incredibly beneficial as the cost for type one diabetes can be as high as \$18,000 in other areas of Canada.

However, the immediate dismissal of the program seemed harsh to many.

Luanne Metz, Alberta NDP Critic for Health, released a statement saying, "Instead of embracing the new program, Danielle Smith has predictably rejected it out of hand, before understanding any details."

"Instead of welcoming assistance for Albertans who are suffering from the affordability crisis,

the [United Conservative Party] UCP has continued its schoolyard scrap with the federal government and is bowing to pressure from lobbyists."

Fight for Albertans

Metz is the MLA for Calgary-Varsity and holds a 40 year background as a physician and medical researcher.

She told *The Reflector*: "We need comprehensive national pharmacare as this will improve the health of Canadians and in the long run it is an investment in health, allowing for money to be spent elsewhere." A national pharmacare program reduces overall cost by bulk buying of drugs, which can be negotiated much more favourably at a national level. "If diabetes is properly treated, people also remain healthier, won't be in and out of the health system, and it also means they can be better contributors to our economy."

The start of the national pharmacare program is just the two medications, but it will grow as time progresses.

Metz was unsatisfied with the UCP's immediate denial, saying that the UCP is fighting the federal government instead of fighting for Albertans.

"The current program in Alberta is good if you can afford it, but there are many people who do not have drug coverage, due to being unemployed or unable to pay for premiums."

Assurance for students and

graduates

Early professionals and students would have benefited greatly from a national pharmacare program.

Early professionals rarely have benefits in their entry level jobs and university plans can only cover so much of the cost. Metz said the program gives early professionals the assurance that they are covered no matter what.

A concern to the national pharmacare program is that new developments in medicine may be unable to reach the intended audience and that people can be "locked in" to their old medications. Metz counters this by saying, "New products have to be evaluated for safety, as well as value. While new products may have minor benefits, the cost of these products can be enormous."

Metz argues that new developments aren't the intention of a national program, and instead it is more important that everyone has access to the basic needs.

Lowering prices

A national pharmacare program also lowers the price to hospitals which allows them to improve in other areas, such as nursing wages and technology.

For low-income women, Metz states that the plan is, "Critically important, unplanned pregnancy limits the opportunities for women and families and can be a burden to our whole system and societies."

Lastly, Metz commented on how the NDP would

have handled the situation differently.

"Alberta's NDP would have been delighted, as the party who brought in medicare and CPP [the Canadian Pension Plan], the pharmacare program would be welcomed, but the immediate focus would be finding out more information and negotiations to get the best deal for Albertans."

In the NDP's election platform last year, free contraception was a core goal of the Alberta NDP party.

Canada is the only country in the world with universal healthcare that does not have a universal pharmacare program. Canadians spend

the second most in the world, just behind the USA.

The high cost associated with medication can drive individuals to not take their required medications. Health Canada released a study on the topic in 2019 stating, "23 per cent of Canadians reported that, in the previous year, they or someone else in their household did not take their prescription medications as prescribed, if at all, because of their cost".

Pharmacare in Canada has been a long debated issue, and as time carries on, it appears it will remain in high contention—at least in Alberta.



Alberta declines pharmacare, a bill that would have provided complete coverage of contraceptives and diabetes medication. Photo by Nathan Marchuk

Already wildfire season

Dry weather results in Alberta declaring an early start to wildfire season

Bella Coco

Staff Writer

On Feb. 21, the Government of Alberta declared an early start to wildfire season, 10 days earlier than its typical start on March 1. The early start was prompted by an uncharacteristically dry season and warm weather.

“Alberta is experiencing warmer than normal temperatures and below average precipitation in many areas of the province, leading to heightened wildfire risk. To better direct resources to new and existing wildfires, Alberta has declared an early start to the 2024 wildfire season,” the province said in a statement.

With the El Niño season in full swing and persistent drought conditions throughout Alberta, warmer temperatures are predicted to come sooner than expected.

The City of Calgary recently released a statement on the drought conditions throughout the city.

“Recent drought monitoring data compiled by the city shows little drought relief from recent heavy snowfall in the Rocky Mountains. Low river flows and dry conditions are still persisting regionally throughout southern Alberta, emphasising the need for everyone to do their part to conserve water,” the City of Calgary explained.

The city said that while runoff from mountains into the Elbow and Bow rivers have increased, it still is well below average.

“If we don’t get the snow and rain we need, outdoor water restrictions will come into effect as early as this spring to ensure there’s enough water to meet Calgary’s essential needs

including drinking and fighting fires, as well as to support our neighbours and river health,” said Nicole Newton, manager of natural environment and adaptation with the City of Calgary.

Back in January, president of the Alberta Fire Chiefs Association (AFCA), Chief Randy Schroeder, sent an open letter to the province of Alberta. The letter contained concern over a lack of wildfire preparation provided by the province.

“With the current dry winter Alberta is experiencing, the AFCA expresses significant concern regarding the potential for a wildfire season mirroring last year’s devastating events. Alberta has faced an unprecedented wildfire season in 2023, with over 2.5 million hectares of land

burned. These wildfires are occurring with greater frequency, intensity, and duration across more expansive areas than in the past. In light of these concerns and environmental projection models, the AFCA is urgently calling for disclosure of the provinces’ wildfire preparedness strategy,” Schroeder said on behalf of the AFCA.

According to the Government of Alberta’s wildfire statistics, there were 1,008 wildfires and 2,221,900 hectares burned in 2023. 61 per cent of the fires were human-caused and a fire ban or restriction was in effect for 159 days (out of 245).

The letter continued to ask for additional resources, an increase in training capacity, more equipment and a

dedicated provincial strategy on combating the fires.

“The AFCA emphasized the urgency of addressing these concerns before the onset of the wildfire season. It is imperative to have a clear, well-resourced, and collaborative strategy that involves all levels of government to effectively manage and mitigate the risks of wildfires in Alberta,” the letter said. “We remain committed to working alongside provincial authorities, municipalities, and federal agencies to safeguard our communities. We eagerly await a detailed response and action plan that addresses these critical concerns.”

Read the full story online with insight from Todd Loewen, Alberta Minister of Parks and Forestry.



The Government of Alberta has declared an early start to wildfire season due to uncharacteristically dry weather. Photo courtesy of Wikimedia

THE REFLECTOR

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Calgary International Auto and Truck Show finally returns

Zafir Nagji

Staff Writer

The Calgary International Auto and Truck Show returned for the first time since 2019 for the March 7-10 weekend. While there were some notable absences from hallmark brands such as Honda, BMW and Mercedes-Benz, it was a refreshing sight to see, sit in, and smell that new car smell all over Hall E at the BMO Centre after a five-year hiatus.

Some companies were premiering brand new cars for the 2024 model year, such as Toyota with the latest car to wear the legendary Land Cruiser name, which had been discontinued in 2021 but returns thanks to an increased demand in SUVs with off-road capability. Lexus, who are owned by Toyota, also brought the 2024 GX, a rebadged, rebodied Land Cruiser with a luxurious interior and all the same capability.

Other exhibits, like the one hosted by Maserati of Alberta, were there to show attendees cars so rare and valuable that they may never see them outside of the show floor. Lucas Moody, who is Brand Manager at the dealership and one of the lead executives at the station, was excited for the show as it was a chance to show the public some ultra-rare exotic cars.

"It's great to be back... we love showing off the cars to people and bringing the culture of luxury vehicles to other people," said Moody.

Moody had no trouble pick-

ing his favourite of the four Maseratis at the show, which included two SUV's and two supercars:

"For Maserati, it's the MC20 with Digital Mint paint. it's a pretty cool car, there's only one in Alberta and we have it on display here."

Ferrari Alberta also had their own exclusive booth, with cars protected by velvet-rope stanchions and only accessible by clients of the company. That being said, the three cars behind the rope were incredible to behold from any distance: A yellow Ferrari 812 Competizione worth over \$1 million, a black \$900,000 Ferrari SF90 Stradale, and a red \$750,000 Ferrari 296 GTS. Across their booth were the Land Rovers, Rolls-Royces, Bentleys, Aston Martins, Lamborghinis, Rimacs, Pininfarinas, and Hennessey-tuned vehicles brought to the show by Grand Touring Automobiles.

Tucked behind all of those exhibits was a section dedicated to classic cars. Included here were two Jaguar E-Types, a British two-seat sports car produced in the late 1960's worth well over \$100,000 in the modern auction market, and three old Porsches in perfectly mint restored condition.

For some brands, though, events like these are the only large-scale opportunities for people to get to know smaller companies, like British-based Radical Motorsport. Their Radical Canada West dealer-

ship brought an SR3 all the way from Oliver, BC and held on its shoulders the responsibility of attracting potential.

"I think it's fantastic, anytime you have a specific type of car like the Radical, a Ferrari, or even the production cars, to get them in front of the public is the way to sell a car," said Gord McMartin, the representative for Radical Canada West.

Subaru and Volvo offered special promotions to attract attendees, as the former hosted games of slots that, depending on the result of the spin, distributed rewards like reusable bags, bandanas and even hats with embroidered patches. This helped direct people towards the new 2024 Subaru Solterra, their first fully electric car, and their two sportiest vehicles, the Impreza WRX and BRZ coupe.

Volvo, meanwhile, offered free coffee to attendees and cited the Swedish concept of 'fika', or coffee breaks enjoyed with friends. Their enclosure featured a mixture of plug-in-hybrids, mild hybrids, electric vehicles, and conventional internal combustion engine powered cars, most notable of which was the 2024 V60 T8 eAWD Polestar Engineered. With 455 horsepower, the plug-in-hybrid station wagon is capable of getting from zero to 100 kilometers per hour in just over four seconds, faster than most people will be able to say its complicated name!

But no promotional exercise at the show came close to the "Test Drive Electric" event, which allowed prospective battery electric vehicle and plug-in hybrid electric vehicle buyers to test out a series of different vehicles indoors. It wasn't just run-of-the-mill Chevrolet Bolts and Hyundai iONIQ 6s either, as people were offered test drives of the 2024 Porsche Taycan GTS and even the 2024 Hummer HEV, a car that weighs 10,000 lbs.

Most importantly, though, the show brought people together, young and old, to look at the latest and greatest that

car companies have to offer. There were plenty of children running around each company's cars, trying to sit in as many as they could. There were older generations, perusing to see if any car lived up to the vehicles of their time. Calgary has always been a stomping ground for car culture, and the return of the International Auto and Truck Show signifies that automotive interest in this city was unaffected by the pandemic. Hopefully, this year's attendance will encourage the manufacturers that were absent this year to bring their best in 2025.



The Calgary International Auto and Truck show took place on March 7-10 at the BMO. Photo courtesy of Instagram/@autoshowcalgary

The 4B Movement and the men who hate it

Arroy (AJ) Jacob

Web Editor

In the spirit of Women's History Month, March 2024, we celebrate and honour the achievements and livelihoods of women worldwide.

But often, the notion of celebrating and recognizing women is viewed as hateful rhetoric.

South Korea is one of the world's most systematically patriarchal societies in the developed world. And with their conservative president Yoon Suk Yeol's re-election in 2022, the notion of celebrating women's livelihood is as taboo as ever, especially with the recent blatant disregard for proposals to strengthen the nation's current rape law.

But in the bleak midnight, women win, and women triumph—and as a result of generations of institutionalized sexism and misogyny, South Korea birthed a new fight for gender equality that roots itself to the 4B Movement.

And as every light source attracts an onslaught of moths, the rise of anti-feminism in the South Korean male population is running rampant, untying everyone's hard-earned efforts.

Bihon, bichulsan, biyenoae & bisekseu

These are the "4Bs" or the "four no's" that brought together the 4B Movement and are the four distinct values South Korean women adopted as a form of protest. Bihon is the refusal of heteronormative marriage. Bichulsan is the refusal to bear children for men. Biyenoae is the refusal to date men. And bisekseu is the refusal to have any heterosexual

sexual relationship with men. These four ideology pillars demand a re-evaluation of South Korea's historically patriarchal culture. Considered now a lifestyle for many women, this quality of life expands to nearly all male relationships, including male friends, as reported in *The Cut*.

The 4B Movement is also regarded as *bihon*, the first value that indirectly encompasses the entire demonstration.

Surprisingly, *bihon* originates from a novel adaptation of the author's female adversity. *Kim Jiyoung, Born 1982*, a novel by Cho Nam-Joo, was released in 2016 during the forefront of the West's #MeToo movement. It is credited with singlehandedly revolutionizing South Korea's re-evaluation of men, women, and the patriarchal extreme—an instant international bestseller.

Analyzing the country's relationship with gender started in the household, "the result is a rejection of the traditional family structure that pursued the benefit of the family with the patriarch at the apex. In other words, other family members, except the patriarch himself, are rejecting the authority of the patriarch and the patriarchal system," says Boo Jin Park in an academic article for *The Korea Study*.

But the men aren't having it.

And of course they aren't. The renaissance of women's liberation in the nation has reperculated a rise in online hatred, misogyny and hate crimes. In another academic publication to *Frontiers*,

Han Wool Jung says that "in South Korea, anti-feminism is now rapidly spreading online among young men, who have started to identify themselves as a social minority or 'victims' of female power."

A prime example of groups targeting women with the guise of "fighting misandry," is the social mob "Dang Dang We." As reported by *FRANCE 24 Observers*, the mob attended a women's rally, dressed as the Joker from the Batman series, sprayed water at attendees, exalting, "I heard that there were fucking feminists here, I'm going to murder them all!"

Hate crimes against women had not stopped at water. A controversial rise in "semen terrorism," cases of men secretly smearing or ejaculating semen onto someone else or their belongings, had flooded South Korea's courts. But as uncovered by *The Guardian*, most to all judicial proceedings only considered the sex crime as "property damage," and not sexually

criminal behaviour." South Korean politicians are actively working to change that.

The judicial system, in relation to public policy and politics, has also directly expressed its disdain for women's livelihood. The *Korean Broadcasting System* reported a survey showcasing that 47 per cent of young Korean men believed that it was fair to reject a candidate's job application if they knew the candidate was a "feminist." Even when disregarding employment based on gender and beliefs, South Korea has one of the largest gender pay gaps in the current developed world economy.

But with a current government whose administration had vowed to altogether remove the country's Ministry of Gender Equality and Family, as well as throwing out possibilities of revising current rape-law standards in fear of false-rape allegations, women finding

solace in the 4B Movement is an active campaign that strives to change their society as a whole and correct people, policies, and dismissals.

What now?

In Cho Nam-Joo's novel *Kim Jiyoung, Born 1982*, the story as old as time itself has resonated in the hearts of millions in the country and has spread its call for justice across the globe, as shown by its creation of the 4B Movement. *Bihon* has shown women everywhere the importance of empowerment, primarily through each other, when fighting for psychological and bodily autonomy.

This Women's History Month, women, female-identifying peoples, and allies alike will be called to emulate the courage of South Korean women everywhere to not only demonstrate the collective strength of women on Earth but also support the futures of young girls for generations to come.



The 4Bs represent the refusal of heteronormative marriage, the refusal to bear children, date men and have any sexual relations with men. Graphic by Aiden Johner

Yes, women still make less than men

Mia Smith

Staff Writer

The gender pay gap has been a hot topic of discussion for decades. Despite the persistence of the fight for equal pay for many long years, it still continues to be an issue all throughout the world.

What are the facts right now?

According to Statistics Canada, in 2022, women make 89 per cent of what men make, which means that women are being paid 11 cents less compared to every dollar that men are making.

The gender wage gap in Canada even seeps through to those pursuing university degrees.

According to the Canadian Women's Foundation, as of 2019, women who graduate with a bachelor's degree are on average making \$69,063 annually while men with the same level of education are making \$97,961 annually.

More men are employed full-time sitting at 87 per cent while the percentage of women working full-time sits at 76.6 per cent.

According to a study done by Policy Options, there is a 57 per cent gender wage gap that affects Indigenous women. The disparity is 46 per cent for women with disabilities, 39 per cent for immigrant women, and 32 per cent for women

who identify as racialized.

How far have we come?

The most vigorous and intense rally's for bridging the pay gap have been brought by women in the United States

One of the earliest rally's to date was placed in the mid-1800s, when women's right activists, Susan B. Anthony and Elizabeth Cady Stanton organized a case in the newspaper *The Revolution*. Later on, a bill was proposed in the 1940s titled, "Prohibiting Discrimination in Pay on Account of Sex."

The bill was never passed through congress.

In the 1960s, President John F. Kennedy passed a bill labeled the *Equal Pay Act*. President Kennedy when passing the bill while speaking about the act said that paying women and men different wages was an, "unconscionable practice."

At this time, it can be cited that women were only being paid roughly 60 per cent of what men made.

Although these are big strides, neither the U.S. nor Canada felt a huge impact.

The average salary for Canadian women working full-time in 1994 was 70 per cent of that of men, a statistic that has remained relatively stable throughout the years,

according to The New Brunswick Advisory Council on the Status of Women.

Another factor of the wage gap is that because of women's social conditioning to be polite, kind, and never ask for too much, women are less likely to negotiate their salaries, according to Harvard.

This is one reason that the equal pay gap continues to persist. It is important that as women who will soon leave school to enter the workforce make use of opportunities to negotiate salary.

In fighting our own individual fight, we fight as a community against unequal pay.

The ethics of flowers

Arroy (AJ) Jacob

Web Editor

The flower-cutting industry is not an everyday conversation starter but is one of our most underrated economic drivers. We don't realize how much we rely on these pretty coloured petals on emerald stems.

Nor do we realize how unethical it is.

Floriculture heavily relies on people and its usage for various celebrations and rites of passage, from weddings to funerals and cultural gatherings. In Canada alone, Flowers Canada Growers report that "in 2019, the industry generated \$1.566 billion in national farm gate sales, and of that, over \$500 million worth of flowers were exported. Nationwide, greenhouse floriculture is the sixth largest crop and the 10th largest agricultural product."

Flowers and flower cutting racks billions of revenue. However, understanding the basis of what makes the flower-cutting industry so

impactful and unethical can help individuals lead the way to sustainable blooming.

Transportation

Flowers are a commercialized commodity, despite how pretty they are. However, transferring and trading them through international markets and associations call for fast and cost-effective shipments. A method of transportation includes shipping them through refrigerated airplane holds—jets that traverse oceans and continents and leave an unfixable trail of carbon dioxide emissions, as with any form of transportation.

However, *Ideas.Ted.com* reported that in 2018, 360,000 metric tons of CO2 were released into the atmosphere through jet travel to the U.S., the world's largest consumer of flowers. "To put that into perspective, that's

roughly equivalent to 78,000 cars driven per year."

The amount of travel made to provide plants that generally do not last longer than a week, in addition to the overwhelming significance of emissions produced each year, and other cons that relate to how easily it contributes to climate change, outweighs any petal's colour and shape.

Exploitation

TheForwardLab interestingly covers the global impacts of floriculture farming. One of their points includes the individuals actually farming the land for flowers. According to their article, Kenya is one of the most prominent nations in terms of floriculture resources. But because of its history with the industry and unregulated labour ethics, "floriculture often uses a workforce of poor, less educated, primarily female workers, meaning that the industry is ripe for

exploitation."

Since most flowers are not edible, the use of chemicals, including pesticides and preservatives, exposes the vulnerable population of workers to a myriad of dangerous working conditions. Ethical and social regulations of how workers are treated when picking flowers for the bride across the world

are unrecognized because the floriculture industry itself is unrecognized.

These ethics and considerations are only a few to name when discussing the legacy the industry has provided. These focal points and more can inform those reconsidering ordering their next bouquet.



Floriculture is unethical and exploitative, yet this remains a significantly underrepresented issue. Photo by Aiden Johner

YOUR STUDENTS' ASSOCIATION



Wyckham arts & crafts market *free entry!*

March 20 & 21 | 2nd floor Wyckham House | 11 am to 4 pm

samru.ca/events

2024-25

REC Elections

CANDIDATE MEET & GREET

Get to know your **Representation Executive Council (REC) candidates** before you vote at SAMRU's Annual General Meeting (held virtually on March 27th).

& enjoy free food!

📅 March 26th | 📍 2nd floor Wyckham House | 🕒 12:30 pm – 1:30 pm



Scan the QR code to view the REC candidate profiles
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Here and queer

Aveline-Vázquez LGBTQ+ Collection Launch at MRU Library

Bella Coco
Staff Writer

On March 6, the Aveline-Vázquez 2SLGBTQIA+ Collection Launch was celebrated at the Riddell Library and Learning Centre at Mount Royal University (MRU).

The Aveline-Vázquez 2SLGBTQIA+ Collection boasts over approximately 1,000 items, including books, posters and pamphlets on queer history and the queer community.

An overwhelming number of students, faculty, staff and other members of the queer community gathered in the Ideas Lounge to commemorate the collection launch. Starting off strong, Peter Houston, who leads the archives and special collections at the library, kicked off the launch.

The collection launch was arranged back in Sept. 2023, when David Aveline, the owner of the collection, called Houston about donating his findings to the MRU Library—specifically to the archives on the fourth floor.

The archives house 113 years worth of history, including collections on sports history, medieval times, the Salem witch trials, and Canadian history. However, there seemed to be

an astounding lack of queer history in the MRU archives.

It was important to Houston that MRU had an accessible collection of queer history, as students and faculty frequent the archives for research and class assignments.

“With the archives, we support teaching, learning, and scholarships through the development of archival holdings,” Houston said in his speech.

Currently, Aveline’s collection is being adapted to be archival friendly, but it is ready for visitation. Houston said that anyone is free to visit the archives, not just students and faculty at MRU.

Archives intern and MRU student, Sydney Morrisette, spoke about their opportunity to work with Aveline and Houston, and their appreciation to go through Aveline’s collection.

“What it means as a student to do this—the opportunities for research are endless,” Morrisette said during their speech.

Morrisette touched on that with vast research opportunities comes vast opportunities for queer representation and celebration.

“There’s all this hate that you see on social media and

on the news, so it means so much to have this and to be here. People have been afraid of the hate we’re receiving. For us to have this collection, for us to have this public launch and for us to have this queer joy, it’s so important to preserve this,” Morrisette said.

Aveline’s presentation held two parts: an introduction and timeline from 1960-1990, and an explanation on the true nature of the collection’s representation.

For Aveline, it all began back in 1967 with a simple

errand run.

“I was 16 years old and I walked into a pharmacy... And, I looked at the books on the wall. And this one title struck me. It was simply called Homosexuality,” Aveline told *The Reflector*. “I kind of, snuck up to it and I picked it up and I was always looking behind me. Maybe somebody was watching me or something like that, but, after about five or six times, I bought it...I still have that book and it’s still in the archives. From there, I came out.”

Since then, Aveline began going out to queer bars and collecting items. He participated in queer rights marches, parades, and protests.

When referring the “gay bar scene” in the 1970s, Aveline saw it as a time “pre-Stonewall” and “pre-AIDS.” Whereas the 1980s were a time of fear of queer erotica and an “anti-sex ear.”

One of the biggest

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Sydney Morrisette presents at the launch of the Aveline-Vázquez 2SLGBTQIA+ Collection at the Riddell Library and Learning Centre at Mount Royal University on March 6, 2024. Photo by Bella Coco

OUT'N ABOUT

Wyckham Spring Arts & Crafts Market

Runs on March 20 and 21 from 11 am to 4 pm. This event celebrates local & student-run businesses and is free for MRU students, faculty, & staff.

Round Dance

The MRU and the Iniskim Centre Round Dance is an Indigenous social gathering hosting a celebration of friendship, diversity, and inclusivity. The evening will be filled with song, food, and dance on March 23 at 6 pm.

Le Petit Chef

This immersive dining experience finally landed in Calgary and now is your time to be served by the world’s smallest chef! Le Petit Chef uses 3D mapping technology for an unforgettable dinner experience.

Women’s History Walk

Learn from First Nations and Métis women to new settlers on the prairies and dive into why women are often overlooked in stories about our history. Runs Sunday, March 3, 10 and 24 from 2-3 pm.

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liberation events Aveline took part in was the Truxx Raid, which is commonly referred to as the Canadian Stonewall. The Stonewall Riots were a series of riots that took place throughout June 1969 in New York's Greenwich Village. The riots were coined as one of the most significant uprisings against police for 2SLGBTQIA+ civil rights.

Canada had its own Stonewall moment on Oct. 22, 1977, when Montreal police raided two popular gay bars— Le Mystique and

Truxx Bar, and arrested 146 gay men.

“Now, they took these men, and they took them down to the police station, and they gave them forcible V.D. [venereal disease] tests. Now, V.D. is something very specific. What that involves is swabbing people, and if you didn't want to be swabbed, you would be held down by the police. Then they would basically take a sample from your anus or elsewhere, right? Now, to me, and to everybody else, that's rape. You know, 146 men were

surgically raped by the Montreal police and the city of Montreal,” Aveline said during his presentation.

The next day, over 200 members of the queer community gathered on the streets of Montreal to protest the Truxx Raid.

Aveline said not long after the gathering, the police came and shoved the protestors off the street and onto the sidewalk. The group played a long game of cat-and-mouse with the police, and with each entrance back to the streets, another 100

people would join the cause.

Eventually, 2000 people were on the streets of Montreal, and Aveline found himself no further than six feet away from a police officer.

“I basically yelled, ‘fuck you’ and we blocked the city for a while. That was great, until they brought out the riot squad. They came, they were all in a row, they had their shields, and bang, bang, we're dead. That's all. We dispersed” he said.

Aveline ended his presentation with questions

from attendees. The final note Aveline left was the hope that younger generations of the 2SLGBTQIA+ community would appreciate the struggles of the people before them.

“We have a rich past of struggle, of 2SLGBTQIA+ struggle and injustices of people being gay, bashed, beaten up and considered lesser citizens. I guess I would, if anything for young 2SLGBTQIA+ people, I would like them to appreciate the history that they came from,” Aveline said.

Perfectionism may be fueling your procrastination

Isabella West

Arts Editor

Have you ever found yourself procrastinating even though you're racing a deadline? Well, Joanne Foster, author of *Procrastination and Perfectionism: Connections, Understandings, and Control*, challenges procrastinators to stop with the beat-down mentality because the fix

may be in understanding your feelings about being perfect. Arts Editor, Isabella West, caught up with Joanne Foster, award-winning author, and gifted education and child development specialist to discuss this topic.

Isabella: Why did you find it important to bring

awareness to the truth about the link between perfectionism and procrastination?

Joanne: There's a link in the sense that people who like things 'just so,' may put things off if they feel they can't get it perfect. There is definitely that link. The sense that you know, “if I can't do it, absolutely 100 per cent correctly, then, I'm not going to bother doing it at all, it's not worth trying.” There may be this fear that “people have expectations of me to be able to do it that way.” There's this whole reasoning that could happen in terms of someone who is very focused on perfectionism and yet is afraid to fail. There's also a fear of success that if a person does something really well, the expectation, the bar will rise. So there's that aspect to the fear of failure and the fear of success.

Isabella: What exactly drew you into studying

perfectionism and procrastination?

Joanne: As an educator, I find that it's a universal issue, procrastination is a universal issue. I think it's misunderstood. I think it's more common than people realize, and I think that a lot of people tend to think of it as just people being lazy or making excuses. Similarly, there's a lot of misunderstanding about the causality of whether or not perfectionism causes procrastination, or whether procrastination and perfectionism are even related at all.

Isabella: What advice would you give people who really struggle to let go of perfectionism?

Joanne: I think they have to understand that perfectionism is elusive. It's not something that's automatic, it's something you really don't even need to strive for. Because flaws are

okay, you can be “flawsome.” You can still be awesome, even though you have certain things that you don't do as well as others. We all have areas of strength and we all have areas of weakness, that's what makes us who we are. I think you have to think of the positives. A lot of what a person accomplishes has to do with their attitude. If you are too deeply focused on that idea that everything has to be just so or that it has to be perceived as just so, I think you get too hung up on that and you lose sight of the journey. Focusing too much on a perfect outcome can be stifling. Look at [Thomas] Edison. Edison had thousands, I think it was a thousand tries before he actually discovered a light bulb that went on properly. It's not to say that what he did to get there didn't have



Joanne Foster, challenger of misconceptions about procrastination and author of *Procrastination and Perfectionism: Connections, Understandings, and Control*. Photo by Krista Fogel Photography

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value. You can't always be focused on perfection, you have to take pleasure in the small successes that you experience along the way. You can make a mistake on purpose, it won't kill you.

Isabella: For those who struggle with perfectionism and procrastination, are there any tips or tricks that you would advise them to try to overcome it?

Joanne: Re-evaluate your expectations, differentiate between success and perfectionism, there's a difference. Become more aware of others, think about people you admire who are not perfect and what

it is about them that you think is wonderful, why do you admire them? Why is perfection so necessary when there are so many people who have accomplished so many things and they're not perfect by any means? Learning to commit to something and then relax, step back from it for a while, take a break, and then go back to it. Understanding that on certain days, you may not feel like doing certain things, and that's okay, step back from it, find another day, another time. Then maybe you can re-evaluate something that may be causing you to feel too

challenged. Also, one step at a time, don't necessarily look at the whole big picture of something, because that may be really hard to achieve. But rather, take a look at small segments and chunk them so that you do one little chunk at a time and build up to the other thing. Another good thing to know is to start with what you know. It always helps to start with what you know and then build from there because it will give you a sense of pride and a sense of familiarity with what it is you have to do. And that makes it a little bit easier to progress and to move forward.

Trading addictions

How quitting vaping led me to a healthier hobby—crocheting

Mikaela Delos Santos
Publishing Editor

I remember when I first bought a vape—a pink lemon-flavoured disposable, with 20 mg of nicotine per puff. Never having smoked before, my first puff was barely even considered smoking, inhaling through the mouthpiece and blowing all the nicotine out. “Just keep it in your mouth for a bit,” my friends told me, chuckling at my innocence.

And then I had a hit. I felt the battery powered smoke burn the back of my throat. I didn't like it at first, and then I took another hit, and another, and another.

I underestimated the power of nicotine. I had recently just started drinking, had already tried cannabis in gummy form and oil tinctures (as we all do in university), and yet, I never felt the need

to consume them more than I should. So I kept huffing and puffing. It even came to a point where I bought and carried two vapes (one with nicotine, and one without) with me at all times just to do tricks and practice my “O's.”

But eventually, everyone around me didn't see it as a “cool quirk” anymore. They saw how I huffed and puffed almost every minute, the sizzling of the oily vape juice that would burn your tongue if you didn't clean the mouthpiece, the sad sight of losing your mind if your little flavoured air machine got lost somewhere in between the couch cushions. And so I quit.


I quit once then relapsed again after having a stressful day. On my second go at

vaping, I noticed that the relief it gave me was gone and I was merely hanging on to the nicotine because my body was addicted to it. I despised my clunky vape.

I quit for a second time. Changing juice flavours helped (I suggest trying a ‘flavour’ that tastes bad. For me, it was anything fruity), and I tapered myself from 20 mg of nicotine to 6mg. But when I threw my vape in the trash, my hands needed stimulation. A big part of quitting vaping is the need for your hands to grab onto something.

This is when I found myself picking up a crochet hook at

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american dream
21 Savage
Slaughter Gang / Epic Records
Score: A+

Only a month after its release, 21 Savage's third full-studio album, *american dream*, has reached global hip-hop charts and is trending on social media platforms such as TikTok and Instagram.

It starts out with a spoken-word piece by his mother, outlining the artist's roots from poverty and the sacrifices his mother made to give him a better chance at living the 'American dream.' This opening song sets the tone for the rest of the album, where 21 explores his childhood, upbringing, and overall transformation to where he is today.

21 Savage includes features of hot voices in today's music scene such as Doja Cat, Young Thug, Summer Walker, Travis Scott, Brent Fiyaz, and

more. The most trending song “redrum” is a catchy masterpiece that combines oldschool 21 Savage with his newfound R&B backdrop. Overall, this album is successful in being whatever the listener needs it to be. It has allowed fans a deeper understanding of 21 Savage's journey, and the themes of poverty, love, and loss remain relevant in the industry. After two extremely successful album drops, 21 knew he needed to top himself for the third. Millions of fans, including myself, would agree that he did just that.

— Emma Marshall



Excalibur / Toy
Good Morning Polyvinyl Record Co.
Score: A+

In anticipation of their upcoming album, *Good Morning Seven*, this Melbourne slacker rock group dropped a teaser album of eight tracks that will be on the final piece. The titular tracks – “Excalibur” and “Toy” — earn their place through the light, yet moody, symphonies they sing.

Staying true to Good Morning's traditional sound, this album combines orchestral maneuvers with lilting vocals to create a sort of experience, rather than just music.

Some standout moments in this album include well-produced instrumentals and beautifully written lyrics coupled with their distinct vocals.

The raw guitar and vocals in

“Just in Time” communicate a paradoxical love story that many can relate to.

Lastly, the largely instrumental ballad that took the position of the groups top song ever is “Queen of Comedy” as we see the true extent of the band's musicality shine through.

This album transports listeners to any time in which they are able to take a breath and reconnect with their soul.

The success of this group in painting a picture is outstanding, and fans are on the edge of their seats waiting for the full album to be released on March 22nd, 2024.

— Emma Marshall

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my local craft store. I didn't really intend on starting this hobby to keep myself away from vaping—it was more of a realization that crocheting saved me from falling back into vaping. Cheesy, yes, but it's true. Crocheting saved my life (and lungs!)

One study suggests that crocheting and similar crafts offer positive benefits for a person's mental well-being. Its use in a therapeutic setting is yet to be explored and studied, but many crocheters, knitters, and fibre art crafters can safely say that the craft has benefited them in one way or another. Freelance writer and author Kathryn Vercillo even wrote a book, *Crochet Saved My Life: The Mental and Physical Health Benefits of Crochet*, to showcase how the art form has saved her and many others from vulnerable moments in their life.

I believe that crocheting is an accessible and inclusive hobby that anyone can take up. Materials for it are

relatively inexpensive and easy to find, it's portable, and there are physical ways to make it accessible for people with disabilities.

Currently, I've been sober from nicotine for more than a year and have at least 30 unused skeins of yarn. I still suffer from the side-effects that vaping caused and I regret having puffed a vape up to this day. I'm behind on some crafting projects—my unfinished wool sweater is lopsidedly waiting to be finished somewhere in my yarn pile. But if I hadn't picked up a hook from Michael's, I wonder where I would be health-wise.

Mikaela Delos Santos is the president of Mount Royal University's (MRU) Cozy Crafters Club—a student club that fosters a welcoming environment for those who are interested in and want to learn crocheting, knitting and other various fibre art crafts.



Various fibre arts crafts can be helpful in calming the mind as per the personal experiences of Mikaela Delos Santos. Photo courtesy of Pexels



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2024 NFL free agency landscape

Ethan Dalton

Staff Writer

As per usual, the 2024 NFL offseason is set to be a highly unpredictable time. This period kicks off with the chaos of free agency. Many big names, including established elite league veterans and dynamic young players at the end of their rookie deals, are available this offseason. Most notably, the safety, edge rusher, and running back market have a plethora of great options this year. Below is a quick description of the most notable free agents, presented in no particular order. These include how productive their 2023 season was, and an outlook of their future. The following free agent list was referenced as of writing.

Giants: RB Saquon Barkley

Barkley, when healthy, is one of the most versatile and explosive running backs in the NFL. The running back market is still highly controversial as they are being undervalued by teams, but any offense would benefit from the addition of Saquon.

Vikings: EDGE Danielle Hunter

Hunter will be the most sought-after pass rusher this offseason, posting seasons of 10.5 and 16.5 sacks in 2022 and 2023 respectively. Any team that is remotely struggling with sack production should be offering Hunter a contract.

Bills: CB Tre'davious White

White has had difficulty being on the field for the past few seasons but has been undoubtedly Buffalo's best corner during his tenure there. He will have interest from many teams, despite his age and injuries.

Saints: FS Marcus Maye

Maye was recently released by the Saints, likely due to their nightmare cap space situation. He will not be without a job for long and will be able to help out most defensive secondaries, as he's been a solid safety.

Cowboys: LT Tyron Smith

Smith is coming off of a great season, playing 13 games and allowing only one sack. The impression from the Cowboys is that he will not return. He has had issues with staying on the field in the past, but would greatly improve most offensive lines in the NFL.

Raiders: RB Josh Jacobs

Jacobs, who led the league in rushing yards in 2022, had a relatively disappointing 2023 season. Much of this blame goes to the Raiders' internal coaching issues. He is still an elite rushing threat when utilized properly, and is still very young.

Cowboys: RB Tony Pollard

Pollard, who finally got his chance as a dual-threat workhorse back in Dallas' offense, had a very underwhelming 2023 season. He is still an efficient rusher, young, and has been able to stay healthy for the most part.

49ers: EDGE Chase Young

Young, who won Defensive Rookie of the Year (DROY) in 2020, has had struggles staying healthy in his short career. When available, he is capable of producing sacks but does not seem to have the same explosiveness he had as a rookie. Some teams will be willing to take a shot on him.

Buccaneers: LB Devin White

White is arguably the most athletic inside linebacker in the NFL, who can be effective in the pass-and-run game. Despite winning his ring in Tampa, he seems eager to receive a handsome payday elsewhere.

Lions: SS C.J. Gardner-Johnson

Gardner-Johnson suffered a torn pec early in the year but was a key piece in Detroit's struggling secondary when he was on the field. Any team looking to add a young, hard-hitting, ball-hawking safety

will be looking into 'CJGJ'.

Seahawks: FS Quandre Diggs

Diggs is another cap casualty from the Seahawks. He has quietly been one of the more consistent safeties in the league and will receive lots of interest from teams looking for safety help.

Bills: FS Jordan Poyer

Poyer was recently released due to Buffalo's cap issues. He is one of the best safeties in football when on the field, and will be able to be a key piece in any defensive secondary. He is probably the best safety available on the market.

Bills: SS Micah Hyde

Hyde, alongside Jordan Poyer, has formed possibly

the best safety tandem in the NFL when they're both on the field. He has been a key piece in Buffalo's secondary, and should receive plenty of interest should he leave Buffalo.

Ravens: ILB Patrick Queen

Queen has been one of the league's best inside linebackers since joining the Ravens in 2020. The versatile linebacker, alongside Roquan Smith, formed possibly the best inside linebacker duo in the league this year.

Bengals: DL D.J. Reader

Reader has been a key piece on Cincinnati's defensive line, mainly as a reliable run defender. He will have interest from many teams looking to improve their run defence if he does not return to Cincinnati.



Former second overall pick Saquon Barkley is set to hit the free agent market, headlining a class with a lot of big names at the running back position. Photo courtesy of X/ @saquon

#S

\$255.4M, the NFL announced the salary cap would be \$255.4M for the 2024 season—a 13.4% jump from the previous season.

34, Max Verstappen recorded his 34th career pole. Moving up to fifth on the all-time list, surpassing Jim Clark and Alain Prost.

37-12-2, Since Nov. 10, the Edmonton Oilers have the best record in the NHL.

1st, Cavalry FC played in their first ever international match when they took on Orlando City.

Cavalry FC fall short in continental debut

Luke Gardiner

Contributor

It was a week of firsts for Calgary's professional soccer team Cavalry FC; their first international match, the first match by a Canadian Premier League team against an American club, but most importantly, they scored their first goal in the Confederation of North, Central America and Caribbean Association Football (CONCACAF) Champions Cup, the most prestigious club competition in North America.

Cavalry qualified by finishing top of the Canadian Premier League (CPL) regular season standings last season, before falling short in the final after extra time, losing 2-1 to Hamilton's Forge FC. The draw for the newly rebranded CONCACAF Champions Cup occurred on Dec. 13, featuring twenty-seven of the best teams in the region representing ten countries. Near the end of the draw, Cavalry pulled Orlando City, from Major League Soccer (MLS) out of the pot for the elimination home-and-away series. Orlando qualified by finishing second in the MLS Eastern Conference and the overall standings, before falling out of the playoffs after a 2-0 defeat in the conference semi-final to Columbus Crew.

The mismatch between the teams was clear from the outset, with Orlando having a salary budget of over \$11 million USD, significantly

more than Cavalry's budget of just over \$1 million CAD. To illustrate the gap even further: Orlando's starting goalkeeper, Peruvian international Pedro Gallese, receives an annual salary of \$937,000 USD—when accounting for conversion, this is more than Cavalry's entire team combined. Although Cavalry have accomplished a lot in their brief five-year history, most famously beating the Vancouver Whitecaps of MLS over two legs in 2019, and winning the CPL regular season on two occasions, Cavalry's pedigree is incomparable to Orlando's. Still, it was a chance to test themselves against a high level of opposition, and it was an opportunity to show Calgary's young and ambitious project on the world stage.

Due to the climate in Calgary in February, the first leg was played at Starlight Stadium in Langford, British Columbia on Feb. 21. Backed by over a hundred travelling supporters, and watched on by countless more at watch parties back home, Cavalry took to the pitch with excitement for their first-ever international match. Boosted by a strong starting lineup and a longer and more rigorous pre-season,

Orlando's attack was no match for Cavalry's backline, with American striker Duncan McGuire opening the scoring 21 minutes in, before Uruguayan international Facundo Torres scored twice on their way to a comfortable 3-0 victory. A bitter pill for the Calgarians to swallow, to be sure, but there was an opportunity to take the lessons learned from the first leg and

apply a better performance in the second leg.

In between the two legs, shortly after traveling the 4,200 kilometers back to Florida, Orlando took on CF Montréal in their MLS season opener on Feb. 24, grinding out a 0-0 draw ahead of their rematch against Cavalry on Feb. 27.

With a full week to prepare, and playing against a fatigued

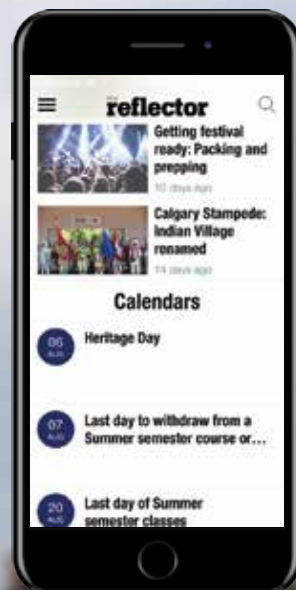
side, Cavalry flew to the States full of confidence and belief in their ability to overturn the 3-0 deficit. Supported in Orlando by a small but mighty traveling supporter contingent of around 30, Cavalry took to the pitch and put on a much better showing. Without a doubt, the highlight was striker Myer Bevan scoring the club's first-ever international goal after a cross from winger William

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Cavalry FC players warming up ahead of their CONCACAF Champions Cup match against Orlando City at the Inter & Co Stadium in Orlando, on February 27, 2024. Photo by Luke Gardiner

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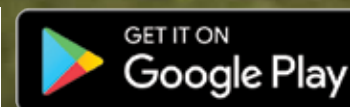


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Akio in the 64th minute. It was a moment of pure elation, as pandemonium erupted in the away section of the Inter & Co stadium, and celebrations broke out on the pitch and the touchline.

"I was very happy for Myer [Bevan], he's someone who works hard and sacrifices himself for the team each game," said left-back Bradley Kamdem, when asked for

his thoughts on the goal. "It was a very nice goal, it was unbelievable".

Unfortunately, Bevan's goal would prove to be nothing more than a consolation, as Cavalry were beaten 3-1 on the night (6-1 on aggregate), but there were plenty of positives to take.

"It can only be a positive for the team, we got to see what the next level is like,"

said Kamdem, on how this experience will shape how they will play in the future. Cavalry showed they can play without fear regardless of venue or opposition, and they showed they are sure to hang with the big and historic clubs in this region for years to come. They also showed they are still one of the best teams in Canada, and it is hard to imagine a better way to prepare for their

upcoming defense of the CPL regular season title, which will begin with their regular season opener away at Forge FC on April 13. Their home opener in Calgary will be on April 28, against Vancouver Island's Pacific FC.

"There's a lot we can take for next year. Now we've had our first [game] in the Champions Cup, one of the biggest lessons we can take is how clinical they

were. These are lessons we can take for the CPL, but also for the Champions Cup next year," said Kamdem with nothing but optimism for the future.

It was David versus Goliath, and Goliath won. But soccer is a funny old game where anything can happen. Who knows, maybe, just maybe, next year Cavalry can go on and win the whole thing.

Why the Edmonton Oilers will win the Stanley Cup in 2024

Noah Wilson

Staff Writer

The Edmonton Oilers began their 2023-24 campaign with an abysmal 2-9 record sitting dead last in the league with many people in the hockey world questioning whether this team had any hope of making the playoffs.

During October, McDavid was not producing to his standards and the team's performance faltered alongside him.

Through the first 10 games of the season, the Oilers captain only had 11 points. For anyone else in the league that's a productive first 10 games... for McDavid however? That is far below the superhuman expectations he's had placed upon him.

By November, his injuries began to fade and once fully healed McDavid immediately rounded back into form. The winning results for his team shortly followed.

Since the beginning of the new year, the Edmonton Oilers have been the best team of 2024 going on a massive 16-game winning streak, one game shy of the NHL record.

The scary part? They are showing no signs of slowing down.

The most obvious factor in the Oiler's rise to dominance

is none other than Connor McDavid. Like his team, McDavid has been on a tear riding a 13-game point streak producing an astonishing 27 assists and 29 points in that span.

When analyzing McDavid's play this year, you see a player who is in the prime of his career.

You see a player where every facet of his game is elite and levels above everybody else.

McDavid is a different player this season, a more complete one. He isn't cheating on defence anymore like we might have seen him do in years past. He has shown full commitment to playing a 200-foot game which has made him a dangerous all-around threat that can take over a hockey game every single night.

The trio of Connor McDavid, Zach Hyman, and Ryan Nugent Hopkins have been hands down the best and most dominant line in hockey on both the offensive and defensive sides of the ice. Zach Hyman is well on his way to smashing 50 goals, while the Nuge has been an anchor on that line with his extraordinary two-way game.

It seems like McDavid comes out of the gates each year

with a mission to accomplish. Last year it was cracking 150 points and securing the Rocket Richard, the year before that it was getting to the conference finals and dominating the playoffs, the year before that 100 points in 56 games.

This year there's a great possibility he can take home a Selke trophy, the league's top defensive player, and hopefully the biggest prize: Lord Stanley.

The Oilers increased their odds of winning Lord Stanley by adding two key pieces at the NHL Trade Deadline.

The Oilers were able to snag veteran centre Adam Henrique, along with depth defenseman Troy Stecher, bolstering the lineup and setting the team up for a deep playoff run.

Unfortunately for Edmonton, they have a very competitive Western Conference to get through. Teams like the Knights, Canucks, Avalanche, and Stars will all be standing in their path.

Like the Oilers, these teams also made it a priority to load up on depth and star power at the deadline.

Something the Oilers possess that no other team in the league can match is the

best one-two punch in hockey, Connor McDavid and Leon Draisaitl. These two have proven they have what it takes to take the team deep into the playoffs.

With both of these studs at the peak of their careers, there is no question that this is one of the best opportunities for the Edmonton Oilers to win a Stanley Cup Championship.

Edmonton has gone through four straight years of triumph, upsets, adversity, loss, and of course winning in the playoffs. This team will want to take all of that experience and use

it to navigate themselves to a Stanley Cup victory.

Connor McDavid's legacy rests on a Stanley Cup. He has won at every level, along with every major award a hockey player could win. The only accomplishment left to seal his legacy is a Cup. The question is if he and the Edmonton Oilers can deliver that, come playoffs time.

In my opinion, I believe they have the best chance to do it this year. We will have to wait and see if I stand correct. See you in June.



Oilers superstar Connor McDavid has been plagued by playoff failures in his career. In 2024, he hopes to finally break through and win a Stanley Cup. Photo courtesy of Instagram/ @mcdavid97

2024 F1 Season preview: The race for second place

Zafir Nagji

Staff Writer

The 2024 Formula One (F1) Season started on March 2 of this year with the Bahrain Grand Prix. Red Bull Racing picked up right where they left off at the end of the 2023 season and posted a 1-2 finish. Max Verstappen cruised to victory, finishing 22.4 seconds, or the equivalent of 224 car lengths, in front of his teammate, Sergio Perez.

However, the nine teams behind Red Bull were in close competition for most of the race. There's a serious chance that, from second place onwards, the 2024 F1 Driver's Championship and Constructor's Championship will finally have some parity. Don your helmets and start your engines, racing is back and here's your preview guide for what is set to be a highly entertaining and competitive 2024 F1 Season.

8: Moneygram HAAS

After team principal and Drive to Survive fan favourite, Guenther Steiner, left the team just before the season started, HAAS is a decidedly less interesting team to keep track of. That being said, Nico Hulkenberg managed to qualify his racecar into the top 10 at Bahrain and it's clear that the VF-24 has a terrific single-lap pace. This will help them secure small-point positions in sprint race events and put their drivers in position for P9 and P10 race finishes for even more points.

7: Visa Cashapp Racing Bulls

The third rename for Red Bull's junior team was not well-received, but at their car reveal, all was almost instantly redeemed. The VCARB 01 looked eerily similar to the RB19 that Verstappen took to 17 race wins in 2023. With

8-time race-winner Daniel Ricciardo and his hot-headed teammate, Yuki Tsunoda, the car has the potential to score points every few races, even if only in small quantities.

6: Williams

Last season, Alex Albon had his fair share of impressive on-track performances and points finishes, using the straight-line performance of his Mercedes-AMG-powered FW45 to secure seventh place in last year's Constructor's Championship. With team boss James Vowles promising more aggressive development, there's a serious chance that Williams will improve its end-of-the-year standing, but this will only happen if Logan Sargeant can make significant improvements. Last year, Sargeant caused \$4 million in damages to the FW45, but if he can simply secure some P10 finishes with the FW46, combined with Albon's excellence, Williams will continue on their upward trajectory.

5: McLaren

McLaren's youthful drivers Lando Norris and Oscar Piastri are under contract for multiple years, and this has allowed them to focus on upgrading their racecar. Last year, the McLaren MCL60 went from being one of the three slowest cars on the grid at the beginning of the season to arguably the third-fastest car by about halfway through the season. Norris and Piastri were competing with the likes of Verstappen, Perez, and Hamilton for top-three finishes at a series of last year's races, thanks to their excellent car control and impactful mid-season car upgrades. They are guaranteed points finishers and should tally enough

of them to finish in the top half of the Constructors' Championship. The only question is, will Lando Norris finally get his first race win?

4. Aston Martin

At first glance, it would make more sense for McLaren to finish in front of Aston Martin. Whereas McLaren gets a fair share of points from both of their drivers, Aston Martin depends on Fernando Alonso to be so exceptional that he scores enough points to hide his teammate Lance Stroll's lack of high-end skill. Stroll's crashes, underwhelming finishes, and inability to extract his car's full potential weighed Alonso down last season, who managed eight podiums in 2023 and scored over 70 per cent of his team's total points last season. Expect a repeat in 2024, as Stroll's father owns the team and is highly unlikely to fire his son, even if it means a better point tally by the end of the year.

3. Mercedes-AMG

For the past two seasons, Mercedes-AMG's sidepod-less design compromised their ability to consistently generate high-point-scoring finishes. After ditching that element for a more conventional design and firing the technical director that implemented them in the first place, though, Lewis Hamilton and George Russell found themselves consistently fighting for high point totals and even fighting for wins, as Russell nearly secured one in 2023 at the Singapore Grand Prix until a last-lap crash took him out of the race. In Bahrain this year, the Mercedes-AMG W15 encountered issues with its battery regeneration system, so its performance is still unproven. That being said,

fans should expect Hamilton to end his Mercedes tenure with a band and for Russell to start proving himself worthy of filling Hamilton's shoes as the #1 driver.

2. Ferrari

As a tandem, Charles LeClerc and Carlos Sainz can make an argument for being the most talented driver pairing on the grid.

LeClerc has been known to steal pole positions from Verstappen in qualifying over the past two years and Sainz was the only non-Red Bull Racing driver to beat the flying Dutchman in a race in 2023. There's reason to believe the new SF-24 will bring out even more impressive finishes from the Italian team, as LeClerc set the fastest overall time in the three qualifying sessions in Bahrain this year. Plus, with Sainz being replaced by Hamilton for 2025, it's likely the Spaniard will make every effort to show the other championship-contending teams why they should consider signing him for next

season.

1. Red Bull

Hot take? Maybe not, but it's hard to argue against the inevitability of Verstappen winning an obscene number of races. Perez is also likely to pick up at least one win during the season, along with points finishes in just about every race. Plus, with the best chief aerodynamicist in the sport, Adrian Newey, Red Bull's race car will be the fastest, most aerodynamically efficient car on the grid for the third year in a row. The only question is, will Verstappen top the single-season record of 17 wins he set last year?

With 24 races on this year's calendar, the 2024 Formula One season is going to be long, grueling, and, ignoring the impending Red Bull Racing dominance, closely competitive. Second place in this year's Constructor's Championship will be hotly contested, which should have even the most casual F1 fans salivating at the potential for wheel-to-wheel racing.



Max Verstappen is projected to dominate the F1 circuit once again, as seemingly no one can compare to the Dutch superstar Photo courtesy of X/ @Max33Verstappen