

# the reflector

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## Province holds student town hall for Alberta 2030 university revamp

**Noel Harper**  
News Editor

The Advanced Education Minister of Alberta, Demetrios Nicolaides, is taking his plan to overhaul the province's post-secondary system on a virtual town hall tour to hear from key stakeholder groups, including university faculty, staff, and students. On Jan. 7, it was the latter's turn to ask the minister about the review and offer their suggestions.

"Alberta 2030: Building Skills for Jobs" was born out of the *MacKinnon Report*, a 2019 overview of the province's finances which was completed to find cost-saving measures. According to Nicolaides, the report found that post-secondary education in Alberta lacked overall direction, and recommended government consultations to help set this direction.

"Indeed, the MacKinnon panel noted ... while our post-secondary institutions may collaborate on occasion, they did not feel that that collaboration existed at the highest possible level," he said during the Alberta 2030 student town hall.

"We have a tremendous opportunity in front of us to ask real fundamental questions about the Alberta post-secondary system, and help it move from good to great," Nicolaides continued.

Since the initiative was launched in July 2020, more than 125 interviews have been conducted with student leaders, university faculty and other representatives, as well as 25 roundtable discussions, according to Nicolaides.

Students from across Alberta's post-secondary institutions tuned in to ask Nicolaides questions directly, including from Mount Royal

University, the University of Calgary, University of Alberta and others.

One of the first student questions regarded how the initiative will improve supports for sexual violence on campus, referencing the Council of Alberta University Students' recent paper on the subject.

"It's been frustrating to see a lack of action publicly from this government in regards to sexual violence and safe and healthy campuses," the student said.

"Prior to the pandemic, we had a loose idea of the magnitude of the issue when looking at the research from across Canada. But now, with COVID-19, it is my belief we are losing sight of the issue at hand."

The student referenced the lack of statistics on sexual violence collected by universities, which Nicolaides addressed. "We don't collect data, even some of that basic recording of data doesn't exist. I think there's more that we can do there," he said.

The topic of international students was a recurring one throughout the town hall. One student was concerned that the growing number of students coming from abroad would leave less options available for locals.

Nicolaides stressed the importance of attracting international students to Canada, and Alberta in particular — which, he said, is behind other provinces on this metric. At the same time, the province must ensure opportunities for students at home by improving the transfer system and introducing innovative methods of delivering post-secondary education.

Another student began by discussing frustrations regarding responsibility for responding to key post-secondary issues, and the seemingly endless loop that emerges.

"When I approach my institution regarding affordability, I am told that it is out of their hands, that the government has cut funding ... and that is why tuition is going up. When I ask the government why my tuition is going up, I'm told that the government doesn't control how an institution spends their money," the student said.

The student, who is enrolled in an international business program, was concerned that international students are viewed as "cash cows" due to high rates of tuition.

"I'm not a fan of micromanaging. I think we have excellent individuals who lead our institutions and a lot of these decisions are best left to them. But ... we do have the ability to set some parameters and guardrails around tuition," Nicolaides said.

The initial version of Alberta 2030 considers deregulating tuition, allowing institutions to set their own tuition rates.

Spirit River Striped Wolf, president of the Student's Association of Mount Royal University, tied several of the town hall's preceding questions together, asking how Alberta 2030 plans to specifically deal with long-standing issues such as mental health, financial stress and safety against domestic and sexual violence.

"There are performance indicators put on [universities], as we've talked about tonight, but where are



**Demetrios Nicolaides, Alberta's Minister for Advanced Education. The minister hosted a virtual town hall meeting for university students to ask questions of the Alberta 2030 initiative for post-secondary education revamp. Photo courtesy of UCP Government Caucus**

the performance indicators for the government when it comes to the principles I mentioned?" asked Striped Wolf.

Nicolaides ultimately returned the question back to Striped Wolf, delegating to "the student experience" on objectives to be included in the strategy.

The evening's final question came from an international student from California, studying at the University of Calgary. The student opted to put an answer to one of the questions that Nicolaides had thrown back to the audience.

"I think I speak for a super majority of students ... when I say, the answer to whether you should deregulate tuition — or even, I might add, cut more funding for post-secondary education in

Alberta — is a resounding no."

The student went on to ask why the government thought it was appropriate to cut public funding to universities, leading to tuition increases and juxtaposing the difficult financial situations of many students with the tax cuts offered to large corporations.

Nicolaides reiterated Alberta's financial situation and decreased oil and gas royalty revenues, telling the student, "the fiscal dynamic of the province is in incredibly dire straits. We have to make some difficult decisions in order to help balance the province's finances."

A total of six telephone town halls are planned for consultations on Alberta 2030 throughout the month of January.

# Politicians, other key authorities travel during holidays despite COVID-19 pandemic

**Noel Harper**  
News Editor

After it was first discovered in December 2019, the COVID-19 virus was spread throughout the world, in large part, through travel. In response, many travel-related recommendations and restrictions have been put in place at provincial and federal levels in Canada.

One year after its discovery, COVID-19 has halted a great deal of international travel between hard-hit countries — with certain exceptions. For example, while the Canada-U.S. land border has been closed to non-essential travel since March, the U.S. and other locales, remain very much accessible to Canadians travelling for non-essential reasons by air.

Alberta's COVID-19 policy on international travel remains a recommendation, rather than an enforceable restriction. "An official global travel advisory remains in effect. Avoid non-essential travel outside Canada until further notice," reads a statement on the Government of Alberta's website.

This advisory did not stop several members of the Alberta provincial government, as well as other provincial governments, from jet-setting for the holidays, ultimately putting the question of holiday travel front and centre for many Albertans.

Between December 2020 and the start of January 2021, the Calgary International Airport saw more than 2,500 travellers to Hawaii alone, out of 4,000 Canadians who visited the tropical American state during this time. Alberta Premier Jason Kenney estimated that "tens of thousands of Albertans are currently out of the province" during a Jan. 1 news conference.

The Reflector asked Mount Royal University (MRU) if any members of the institution's executive leadership, General Faculties



**Despite advisories at the provincial and federal levels against unnecessary travel due to the COVID-19 pandemic, thousands of Canadians did so anyway, including some with important positions. Photo courtesy of Pixabay**

Council or other high-ranking individuals within its governance traveled out of the province or the country in December 2020.

"The president and three vice-presidents refrained from non-essential travel during the holiday period. Staff, faculty and students at Mount Royal are free to make their own decisions during their personal time," a statement from MRU read in part.

The same, however, cannot be said about all of MRU's post-secondary counterparts.

Santa Ono, president of the University of British Columbia (UBC), travelled to Baltimore in December due to family health concerns. The director of UBC's School of Population and Public Health, as well as the dean of medicine and vice president of health, also travelled internationally over the holiday period to Hawaii and Ireland respectively.

"British Columbians have been advised to avoid travel within the province or outside of the province at this time ... it is requested that you do not travel to other regions unless it is essential," reads a B.C. Centre for Disease Control statement on travel during the COVID-19 pandemic.

While the advice is similar to that of Alberta's, B.C. further breaks down the difference between essential and non-essential travel. The

former includes travelling to care for sick family members, while the latter "is travel for tourism, entertainment, or recreation."

"Mount Royal University takes the health of our campus community seriously and has gone above provincial regulations to reduce the spread of COVID-19 ... MRU expects everyone in its campus community to follow the AHS and the University's health guidelines and regulations," MRU's statement to The Reflector continues.

As of late November, MRU reported 13 COVID-19 cases in students with a connection to the university since the start of the pandemic — before an outbreak within the Cougars men's hockey team led to an additional 18 cases amongst players and staff.

Several members of Alberta's United Conservative Party caucus, and other senior government employees, left Canada over the holiday period — after they returned, they faced varying consequences to their decisions.

Tracy Allard, Alberta's Minister of Municipal Affairs and one of the first international travellers in the caucus to be revealed, stepped down from the position after travelling to Hawaii with her family. The

MLA for Grande Prairie held the position for just 131 days, being appointed following an August 2020 cabinet shuffle.

Kenney's Chief of Staff, Jamie Huckabay, also stepped down from his position following a trip to the United Kingdom. Joining Allard in travelling to Hawaii was Jeremy Nixon, MLA for Calgary-Klein. MLA's Pat Rehn (Lesser Slave Lake) and Tanya Yao (Fort McMurray-Wood Buffalo) set off for Mexico, while Tanya Fir (Calgary-Peigan) visited Las Vegas, and Jason Stephan (Red Deer-South) travelled to Arizona.

All told, the only traveller to entirely lose a job was Huckabay. The MLAs in question will remain as representatives, having lost only legislature committee responsibilities in the wake of the travel controversy. Nixon will no longer serve as Alberta's Parliamentary Secretary for Civil Society, nor will Stephan sit on the treasury board.

"Albertans have every right to expect that people in positions of public trust be held to a higher standard of conduct during the COVID-19 pandemic ... by travelling abroad over the holidays, these individuals demonstrated extremely poor judgement," Kenney said in a statement responding to the controversy.

## THE REFLECTOR

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## Deadnaming: Don't Do It

Ed Ghost

Staff Writer

Hi, my name's Ed and if I were introducing myself to you in person, you may be a little taken aback by someone who looks like me (see that photo? Yeah, that's me!) giving you that as my name. Perhaps you misheard me? "Is it Anne? Deb? Steph?" Nope! It's Ed.

Surely it must be short for something? What's my "real" name? Do I go by something else—something that "suits" how I look better? The questions as to why that's my name come rolling in almost immediately after I've introduced myself. Almost every single time.

It's a very rare relief when someone I've just met takes it in stride, and just continues the conversation. Usually, they suddenly get the urge to demand that I somehow owe them "proof" that I'm not lying about what I want to be called.

Here's the kicker—it really is my name. But I shouldn't have to pull out my ID in order to be believed. Even if it wasn't my real name, or never used to be, it doesn't matter. I have politely told you what I would like to be called. Honestly, I very rarely see this kind of behaviour directed towards people that fit the cisgender binary narrative.

Not everyone is born into the name they feel best fits them, and part of life is to explore who you are and who you want to be.

Deadnaming is defined as "the usage either intentionally or unintentionally of a transgender or non-binary person's name before they transitioned or otherwise have come out as something other than what they were assigned at birth", according to *Healthline*. Jade Peek, director of community care at the gender inclusive centre Kind Space, explains it as "referencing, highlighting, focusing on or acknowledging

a name that someone has clearly disregarded." This could be a birth or given name that the person was given by their parents or family.

Oftentimes, when one is transitioning or on a journey of gender self-discovery, it's common for people to adopt or try out different names than the one they grew up with. This can be done for a number of reasons. It can be to further remove themselves from the trauma of being forced to grow up as someone they don't feel they are, or as a way to further affirm their current identity. For whatever reason, the decision to change a name is a part of the process that is often met with the most pushback, at least initially, from friends and family.

I get it, you've had an idea of someone all your life and then suddenly everything is changing. There is a grieving process to be done when you're told that the person you thought they were no longer exists or never existed in the way you had understood.

Change is hard, but if you actually care about the person who trusted you enough to disclose their metamorphosis, you should respect it. Support can be shown in many ways, such as simply calling them by the name they have asked you to.

Slipping up is normal. But the more it happens, the more damaging and stressful it can be for people.

What are some examples of deadnaming?

From family members, it could be any of the following:

- "Oh, well you'll always be my little \*deadname\*."

- "I grew up with you as \*deadname\* so this is hard for me."

- "This is Sarah, but she used to be/formerly known as \*deadname\*."

Recently a popular actor, Elliott Page, has come out

as trans/non binary. As a result, the media has been deadnaming him a lot. I can only imagine how difficult it must be for him to have his transition under a public microscope with his deadname staring back at him in every news story. It's even more aggravating to think that when writing an article, it's not hard to be mindful of the subject at hand.

Why is deadnaming so harmful? I'm so glad you asked.

Thinking that you get to call someone whatever you want, despite them correcting you, is not only weird and narcissistic, but potentially dangerous to the other person.

Deadnaming someone can put them in the terrifying position of having to explain to others around them that may not know that they are trans or nonbinary. This can open up the floodgates of gross and unnecessary questions about their body or worse, it can lead to violence or harassment. Also, never, ever out a trans person without their direct consent.

Invalidating someone, even by not simply accepting their name, could also lead to some awful mental health issues for them. Trans and nonbinary folk have a very high rate of suicide and self harm. Not feeling accepted by the ones closest to them can be a factor that contributes to that.

Even the smallest amount of validation, like remembering their pronouns or saying their name, might mean the world to them, and get them through some dark days. A 2018 study published by the *Journal of Adolescent Health* found that using a trans person's name directly aids in less suicidal ideation and depression.

How do you talk to someone about their name?

Find an appropriate time and place. This means not



**Deadnaming is defined as the use of a name belonging to any transgender or non-binary persons' name before they had transitioned, and it can be extremely trauma-inducing. It is something you should absolutely never do. Photo by Ed Ghost.**

in public or where other people are around. Don't blindside the person with the conversation. Maybe send them a text and ask if they're comfortable with this conversation happening—and remember, no one owes you an explanation about themselves.

If they say no, that's their right and it should be respected. The purpose of the conversation should only have the end game of you gaining a better understanding of what they want to be called. It should let you find ways to remember their name or perhaps correct other people who are having trouble with the name transition.

What happens if you mess up?

Correct yourself and move on. By apologizing too much or making it a big deal, you could be putting added stress on the person as they have to continuously comfort you every time you may say something hurtful and damaging for them to hear.

If someone comes to you with a name you haven't heard before, my suggestion is to immediately change their contact info in your phone to the new name. If their pronouns are different, maybe make yourself a little note. If the new name is constantly there when you're interacting with them, (and let's face it, text is definitely most people's preferred method of communication these days) it'll be easier to remember.

There's a lot more information about deadnaming than what's in this article. If you're curious about it or have close friends or family that are transitioning or are considering adopting a new name, I invite you to seek that information out on your own. You'll be better armed with information that'll not only help you be a better friend or ally, but also be more informative and supportive to those who may be struggling on either side.

# Opinion: Small and precise is key to 2021 resolutions

**Cassie Weiss**

Features Editor

The idea of a New Year's resolution has never been my favourite concept. Truthfully, I've always thought of a resolution as just a half-hearted attempt to improve something lacking in a person's life.

You gained a few extra pounds over the holidays? Just make a resolution to go to the gym more. You drank too much last year? Just make a resolution to not drink as much.

At the end of the day, a resolution just seems like a way out, a way to justify some of the unhealthy habits we've collected as the year has passed. In my opinion, we shouldn't need to justify the things we have done to help get us through.

Rather, I think we should take a deeper look at the behaviour and settle down with a solid goal in mind – not just some line on a piece of paper that will be forgotten halfway through January.

Now, I'm not knocking New Year's resolutions. In fact, I am all about goal setting. Every day, I look at a vision board on my wall that contains my meaningful goals and ideations. Regularly seeing those pieces of paper is what pushes me towards my goals, not the fact that I promised myself on Jan. 1 that things would be different.

We all say "good riddance" to 2020 – you'd be crazy not to. Even someone who had a good year would gladly say goodbye to the dumpster fire that was last year. I know many people who developed coping habits to deal with the pandemic, the isolation, and the unemployment. I also know just as many people who vowed that 2021 would not be the same.

But the thing is, we can't control the world around us. We can't control much of anything honestly. But we can control what we decide to do with our time. A New Year's resolution is a way to gain some sort of control, but what people don't realise is that it's not about jumping

five steps forward just to fall back another three.

"I'm going to get fit!"

We all have heard it before, and I'd be shocked if most of you out there have not said it at some point. It's one of the most popular resolutions. But I'm sorry, can you explain to me what "I'm going to get fit" even means?

Are you going to exercise more? Are you going to eat healthier? Are you going to spend more time outdoors? Are you going to spend more time in a gym?

Even if you answer yes to any of these questions, it goes so much further than that.

What does "exercise more" look like? Is it running, swimming or playing catch with your kids?

Of course, a New Year's resolution is going to fail when there is absolutely no context behind the words written down. On top of that, if those words are not slapping you in the face every single day, you're going to easily forget them. Trust me, I speak from experience.

So, then what?

Having a New Year's resolution is not about changing the person you are. Because the simple fact is that people don't change very easily, unless they are highly motivated for that change. The clock turning midnight on Dec. 31 isn't always enough to spark that motivation, and simply scribbling down some hurried goals probably won't be enough to keep you pushing forward, especially if those goals don't have any substance.

Anyone can say they want to get more fit – I say it all the time and I actively work out more than four times a week. But without a clear idea of what getting fit means to the individual saying the words, that resolution will quickly and easily fall apart.

This is why we have to start smaller – baby steps if you will. Don't jump in headfirst when you are fully aware there are rocks



**New Year's resolutions can be a sore spot to those of us who jump in too fast to a unattainable goal. Start smaller and be more specific when it comes to what you put on your list this year. Photo courtesy of Pexels.**

at the bottom. Take that generalized resolution and rewrite it so it is attainable.

Write down that you would like to learn how to lift weights or that you would like to participate in a 30-day yoga challenge. Even something as simple as resolving to go on an hour walk at least once a week is enough to start pushing you toward that end goal of getting fit.

We are not machines. We have to give ourselves a little bit of credit because we are

collectively experiencing a trauma unlike anything we have experienced before. Big goals right now are difficult to attain. Most of us don't even know what tomorrow will look like, let alone five months from now.

Like I said before, make that resolution list. Make a list of goals and ideas that you would love to see through by the end of 2021. Decide that this year is going to be a better one than last year. But in making those decisions, don't force yourself into

broad categories that you may never achieve.

You can always add to the resolutions you create. There is nothing stopping you from learning how to lift weights or how to do a yoga challenge. But by starting small you are giving yourself the freedom and satisfaction of attainable goals. Those attainable goals will be the driving force to keep us moving forward through both this seemingly endless pandemic and honestly, just through life itself.



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## Local 18-year-old publishes 3rd poetry book titled "Paint Us Red"

*How Cassandra Wood organized and released a poetry collaboration with 18 other women from 9 countries during a pandemic*

**Mackenzie Mason**

Arts Editor

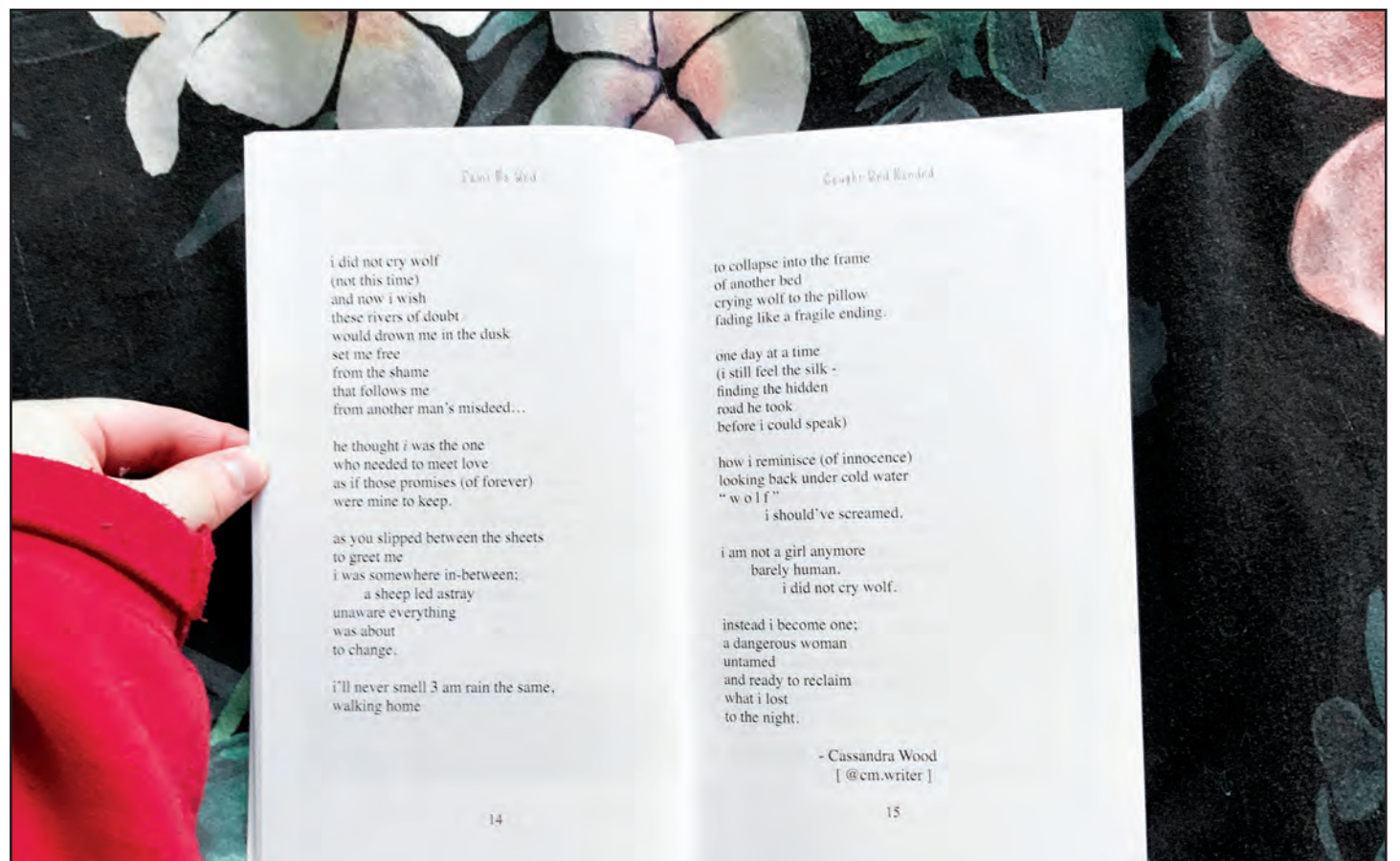
2020 was a dull, upsetting year that impacted the creativity, motivation and ability of writers, actors, performers and artists to create inspiring and captivating work — but not Cassandra Wood.

During the haunting and disappointing 12 months of 2020, Wood, who writes her poetry under the pen name CM Writer, managed to create and publish her own poetry book *Wonder of the Cosmos* and a poetic collaboration with 18 other women from 9 countries titled *Paint Us Red* — and she's only 18 years old.

While she said writing two books in a year was a challenge, COVID-19 positively impacted her creativity and allowed her the time to be alone with her thoughts which is "where inspiration stems."

"Poetry brings me continual joy, as I reach self-contentment with myself, and help my readers who are on their own journeys to recovery. Each vulnerable poem I share, it seems, gives a voice to someone struggling," says the first-year Biomedical Student from the University of Calgary.

"It encourages me to share more personal poems that



**One of Cassandra Wood's poems dances across the pages in "Paint Us Red." Wood is the lead curator and organizer as well as a poetic contributor for "Paint Us Red." Photo courtesy of Cassandra Wood**

detail my experiences with mental health, discovering my sexuality, and being a young woman. Writing is a dialogue with oneself but when shared with others, it becomes a conversation with the world."

She began writing poetry

in the early spring of 2018 as a way to cope with and understand her emotions.

"I was struggling with my mental health, and more so, how to communicate my emotions to others in order to reach out and get the help I needed. If not for poetry, I do

not know where I would be today," she states.

"Discovering this form of creativity has allowed me to uncover who I am truly meant to be. It has fostered self-growth in ways I never imagined and its positive impacts flow through me in

all aspects of my life."

Her most recent publication *Paint Us Red* speaks the voices of 19 women, and "provides strength and resilience to all who have ever been knocked down," she says.

**Continues on Pg. 8**

## OUT'N ABOUT

### Annie the Musical with Storybook Theatre

The classic story of how little orphan Annie charms everyone's hearts in 1930s New York City. Add this family-friendly online entertainment to your new year schedule now until Jan. 17, 2021.

### Bowness Park Ice Trail & Skating Rink

The new Bowness Park Ice Trail & Skating Rink is now open. Lace-up your skates with family on a 1.6-kilometre track or try out new ice bikes, available for rent for both adults and children.

### #Kensington BRIGHT

#KensingtonBRIGHT is a bold, colourful, and interactive art installation in the heart of the Kensington. In the midst of a pandemic where we live in our sweatpants, get dressed up and explore the neighbourhood for some Instagram-worthy photos.

### Fire Pits at Community Parks

Warm-up this winter with fire pits at various community parks in Calgary. Small fire pits have been set up across the city and are free to use when booked. So grab a blanket and enjoy a fun and warm time with those in your COVID-19 bubble!

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"I wanted to be a guiding voice to all the women [who have been] wrongfully marked, apprehended, blamed, accused, or judged. I wanted to inspire women to take back their worth, their belonging and their power," she says.

"If we are always being caught red-handed anyway, paint us red."

The collaboration explores what it means to be a woman, tackling mental health, feminism and body image, providing a global lens into the experiences of women.

"I think the project was unified on the basis of women [around the world] having shared experiences in their lives and women wanting to raise each other up to become their best selves."

Wood describes the process of collaborating with women from around the world as a "very inspiring and humbling experience."

"Since I joined the poetry community of Instagram over two years ago, I have had the opportunity to meet, engage and interact with many highly inspirational female poets. I knew I wanted *Paint Us Red* to be a collaborative project, so I reached out to many of the women I looked up to in the community," she says.

She worked with other successful female poets such as @srwpoetry, @theshefalidang and @

iamlenamora on Instagram to create the project.

"To have these fellow writers want to work with me on this project was empowering and to hear their stories through their poetry was heartbreaking, encouraging and forever memorable."

While the young writer has succeeded to publish three poetry novels and has created a significant community on her Instagram account @cm.writer with 16.7 thousand followers, Wood is not sure if poetry is the career path she will take.

What she is sure about is her love for poetry and the crucial role it's played in her life.

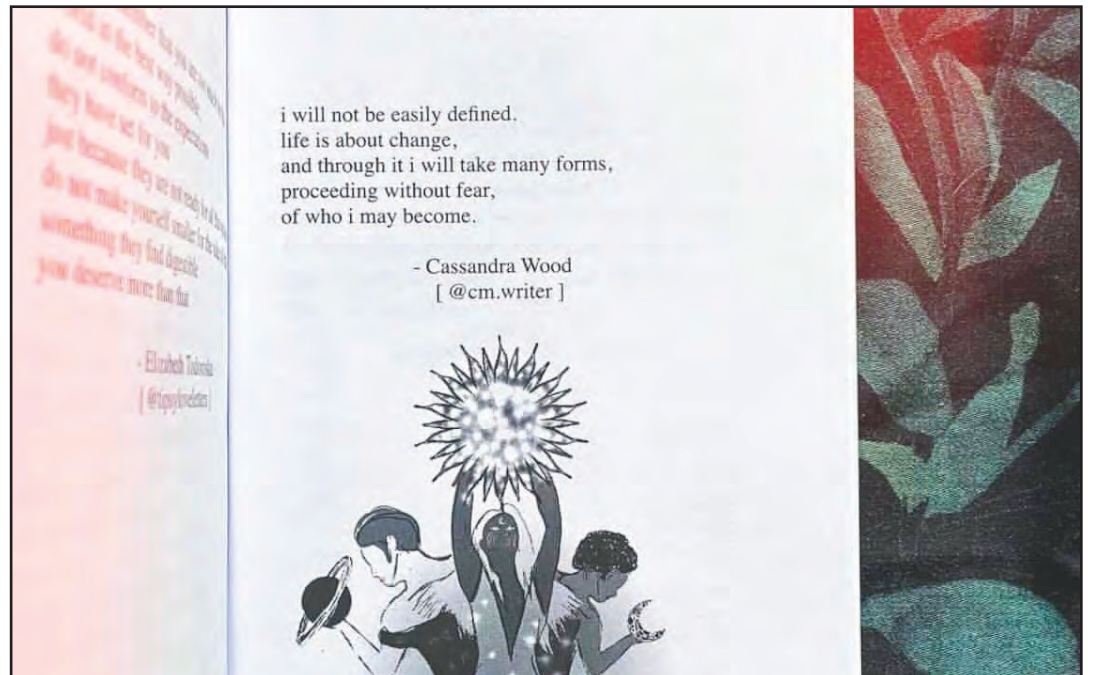
"At the end of the day, poetry is something I love doing for myself. So I will continue to write it, for myself. Poetry is something I plan to pursue as a lifelong passion. Where that will take me is still unknown, but I know great things are coming."

"Poetry is something I love but more than that, it's something I need. It would be a dream to be picked up by a publishing house, but I will continue to write throughout my entire life regardless."

She says in the long term, she hopes poetry continues to bring a voice to important issues and allows her to elevate her self-love journey, and "harness an engaged community dedicated to finding joy in their own lives."



Cassandra Wood, 18, holds her third published poetry book *Paint Us Red* while smiling. Photo courtesy of Cassandra Wood



*Paint Us Red* is a poetic collaboration between 19 women from 9 different countries tackling important topics such as feminism, self love and mental health. Photo courtesy of Cassandra Wood

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# Artistic New Year's resolutions anyone can do

**Mackenzie Mason**

Arts Editor

Ahhh, New Year's — the time where everyone makes unrealistic goals that they will rarely live up to.

There's nothing wrong with setting resolutions. In fact, I think we should always strive to be a better person than we were yesterday or even last year.

But as discussed in this issue's features section, the problem with making New Year's resolutions is that most people create broad and vague resolutions with no action plan. It leaves those resolutions to become an empty and meaningless commitment.

By setting small, attainable goals that can be built into your ultimate New Year's resolution throughout the



New Year's resolutions come on strong at the beginning of the year and dwindle down into a forgotten promise. If you want to be more creative this year, here's how to make and stick to an artistic New Year's resolution. Photo courtesy of Pexels

**Continues on Pg. 10**




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**Continued from Pg. 10**

year, you're more likely to actually carry out your goals and be the person you want to be.

If your resolution was to be more creative or to learn a new artistic hobby while we wait patiently for COVID to be over, here are 2 creative resolutions and easy ways to actually carry those goals through.

**Read more often**

I'm sure this one pops up on many people's list of resolutions. Reading is not only a time for people to wind down and have some "me-time," but it stimulates your brain and increases your attention span, focus and concentration.

Instead of making the vague resolution to read more often, try being more specific in your goals. Perhaps you could set a number of books you'd like to read throughout the year, and list a few books that have caught your attention.

If you're anything like me, you spend all day glued to a screen doing school work, and when all the work is done, you wind down staring at another screen watching Netflix.

If you're this kind of person too, try to switch out an episode on Netflix for 50 pages of a book before your bedtime routine. This will definitely get you reading more and bonus — you'll probably get a better sleep, too!

**Create more art**

While many people found inspiration and motivation with all their free time due to the pandemic, 2020 caused me to go into an artistic rut.

Wanting to be more creative was an obvious resolution for me, but I knew making the hazy resolution of "create more" would neither inspire or motivate me to actually create.

Setting a doable and attainable goal to be more artistic involves taking baby

steps and actually making a plan. If your goal is to create more art, find a time in your busy schedule every week to sit down with a cup of tea and actually create.

A great first step is to make a list of different artistic mediums you're interested in trying such as watercolours or oil pastels. If you're interested in being creative through writing, try creating a short story or dabbling in the world of poetry.

Finding that time and creating a steady routine is key to keeping this resolution — or any resolution for that matter.

If you fall off the wagon or lose your motivation to keep working towards a resolution, allow yourself to feel those emotions and breathe. When you realize why you feel that way, remember why you made the resolution in the first place.

Happy New Year everyone and best wishes in carrying out your resolutions! You've got this.

**Miss Anthropocene (Rave Edition)**

Grimes

4AD

**Score: C+**

A remix of the Canadian artist Claire Boucher's fifth album, better known by her stage name, Grimes, delivers Miss Anthropocene (Rave Edition).

Unfortunately, the album feels like what 2020 was — a missed opportunity.

There are parts of the album that feel as if it's being pulled in two opposing directions struggling to find a balance between our world and a parallel dystopian future.

It's like the album is stuck in a weird limbo where it does not belong in either world.

That's not to say the album didn't have its moments

though. For example in "New Gods - Tale of Us & me Remix", the crisp underplayed beats combined with hauntingly familiar vocals create an intoxicating euphoric experience. It's like a dance party that'll never stop.

While Miss Anthropocene (Rave Edition) shows promise and a possible sneak peek of the future for Grimes' music — etherealness grounded in dark, deep techno — it felt like the union between her and the music is not yet seamless in this album.

- Keopthy Bunny



**Make a list of all the books you want to read this year. This way, you can keep track of your progress and make yourself accountable. Photo courtesy of Unsplash**

**Music To Be Murdered By - Side B (Deluxe Edition)**

Eminem

Interscope Records

**C**

The king is back — but maybe he shouldn't be. *Music To Be Murdered By - Side B (Deluxe Edition)* is Eminem's 11th album and the third consecutive one that he dropped with no prior announcement.

So after all these years, has the self-proclaimed "Rap God" lost his touch?

Listening to the album, you could swear that Em hasn't changed at all and maybe that's the problem. Like anything, music evolves — Eminem should too.

Formally, his rhyme schemes are still intricately crafted and complex but content seems to be where

he's lacking. But occasionally, it's like listening to someone's uncle trying to act 'hip' — it just feels out of touch and out of time.

The entirety of the album was nearly 2 hours with 36 tracks and if that sounds like overkill, it absolutely is, especially when the content doesn't really differ much from song to song.

As technically capable as Eminem is, this album feels like trying to light a candle with a flamethrower.

- Keopthy Bunny

## Team Canada: World Juniors Recap

**Brendan Makay**

Contributor

The 2021 World Junior Hockey Championships looked a little different this year due to COVID-19. The tournament was hosted in a bubble in Edmonton, Alta, similar to the bubble used by the NHL for the 2020 Stanley Cup playoffs.

The World Juniors are one of the most exciting tournaments in all of hockey as it pits the best juniors from all over the world against one another, representing their country.

### Team Canada

Canada's World Junior tournament started out bittersweet. During their 1-0 victory against the Russians, in what was their first and only exhibition game, their newly named captain Kirby Dach sustained a hand injury that will sideline him 4-5 months.

After getting their exhibition game out of the way, Canada started the real action off with a bang. They routed a short-handed German roster 16-2. Dylan Cozens finished the game with three goals and three assists, while teammate Dawson Mercer finished with two goals and two assists. Even with the many goals from Canada, the German players Florian Elias and top prospect Tim Stuelze gave a considerably good game given their team's circumstances. Some of the German rosters could not suit-up for the game after testing positive for COVID-19, setting the team up for the blowout loss.

The next day, Team Canada had a game that was a little too close for comfort. They defeated Team Slovakia 3-1. Phil Tomasino was the only player to come away with a multipoint night with one goal and one assist.

After a day off, Canada was back in action on Dec, 29, securing a third straight win over Switzerland. Quinton Byfield took his turn to lead Canada in points with two goals and four assists.

Canada's final game of the round-robin stage was supposed to bring a good test for the Canadians as they were matched up with Finland. But the game did not even come close with Canada rather easily securing a 4-1 win. Cozens was the star once again, scoring two goals with the team's effort.

In the playoff rounds, Canada played the Czech Republic in the quarter-finals and skated to a 3-0 victory. Cozens led the team again in points with two; this time a goal and an assist. Up to this point in the tournament, Canada had yet to be challenged as they had not even given up an even-strength goal.

This was all expected to change when the Canadians met the Russians in the semi-finals. However, the game did not live up to the hype as they won rather decidedly, 5-0. Cozens for the third game in a row had the most points for Canada as he came away with one goal and two assists.

This all led to the gold medal game against the USA who beat Finland in

their semi-final matchup and came first in their pool. Canada was challenged as they couldn't overcome their southern neighbours, leaving the U.S. to win the game 2-0 and the gold medal. The US pushed the play with top pointer Trevor Zegras and Alex Turcotte having long runs of offensive pressure.

In the end, Canada finished its run with silver. Canada's top three players of the tournament were selected by the coaches with forward and co-captain Cozens (Whitehorse, Yukon), defenseman and the other co-captain Bowen Byram (Cranbrook, B.C.), and Goalie Devon Levi (Montreal, Que). Cozens remarkably became the fifth-highest scorer in Canadian history for a single tournament with 16 points, falling short of the top spot by 2 points.

In Calgary news, a few Flames stood out during the tournament. Defenseman Yan Kuznetsov played a great game for the Russians and showed that for a fairly large man, he possessed impressive mobility. Team Canada also had two great showings from Flames prospects. Jakob Pelletier worked his way up to the first line with his great speed and tenacious forechecking. He also showed his great leadership throughout the tournament and showed why he has been a captain for two different Quebec Major Junior Hockey League teams. Connor Zary, another Flames prospect showed a fiery personality and competence.



**Dylan Cozens in action against the Calgary Hitmen at the Scotiabank Saddledome in Calgary, Alta. Cozens, a forward for the Lethbridge Hurricanes, was one of Team Canada's top players during the 2021 tournament.**  
Photo by George Potter

### Team Dismissal Debate

Due to some early blowouts, this year's tournament saw a debate start through fans and the media. People have voiced that traditionally weaker teams should not be allowed to participate to increase the level of competition. The argument was that fewer teams in the tournament would get rid of boring blowouts and make what is already an exciting tournament even better.

Taking away teams is a short-sighted view and would make the tournament worse.

The World Juniors is about deciding who has the best under 20 hockey players in the world, but it is also used to grow the game. If we start taking away teams from the tournament then we are negatively impacting the

growth of hockey in some of the "weaker" countries.

There are kids in all these small countries like Austria, Switzerland, among others, that are falling in love with the game by watching their national teams play against the great traditional powerhouse countries.

The tournament is not only for the fans but also for the kids who get the chance to wear their countries' flag on their jerseys and represent their country on the national stage.

If we do not let these smaller countries play in the tournament then we will forever take away the chance for there to be a big upset or to see a smaller country make a dream run to win a medal. If ever a historic win like that would happen, sitting through a few lopsided games over the years would be worth it.

# #S

**62**, points - Point Guard Stephen Curry's career-high score against the Portland Trail Blazers on Jan. 3.

**4823**, yards passing for Houston Texans quarterback Deshaun Watson to lead the NFL in 2020.

**2-0**, the final score of the World Junior Hockey tournament gold medal game. USA defeated Canada on Jan. 5.

**56**, games scheduled for the NHL regular season in 2021.

# NBA Matchups to circle on your calendar this Winter

**Gage Smith**  
Contributor

There's a reason NBA fans live for the playoffs. With blowouts plaguing final scores and coaches often sitting superstars, fans are tempted to sit out the big games themselves. The following games will crush the monotony of the long NBA season. Rivalries, history, head-to-head matchups, and other storylines can make it impossible to remember that the real games don't start for a half year. No matter who you cheer for, these are some winter 2021 NBA matchups you won't want to miss.

## Utah Jazz @ Denver Nuggets, Jan. 17

A few months ago, these teams treated us to one of the most entertaining first-round series of all time. Both were led by young superstar guards looking for a breakout playoff run, and they delivered in historic fashion. Jamal Murray of the Nuggets put on a scoring display that not many players in NBA history have been capable of: the 22-year-old Canadian averaged 31 points per game, including a 50-point outburst. He shot 55 per cent from the floor, 53 per cent from the three-point range, and 92 per cent from the free-throw line, and he wasn't even the series' highest scorer.

Twenty-three-year-old Donovan Mitchell of the Jazz averaged an unbelievable 36 points per game while shooting 53 per cent from the floor and 52 per cent from three, including two 50+ point explosions. His heroics weren't enough to stop Murray and the Nuggets from coming back from a 3-1 series deficit to win in seven games.

Jan. 17 marks the first meeting between the teams since that bloodbath of a series, and neither has changed much since then. Expect Mitchell to hit the floor with a boulder-sized chip on his shoulder.

## Milwaukee Bucks @ Brooklyn Nets, Jan. 18

Two titans of the Eastern Conference meet for the first time on Jan. 18. Two-time league MVP Giannis Antetokounmpo and the Bucks were the favourites to represent the Eastern Conference in the NBA finals last season, only to be upset in the second round by the underdog Miami Heat in five games. Now, many are handing that crown to the new-look Nets. Led by all-time greats Kyrie Irving and Kevin Durant, the Nets are now a serious contender.

This matchup might be a 2021 Eastern Conference Finals preview, and there's an interesting contrast in the superstars' playstyles. Antetokounmpo has dominated the NBA with his unstoppable athleticism, while Durant and Irving lean much more on their ball-handling and outside shooting to find success. This game might not only reveal more about the Eastern Conference hierarchy, but also the most effective way to approach the game of basketball.

## Boston Celtics @ Philadelphia 76ers, Jan. 22

The Celtics and Sixers have one of the most iconic rivalries in professional sports, spanning back from the beginning of the NBA. But when the current young cores of Boston's Jayson Tatum and Jaylen Brown have met Philly's Ben Simmons and Joel Embiid in the playoffs, it hasn't been so competitive. Boston has an 8-1 record against Philadelphia over their last two playoff meetings, including a 4-0 sweep in last year's first round.

One coaching change and culture shift later, the Sixers hold the best record in the east as of Jan. 8. Simmons and Embiid will look to avenge

their embarrassing playoff loss, and Boston will fight to keep their stranglehold over their longtime rivals. Expect a playoff atmosphere, a fight or two, and a close final score in Philadelphia on Jan. 22.

## Brooklyn Nets @ Los Angeles Lakers, Feb. 18

LeBron James and the Los Angeles Lakers sit on the basketball throne right now. After a dominant championship run in the 2020 NBA Playoffs, they somehow improved in the offseason by adding even more key role players. They look poised to repeat as champions, cement LeBron as a true contender for the unofficial title of the greatest player of all time, and surpass the Boston Celtics for

most NBA championships in NBA history.

Two of LeBron's greatest rivals stand in the way of all of that.

Kyrie Irving was a teammate of LeBron on the 2016 Cleveland Cavaliers, the team that made history by coming back from down 3-1 against the 73-9 Golden State Warriors in the NBA finals to win the championship. It was probably the best thing LeBron has ever accomplished. He couldn't have done it without Irving, who the very next season, forced his way out of Cleveland to lead his own team. This left LeBron on his own to face the Warriors dynasty the following year and get crushed in the Finals. That team was led by none other than Kevin Durant.

Durant has had the label of number two on him for almost his entire NBA career, largely seen as second only to LeBron as the world's best player. In 2016, He left the team that drafted him, the OKC Thunder, to join the Warriors and crush James in the 2017 and 2018 Finals, but the label still largely sticks.

LeBron and his new running mate, elite big-man Anthony Davis, will face off against Irving, Durant, and the Nets for the first time in February. Two of the best teams in the league, some of the best individual rivalries in basketball, and a clash between New York and Los Angeles? No NBA fan will want to miss out on the action in LA on Feb. 18.

*All stats courtesy of Basketball Reference.*



Centre court at the Barclays Center in Brooklyn, NY. The Barclays Center is the home of the Brooklyn Nets and will play host to the game between the Nets and Milwaukee Bucks on Jan. 18. Photo courtesy of Unsplash