

the reflector

FREE
October 24, 2024
www.TheReflector.ca



From vision to action: Highlights from MRU's 2024 Sustainability Forum

Manveet Kaur Waraich

Staff Writer

When people hear sustainability, they often think of environmental conservation and climate change. However, sustainability goes far beyond these areas—it's a transformative lens for reshaping industries and systems. Mount Royal University's 2024 Sustainability Forum embraced this philosophy and featured 57 speakers across diverse fields to share their perspectives on building a sustainable future.

The forum's message was clear: sustainability isn't confined to one sector but can be integrated into any field. These include aviation, art, government, Indigenous knowledge, and marketing. The event highlighted how sustainability serves as a guiding principle across industries.

Key takeaways from guest speakers

The day kicked off with keynote addresses from Calgary Mayor Jyoti Gondek, who emphasized the importance of cities and public-private partnerships in driving environmental progress. As well as WestJet Vice-President Daniele Gorla, who discussed sustainable aviation practices.

Let's take a look at the long and informative list of experts in attendance at the forum.

BUSINESS

Marketing: MRU professors Anh Thu Nguyen and Neil Brigden discussed integrating the UN's Sustainable Development Goals (SDGs) into business education to prepare students for global sustainability challenges.

Supply Chains: Irina Dovbischuk shared findings on how global value chains create social value, particularly in developing countries.

CSR: Chelsea Willness from the University of Calgary explored why some stakeholders react negatively

to sustainability initiatives and how businesses can avoid "backfire effects."

Stampede: MRU alum Austin Lang led an interactive session on local sustainability using systems mapping to identify key stakeholders for change.

IKEA: Kris Lindskoog from IKEA Calgary compared the company's global and local sustainability efforts, underscoring the impact of community-level actions.

STEM & INNOVATION

Biomimicry: Carlos Fiorentino and Kira Hunt highlighted how nature-inspired innovation offers sustainable solutions in architecture, engineering, and design.

AI: Hadi Fariborzi addressed the dual potential of artificial intelligence to either improve or harm sustainability efforts, stressing the need for responsible development.

Transportation: Malcolm Adams, CEO of COREO Inc., introduced his sustainable carpooling app designed to combat solo commuting challenges.

Parks and Recreation: Joe Pavelka discussed overcrowding in Canadian parks and its impact on environmental stewardship.

PERSPECTIVES

Indigeneity: Winona Lafreniere emphasized the importance of Indigenous practices in environmental restoration and ecological balance.

Decolonization: A panel featuring Ranjan Datta, Chief Daniel Mistaken, and Teena Starlight called for disaster resilience strategies informed by Indigenous and marginalized communities' lived experiences.

Buddhism: Brian Nichols explained how Buddhist teachings and ecodharma philosophies can address ecological crises.

Art: Melanie Kloetzel from the University of Calgary discussed how art can expose

the root causes of climate change and promote justice.

HEALTH

Optometry: MRU alumni Elizabeth Roden outlined how Operation Eyesight Universal contributes to the SDGs by preventing blindness and restoring sight globally.

Mental Health: Janet Arnold, an MRU access advisor, explored the emotional toll of climate change and ways to foster hope.

FINANCE

ESG Reporting: Linda McWeeney from TU Dublin discussed the impact of the EU's Corporate Sustainability Reporting Directive on businesses.

ENERGY & PRODUCTION

Energy Transition: Peter Jalkotzy, CEO of NextGen Power Group, shared how his company is pursuing net-zero emissions by transforming waste into energy.

Oil & Gas: Connie van der Byl, MRU's associate vice-president of research, highlighted how industry alliances balance competition and cooperation to achieve environmental goals.

INTERIOR DESIGN

Decarbonizing Design: Chi Dara analyzed the

environmental impact of over 30 commercial products and explored strategies for advancing decarbonization in interior design.

GOVERNMENT

Climate Adaptation: Kaitlin Chantler, a climate adaptation specialist with the City of Calgary, outlined the city's plans for becoming more resilient to climate change.

MEDIA

Sustainable Storytelling: MRU professors Meg Wilcox and Brad Clark discussed the role of podcasting in climate storytelling, emphasizing the importance of amplifying underrepresented voices.

Student Project Showcase

Students also presented innovative projects tackling sustainability challenges:

Overconsumption: Morgan Dahlseide, Cordelia Lee, and Krysten Loisele mapped out overconsumption systems and proposed solutions.

Urban Resilience: Mark Barsoum, Theo Geier, Fatime Llamzon, Steven Orechow, and Ethan Leong focused on climate change, energy, and urban resilience in Calgary.

Food Systems: Ryan Tebbutt, Tanner Grygus, and Oliver Marchuk explored food waste and access barriers in

Calgary's food system.

Looking ahead: Sustainability and you

"The main objective is that students get to see sustainability from different points of view," explained Mauricio Latapí, assistant professor of management at MRU and lead organizer of the forum. "So we have Indigenous speakers, but also business speakers and then we have sustainability from medicine or NGOs, just different perspectives. The idea is that students see that sustainability is not only environmental, not only policy making, but it can be a part of everything and anything that they're interested in."

In addition to the speaker series, student showcase, and greenhouse tours, MRU presented *The Grizzlies*, a Canadian film exploring themes of resilience within a northern Inuit community. This screening was part of the ongoing Sustainability Cinema Series, a monthly collaboration with institutions across Calgary.

If you're looking to get involved, explore volunteer opportunities, or attend future events, take a look at MRU's Sustainability Initiatives.



Mount Royal University's 2024 Sustainability Forum explores themes of sustainable aviation, arts, Indigenous knowledge, city knowledge and more. Photo courtesy of Mount Royal University

P. Diddy's dark secrets uncovered in ongoing investigation

This story contains themes of sexual assault and abuse

Amirmohammad Bagheri

Staff Writer

On March 25, 2024, U.S. Homeland Security raided several mansions owned by American rapper, record producer and executive, Sean Combs, known best by his stage name P. Diddy, in connection with a federal sex trafficking investigation.

Six months later, the three time Grammy Award winner was apprehended by federal agents and was charged with racketeering conspiracy, sex trafficking and transportation to engage in prostitution.

After pleading not guilty, he is currently being held without bail at Brooklyn's Metropolitan Detention Center.

His long list of crimes

For decades, Combs has allegedly been abusing, threatening and coercing women and those he surrounds himself with to abuse women, protect his reputation and conceal his conduct.

The music mogul has been using the status and influence that he has built throughout his career to rule over a realm of heinous sexual crimes.

This realm functioned through Combs Enterprises, which was built to expand his brand along with executing whatever he desired and veiling those desires from the public eye.

This wasn't only for himself but also for the members and associates of his business empire.

Allegedly, among other crimes such as forced labour, kidnapping, arson, bribery and obstruction of justice, Diddy would also force women to participate in sexual activity by forcing them to take narcotics while leveraging his financial support, using intimidation and violence to protect his reputation.

It did not come as a shock

to the public to find out that he also has a habit of physically abusing women and employees since he has been caught multiple times doing so publicly.

In March 2016, Diddy was captured by security cameras at a Los Angeles hotel kicking, dragging and throwing a vase at his ex-girlfriend, who was trying to leave.

In his mansions, other than firearms, illicit drugs, and a whopping 1,000 bottles of baby oil seized, the police also found videotapes of sexual performances otherwise known as "freak-offs."

During said parties, Diddy and his staff would recruit women and sex workers. The combination of laced drugs and sexually abusive activity left the victims in a state that required IV drips for recovery.

Well-known celebrities were also frequent participants in his sex parties and were known to commit non-consensual acts along with him. He would then use these videotapes to blackmail whoever he wanted to gain whatever he wanted.

Following his arrest, it is reported that over 3,000 people have stepped into the light with allegations against Combs.

Texas attorney, Tony Buzbee, has made the decision to represent 120 of them, consisting of 60 males and 60 females, to add to his previous counts of sexual abuse. It is very important to specify that 25 of them were minors, as young as 9-years-old, at the time of the alleged sexual exploitation.

In a press conference, Buzbee stated: "The names [of participants] that we're going to name[...] are names that will shock you.[...] These defendants will not only include individuals but will also include corporate entities who ultimately



Sean Combs, known best as his stage name P. Diddy, has been charged with multiple crimes, including kidnapping, bribery and obstruction of justice. Photo courtesy of EPA Images

profited off of this culture. [...] I'm looking at banks, pharmaceutical companies, and hotels."

Since then, a hotline has been created for victims to come forward with traumatic experiences that they have witnessed in relation to this case. In just 24 hours, 12,000 calls were received by the hotline. Over 100 people are working hard to get as many civil cases filed to stack with the 120 cases filed just days ago.

Additionally, over 27 years later, the family of iconic rapper Tupac Shakur has also hired a notable attorney, Alex Spiro, to investigate in detail, the potential involvement of Sean Combs with the late rapper's tragic murder. It is believed that

with all these people coming out and telling the truth about P. Diddy, new evidence can be found, tracing a link between the two rivals.

What comes next?

Since Combs is being held without bail, prosecutors are taking their time properly interviewing witnesses and victims, while also working to identify the long list of high-profile guests from his frequent parties. He could be sentenced to life in prison if found guilty of racketeering conspiracy.

In addition, he will face a minimum of 15 years if convicted of the sex trafficking charge. Further sentence time is probable due to the ongoing flood of new cases being filed against

him. It'll take some time to set a trial date. Ideally, a trial takes place within 70 days of an initial appearance.

Although participants in Diddy's parties are not officially confirmed, within 24 hours of his arrest, various CEOs in different industries stepped down all at the same time. Attorney Buzbee has confirmed that in the next 30 days or so, the list of celebrities will be made publicly available.

The arrest of Combs reveals disturbing similarities with previous high profile cases of rich elites. As the investigation progresses, the entertainment industry could face increased scrutiny from the public similar to the revelations that followed the Epstein scandal.

Hezbollah leader killed by Israeli airstrike

The Middle East marches toward further turmoil

Amirmohammad Bagheri

Staff Writer

On Sept. 23, 2024, Israel launched an artillery campaign against Lebanon's terrorist organization, Hezbollah, resulting in about 500 people dead and more than 1,500 injured.

What we know so far

This marks Lebanon's highest violence-related daily death toll since the civil war in 1990. This attack came as a response to Hezbollah's missile strikes toward Israel through the ongoing Hamas-Israeli conflict.

Before the attack, Israeli Prime Minister Benjamin Netanyahu warned the Lebanese civilians on the southern border to evacuate. Through a recorded message, Netanyahu mentioned that the war was against Hezbollah and not its civilians.

With the death toll nearing 2,000, over one million Lebanese civilians are displaced in search of shelter from the terror.

The death of Hassan Nasrallah

Five days later, on Sept. 28, Hezbollah confirmed the death of its leader, Hassan Nasrallah. Ruling the Iran-backed terrorist organization for more than 32 years, Nasrallah was killed after a series of airstrikes involving around 85 American-made "bunker-buster" bombs on Hezbollah's headquarters in Lebanon's capital, Beirut.

While its council is deciding who will succeed Nasrallah, the terrorist group confirmed its intention to continue military operations in defence of both Lebanon and Gaza.

While it is a significant setback for Hezbollah, their arsenal of missiles and artillery remains vast and their numbers large. With the death of Nasrallah, Israel could potentially follow up on its current military advantage while dismissing international complaints over civilian deaths.

Pursuing their momentum, Israel has been preparing limited ground raids aiming to target southern Hezbollah strongholds while continuing with their aerial assaults. Their stated goal as of now is to secure the northern border, providing enough safety for the displaced Israeli citizens to return to their homes.

In order for a ground invasion to take place, Israel has to maneuver through the mountainous, rocky terrain of Southern Lebanon, which imposes a significant challenge when paired with Hezbollah's special forces unit, the Radwan Force, who have mastered fighting in such environments.

Iran's reaction

On the first of October, Iran launched about 200 ballistic missiles toward Israeli military bases. This attack, reported to be personally ordered by the country's supreme leader, Ayatollah Ali Khamenei, was in response to Israel's murder of Nasrallah as well as various Hamas and Islamic Revolutionary Guard Corps (IRGC) leaders. With the help of its iron dome, network of defence arrays and U.S. military aid, a

significant amount of missiles were intercepted.

Having been warned previously by U.S. intelligence, Israel was able to reduce casualties by warning its people to seek refuge in anti-bomb shelters. The only report of mortality so far has been a Palestinian man in the West Bank who was killed due to a falling missile fragment. Israel Defense Forces (IDF) confirmed damage to several air bases, administrative buildings and peripheral components but nothing of significant importance.

A few days later, Supreme Leader Khamenei led his first Friday prayer in five years, mourning the loss of Hassan Nasrallah while praising him for his work and leadership. He then went on to publicly declare that Israel would not triumph against its enemies.

Israel's response

Although Iran's attack was nothing short of a symbolic show of force and was carefully planned to avoid any significant escalation, Israel's retaliation remains unpredictable.

Prime Minister Benjamin Netanyahu reportedly called the air assault a total failure.

He stated, "Iran made a big mistake tonight and it will pay for it. The regime in Iran does not understand our determination to defend ourselves and our determination to retaliate against our enemies."

If escalation occurs, the proxy war in the Middle East could soon transition into a direct confrontation, potentially drawing in Israel's most powerful ally, the U.S. While planning on its retaliation, Israel already has its hands full on the North border with Hezbollah and the East with Hamas.

Internationally, many Western countries, such as the U.S., UK and France condemned Iran's attack and called for the parties involved to avoid further escalation. The United States President, Joe Biden, has made it clear that he wouldn't support Israel targeting nuclear facilities, as it would heighten the tension to its maximum.

Following the death of Nasrallah, the Middle East finds itself significantly closer to a full-blown direct regional war that could cause all its countries and their allies to be involved.



Large explosions are spotted and heard in Beirut's southern suburbs shortly after the Israeli military warned residents to flee the area. Photo taken by Mohammed Yassin

THE REFLECTOR

Issue 4, Volume 64

EDITORIAL STAFF:

Publishing Editor: Isabella West
Managing Editor: Ivar Bergs
News Editor: Bella Coco
Features Editor: Liam Rockliffe
Arts Editor: Emma Marshall
Sports Editor: Zafir Nagji
Photo Editor: Aiden Johner
Layout Editor: Emily Kirsch
Web Editor: Arroy (AJ) Jacob

CONTRIBUTORS: Ryan Montgomery, Karra Smith, Ava Pusztai

STAFF WRITERS: Manveet Kaur Waraich, Amirmohammad Bagheri, Daria Orth

COVER: Aiden Johner

The Reflector, with an on- and off-campus circulation of 5,000, is the independent voice of the students of Mount Royal University. It is published fortnightly during the academic year (Sept. to April).

The Reflector is editorially autonomous and financially independent from all other governing bodies at Mount Royal University.

The Reflector welcomes newsworthy submissions from all students and community members. While the right of editorial comment is reserved for editors of The Reflector, opinion pieces may be submitted as letters to the editor, and may be published on the editorial page as such. The Reflector reserves the right not to publish submissions deemed by the Publishing Editor to be offensive.

Complaints arising from the content of the paper should be directed to the Ombudsboard. This board has been established as a mediator between the Reflector Publications Society staff and its readership.

All decisions of the Ombudsboard are final and binding on both parties. Letters to the Ombudsboard must be sent in confidence, care of the Reflector Publications Society, to the Reflector Publications Society office.

Submissions and letters to the editor should be a maximum of 500 words, typed, double-spaced, and contain the writer's name and phone number. No unsigned letters will be published. Only in exceptional cases, at the discretion of the Publishing Editor, will writers' names be withheld. The Reflector reserves the right to edit submissions for brevity.

Contents are copyright © 2024. No material may be reproduced without express written consent.

All opinions contained within this paper are those of the individual authors, and not necessarily those of the Reflector Publications Society. For more information, contact The Reflector office at:

the reflector

Wyckham House
 Mount Royal University
 4825 Mount Royal Gate SW
 Calgary, AB T3E 6K6

All depts.: 403.440.6268
 Fax: 403.440.6762
 TheReflector@TheReflector.ca

Translating tuition

With rising tuition costs, it begs the question, where does that money go?

Ryan Montgomery

Contributor



With universities seeming to spend student tuition at the drop of a hat, it seems only fair that students are curious where their dollars go. Photo courtesy of Aiden Johner, AI Generated Image from Microsoft Copilot

To start with something we all painfully know to be true—things have gotten more expensive. Across the board, without fail nor exception, things cost more than they once did. Much to the chagrin of the good people of Mount Royal University (MRU), the same stands for tuition. In 2024, tuition was increased by two per cent across all programs, and that is on top of a 5.5 per cent increase in 2023. With this increased strain on your wallet, it begs the question, where does this money actually go? What is it spent on? Have costs grown proportionally with the tuition increases?

Thankfully for me, MRU very neatly publishes their financial reports at the end of each year. The meat and potatoes of MRU funding

comes from two sources: provincial grants and student tuition, making up 80 per cent of the university's revenue. Provincial government funding is the largest of the two, accounting for 41 per cent of MRU's funding. This means the government subsidizes a substantial part of your tuition, so don't say they never did anything for you. In second place comes tuition, making up 39 per cent of the school's coffers. Despite the aforementioned two per cent across-the-board tuition increase, incomes from tuition were 1.7 million dollars under budget. This was reportedly due to "lower than planned flight training hours" and "lower than planned business and professional education training." Surprisingly, sales of services and products,

which includes the much-maligned parking, make up only 12 per cent of Mount Royal's revenue. All that pain and suffering bared by the student body to park their cars, pain and suffering thrust upon them by a mediocre municipal transit system, constitutes a measly 12 per cent of the pie chart. With the university being so overly dependent on just two revenue sources, the administration has made it a stated goal of MRU to diversify income sources. Among these new-planned sources are increasing venue rentals, a catering service, increasing Cougar Store sales and a planned increase in parking revenues through a more vigilant automatic parking ticket system. So all you would-be parking thieves beware, for justice is coming

and she will arrive, righteous ticket dispenser in hand.

Now that we've established where MRU gets its funds, we can move on to how they spend our hard-earned cash. Far and away the largest expense is salaries and benefits of professors and other university employees. This alone amounts to 68 per cent of MRU's costs, a number which I personally believe should be significantly higher (I'll take my 4.0 GPA now, please). Academic pandering aside, MRU does offer competitive compensation for its professors so this being the largest expense comes as no surprise. After labour costs, the next largest expense is materials, supplies, and services, coming in at 14 per cent of expenses. This includes things like licensing

agreements for the library so we can all have access to a very large database of very obscure and very niche books. The smallest expense on the chart is interest paid on debt, making up around 1 per cent of the budget. MRU's total debt amounts to 41.1 million dollars, accumulated for "infrastructure expenses." Included in this figure is 8.6 million owed to the university by SAMRU—sex toy bingo doesn't come cheap, folks.

Attempting to parse out an increase in Mount Royal's expenses is harder than it immediately seems. This is because in 2022 the school administration changed its fiscal year to end in March rather than in June, making the 2022 fiscal year last only nine months as opposed to the iconic 12 months every other year has. While I know there's nothing sexier than discussing the intricacies of academic fiscal years, keep your pants on for now, because this is where it gets good. Because of this change, expenses for 2022 were recorded as significantly lower than they actually were. Thus to get a full year of budget we need to go back to the 2021 fiscal year. But even this year has its problems as the university was still reeling from the pandemic. Despite this, the budget remained more or less consistent. So comparing the 2023 budget with the 2021 budget shows a 16 per cent increase in costs give or take. I will leave it up to you to decide if this increase in costs justifies tuition increases.

I would like to thank the government for requiring that all public universities publish their financial information every year. It made my job very easy, so Pulitzer-prize-winning muckraking journalism this has been not. However, I hope that now you can all be a little more informed in your quiet indignation when you go to pay your tuition this coming winter.

Car culture in Calgary

Rev your engines and knock off your rust; Calgary's car culture is growing and ever present. You just have to know where to look

Liam Rockliffe, Features Editor & **Zafir Nagji**, Sports Editor



Even with the winter months ahead, Calgary car fanatics find a way to appreciate their passion. Photo by Aiden Johner

As Porsches get put in garages, brave souls equip their winter tires, and BMWs begin drifting in snow covered parking lots, the car community in Calgary has never been stronger; and just because winter is coming, doesn't mean your automobile passion has to die with summer.

The Calgary Sports Car Club (CSCC) shifts its engine-roaring focus from paved roads of the summer, to snow-flinging adventurous rally races. On Nov. 3rd and 10th, two rally races are being held by the CSCC. The first is the Dirt Cup 1, which will be held west of Cochrane at the AG Society. This event will open up the season of rally driving and should be an action packed event to join, or just watch from the sidelines. The final stage of the year for the CSCC is the Kananaskis Rally held in Kananaskis, Alta., and will be a perfect opportunity

to slide through turns and spew ice.

Heading into winter, one of the biggest rally events will be held in February. Nitrocross is a huge event that travels all over North America. It was initially created by Travis Pastrana and features incredible tracks and big air throughout all seasons. More details on the Calgary event should be available closer to February.

Family

Car culture in Calgary isn't all about racing and events, for the most part, it is about the community—as Vin Diesel would say, family. Discussing builds and body kits, dream cars and aspirations for current barely-running beaters, are all part of the car community. To join these discussions one does not need the fanciest car or the sleepest Honda—just like minded souls who enjoy

living life one wrench turn at a time.

The car community can be divided into different sects based on each group's individual interest of choice. Fans of Japanese vehicles, for example, come together at shows like Tuner Spirit and Matsuri to display their cleanest, most elaborate builds. Show cars like the ones at these events are often not designed for hard driving on the race track and feature body kits, interior modifications, elaborate paint jobs, and many other distinct elements. Owners of these vehicles express themselves through their cars and compete against each other in a series of categories to win awards and have their cars become nationally recognized.

For petrolheads with more discerning tastes, Euro Cars and Coffee has become a staple in the city when it

comes to gathering some of the finest, rarest automobiles around. Now hosted at Endorphin Exotics, a rental car company specializing in fine European vehicles, Euro Cars and Coffee gives people an exclusive opportunity to see Lamborghinis, Ferraris, Porsches, and many more of the most desirable supercars and luxury automobiles. Calgary is home to some of the rarest vehicles in the world, such as the Koenigsegg CCR that's been spotted at Euro Cars and Coffee events and Chinook Mall. With only 14 of them in the entire world, seeing one is truly a once-in-a-lifetime experience, as is seeing the Porsche Carrera GT, Lexus LFA, and Bugatti Chiron Supersport, all of which are rare, expensive, and powered by some of the most iconic engines of all time. Seeing them all cruising around the city is exhilarating, but getting an up-close and

personal look at them truly provides an unforgettable experience, so check out Euro Cars and Coffee for all the rare and exotic vehicles you can handle.

The most important aspect of these events and groups is their ability to bring the community together as a whole. Regardless of which vehicles garner an individual's interest, each event is welcoming to the entire community of car lovers. Petrolheads can attend, associate and amicably converse about any vehicle-related topic and find solace in being among their own kind. For those with the money, time, and passion to build out their own cars and compete or display their vehicles at events, the opportunity to win awards and receive recognition for the hard work and late hours that go into each build is too good to pass up on.

The psychology behind horror

Frightful media has essentially consumed our world and psychology plays a large role in why

Karra Smith

Contributor

Fear centred content is created and consumed every day by all sorts of people, but the reason for its popularity goes way beyond a simple thrill.

Research done by the Harvard Business Review, highlights that not only does getting scared trigger an adrenaline rush, but it also helps the human mind gain experience and knowledge by picturing ourselves in those situations. By creating these hypotheticals, we become more confident in our abilities to handle similar conflicts should they arise.

Horror movies and

similar media also create an opportunity for humans to explore and indulge in the dark side of their psyche while still remaining safe and secure. In order to remain grounded during these explorations it's recommended that an individual reminds themselves that they are physically safe while also creating a detachment from the horror aspect itself. This may mean reminding oneself that they can turn off the form of media or exit the situation at any time with no consequences.

A person's reaction to a fear content can also vary depending on three main

factors. Lynn Alden, clinical psychologist and professor at University of British Columbia said in an article by The Ubysey that the primary responses are biological, cognitive, and social. The biological response may appear in a person who is queasy around gore. The cognitive response may be triggered by a person who is honed in on specific details and psychological aspects of a film. Finally, the social factor is dependent on the environment an individual is surrounded by. If a group of friends is watching a scary movie and someone is not

reacting to a thrilling scene, it is more likely that the whole friend group will not react as well.

The horror genre primarily focuses on invoking disgust and terror within its audience while also providing a form of entertainment. The process behind making a scary movie is said to be a challenging one because of all the moving parts.

When examining the parts of a horror film, it is easy to get caught up in the plot and the adrenaline that may be pumping—however focusing on what is inducing fear in that moment, can be almost

as intriguing as whatever conflict may be arising.

The composition of a shot, mixed with spooky lighting, as well as haunting music, can create the perfect atmosphere for a scare. These parts all play into why an individual may have more of a physical reaction as opposed to a psychological one. The viewing of scary content can be satisfying to the human psyche when explored safely. It is important to remember your boundaries when it comes to potentially triggering media and to acknowledge that you can turn off a scary movie at any time.



The various compositions of horror can bring a rush from fear in the moment. Photo courtesy of Wikimedia Commons

YOUR STUDENTS' ASSOCIATION

SAMRU.CA/EVENTS

FREE 18+ EVENT

HAUNTED HOUSE PARTY

OCT. 31 WEST GATE SOCIAL DOORS 8PM

GOV'T-ISSUED ID REQUIRED. DON'T DRINK AND DRIVE. COSTUMES MUST NOT INCLUDE ANY WEAPONS OR LARGE PROPS.



Visit these on-campus health providers for great service and student-friendly pricing!



Dental Choice
Z006
dentalchoice.ca

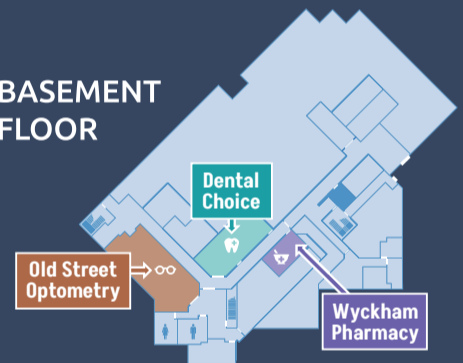


Wyckham Pharmacy
Z004
wyckhampharmacy.com



Old Street Optometry
Z007
oldst.ca

BASEMENT FLOOR



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

Fresh, healthy & affordable produce delivered right to campus!



good food box

Order Schedule*:

January 2	June 5
January 23	August 7
February 20	September 1
March 13	September 25
April 17	October 23
May 8	November 20

*Make sure to order by 4:00 pm on the deadline.

Pick up dates can be viewed at samru.ca/goodfoodbox.

Pricing:

Small Box: \$30
20-25 lbs. of produce

Medium Box: \$35
30-35 lbs. of produce

Large Box: \$40
40-45 lbs. of produce

For more information, visit samru.ca/goodfoodbox, or email reception@samru.ca.



@samrubuzz

samru.ca

Get your fright on

Haunted houses across Calgary this year

Ava Puztai

Contributor

With Thanksgiving over, the Halloween spirit is stronger than ever as the air gets colder and the *Rocky Horror Picture Show* is beginning to play in cinemas. Even if the days of trick-or-treating are behind you, the city of Calgary hosts several haunted house events during the late weeks of October. These events are for people of all ages but involve special adult only nights where alcohol is sold for those who prefer their Halloween with spirits. Each event has its own unique and creepy edge that appeals to lovers of the macabre allowing them to get their spooky fix before Christmas takes over the holiday season.

ScreamFest

When? Oct. 25-27 and Oct. 30-31 from 7 p.m. to 12 a.m. Youth nights, aged 12-17, conclude on Oct. 24.

Where? Stampede Park, parking at BMO Centre.

Cost? \$30 online, or \$40 at the door for general admission.

ScreamFest advertises itself as Canada's largest Halloween event, offering multiple haunted houses, each with a unique theme. Basic admission into the park allows guests one entrance into each haunted house, including their most extreme house "Zombie Outbreak," back by popular demand. This attraction requires guests to sign a waiver before entering but rest assured, the actors will not touch or grab anyone anywhere on the grounds.

ScreamFest has a total of seven haunted houses including their new "Doll House" and other classics such as "Bates Motel" and "Slaughterhouse." Other Halloween themed attractions, such as a slingshot rollercoaster and games are present to ensure guests are never bored.

ScreamFest's "Screaming Room" features indie horror films so you can support independent artists during your visit.

Aside from general admission, there are two other options for tickets. Both options include the venue's own currency, KillerCash, which can be used for any activities aside from the haunted houses. For an extra \$10, guests will receive \$16 of KillerCash along with their general admission ticket.

VIP and speed passes are also available for purchase for those who wish to skip lines.

ScreamFest warns that their exhibits are quite intense and not intended for children. The entertainment of the festival revolves around being terrified and in suspense. As such, the venue and event is not wheelchair accessible and contains the use of fog and strobes to enhance the effects of horror. As a whole ScreamFest labels itself as PG-13, though all ages are welcome. The events are quite frightening to young children, so guests are asked to be cautious when bringing children under the age of 12.

Field of Screams

When? Oct. 18, 19, 25 and 26 from 6 p.m.-10 p.m.

Where? Cobbs Adventure Park - 1500 84th St. N.E.

Cost? \$30 online, or \$40 at the door for general admission.

Field of Screams was created by the same company (Screamworks Inc.) as ScreamFest, and is a haunted house-based event with six different themed houses. The themes this year include a simulation of being buried alive and a fence maze entitled "Death Trap." Other attractions include the "Mad House" and "Scary Tales" along with an actual haunted house.

The attractions in Field of Screams are more story-based than those found at ScreamFest. Guests are made to feel as though they have been chosen or captured during their adventure through terror. Field of Screams has one adult night on Oct. 17th which allows for more fear and alcohol with purchase.

Though creepy, Field of Screams is unrated and more family friendly. There are no warnings regarding the age of attendants and activities designed for younger audiences are available.

An adult night at the kangaroo petting zoo is open until 8 p.m., but other games such as black light mini golf, archery tag and pedal carts are open until the park closes at 10 p.m. Classic fair food is available for purchase, including a variety of food trucks and mini donuts as well as a

candy store for the true Halloween experience.

Dr. Giggles House of Pain

When? Oct. 24-26 and 31 from 7 p.m.-10:30 p.m.

Where? 201 W. Chestermere Drive, located behind the rec centre in the N.W. corner.

Cost? \$30 general admission, \$25 group admission.

A haunted house for a noble cause, Dr. Giggles House of Pain is in support of the Chestermere Food Bank and encourages its guests to consider bringing donations when they come for the creep show.

Dr. Giggles is an artistic, immersive haunted house where guests watch a short film before being plunged into the experience. Dr. Giggles is running volume

four of his short film series titled "Dr. Giggles Tales of the Cryptids: Cheesy Time." After watching this film, guests will step out of reality and into the film's atmosphere, experiencing the horror firsthand.

When purchasing tickets online, it is important to note that Dr. Giggles does not offer returns or refunds, and the venue accepts exact cash only. Dr. Giggles' experience is limited to

30-minute increments, with 7 p.m., being the earliest showing and 10:30 p.m., the latest. When purchasing tickets online, guests choose out of the available times on their designated day. Dr. Giggles does not express an age-limit, but is targeted towards a more mature audience given subject matter and gore.



Screamfest is one of the most well-known annual haunted Halloween experiences in the city. Photo courtesy of the ScreamFest website

OUT'N ABOUT

Hey Now, You're an All-star

Catch award-winning artists Smashmouth and Spin Doctors play a dual-headline show at the Grey Eagle Event Centre this Oct. 25. This event is great for old-timers who have supported these bands for decades, or for new fans who have grown to love their classic sound. Tickets range from \$70 to \$90 and can be purchased on the Grey Eagle website.

Boo at the Zoo

Unleash your wild side with Boo at the Zoo, taking place on Oct. 26 and Oct. 27 at the Calgary Zoo. With days filled with Halloween fun, like the Wilder Brunch, ZooBOO Safari, and Monster Mural, there is no shortage of activities. Make sure to dress up and enjoy treat stations around the grounds. Included with a general zoo admission.

Dalhousie Farmer's Market

Located at the Dalhousie Community Association on Oct. 26, this seasonal market abides by the rule "Made, Baked or Grown" in Alberta, with over 80 per cent of the vendors at this market are made possible by Alberta, for Alberta. All proceeds go to community improvement projects.

Everybody Scream

On Oct. 24, join slasher fans for an outdoor viewing of the 1996 classic, *Scream*. Located at Central Memorial Park, and hosted by the Memorial Park Library, this event is free to attend and open to all ages. They ask viewers to bring their own seats and blankets, and they will provide popcorn and soda. The movie starts at 6:30 p.m., and seating is first come first serve, so get there early to enjoy the show.

Sustainable spooks

DIY Halloween costumes for every budget

Emma Marshall

Arts Editor

Halloween is a widely celebrated holiday going by different names for each culture. Although the lore stays relatively the same, it dates back to the Celtic holiday of Samhain. A day marked by frights and terror, is when the veil between the living and the dead is at its thinnest. As an attempt to ward off or blend in with wandering spirits and ghosts, it became a popular tradition to dress in costume on Halloween night.

Nowadays, the commodification of this holiday has successfully stripped away some of this liminal, otherworldly fear. However, it has also brought about new excitement and ways of celebrating. Whether Halloween is loved for the costumes, tricks, or treats, there is something for everyone to love this time of year.

In the Halloween spirit, it is needless to say that finding a costume can creep up on you more quickly than anticipated. With the endless supply of information on the internet, it is a shock that unique costume ideas are slim to none. The frustration increases when you take one look into a Halloween costume store, and find a classic hippie outfit retailing for \$150. Finding an idea you love is hard, but pulling it together can be even harder.

Modern Halloween is a time for creativity, expression, and community, and nothing brings out the spooky spirit quite like DIY costumes. As the most ominous night of the year approaches, many people embrace the chance to showcase their ingenuity through homemade costumes.

With rising costs, DIY costumes can also be a budget-friendly option. By using materials found at home or purchasing inexpensive items from thrift stores, stunning costumes are crafted without breaking the bank. This approach makes Halloween accessible to everyone, regardless of financial means. Unlike store-bought costumes, which can often be cookie-cutter

and impersonal, DIY options stand out in their originality. In an age of increasing environmental awareness, DIY costumes present a sustainable alternative to fast fashion. By using recycled materials or thrifted items, individuals can reduce waste and promote eco-friendly practices.

DIY costumes also allow people to express their unique personalities and interests. When you create your costume, you have the freedom to incorporate elements that reflect who you are. Whether it's a beloved character from a book, a clever pun, or an abstract idea, the possibilities are endless. This means by doing it yourself, you can dress up as someone totally different, yet still feel like yourself. So here are some potential costume ideas if you're stuck.

Solo Costumes

Walking art canvas

Transform into a work of art by wearing a plain white outfit and bringing some fabric markers. Doubling as a great conversation starter, collect people's illustrations throughout the night. Totally immersive and unique by arriving as a blank slate, and leaving as a masterpiece.

Garfield

To elevate the basic kitty cat costume, dress up in all orange and rock the comic book classic—Garfield. An orange dress, shirt, or pants will do the job. Sticking on some face paint and cat ears brings it together. Want to get crafty? Take an old box of lasagna noodles where the branding is clear, attach a chain or strap, and use it as a purse or bag. This way, Garfield is equipped with his favourite meal all night, and the creativity cannot be looked over.

Duo Costumes

Curious George and Yellow Man

Throwing it back to childhood, any duo can recreate this look. One person takes on the role of George by



Thrift shopping is a sustainable practice that also serves as a great way to save money when it comes to buying a Halloween costume. Photo by Aiden Johner

dressing in all brown, adding monkey ears and a tail, and can take it a step further by asking questions all night long. A cute elevation would be to invest in a banana purse for the night. The other must wear yellow, whether that be all yellow or just yellow accents, but they cannot forget the distinguishable yellow hat to pull the look together.

Gardener and flower

With the need to find a clever costume, the masses brush past the basics, such as dressing as a flower and its gardener. This one is easy, and can be customized in many ways. The gardener can wear anything they want, but to make the outfit distinguishable, I recommend sticking to neutrals, as well as wearing an apron and a sun hat. The flower can really be anything. A rose, an orchid, a sunflower, you name it. It can be expressed through makeup, headpieces, outfits, or a mixture of all three. My favourite is to braid vines into the hair and stick petals on the face or neck.

Cosmo and Wanda

Inspired by *Fairly Odd Parents*, this costume is a

little niche, but very cute nonetheless. Cosmo is all green, even down to the hair. Typically male, but can be worn by anyone. Wanda is entirely pink, with characteristic bright pink lips. Tie the costume together with a small pair of fairy wings, and make wands by sticking yellow stars to chopsticks.

Group costumes

The solar system

With eight planets in the solar system, this costume is perfect for groups of up to eight. Groups can choose to be realistic and utilize cardboard cutouts to replicate planets, or they can be a little more subtle by dressing in specific colours and wearing distinctive accessories. For example, the sun can wear all gold, and accessorize with an over the top celestial crown. The moon can do the same but silver, and Venus or Mars can go all out with red outfits and makeup. Overall, this idea is extremely versatile and can work for small or large groups.

The cast of a favourite show

Choose a popular TV show,

like “*Monsters Inc.*,” “*The Wizard of Oz*,” or “*Scooby Doo*.” Each group member can dress as a character, using thrift store finds to replicate iconic looks. Usually, costumes can be mirrored pretty closely with some thriftiness, DIY, and creativity.

Group effort

Having trouble deciding who each person should dress as in the group? How about all dressing as the same thing, but having the opportunity to make personalized details. Some examples include witches, aliens, care bears, garden gnomes, or even costumes inspired by different decades.

DIY costumes for Halloween offer an incredible opportunity for creativity, bonding, and sustainability. By crafting costumes, people can showcase their unique styles, save money, and promote eco-friendly practices.

This Halloween, consider stepping away from the stores and embracing the joy of creating something truly special and one-of-a-kind. After all, the best costumes tell a story—your story.

Autumn aura

When fall meets home decor

Daria Orth

Staff Writer



Accentuate any indoor space with pumpkin-themed decor and fall in love with fall.

Photo by Aiden Johner

When fall reaches its prime, and the leaves start transitioning from green to orange, it means some redecorating is in order. With autumn's arrival, there's a multitude of ways to decorate your place for the season.

Alana Packwood, an interior designer based in the UK, has been working in the industry for over 12 years and knows all the tips and tricks to make a home feel cozy. She especially loves styling her clients' homes with moody, gothic, and historically inspired aesthetics to transform once-regular rooms into beautiful, unique spaces.

Colour palette

Packwood noted that rich, dark colours are an excellent way to alter your home style. Though it's definitely a commitment rather than a temporary change, it ensures that the place of residence has a warm harvest feel all

year round.

"The darker moodier tones create a very punchy, atmospheric kind of look, which is sort of my niche I suppose," said Packwood in an interview.

Deep crimson reds, dark forest greens, navy blues, and cedar browns are only a few examples of accent wall shades that are perfect for creating that dark academia fall feel. Incorporating these colours through paints is the most prominent way to achieve artistic gloom, but introducing them through objects can add a different kind of charm.

All in the details

A lot of fall decor comes from various accessories to add to table tops and shelving units. The classic pumpkin spice scented candles or candles in general, immediately present a mysterious ambiance. Vintage lamps and other light fixtures can

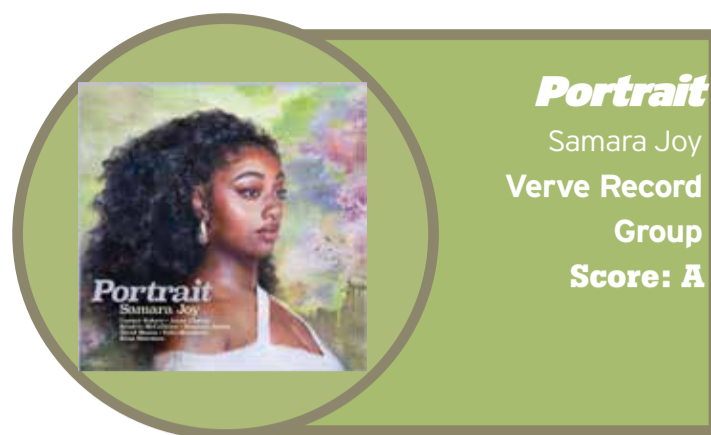
create a similar effect.

"A lot of my stuff is secondhand. So if I wanted to add warmer wood tones, most of the time I would go find something secondhand or something antique," said Packwood. "It just has a lot more character. And I think that's what creates the cozy, more personable space."

Replicating an autumn forest can be done by incorporating an assortment of plants around the interior. Why leave the leaves behind when they can be brought indoors?

Books and library nooks often bring an inviting fall environment, so having a book collection for reading or for visuals matches the aesthetic beautifully. Coming back to old-fashioned looking trinkets, older and rustic books can

Continues on Pg. 12



Portrait

Samara Joy
Verve Record
Group
Score: A

In *Portrait*, Samara Joy gives a classic vocal jazz performance that can compete with any of the jazz greats. While genres like rap or indie rock are still as competitive today as ever, jazz is widely seen as past its golden age. Despite this, in a genre firmly standing in the shadows of its old masters, Samara Joy stands out as a new light that can stand up to the old greats.

Joy has one of the most impressive vocal ranges of any musician today. She is able to flutter on the high notes while being just as comfortable in silky low tones that would frighten many an artist to sing. In *Portrait*, Joy keeps no ace up her sleeve in demonstrating this vocal prowess. From high notes on "No More Blues" that would make a champagne flute flee in terror, to molasses-rich tones on "Now and Then," Joy

puts her whole range on show throughout the album.

Any jazz lover will count themselves a fan of this album. A good old-fashioned vocal performance that feels just as comfortable in a prohibition speakeasy as it is in the modern day.

— Ryan Montgomery



For Cryin' Out Loud

FINNEAS
Interscope
Records

Score: B-

In his second studio album, *For Cryin' Out Loud*, FINNEAS gives us a proficient if uninspired pop experience. Generally, it's underwhelming. There's nothing in the album that's bad per se, but for the most part, it's just fine. The album is not particularly ambitious in what it sets out to do. It tries to be an alt-pop album and it more or less succeeds, but it does so without any particular gusto in its style.

This is not to say the songs are bad, the worst you can say about this album is that it's broadly forgettable. It has its high points, the album starts off with one of its strongest tracks "Starfucker." In the opening track, FINNEAS shows off both his compositional ability and creates the best environment for his voice, which excels best in intimate, vulnerable musical surroundings. The track "2001" is also notable, its catchy and upbeat backing

track come together to make the platonic ideal of a pop song. Other than these token examples, there really isn't much else to say or point out.

FINNEAS has cut his teeth as a producer and has more than earned his laurels there, but without his sister's edge, he more than often comes off as garden-variety pop

— Ryan Montgomery

Continued from Pg.11

especially add an autumn charm with the dustier neutral covers and tales of classic literature.

“You can buy the beautiful leather-bound books and then put them on your shelf and they look fabulous,” said Packwood.

She says that Home Sense is a great store for purchasing new accessories, and antique shops are fantastic for finding rare collections.

Pumpkins are perfect for a simple autumn change in the household. They are a staple in fall decor, however they are a very seasonal item.

Like the paint colours, if the end goal is to permanently keep the welcoming but moody style, selecting other natural items in their place would be the most beneficial.

“We have a huge amount of mushroom decor at the moment. My top tip is to not make it too obvious so that you can keep it out for a bit longer than just a couple of months,” said Packwood.

Welcoming scents

While giving your interior a fall makeover is

mainly about the physical appearance, transforming the space is also about the pumpkin spice and apple cinnamon type of smells that are often associated with this time of year.

As previously mentioned, candles are wonderful for the aesthetic and smell, but there’s also the option of aromatherapy vaporizers—which are longer lasting.

“I make my own diffuser oils, which I change depending on the season. At the moment, we’ve got a lot of things like amber and tobacco scents. But I also do a lot of baking, so I do a lot of spiced apple crumbles and cookies and things like that,” she said.

All of the fruity and squash flavoured baked goods are a comfort food alternative to make the space smell fall coded.

Depending on the homey design plans, these trends are inspiring ways to revamp interiors in an inviting autumn way.

“I would say for me, I like to create more classic interiors, so something that’s never gonna date.”



In addition to the cooling temperatures, fall brings a whole new palette of interior decorating options. Photo by Aiden Johner



SAMRU is seeking feedback on your student experience

samru.ca/survey

Complete this 5 minute member check-in survey for a chance to win \$1000!



scan here



@samrubuzz

samru.ca

Cougars volleyball teams prepare to defy “rebuilding” expectations

Zafir Nagji
Sports Editor

With the soccer season coming to a close and winter fast approaching, Mount Royal University’s (MRU) indoor sports teams are preparing to start their conquest for the upcoming 2024/25 season. First to the hardwood are the volleyball squads, and with MRU being selected to host the 2027 USPORTS men’s volleyball and 2028 U SPORTS women’s volleyball championships, expectations and excitement for both teams are extremely high.

After ranking second in the conference and qualifying for the Canada West playoffs but losing in the first round last season, the men’s volleyball team waved goodbye to some of the best players to ever don a Cougars jersey. That being said, their departure has paved the way for new players to take the reins and keep the team in championship contention conversations. With six freshmen on the roster, the Cougars are young, hungry, and primed for a season of learning and winning on the volleyball court.

The women’s volleyball roster may look mostly similar to last year, only featuring four first-year players, but is under new leadership. As the former head coach for the Briercrest College women’s volleyball team and TFOC Volleyball Club pro, the Cougars’ new head coach has been busy in the offseason and preseason implementing new practices that are sure to turn this team into 2024/25 playoff contender.

Men’s volleyball

The Cougars’ men’s

volleyball team fans will be surprised to see a slew of new faces on the roster. After four years of being led by a series of all-time collegiate greats, the team waved goodbye to Norwegian starting setter Samson Olsen and a series of their taller frontline players, like Luis Lange, Max Haronga, and Chris Byam.

In their stead, Jovan Stepanovic has stepped up as leader of this team, helping young players on the rise develop into deadly threats. However, being the veteran on a team is no easy role to fulfill, as it requires an unselfish, team-first mindset on and off the court.

“I’m honoured to be one of the veterans, because since I started playing, I was always the youngest,” Stepanovic said. “From the leading standpoint, it’s really cool because I get to give them the little tips and shortcuts, [it’s] not just on the court, it’s off the court, too.”

Second-year middle, Cody Hudson, plays right next to Stepanovic and has been a receptive listener to the vet’s advice, which has helped him adjust to being a starter for the first time in his USPORTS career.

“He’s the biggest leader I’ve ever played with,” Hudson said about Stepanovic. “He’s always looking after me. Even when he’s going through his own things, he’s always looking out for the team. He’ll always pick us all up when we’re down. And he’s just a great player to have by my side, especially on the court.”

Leading the team from the bench is Shawn Sky, who has coached the men’s volleyball team since 2004, eight years

before the Cougars joined USPORTS. Sky is known for his straight face and crossed arms, keeping a serious demeanour at all times during games. However, no stern expression is truly unbreakable and the head coach can be coaxed into displaying some human emotion under the right conditions.

“In all honesty, my kids always talk about how I look mad, but what you guys actually see is my thinking face,” Sky said. “I’m actually not mad. Well, sometimes I am. But I’m more so thinking, and it’s just constantly in terms of the work and the job

I got to do.”

“If you guys see me smile it’s going to be on those little moments even though it’s not a case where we win a point or the big physical moments. I know everybody gets excited about those, but for a coach, it might sound weird, but you expect these guys to be physical. It’s their ability to do the quality little things. Those are the things that make me smile.”

His squad’s greatest strength is in their size and athleticism. With only one player under six feet tall, their most significant height gain comes from their setter position. Grant Hill, who

played behind Olsen in last year’s rotation, is now the Cougars’ starting setter and, at six feet and five inches tall, brings offensive and defensive versatility on every play. That physical advantage makes them feel defiant of expectations for a year of rebuilding, seeing themselves as a dangerous force to be reckoned with in Canada West this year.

“For sure our size gives us a lot of pressure on the block,” Hill said. “I would

Continues on Pg.14



Cody Hudson, wearing the number 8, will have a new role to grow into with the Cougars after they waved goodbye to some of their greatest players of all time. Photo taken by Adrian Shellard

#S

1329, career points scored by Daniel Ricciardo, the 10th most without a Drivers Championship

6, consecutive wins to start the MRU Cougars men’s hockey season, including two against the Dinos

17, points scored by NY Liberty Center and 2024 Finals MVP Jonquel Jones in Game 5 against the Minnesota Lynx

15, years since the New York Yankees last played in the World Series, where they will now face the Los Angeles Dodgers

Continued from Pg.13

say this year the expectations are a rebuilding year from everybody else but our team. We're setting our own [expectations] and we're really hoping to get to the playoffs again."

The Cougars men's volleyball season starts at home on Kenyon Court as they host the University of the Fraser Valley Cascades on Oct. 25 at 6 p.m. All games will also be broadcast live on Canada West TV.

Women's volleyball

While the men's team is adjusting to new faces on the court, the women's volleyball team roster is largely the same as last year's squad. However, those players are being led by a new head coach, Rhonda Schmuland, whose resume as a former ACAC head coach and professional player in France brings elevated expectations to the team.

Plus, with last year's team leader Jessica Oszcewski graduating, new players are stepping into veteran roles and helping enforce newer, more positive culture and habits for the group, including fourth-year middle blocker Mya Morgan. Now having to fit into a leadership mould for the squad, Morgan feels more than comfortable having the younger women on the team look up to her for advice.

"It's crazy that I can even call myself a vet because, and I know everyone says this, but it goes by so fast. You blink and now you're one of the older girls," Morgan said. "Now that I've recognized that, it's helped me realize that I need to really give it my all these next two years because I want to finish my career here as a Cougar"

"I want to be a supportive person for my teammates. I want to be a good role model and lead by example for other people. Being a vet is more than just that experience. It's how you carry yourself."

As a middle blocker, Morgan is always in the thick of the action, tasked with blocking tough attack attempts from opposing teams and spiking the ball with strength on offence. With 163 kills on 351 total attempts last season, her efficiency comes from her passion for a simple-sounding but super-significant aspect of the game: hitting the ball.

The team hopes to undergo a transformation in their culture and work ethic in order to make the playoffs this season—something they were unable to do last year. With new head coach Rhonda Schmuland at the helm, the changes have been drastic, but positive, injecting new

energy into this squad before the season even begins. Her best feature as a coach may be her ability to relate to and understand the tribulations of her players' lives as female student athletes.

"First of all, I absolutely love Rhonda," Morgan said. "She's very understanding of the emotional aspect of being a woman in sport because obviously that's a whole different thing, especially when it's a team of 16 young women."

"She's very involved in making sure that we're eating enough because quite frankly, a lot of us are not eating nearly enough. As athletes, you're supposed to be eating more, which as women, you're never told to do that."

Last year, the Cougars played the most sets of any team in the conference, consistently finding themselves locked into tight, five-set matchups. Like Floyd Mayweather against Conor McGregor, the team's strategy is to lead their opposition into deep waters, fighting late in matches and proving that their conditioning and game preparation is the best in Canada West.

"We've accepted now that if we want to be a super successful team, that we're probably going to be a five setting team," Morgan said. "If we want to get wins on the board, we will have to be a team that's gonna fight and have high stamina."

"Now we lift three times a week instead of two, and we practice six times a week instead of five. On top of that, [Schmuland] definitely does a lot of stamina training in practice and at tournaments, so she's been kind of training us to be able to withstand that long. If it goes to a five set, two days in a row, we can withstand that and [ensure] that we can still play through that."

With long, close games almost guaranteed and a revitalized energy, Morgan and the rest of the team hope to give fans a reason to come out to games. After posting the 12th best average home attendance numbers last year, the Cougars want fans to know that every game this season will be well worth attending.

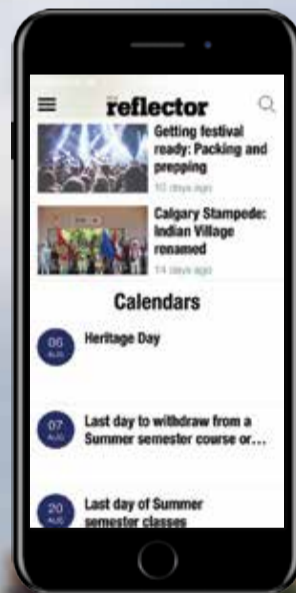
"We're a fun team to watch, we're loud, we're aggressive, we're tenacious," Morgan said. "We're a super passionate team and we make that very clear, and that is super fun to watch."

The Cougars' women's volleyball team start their season on Oct. 26 as they host the University of the Fraser Valley Cascades at 8 p.m. on Kenyon Court. All games will additionally be broadcast on Canada West TV.



Entering her third year, Mya Morgan, pictured, will step into her new role as veteran of this year's Cougars women's volleyball team. Photo taken by Adrian Shellard

The Reflector Newspaper app available now in your favourite app store



Get The Reflector Newspaper app available in the App Store and in Google Play. It has all of the up-to-date news and information to enhance your Mount Royal University experience



View QR code in photo app



Photo graphic by Rafael Fernandez. Own work, CC BY-SA 4.0, <https://commons.wikimedia.org/wiki/index.php?curid=51218006>

Waving goodbye to a winless legend in Formula One

Daniel Ricciardo retires having never won a Drivers Championship

Zafir Nagji

Sports Editor

Winning a championship is difficult in any sport, and even some of the greatest athletes fail to ever achieve this feat. Many players, like Charles Barkley in the NBA or Cristiano Ronaldo in FIFA World Cups, establish unforgettable legacies littered with records and awards, except for that coveted championship trophy. Daniel Ricciardo was Formula One's version of this tragic story, and as he announced his retirement from the sport, fans of the Australian driver reminisced on just what made the eight-time race winner so spectacular to watch.

The Honey Badger's backstory

Despite being contracted as a test driver for Red Bull Racing, Ricciardo began his F1 career at the 2011 British Grand Prix in an Hispania Racing Team (HRT). Even though he didn't score any points, his driving earned him a full-time race seat at Scuderia Toro Rosso, Red Bull's junior team. In two seasons with the team, Ricciardo finished in the points 13 times and scored a total of 30 points, which earned him a driving contract at Red Bull.

Facing the pressure of racing next to defending champion Sebastian Vettel, who had already established himself as one of the most accomplished drivers in Formula One history, Ricciardo wasted no time scoring his first official points for the team. He opened his tab at the 2014 Bahrain Grand Prix when he finished in P4 after starting in P13, and the Aussie brought home his first career podium finish at the Spanish Grand Prix just a few races later. At that year's Canadian Grand Prix, Ricciardo turned a sixth-place starting position into his first-ever race win.

By the end of that season,

Ricciardo racked up 238 points with eight podium finishes, outscoring Vettel by 71 points. Mercedes-AMG took home 16 race wins between Lewis Hamilton and Nico Rosberg. Ricciardo stole the only other three available wins in Canada, Hungary, and Belgium and finished third in the Drivers Championship.

After only being able to secure four race wins over the next four years, Ricciardo began to notice the team swaying in favour of his new teammate, Max Verstappen. In their two seasons together, Verstappen scored four race wins, one more than Ricciardo's three. Red Bull Racing also ended their partnership with their engine supplier, Renault, with whom Ricciardo was extremely familiar, having driven cars powered by their motors for the entirety of his racing career.

Faced with the prospect of driving alongside a younger, arguably faster driver in a car powered by an unfamiliar engine on a team that no longer prioritized him, the "Honey Badger" left for greener pastures and joined Renault's works F1 team.

The beginning of the end

Ricciardo spent two years with the French Formula One squad, but couldn't bring home a single victory for Renault. Losing faith in the team's ability to give him a race-winning ride, the Aussie left once again, moving back to Britain to drive for the McLaren-Mercedes Formula One team.

However, Ricciardo would only register one race win in two years with the Papayas, giving McLaren their first one-two finish in 11 years at the 2021 Italian Grand Prix. As a result of the "Honey Badger's" steady decline, McLaren traded their aging Aussie for a younger one, signing 22-year-old Oscar Piastri to drive alongside

Norris.

Ricciardo spent that offseason hoping a contending team would sign him but was not offered a race seat by any of his desired teams. Nyck de Vries, rookie driver for Red Bull's junior team, now named AlphaTauri, failed to score points in the first half of his 2023 season. Ricciardo had taken on the role of reserve driver with the team at that point and was chosen to replace de Vries.

However, just as the happiness set in, the Aussie broke his hand in his third race with the team at the 2023 Dutch Grand Prix. Liam Lawson, yet another driver on Red Bull's sidelines, took over and scored two points in his five races filling in for Ricciardo.

The "Honey Badger" returned in October for the United States Grand Prix and scored a total of six points in the remaining five races. However, in 18 races this season, Ricciardo only scored points three times, piling in comparison to his teammate Yuki Tsunoda's seven point-scoring races.

After a poor performance at the 2024 Singapore Grand Prix weekend, Red Bull's junior team, now christened Visa Cashapp RB, elected to replace Ricciardo and promote Lawson to a race seat, giving him a chance to audition for a permanent spot in 2025.

Ricciardo soon put up a post on Instagram, declaring his love for the sport and explaining how he became content with his career ending. He admitted that the lack of success in the twilight of his career made it easier for him to leave it.

"I still have a lot of love for the sport, but I also have to remind myself, 'OK, why did I come back? It was to try and be at the front again,'" Ricciardo said. "I enjoy it. But when you're not in the points, for sure it's less enjoyable. I'm also 35. I've been at the



Daniel Ricciardo, pictured here after winning the 2016 Malaysian Grand Prix, is one of the greatest drivers in the history of Formula One, but never captured a Drivers Championship. Photo courtesy of Wikimedia Commons

front, I've experienced the champagne. I don't want to hang onto something that might not ever come to fruition again. I've certainly had those conversations in my head."

"I wouldn't say that I would jump at any opportunity next year, that's not the case. I'd probably say, 'Peace'."

What made him special?

Ricciardo became famous for his ambitious braking maneuvers, putting his car in precarious positions and choosing the latest possible braking point to pass opponents on corner entry while maintaining enough traction to rocket out on corner exit. He was courageous and ambitious, and carried out every life-risking maneuver with a goofy grin painted on his face.

The "Honey Badger" challenged the best drivers the sport had ever seen, going wheel to wheel with the likes of Hamilton, Vettel, Rosberg, and so many other

all-time greats and found ways to beat each and every one of them. His curly hair and ear-to-ear smile reeled people in, and his humorous attitude and infamous shoe-y's kept them hooked.

Regardless of how tragic his decline may have been, Ricciardo captured the hearts of F1 fans worldwide. Despite not winning a single Drivers Championship, he put up a series of indisputably great records; Ricciardo is second all-time in consecutive race starts (232), scored the third most points of any non-Drivers-Championship-winner (1329), and is tied with Jacky Ickx for 10th-most race wins without a championship (8). Even though Ricciardo never managed to capture that elusive championship victory, he proved that he could compete with and beat the best speedsters in the world.

For a full list of incredible statistics on Ricciardo and more information on his career, check out the online version of this article at thereflector.ca or on The Reflector app.

2024/25 NBA season fantasy basketball guide

Zafir Nagji

Sports Editor

Sports are best enjoyed with friends and family, and one of the most effective ways to garner interest in a given game is to play in a fantasy league. Guessing which players will have statistically significant seasons in their respective sports is no easy task, especially in a discipline like basketball. With so many categories in the box scores to pay attention to, here's a guide on how to fill out your roster and be your league's winning fantasy basketball general manager (GM).

Easy early-draft picks

For those who occupy a top-two spot in their draft order, Luka Dončić and Nikola Jokić are easily the best choices. Both players barely rested for any games last regular season, with Dončić playing in 70 matches last year and Jokić playing in 79. That durability combined with their ability to fill multiple columns of the box score efficiently make them an easy choice early in the draft.

Some may point out Giannis Antetokounmpo and Joel Embiid as potential options for the same picking position, but both are less desirable picks with their injury concerns. Other solid first-rounders include Anthony Davis, whose tendency to pack points, rebounds and blocks into his stat sheet every night, and Karl-Anthony Towns, who brings all of the above with a side of highly efficient three-point marksmanship.

If threes are the X-factor, though, this may be the best year to pick Stephen Curry in fantasy basketball. With no Klay Thompson and the ball squarely in his hands with the greenest of all lights to shoot, the "Baby-Faced" Assassin is set to be unleashed as a true primary scorer. "Chef Curry" will almost certainly put up points, assists, and three-point shooting numbers that could lead any fantasy team to success.

With a late first-round pick, consider drafting Chet Holmgren or Domantas

Sabonis, both of whom are known to play in the majority of games and put double-doubles on the board on a nightly basis. LeBron James also continues to be a solid first-round draft pick 22 years into his illustrious career and seems energized now that his son has joined him on the Lakers.

A dark horse pick would be Victor Wembanyama in the first round, who, despite entering just his second year in the association, possesses the size and skill to etch eye-watering statlines into fans' memories this season.

Moving down the queue

As superstars get wiped off the board, fantasy GMs must ruthlessly assess what factors are most important to their team strategy. If drafting an offensively proficient squad focused on scoring and efficiency, look no further than the Phoenix Suns. Trust in Kevin Durant, Devin Booker, and Bradley Beal, all of whom can put 30 or more points on the scoreboard on any given night.

If the team in question is being built around two-way impact, combining lethal scoring with suffocating defence, the Celtics fit the bill perfectly. Jayson Tatum and Jaylen Brown are huge picks and are statistically interchangeable, splitting the number-one spot on the team equally. The Raptors' Scottie Barnes and 76ers' Paul George are also known to fill up the points, rebounds, assists, steals, and blocks on any given night and are great picks to bolster the shooting guard and small forward positions of all fantasy basketball squads.

If health is a determining factor and consistency is of utmost importance, choose the iron men of Tom Thibodeau's New York Knicks. Thibodeau often plays his starters 40 minutes or more, but Jalen Brunson, all-star point guard, played in 77 games last year and is set to have his assists increase with some of the new additions to

their roster. Pacers forward Pascal Siakam is known to remain healthy for long stretches in the season and puts up serious scoring and rebounding statistics that will boost fantasy numbers any and every night.

Other mid-to-high draft picks with legitimate credibility include Zion Williamson, who may be a gamble when it comes to remaining healthy, Brandon Ingram, who is regularly compared to Durant, and Tyrese Maxey, who recently signed a 5 year, \$203,852,600 fully guaranteed max contract with the 76ers' and is quickly ascending to the upper echelon of NBA point guards.

Two players returning from injury that should catch their stride as the season rolls on are the Grizzlies' Ja Morant and Timberwolves' Julius Randle. Their early season impact will seem bleak, but have faith in their ability to get back into game-shape and return to their previously established stardom.

Rudy Gobert is an un-sexy but mathematically justifiable pick with his rebounding and blocking metrics. As a four-time Defensive Player of the Year, the French centre polarizes fans every season, but puts smiles on fantasy GMs faces who draft him and reap the statistical benefits.

Underrated mid-range picks

As the drafts wear on, the names of players start to become less familiar. It can be easy to pick former stars with big reputations, like James Harden, but as those players continue to age and be phased out by younger talent, they become less viable choices in fantasy hoops.

Trae Young, for example, is a great, young alternative to Harden. With the ability to shoot from the parking lot and throw dimes with pin-point precision, Young no longer has to concede the ball to Dejounte Murray, freeing him up to average huge points, assists, and three-point shooting statistics.

If big names are too alluring to resist, Damian Lillard is a solid choice. If still available in the third or fourth rounds, the Bucks point guard has some of the most iconic shots in NBA history and is guaranteed to play huge minutes as a main feature of the offence. Injury troubles and playing for a small-market squad have allowed folks to forget about the brilliance of "Dame Time", but his combination of deep-range shooting and deadeye facilitation make him an essential pick.

De'Aaron Fox and Tyrese Haliburton are two other point guards with great cases for mid-range picks. Both players average efficient scoring, assisting, and shooting statistics, but do it in adversely different ways. Fox is a slasher, aggressively slicing up defences and scoring with speed or using his gravity in the paint to attract defences and free up shooters on the three-point line.

Haliburton, on the other hand, is an adept three-point shooter who manipulates the pick-and-roll to find players diving to the rim for easy layups.

Other players to consider in the middle of the draft are Fred VanVleet, Cade Cunningham, Jamal Murray, Donovan Mitchell, and Darius Garland. These players tend

to be inconsistent but show flashes of superstar talent. They won't always put in the best or most efficient statlines, but when these scorers start to heat up, no defence is safe from the terror they are liable to cause.

Lesser-known notable players

No team is complete without a set of outstanding role players, and fantasy hoops is no different. The Orlando Magic's Franz Wagner dazzles defences with his playmaking and crafty scoring ability and has been known to stuff multiple columns on the stat sheet. CJ McCollum, Khristian Middleton, and Lauri Markkanen are other scorers who can boost a fantasy team's statistics on any given night.

Clint Capela and Mitchell Robinson are hard-nosed centres who will be guaranteed to grab double-digit rebounds, score off of dunks, and chip in blocks on a nightly basis. Jarrett Allen, Myles Turner, and Nic Claxton all make good big-man picks as they secure boards and score in the paint with regularity and efficiency.

Armed with the guide above, prepare for a dominant and victorious fantasy basketball season in 2024/25.



Luka Dončić, pictured, is a surefire first-round pick in any fantasy basketball draft because of his consistent statistical excellence. Photo taken from Instagram: @dallasmavs