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MRU's new parking rules and regulations

MRU has updated their parking rules, and students are not happy

Bella Coco
News Editor



MRU's new parking rules, including an impound lot and a ban on backing into stalls, ignite a storm of student protests and discontent on social media. Photo by Aiden Johner

The consistently controversial topic of MRU parking has sparked a wildfire of reactions with the announcement of new rules and regulations, and the declaration of an on-campus impound lot.

The majority of the rules and regulations brought forth by the university in August will lead to the increase of parking enforcement, which Parking and Transportation hopes will alleviate traffic congestion and increase parking space availability across campus.

It's safe to say that the general response was less than pleased, and anonymous individuals took to @mruchatter on Instagram, a confession account—with over 8000 followers—used by and for the MRU community. While @mruchatter is not professionally associated with the university, it didn't stop students from posting their complaints and opinions on the new parking rules.

The complaints didn't end with the anonymous posts,

and multiple people have taken to the comments to share their displeasure and disappointment towards the new parking rules and the communication regarding purchasing permits.

Some users invited the idea to protest, while some complained about the lack of effective communication brought forward by the MRU Parking and Transportation team.

Supportive links were pasted in the comments of locations of cheaper parking lots surrounding campus or alternative transit routes.

One confession read, "We have to protest the parking rules, I mean what happens if we all refuse to pay they can't ticket and tow us all, and even if they did it would cost them more money to do that than to just let people pull through and back in."

What's new?

The biggest changes brought to MRU parking this year is the addition of an impound lot, and the newly implemented rule of

no backing into or pulling through parking stalls.

The MRU Parking and Transportation online page lists the most frequently asked questions and the corresponding answers for any students curious about the rules or the ticketing and towing process.

To help students adapt to the new rule of no backing in and pulling through, MRU has offered to give out courtesy tickets from Sept. 5 to 19 to those who back in or pull through stalls. Each individual is permitted two courtesy tickets before receiving regular violations.

For those with two or more unpaid tickets after 30 days, their car will be towed to MRU's new impound lot, which is located in Lot A, and uses 20 stalls. The university has confirmed that the remainder of the lot will still be open for regular parking.

To get a car out of the impound lot, individuals with parking violations are required to pay a \$200 towing fee, and an additional daily \$15 impound storage fee.

To pay the impound and tow fees, one can go to the parking and transportation office located at K105 during business hours from 8:30 a.m. to 4:30 p.m.

According to an online statement on the MRU Parking and Transportation page, the new rules and changes make parking more fair on campus.

"These changes make parking more equitable for the entire campus community by better supporting those who are already paying for parking. For example, if someone does not pay for parking in a permitted lot, they are taking a spot away from a permit holder who did pay for a spot," the statement reads.

Post-secondary comparisons

Annual permit pricing for the MRU parking lots vary from \$840 to \$1240 for the various lots across campus, whereas at the University of Calgary and SAIT, the annual rates vary from \$480

to \$1200 and \$200 to \$875 respectively. MRU leads the pack with the highest permit pricing, but SAIT holds the highest daily parking fee at a daily max of \$27.

Students tend to gravitate towards permits when paying for parking on campus, but due to limited spots and stellar demand, not every student can take part in permit parking and the permit only lots.

Transit-wise, SAIT and U of C also have more accessible routes to campus, which puts MRU behind in alternative travel and transportation methods. Both SAIT and UofC have train stations leading right to campus, as well as many bus routes. MRU, however, only has one LRT route that is a 19 minute walk from campus.

Exploring other options

While some students may purchase a permit pass or endure the daily parking fee each day, there are alternative solutions to effective transportation to the MRU campus.

One LRT route leads to the Eb 45 Street C Train Station, Bus routes 9, Route 9; 306, Max Teal Douglas Glen; 13, Westhills; 304, Max Yellow Woodpark; 20, Heritage Station.

MRU also has a carpool program, which provides cheaper permits to those who carpool to and from campus on a regular basis. An application is required, and approved applicants are also eligible for the Guaranteed Ride Home (GRH) Program, a program only available to registered carpoolers, ensuring anyone is not left stranded on campus due to emergencies.

For additional information on the new MRU parking rules and regulations, the student response, and on an effective parking survival guide, read MRU parking is constantly evolving: here's how to adapt in the Features section of The Reflector.

Electronic recycling: A friend or foe to students?

Alberta's new electronic recycling program: What does it mean for students?

Bella Coco

News Editor

Starting in 2025, Albertans will have the opportunity to recycle over 500 different types of electronic items, which include—but are not limited to—cell phones, solar panels, musical instruments and children's toys.

To help the province and citizens adapt to the recycling expansion, the pilot program run by the Alberta Recycling Management Authority (ARMA) has helped sustainably recycle hundreds of electronics. The four year—and counting—effort will help the initiative become permanent in the province.

However, the evolution in recycling may also bring a change in related costs.

Consumers may be required to pay a minimal environmental fee, where the tax will be applied when they initially purchase their designated electronic products.

Environment and Protected Areas minister Rebecca Schulz says figures from 40 cents to \$1 are possible, depending on the item recycled, and are subject to change in the future.

“That was an estimate from the department on where we may be started right now, but they may change given industry feedback over the next couple of months,” she told Calgary CityNews.

The government predicts that the recycling initiative will draw away 5,500 tons of electronic waste from provincial landfills. As of now, the province does not have a dedicated program specific to solar panels, but a pilot program for solar panels, wind turbines, and electronic vehicle batteries is in the works.

According to the provincial government, without the specific program for solar panel recycling, over 800,000 solar panels could reach the end of their life by 2050. The government,

alongside with ARMA, also plans to investigate furthering the life span of solar panels.

To help workers identify any electronic hazards when recycling, the provincial government has also invested \$250,000 into an artificial-intelligence X-ray system.

Since 2020, the pilot program has already diverted 14,000 tons from Alberta landfills.

Eligible electronic items that can be recycled in 2025

include:

- Cell phones
- Video game equipment
- Small appliances (microwaves, small fridges, coffee machines, digital scales)
- Gardening and lawn care equipment
- Musical instruments (electric guitars, keyboards, electric basses)
- Toys
- Power tools
- A/V devices (speakers,

DVD players)

“These changes are a major step forward for our province and our country, and of course, this is a legacy that we will leave future generations,” said Schulz.

Starting in April 2025, Albertans can drop off eligible electronic items at 365 registered depots scattered across 148 municipalities in the province.

For students, this may mean extra fees on purchasing new electronic

devices to help further service their studies in the school year, like laptops and tablets.

However, with a potential new solar panel recycling program and enhancement program on the way, this could mean more sustainable energy sources for post secondary institutions in Calgary, and at MRU.

Government officials are set to release more information on solar panel recycling in the fall.



Starting in 2025, Albertans can recycle over 500 types of electronic items, with a new environmental fee potentially added to purchases, as the province aims to divert 5,500 tons of e-waste from landfills and improve recycling programs for solar panels and other tech. Photo courtesy of Aiden Johner and Wikimedia Commons

MRU's journey to decolonization

MRU's efforts on Indigenization and decolonization, past, present and future

Bella Coco

News Editor

Since 2021, through September to October, MRU has held annual activities on a journey to Indigenization and decolonization. The university commemorates Orange Shirt Day, National Day for Truth and Reconciliation, the signing of Treaty 7, and Sisters in Spirit Day.

As stated by MRU's Office of Indigenization and Decolonization, "The Journey to Indigenization aims to provide an opportunity to learn from one another through a series of knowledge infrastructural events. These events showcase the success and innovation in applying, linking and adding Indigenous concepts and epistemological changes to curriculum content at MRU. The knowledge and learning will be shared with students, faculty and staff."

The effects of colonization have ripped cultures, families and traditions apart. Generations of trauma and a loss of spirituality have been committed by systematic oppression and discrimination.

When the Indian Act was enacted in 1876, events like the Sixties Scoop, residential schools and forceful child welfare were acts of genocide against the Indigenous peoples of Canada in an effort to assimilate them into Western practices.

As Canadians living in occupied land, it is crucial to fully know and understand our history to work towards mending it from the gouges of colonization and Eurocentrism.

A key word used by the Office of Indigenization and Decolonization is "Nitoyi," which is defined as, "The moment you know you belong. It is the moment when things start, and an idea pops into your head when you understand. Nitoyi is the beginning. Nitoyi is the very point of change."

In order to understand decolonization and to decolonize your mind, you have to change your mindset and educate yourself on the ideas and events that you may not understand, or that may make you feel ill at ease. MRU's efforts to decolonize and spark Nitoyi come in the form of presentations, art installations, posters and educational segments.

Faculty, student and staff presentations will be running from Sept. 23 to Sept. 27, with topics ranging from land-based education, sharing Indigenous stories in the media, Indigenous art, the residential school system, the ethical responsibility as settlers, and more. The campus will be lit up in orange, as well as have orange shirts displayed to visually represent the university's commitment to reconciliation.

In October, MRU will

recognize Sisters in Spirit Day, a movement across Canada raised by Indigenous women to increase knowledge on violence against Indigenous women, girls, and two-spirit. On Oct. 4, people are encouraged to wear red to show support for the families who have experienced losing a loved one to violence against Indigenous women.

From Sept. 25 to Sept. 30, students, staff, faculty and all are encouraged to wear an orange shirt in support of Every Child Matters, which honours Indigenous individuals who survived residential school and commemorates the children who never made it home.

The community of MRU can purchase an Every Child Matters shirt at the Cougars Campus Store, where a section of the proceeds goes to MRU's Indigenous student emergency fund, and to the

care of the white buffalo—a resource centre dedicated to creating a strong sense of community between Indigenous families and youth.

Things you can do all year long in support of decolonization are respectfully engaging with members and Elders of Indigenous communities, supporting Indigenous artists and writers, calling out your own unconscious bias, and extending your knowledge on decolonization efforts beyond this article. Commit to more research on the topics at hand, and attend teachings and talking circles for education and knowledge sharing.

Materials by Indigenous writers about Indigenization and decolonization will be displayed on the first floor of the Riddell Library and Learning Centre and available to borrow.



MRU continues its commitment to Indigenization and decolonization with a series of events from September to October, including Orange Shirt Day and Sisters in Spirit Day, aimed at fostering education, reconciliation, and community support. Photo by Aiden Johner

THE REFLECTOR

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First year at MRU: Survival guide

The first year of university can be intimidating for many new students, but here are some tips and tricks to make it more manageable

Liam Rockliffe

Features Editor

Whether you've lived in Calgary your whole life, or are coming from out of town, university is a new frontier. While the lockers and classes may still be reminiscent of high school, university holds its own unique challenges. Professors, textbooks, new facilities and resources, and even just navigating the school are daunting things we all must encounter and explore to become fully fledged undergraduates. This guide aims to help newcomers navigate early university life, and hopefully, even returning students will find something valuable.

Professors and class structure

University Professors are nothing like your high school teachers. At Mount Royal University (MRU) all professors are experts in their own respective fields and can often provide very valuable advice and information on their classes and life in your program.

Since MRU has smaller class sizes, a lot of the time, the relationships between students and professors are much closer than anything at larger campuses. On the first day of classes, each professor will review what their class will look like for the semester. They will outline materials, how much time should be allotted for their class and what the tutorials and labs will be like for their class (usually the first class of labs goes more in-depth into the lab itself). They will also, most importantly, outline important dates such as tests, quizzes and roughly when each subject will be covered in their class.

I recommend marking down at least the quizzes in an online calendar so you're never caught unprepared.

Textbooks

Textbooks are one of the most concerning things to new students. With heavy fees associated with them, it is often assumed that without the textbooks listed in the syllabus, students may be unable to pass the class. However, professors usually go over the required resources on the first day of class, and many will even indicate that they don't plan to use the listed textbook. Textbooks are generally, even if not recommended by the professor, incredibly useful tools to use to study—as they are one of the few reliable resources pertaining exactly to the course they are connected to. But not having textbooks, unless they're tied to an online homework or quiz system, won't directly affect your grades.

There are many alternatives to buying textbooks from the MRU Campus store. Online marketplaces often post near-perfect condition textbooks from students from previous years for low prices, and these posts can even be seen on student's Snapchat and Instagram stories. There are also several Facebook groups fully dedicated to selling MRU-specific textbooks. Students who have taken the class many a time will even just keep their textbooks after they don't need them anymore, so it never hurts to ask higher-year students in your program if they can spare any. Some textbooks can even be found online in completely usable forms, for low or minimal prices, and these websites are not hard to find.

Facilities and resources

MRU has an incredible amount of facilities and resources available that

are usually free to students partaking in a full-time course load (three or more courses).

The most notable and most used out of these facilities is the MRU Cougar's Recreation Centre. After scanning your One Card at the entrance to the "rec centre," students will find fully-kitted change rooms with (limited) free day-use lockers. These change rooms also sport saunas and showers. There is also a 25 by 25-metre salt water swimming pool, six squash courts, a full rock wall with auto belays, lead climbing, bouldering, and of course a state-of-the-art fitness centre. This fitness centre has a way to target every muscle group and usually has duplicates of machines. There is also a full 200-metre track, and several courts perfect for volleyball and basketball.

These courts are often used by MRU's intramural teams. From basketball to hockey, intramurals are a great way to meet new people and play the sports you love competitively. These teams can be easily accessed via the Cougars website.

Outside of athletics, MRU offers all types of resources. Academic advising is one resource I recommend every student to use at least once. Advising helps make the confusing requirements of courses a lot more manageable and can get you on track to obtain what you want. Counselling, work support and safety support are all available and can be found on the MRU website.

Wyckham Hhouse

One of the main centres for student resources is Wyckham House which is located on the west side of the main building. Wyckham has a massive food court on the first floor, as well as inclusivity and resource rooms (such as a nap room and free breakfast room) on



Navigating university life at MRU can be a challenge, but understanding professors, textbook resources, and campus facilities—along with layout of the school—will help students settle in and make the most of their undergraduate experience. Photo by Aiden Johner

the second and third floors. In the basement of Wyckham, there is a pharmacy, optometrist, dental choice, student benefits, and of course, the office of The Reflector where anyone is free to email or bring a pitch for the next issue.

Wyckham also has a bar called West Gate Social House which sells alcohol at the legal lowest price allowed in Alberta. You can also purchase a whole meal for the price of \$7.25. It is ran and operated by the students for the students.

Navigation

MRU has some of the most fascinating architecture out of any school in Calgary, but this artistry can make it an absolute mess to navigate where you're going. Here are the most basic tips to navigate the school, but the only way to be confident in the school is to spend time adventuring, and make sure you find your classes before the first day.

Every class or hall that has a single letter (such as A or

E) is connected to the main building and can be reached by taking a hall from Main Street (the hall you probably picked this paper up in). However, if a room starts with two letters, it will be located in one of the many outbuildings MRU has (a class with EB would be in the east business building). MRU has three floors in the main building and the first digit in room numbers is the floor that the class is located on. For example, E1050 would be in the E wing and located on the first floor. Maps are available and can be very useful tools for your first year, especially to locate outbuildings. Or, don't hesitate to ask security or another student for some help. We've all been there.

With these resources available to all students, and many more listed on MRU's website, the first year can go by incredibly fast and smoothly. The best way to learn about MRU and what university life holds is to do your own research and ask questions from the people who know.

Parking survival guide

MRU parking is constantly evolving: here's how to adapt

Liam Rockliffe

Features Editor

The year is 2024 and with fees equal to tuition for one class, parking at MRU has never been less desirable. However, classes must be attended, degrees must be obtained and money has to be saved. For students wishing to get through their years at MRU by spending the least amount possible on parking, here is a completely legal survival guide.

According to Calgary Public Parking Map, there are several free alternatives to the exorbitant costs of parking at MRU. To the west of Bethany Chapel along Richardson Road S.W., there is a park where street parking is both free and not limited by any timeframe. Along Grafton Dr. S.W. there are several two-hour street parking zones, and more of these parking zones exist on Galbraith Dr. S.W., 46 Ave S.W., but fill up quickly and have a walk to MRU. This is why I recommend looking for yourselves on the Calgary Parking map website.

Bethany Hall offers parking permits but these have to be bought on Aug. 13 as they sell out almost immediately. These permits are only \$100 cheaper than the cheapest option at MRU for parking, and the distance is comparable to parking on the street, but any alternative to MRU's parking dictatorship is a good one.

For the price of \$100 per month, or \$8.50 per day—\$400 for a four month semester, Westmount Corporate Campus offers parking to students in the yellow zone which is an above ground parkade located only minutes away from Riddell Library. No hang tags or stickers are required to park here, they simply just require registering through the “honk” app or calling 825-509-4221.

Every train station in Calgary has public parking, however, MRU doesn't have its own train station. Listed are the five closest train stations and the times to get to MRU:

Blue Line: 30 Minutes from Westbrook LRT, 30



In 2024, with MRU parking fees soaring, students seeking cost-effective alternatives can explore free street parking, nearby parkades like Westmount Corporate Campus, and options like Chinook Mall, while leveraging public transit and advice from fellow students to navigate the parking crunch. Photo by Aiden Johner

Minutes from- 45th Street LRT, and 45 Minutes from Sirocco LRT; Red Line: 30 Minutes from both Chinook and Heritage LRT.

Grey Eagle Event Centre offers parking at their location just a 20 minute transit from MRU. There is a lengthy walk from the parking to the transit station however, and the location is outside of most people's commute. Chinook Mall provides a much more convenient location for students to park. Being located in central South Calgary, Chinook Mall holds near unlimited parking and by hopping on the number nine bus, students can be at school in 30 minutes. However, with both these options still using public transportation—which is unreliable at the best of times—and being further than the other options listed, parking in these lots carry their own negatives.

Parking will continue to be a battle at MRU. With prices being too high for the average student to want to pay them, and good spots being few and far between, every student must find their own alternatives, or bite the bullet of MRU rates. 3rd and 4th year students can also be a resource for students looking for parking strategies passed down from classmate to classmate.

THE VOICE

Taking a course at Athabasca University?

Be sure to check out The Voice Magazine!

AU's official student publication proudly supported and funded by the AU Students' Union.

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Getting turned without getting burnt

Girls (and everyone else) just wanna have fun

Liam Rockliffe, Features Editor & **Bella Coco**, News Editor

Calgary offers many great clubbing opportunities for all types of people and ways of life. Whether you're looking to get your cowboy boots on, or if you just want to dance with your friends, there's a club for you!

Ranchmans is located in Southern Calgary along Macleod Trail. This club sports a country vibe and holds all the hospitality and friendliness of a small town. Most people dress in full Western attire including boots, jeans, and a hat. Ranchmans also has a mechanical bull and a large patio which is fully open during Stampede. The music played here is (as you guessed) is country with the odd hit 90s or 2000s song. This music is accompanied by two-stepping, line dancing, and swing dancing. If you ever don't know how to do a dance, don't be shy to ask anyone around you for help. Ranchmans also offers free dance lessons every Wednesday, Thursday, Friday and Saturday. They teach everything from swing dancing to the cha-cha and also offer line dance lessons. Check out their website to know exactly when to drop by!

The Back Alley leans heavily into the nightclub EDM (electronic dance music) scene. With dark fog, lasers and club lights, it's open every weekend. The Back Alley also hosts musicians from all over the world, and you can check out their events page to learn what's coming up! The Back Alley, however, is aptly named, as it's good to stay aware of your surroundings while at this club and while commuting to the club—bring a friend and travel in groups!

Commonwealth hosts weekly live music performances and is one of the best places to go in the city to broaden your musical horizons. Sporting 2 floors, abandoned warehouse, the club holds an “underground” vibe. Each floor has its own music every night, so there's always a beat you can groove to. The lower stage is played by some of the best hip-hop DJs in the country. Commonwealth, just like

every club in Calgary, has its own unique feel and deserves to be on everyone's radar at least once.

Twisted Element, Calgary's most popular queer nightclub is known for its electric drag shows and inclusive experiences, leaving it to be a highly sought out venue for a night out of drinking and dancing. Whether you want to be up on the centre circular stage in the spotlight or hanging down in the lower level of the club, Twisted never leaves its patrons bored. Each weekend is jam-packed with events, shows and engagement. The DJ prioritizes pop music's greatest of all time artists, from ABBA to Chappell Roan. Best known for being a safe and inclusive space, Twisted is open to all for a good time.

Greta offers not only a club with bumping music, but also a fully fledged arcade, and

“The Alley” which has street art created by six of Calgary's most influential street artists. Greta is the perfect club to visit if you're looking to experience a different side of clubbing, while slightly turned down from the other clubs on this list the arcade, food, and people make up for this. Greta is best known for creating an environment where no one is ever bored.

National is an ever expanding club with four locations dotted around Calgary. National on 17th is the club's original location and still holds the interest and hearts of many Calgarians. It has long tables and is the perfect place for a sit down to enjoy food and friends. National Westhills is very similar to National 17th and is more food-focused. National on 10th has an arcade-like appeal, with ping pong, foosball tables, and

even eight lanes of bowling available. National on 8th is your traditional nightclub but also has the biggest rooftop patio in Western Canada perfect to throw a chair off of like Morgan Wallen – but we don't endorse destructive behaviour, of course.

Modern Love is a fairly new venue to Calgary which serves food and replaces what is left of the beloved club Broken City. Run by the same people who brought The Buckingham to Edmonton, Modern Love will no doubt integrate itself into the hearts of Calgarians. From summer patio parties to Monday night comedy shows, Modern Love doesn't fall short on events to spend an evening of fun on.

The last on this list of clubs for your enjoyment is none other than Cowboys. Cowboys produces mixed opinions, with some hailing it as the

happiest place on earth, and others absolutely despising it. It boasts the largest venue in Calgary, and features music of all genres, with a focus on modern country. Inside the club, there are several games and activities, as well as many bars fit to serve any type of beverage a person would want. There is also a large central dancefloor. Cowboys is connected to Cowboys Casino, but operates as a completely separate business. Cowboys Casino is a gigantic Casino with table games, poker and nearly every available slot machine in Calgary. Overall, Cowboys does have something for everyone and can certainly provide some fun nights.

Calgary is home to some of the hottest clubs in Canada, and hopefully, this guide has provided some insight before you venture to explore them yourselves.



Calgary's vibrant nightlife caters to every taste, from the country charm of Ranchmans and the EDM beats of The Back Alley to the inclusive energy of Twisted Element and the eclectic mix at Greta, ensuring there's a perfect club for every night out. Photo by Aiden Johner

YOUR STUDENTS' ASSOCIATION



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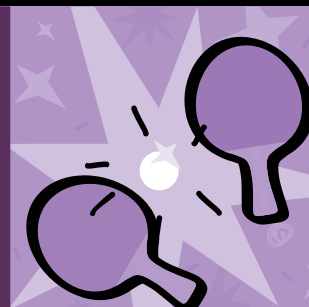
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Comedian for the girls: Jessi Cruickshank

Who is Jessi Cruickshank and why would I see her?

Mia Smith

Contributor

Jessi Cruickshank, a comedian from Calgary, Alta. will be making her return to Calgary on April 30, 2025 on her tour, "Now That's What I Call."

Juggling three children, alongside her work as a comedian, podcaster and TV personality is demanding. Rather than boasting about her abilities, she invites people to share in her experience as a new mother and all of the challenges that entails.

Who is Jessi Cruickshank?

After being born in Calgary, Cruickshank moved to Vancouver, B.C. at a young age and grew up involved in the community.

She began her journey with the WE organization, formally known as Free the Children, at a young age after meeting the founder, Craig Kielburger. She did not officially begin her journey with the organization until about 10 years ago.

Cruickshank made her mark in television as an MTV personality co-hosting *The Hills: The After Show* with a pre-Schitt's Creek Dan Levy.

She only continued to grow in popularity after appearing on the Breakfast show, Canada's Smartest Person and *The Goods* on CBC.

She continued her career by splitting off on her own

and making a name for herself in comedy through multiple platforms such as her number one show on Facebook, "New mom, Who Dis?"

WE Organization

From a young age, Cruickshank was drawn towards helping those around her. She has always been drawn towards fostering a sense of togetherness and community for people around her.

She uses her platform as a mother to foster children and raise awareness for human struggle starting at a young age.

Cruickshank has hosted and performed at many WE Day events. Spreading joy and comedy to the younger generation is of great importance to her as she has young children of her own.

"Phone a Friend" Podcast

To get a taste of what a Cruickshank show entails, one may stumble upon her podcast, "Phone a Friend."

The podcast launched in early 2023, and gives Cruickshank a platform to discuss pop culture hot topics from every time period and demographic.

The concept plays on classic game shows because when she would like more details on a topic, she 'phones

a friend,' to discuss in further detail.

The guests she invites depend heavily on the topic at hand, but she has been noted to collaborate with A-List celebrities anywhere from Dan Levy of *Schitt's Creek* to Scheana Shay of *Vanderpump Rules*.

On the contrary, she also calls up people such as tweens and Britney Spears super fans to get the scoop.

What happens at the show?

Cruickshank prides herself on her ability to relate to the crowd and create a welcoming experience for those experiencing her show for the first time.

"This [is a] communal experience for all of us. For most people in the audience, it is the first time we are coming together with like-minded people to just get out of the house and just laugh for 2 and a half hours straight. It's the most honest I can be about everything from the After Show, to my career to being a mom of three, and having a new baby, I share everything," Cruickshank shared in an interview with *LiveNation* earlier this year.

Cruickshank is renowned for her 'sad bra' tradition. In an attempt to relate to her audience, other mothers, she birthed a tradition where she asks the audience to take off their bras and chuck them on

the stage.

"I have such a sense of who the people who come to see me are that I'm better able to create a show that resonates with them, the bras are a really good example of that," Cruickshank said in an interview with *Post Media*.

This is when she looks through the bras and assesses the bras based on the "milk stains and nipple maxi pads," in an attempt to celebrate all of the nursing mothers in the

audience.

Cruickshank then crowns the 'saddest bra,' at every show.

But don't worry ladies, you do get your bras back.

Cruickshank will be at the Bella Concert Hall located on the Mount Royal University campus on April 30, 2025 at 8 p.m.

Tickets are available on TicketMaster and start at \$58.



Jessi Cruickshank, Comedian from Calgary, will be performing at the Bella Concert Hall on April 30, 2025, as part of her "Now That's What I Call" Tour. Photo courtesy of Facebook @Jessi Cruickshank

OUT'N ABOUT

DandyFest

DandyFest celebrates beer, food, music, and art. Enjoy two sessions on Sept. 16 (11 a.m. and 4 p.m.) featuring over 20 breweries, live bands, local artists, and delicious food. Tickets available at dandybrewing.com

Weekly Board Game Night

Spice up your Wednesdays with a free board game night at Y Not Today on Macleod Trail. With bubble tea and desserts for purchase, this weekly event is a great way to decompress with friends. No tickets or RSVP needed.

Movies with a View

Transforming High Park into an outdoor theatre with popcorn and drinks available for purchase, the classic "Everything Everywhere All At Once" is streaming on Sept. 12 at 8:30 p.m., spots are first come, first serve.

Skating in the Mall

Biggies, a free 1950's-themed portable roller skating rink, is popping up at Southcentre Mall's Centre Court. Patrons are encouraged to bring a donation for The Calgary Food Bank. Open every day until Sept. 7.

Calgary Pride: 34 years of celebrating gender & sexual equality

Sarah Palmer

Contributor

Calgarians welcomed September with a kaleidoscopic exhibition of colour, representative of the freedom to publicly celebrate gender and sexual diversity during Calgary Pride's 34th annual pride festival—a demonstration made possible by decades of fighting for the acceptance of queer identities.

Since 2009, the non-profit organization has held their pride festival on the last weekend of August due to Calgary's unpredictable weather in June, the internationally recognized pride month. This year, Calgary Pride provided the city with a unique variety of queer-inspired activities to honour the occasion.

Pride '24 - A Year of ever-growing inclusion

Bringing back the two-day festival, Saturday, Aug. 31 marked the beginning of a prideful weekend. Showcasing queens Argie and Jizz Elle, attendees aged 18 and above gathered at Prince's Island Park to watch a scandalous selection of drag performances from 5 p.m. to 10 p.m.

Kicking-off the parade at 11 a.m. on Sunday, Sept. 1, more than 100,000 attendees and participants marched West-bound on Fifth St. and headed down Ninth Ave. toward Prince's Island Park, where pride festivities were being held from 12 p.m. to 10 p.m.

Calgary Pride implemented a number of new procedures for this year's activities, including larger beer gardens, more headliners and a designated family-friendly area intended to give queer families a safe space to connect with one another.

"Something that I think is unique to our organization is [that] we're not afraid to adapt and change and do what we can to really represent our community in its truest form," said Anna Kinderwater, manager of communications for Calgary

Pride.

Another new activity was the Queer 'Sober' Garden—a 'beer' garden that only offered non-alcoholic beverages, such as coffee, to ensure that alcohol-free individuals could experience a social atmosphere akin to a beer garden without "having the stress or threat of relapse," said Kinderwater.

Strutting their sequins and sass, drag performers entertained guests all throughout Sunday, notably including Canada's Drag Race 2024 winner, Venus. Also performing was an All Ages Drag Troupe led by teacher and performer Shane Onyou, a drag king whose success was bolstered by Calgary Pride's annual dedication of contributing a portion of their generated income to supporting queer, local talent.

"Our primary reason for being here is to celebrate our sexual and gender diverse community," said Kinderwater. "We do our best to support the community."

Today, pride exists as an event that rejoices the ability one has to openly express their honest identity, but just over 30-years-ago, pride existed as a political rally where attendees often had their personal and professional statuses compromised upon participation.

A brief history of Pride in Calgary

The late-1980s signified a period of mass-expansion in terms of the growing number of pride organizations appearing city-wide. So much so, Project Pride Calgary (PPC) was established in 1987 and served as an umbrella group which included many of Calgary's gay and lesbian advocacy groups, who all shared the common mission of hoping to "advance LGBTQ2S+ visibility and rights," according to the University of Calgary.

By 1988, PPC held their first pride festival and hosted activities like music concerts, workshops, community

displays, dances, and family picnics.

Making the record books, Svend Robertson, British Columbia's former Member of Parliament for the New Democratic Party, named himself as Canada's first openly gay MP that same year—a statement later impacting the course of Calgary's queer history.

Coming from 30 different countries, 7,250 athletes registered for Vancouver's International Gay Games—making it the largest sporting and cultural event in 1990. But, organizers struggled to receive funding from the government which caused many athletes to have to generate funds themselves, according to the Canadian Centre for Gender and Sexual Diversity.

The Calgary Lesbian and Gay Political Guild (CLAGPAG), a group under PPC's umbrella, organized Calgary's first political rally on June 18, 1990. The rally doubled as a fundraiser which sought to generate income that would allow Calgarians to compete in the Gay Games.

One-hundred-forty participants gathered at the 'Old Y' building to pick-up Lone Ranger masks—black eye masks with the pupils cut out, identical to the mask worn by actor John Hart in the 1950s television series 'The Lone Ranger'.

Encouraged by rally organizers, the masks are said to have symbolized the discrimination experienced by LGBTQ2S+ peoples and the stigma associated with their community.

"When we look back at our archival footage, there's still a lot of folks who are masked when they're at the protest," said Kinderwater. "There's a lot of expression of fear for losing jobs, housing or family members from the exposure of being in a protest like that."

Calgary's first Pride Parade

Organized by the CLAGPAG and PPC, Calgary's first official pride parade was a



Members of the Students' Association of MRU showing their pride at Calgary Pride's 34th annual Pride Festival. Photo courtesy of Riggs Vergara

400 person gathering at City Hall and Stephen Avenue on June 16, 1991. Attendees listened to Svend Robinson's speech addressing the nation's lack of acceptance toward citizens identifying as members of the LGBTQ2S+ community.

"We are here to remind political leaders [that] it is wrong in Alberta, that it's still legal to fire us from jobs, throw us from homes, and deny us goods and services because of who we love," said Robinson during the speech.

Responding to the demonstration, Calgary's former Mayor Al Duerr proclaimed June 16 to 22 Gay Rights Week in 1991. Quickly, aldermen and anti-LGBTQ2S+ Church groups expressed their disapproval toward Duerr's motion, bringing him to revoke the proclamation notably after "angry fundamentalist Christians flood[ed] the mayor's phone lines," according to archival text from the University of Saskatchewan.

Yet, the PPC declared their own Gay Pride Week in 1993.

From June 20 to 27, dances and rallies were hosted advocating for the acceptance of LGBTQ2S+ personalities city-wide.

Pride in the 21st Century

In 2009, the CLAGPAG and PPC merged to form Calgary Pride. The organization switched from being a grassroots group and declared non-profit status which intensified their growth in the early 2010s. Despite these changes, their mission remains the same today as it did decades before.

Being Canada's third largest pride organization, Calgary Pride continues to celebrate gender and sexual diversity by advocating for the queer community when working with the municipal government to ensure that Calgary's policies foster environments that promote equality.

"Our history is still very recent," said Kinderwater. "We encourage people to really reflect on and to also never take for granted that it was not that long ago."

September night markets

Sarah Palmer

Contributor

As temperatures cool towards the end of August, feelings of dread often boil inside of students as they oil-up their rusty academic gears in preparation for a new semester in September. While September demands heightened productivity, Canadian weather patterns often send people into psychological hibernation during the fall months.

A 2010 study on seasonal and nonseasonal depression found that depressive episodes are most common during the fall months because people tend to sleep more—causing them to spend less time engaging in activities, according to a study in Springer Link.

This September, skip the slumber and dive into Calgary's vibrant assortment of night markets. From artisan vendors to freshly baked goods and musical performances, these lively events offer refreshing ways to stay active and explore local treasures to help you ditch the fall blues.

Little Modern Market

When?: September 14, 2024 | 9 a.m. to 3:30 p.m.

Where?: First Alliance Church Deerfoot Campus | 12345 40th St. S.E., Calgary, Alta.

Cost: Free entry upon making a donation.

Featuring local Calgarian and nationally-regarded Canadian small businesses, the Little Modern Market is celebrating its eighth year by offering attendees of all ages retail selections from over 80 vendors on Sept. 14.

A donation—at a price of your choosing—towards a local charity is mandatory to be permitted entrance into the market. Don't carry cash? No stress! You may also donate what you can using credit or debit.

From 9 a.m. to 3:30 p.m., attendees can shop a variety of artisan-inspired storefronts selling everything from pre-made cake mix to permanent jewelry and custom-fit hats. Alongside

shopping opportunities, you can save your seat at one of the market's three-day-long workshops.

The wheelchair and stroller accessible venue of Deerfoot Campus's First Alliance Church (FAC) permits parents to bring their little ones along.

Looking to book a babysitter and enjoy the market kid-free? Don't bother! Parents of potty-trained toddlers three-years-old or children at or below the age of fourth-grade status can "Drop + Shop" for \$5 per child and be comforted in knowing that they're enjoying an hour and a half's worth of supervised play time at FAC's two-story treehouse.

Melissa Gaylard founded the Little Modern Market in 2016 with the motivation of having "a space to share and create community, but more importantly, a space where everyone is welcome and belongs," writes Gaylard on the market's website.

Inglewood Night Market

When?: September 6 and 13, 2024 | 5 p.m. to 10 p.m.

Where?: Intersection of 10 St. and 10 Ave. S.E., Calgary, Alta.

Cost: Free.

Neighbouring some of Calgary's iconic eateries and pint pit-stops like The Nash, Cold Garden Brewery and Lina's Italian Market, the dog and kid friendly Inglewood Night Market will offer everything from "handmade crafts to vintage clothing, antiques and collectables, artisan eats and more" on Sept. 6 and 13 between 5 p.m. and 10 p.m.

Providing entertainment for your shopping spree, musicians will be playing at the Main Stage—an all-ages beer garden—and the Music Mile stage, which can be found in the park.

The outdoor venue at the intersection of 10 St. and 10 Ave. S.E. allows you to stroll the market freely, possibly even further to explore Inglewood's artsy community.

Market organizers recommend attendees use city transit, Uber or Taxi transportation services for seamless arrival. Biking is also encouraged as there are expansive pathways surrounding the venue. If you wish to drive, parking will be available at municipally identified parking lots 43 and 44.

Dalhousie Summer Farmers Market

When?: Every Thursday Until September 19, 2024 | 3:30 p.m. to 7:30 p.m.

Where?: Dalhousie Community Association | 5432 Dalhart Rd. N.W., Calgary, Alta.

Cost: Free.

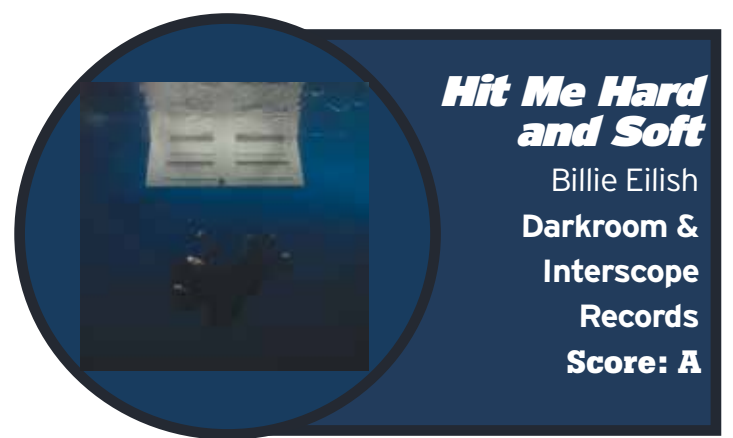
Summer's almost over, but that doesn't mean your taste buds don't deserve a vacation. Until Sept. 19, the Dalhousie Farmers Market will continue supporting local "farmers, makers, bakers, growers and crafters" to offer you unbeatable local flavours.

Located behind the Dalhousie Community Association building, every Thursday between 3:30 p.m. and 7:30 p.m., attendees will be met with a diverse selection of homemade grub including everything from Southern Indian cuisine ingredients to baked treats and produce.

Expecting that browsing will make you hungry? Food trucks will be available on-site at 5 p.m. to rescue your rumbling stomach, accompanied by an arrangement of musical talent—because who doesn't love dinner and a show!

Find peace of mind in knowing that the goodies you bring home are seriously farm-fresh because the market is an officially recognized Alberta Approved Farmers Market—meaning

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Hit Me Hard and Soft

Billie Eilish
Darkroom & Interscope Records
Score: A

Billie Eilish first gained attention after releasing her 2015 song "Ocean Eyes." This May, Eilish released a new album, HIT ME HARD AND SOFT.

The title, HIT ME HARD AND SOFT, provides a juxtaposition of Eilish's compelling personality. During her interview with Rolling Stone, Eilish commented on the title being "a really good way to describe me, and I love that it's not possible. This whole process has felt like I'm coming back to the girl that I was. I've been grieving her."

Eilish's "BITTERSUITE" captivates the frustration of internal conflict and the difficulty that comes with. The song opens with a wave of distorted synths, and quickly progresses into mesmerizing vocals. The lyrics: "I see the

way you want me/ I want to be the one/ but I gotta be careful/ gotta watch what I say" capture the uneasiness regarding the risk of falling in love.

All together, this album creates a relatable outlet for girls struggling with their individuality. In her song "SKINNY" Eilish includes a lyric: "When I step off the stage/ I'm a bird in a cage," a metaphor for the inability to be free and authentic. Overall, the album encapsulates Eilish's unique personality, and her renewed self discovery.

– Jacquie Brower



Clancy

Twenty One Pilots
Fueled by Ramen and Elektra Records

Score: A+

Twenty One Pilots [TOP] members, Tyler Joseph and Josh Dunn, released album Clancy this May. TOP is known for the unique connection between their songs and the stories they tell. Clancy contains 13 songs, all with music videos that allow fans to connect the dots with prior.

The album opens with "Overcompensate," opening lyrics with: "Welcome back to Trench." According to TOP fans, "Trench" symbolizes moving through depression, and the unknown of what's to come. The song takes Joseph's classic rap style and introspective lyrics to a new level: "So now you pick who you serve/ you bow to the masses/ get kicked to the curb for passin' the classes." Joseph stresses the epiphany that no matter what you do or where you go, depression lingers, and it is a choice to learn to live with it.

The song "Navigating" dives into the overwhelming

disposition that comes with hyperawareness. The lyrics: "Disassociate/ I'm navigating, I'm navigating my head" epitomize the path to comprehending unfamiliar emotions.

Clancy pulls together classic rap and alternative rock to create a symphony of upbeat, yet powerful, music that connects with the band's metaphorical world of "Trench".

– Jacquie Brower

Continued from Pg. 11

80 per cent of vendors are “Albertans selling products which they, a family member or staff member have made, baked or grown,” according to the Alberta Government.

Night Market at Uni District

When?: September 25, 2024 | 5 p.m. to 9 p.m.

Where?: Central Commons Park at University District | 4019 University Ave. N.W., Calgary, Alta.

Cost: Free.

Tucked in-between the Borough Bar and Grill and The Banquet, the University District Night Market—hosted by Marketspot—is closing their summer season on Sept. 25.

Encouraging visitors to support local businesses, the night market’s “Retail Main Street” will offer attendees the opportunity to browse over 35 vendor stations from 5 p.m. to 9 p.m.

Once you shop ‘til you drop, don’t leave just yet, as the live entertainers will have you rocking ‘til you drop.

Canadian Idol’s fourth place title-holder from the

2014 season, Earl Stevenson will be performing his personally written and recorded assortment of Western-inspired rock and roll blues.

Not your taste? No need to worry, as The Rondel Roberts Band will be following with their 1970s adjacent collection of “pulsating drums topped with sultry vocals” that place them in the category of being feel-good soul R&B performers, according to Alberta Music.

Professional entertainer, fire dance instructor and creator of Canada’s first Fire Dance Festival, Safire will be putting a fiery twist on circus flair during her hula hooping show later in the evening.

Bloom Culture’s Fall Fest & Fundraising Drive

When?: September 8 | 11 a.m. to 4 p.m.

Where?: Bloom Culture Inc. | 3131 68th St. N.W., Calgary, Alta.

Cost: Free.

Hosting their third annual Fall Fest and Fundraiser,



Vendors connect with attendees during the Little Modern Market at First Alliance Church in Calgary, Alta. in Feb. 2024. Photo courtesy of Facebook/ @littlemodernmarket

the “personalized garden, plant, and floral” boutique, Bloom Culture Inc. is looking forward to welcoming attendees and their pets to shop local artisans in support of Parachutes for Pets (P4P) on Sept. 8.

The outdoor fundraising drive will seek to assist P4P in their mission of “assisting low income individuals work toward better health and welfare for their pets.” From 11 a.m. to 4 p.m., Bloom Culture Inc. asks attendees

to consider donating items, like pet food and gently used accessories, or funds toward P4P’s cause.

The festival’s full donation and vendor list can be found on their website.



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Why the NBA is no longer the best way to watch basketball

Zafir Nagji
Sports Editor

The 2024 Paris Summer Olympic Games were stunning from start to finish, with unbelievable moments in every sport and discipline. From Simone Biles' breathtaking gold medal performance to 51-year-old Turkish shooter Yusuf Dikeç taking home a silver medal in a white t-shirt and no specialist gear, there was no shortage of incredible feats for fans to witness.

One of the more predictable outcomes of the Olympics was Team USA taking home the gold medals in men's and women's basketball. However, when comparing the two most recent international basketball tournaments (the 2023 FIBA World Cup and the 2024 Olympics) to modern-day NBA basketball, some fans felt that the international game was more entertaining.

It's important to remember that there are a few differences between the rules in the NBA and in international basketball competitions, such as FIBA World Cup tournaments and the Olympic Games. The international three-point line is about half a metre shorter than the NBA line, and the game is played with a different ball altogether. Quarters are 10 minutes instead of the NBA's 12, teams receive six timeouts per game as opposed to the NBA's seven, and players foul out after five fouls compared to the NBA's six.

With fewer timeout interruptions, teams also play for longer periods without stoppages and players are discouraged from intentionally fouling to prevent transition offence. That's further enforced by

FIBA's unsportsmanlike foul; if a defensive player commits a foul and does not attempt to make a play on the ball, in other words making a non-basketball play, the fouled player receives two free throw attempts and their team is given possession of the basketball.

There are other rule

differences that change fundamental aspects of gameplay too. (In international basketball, defensive players can stay in the painted area as long as they want, as opposed to the three-second limitation in the NBA. Players can also knock the ball off the rim after it hits the goal, as long as it is not

actively in the cylinder, which would be called a goaltending violation in the NBA.) This allows defences to guard the rim with ferocity and forces offences to be more creative, take more three-point shots and play at a faster pace.

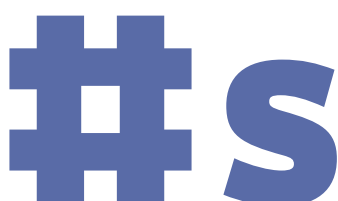
Altogether, this makes the international game feel more defensively focused,

faster-paced, and more competitive than the NBA. Slovenian superstar Luka Dončić and Greek phenom Giannis Antetokounmpo have both famously claimed

Continues on Pg. 14



Stephen Curry (right) sinking one of his eight three-pointers in Team USA's 98-97 victory over Victor Wembanyama (left) and Team France in the gold-medal game. Photo courtesy of X @Olympics



10.58, billion USD in revenue generated for the 2022-23 NBA season

3.6, million in damages caused by Sergio Perez to his RB20 racecar

609, points scored by Johnny Gaudreau as a Calgary Flame

16, gold medals won by Team USA in basketball since 1936

Continued from Pg. 15

that scoring in the NBA is easier than in international basketball. Even some of Team USA's newest players expressed their sentiments on the competitiveness of the international game after their first experience at the FIBA World Cup in 2023.

"Scoring is easier in the NBA just because of the different rules," Milwaukee Bucks forward Bobby Portis said. "The games are two totally different games."

"The physicality is different," Paolo Banchero said. "You can be physical on defence in terms of redirecting your man, the way you can guard. That's the biggest thing that stands out. And a 40-minute game, it goes by quicker. In the NBA, you can be down 20 in the first quarter and not be worried because you've got time. You can ease into the game a little bit. Not here; you want to be going 100 miles per hour from the jump."

This increased intensity on the defensive end of the floor in international games, combined with the significant reduction in commercials, paints a picture of just how highly the NBA prioritizes marketing over maintaining the highest level of competition in their basketball product.

For example, every time a foul is called in the NBA, broadcast stations run advertisements during the free throws. Specific segments of the broadcast, such as State Farm's "Assist of the Night," act as further promotional material. Factor in the NBA's mandated TV timeouts, which are required to be called by or before the 8:59 mark in the second and fourth quarter and 5:59 minute mark of all four quarters, and fans rarely ever get more than two minutes of stoppage-free basketball.

So, even though the number of free throw attempts per game in the NBA (23.5 in 2022-23) is almost identical when compared to the 2023 FIBA World Cup (23.7 when adjusted for the difference in-game time), they feel more like a marketing exercise than a basketball play.

Commercials are also played during instant replay reviews, which take obscene amounts of time for referees to do. A matchup between the Los Angeles Clippers and Phoenix Suns saw the last 90 seconds of game time take 33 real-time minutes. According to StatMuse, there were as many referee reviews (5) as there were shots attempted in that span. NBA Commissioner Adam Silver expressed his own concern

with the extended length of reviews this summer and is even considering establishing a "task force" that would ideate possible alternative review methods. This includes incorporating Sony's Hawk-Eye optical tracking, vision processing, video review and creative graphic technologies to automate more objective calls, such as out-of-bounds and goaltending rulings.

Of course, all TV stations and media outlets depend on the power of advertising to stay in business. Creating that much space for paid advertising time helped the NBA reach a new all-time high in total league revenue at the end of the 2022-2023 NBA season. According to a Statista survey, the NBA raked in \$10.58 billion USD in revenue that year, a growth of over \$500 million from the previous year. This helped the league secure a new TV rights deal with NBC, Disney, and Amazon Prime Video totalling \$76 billion over the next 11 years.

That means that NBA viewership is still on the rise, and with a slew of new superstars starting to take over the game, there's no evidence that the league's growth will slow. One could also argue that the NBA's increase in advertising has little to no effect on most casual fans, who keep up with league action through social media highlight clips and only watch their local team's games or marquee matchups with box-office names. According to a Variety Intelligence Platform survey, 54 per cent of American NBA fans said that they prefer watching highlights over watching full games.

However, if highlight reels usurp TV viewership as the main way to watch the NBA, a new business-end issue will arise for the league—monetizing social media content is much more challenging than with television-broadcast games. An Instagram user can scroll for hours and watch as many highlights as they want, skipping through the advertisements as quickly as possible and generating minimal revenue for the league instead of turning on their TVs and sitting through all of the mandatory marketing.

Plus, as TV deals become more lucrative, the cost of the subscription services required to watch games rises with it. The NBA's own League Pass subscription costs \$20 per month but excludes nationally broadcast games on major channels,

such as ESPN, as well as local team broadcasts. In the USA, this means fans of local teams cannot watch their own city or state's games through league pass, but because Canada only has one team, the entire country is not permitted to watch Toronto Raptors games. Additionally, Canadians are blocked from watching any other games that play on TSN or Sportsnet. So, to watch games legally, fans must buy the prerequisite Amazon Prime, Disney, and NBC subscriptions, pricing out a large share of hoopers.

This has led to an explosive uptick in illegal streaming websites, which, in addition to putting fans at risk of legal trouble, results in a loss of potential revenue for the association. This has become an issue in various other leagues too and has led to the United States of America's Department of Justice starting to crack down on some of these sites. A fan-favourite illegal site, accessed by 15 million users monthly, was recently seized

by Homeland Security. The notice on the website reads:

"This domain name has been seized by Homeland Security Investigations (HSI) pursuant to a warrant issued by the United States District Court for the Eastern District of Louisiana... It is unlawful to reproduce or distribute copyrighted material including sporting events, television shows, movies, music, software, or games without authorization. Individuals who do so risk criminal prosecution under Title 18."

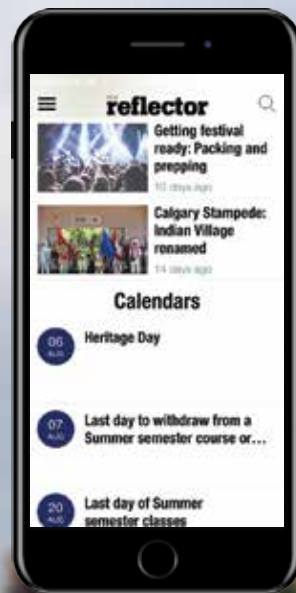
The notice also outlines that first-time offenders convicted of a criminal felony copyright violation face up to five years in prison, fines, restitution, and forfeiture. Taking down the numerous sites will be all but impossible, as the domain's original administrators stated that they own "over 400 domains in total" and pledged not to shut their platform down until "sports become affordable for everyone."

There's no arguing that basketball is in its golden era

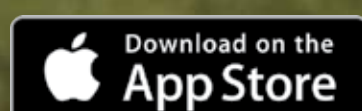
as a sports entertainment business. From the value of the NBA's latest TV deals to the increasing virality of basketball highlight reels on social media, the whole world is adopting basketball as a favoured sport. Last year's FIBA World Cup and this year's Paris Olympic Games served as a global reminder that, in its purest form, basketball is a beautiful game to watch.

However, as the NBA continues to price out a large share of its audience and prioritize generating advertising revenue, the glorious game becomes tainted by the stench of gluttonous capitalism. Fans have already shown they will lose interest in watching whole NBA games, choosing social media highlights instead, and go so far as to stream games illegally on hundreds, if not thousands, of sites. Eventually, this will only rob the NBA of its potential growth and ruin its reputation as the greatest basketball league in the world.

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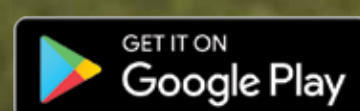


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Why Johnny Hockey meant so much to Calgary

A tribute to one of the all-time great Calgary Flames

Zafir Nagji

Sports Editor

On Aug. 30, 2024, Calgary Flames fans were rocked with news that shook them to their core. Johnny Gaudreau and his brother Matthew were killed by a drunk driver in New Jersey on the weekend of his sister's wedding. Gaudreau left the city to play for the Columbus Blue Jackets in the summer of 2022, but he had etched his place in the hearts of all Flames fans with his stellar play and joyful personality.

Gaudreau was drafted by the Flames in 2011 but wouldn't make his debut for the squad until the final game of the 2013-14 season, scoring his first NHL goal on his first shot. In his first full season with the team in 2014-15, Johnny Hockey, as he was known by his supporters, became the first Flame to score more than 50 points since Jarome Iginla in 1996-97, ending the season with 64 points on 24 goals and 40 assists. That was good enough for third in Rookie of the Year voting, an All-Star game selection, and a place on the All-Rookie team.

Gaudreau went on to be selected in seven All-Star teams, five as a Calgary Flame and was the best player on Calgary's playoff teams in the 2010s.

The team had suffered after breaking up the core that led them to the Stanley Cup Finals in 2004, but Gaudreau's offensive talents propelled the Flames to four Stanley Cup Playoff runs and gave Calgary hope that its team would continue to improve.

In 2022, Gaudreau left the Flames to play in Columbus, as he, his wife, and their two children wanted to be closer to their extended families. Calgary acquired Jonathan Huberdeau to fill the void and Gaudreau was never able to reignite the same offensive fire with the Blue Jackets. While happy to be in a new city, Gaudreau never

failed to express his love and respect for the Alberta city where his career began.

"I feel so grateful to have been brought up in the Calgary Flames Organization," Gaudreau said in his farewell letter to Flames fans. "I hope the people of Calgary can remember me not only as a hockey player, but also as a good person with good values. Thank you for supporting me over these years, and for making my family a part of yours."

Gaudreau was more than just a hockey player in Calgary, though. (He was the hope fans clung to in the absence of arguably the most beloved player in franchise history, Iginla.) Despite only having one championship, Flames fans expect greatness from their hockey team year in and year out. Gaudreau provided a sense of that and overtook other fan favourites for the number one spot in Calgarians' hearts, overshadowing Sean Monahan and Mark Giordano in popularity.

That's why, despite not having played for the team in white and red for two whole seasons, the news of his death had such an adverse effect on Cowtown. Fans organized a parade on 17th Avenue, reigniting the infamous "Red Mile" in his honour, and Flames GM Craig Conroy penned a beautiful tribute letter to the Gaudreau family.

"It became evident quickly that Johnny was raised the right way," Conroy wrote. "That while he loved playing hockey, there was no comparison to the love for his family. The Gaudreaus are kind, generous, humble, and thoughtful people. A family who shared their son with us over nine years."

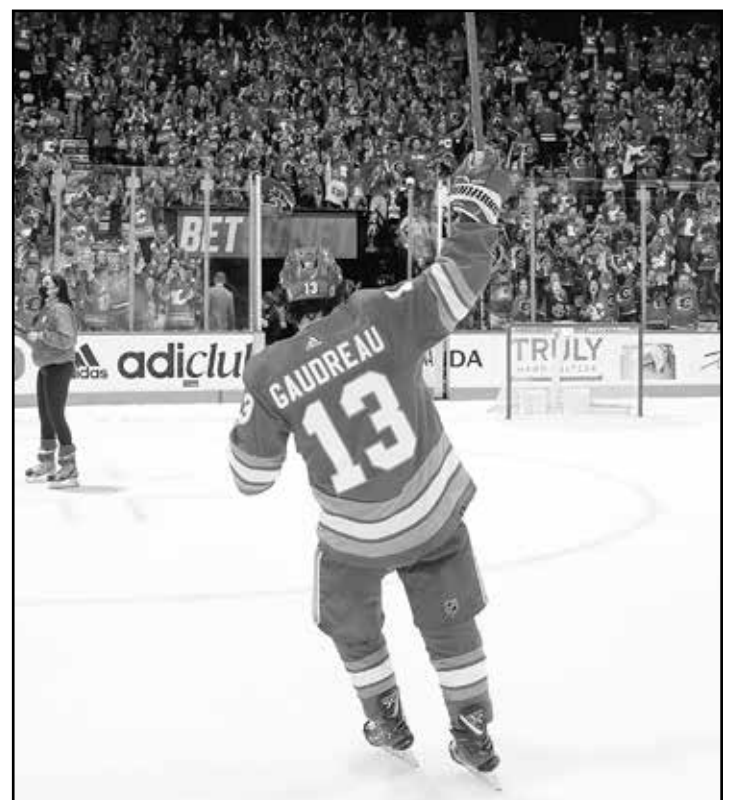
"And we are extremely grateful. We are also grateful to witness Johnny become that same family



Tribute in Calgary, Alta., for Johnny Gaudreau. Fans tag his player number 13 in remembrance. Photo courtesy of Instagram @nhlflames

man with Meredith by his side and a family of their own. We know of all his accomplishments, becoming a father and husband was by far the one he was proudest."

Whether it be his on-ice performances or his out-of-stadium personality, Johnny Hockey proved he was more than just a professional athlete. He became the heart and soul of a team and its city, bringing its loyal, win-hungry fans their first semblance of joy since losing one of their favourite players of all time. The city gathered at the Saddledome to offer their condolences to the family and left flowers, purple Gatorade, and Flames memorabilia outside of the arena, etching him into the history books as one of the greatest players in franchise history and an honorary Calgarian.



Johnny Gaudreau for the Calgary Flames. Photo courtesy of Instagram @nhlflames

The return of competition in Formula One

Zafir Nagji

Sports Editor

Formula One is a sport of cyclical dominance. Mercedes-AMG won eight Constructor's Championships in the 2010s and most recently, Red Bull Racing have been the team to beat. Dutch wheelman Max Verstappen looked unbeatable on his way to three consecutive Driver's Championships victories, including his monster 2023 season where he more than doubled second place's point total.

2024 started off in a similar ilk with Verstappen taking home seven victories in the first 10 races. However, he has failed to reach the top podium spot in the last five races, and seven different drivers from four teams have achieved at least one race win this season. That's the most unique race-winners in a season since 2012, when eight racers took home a victory trophy. So, how did the sport switch from unparalleled dominance to unmissable competitive action in a matter of less than one year?

To keep the sport as competitive as possible, the FIA, motorsport's governing body, brought in a new set of rules that constrain how engineers can design their racecars. In their most recent rule change, brought about after the 2021 season, aerodynamic innovation was the main priority. Cars were permitted to produce more downforce than they ever had before by taking advantage of "ground effect," involving engineering a floor design that lowered the pressure of the air passing under the car and pulling it down to the ground.

This gave Red Bull Racing quite the advantage over its competitors, as they had the expertise of none other than arguably the greatest aerodynamicist in Formula One's storied history, Adrian Newey. He and his engineering team designed a car that was fastest around high-speed turns and in straight lines but had some weaknesses around super-slow hairpins and on rough curbs. Still, it was so quick

in Verstappen's hands that it was able to finish over a minute in front of the next non-Red Bull in some races, something that was nearly completely unheard of.

"Last year we had a great car, which was the most dominant car ever, and we basically turned it into a monster," Verstappen said after his sixth straight race without a win at the Italian Grand Prix.

However, as other teams began to make upgrades to their cars and add new lessons to their design philosophies, they made up ground on the energy drink-sponsored quad. Soon, the slight flaws that barely affected the Austrian team's cars became glaring issues that have now cost them entire races and may even terminate their hopes of winning a third consecutive Constructor's Championship.

"It doesn't matter where we are [racing] at the moment, we are bad everywhere, so we need a lot of changes," Verstappen said. "At the moment both championships are not realistic."

First to start threatening the blue-and-red rockets was Ferrari, who have earned 10 podiums in 16 races so far this season, including Carlos Sainz's win in Australia after Verstappen failed to finish with a mechanical issue and Charles LeClerc's wins in Monaco and most recently at Monza. However, the Italians hit a speed bump in the middle of the season with both cars failing to finish at a chaotic Canadian Grand Prix and missing out on podium spots in four of the last eight races. The team also failed to make any significant progress with their upgrade packages this year and even had to revert back to pre-upgrade parts after disappointing results at the British and Spanish races.

"If we don't change anything on the car, it's all going to be bad from now onwards to the end of the season, so we have a lot of work to do," Verstappen said.

McLaren has proven to be the sharpest thorn in

Red Bull Racing's side, with both of their drivers earning their first career victories this season. Lando Norris earned his first career race win at the 2024 Miami Grand Prix and a second win at the Dutch Grand Prix, as well as appearing on the podium 10 times in 16 races. His sophomore teammate, Oscar Piastri, earned a controversial first win at the Hungarian Grand Prix and stood on the podium three times this season, giving the team a strong, two-headed force to battle with.

"In a way I'm surprised that we've been so competitive, considering that from Miami onwards we haven't actually brought trackside many new parts," McLaren Team Principal, Andrea Stella, said after Formula One's summer break. "So it means that obviously the Miami upgrade was big, but there are some upgrades that will come in the second part of the season."

What's even more impressive is that the team could easily have even more points if they were less error-prone; the papayas messed up a potential 1-2 finish at the British Grand Prix with a botched pit-stop strategy. Additionally, Norris has consistently had errors with his race starts, as even in his Dutch victory, the Brit lost the lead to Verstappen at the start of the race before eventually regaining the position and taking home the win. However, the MCL38 racecar strikes the perfect balance of blistering pace and low tire wear, and in the hands of two young, fearless pilots, has been arguably the fastest overall car on the grid this year.

"It feels amazing once again," Norris said after his Dutch Grand Prix win. "I wouldn't say a perfect race, because of Lap 1 again, but afterwards the pace was very strong – the car was unbelievable today. I could get comfortable, I could push and get past Max, which was the main thing, and I just [went] from there. Honestly, [it was] quite a



Lando Norris celebrating after his first career race win at the 2024 Miami Grand Prix. Photo courtesy of Instagram @mclaren

straightforward race. Still tough, but very enjoyable."

As if the Austrian team needed more forces working against them, Mercedes-AMG has stepped back into the fight, with Lewis Hamilton winning two races for the German squad and George Russell taking home a third. Additionally, Perez is a whopping 157 points behind Verstappen despite driving the same car; after finishing on the podium four times in the first five races, the Mexican racer fell off a scoring cliff and into an ocean of crashing waves. As of Aug. 22, Perez had caused the most damage of any driver, incurring \$3.6 million USD in damages to his RB20 racecar. That total eclipses Alex Albon

and his Williams FW46 in second place by over \$1.3 million.

Verstappen still leads the Driver's Championship by 62 points over Norris, meaning the Brit would have to outscore the Dutchman by at least eight points per race to steal the title. The Constructor's Championship is a much closer battle, as Red Bull Racing leads the papayas by only eight points with eight races left in the year. If the engineering team cannot produce tangible improvements via upgrade packages and Perez cannot put together better results to support Verstappen, this season will be all but over for the once-daunting Red Bull Racing team.