



the carillon

vol. 66, issue 4

september 14, 2023

reapplying our lipstick since 1962

carillonregina.com



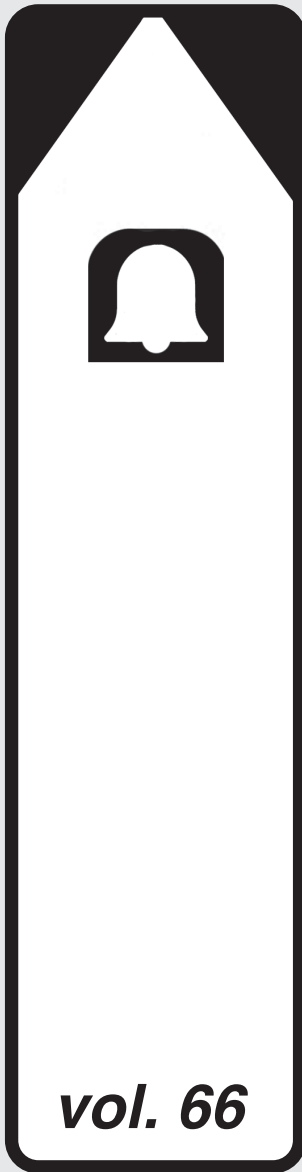
You're nothing like I was told you would be!

student resource highlight p.4

not-so-Lazy Owl? p.5

Consent Week p.8

the carillon



the staff

editor-in-chief editor@carillonregina.com	holly funk
executive director business@carillonregina.com	thomas czinkota
production manager production@carillonregina.com	shae sackman
communications comms@carillonregina.com	amin malakootikhah
web + advertising manager web@carillonregina.com	jaedyn whittal
graphics editor graphics@carillonregina.com	lee lim
copy editor copyeditor@carillonregina.com	emilie wren
news editor news@carillonregina.com	mindy gregory
a&c editor arts@carillonregina.com	mikayla tallon
s&h editor sports@carillonregina.com	vacant
op-ed editor op-ed@carillonregina.com	hammad ali
distribution manager distribution@carillonregina.com	sun sidhu
staff writer	victoria baht
staff writer	nazeemah noorally
staff writer	maren savarese knopf
news writer	shivangi sharma
a&c writer	will bright
s&h writer	pall agarwal

contributors

madelaine moynes-keshen

board of directors

thomas czinkota, holly funk, tayef ahmed, harnisha bhatt, diya patel, mishree patel, ghanshyam pravinbhai savaliya, rishi thakkar, mikayla tallon, and sun sidhu

the paper

227 Riddell Centre @ the University of Regina
3737 Wascana Parkway, Regina, SK, Canada S4S 0A2
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land acknowledgement

The Carillon is written on Treaty 4 territory. As such, staff recognize that we are living, working, and telling stories on and of Indigenous lands. We recognize that we are on the traditional homelands of the Cree, Saulteaux, Nakota, Lakota, and Dakota peoples, along with the homeland of the Métis nation. The Carillon understands that it is pointless to acknowledge the land on which we work without demonstrating our commitment to telling stories and prioritizing voices that further the return of this land to its sacred place.

the manifesto

In keeping with our reckless, devil-may-care image, our office has absolutely no concrete information on the Carillon's formative years readily available. What follows is the story that's been passed down from editor to editor for over sixty years.

In the late 1950s, the University of Regina planned the construction of several new buildings on the campus grounds. One of these proposed buildings was a belltower on the academic green. If you look out on the academic green today, the first thing you'll notice is that it has absolutely nothing resembling a belltower.

The University never got a belltower, but what it did get was the Carillon, a newspaper that serves as a symbolic bell tower on campus, a loud and clear voice belonging to each and every student.

the people's friend; the tyrant's foe

The University of Regina Students' Newspaper Since 1962
september 14, 2023 | volume 66, issue 4 | carillonregina.com



The newspaper is currently running a contest called "What to do with your Carillon" where we're encouraging our readers to grab an issue, read through, then spend some time turning it into an artsy crafty masterpiece of your choice. Anyone who wants to submit an entry for this contest can simply take a photo of what they've put together and email it to contest@carillonregina.com by the newly extended contest deadline of September 23. Our editor-in-chief, graphics editor, and communications & outreach coordinator will review all submissions the next day, the winner will get a \$20 gift card generously donated by The Penny University, and will also have their image featured in issue 6 of the Carillon which publishes September 28. Looking forward to seeing what you create out of our work!

holly funk
editor-in-chief

featured photos

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news.....lee lim
a&c.....lee lim
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s&h.....lee lim
op-ed.....Masterhatch via Wikimedia Commons



student resource highlight p. 4

Scholarships are always a big deal though the application process can be daunting, so staff writer Nazeemah Noorally dug into the details of the process.



no step too small p. 4

At times it can feel pointless to put in effort to change the world, but sometimes the smallest actions are all it takes to alter history.



not-so-Lazy Owl? p. 5

Will Bright is at it again with a review of the Lazy Owl's menu, and though inconsistency in labelling continues there have been improvements made.



a Shakespearian tragedy p. 6

The Most Excellent and Lamentable Tragedy of Romeo + Juliet was performed during Shakespeare on the Saskatchewan, and was more tragedy than expected.



Consent Week p. 8

In the midst of the Red Zone, a period of time where sexual assaults increase across post-secondary institutions, Consent Week efforts and measures are a focus.



the meritocracy myth p. 10

In the wake of assaults on affirmative action, staff writer Maren Savarese Knopf details the damage of views like "Just work hard and you'll get ahead!"

Student resources: more details on Campus Security

Bradley Martin answers questions about Lone Walker, Walk A Long, and counselling programs

shivangi sharma
 news writer

Continuing with our series on student resources, this article follows up on some of the other emergency and security services offered by Campus Security at the University of Regina.

Throughout common areas, classrooms, dormitories, and other occupant spaces, Emergency Mass Notification wall-mounted beacons with integrated flash sound signaling, and message displays are installed. Along with programs like Walk A Long, Lone Worker, and counselling services, the university also has an Emergency Notification System (ENS) designed to ensure that effective and timely warnings are delivered to faculty, staff, students, and visitors to campus in the event of a life-threatening situation when people must take immediate action to stay safe on campus. The ENS can be downloaded on personal computers and mobile phones so that you don't miss important notifications. The website also provides a general guideline on personal safety, and steps and

is handled with confidentiality. As the campus welcomes students and staff from across the globe, its diversity also makes it prone to incidents of discrimination and harassment both active and passive. The university is committed to taking all incidents of threats, discrimination, and harassment very seriously. It is essential to bring accounts of any such incidents to the university's notice so that they can be addressed both individually and on a larger scale. If you are going through or if you know someone who is going through any sort of harassment, mental or physical, report the incident. Your identity and person will be protected.

To get a better idea of the functions of Campus Security and the team members' personal experiences with the university staff and students, the Carillon spoke with the Associate Director of Campus Safety, Parking and Transportation, Bradley Martin. The fall semester has been busy for his department with more staff and students on campus. Martin said, "It's been a great start to the semester so far but, with it, lots of activity keeps me and my office

the ability to connect with people. With orientation events at the start of the semester we do partner up and get involved in a lot of orientation activities and then throughout the year. It is not a one-day thing. We continue that day in, day out of making these connections."

As the people working for campus security endeavour to make these connections, it is also essential for the university community of staff and students to reciprocate their efforts to establish a network. Although most of this information is offered during orientation activities, a lot of students tend to miss it. Martin believes that the services offered by his department are sought by a good amount of students, but when compared to the percentage of students who are enrolled the numbers of students who make use of these resources are a minority. Referring to this, Martin continued, "Based on the percentage of the number of our enrolment of students it would be a minority but [...] we're here and we're available. So, as we continue to grow, we want our numbers to grow as well too."

If they do need it in the future they know where to come to or to call."

It is also useful to know that these services can be accessed both in-person and over the phone. The office for campus security is located in the Research and Innovation Centre and is open for walk-in assistance any time of the day, every day of the week. However, if you are in an event where you are far away from the office, the security staff is available 24 hours on their emergency phone number 306-585-4999. These services are also accessible on the College Avenue campus.

Martin also spoke about the Lone Worker and Walk A Long programs and told us how his teammates ensure the safety of the student or staff calling for these services. "If we're walking to their vehicle we wouldn't just leave them once they got close to their car. We make sure the car starts, especially in wintertime. Same thing for the bus stop. If their bus is 5 or 10 minutes out, we want to ensure the purpose of the Lone Worker and the Walk A Long program; that is, to ensure that students are not alone. So we

in and we recognize they would need extra services outside of campus security, we would then provide them that information or make a direct referral or call for them on their behalf." He also told us that his team members are trained in suicide intervention, communication, and de-escalation techniques to communicate effectively with any individual or group of individuals in crisis.

Ensuring the safety of everyone present on campus is a job of great responsibility and the members of security services show utmost dedication to their jobs. "We're very community oriented, we're here for the students. That's the main purpose that drives our mission at the university. We're here to protect and provide a safe and secure learning environment for the students as well as all the other community members. [...] We go above and beyond to assist anybody at the university community in any way that we can."

As his concluding message for the entire university community, Martin said, "I just want to let the entire university community, all the students know that campus security is here at all times and you can reach us at any time



“If we’re walking to their vehicle, we wouldn’t just leave them once they got close to their car. We make sure the car starts...”

Bradley Martin

Campus Security will help you directly or guide you to the appropriate university resource.

Photo: lee lim

measures that can be taken to ensure the same.

The main website for campus security also has a section where individual incidents can be reported. What is important to note here is that any information provided while reporting an incident

busy”.

Being responsible for the safety and security of everyone on campus means it is essential that they connect with those on campus, and Martin believes that to be the strength of his department. "Our strengths would be

On speaking about why he thinks these numbers are a minority, he said, "Part of it could be too that they have no need for it as well, [...] but we want to make sure that everybody on campus, no matter what, has access to know where to reach us.

will remain with them."

His team also works in close association with counselling services. "We have a close professional relationship with Lynn Thera and her work as a sexual violence prevention coordinator along with counselling services. Any time a student or a member of the university community comes

for any situation. They [problems] may not be something we can directly help you with, but we will know the proper resources to guide you to within the university to help you throughout your academic career with us."

Student resource: Student Awards Management System (SAMS)

From direct entrance scholarships to bursaries focused on financial need, SAMS has something for everyone

nazeemah noorally
staff writer

With nearly two weeks of the fall semester already behind us, the University of Regina (UofR) is buzzing with activity. New students are navigating their way through campus, getting familiar with their courses, and making connections, while returning students are jumping headlong into their studies. Amidst the meets and greets, syllabus overviews, and club sign-ins, there is also the reality of tuition fees. For many, this means juggling academics with part-time work to help with the financial costs that come with university. The university's Student Awards Management System (SAMS) stands as a beacon of opportunity, offering financial support and academic recognition to domestic and international students at UofR.

SAMS offers transformative experiences for students. It considers a holistic range of criteria, from academic excellence to community involvement, making it accessible to diverse groups of students. A third-year Computer Science student said, "Receiving the SAMS award has been a game changer for me. It allowed me to focus more on my studies and less on how to pay for them." They further add, "The SAMS Award recognizes that excellence comes in many forms, and it encouraged me to be a well-rounded individual rather than just a grading machine."

This is evident in the vast array of categories open for students to apply for on the SAMS portal. From direct entrance scholarships, continuing awards based on academic merit, to bursaries focused on financial need, SAMS has something for everyone. The system also offers financial aid to those with disabilities and athletes participating in U Sport competitions.

In addition to the UofR scholarships offered through SAMS, university students enrolled with one of the three federated colleges – Campion, Luther, and First Nations University – have the unique perk of being eligible for additional scholarships specific to their individual institution. This layered approach amplifies the benefit of being part of a federated college and offers students an extra avenue for financial support and academic recognition. The colleges will have their own timelines and application processes for these awards offered outside of SAMS, so be sure to check with them directly.

Applying through SAMS appears to be straightforward. A new student needs to first create an account by visiting safa@uregina.ca and once all required information is entered, a temporary password is sent to the student's email address to activate and log into the account. Next, select "Awards currently accepting applications," use the filters, and search for awards that match your eligibility criteria. Awards can be faculty-specific, as well as



Feeling the burn of tuition fees and textbook costs? A student award may cool the heat.

Illustration: OpenClipart-Vectors via Pixabay, manipulated by lee lim

open to all students. Navigate to "View my application" to fill out the required information. Be cautious not to submit your application until you have attached your supporting documents such as a personal statement, financial disclosure, and references.

It is essential that students are aware of some often-overlooked

aspects of the SAMS application process. One of the most common pitfalls is missing the application deadline. The early bird catches the worm, and the same applies at SAMS. Given its competitive nature, the importance of applying early cannot be understated. The last date to apply for most scholarships this year

is Oct 2. If you're unsure about any part of the process, the Student Awards and Financial Aids Office, located in the Administration Humanities Building at room 108, is your go-to place. They offer workshops to guide students on how to write a compelling personal statement and address any other application-related issues.

Yet, while SAMS offers many opportunities, it's not without criticisms. "Applying for scholarships on the SAMS portal system can get sometimes pretty wearisome. It takes time to fill in and you must enter the same information every semester. Making it easier would be appreciated!" said a fourth-year history major. Student life is already filled with lots of responsibilities and the time-consuming nature of the SAMS application can just add another layer of stress. At this time, it is up to students to streamline the process the best they can. One practical tip is to keep a well-organized folder with all the necessary documents and information, making it easier to apply each semester.

In conclusion, SAMS serves as a lifeline for students by offering a comprehensive range of financial aid options that cater to the diverse student body. While the system has its quirks, the rewards far outweigh the inconveniences. As students, we owe it to ourselves to seize the chance and get those applications in.

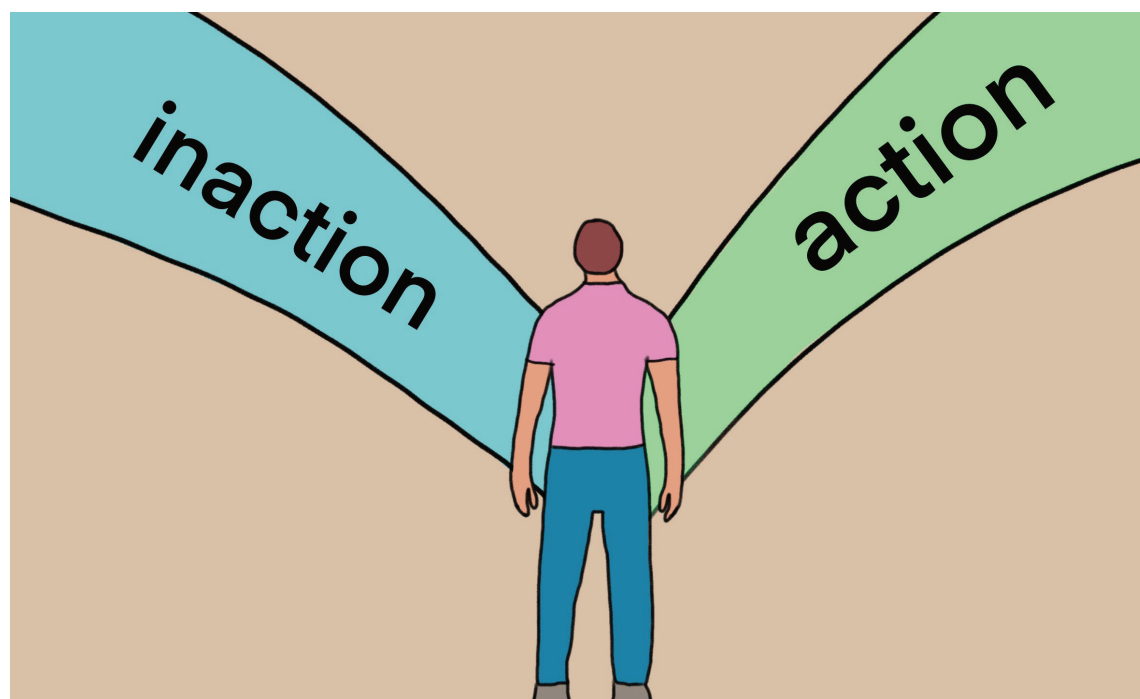
Advocacy: no act too slight, no step too small

Truth revealed through seemingly small but courageous acts

Through the night of June 3-4, 1989, the Chinese government ordered a crackdown on protests which had been going on over several weeks in Beijing's Tiananmen Square, demanding political liberalization along with social and economic reforms. Tanks and heavily armed troops advanced towards Tiananmen Square and opened fire on the demonstrators, a majority of which were students.

Those who tried to block the troops were crushed. The massacre that ensued became one of history's most important depiction of a government's hegemonic control over its citizens. But did you know that the picture from the massacre that caused a worldwide stir by revealing the truth of the event, also known as The Tank Man, was carried away from the scene in a man's pants for the world to see?

The picture was taken by German photographer Jeff Widener for the Associated Press (AP). Widener, however, was having trouble getting the film to the AP as he was under heavy surveillance by the Chinese government who did not want the information to get out. Such being the case, Widener sought assistance from



Regardless of whether you want to or not, you are obligated to choose a path. Denying that obligation is itself a choice of inaction.

Illustration: lee lim

an American exchange student, Kirk Martsen.

Martsen hid Widener's photo film in his pants and cycled his way to the American embassy in Beijing to avoid getting caught. The pictures made it to the AP via the American embassy and were subsequently published. The Tank Man photo went on to become one of the most important

pictures of the 20th century.

Around the globe, our realities as we know them are constantly changing. There's ongoing war, global warming is at a record high, information is accessible to all but tailored according to the needs of a select few, and global economy is in a state of decline. It is understandable that one might feel inconsequential in the large

er scale of events. Our attempt through this article is to encourage you that no act taken towards a change is small or inconsequential. The example stated above is just one of hundreds of such events which have changed the history of the world forever. Governments have toppled and empires have fallen at the behest of a chain of events which were

triggered by a series of small individual incidents directed over time toward a common goal.

Our biggest strength lies in the fact that we are students, and we are in the middle of all the change that is happening around the world. We have the gift of vision, the strength of knowledge, and the ammunition of action. Our actions today will become our future tomorrow, and pave way for the ones who come after us. Actions big or small might not yield immediate results, but will certainly make a difference in the bigger picture. Just like Martsen transporting that tiny roll of film, remember that no act is too slight, and no step is too small.

*Let us, then, be up and doing,
With a heart for any fate;
Still achieving, still pursuing,
Learn to labor, and to wait.*

-Henry Wadsworth Longfellow

shivangi sharma
news writer

Lazy Owl's new menu

A new installation to the menu reviews series and Owl theories!

will bright
a&c writer

It's that time of year again, happy Lazy Owl menu update! This is my fourth time around the block with reviewing the Owl's menu, I've seen the ups and downs, the highs and lows, and this food menu is the highest high I've reviewed. This is the best menu I've seen from the Owl yet, but that doesn't mean it's without its flaws.

Let's go over our disclaimers first. This review is only based on information given from the Owl's website, thelazyowlyqr.ca, and I have not tried any of the food on the menu, thus I will not give any comments about the taste or presentation of the food.

Secondly, the review on the menu is based on information present on the website as of writing the article. By the time it gets published, or by the time you read this, there's a chance changes will have been made to the menu or the website.

Third, the definition of slander as a verb is to make false and damaging statements about someone. If you're telling the truth, with present evidence and a dollop of precedence, it certainly

cannot be slander.

Disclaimers over, time for reviewing!

The first thing you see when you open the website is some people partying in a place that could be the Owl (I haven't seen it that full to be able to confirm or deny). The photo is blurrier than Magneto's moral compass in the X-Men movies. The people in the back are more pixel than Adam Sandler in that movie Pixels. It makes the website look unprofessional (if you look at the website, look to the far left and there's a dude in a green suit standing awkwardly, look to the far right and there's a dude holding a clothes hanger that looks photoshopped in).

The Owl still isn't open on Saturday and Sunday. It's open until 10 p.m. on Fridays which is a huge bonus, but nothing on Saturday. Plus, no Sunday brunch which makes no sense; you need those brunch mimosas to recover from your Saturday night hangover, which you won't even get because it's not open on Saturdays.

This menu has some old features from the winter semester, and some new friends to join in. In the mains section, we have an answered question from a pre-

vious review of mine, The Lazy Owl 3: Tokyo Drift (go read it), and the poutine is actually listed as having vegetarian gravy.

In Things 'N Fries, more of my questions were answered. We actually know what the sauces are! What confuses me in this sec-

ahead of time and then frozen if they're being breaded and fried in the same place, but those are just theories. Owl theories!

Why isn't cheese pizza vegetarian? But, somehow, it can be made vegan. Veggie burger, also not vegetarian, but it's in the

have a side of chipotle mayo, yet they're labelled vegan.

At least I finally know what's in the buffalo and caesar wraps, even if I don't know why the veggie tofu wrap isn't vegetarian. Veggie tofu is practically the definition of vegetarian. It's not vegan either, which could be the mayo, yet we've been told earlier in this menu that the mayo can be vegan?

Let's pop on over to the drink menu. There are only three drinks on the menu with descriptions, and 11 that I have no clue what they are.

Overall, their food menu looks much better, and I applaud the Lazy Owl for that. Seriously, good job folks. There are fewer food items on the menu, every item has a description, and there's more vegan and vegetarian options than the first menu I reviewed. I wish there was still a halal marker, and it seems a little off with the vegan and vegetarian markings, though now there's a dish on the menu I actually want to try.

But, it is with a heavy heart that I announce clamato is back. Not on tap, thank god, but it's back. And it still haunts me.



These doors are open until 10 p.m. on Friday, but not Saturday or Sunday.

Photo: lee lim

tion is that the cauliflower bites aren't vegan or vegetarian. Part of me wonders if they're breaded and fried in the same place as the chicken fingers, and the cross-contamination makes it not vegan or vegetarian, which makes me consider if they're prepped

name. Weird.

The sweet potato fries confuse me. When I was talking about the new menu with friends they said a dish wasn't vegan because it had mayo in it, which makes sense, as mayo is made with eggs. The sweet potato fries

Pumpkin spice and everything nice

Where to get the best fall-themed treats



Pumpkin spice may not be for everyone, but it is a staple.

Illustration: Clker-Free-Vector-Images via Pixabay, manipulated by lee lim

As the September long weekend has come and gone it now means that it is the fall season, right?

Well, some of you may say yes or some no. For myself, the fall season is when pumpkin treats are released and when the leaves start to turn and change colours. Most leaves have not turned yet, but the pumpkin treats are out. Now, I am here to tell you about some of the hits that you may be able to find this fall season.

The first place that I find people try and hit up for pumpkin spice drinks is Starbucks and they have a few new items on their menu that are delicious. Right off the menu, to start they have a pumpkin spice latte, a pumpkin cream cold brew, pumpkin cream cheese muffin, iced pumpkin cream chai tea latte, and more! Personally, so far, I have tried two drinks from Starbucks' fall menu. First, an iced pumpkin spice latte (PSL) with almond milk – the best way to have a PSL in my opinion. It was good for sure, it had the perfect match of pumpkin-to-esspresso. Plus, the hit of nutmeg and cinnamon is just the perfect combination in my mind! A staple to have in the fall sea-

son. The second drink I tried this year is a new one, and honestly is super good. It is the iced pumpkin cream chai tea latte. Honestly, this might be my favourite pumpkin caffeinated drink this year. The pumpkin with the chai is a great mixture, especially with the extra cinnamon you can taste from the chai tea. Just so delicious, and one I think you will have to try this year to make it become a fall staple and reoccur every year!

A second place where I found a pumpkin spice goodie is at a local shop called Supplement World Regina. Now, this shop does not just serve drinks, they sell an assortment of other products that might not make you think of pumpkin spice at first glance. So, the fact that the drink was super good makes it an additional hit in my books! This drink is a pumpkin spice shake. It was mixed with pumpkin puree, protein powder, ice cream, and a pumpkin spice mixture. Now, I am not too sure what all the exact ingredients were, but you will just have to stop in the store and try it out yourself. It honestly was a great shake; it was nice, smooth, sufficient, and filling, and gave me some nutrients which is an additional bonus!

The third pumpkin treat that I found this year that is an annual favourite for me is the pumpkin pie blizzard from Dairy Queen. This is a must and, quite

honestly, I wish it was served all year long. As the Dairy Queen website states themselves "It features our world-famous soft serve mixed with real pumpkin pie pieces. Even better: it's garnished with whipped topping and nutmeg, the most quintessential Fall spice." Doesn't that description just sound like a great treat? I sure know it is and am going to grab one right now...

The last pumpkin treat I want to mention is one that is quite famous and one that you will have to fight for if you would like to get your hands on. It is the classic pumpkin pie from Costco. This pumpkin pie is a great size for the price and is perfect, tasting fresh when warmed up even after a month of freezing. If you see a pumpkin pie at Costco assure you grab yourself one, or even a few! They come in stock often, but they do sell fast.

Now you know where to get all the pumpkin treats this fall and I am sure there are more on their way. Go and try out a pumpkin treat and get in the fall spirit, as that is the best way to do it.

victoria baht
staff writer

Reviewing a production of *Romeo and Juliet*

Shakespeare on the Saskatchewan's lamentable tragedy

madelaine
moynes-keshen
contributor

When you wish Romeo had an extra bottle of poison to hand out, there is little doubt about a play's quality.

Shakespeare on the Saskatchewan's *The Most Excellent and Lamentable Tragedy of Romeo + Juliet*, directed by Kayvon Khoshkam, ran in Saskatoon between July 4 and August 20, 2023. Generally speaking, adaptations must engage in a debate with the official source, offering a unique perspective on, but not altering, the original super objective. There is a technique originating from improv called the "Yes, and," that is effective as an approach to adaptation.

In this approach, the director must understand the original structure of the writing (the 'yes') and take a stance to agree or disagree with that message (the 'and'). Achieved through modifications, changes to a play are not uncommon such as runtime, era,

Romeo & Juliet a "feel-good tragedy," the only pleasure gained from this production was that it thankfully came to a timely end.

The performance starred Mathew Letkeman as the awkward but charming Romeo, and Jen Fong as the childish yet brave Juliet. The actors, while struggling to give full power to the language, provided engaging performances. It should be acknowledged that Kevin Williamson, as Friar Lawrence, was a standout performance. Not only did Williamson recite his lines in perfect cadence, he also added emotional depth to his speeches, particularly in Act 2, scene 3.

The performance by Williamson rose above the direction and even overcame the poor wardrobe choice that depicted him as a woodland druid rather than a holy man, a particularly peculiar choice given the play occurs in 14th century Italy. Despite some solid performances, the actors had to contend with both unclear timelines and roles.

The director took inspiration from Baz Luhrmann's 1996 movie adaptation but failed

actor portray both the Prince and Tybalt simultaneously.

This puzzling choice reappears throughout the production. For instance, in Tybalt's death scene, Katie Moore portrayed Benvolio, but another actor took on the same role in a later scene. In addition, Bongani Musa portrayed not only Prince Escalus but also Mercutio, again in the same scene, a choice that could have led anyone unfamiliar with the play to think the two characters were

givable, but not all changes made sense or were successful. In the play Juliet's tender age (thirteen) is symbolized by her constantly hugging a bear, yet in Act 3, scene 1, she tosses away her youth along with the bear and embarks immediately on an implied sex scene. Later, when Juliet is found comatose, her nurse breaks into a poorly timed musical number.

Other questionable choices included the narrator, a role Shakespeare relegated to the

The "grave" itself was awkwardly positioned under a trap door in the middle of the stage. The double suicide between the couple, the climax of the play's tragedy, is both hard to see and hear. Each actor talked into the trap door rather than to the audience, with one or the other always hidden. The final insult to the scene occurred with the removal of Juliet's last lines and part of Romeo's, replaced by the actors pretending to gurgle and flop into

“The final insult to the scene occurred with the removal of Juliet's last lines and part of Romeo's, replaced by the actors pretending to gurgle and flop into the open grave.”

Madelaine Moynes-Keshen



Where art thy sensibilities, Romeo?

costume, or a character's gender. However, despite best efforts by the cast, the direction from Khoshkam failed to implement a new viewpoint constructively or with any degree of cohesion.

Changes such as a peeping Tom-like narrator, reallocation of lines, and removal of both critical scenes and speeches are more confusing than creative, as many undermined – if not removed – fundamental points of the play. While one might call the story of

to compensate for the different formats. Playing with timelines may have worked in the film but it offered only confusion in the stage production by creating a disjointed storyline. In the 1996 movie, Luhrmann used a news report in the opening prologue to announce the couple's affair. In the play, Khoshkam mimics the approach in what looks like a 1930s interrogation scene that is not helped by having the same

one and the same. The staging also did not stick with the 1930s backdrop. In one scene, Juliet in her bedroom hugging a teddy bear resembles a 1980s teen drama, while poorly choreographed fighting scenes depict the actors as swash-buckling English pirates. The choices were inconstant and lacked a point or reason.

In an adaptation changes are expected, so eliminating Romeo's parents and Juliet's father are for-

opening and the second act, who appeared in the corner of every scene like a Renaissance Golem. However, the worst change was reserved for Juliet's death. Aside from the fact that a lack of a crypt made Juliet's monologue in Act 4, scene 3 regarding her burial beside Tybalt redundant, it also resulted in the fight with, and death of, Count Paris being removed in exchange for Romeo hunting for a shovel to dig up her grave.

the open grave.

With Romeo and Juliet dead, the dreaded narrator returned to take on the role originally assigned to Prince Escalus. At this moment, the audience should be filled with melancholy as the play's message of sacrifice is finally realized. The families' discovery of the bodies is an epiphany that Romeo and Juliet forfeited life for love while the families chose feuding over legacy. The Prince, in the original play, admonishes their unworthy exchange, but none of this is possible as, in this production, the families never show up.

Rather than complete the famous line, "For never was a story of more woe than this of Juliet and her Romeo," the narrator instead marched into the audience and screamed an abnormally loud "NO!" Reframing the ending, Khoshkam brought the couple back to life while the families finally appear clothed in white. Despite a tradition of resurrection in previous productions, in this instance it added nothing as there was no context or explanation as to whether Romeo and Juliet were actually dead.

The loss of the principal revelations emanated from Khoshkam's lack of recognition of the "yes," the fundamental objective of the play, and an absence of the "and" commentary to provide any new insights to compensate. Overall, Shakespeare on the Saskatchewan's *The Most Excellent and Lamentable Tragedy of Romeo + Juliet*, while having decent acting, fundamentally mishandled one of Shakespeare's most famous tragedies through bad lighting, odd stage directions, unneeded cuts, and a fundamental lack of appreciation for the themes of the play.

Illustration: b0red via pixabay, manipulated by lee lim

Sports for all

An opportunity to play sports just for fun

pall agarwal
s&h writer

Every student in their university life strives for a holistic experience that includes every aspect of university life and all the amenities that it has to offer. The University of Regina continues to offer different facilities and spaces to its students to serve this purpose. For students who do not get a chance to explore sports during high school due to its cutthroat competitive nature or otherwise, intramurals – now called Rec Sports, comes to their rescue.

Rec Sports is an avenue that welcomes all University of Regina students, including Luther College, Champion College, and First Nations University of Canada, to be a part of the sport of their choice. They offer a plethora of options like three-on-three ice hockey, badminton, basketball, cornhole, cricket, dodgeball, e-sports, soccer, spikeball, ultimate frisbee, and volleyball. Rec Sports is also open to Saskatchewan Polytech students for a fee of \$15 prior to the start of the season. Their website outlines that for Polytech students, “This is in addition to the fee you pay for your team or to be a free agent. This is because Sask Polytech students do not pay a rec and athletic fee, which is automatical-

ly included in the fees of UofR students.”

Due to their recent name change, Rec Sports has observed familiarity among students as “it’s a little more descriptive of what it actually is,” according to Alison Fisher, Coordinator of Student and Youth Programming for the Faculty of Kinesiology and Health Studies. “It’s a way for students to participate in sports that they love in a competitive or recreational environment that allows them to play in university and take a brain break, and get their bodies moving which is really important.”

Fisher delves deeper into the reasoning of the name update as “people didn’t know what Intramurals is” and to meet the purpose of getting the message across campus for students, making it relevant and meaningful for students was crucial. The deadline for registration ends on Sep 13 with the league starting on the week of Sep 18. “We do have people sign up late and if we are able to accommodate, we do,” said Fisher. “Volleyball, basketball and dodgeball is really hard for us to add teams in after that deadline unless it’s the next day.”

Allowing sports for all, Rec Sports is open to any student, international or domestic, who are enrolled at the University of Regina in at least one class. They

also let faculty and staff be a part of the league. This nature of allowing it for everyone who wishes to enjoy sports is motivational to play and explore the athletic side of oneself. It gives everyone a chance to take a break from the normative daily routine and improve mental and physical health. “Our only eligibility requirement that would prevent you from playing is that if you are playing in the men’s or women’s cougars basketball league, you cannot play in our basketball league; it’s just not fair,” said Fisher. This is to allow students who have little to no experience to play in a sports league instead of competing with highly trained individuals competing with the Cougars. “It’s not fair to our students who want to play recreational or for fun against people who play at a very high level.”

They have added three-on-three ice hockey as well as unified cornhole as new additions to the different sports that they offer. Unlike other sports leagues, there aren’t tryouts to be eligible for the team. “You can make your own team or sign up as a free agent or an individual and we help you get on a team.”

Navigating and playing the desired sport in a team appears very seamless through Rec Sports too. “Once you’ve registered and gotten on a team, your schedule

“ There aren’t tryouts. You can make your own team or sign up as a free agent or an individual and we help you get on a team.”

| Alison Fisher

will be posted before the assigned night. You can show up and play. You have to sign out equipment using ID and someone on the team could do that, not every person needs to do it.” All students pay a small fee to cover staff costs and other miscellaneous maintenance depending on the size of their team, more details on which are available on their website. For further information, they can be reached out through social media platforms.

Meeting people and maintaining those relationships during university can be tough due to being in different programs and lack of communication. Rec Sports addresses this by giving every student the chance to socialise and network with people around them. “It’s a great way to socialise and meet new people and play sport you love. It gives you designated times and spaces for you to play that sport,” said Fisher about

the benefits of playing through Rec Sports.

Moving forward, Fisher mentioned about the mental well-being of playing sports during university life as a way of getting out from one’s comfort zone and do it together in a group. “The biggest thing is personal wellness. It’s great for mental health and getting your body active, especially during finals students want to take that break and just get away from the books and play something that they love. That is the biggest benefit that we can offer. We do prizes like player of the week, MVP at the end. There are swags involved too,” added Fisher.

Rec Sports continues to accommodate not only by skills but by being an open league for any gender to enrich student life and bring the best out in all.



2023 ANNUAL GENERAL

MEETING

SEPT 20TH AT 2 PM

At URSU Multipurpose Room

Riddell Centre, University of Regina



Lunch Provided



Please visit
www.rpirg.org/agm-sgm

Creating cultures of consent

Consent is paramount on campuses across Canada

maren savarese knopf
staff writer

According to a study conducted by the Canadian Women's Foundation, only approximately 28 per cent of Canadians fully understand what it means to give consent. Addressing this gap in knowledge starts with awareness and accountability.

From September 18-22, 2023, organizations, students, and educators celebrate Consent Week. Consent Week is an opportunity for campus communities to engage in thoughtful and meaningful conversations focused on consent and building consenting cultures. Responding to rejection, articulating boundaries, and respecting bodily autonomy as important life skills wrapped up in consent and beyond. Consent Week is an opportunity to reflect and affirm consent as a cornerstone of all relationships - not just intimate ones. Student leader Aubrianna Snow explains that "Consent goes so far beyond just the bedroom. It can be between friends; it can be between family members. It's so varied and it's a lens through which to see everything."

Occurring simultaneously to gaps in knowledge around consent, Canada has an ongoing crisis of sexual and gender-based violence. Last month the country's new Justice Minister wrote in

a public letter that gender-based violence "has no place in our country." The six-page letter dated August 14, 2023 includes the federal government's response to an inquest to a triple femicide in rural Ontario and indicated Canada's intentions to criminalise coercive control - a form of intimate partner violence. In 2022, a rural community in Ontario made a

Canada formally adopt Consent Week, it would be the first country in the world to recognize this significant week with the aim of systemic change in schools, workplaces, and communities.

According to the Courage to Act initiative run by Possibility Seeds, social locations like race, ability, gender, sexuality, and class shape the ways individuals,

tween Women's Earth Alliance and Native Youth Sexual Health Network published a report titled "Violence on the Land, Violence on our Bodies" that traces how the landscape of consent has been impacted and codified by settler colonialism and "by the intense invasion of [Indigenous] lands and bodies themselves." Through group discussion and community

that consent is supported around people's bodies."

Last year, as part of the larger national Consent Week, campuses across Canada hosted the #WeBelieveYouDay on September 20. The day was intended to share support for survivors, connect co-conspirators, and build cultures and networks of care. The #WeBelieveYouDay comes from the diligent and transformative work of the Association of Alberta Sexual Assault Services, Survivor Love Letter Project, and the Ontario University Sexual Violence Network.

Students, educators, and community members alike are invited to participate and continue this work by following the hashtag, creating and printing posters with the message, and spreading the word about consent week and the importance of consent as a pillar to all types of relationships.

When consent is not understood, as illustrated by the above-mentioned stats, the epidemic of gender-based violence continues. Consent Week calls on students, educators, and communities to locate themselves within these larger conversations and adopt practices of consent in their everyday lives, all relationships, and as means to address larger systemic and colonial violence like violence against Indigenous lands.

“Consent goes so far beyond just the bedroom. It can be between friends; it can be between family members.”

Aubrianna Snow

series of transformative recommendations following the violence, calling on the government to "formally declare intimate partner violence as an epidemic."

Consent Week was strategically chosen to occur during the first six weeks of school, which are known as the Red Zone. The Red Zone is a time of statistically heightened occurrences of sexual violence and gender-based violence during the first semester of university and college. Should

groups, and communities give and receive consent. As such, this is an opportunity to explore and inquire into the ways that consent is mandatory in all relationships, though it may appear differently, and its foundation to liberatory relationships. Moreover, critical interrogation into the ways that the violent and existing systems of dominance influence how, when, and what consent looks like is critical.

In 2014 a partnership be-

forums the connection became clear, systems of settler dominance have dually worked to assert power over lands and bodies.

Since these are intimately linked, so too is consent and the consent process. The report, focused on building Indigenous responses to environmental violence, states that "in order to increase the recognition of free, prior and informed consent over Indigenous territories, we need to simultaneously build up the ways



Consent isn't 'sexy,' it's non-negotiable required before action

Illustration: BFlores via Wikimedia Commons, manipulated by Lee Lim

Varsity clubs lets students take on a challenge

UofR offers students an opportunity to bring in new sports to campus

pall agarwal
s&h writer

As the University of Regina continues to foster the sports community, Varsity Club sports program is where it is more refined and structural than the other programs. Being a self-funded program, it could be an expensive endeavor but bears great fruits. It is a space which teaches students to go above and beyond in their efforts to run their club and expand thereafter. It involves students coming together in a team, raising funds, and operating independently yet with the support of the Faculty of Kinesiology and Health Studies. Anyone who enjoys sports in a highly competitive, recreational, or social sense could be a part of their clubs.

“The qualification to become a varsity club – you need to have a university national championship in that designated sport. You have a year of probation where you have to do all your fundraising. We’re here to support you to do bookings,” said Alison Fisher, Coordinator of Student and Youth Programming for the Faculty of Kinesiology and Health Studies.



With summer on its way out, this photo just makes me worry about wasps. Photo: sonnenruby via Pixabay

“But a lot of it is you proving that your club is able to sustain itself for a year. After that, there is funding available through the varsity club athletic fee collected through the Students’ Union. The students then have an opportunity to access their funding in that method that allows the students to play in a highly competitive level.”

The Varsity Clubs sports program offers students different clubs to be a part of ranging from curling, dance team, men’s rugby 7’s, women’s rugby 7’s, women’s softball to ultimate disc, women’s

flag football, golf, and, most recently, ringette as a new addition. There is a \$100 administration fee that the students need to bear to play in one of these clubs or \$150 if they are playing in Canada West.

There is much to potentially experience through these clubs as students continue bonding by playing and self-sustaining their clubs. “They leave as acquaintances and come back as really close friends.” Observing more women teams in this program is a great way for more to get involved as it lays out an easy pathway for

new additional members.

“When I first started playing frisbee, I knew nothing about throwing a frisbee,” said Marchie Fesalbon, a player in the Ultimate Frisbee Women’s Team. “My sister got me into it. I [didn’t] know anybody because it was my first year in-person. It was nice to join a team and be comfortable around different people and learn a different sport. [...] It was really fun.” Students enjoy competing and travelling as a whole to different places for tournaments that build their team camaraderie and closeness. “It adds confidence to

myself. Everybody has been really nice. It’s nice to be a part of something, expanding and having more friends. Come in and smile and you’re in,” said Fesalbon.

There are a lot of hoops that students need to jump through in order to create a team. To coach the team too, the coordinator needs to ensure that they are credible and legit to be involved in coaching the students. “The team can choose to provide an honorarium to their coaches and some of their team. It is strictly a volunteer position unless the team decides, because they have to fundraise the money,” said Fisher. To be eligible for the club as a member, students need to be enrolled full-time in classes with at least nine credit hours in the existing semester. Depending on the sport, members need experience and practice to get going.

Varsity Clubs continues to grow in its popularity among students due to its diverse and competitive nature. It may not sound cheap, but it provides a wholesome experience in one’s university life, adding skills that they may not have had the chance to develop otherwise.

Mental health support in the agricultural community

Technology makes it possible for farmers to uplift each other

The stigma around mental health is daunting and difficult to navigate for everybody. Individuals with signs of illness oftentimes struggle to seek help and ask for assistance. Professions in agriculture are said to have the lowest support system in terms of mental health.

On June 20, 2023, a peer-to-peer support for individuals in the Canadian agricultural industry was launched by Megz Reynolds, Executive Director for the Do More Agriculture Foundation.

Anilin- und Sodafabrik, and the McCain Foundation. Anyone aged 16 or above can sign up for this platform and get access to its safe and monitored-by-professionals space. Being monitored 24/7 by mental health clinicians and availed in both English and French, the platform is open to everyone in Canada, giving them a safe space to talk, share, and help.

“What I really love about peer-to-peer is that you’re able to connect with people who under-

stand what you’re going through. But they do not know who you are and you do not know who they are and that makes it feel a little safer and easier to have a conversation or reach out for support,” said Reynolds in a Seed-World Group Podcast. “There’s a really big need for peer-to-peer support but when you talk to an individual, they don’t want it peer-to-peer with someone that’s in their same province. They want to be able to connect with someone that doesn’t know them but has shared, lived experience,” added Reynolds. Catering to this need, they decided to keep it anonymous yet have supervision to avoid any friction in the lives of the folks involved in the community.

The resources and commu-

nication are available only when an individual signs up on their platform identifying someone from the Canadian agricultural industry and being 16 or above. The tools that are being provided allow users to seek help in times of need. Farmers often face extraordinary stress, isolation due to their nature of work which is deeply intertwined with unpredictable weather and financial uncertainties. “Not everybody is comfortable with some of the more traditional modalities of mental health support; to phone a support line, especially if it’s called a crisis line, because they may not feel like they’re in a place of crisis. But they may want to have a conversation or just need a safe place to get some thoughts,” said Reynolds on discussing the

our world. The platform bears the potential to educate them for their mental well-being and at the same time help the entire community. If you’re someone who identifies as a part of the Canadian agricultural industry and wants to seek support of any kind (crisis or not), sign up today at domore.ag/agtalk. It is a step forward to thriving, illuminating the path towards superior mental health in the farming community.



The whimsy of a wheat field frolic is hard to beat.

Photo: Pexels via Pixabay

need of a unique platform like AgTalk. With its growing popularity in the agricultural industry, AgTalk stands true to its community as a beacon of hope. It delivers the support needed for people who work tirelessly to feed

AgTalk, powered by Togetherall platform, is a free platform that helps farmers connect to other farmers in anonymity, sharing positive and uplifting messages in the community. The partners in the project also included Royal Bank of Canada, Badische

stand what you’re going through. But they do not know who you are and you do not know who they are and that makes it feel a little safer and easier to have a conversation or reach out for support,” said Reynolds in a Seed-World Group Podcast. “There’s

need of a unique platform like AgTalk.

With its growing popularity in the agricultural industry, AgTalk stands true to its community as a beacon of hope. It delivers the support needed for people who work tirelessly to feed

pall agarwal
s&h writer

The myth of settler meritocracy

Despite glaring problems, this perspective is still glorified

maren savarese knopf
staff writer

In 2017 reports circulated stating the Trump administration's intent to investigate affirmative action admissions in higher education. As of June 29, 2023 (years after the Trump administration) affirmative action has ended in several universities within the United States.

The ruling by the Supreme Court struck down affirmative action admissions at Harvard and the University of North Carolina. The Court's six justice conservative majority states that schools had discriminated against White and Asian American applicants by using race conscious policies that disproportionately benefited students from under-represented background. Now, President Joe Biden spoke against the court ruling saying "I know today's court de-

Dr. Michele Moses and Dr. Laura Dudley Jenkins, who have been researching affirmative action across the globe, say that about one quarter of countries in the world have some sort of affirmative action policy or practice for student admissions to higher education, many of which have emerged over the last 25 years.

The U.S. higher education affirmative action's policies have been in place since 1978, however, they are not the oldest; India's policy for lower-caste students is among the oldest. Moreover, South Africa has many and varied affirmative action programs that not only seek to admit under-represented students but provide mentoring to facilitate students' success. In Brazil, the government has been developing affirmative action programs in some of its most prestigious public universities. The issue is often framed as a human rights concern and social justice issue. The Brazilian

Cineas explores the myth of meritocracy through her short film "Is Meritocracy a Myth?" The film demonstrates that the main tenants of meritocracy are faulty and that it's simply untrue to claim that equal opportunity exists when the socio-economic landscape of today is marked by the ongoing legacy of racism, class division, and settler colonialism. Rather, meritocracy obscures these ongoing systems of dominance, their influence in evaluation, and creates a narrative of deservedness based on supposed merit.

Meritocracy is not a strictly American narrative. In fact, it is deeply entrenched in narratives of settling the Canadian prairies as well. In her writing, Dr. Jenn Bergen suggests Saskatchewan provides a perfect example of this through the history of land allocations and resources and "the subsequent justification for this unequal system through the meritocratic discourse

of settler meritocracy by perpetuating the 'work hard' discourse of settlement. Bergen points to how presently teachers in Saskatchewan continue to assert colonial ideas about meritocracy and, in doing so, are reinscribing racism and white settler dominance within classrooms. Moreover, ideas around 'color blind' teaching is often used as justification not to engage with the necessary work of unpacking the impacts of racism and settler colonialism within classrooms. In circumstances in which teachers do address racism, the context is often that it exists only in individualized acts of hatred, thereby making it out to not be a systemic issue. This affirms the meritocratic idea that individuals are at the heart of their own success and failures.

Although the rulings to end affirmative action in several American universities might seem like unlikely events in the so-called benevolent and multicultural



Just like the road to opportunities, not everyone on this road is in the same car.

Photo: Masterhatch via Wikimedia Commons

isions are a severe disappointment to so many people, including me. But we cannot let this decision be a permanent setback for the country. We need to keep the doors open to possibilities."

Justice Ketanji Brown Jackson further commented on the ruling for the university of North Carolina by stating: "with let-them-eat-cake obliviousness, today, the majority pulls the ripcord and announces 'colorblindness for all' by legal fiat. But deeming race irrelevant in law does not make it so in life." More opposing arguments came from the conservative majority Justice Brown Jackson who believes there is nothing in the text of the 14th amendment that prohibits racially conscious measures to admissions and that affirmative action policies are of benefit to all students.

government stated the introduction of affirmative action programs as the "right thing to do" after decades of denying racial inequalities within the country.

Affirmative action in higher education admissions refers to a set of practices or policies that consider the social locations of students who are impacted by increased or additional barriers in accessing higher education. Critics of affirmative action often cite the ways such programs supposedly violate the American principle of meritocracy, or the belief that people can go as far as their talent and ambition can take them. However, meritocracy assumes that systems, schools, and other institutions judge people based on merit alone.

Filmmaker and researcher Fabiola

of 'work hard and you will succeed' in the education system."

As part of the larger incentivization of agricultural activity, land division and use in Saskatchewan was given exclusively to White settlers and homesteaders to encourage those of "British descent" to take residency within the province. Up until the 1930s the federal government controlled the land division under the Dominion Lands Act and allowed settlers to obtain use of a 160-acre homestead for a \$10 fee or purchase outright at \$3 an acre. At the same time, structural barriers were erected to dissuade people of color from accessing land divisions.

Education in the province has had a central role in upholding these narratives

country of Canada, we must remain attentive to the ways meritocracy informs and impacts our education systems at home. Settler meritocracy holds that those who are successful are assumed to have worked hard for what they have, and those who are unsuccessful are assumed to have character flaws resulting in their failure. Essentially, these are similar streams of thought that have led to the dissolution of affirmative action in the states and informed Canadian settler colonialism.

Unless we can unpack and disrupt meritocracy as a way of addressing settler colonialism, racism, and systemic inequity, this damaging myth will continue in classrooms and school admission, at home and beyond.

“Meritocracy is not a strictly American narrative. In fact, it is deeply entrenched in narratives of settling the Canadian prairies.”

Maren Savarese Knopf

Welcome to the prairies

Prepare for the prairie life with these tips

So, you've packed your bags, said your goodbyes to your nears and dears, and boarded the plane to start a new life in Regina, Saskatchewan. But have you packed your list of items for an arrival start kit? If not, don't worry, we've got you covered.

Welcome to the prairies; the land of living skies, vibrant communities, and yes, challenges that might catch you off guard. From understanding the customs here to adapting to a new lifestyle, there's a lot to take in. Bundle up, as this article aims to set new international students up for the new academic and social journeys that await them. Regina, like any other city, has its own culture, climate, and way of life. Being prepared not only reduces the stress and anxiety associated with moving into a new place but also allows one to make the most of what the city has to offer.

Now is the ideal time to start stocking your wardrobe with winter gear. Located in Western Canada, Regina's winter climate is markedly different from cities like Vancouver, British Columbia or

and winter jackets with proper insulation handy to keep yourself warm. It's a must for anyone who wants to go about their daily activities without risking their health.

Now that you have a gist of what your first winter in Regina might look like, it's time to draw our attention to other essentials that are vital after landing in Canada. These include obtaining your Social Insurance Number (SIN) and getting a health card. The SIN is a 9-digit number that everyone needs to have to be eligible to work in Canada or have access to government programs and benefits. It's a confidential number that should be kept private and secure, and cannot legally be used by anyone else. Your SIN can be applied for at any Service Canada Centre; in Regina, the go-to place for application is located at 1783 Hamilton Street. The process is pretty quick, and you just need to bring original documents to prove your identity such as a passport or permanent resident card.

You are likely to receive the SIN during your visit to the office. Moreover,

Id." Think of it as your VIP pass to life in Regina. Whether you're picking up a package at the post office to proving you're you, it's your identity card for everything. Forget the hassle of carrying your passport around especially since this card has got you covered. Head over to the SGI office downtown at 2260 11th Avenue to get that sorted. Once it arrives by mail, you'll feel like a true Saskatchewanian. Also, the other life hack for students in Regina is the unlimited bus rides all semester long via the U-Pass for one flat fee. But where do you go to get this ticket to YQR's public transit system? Look no further than the University of Regina Students' Union (URSU). Located on the second floor in the Riddell Centre on campus, the URSU office is the spot for student life, including your U-Pass. Just hop in there with your Student ID and proof of enrolment and voila, you will be handed your U-Pass which can be activated right on the spot.

Now, let's not forget the reason you're here: academics. The UofR and its Federated Colleges offer plenty of

all kinds of outdoor activities. And, if you're a history buff or just curious about the region's natural history, the Royal Saskatchewan Museum is the place to be. From life-sized dinosaur replicas to exhibited Indigenous cultural items and history, this museum offers a fascinating glimpse into Saskatchewan.

Next is the Saskatchewan Science Centre. With interactive exhibits and an IMAX theatre, this science centre is both educational and fun. Amidst all these, don't forget to explore the local food scene. From farm-to-table restaurants to cozy cafes, Regina offers a variety of culinary experiences that reflect its diverse community. A special shoutout to one of my personal favorites: the Excalipurr Cat Café. Located at 2156 Albert Street, this unique café combines coffee and cats. It's a cozy and welcoming space where you can enjoy delicious snacks all while mingling with adorable cats waiting for adoption.

So, there you have it! From essential preparations to academic resources and must-see spots around the city, these are

“Being prepared not only reduces the stress and anxiety associated with moving into a new place but also allows one to make the most of what the city has to offer.”

– Nazeemah Noorally

Welcome to the Prairies. Be afraid.



When I arrived here, I really would have appreciated the heads up

Illustration: OpenClipart-Vectors via Pixabay, manipulated by Lee Lim

Toronto, Ontario, which enjoy milder winter conditions. For instance, Regina's average low temperature in January hovers around -20 degrees Celsius, whereas these other metropolitan cities' lows are generally closer to 0 and -6 degrees Celsius respectively. The temperature in YQR can even drop to a bone-chilling -40 degrees Celsius. Under such harsh conditions, with blizzards and fog not uncommon, your mobile phone can freeze and become inoperable, leaving you without essential communication just when you might need it. The dry air can lead to flakiness and other dry skin-related issues. So, be sure to have your moisturizers, lip balms, and hydrating lotions as well as boots, gloves,

once you land in Regina, getting access to your SaskHealth card is important. It is necessary to get access to health services. Health Card applications are usually processed within six to eight weeks after the application is received and you can always visit the official website of the Government of Saskatchewan to learn more details. Simply go to ehealthsask.ca to apply online or find out other related information. In the meantime, if you have to get health care services, make sure to keep hold of your receipts so that you can claim those amounts once your health card is approved.

Wait, there's more! You must now get your Saskatchewan Identification Card, or as we like to call it, your "Sask

resources to familiarize yourself with the university. From ambassador leader members helping you to navigate your way to your classes on your first day, to joining like-minded individuals who share your passions in the different student clubs, and connecting with UR International which offers orientation programs, immigration advising, and social events among others, all these facilities are at your disposal to help create a new home away from home!

Finally, as you're set with all your essential IDs, bus pass, winter gear, and academic resources, it's time to talk about the fun stuff: exploring Regina. On your 'must' list should be Wascana Lake, which offers a scenic backdrop that's perfect for

some of the main things you need to know to make the most of your time in Regina. The city offers a wide range of experiences that will make your student life both fulfilling and fun. If you get the itch to explore beyond Regina's city limits, remember that Canada is vast with each province and city offering its own unique set of experiences. Go ahead and embrace the opportunities and adventures that lie in wait for you!

nazeemah noorally
staff writer

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