

the reflector

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Why do Alberta autumns feel so warm?

Bella Coco

News Editor

Alberta residents know all too well that the weather in September and October can vary from 20 degrees to minus five degrees in a matter of hours.

As the season transitions from summer to autumn, sometimes the warm weather reports make the days feel as if time should be spent out on the lake rather than in the campus library.

Answering the seemingly endless questions about weather and climate seem to involve many factors such as climate change, geography, topography and weather trends.

Susan Reid, an associate professor of Earth and Environmental Sciences at Mount Royal University says that to start exploring the vast topic of weather and climate, one can start with knowing that while Alberta weather is predictable and easy to understand, it is variable.

“We’ve got west coast warmth that can blow in. We can get cold winds from the North and so on. And other times of year we’re getting warm, moist air that actually makes its way deep into the interior of North America from places like the Gulf of Mexico,” says Reid. “It’s extremely variable. And if you’ve lived in Calgary for any length of time, we know that it could go from plus 20 one day to minus 20 the next day.”

While climate change does play a part in warming the planet, for Alberta in particular, it is not the only culprit for an uncharacteristically warm autumn. Alberta is known for its vast environment, from the flat prairies to the slippery mountain slopes.

“These mountains on the west kind of form this barrier and it keeps certain weather conditions on one side of the mountain versus the other. It creates an area where this

warm moisture that comes actually up into the interior of North America from places like the Gulf of Mexico can meet this cold, dry air that’s coming down from the Arctic and it kind of hems it all in and we get really interesting weather here,” Reid says.

When it comes to comparing past years and former weather trends, Reid highlights that climate scientists consider time periods as long as 30 years. However, just looking at weather data with a map can reveal amplifications of climate change on Earth.

For example, searching

a map with a climate lens can lead to the fact that the Arctic is warming much more quickly than other parts of the planet, or that the upper atmosphere is actually cooling.

“Here in Alberta, at least over the last 10 years, I don’t think there’s been a lot of change from what I’ve been able to look at in terms of data. We certainly do get warm periods, but we get some extremely cold periods as well. And there’s a lot more that could be said about that, but it involves a big discussion of physical geography, weather

and climate. There’s a lot of factors that go into this, that’s for sure,” Reid says.

When it comes to a potential solution to a warming planet, there isn’t one set thing people can do to reverse the effects of global warming.

While Reid is hopeful about innovation in the future, she knows it will take a lot more than buying an electric vehicle or putting out your green bin every week.

“People have a lot of different perspectives on this and there are definitely things that individuals can do to reduce their use of

energy in general. They can make choices in their daily lifestyle. I don’t want to come across as negative, but a lot of those changes are really small. They are probably not going to incrementally add up to a whole lot. It’s going to be a massive change in the way we as humans get our energy and are able to do all the things that we do in our daily lifestyle. It’s going to have to be a big shift in how we get our energy,” Reid explains.

As for the big picture, big environmental change can move past more individual efforts and get political on an international scale.

“These ideas of mitigation strategies versus adaptation. Those are kind of the two buzzwords when it comes to climate change. Yes, we need to mitigate, right? We need to reduce our emissions and all of that. But a lot of countries aren’t doing that. And Canada’s right there. We’re not making the emission cutbacks that had been promised under some of the international agreements. With the changing of the political guard that might be coming, there could be impacts for Canada’s climate policies as well. Regardless of all that though, there’s still adaptation,” Reid says.

Despite what can feel like an overwhelming amount of factors in warmer weather and the ever-ominous shadow of climate change, Reid considers herself an optimist for the fate of the planet.

“I think I’m a technological optimist. I have faith that human beings are intelligent, creative and innovative. They can come up with ideas that can help the situation. I’m not one of those people and I probably don’t have that ability. But I’m confident that there are people that can help, that we can do things better and that things can improve.”



Even as the leaves change and fall through autumn, high temperatures have Albertans ditching their knit sweaters and boots for t-shirts. Photo by Bella Coco

Lest we forget: Calgary's 2024 Remembrance Day efforts

Bella Coco

News Editor

With the arrival of November, Calgary has begun to observe Remembrance Day by putting up the Field of Crosses and scheduling various ceremonies from Nov. 1 to Nov. 11. Every Nov. 11, Canadians honour those in the armed forces who have laid down their lives for our country.

Remembrance Day begins at 11 a.m. on Nov. 11, which signifies the anniversary of the Armistice agreement signing and honours the first step toward ending World War one.

How the city is honouring Remembrance Day

Before the official day of honouring Canadian military efforts happens, Calgary is holding sunrise and sunset ceremonies at the Field of Crosses.

Each day holds different ceremonies to feature different branches of the Canadian Military. This is Calgary's 16th year holding the Field of Crosses ceremonies.

As also cited by the Calgary Herald, the schedule is as follows:

Nov. 1: Royal Canadian

Air Force day, 8:29 a.m., and 6:09 p.m.

Nov. 2: Youth day, 8:31 a.m., and 6:07 p.m.

Nov. 3: Memorial cross families day, 7:33 a.m., and 5:05 p.m.

Nov. 4: Royal Canadian Navy day, 7:35 a.m., and 5:03 p.m.

Nov. 5: Canadian Army day, 7:36 a.m., and 5:02 p.m.

Nov. 6: Honouring women of war, 7:38 a.m., and honouring Jewish fallen, 5 p.m.

Nov. 7: First responders day, 7:40 a.m., and 4:59 p.m.

Nov. 8: Indigenous veterans day, 7:41 a.m., and 4:57 p.m.

Nov. 9: USA tribute, 7:43 a.m., and animals in war, 4:57 p.m.

Nov. 10: UN peacekeeper, 7:45 a.m., and night of lights, 4:54 p.m.

The city landscape is adorned with more than 3,500 crosses to honour those from Canada who gave their lives in times of war.

The event on Remembrance Day will begin at 10 a.m., and Memorial Drive will be closed from 9 a.m., until after the ceremony.

Those who can not attend the ceremony on Nov. 11 may also watch a live stream of

the televised Remembrance Day ceremony on the Field of Crosses website.

While visiting the Field of Crosses is free of charge, Calgarians can also adopt a cross as a way to provide a donation. Those interested can either donate one set amount or commit to a monthly donation to the Field of Crosses.

Calgary Military Museum

In addition to the Field of Crosses ceremonies, Calgary's Military Museum is also holding a Remembrance Day celebration.

The museum will open at noon and close at 6 p.m., and admission will be by donation.

10:25 a.m.: Arrival of VIPs and guests of honour.

10:30 a.m.: Ceremony begins.

10:59 a.m.: Last Post is performed, flags lowered.

11:00 a.m.: Act of Remembrance, two minutes of silence.

11:05 a.m.: Ceremonial wreaths are laid.

11:45 a.m. - 6:00 p.m.: Museum is open to the public.

After the ceremony, guests are welcome to head to the Eternal Flame monument to

join the laying of the wreaths. The museum is permitting real poppies to be laid and will provide staff to escort guests.

For those interested in visiting Calgary's Military Museum year round, student admission is a flat rate of \$7 before tax.

King's Own Calgary Regiment

The King's Own Calgary Regiment will be holding both a parade and two small services on Nov. 11. The full unit parade, which will feature members of the reserve armoured unit and part-time professional soldiers, begins at 10:15 a.m., and finishes at 11:30 a.m., at 137 Battalion Memorial, North Glenmore Park.

Both of the smaller services

will be held at the Battalion Park on Signal Hill Dr., or at the Cochrane Legion.

Southern Alberta Jubilee Auditorium—Royal Canadian Legion

A Royal Canadian Legion Remembrance Day ceremony on Nov. 11 at 10:30 a.m., will be held at the Southern Alberta Jubilee Auditorium. General seating is provided and doors open at 9 a.m.

The event is free, and tickets will be available at the door on a first come, first serve basis.

If weather conditions permit outdoor activities, the Royal Canadian Legion will also hold a march immediately following the ceremony.



The Military Museum welcomes visitors to join a Remembrance Day ceremony at noon on Nov. 11 and a formal laying of the wreaths. Photo by Aiden Johner



Open year round, the Calgary Military Museum honours those who valiantly fought to protect Canada during times of war. Photo by Aiden Johner

Checking in on Earth's second moon

The planet's newest companion is worth mulling over

Arroy (AJ) Jacob

Web Editor

Like a sci-fi movie, Earth has pulled in a new companion for its inhabitants to gawk at—a “mini-moon.”

Science news outlets everywhere have dubbed the new rock Earth's “second moon,” which scientists do not necessarily disagree with. However, it's essential to establish itself as not another celestial body.

On Sept. 29, 2024, an asteroid about the size of a city bus whipped out of the sun's orbit and joined the moon on a “horseshoe” concourse around the planet. Space scientists have dubbed the city bus-sized rock “2024 PT5.”

Carlos de la Fuente Marcos, a mini-moon expert and professor at Universidad Complutense de Madrid, told Space.com that “The object ...belongs to the Arjuna asteroid belt, a secondary asteroid belt made of space rocks that follow very similar to that of Earth at an average

distance to the sun of about 150 million kilometres.”

This means that the asteroid is only an asteroid, and not another celestial object for wolves to howl at in the middle of the night.

But, that does not mean that there is nothing we can learn from this phenomenon. In fact, these events are much more common than the average Earthling might think.

Mini-moon dynamics

Carlos and Raul de la Fuente Marcos published an open-access article in Research Notes of the American Astronomical Society (AAS). In their research, the authors identified Earth's recent mini-moons and used their data to predict the shape of 2024 PT5's concourse.

Known as Near-Earth objects (NEOs), mini-moons oscillate around Earth

frequently. Many come from the aforementioned Arjuna asteroid belt that surrounds our sun. When broken away, they may enter Earth's orbit in a heliocentric, or “horseshoe” shaped fashion, not even completing one rotation around the planet. As Carlos puts it, “NEOs follow horseshoe paths and approach our planet at close range and low relative velocity [and] may undergo mini-moon events in which their geocentric energy become negative for hours, days, or months.”

We get mini-moons all the time

The two scientists describe numerous instances where Earth has pulled numerous asteroids into proximity. There was the “2006 RH120,” which orbited around the planet for an entire year from July 2006 to July 2007. In 2020, we

had the “2020 CD3,” which stayed with Earth before disappearing in February 2020.

The “1991 VG” entered orbit in 1992. Going even further back was the “2022 NX1,” which made two guest appearances in 1981 and 2022 and will make a third comeback in 2051.

Based on all this data, it is expected that 2024 PT5 will work similarly to three-time champion 2022 NX1 and “will experience a temporarily captured flyby in 2024, from Sept. 29 until Nov. 25.”

What can we do with a mini-moon?

Thankfully, not a lot. Although it is cleared as an NEO, it is not a threat to reaching the atmosphere. With that in mind, it will be nearly impossible to see the city bus-sized rock up close with the naked eye.

According to NASA, the captured flyby is supposedly dim, with an absolute magnitude of 27.59, whereas the dimmest magnitude visible without a scope is 6.5.

“The object is too small and dim for typical amateur telescopes and binoculars. However, the object is well within the brightness range of typical telescopes used by professional astronomers,” Carlos told Space.com.

“A telescope with a diameter of at least 30 inches plus a CCD or CMOS detector is needed to observe this object; a 30-inch telescope and a human eye behind it will not be enough.”

However, just because most aren't able to see the mini-moon, does not mean it's not worth mulling over. NEOs give scientists more data to understand asteroid trajectories, origins and impact.

Readers with more interest in Earth's mini-moon can take a look at Space.com for more information.

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Earth's new mini moon is not a celestial body, but rather an asteroid that has joined the moon on a horseshoe orbit. Photo by Keo Bunny

Reflectorial: MRU's split reading week: Friend or foe?

SAMRU proposes a solution to the fall reading week crisis

Liam Rockliffe

Features Editor

Mount Royal University's (MRU) reading week has always been a point of contention for students and faculty alike, especially as MRU was one of the first universities in Canada to introduce a fall reading week. MRU schedules its reading week around Thanksgiving every year—before the onslaught of frigid temperatures and even chillier midterm exams.

The week doesn't align with our Dino rivals on Crowchild Trail, or even with the University of Alberta up in Edmonton. In fact, MRU is one of two universities in the country to have a reading week at this time, the other being the University of Saskatchewan in Saskatoon.

This reading week has opposing perspectives. Since it's before midterms, and also way before the halfway mark of the semester, courses usually have not begun to "ramp up" and become truly difficult. Professors may also schedule earlier midterms before the week, or after the week under the guise of having the reading week to "study." But in reality, the reading week is more often used by students to tear up the streets of Calgary and forget about the classes prior.

In my opinion, the current fall reading break is far too early in the semester—and roughly 60 per cent of our student body agrees, according to a recent Reflector survey. However, a reading week in November overcompassing Remembrance Day may just be too late.

So how do we fix it?

This is a question students and the Students' Association of Mount Royal



Tala Abu Hayyanah—President of SAMRU—was able to speak to us on MRU's "double break." Photo courtesy of SAMRU

University (SAMRU) have been asking for years. And last fall at the annual General Faculties Council (GFC)—a fix to the troubles and tribulations of the fall reading week was discussed.

SAMRU's president Tala Abu Hayyanah was able to speak to The Reflector on the topic, emphasizing that nothing is set in stone yet and that the proposal is still in the early stages of deliberation with faculty and student opinions at the forefront.

SAMRU was researching a way to "fix" the reading week in the fall, as the student body is split on where they

want the placement.

"The student body is split into two different sides of the spectrum, and I would say both sides are correct because two things at the same time can be true," said Abu Hayyanah.

On this journey for the perfect break, SAMRU discovered that Niagara University in Eastern Canada has two reading weeks, one in October near Thanksgiving, and another in November around Remembrance Day. Of course, this pitch would provide a similar amount of days off, likely booting the 9 days in the fall semester

up to 10 days, and would likely be split Thursday to Monday at Thanksgiving, then Monday to Wednesday at Remembrance Day.

This proposed split break could potentially work as many people often stress that the break is too early, and in November at the University of Calgary (UofC), there are several students complaining that it's too late.

This reading week, a perfect split down the middle, may be the perfect fix for all involved, averaging out the fall semester, and still allowing for labs and the required credit time.

However, faculties at MRU are still divided, and the split or double reading week is yet to reach the doorsteps of student decision. Nathan Ackroyd, the chemistry course coordinator in the faculty of science, was one of the members of the faculty to which SAMRU pitched this "split" reading week.

In Ackroyd's words, the main concern for the break in the faculty of science is that "people think having a split reading week will ruin labs." But there are already issues running labs during the week of Remembrance Day. After getting a lab expert in the faculty to analyze the split reading week pitch, they determined that the break actually will not have an effect on the needed amount of labs to create a course.

SAMRU is planning on doing a three-year trial of the split break, and Ackroyd believes that with this trial, people should see that it won't disturb labs.

However, in the last year of the trial, Ackroyd states SAMRU pitched having both breaks containing Monday through Wednesday due to the placement of Remembrance Day. Ackroyd proposes that "if Remembrance Day is in the first part of the week, you should lose the second half of the week during Thanksgiving, and if Remembrance Day is in the second half of the week, you should lose the first half during Thanksgiving."

However faculty is not the primary concern for the reading week change. While it has to function for the courses and requirements,

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you, as a student, are the most affected by this change.

While interviewing some students from MRU, the general consensus was that it would be nice to have two separate breaks. However, many students wonder why a reading week in the middle of the semester would not be more justifiable, between Thanksgiving and Remembrance Day.

However, SAMRU can't do this because if they were to have a whole week with no added holiday, there would not be enough instructional

days in the semester, and the semester would likely have to be extended.

Reflectorial

In my personal opinion, I believe a split reading week is an ingenious idea to satisfy and lessen the burden on students in the fall semester. Having a partial week off gives students who live away (like myself) enough time to travel back home for both breaks, meaning more family time in general. But it is not enough time to get overly comfortable and fully regress back into the laziness of a longer break.

Since it is split, in my opinion, it will feel like more

time off, even though it's the same amount or equal.

My concerns with the reading week are labs, jobs, and midterms. Labs in the bachelor of science have always been a focal point of fickleness. They need to cover the appropriate amount of class content, and are usually scheduled on specific days and remain on those days until the end of the semester.

There is also the potential that the split reading week will have no effect on labs by simply choosing alternate days for the days off.

For example, if the Thanksgiving break took part in the first

half of the week and the Remembrance Day break took place in the latter half, it could potentially work.

For students who work a part time job during the reading week, splitting up into two separate weeks may make it harder to schedule consecutive shifts or work events. But on the other hand, more shifts over a longer period of time may be equally as valuable.

With a split reading week, midterms should be at the forefront of any student's decision making.

I believe that students would be able to properly study during the break, and may actually do homework

on both halves of the reading week.

Of course, this is just my opinion, and every student should decide their own thoughts on the reading week.

No matter what, a split reading week would take improvisation and adaptation, but just like Bear Grylls, I believe the student body can survive—and potentially even prosper.

If after reading this article, you have further questions, comments, or concerns, Abu Hayyaneh insists that students reach out to her and SAMRU at readingweek@samru.ca.

Opinion: Khalistan, land of the Khalsa

The Sikh community is increasingly advocating for independence from India

Jazmin Singh Kaur

Contributor

Khalistan means the land of the Khalsa. Derived from the Arabic word "khalis," Khalsa means pure.

Khalsa was established in 1699 by Guru Gobind Singh Ji, the 10th Sikh Guru, and was created to empower Sikhs to defend and protect those who are oppressed, with the goal to always do the right thing. The Sikh community holds important values, including advocating for justice, selfless service, spiritual discipline, compassion for others, making an honest living and generosity.

India is becoming increasingly Hindu nationalist, and the government continues to suppress Sikhs and other minorities.

The Khalistan Movement is a nationalist movement that seeks an independent homeland for the Sikhs within India. The need for sovereignty and cultural preservation has served as the fundamental basis for Sikhs in this movement, specifically during the '70s and '80s, as they started to demand more autonomy in action to political, economic, and cultural concerns.

Many Sikhs see the Khalistan Movement as the only way to be able to defend and protect Sikh heritage, culture, and rights against the increasing degradation and persecution in India.

The grand majority of Sikhs envision Khalistan as similar to Maharaja Ranjit Singh Ji's empire, which was filled with prosperity and secularism. The Sikh empire at that time had the lowest crime rate and the highest education rate, no one went hungry on the streets, and there was no capital punishment. Maharaja Ranjit Singh Ji's cabinet consisted of 15 people and only seven of those were Sikhs, the rest were Hindus and Muslims. The values of the Sikh empire reach outside of the Sikh community, and Khalistan mirrors this.

Sant Jarnail Singh Ji Khalsa Bhindranwale was a Sikh leader who promoted Sikh values and defended anyone who sought his help regardless of their religion. In response to his involvement, he had direct confrontations with the Indian government, leading to an attack by the Indian army at the Golden Temple on June 1984.

Operation Blue Star, as it was called, killed thousands of civilians who were trapped inside the Sikh temples, sparing no one, not even children.

This attack was yet another instance of the ongoing Sikh genocide in India, and to this date, India continues to violate basic human rights for Sikhs, which only gives more determination to Sikhs for a sovereign state.

During the last few years, the method in which the Khalistan Movement has been described in Indian media, often called "Godi media," has led to a number of inaccuracies and misinformation.

Many mainstream media outlets describe the movement as a threat to national security, labelling Sikhs as radicals. Outlets exclude information that details Sikh demands for justice and self-determination, making information feel one sided.

While India keeps trying to silence Sikhs, the Sikh diaspora worldwide is as strong as it has ever been. Khalistan is more than a country, it symbolizes the

principles of independence, sovereignty, autonomy, justice, and cultural preservation. It's a nation

that intends to create a society where justice thrives and diversity prospers.



In 1699, Khalsa was established by Guru Gobind Singh Ji, with the intent to empower Sikhs. Photo courtesy of Wikimedia Commons

A fishy problem: A call to action for watershed restoration

How can fish “keep on swimming” when disease and pollution ruin their ecosystem?

Brennen French

Contributor

Alberta is home to many beautiful and delicate watersheds that hold multiple species of trout which are quite popular in the eyes of anglers worldwide. Many of the watersheds in the Calgary area drain into the Bow River watershed.

However, due to the decline in water quality, improper handling, and genetic hybridization, species such as the Westslope cutthroat have taken on an at-risk status.

Many of the watersheds in Alberta have seen drastic changes following increases in temperatures, hybridization within fish species, human pollutants, and the way these ecosystems are misunderstood.

The introduction of chlorides into waterways is called salinization. Organisms require a small amount of chloride from natural organic deposits, but the addition of human pollutants from chemicals can decrease the water quality.

As a result of this decline in water quality and overall watershed health, the native *Oncorhynchus clarkii lewisi* (commonly known as the Westslope cutthroat trout) has seen a significant drop in population as observed in these waterways.

Elbow River Watershed Partnership (ERWP) executive director Flora Giesbrecht, spoke on how water management and observation of the water quality has shown some interesting data.

“The quality seems to have been maintained in terms of chemistry but with a couple of spikes in chlorides,” says Giesbrecht. “It’d be interesting to capture that information on a more steady basis and feel and get a better understanding of road salts or other sources

of chloride.”

The effects of an increase in salinity can show a disruption in invertebrates and organisms such as trout in waterways, as well as damage to the plant life that is intertwined with soil that absorbs that contaminated water.

Giesbrecht explains that the ERWP is using a system known as Canadian Aquatic Biomonitoring. This system captures and analyzes aquatic invertebrates, which can indicate changes in water quality.

An increase or decrease in specific invertebrate populations, like the mayfly, could indicate oxygen level changes in the water. More specifically, if we saw a drop in oxygen levels, this could indicate a rise in temperature within the water which could be poor for the health of native species.

Some government pilot projects aim to attempt restocking pure native cutthroat trout into streams, but it is not an easy task. The water quality has a large effect on how native species interact with their environment.

Many outdoor enthusiasts may not realize the impact of their actions on Alberta’s delicate ecosystems.

Giesbrecht advises that people should take the extra step to protect these watersheds as many of these species are prone to illnesses and diseases.

One common disease that affects many trout is whirling disease, scientifically known as *Myxobolus cerebralis*. According to the Government of Canada website, “Whirling disease can cause death in the younger life stages of susceptible freshwater finfish. Overall deaths of infected young fish can reach 90 per cent.”

Whirling disease in

fish creates deformities in the spine and back fin which instills a “whirling” behaviour, meaning the affected fish will swim in circles due to loss of coordination.

The spreading of whirling disease is very common from human interaction outdoors. “People can risk spreading whirling disease because that parasite lives in sediment. So, if you’ve got dirty shoes and you go downstream and then you go upstream, there’s a risk that you’re going to be transferring whirling disease, which is very serious for fish, not for people,” Giesbrecht says.

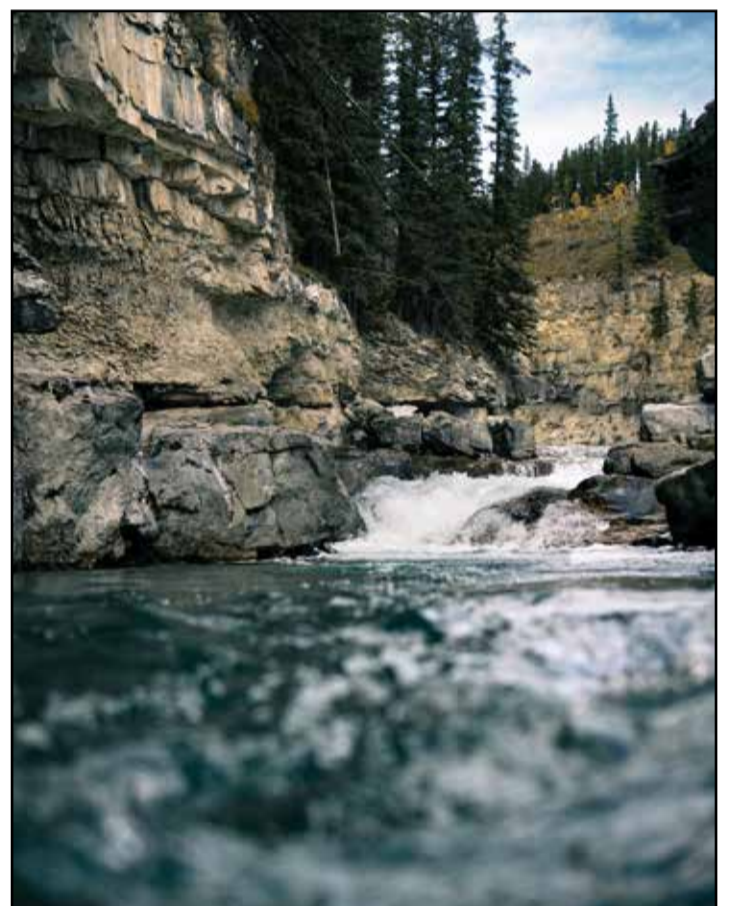
The less of a severe ecological footprint left will have a lesser impact on how watersheds can harbour native fish and other species of organisms that share that space.

Reintroducing these species, such as Westslope cutthroat, can be challenging due to the difficulties of captive breeding. Therefore, Alberta, home to world-renowned hiking, fishing, and overall outdoor activity, must be protected and preserved at all costs.

So what can we do?

Outdoor enthusiasts are encouraged to keep track of their impact and do what they can to collect garbage to minimize human pollution. Many organizations that contribute to maintaining Albertan waterways encourage people to reach out with inquiries or attend volunteer events to get hands-on experience making a difference one day at a time.

Giesbrecht reiterates that people can do their part by ensuring they “keep the waterways clean, clear, cold, and connected as they say, especially for the fish.”



The Elbow River, the native and endangered home of the Westslope cutthroat trout. Photo courtesy of Brennen French



A freshly caught Westslope cutthroat trout. Photo by Brennen French

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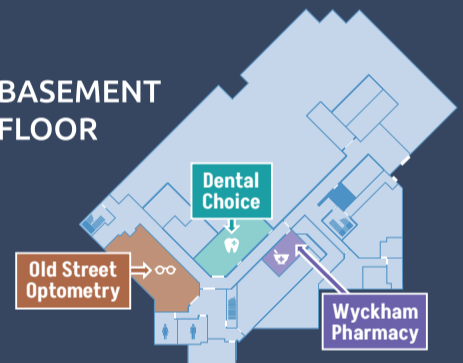


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Dubs and drums

Indigenous voices reshaping Calgary's EDM culture

Emma Marshall

Arts Editor

After hours in a dance studio in Mohkhinstisis (Calgary, Alta.) on Treaty 7 Blackfoot territory, a young crowd with glittered faces and neon outfits gather. Black light reflects from the mirrors covering the walls, making the whole room glow ultraviolet.

At the front of the space, there is a raised table with an audio mixer board placed on top, accompanied by stacks of speakers reaching over six feet tall. A man approaches, and a brief moment passes before the bustling room falls silent with the initial vibration of bass. From the speakers, a voice echoes.

"All is not forgotten when someone is forgiven. Words I say to soften up, the hardness that I'm livin'," said Anishinaabe artist Leonard Sumner in his poem titled "I Know You're Sorry."

Unlike the previous performer's hour of groovy bass, DJ BLKFT, a.k.a. Richard Sparvier, commands the audience's attention with a powerful speech from a fellow Indigenous artist.

"I know you're sorry. You say you're not to blame. Fill your heart to brim with guilt, but not an ounce of shame. Break branches off our family trees, and tell us times have changed," echoes Sumner from the speakers. "But the focus of this genocide at root remains intact, so instead of killing Indian kids, why don't we kill this Indian Act."

BLKFT follows this set introduction with a combination of traditional drum sounds, as well as the trademark bass of contemporary electronic

dance music (EDM). While performing this pop-up rave—which took place over two years ago—he highlights that music has the power to communicate when there is a crowd to listen.

Being in the EDM scene for the past seven years, Sparvier uses his platform to represent Indigenous culture in a modern way, while not forgetting traditional sounds. Coming from the Siksika nation about 45 minutes S.E. of Calgary, Sparvier emphasizes the importance of music in storytelling and traditions in Indigenous communities.

"The first thing we hear is the heartbeat, which, if you hear the powwow drum, really emulates the sound of the heartbeat, which you hear as an infant in your mother's womb," said Sparvier.

For Indigenous communities throughout Canada, music plays a vital role in daily life and serves as a cornerstone of their culture, celebrations, and overall community. However, as the EDM scene gains popularity, there is a noticeable lack of Indigenous representation within this community.

"I felt like I was the only person in my world that was listening to EDM," said Cheyanna Kootenayoo, also known as DJ Kookum. "Then finally, I found these Indigenous people involved, it was just very inspiring."

Indigenous artists rely on supporting one another in order to represent and inspire those around them. Kootenayoo often samples the Dene drum in her music productions, paying tribute to



DJ BLKFT spinning at Bass Coast 2024. He recalls this year's festival lineup to have more familiar Indigenous faces than ever before. Photo courtesy of White Rabbit Reflections Instagram/@whiterabbitreflections

her roots with the Dene Nation in Cold Lake, Alta.

"It's an important representation for people to hear and for other Indigenous people to be inspired. A lot of people come up to me and say 'you've inspired me to do this.' Just hearing and seeing that impact in the EDM scene reaches beyond just being at a rave," said Kootenayoo.

Similarly, Sparvier aims to include samples from other Indigenous artists in his live DJ sets, such as The Halluci Nation, Handsome Tiger, and also DJ Kookum, which he refers to as "staple Indigenous names."

"We're not trying to fight for space with one another—we're trying to collaborate and create a better space for everybody to benefit from," said Sparvier.

While attending shows in Vancouver, Sparvier observed

the strong support of the Indigenous community within their local EDM scene and noted the absence of this unity in Calgary. Seeing room for improvement, he decided to spearhead Canada's only all-Indigenous led music company, Drum Beat Entertainment.

Building this collective from the ground-up, Sparvier has seen massive success with Indigenous representation in the EDM scene over the last six years.

They began playing shows at small nightclubs in Calgary, such as Habitat of Sound, and over the years the company gained traction. Now, they have seen sell-out events across Western Canada, and have been picked up by major news stations like CTV and The Washington Post.

Their mission is to unite Indigenous and non-

Indigenous artists and allies, fostering collaboration and inspiration to build a vibrant community of musicians that Calgary has never seen before.

"Music has always been a part of our lives, of our heritage," said Sparvier.

"Not only is music and song a part of who we are, but it's a part of almost every ceremony and every aspect of our culture."

Listening, dancing, and enjoying music is in human nature, yet the exclusive hierarchy within the music industry is taking this pleasure away.

By turning to people with ancestry here—the communities across Canada who have grown roots alongside their songs—the EDM scene can turn a new page. Learning from their values, the world can know what it sounds like to belong.

OUT'N ABOUT

Field of Crosses Memorial Project

Taking place at Calgary's Field of Crosses, the team hosts 10 days of remembrance from Nov. 1-11 to honour fallen heroes. On Nov. 10, they are hosting a lantern ceremony, and on Nov. 11, they will be televising their remembrance day tributes. The public is welcome to attend any event listed on their website's itinerary.

Meet Marcus himself

Want to make your own gourmet ice cream? Join Marcus himself at Made by Marcus for Ice Cream Workshops on select weekends throughout November and December. The workshop will have you walk away with a niche knowledge of ice cream making and four customized pints of your own flavour. Tickets available on EventBrite.

Everything Taboo

The Taboo Show is making its way back to Calgary for a weekend of all things profane. The travelling show will reach the BMO Centre from Nov. 8-10 and includes seminars, vendors, and entertainment for all kinky visitors. Described as an "upscale adult playground," the event is 18+. The full itinerary is not yet released, but tickets start at \$38 and are available online.

Sea of Red

Come celebrate your authentic Calgary spirit in the "sea of red" at one of the Calgary Flames home games taking place on Nov. 1, 3, 11, 15, 19, 21, and 23. Each of these games will be hosted at the Scotiabank Saddledome, and tickets start as low as \$30.

Bridal budgeting

Bridal expo introduces dream dresses for dream prices

Daria Orth

Staff Writer

On Oct. 27, the TELUS Convention Centre hosted a bridal expo. With vendors setting up booths for all kinds, there were wedding preparations from bouquets to DJs. The main attraction, however, was the many bridal and prom dress companies advertising gowns to browse or buy.

There are lots of expenses associated with planning a marriage ceremony on top of everyday bills that need to be paid. Finding a reasonable budget for the perfect dress can be a challenge. The cheapest option might not always be the desired option, and what bride doesn't want to look beautiful on her wedding day?

Dresses in different styles and sizes, ranging from two to 24, were set up with changing rooms and full-body mirrors to help the shoppers choose their best look.

Two major retailers, ETHOS BRIDAL and Cameo & Cufflinks, had huge 40 per cent to 80 per cent off sales, making this the perfect market for future brides. Pop-up boutique festivals make looking for a stunning gown without spending a damaging amount of money much easier.

The expo even took bridesmaids into consideration with \$50 dresses that can normally go from \$200 to \$600. An experience like this makes shopping enjoyable for future brides to be.

Whether they are juggling work, school, or rent, this expo offered an affordable way to style themselves for their special day.

Much like a wedding, a high school graduation is another memorable day where every girl deserves to feel like a princess. Prom-style dresses are also very expensive under regular circumstances, which makes the shopping experience frustrating for girls who can't, or don't want to spend too much.

Fortunately, the Cinderella Project came to the rescue providing a wide selection of graduation gowns ready to

be worn.

Sylvia Galica-Casuncad, the outreach coordinator of the project, said that the main goal is to ensure that gowns are accessible to students who may have financial concerns.

The non-profit organization gives future graduates the chance to wear gorgeous attire at their graduation ceremony.

"We do this Bridal Expo with all donations, so the dresses that are bought go back to the Cinderella project," she said.

This way, dresses are being reused and recycled for someone else to proudly and confidently wear. The organization makes dreams come true for everyone regardless of the situation that they are in.

"This is a way for us to donate or to fundraise for the program."

The expo vendors made sure to include everything that needs to be considered

for event planning. Photographers, DJs, makeup artists, customized perfume companies and many other festive must-haves filled the hall.

The event made sure to include suit companies for the grooms, and children's dresses for the flower girls.

While all necessary for wedding organizing, having financial flexibility for wedding dress shoppers is what really made this expo shine.

Brides and graduates can rest assured that shopping is available for everyone, sometimes it's just about knowing where to look.

The event left people feeling fabulous and wardrobe-ready to take on a significant day that they will forever look back on.

This show comes to the TELUS Convention Centre on the last Sunday of October annually, which lands on Oct. 25, 2025 for any future brides looking for a bargain.



Cinderella Project dresses for underprivileged graduate students to feel beautiful at their ceremonies, showcased and sold at the Bridal EXPO. Photo by Daria Orth



Bridal EXPO dress display showcasing discounted wedding dresses where all profits go toward styling highschool students for graduation in partnership with the Cinderella Project. Photo by Daria Orth

Screaming for contemporary circus

New contemporary circus comes to Calgary

Mia Smith
Staff Writer



Main poster of Screaming Goats contemporary circus displaying a double feature called "Free Falling." Photo provided by Léda Davies

Screaming Goats Collective will be showcasing a new contemporary circus beginning in early November, a double bill named "Free Falling." Presenting two shows in one to Calgarians, "In the Fire" and "Fish at the Bottom of the Sea," include the themes of grief and loss.

Head choreographer and creator, Léda Davies, speaks openly about the process of designing the show, saying that the design process was fun and exciting for the team.

Who is Screaming Goats Collective?

Screaming Goats Collective, co-created by

Davies and Jed Thompson, is a contemporary circus movement dedicated to combining theatre and circus into proactive new mediums, and interdisciplinary performances. The pair have been at the forefront of the company since kick starting it in 2016.

Davies explains that they pride themselves in blurring the line between the mediums of circus and theatre. While both are considered entertainment, the circus generates feelings of playfulness and childlike wonder that contrast the more esteemed and rounded theatre scene.

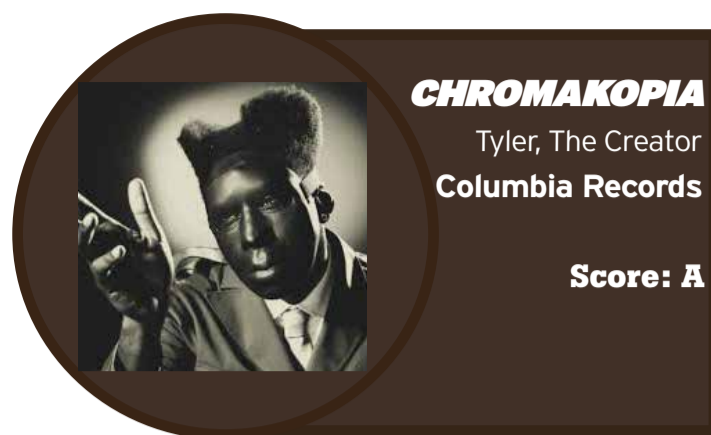
Davies says her goal is to see the movement being "motivated by the text,"—text being a piece of script that the artist is hearing— by allowing the work to speak for itself in a less-established and more outgoing way.

Free falling

Through the making of "FreeFalling," Davies adopted a practice called "authentic movement", where you are essentially closing your eyes and following the impulses of your body.

To practice this, Davies

Continues on Pg.12



CHROMAKOPIA is Tyler, The Creator at the top of his game. It combines all of the sounds and styles that one has come to associate with him, yet inside this familiarity, Tyler still finds a vast amount of room to innovate.

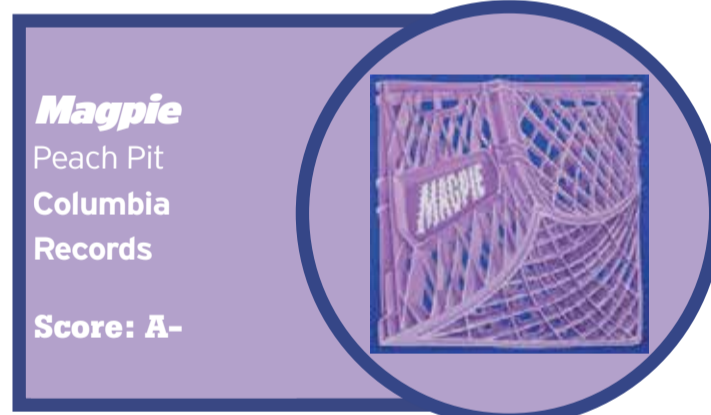
There has been much discussion around which of his previous albums this most resembles. With an artist as varied in both technical skill and narrative vision as Tyler, it makes sense that fans would want to know if this recent album falls closer to the delinquent collection feel of *GOBLIN*, or the mature, nuanced storytelling of *IGOR*. The truth lies somewhere in the middle. The album contains the playfulness of his younger days with the group Odd Future while adding the depth and introspection of his

more recent material. If *IGOR* was a detour from the beaten path, and *Call Me If You Get Lost* was a fun victory lap, then *CHROMAKOPIA* is Tyler coming back home, grown up and with much to say about his journey.

This album is great—fantastic even. But knowing what Tyler is capable of, it can't help but fall ever so slightly flat. With the album's many strengths, it still doesn't feel as cohesive and driven as *IGOR* did. It does feel like a two-step-forward half-step-back situation.

That being said, I can't find any flaws with this LP. Tyler has done it again.

— Ryan Montgomery



In *Magpie*, Vancouver-based indie band Peach Pit creates an immensely enjoyable and inviting listening experience.

I don't know what more you could want out of an indie album. By no means does it reinvent any wheels, but it doesn't seek to either.

That being said, this does not make the album monotonous to listen to. There are a range of musical styles across the work. There's the warm and soothing acoustic guitar on "Did You Love Somebody" or the punchy and driven instrumentals on the titular "Magpie."

Within their home genre, Peach Pit manages to use all the wiggle room they can to create a varied listening experience. The album is unified, however, by a floaty dream-like quality throughout. The whole album fits a very cool and concise vibe. It's got a great sonic consistency about it and would make excellent late-night driving music.

Overall, *Magpie* is a pure and solid indie album. Clear in sound and in vocals, it's a great listen for anyone looking for a nice, chill piece of music.

— Ryan Montgomery

Continued from Pg.11

would listen to a piece of script, close her eyes, and follow the movements her body wanted to make. She also employed a movement called “viewpoints,” where she would essentially move very quickly and then slow right down, listening to her body the whole way.

While designing the show and the choreography, Davies incorporated many mediums coming from many sources, attempting to integrate the most cohesive and expressive piece that she could.

“In the Fire,” written and choreographed by Holly Treddenick, is designed to showcase the life of her father, a founder of the Winnipeg Firefighter Museum. The show was developed with her late father in mind to explore his stories of grief and loss surrounding those who he worked with and rescued throughout his career as a firefighter.

Treddenick also dives into the nature of personal love and loss while exploring the relationship with her father.

“Explor[ing] a different side of grieving, of a relationship, maybe is not what you hoped it would be,” says Davies.

A couple of years ago Davies went through a divorce and a loss of a parent, both very different but substantial kinds of grief. Pulling from this difficult experience, Treddenick and Davies worked closely together to design shows based on each other’s lives. The result is two shows, paradoxical in nature, centred around the elements of fire and water, both powerful and foundational, yet with distinctive qualities.

“Fish at the Bottom of the Sea,” tells the story of ‘Eve’ who loses her lover in a car accident. Davies describes the storyline as simple, yet poetically written. The baseline goal of the show is to create conversations around grief.

“It has a cyclical nature, that touches on the idea of grief being something that we return to again and again, it is not linear,” explains Davies.

Getting through the logistics of the show was not an easy process for the collective. With the show being written prior to COVID, it was very much a start and stop process.

The team was tossed around hoping to land a residency somewhere solid before pandemic restrictions

kicked back in.

Through this logistical nightmare, Davies was struggling to grieve herself. Shortly after her father passed, she decided she could not go through with the show due to the open wound of grief. But through the rehearsal process, Davies realized how important the message really was.

She found a mission in needing to spread the lesson grief teaches and creating a space for people to grieve.

“Through story, we are able to create change,” says Davies.

At the end of the show, a feminist, trauma-informed therapist will facilitate a conversation with the audience, providing an opportunity to process and reflect on what was just watched.

“I hope that the audience feels a sense of connection, that there is that sense of awe and wonder that circus can provoke but more than that, that the audience feels like they were able to be a part of a conversation and part of a community,” says Davies.

Davies is hoping to continue opening the eyes of Canadians to the world of contemporary circus over time.



Léda Davies performs a contemporary circus act. Photo courtesy of Mike Tan

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Cougars basketball teams primed for explosive season

Zafir Nagji
Sports Editor

The Mount Royal University Cougars basketball teams ended their 2023/24 season on a sad note, with both teams losing in the Canada West Play-In games. However, both squads have made major adjustments to their rosters, with the women's team featuring six new players and then the men's team sporting seven and a new head coach.

As the 2024/25 season approaches, fans should be optimistic about the Cougars' chances in Canada West. Both teams have had action-packed preseasons, participating in plenty of tournaments and exhibition matches to get themselves up to speed. Both squads practice with palpable intensity, leaving their blood, sweat and tears on the hardwood and their egos at the door as they look to come together and establish themselves as a dominant force in the conference.

With the season now underway, meet your Cougars hoopers and find out how they plan to improve on last season's performance and dominate on Kenyon Court.

Women's basketball

After finishing their 2023/24 season with an 8-12 record, the Cougars played the University of Alberta Pandas in the Canada West Play-In Game, hosted by the University of the Fraser Valley. Despite outscoring the Pandas 13-8 in the third quarter, the Cougars couldn't complete the comeback victory and took a hard-fought 53-59 loss in their



With plenty of fresh faces on both teams, star players Nora Luca, left, and Keivonte Watts, right, must become effective leaders in order for the Cougars to improve on last season's disappointing end. Photos by Adrian Shellard

final game of the season.

This season, though, the Cougars have taken an all-hands-on-deck approach, with players pushing each other to work harder and get better as a team, as third year guard Asha Donnelly explained.

"We have a really good culture this year on the team," Donnelly said. "That helps a lot when we push each other to be better and motivate each other, and we're just more cohesive than last year."

The Cougars are led by head coach Robyn Fleckenstein, who is entering her sixth season at the helm of this team. As someone who pushes her players to give their full effort and makes them work hard, Fleckenstein has the respect of each of her athletes, who recognize just how much she cares about every facet of the game.

"We do get pushed really hard in practice, but we know when she's yelling at us, it's because she cares," Donnelly said. "[Fleckenstein] definitely

increased her intensity, which I like personally because you get called out more, which can be embarrassing at times, but that's the only way we can learn things in practice and that will translate in the games."

Fleckenstein's passion shines whenever she talks about or is around the game of basketball, and believes that putting her players through their paces will push them to become the best possible version of themselves.

"I don't really believe in

doing anything in life that you're not passionate in, and I think that's actually sort of a waste of time," Fleckenstein said. "We have accountability, we have standards, so I guess it's not a walk in the park. It's not always the nicest day of your life. But I think that people don't grow if they're not put under pressure and held accountable."

A key player for fans to watch this season is Nora Luca, who is entering her fourth year and is coming off a career year last season. She led all returning Cougars players in almost every box score statistic tracked by Canada West last year, including points, assists, rebounds, three-pointers, free throws, blocks, and minutes played.

Now looking to be the leading force of the Cougars women's basketball team this season, Luca is aiming to help her teammates improve their game every single day on their way to qualifying for the 2024/25 Canada West women's basketball playoffs.

The Cougars women's basketball team has already tipped off their season, having swept their first weekend series on the road against the MacEwan University Griffins. With a 2-0 record, they'll look to extend their win streak to three consecutive games in their home opener against the Trinity Western University Spartans on Nov. 8 at 6 p.m., on Kenyon Court.

Continues on Pg.14

#S

30M, viewers tuned into the 2024 MLB World Series, including a record-setting 12.1 million viewers in Japan

5, cars did not finish the 2024 Sao Paulo Formula One Grand Prix, which Max Verstappen won, his first victory in 10 races

7, consecutive losses for the New Orleans Saints, who fired coach Dennis Allen as a result

23, points scored by Keivonte Watts in the MRU Cougars' season-opening 93-90 win against the MacEwan University Griffins



Asha Donnelly, pictured, is now entering her third season with the Cougars and brings lethal three-point shooting every time she steps on the hardwood, stretching defences and making space for her teammates to attack the rim. Photo by Adrian Shellard

Continued from Pg.13

Men's basketball

The Cougars men's basketball squad suffered a heartbreaking defeat in last year's Canada West Play-In Game, conceding a 93-97 loss to the University of Alberta Golden Bears. To make matters even worse, the team waved goodbye to one of the greatest Cougars of all time, Holt Tomie, who graduated as MRU's all-time leader in points, field goals made, free throws made, total rebounds, defensive rebounds, assists, playoff points, playoff rebounds, and triple-doubles.

However, fans should have optimism this season, as the team is under new leadership and features a slew of new, talented players ready to make their mark in Canada West. Plus, with first-year head coach Josh Mullen at the wheel, the team has been working hard to gel together and make the appropriate adjustments to become a true contender in the conference.

"We're really in the discovery mode at this point in the season in terms of trying to figure out what positions to put guys in, what guys strengths are, what guys weaknesses are," Mullen said. "My vision is a really gritty team and a hard-nosed team. A team that defends for 40 minutes each and every night."

Tomie's departure leaves room for fifth-year guard Keivonte Watts to become the de facto lead player for the Cougars. Manning the point guard position at a height of 6'1", Watts brings flashy sneakers, electrifying athleticism and scintillating scoring to the hardwood on a nightly basis.

This year, he'll be tasked with being a leader on the court, but Watts believes that the team has come together brilliantly and is filled with box-office talent at every position.

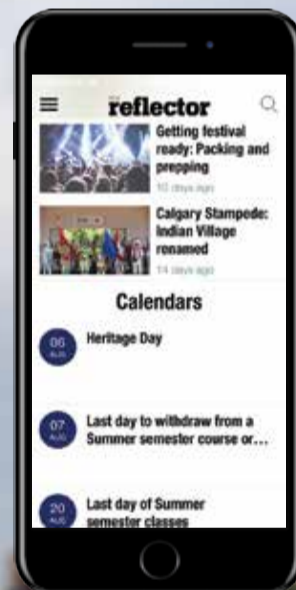
"Tomie was a big loss for us, but I think the pieces that we have now complement us very well," Watts said. "We all feed off each other... we're at least 15 [players] deep. Anybody can come off the bench and average 30. I don't really feel like we have any weaknesses, only the fact that we are still new and still gaining chemistry."

With a new head coach and seven new players, the Cougars men's basketball team began their season with a pair of wins against their in-province rivals, the MacEwan Griffins, on the road.

They'll look to push their win streak to three consecutive games in their home opener on Nov. 8 at 8 p.m., against the Trinity Western University Spartans on Kenyon Court.

All games for both teams will also be broadcast live on Canada West TV.

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2024-25 NHL TV guide

How to keep up with the new and exciting hockey season

Naomi Campbell

Contributor

Now that we are officially a month into the 2024-25 NHL season, let's talk about how absolutely insane it has been. The first official day for the season was Oct. 8th, and it started out with an absolute stacked lineup of games.

The season faced off with the St. Louis Blues taking on the Seattle Kraken. Their first period of play was slow to start, but the second period was when all the magic happened. Just 27 seconds into the period, Seattle forward Vince Dunn opened the scoring with an amazing wrist shot off of his own rebound.

Not even a full two minutes later, teammate Eeli Tolvanen positioned himself perfectly in front of St. Louis goalie Jordan Binnington to secure a tip-in goal off of teammate Ryan Evans slapshot. At just over the halfway mark of the second period, the Blues managed to come back with three beautifully unanswered goals. Jordan Krou managed to skate past the heavy Kraken defence and start the Blues scoring with a very attractive backhanded goal.

Fresh out of a playoff run with the Edmonton Oilers, Philip Broberg and Dylan Holloway rallied together to score their first goal and assist as teammates with the

Blues organization, making it a tied game. At 15:37, Krou managed to score one more time giving St. Louis the lead and earning himself the game-winning goal.

Game two of the night was a fierce matchup between the six-time Stanley Cup Champions, the Boston Bruins and the defending 2024 Stanley Cup Champions, the Florida Panthers. Both teams had amazing preseasons and held a fierce rivalry, foreshadowing a great game.

In the first period, only 6 minutes and 27 seconds into the game, former Calgary Flames centre Sam Bennett opened the scoring for the Panthers. Florida proceeded to score again giving them a two-goal lead right off the jump. However, the Bruins have a reputation for coming back from tough deficits and soon proved why.

At 15:33, Pavel Zacha managed to score a short handed goal (SHG) for Boston, breaking Florida's lead to only one goal. Unfortunately for Boston, though, the Panthers quickly answered back with their own SHG from Sam Reinhart. Boston scored a second goal in the period, bringing the score to five to two at the end of the second period.

The third period was full of fire and passion from both



The Seattle Kraken celebrating the first goal of the NHL season as Vince Dunn, right, scored in the second period of their 3-2 opening night loss to the St. Louis Blues. Photo courtesy of Instagram/@emeraldcityhky

teams. Florida scored once again to give them six goals on the night, and Boston managed to sneak two more past netminder Sergei Bobrovsky but ultimately fell short six to four when the final horn sounded signalling the end of the game.

The first two games were absolute thrillers, but the third game arguably proved to be the most exciting of the night. The Chicago Blackhawks and Connor Bedard went up against – for the first time ever – the Utah Hockey Club. Utah is now officially the new home of the Arizona Coyotes, and as sad as it is to see the Coyotes franchise come to an end, the Utah Hockey Club have an exciting opportunity to make a name for themselves this season.

They got to work early, as in the first period of the game, Dylan Guenther immediately energized the arena by scoring Utah's first official NHL goal. Following Guenther's goal, Utah captain Clayton Keller also secured his first goal for the team.

In the second period, Barrett Hayton scored, giving Utah a three-goal lead over Chicago. Chicago did

manage to score two goals, one in the second from Tuevo Teravainen, and one in the third from Nick Foligno, but ultimately fell short. With this game being their first as a franchise, first of the season, and first game at home, this win was easily the most memorable of the night.

In the first month of the 2024/25 season, the NHL has had an insane amount of high-scoring games. Colorado beat Vegas by a score of eight to four, Winnipeg blew Edmonton straight out of the water with a score of six to zero in their first game of the season, and Seattle defeated the Predators seven to three, just to name a few.

This year we've got some fresh faces added to the rosters, with one being Macklin Celebrini. He has only played one game with San Jose, but quickly earned a goal and an assist in that match. So far, Celebrini is the only 2024 draft pick that has played an official regular season game, but many fans are excited for other rookies, like Beckett Sennecke, Carter Yakemchuk, and Tij Iginla, to hit the ice this year.

Looking into the current standings as of Oct. 28, 2024, the top five teams are the

Winnipeg Jets, Vegas Golden Knights, Florida Panthers, Dallas Stars, and the New Jersey Devils. This quintet of tough teams have been having a pretty amazing start to their season, especially with Winnipeg going 6-0-0 and being the last undefeated team in the league.

The bottom five teams are the Nashville Predators, Chicago Blackhawks, Pittsburgh Penguins, Philadelphia Flyers, and the San Jose Sharks. In the past, these teams have dominated the league, but the start of this season has truly not been their best.

San Jose has only won two out of 11 games played, leaving them squarely at the bottom of the league. Rankings are still liable to change though, as only one month of the season has passed and teams still feel that anything is possible over the course of the 82-game campaign.

If you want to spice up the season a little bit, gather up some friends and partake in a fantasy league. Head to your local sports bar or bring your friends and family together to watch what is projected to be one of the most exciting seasons of all time.



Macklin Celebrini, pictured, is the only 2024 draft pick to play this season and already has a goal and an assist. Photo courtesy of Instagram/@sjsharkshistory

No ifs, ands, or Butz

Younger sister of Cougars All-Star having breakout season

Truman Bartman

Contributor



Lyvia Butz, left, is following in the footsteps of her sister, MacKenzie Butz, right, in providing meaningful on-ice contributions to the Mount Royal University Cougars women's hockey team in her first season of U SPORTS hockey. Photo by Adrian Shellard

As number 22 flies around the Flames Community Arena (FCA) ice, a familiar name dawns on the back of her jersey.

The last name “Butz” is synonymous with Mount Royal University’s Women’s Hockey Program. For years, it was carried by Mackenzie Butz, a former All-Star defender and National Champion who spent four years playing for the Cougars. Now, following in her footsteps is her younger sister Lyvia, who has recently joined the Cougars to help bolster their forward core.

The rookie forward spent time the last few seasons cruising through defences in the Alberta Female Hockey League. After spending two seasons with the St. Albert Slash, Lyvia relocated to Red Deer to play for the Chiefs U18 AAA team.

In her final season, she capped off one of the best careers the league had ever seen, totalling a league-high of 45 points in just 30 games. Lyvia completed her U18 AAA career sitting second all-time in league history in both

goals with 43 and points with 82—numbers she will look to continue putting up with the Cougars.

It was a fairly easy decision for Lyvia when choosing where she wanted to play collegiate hockey, already having prior connections to the Cougars. She says her heart was set on being able to play for the team her sister suited up for.

“I’ve always wanted to come here and play for the Cougars since my sister started playing for them. She really loved it here,” Lyvia said. “Honestly, once I got my tour, I knew right away that I was still set on wanting to come here. The school in general is so great. The smaller classes are something that stood out to me. I knew the team was obviously amazing and the girls as well, so it was definitely a no-brainer.”

Lyvia’s journey on the ice began with a different stick in hand, as she initially played ringette for one year.

But with her two sisters being hockey players and her dad also being a former pro hockey player, it seemed that

she was destined to end up with a blade on the bottom of her stick.

The influence from her family still remains intact to this day, you don’t have to look far to see a member of the Butz family in the stands at the FCA.

Lyvia’s older sister has been crucial in helping her acclimate to U SPORTS hockey, providing a positive influence at every step.

“Growing up, watching her play really helped, and just being able to talk to her before and after games has helped a lot,” Lyvia said. “She has been through it, obviously, and knows a lot about many ups and downs and how to handle them because of the experiences she had during her playing career. Whenever I have a down game, then she helps pick me up.”

Having a guide like her sister is not something that most rookies have the luxury of.

But Lyvia has still had to find her own ways to tackle challenges—even those away from the rink. As a student-athlete, Lyvia is currently

trying to figure out what managing both her schooling and hockey schedule looks like.

“It is a grind during the week, I usually have two classes a day, a workout twice a week, and four hockey practices,” Lyvia said. “Right now I’m struggling a little bit with time management. I get home from practice, I want to just go to bed, but I have learned you have to force yourself to stay up. Get your stuff done so it gets to be a lot at times. I have no complaints, it’s worth it and I love it.”

That grind Lyvia speaks of is starting to pay off in big ways. On Oct. 18th, across town at Father David Bauer Arena, Lyvia potted home her first U SPORTS goal, sculpting a moment that will stick with her forever.

“It was a six-on-five, and Lyndsey Janes, our captain, managed to send a pass back door to me,” Lyvia said. “I actually almost missed it, but I managed to keep things together and got it in. It was just so much fun, because everybody else was so excited, and it just feels so good to

have everybody supporting you during your big moment.”

With Lyvia checking one big moment off of her to-do list, the shifty rookie doesn’t plan on stopping there, as she feels that she hasn’t gotten close to reaching her ceiling.

“I’m still working on getting used to the pace, which has been a little tough, but the girls on my team have done lots to help me with that,” Lyvia said.

“The girls I’m playing against, compared to last year, are way bigger, they have higher on-ice IQ’s, and they’re used to playing at this pace. I just have to make sure that I am sticking with things and continuing to stay on my feet when battling against them.”

Lyvia hasn’t even played a full season of U SPORTS hockey yet, but the future remains bright for the Mount Royal University Cougars’ high-flying forward.

MRU fans have lots to look forward to over the next few years, and Lyvia will be at the forefront of helping the Cougars in their push for another U SPORTS National Championship.