



the carillon

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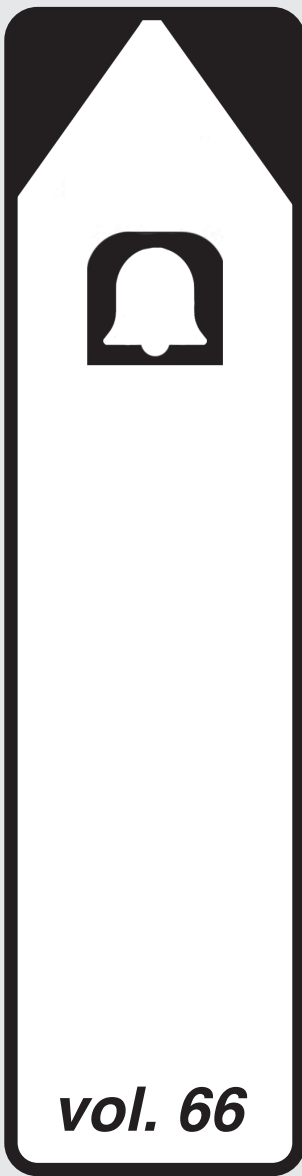
fearing the wind since 1962

carillonregina.com



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the carillon



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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 belltower 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 january 11, 2024 | volume 66, issue 14 | carillonregina.com



Welcome to this semester and our first issue of the year! The next open editorial board meeting is from 7-8 p.m. on January 11 in our office in room 227 of the Riddell Centre. There will also be a Board of Directors meeting from 7-8 p.m. on January 25 over Zoom, and you can find the link to join the meeting here: carillonregina.com/meetings/

We would love to see you there!

The Carillon is a student newspaper and we value your input and greatly appreciate your contributions. If you're new to the university or this is your first issue of *the Carillon*, feel free to reach out, we always love hearing from you. Good luck and have a great semester!

Illegitimi non carborundum

mikayla tallon
 a&c editor

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As new and old students alike start off this new semester, Shivangi Sharma goes over some things about the Winter Welcome Week.



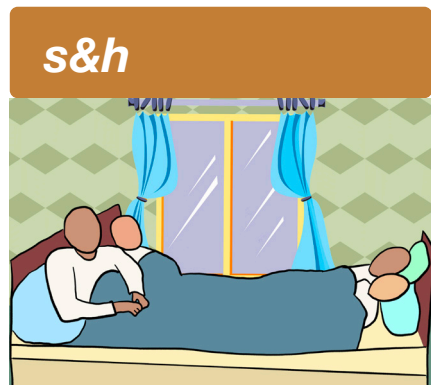
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The Canadian government recently changed requirements for international students and Shivangi Sharma explores what these changes can mean.



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We've all heard of it, but what's its history? Will Bright lists some of the most important events since the dawn of the internet.



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As hospitals are pushed past their capacity and patients are treated in hallways, Kimberley Kaufman outlines what this means.



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Pall Agarwal explains why psychedelic-assisted therapy is being pursued as a way to help veterans with their mental health.



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Holly Funk presents their ideas on whether half-assing things is a worthwhile way to spend our time when that's all we can manage.

Google me this...

Student club offers technical learning opportunities and networking

nazeemah noorally
staff writer

In the ever-evolving landscape where academia meets industry, the University of Regina Google Developer Student Club (URGDSC) is helping students navigate that overlap.

Established in 2022, the club is dedicated to providing students with technical experiences and opportunities for skills enhancement. This student-led initiative has rapidly grown into a dynamic hub that fosters collaboration, innovation, and professional development.

It all started when Baran Erfani, the current Technical Lead and founder of the club, got her first technical interview with Google. Searching for resources

same time, she received her first internship at Google Waterloo which allowed her to make connections with other chapters in Canada at DevFest 2022 in Waterloo.

The club is founded on principles of inclusivity and welcomes all students. URGDSC club members prepared written responses for *the Carillon* to answer our questions about joining the club.

“Anyone can join the club regardless of their major, faculty, or program. The only requirements are being a student at the university and having an interest in technology.” This reflects the club’s commitment to ensuring that coding skills are not prerequisites for membership, creating an environment where diverse interests in technology from programming to UI/UX design are

and knowledge and ensuring that members are equipped with the latest industry insights. Coding events that feature challenges and collaborative coding sessions provide hands-on learning experiences that allow participants to hone practical skills.

Additionally, URGDSC understands the importance of networking within the technical industry and organizes networking sessions that create opportunities for members to meet professionals and make meaningful connections. The club also facilitates collaborative learning environments through study groups in which members actively support each other’s academic growth.

According to Kartik Patel, Marketing Lead for URGDSC, the experience of being in the club has enriched their time in university. “This role is helping

ed effort aims to engage a broader audience of students keen on technology by organizing joint coding sessions, tech talks, and networking events. By combining their resources and expertise, URGDSC and CSSS create a synergy that bridges academic learning with practical skills.

URGDSC is also actively engaging with HackRegina, a prominent player in the local tech community. The collaboration with HackRegina involves mutual participation in each other’s events. URGDSC members are expected to attend or help organize HackRegina’s code-togethers and hackathons, and vice versa, fostering an environment of shared learning and networking. Additionally, the collaboration may extend to joint hackathons, where both pool their expertise and resources to create impactful

The event successfully fulfilled its primary objective of introducing Web3 in Regina, sparking curiosity among students who rarely encounter this technology in their university curriculum. Securing sponsorship from Push Protocol (formerly EPNS), a leading Web3 communication protocol startup, played a crucial role in the event’s success. The club’s Project Lead, Satyam Singh, facilitated the collaboration and the event was held in a classroom in the Kinesiology building.

While receiving positive feedback, the organizers identified a need to cater more to beginners and ensure that future events are accessible to all. The club values the input of its members and claims to be responsive to the evolving needs of its diverse membership. This approach fosters a sense of ownership and en-



You do not even need to know what this means to join the club!

Image: Sara_Torda via Pixabay, manipulated by lee lim

“ You do not need to know how to code to join the club. We host several events where anyone can participate.”

University of Regina Google Developer Student Club

to help her prepare for the interview, she discovered a gap in the supports for students looking to gain more technical experiences and advance their skills, especially regarding technical interviews with big companies.

However, Erfani found that Google has a community called Google Developer Student Clubs (GDSC), which is a subgroup of Google Developers Groups. A GDSC is a university-based community group for students interested in Google developer technologies. Many universities already had GDSC chapters that offered sessions that included interview preparation. As a result, she applied to lead the first GDSC chapter at the University of Regina (U of R). Around the

not only accommodated but celebrated.

“You do not need to know how to code to join the club. We host several events where anyone can participate, and our last hackathon event even had both grad and undergrad students working together and competing against each other in teams. We also take feedback from the members of the club on how to improve some of our events and also welcome suggestions for new events to host.”

The URGDSC hosts a diverse array of events designed to cater to the broad spectrum of interests within the tech community. The club sponsors workshops that serve as teaching sessions: delving into new technology skills

me develop my leadership skills, as I’ve had the privilege to organize and host various events on campus alongside my teammates, fostering collaboration and achieving objectives.”

The URGDSC is also actively forging partnerships with various on-campus clubs and off-campus organizations, contributing to the creation of a more vibrant and interconnected tech community. The collaborations are designed to enhance the academic and practical experiences of students interested in technology.

One such collaboration is with the Computer Science Students Society (CSSS), whom URGDSC partners with to co-host events, workshops, and tech-related activities. This unit-

events that benefit the wider tech community.

Anticipating future growth, URGDSC is poised to work with the upcoming U of R Cybersecurity Club. This collaboration is expected to result in specialized workshops, talks, and events focused on cybersecurity. By sharing resources, inviting industry professionals for joint sessions, and potentially organizing cybersecurity-related hackathons, the clubs aim to provide valuable insights and hands-on experiences to their members.

The November 2023 event organized by the URGDSC, Introduction to Web3, attracted a diverse audience that included working professionals seeking insights into Web3 and its use cases.

agement among its members.

From its inception in Winter 2022 to its active involvement in events and collaborations on a national level, the URGDSC has demonstrated its commitment to providing students with opportunities for skills enhancement. The club’s impact goes beyond individual experiences, influencing the local tech community and contributing to the broader landscape of tech education in Canada. As URGDSC continues to grow, it testifies to the potential of student-led initiatives in shaping university experiences and preparing students for success in the technical industry.

Much needed joy via hen care

How a pandemic, a medical prescription, and an appreciation for the humble chicken led to Regina City Council

mindy gregory
news editor

On January 31, Regina city councillor Shanon Zachidniak will bring forward a motion asking for approval of a two-year pilot project to allow 20 residents to each keep between three and six backyard hens. The pilot project has been developed in partnership with local volunteer group, Queen City Chickens, who are advocating for a backyard hen bylaw in Regina.

For those unfamiliar with urban hen keeping, this may seem a puzzling request that goes against everything urban centres once stood for: a separation of city and country. The irony is that Regina officially recognized that those clearly defined days of city vs country are in the past when it became a designated Bird Friendly City with Nature Canada. While a Bird Friendly City recognizes the responsibility of urban centres to support wild bird populations, not poultry, it bases that responsibility on an appreciation of the evolving impacts and implications of urban spaces on the lives contained within and without its boundaries.

When Regina recognized that it had a responsibility, and greater than that – a *desire* – to support wild bird populations that enrich life within its limits, it opened the door to other ways that citizens recognize value that may not conform with tradition.

As it should, when one examines the track record for urban hen keeping in other cities. Keeping a few backyard hens is nothing new. Approximately 40 Canadian municipalities, including Edmonton, Calgary, Vancouver,

Victoria, Guelph, and Kitchener, already have successful bylaws allowing residents to keep a small number of hens. Such bylaws always stipulate that hens may be kept, not roosters, as hens are relatively quiet compared to their more noisome counterparts.

Therefore, a pilot project to test out the proposed guidelines for hen keeping in Regina is not a big ask, nor one that is going to be earth shattering in its implementation. What it would do, however, is place Regina among cities that are responsive to citizens' evolving needs. Additionally, the reasons that city residents engage in hen keeping are diverse, and as such are increasingly difficult to ignore in legal terms.

An interesting case of keeping a few birds as companions made its way through court in British Columbia last year. Arielle Reid disputed a charge from the city of Vancouver that she violated a municipal bylaw by "harbouring a prohibited bird." The judge observed that Reid kept two guinea fowl hens on her property for the "pure joy of companionship." In this case, Justice Makhdoom considered Reid's reasons for keeping the birds, the care that she took of them, and that her decision to do so did not adversely impact anyone else.

CTV News reported on September 19, 2023, that the judge ruled in Reid's favour, allowing her to keep her birds as long as she complied with other provisions of the bylaw. "The disputant kept them as beloved companions, for the pure pleasure of their proximity. Perhaps the same reasons many keep canines or felines, budgies, or parrots," Makhdoom wrote.

"Her conduct in stewardship and care of these birds is exem-

plary. She has provided for these birds an exceptional sanctuary. [The evidence] shows an excellent coop, clean, airy, and bright with fresh water and food, demonstrating the disputant's diligent efforts in creating a comfortable habitat for these beautiful birds."

Makhdoom further noted that dogs and cats are kept as pets in "huge numbers" in Vancouver even if they cause noise, nuisance, and other issues. In contrast, the judge said there was "no evidence" the birds had any negative effects on civic life.

Around the same time in Regina, a founding member of Queen City Chickens, Amy Snider, was struggling to have her reasons for keeping a few prohibited chickens recognized. Seeking safe options for herself and her family to destress during pandemic lockdown, Snider discovered the pleasure of caring for a few hens. At first, Snider rented a few chickens from a farm. The chickens could be returned for the winter, or if neighbors complained. But no complaints were forthcoming, and in the process, Snider realized how beneficial the hens were to their quality of life.

"We fell in love with having chickens, [...] they added so much joy to our lives. [...] Watching them go about their daily business is very relaxing. They are quirky animals and have distinct personalities and they became pets, but even more than that they became therapeutic. I was very sad about having to give them up."

Snider took her concerns to her doctor, who recognized the therapeutic benefits of chickens in treating the anxiety and depression that she experienced. Her doctor wrote a medical prescription for her to keep the chickens for therapeutic and mental health



Will all signs in Regina point to yes? Those seeking licensed urban residences hope so.

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

purposes. Although Snider's prescription was eventually recognized as a valid exception to the current city bylaw prohibiting chickens, she knew that this avenue would not be available to everyone who wanted chickens in Regina.

Having heard that there was a Regina Chicken Underground that advocated unsuccessfully for hen keeping in the past, Snider began reaching out to other citizens who were interested in a hen bylaw whether for reasons of therapy, companionship, or food sovereignty through collecting eggs.

Deciding to go aboveground, the group named themselves Queen City Chickens and got active putting together a formal application for a bylaw change.

Answers to all your questions about urban hen keeping can be found on the Queen City Chickens petition at change.org "City of Regina: Allow Residents to Keep up to Six Licensed Hens." Other ways to connect include Facebook, Queen City Chickens; Instagram, @QueenCityChickensRegina; and email, qucencity-chickens@gmail.com

Welcome to Winter 2024

Orientation for the new semester included on-the-spot answers to student questions

The University of Regina (U of R) campus is back in action after a winter break that lasted a little more than a fortnight.

As continuing students get into yet another action-packed semester, there is a large community of new students who are going to become a part of the existing university community. Winter 2024 orientation for incoming students took place on January 4 and 5, 2024 as a two-day event before the beginning of classes.

The orientation, organized and hosted by UR International, was held in-person on campus. The events that were held had a lot of essential information to offer the newcomers. U of R ambassadors who volunteered for the orientations spoke to the Carillon about the events and their experience through them.

Mohammad Akib Hossain, a third-year Computer Science student and one of the ambassador leaders at the U of R, described his time as an ambassador as life-changing and one of the most rewarding experiences at the university. Hossain had some insights to offer about the Winter 2024



Score! Chase your goals through the new semester.

Illustration: lee lim

orientation which he volunteered for: "Winter 2024 orientation for the international students was held on the 4th of January and a combined student panel event for both domestic and international students was held on the 5th of January. The orientation was divided into two parts since the international students coming to a whole new country usually need a lot more information than the domestic students."

"The orientation's highlight was the students' panel that took place on the second day," he continued. "It was supposed to be a 20-minute event but ended up lasting for about two-and-a-half hours! Students could ask a variety of questions regarding their majors, life at the university, job opportunities and so on. The panel helped ease a lot of apprehension that the students had about embarking upon their uni-

versity journey, more so for the international students. I had a blast as well!" he said.

"I had the privilege of participating in the student panel alongside two other ambassador leaders and two peer advisors. It was a rewarding experience addressing queries from newly admitted students about the university, covering topics such as book sources and class registration. I also had the opportunity to

assist a couple of biology majors with specific questions related to biology. Contributing to the welcoming atmosphere for newcomers, offering guidance, and sharing my experiences allowed me to provide valuable insights and also help them avoid the mistakes I made when I was at their position," said Maliha Jabeen Khan, a third-year Science major and another one of the ambassador leaders at the University.

The event, although mainly designed for newcomers, was also attended by continuing students and was a great way to welcome the incoming community of new students. *The Carillon* wishes the newcomers the very best of luck and hopes that their university experience is rewarding as it can be. To the community coming back, you know the drill!

shivangi sharma
news writer

Doubling of cost to study

The implications of doubling cost-of-living requirement for new international students are straightforward as the motivations

shivangi sharma
news writer

On December 7, 2023, the Honourable Marc Miller, Minister of Immigration, Refugees and Citizenship, announced that starting January 1, 2024, the cost-of-living financial requirement for study permit applicants will be doubled, with the stated justification being so that international students are financially prepared for life in Canada.

As per the previous requirement which had been in place for two decades, international students had to show a balance of

established approach to defining an income threshold below which a family will likely devote a larger share of its income to the necessities of food, shelter, and clothing than an average family would.

Al Parsai, Adjunct Professor at Queen's University, and author of "88 Tips on Immigration to Canada," further explains that LICO for immigration purposes represents the poverty line in Canada's urban areas with a population of half a million or more. The Canadian government uses that LICO to calculate the annual income necessary for an individual to remain independent and not use social assistance.

Using a LICO isn't the

"These connections bring diversity as well as different worldviews and perspectives that add to the strength of our University and wider community."

Keshen further referred to UR International as deeply committed to "supporting, guiding, and promoting the success of these students by offering academic, social, life skills, and language services to help them make the most of their University of Regina education." Likewise, Canadian students and researchers are supported in gaining experience at an international level.

Yet, Minister Miller seems to have other thoughts on his mind. In a confusing reversal

da. *CTV News* reported that the ministry also announced a new framework to recognize learning institutions that provide international students with high-quality services and support, including housing.

"It would be a mistake to blame international students for the housing crisis, but it would also be a mistake to invite them to come to Canada with no support including how to put a roof over their heads," Miller said.

"That's why we expect learning institutions to only accept the number of students that they're able to provide for, able to house or assist in finding off-campus housing."

often required to keep students in Canada.

"A lot of international students over the past year have gotten managerial positions, have gotten supervisor positions that require them to stay [...] permanent and full time," he said to *CBC News* on December 9, 2023.

"We don't want international students losing those positions because there's a reduction in their work hours."

Chowdhury also believes that the increased cost-of-living requirement may be a step toward being open and transparent with students looking to study in Canada. To *CBC News*, he said, "We're no longer promising stu-

“But on the flip side, I also think it’s going to significantly reduce the amount of international students coming into Canada.”

Jawad Chowdhury



When we find each other, this could be the beginning of a great partnership.

Photo: lee lim

\$10,000 in their bank accounts along with one year of tuition fees and travel expenses. Under the new requirement, prospective students will have to obtain more than double the previous basic amount. Miller said the reason for the change is that the financial requirement hasn't kept up with the cost of living over time.

In *CTV News* coverage on December 7, 2023, Miller stated that the government is "moving to a more accurate cost of living level that helps international students arrive with necessary resources to live and study in Canada."

"Future increases will be tied to the low-income cut-off Statistics Canada announces every year."

Therefore, beginning January 1, 2024, international students applying for new study permits will need a base \$20,635 in their accounts to be eligible for study permits. The amount represents 75 per cent of a low-income cut-off (LICO). Statistics Canada describes LICO as their

only way to ascertain that a student can remain independent in Canada, but it remains the main government tool for this purpose. It is likely that relying on LICO and making such a large immediate adjustment could be a hardship on international students coming to Canada from diverse financial backgrounds. As Wanda Cuff-Young, vice-president of operations at international recruiting agency Work Global Canada, said to *CTV News*, "Canada needs students." But doubling the amount of money needed all at once may be too much when it could have been phased in.

Indeed, Canada needs students, and diversity. In an increasingly globalized community, it is also increasingly important to foster international relationships. In the UR International "Message from the President," Jeff Keshen described these relationships as "meaningful connections and mutual respect between people from different cultures and countries."

to the Government of Canada press release regarding the cost-of-living requirement increase, in which Canada's academic institutions were praised, he issued vague threats to restrict visas for provinces that refuse to assist with student housing, or to shut down educational facilities that, in his opinion, shouldn't be operating.

"There are, in provinces, the diploma equivalent of puppy mills that are just churning out diplomas, and this is not a legitimate student experience," Miller said in a *CBC News* report from December 8, 2023. "There is fraud and abuse and it needs to end."

Miller did not elaborate on the specific institutions that he believed were abusive and fraudulent, instead passing the responsibility on to the provincial governments. This move may come as a reflexive federal response to Canadians growing concerns about the rapidly rising cost of living and widespread affordable housing shortages in Cana-

Further deflecting any real responsibility, the federal government also recently extended the waiver on the 20 hour per week limit on off-campus jobs for international students. The waiver was supposed to end in 2023, but was extended until April 30, 2024, for current international students. Miller also said that the government is considering expanding the off-campus work hours for international students to 30 hours per week while class is in session. Miller claimed that allowing 40 working hours per week would give people reason to come to Canada and not focus on their studies.

However, according to the government's own data, 80 per cent of international students work for more than 20 hours per week. Advocates like Jawad Chowdhury, executive director of campaigns for Memorial University's Student Union, point out that the larger work week is not necessarily a negative thing. The ability to work full-time hours is

students something that they can afford [when they actually] can't afford housing and, you know, groceries and all the necessities that you need."

"But on the flip side, I also think it's going to significantly reduce the amount of international students coming into Canada."

Ultimately, the position of international students continues to be confounded and complicated from multiple directions, often at the extreme end of the spectrum that domestic students experience. Things like the recent cost-of-living requirement change add to the stress issues that international students face. It remains to be seen how institutions like the University of Regina will respond to these challenges, considering that UR International is advertised as a "one-stop shop" in building a better world through international education.

Internet history (no, not that sort...)

What led to the wonderful thing we know today?

will bright
 a&c writer

We all know the internet. There's even a chance you're reading this on the internet. It's a constant presence in our lives, but where does it come from?

Our story begins in the late 1950s. The Cold War is heating up. The Department of Defense and the Advanced Research Projects are trying to create a connected system of networks. Their mission continues into the 1960s where two men independently create the same thing, packet switching. Packet switching takes one big piece of data, breaks it into tiny pieces, and sends it away. Their success was named the Advanced Research Projects Agency Network, or ARPANET.

ARPANET had its first communications in October of 1969.

As the years went on, more similar networks were brought to life: Merit, with its official premiere in 1971; CYCLADES in France; X.25 in the UK; and UUCP at Duke University, which quickly became popular for how cheap it was. The issue that arose, however, stemmed from the fact that connections only worked within their own networks.

But within one network, the first ever email program was made by John Vittal in 1975.

It took some time, and ARPANET was fairly insistent on being in the lead, but by 1977 they showed off multiple network connections.

By 1978, people were sending spam emails.

However, ARPANET had become something that was only for military and mainly used for research. Lots of other people wanted what the military had: universities, NASA, other government branches. But, they ran into the same issue again: different

the World Wide Web, which he initially called 'Mesh.' A year later, the very first Internet Service Provider for commercial use 'The World' launched, swiftly followed by Berners-Lee's finished WWW code.

By 1991, web pages were being brought into the scene for public use. Meanwhile, just a year before in the academic sphere, the Archie Index – the first search engine – was created.

were also launched.

By 1996, emails weren't limited to fancy people in high places. HoTMaiL came out as a web-based email provider, which still exists today as Outlook.com. That same year social media came into the picture with the introduction of SixDegrees.com. It was a place to add friends and family and post on a board connected to their account.

In 1997, an Internet classic

newfound online file-sharing

But it's not all rainbows and sunshine in the late 1990s for the internet. A little something called the dot-com bubble came crashing down. It was a stock market bubble related to the internet becoming commonplace, but it was not made for the 21st Century because, in 2000, it crashed. The crash allowed eBay and Amazon to flourish, but many other e-commerce sites went down the drain.

The same year, artists were able to upload music to their pages, including current favorites like Taylor Swift, Lady Gaga, and My Chemical Romance.

Jumping back a little bit, in 2004, college students were introduced to 'the Facebook,' which we all know now as Facebook, despite attempts to change it to Meta.

Another debated website with a recent name change was created in 2006, Twitter.

By 2007, another big invention came onto the scene and pushed internet use even further: the original iPhone.

A hop, skip, and a jump a few years later and we received both Instagram and Pinterest in 2010. In 2011, we got Snapchat.

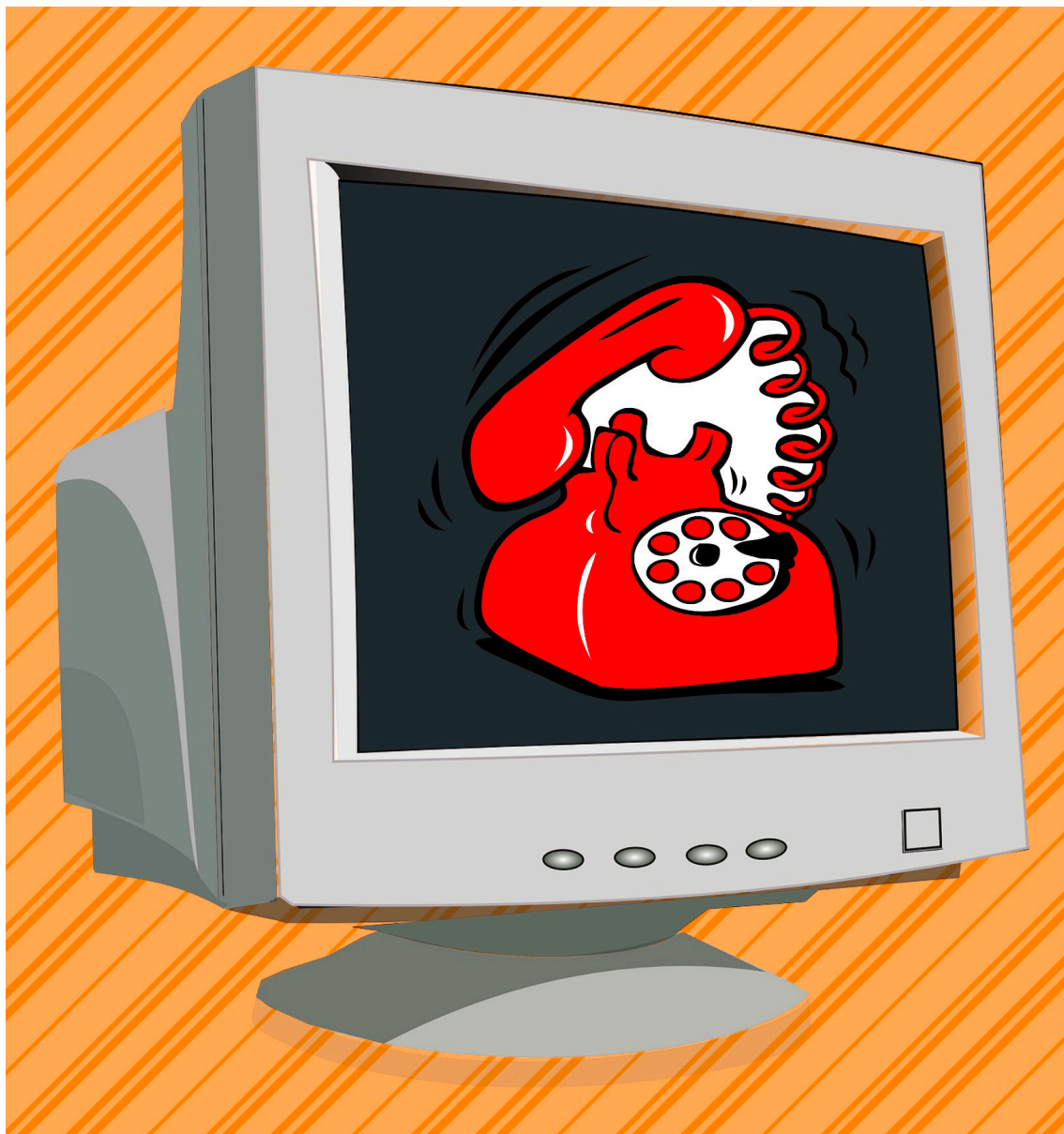
Now a moment of silence for Vine, which we received in 2013, but was gone too soon.

And what about from there?

The internet now is a major piece of pop culture and who we are as a society. The internet is where we get our news, where we talk to our friends, where we see the latest trends. The internet influences our day-to-day lives.

Physical copies of things are on the decline because of the internet. Video game stores close their doors because of digital downloads. Most computers don't even have disc drives anymore for CDs or movies. My own computer has had a TurboTax CD from seven years ago sitting in the disk drive simply because I haven't needed it for anything else. So, TurboTax just sits there.

Kids and young adults are constantly accused of being on the internet all the time, not going outside, not interacting with people. I'm sure we've all seen pictures of signs in restaurants saying things like 'No Wi-Fi Pass-



Computers no longer need to ring to load things, thank the Maker!

Image: Ctker-Free-Vector-Images via Pixabay, manipulated by lee lim

“

By 1978, people were sending spam emails.”

| Will Bright

branches, different networks.

In 1986 a new frontrunner entered the scene, created by the National Science Foundation. It was creatively named the National Science Foundation Network, or NSFNET. They kicked ARPANET out of the scene by 1990.

NSFNET themselves were gone by 1995, but the foundation of it was given to internet service providers.

Hopping back a little bit before ARPANET and NSFNET left, in 1989, a man named Tim Berners-Lee presented the idea of

In 1993, Mosaic, the best browser for people who weren't great with computers, was launched.

By 1995, the internet had found capitalism. Programs were made to ensure financial transactions were made more safely. Two familiar faces, to some, entered the ring: Echo Bay – now known as eBay – and Amazon. Even though that's the year Amazon launched, it would take some time before they became the giant of online shopping that they are today. Java, along with JavaScript,

was born: AOL Instant Messenger, commonly known as AIM. AIM was a place to connect with friends, and had a very important feature in the 'away' message, a spot to leave a message for those to see when you're not online.

1998 brought another few big updates for the internet. The news of the Monica Lewinsky scandal was launched on the internet. Our old friend Google made its way onto the scene. Another old friend, Napster, a site that allowed audio file sharing online, was launched amidst the

Amidst that collapse, we got a chance to meet one of our best friends – Wikipedia – when it launched in 2001.

Then, in 2003, Skype came into our lives through Voice over IP calling. This was also the year of the once-most-popular social media site, MySpace.

MySpace was a place to add friends and post on your page, and as more websites began to pop-up, more features were added. After YouTube's launch in 2005, you could add YouTube videos to your MySpace page.

word, talk to each other,' assuming young people don't actually talk to each other, they just stare at their phones. They're accused of not being able to function without their phones, but I've seen Gen X and Boomers get upset the moment their Wi-Fi stops working properly.

The internet has a long history. Everything does, if you get into the details. But, where would we be without that one Jennifer Lopez photo? Without Google Images, probably.

The scoop on Trivia Nights Saskatchewan

Enjoy trivia shows and want to learn how to take part in one? Read on!

vicortia baht
staff writer

Trivia Nights Saskatchewan has been making a splash recently as it makes its rounds through a number of pubs and restaurants across the province. Making stops at O’Hanlon’s Irish Pub, Lazy Owl, and Bronco’s Pub and Grill along with plenty of others, Trivia Nights Saskatchewan is helping bring some new fun to nights out.

Ryan McNally, the creator and host of Trivia Nights Saskatchewan, started hosting trivia nights in 2019 with BINGPOT Trivia. They were originally based out of Toronto, but recently moved to Vancouver. In 2022, McNally wanted to take things over in Saskatchewan, so he created a logo and branding and started reaching out to hold events from there.

“Ever since then it has been great. We have had shows now at four different locations in Regina, one in Pilot Butte, and hopefully more later down the road.” McNally stated.

He puts a lot of thought and time into creating a trivia night. His process works like this:

“The first thing: there must be an idea. Ever since we started doing themed trivia nights, the idea portion has gotten easier. But the content and creation ideas usually get way tougher. Every two-hour trivia show takes me about six hours to write.”

McNally’s shows feature a few different stages. “Your first round is a photo round, there are 20 photos related to the theme. The second round is a choice round or a pop quiz round, which is 12 questions for a total of 20 points. Round three is a fun trivia round that switches [from] week to week. Round four is a 50-50 round where you need correct answers for this or that. Round five is a music round of some type.”

McNally seems to have a knack for making things entertaining, despite the long creation process. He even has some dedicated fans who attend his shows every week. McNally ensures that every trivia night is fun by making sure that questions are hard enough that people have to think for a minute to answer them, but not so hard they’re stumped for two hours straight.

McNally has been doing this for a few years now. According to McNally, he has made some “re-

ally good questions” that he hopes people have enjoyed. Even with the competition aspect of trivia, everyone is a winner at the end of the day through the fun alone – if you’re doing trivia right, anyway.

“By all accounts, people have [enjoyed them],” said McNally. “Not every team can win every week and that is the big thing. At the end of the day, it is competition, but fun. That is what we are here to do, we are here to have fun, and sell some food and beer for the bar.”

Now, even though everyone is technically a winner from the fun to be had at Trivia Nights Saskatchewan, they do have prizes that teams can win too, giving some people more motivation to play competitively.

“At the Lazy Owl at the [University of Regina (U of R)], they usually do gift certificates for pizza, nachos, and a pitcher of beer for first place. A \$25 gift certificate for second place, and third place is bar swag donated by the bar or liquor vendors that the bar has. Also, two prize rounds. One is for a pitcher of beer, and one is for a plate of nachos for the team to share. No shortage of prizes at the Lazy Owl for sure!”

McNally has also hosted a

number of themed trivia nights, and is already working on a number of potential themes upcoming in the new year.

“Well, the people that have been in my DMs [sic] asking for a Friends trivia night, you will get one. I cannot say the exact date. Although I would like to do an NFL show for Super Bowl week, I would like to do a Grey’s Anatomy, or High School Musical. If people have any ideas for themes, my DMs [sic] are always open on Facebook or Instagram, we are happy to engage with people that come to our shows.”

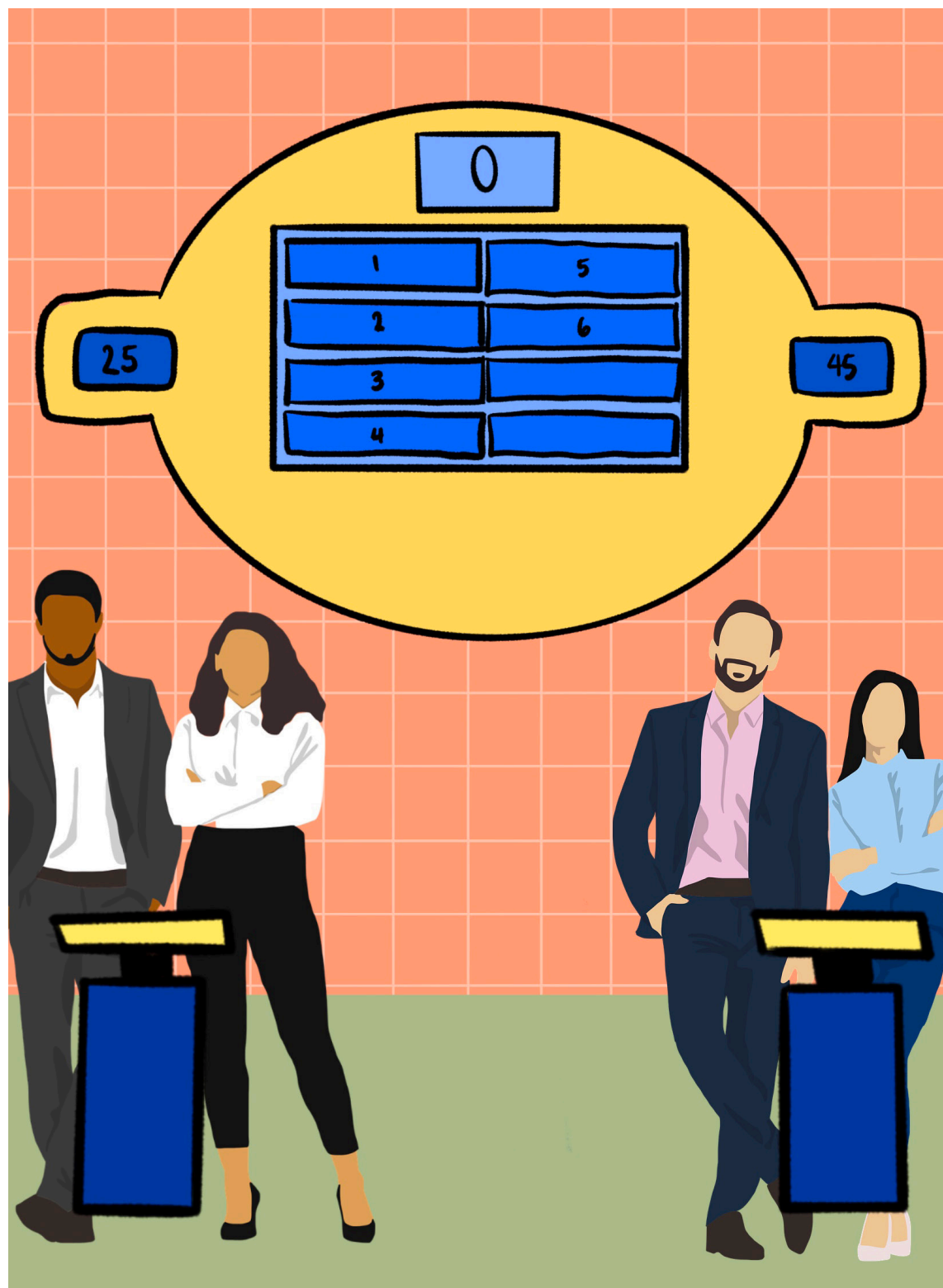
Now, a special thing about Trivia Nights Saskatchewan is that themed nights and content typically do not repeat. McNally likes to wait around a year to reuse or revisit content.

“This goes for all my vendors. I won’t reuse something for O’Hanlon’s that I used [at] Bronco’s last week, and vice versa,” he said. “I try and keep a year-long cycle. Is it perfect? No. This way people get a chance to forget what I ask. Also ensures people that attend every week keep coming and think this is a fun challenging thing to do Wednesday night.”

Well now you know what a Trivia Night Saskatchewan night looks like, you know

what kind of questions or rounds to expect, but maybe you want to host a trivia night at your local restaurant for your staff party or a fun night out. This can be done by directly messaging them at SKTriviaNights on Facebook. For those thinking of hosting one of McNally’s shows, he adds: “My rates are reasonable when it comes to booking for entertainment. If the quote is too high, I am willing to do a deal. This is a side gig for me.”

Trivia Nights Saskatchewan is a fun way to get out and get the brain working. McNally says, “The best way to experience a Trivia Night [Saskatchewan] show is to come to a show. Whether that is at Lazy Owl at U of R or at O’Hanlon’s Irish Pub in downtown Regina. Those shows are successful for a reason, and that is because the people that come every week enjoy what we do.” So, if you feel up to it, why not go hang out at one of his shows sometime?



“ McNally ensures that every trivia night is fun by making sure that questions are hard enough that people have to think for a minute to answer them, but not so hard they’re stumped for two hours straight.”

Victoria Baht

If your family watched this show, I’m sure you’d have a lot of answers prepped and ready to go!

Image: Wallusy via Pixabay, manipulated by lee lim

January celebrations around the world

Here are some holidays you may not know about!

will bright
a&c writer

Welcome back, friends! I hope you enjoyed your December holidays with those you care about. While late December to early January is often considered to be 'the Christmas season,' there are a lot more holidays and events that are celebrated around the world in that same time period. While not a comprehensive list, here are some traditions from around the world.

Kagami-biraki

Kagami-biraki is a ceremony originating in Japan that takes place on January 11. At the ceremony, each person has something called kagami mochi which is two different sized mochi, the smaller one on top of the bigger one, and a Japanese orange called a daidai on top of the two mochi. During the ceremony, the mochi gets broken until it's in small pieces and then it gets eaten. Kagami-biraki is specifically very important for martial arts dojos in Japan and is a signifier of the first practice in the new year.

Timkat

An Ethiopian celebration is Timkat, which is celebrated by Eritreans. Timkat takes place on January 19 and acts as a celebra-

tion of Jesus' baptism in the Jordan River. During Timkat, they recreate Jesus' baptism, along with hosting a festival.

During the festival on the first day, a priest blesses the water and people gather by the water to watch it. On the second day, there is a march in the streets of people wearing the colors of the Ethiopian flag. The final day, the Tabots, models of the Ark of the Covenant which are used for many occasions during Timkat are returned to their churches.

Kwanzaa

Kwanzaa was celebrated this year from December 26 to January 1. Each of the seven days of Kwanzaa is a dedication to something different. The first day focuses on unity. The second focuses on self-determination. The third is about responsibility and working to support the community. The fourth day is about economics and working together to help local businesses profit. The fifth is about purpose. The sixth is for creativity. The seventh and final day is about faith.

On the sixth day, there is a festival called Karamu Ya Imani, which traditionally takes place on New Year's Eve. During Kwanzaa, homes are decorated with cloth and fresh fruit.

Ganna

Ganna, or Genna, is a holiday celebrated on January 7 and is also commonly known as Ethiopian Christmas. Leading up to Ganna, Orthodox Ethiopians participate in Tsome Nebiyat, which is a 40-day fast before their Christmas Eve. On the night of Christmas Eve, they go to a mass that starts at 6 p.m. and ends at 3 a.m. During this service a candle is given to everyone, then the congregation walks around the church three times before making a circle where Communion is served in the middle.

Handsel Day

Handsel Monday is a Scottish traditional holiday that takes place on the first Monday in January, which was January 1 this year. Handsel is a Saxon word that means "to deliver into the hand." For Handsel Monday, playing off the definition of the word, small gifts are given to people you know.

Hogmanay

The Scots also celebrate a holiday called Hogmanay, which is their New Year's celebration. One of the customs for Hogmanay is first-footing, where someone enters your home with a gift as a sign of good luck to the household. A common first-footing gift is a type of dark rye bread called black bun.



Celebration comes in many forms. Photo: bridgesward via Pixabay

| PROGRAM GUIDE | 91.3 FM CJTR REGINA COMMUNITY RADIO | | | | | | |
|---------------|---|--|--|--|---|--|---|
| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| | East Coast Countdown 6-7 am | Putumayo World Music Hour 6-7 am | Red Barn Radio 6-7 am | Daebak! (repeat) 5-7 am | WoodSongs Old-Time Radio Hour 6-7 am Grassroots music | TBA 6-8 am | Music and the Spoken Word 6-6:30 am |
| | Acoustic Café 7-9 am | Sunny Side Up 7-9 am | Bean Water 7-9 am | The Mystic Voyage 7-9 am | Wake and Break 7-9 am | The Jubilee Gospel Show 8-9 am | Maple Leaf Phil 6:30-7 am |
| | On the Air & Story Emporium (rpt) 9-10 am Music and storytelling | On the Air: Really Great Old Jazz 9-10 am (repeat) Jazz music from the 1920s to 1950s | Living Planet 9-9:30 am (spoken-word) Environmental stories from around the globe | The Book Show 9-9:30 am (spoken-word) | Science Unscripted 9-9:30 am (spoken-word) Science stories that will change your day | The Road 9-10 am Alt and Outlaw Country | The Book Show 7-7:30 am (spoken-word) |
| | Mists of Thyme 10-11 am (spoken-word) | Inside Europe 10-11 am (spoken-word) | Science Unscripted 9:30-10 am (spoken-word) | WINGS 9:30-10 am (spoken-word) Raising women's voices through radio | Science Unscripted 9:30-10 am (spoken-word) | TBA 10-11 am | New Times 7:30-9 am (spoken-word) Religious discussion |
| | Toast and Coffee 11 am-12 pm (spoken-word) Community events | Canadaland 11 am-12 pm (spoken-word) Canadian news and current affairs | Chinese Connection 10-11 am (spoken-word) | Principal Prairie (repeat) 10-11 am | Get Chatty With Kathy (repeat) 11-11:30 am (spoken-word) A mixed bag of topics | A Little Off The Top 11 am-1 pm Saturday morning oldies featuring the B-sides | Sunday Funnies 9-9:30 am (spoken-word) Analysis of the bizarre and nihilistic world of syndicated comics |
| | Chinese Connection (repeat) 12-1 pm (spoken-word) | TBA 12-1 pm (spoken-word) | Get Chatty With Kathy 11-11:30 am (spoken-word) A mixed bag of topics | Inside Europe 11 am-12 pm | Wings 11:30 am-12:30 pm | Bollywood Mehfil 1-2 pm (spoken-word) Pakistani news/music | TBA 9:30-10 am |
| | TBA 1-3 pm | Borderlines (repeat) 1-3 pm | Muzyka Ukraine 11:30 am-12:30 pm | The Bridge (repeat) 12-1 pm | WINGS 12:30-1 pm (spoken-word) Raising women's voices through radio | Pinoy Myx 2-3 pm (spoken-word) Filipino news/music | TBA 11 am-12 pm (spoken-word) |
| | Queen City Improvement Bureau (repeat) 3-4 pm (spoken-word) | Just Drawn That Way (repeat) 3-3:30 pm (spoken-word) | WINGS 12:30-1 pm (spoken-word) Raising women's voices through radio | On the Air & Story Emporium 1-2 pm Music and storytelling | Scotland Calling 1-3 pm | Plain A.I.R. 3-4 pm Artist-in-resident program (changes monthly) | Rincon Latino 12-1 pm (spoken-word) Chilean/Latin program |
| | The Basement 4-6 pm A variety of all-Canadian music | Rock Mollusk 4-6 pm Progressive rock music | Scotland Calling 1-3 pm | On the Air: Really Great Old Jazz 2-3 pm Jazz music from the 1920s to 1950s | Mists of Thyme (repeat) 3-4 pm | The Capital 4-6 pm | World of Blues 1-3 pm |
| | Rhinestone Cowboy 6-7 pm A focus on female country, indie and folk artists | The Graveyard Tapes 6-6:30 pm (spoken-word) | Wednesday Girl 4-6 pm | The Road (repeat) 3-4 pm | Wings 6:30-7 pm (spoken-word) Raising women's voices through radio | Ribbon of Darkness (repeat) 6-7 pm Country and western plus more | Borderlines 3-5 pm Real country music |
| | Polka Power 7-9 pm Polka music | WINGS 6:30-7 pm (spoken-word) Raising women's voices through radio | Spoiler Alert 6-7 pm (spoken-word) Old and new movies | Goose Tones 4-6 pm Everything jazz | TBA 7-8 pm | The Dog Run 4-6 pm A musical menagerie | Navaye Ashena 5-6 pm (spoken-word) Persian news/music |
| | Blues Rock Café 9-11 pm The name says it all | TBA 7-8 pm | My Electric 7-9 pm Current electronic music | Living Planet 6-6:30 pm (spoken-word) | Serendipity 8-9 pm Chillwave, indie rock and more | The Bridge 6-7 pm Connecting poetry and music | Putumayo World Music Hour 6-7 pm |
| | The Buffer Zone 11 pm-12 am Anything goes | Synesthesia 9-10 pm | Dodecahedron 9-10 pm Contemporary independent music | Just Drawn That Way 6:30-7 pm (spoken-word) | The Capital 4-6 pm | Principal Prairie 7-8 pm Tunes by Sask artists | Plain A.I.R. (repeat) 7-8 pm |
| | Phil Haunts the Witching Hour 12-1 am | TBA 10-11 pm | Ribbon of Darkness 10-11 pm Country and western plus more | Queen City Improvement Bureau 7-8 pm (spoken-word) | Rhinestone Cowboy 6-7 pm A focus on female country, indie and folk artists | Daebak! 8-10 pm One-stop shop for all things K-pop | Phil's Weekend Music Mix 12-6 am |
| | Loak Virsa (repeat) 1-2 am (spoken-word) | Operation Manatee 11 pm-12 am | Rock Mollusk Led 11 pm-12 am Avant-garde music | Once More With Feeling 8-9 pm | Polka Power 7-9 pm Polka music | The Junk Drawer 10-11 pm You never know what you might find | TBA 8-9 pm |
| | Phil's Overnight Jam 2-6 am | Phil's Overnight Jam 12-5 am | Phil's Overnight Jam 12-5 am | Rhythm 'n Vibes 9-11 pm Afrobeat, amapiano, hip-hop, R&B | Blues Rock Café 9-11 pm The name says it all | Lunar Lounge 11 pm-12 am Cosmic mix of lo-fi, chill pop, electronic, jazz, neo soul | East Coast Countdown 9-10 pm |
| | | Navaye Ashena (repeat) 5-6 am (spoken-word) | | Phil's Overnight Jam 12-1 am | Phil's Overnight Jam 2-6 am | Phil's Weekend Music Mix 12-6 am | TBA 10-11 pm |
| | | | | Rincon Latino (repeat) 1-2 am (spoken-word) | | | Phil 'til Morn 11 pm-5 am |
| | | | | Phil's Overnight Jam 2-6 am | | | Bollywood Mehfil (repeat) 5-6 am (spoken-word) |

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Holistic trauma-informed therapy

Combining the traditional cognitive with the often forgotten somatic

pall agarwal
 s&h writer

Processing our day-to-day experiences and emotions can be difficult or even overwhelming when life gets complex, so it is important that we have resources to support us. There are various resources and platforms on the internet that could provide us with the support that we need, including Superbloom Wellness, an online psychotherapy and dietitian service.

Sophia Khan, a Registered Dietitian with the Saskatchewan

traumatic experiences. Also on their website is a resource page meant to help people navigate life through other people's experiences.

Khan has had a passion for psychology for a long time, dipping into various certifications before she found her fit as a trauma therapist and went all in on this field. Through this journey, she studied different approaches and effects that trauma could have on day-to-day life.

Khan's approach to therapy is down-to-earth, holistic, somatic, compassion-focused, and conversational. She said, "I wanted to create services that really inte-

so important," Khan explained.

According to Khan, "Trauma is anything that affects us that goes beyond our coping skills at the moment. [...] an intense period of stress, discomfort, dysregulation." When people cannot cope, the experience can become traumatic and it has negative impacts on a person's emotional and physical wellbeing. "It affects the relationship with ourselves, and with others and our bodies. It's very linked, and I think trauma is viewed differently by everyone," said Khan.

"I think it is very individual," Khan continued. "Trauma is not just going to the war, or experi-

can develop physical symptoms. Sometimes, it can come out as a lot of anxiety symptoms, headaches, digestion struggles, different things like that. Sometimes the body feels things before the mind is able to."

Khan discusses this connection in her blog post, "What is the gut-brain connection?" She wrote, "...studies have found that inflammation or dysbiosis (a fancy name for reduced microbial diversity) in the gut have been linked to mental conditions such as anxiety and depression (Clapp et al., 2017)." Also in this post, Khan talks about how enhancing the connection can improve

experiencing some disordered eating," as described in Khan's "What is Disordered Eating" blog post. Superbloom Wellness offers services like individual psychotherapy, couples counselling, individual nutrition counselling, group workshops, and more upon request.

"The most important part of therapy is the relationship between me and my client," Khan said. Building trust and fostering compassion with her clients is important, as she mentioned "That's been shown in research, as well, that the relationship is really important. So, that's always my number one focus. [...] I think it's



The whole(istic) package, Sophia Khan!

Photo: Sophia Khan

Dietitians Association, Registered Psychotherapist (Qualifying) with the College of Registered Psychotherapists of Ontario (CRPO), and Canadian Certified Counsellor with the Canadian Counselling and Psychotherapy Association (CCPA), started her venture to help others learn how to overcome unusual and traumatic experiences.

Khan completed her Bachelor of Science in Nutrition and eventually returned to school for a Master of Arts in Counselling Psychology. Her continuing education focus areas include trauma and disordered eating, attachment, intergenerational trauma, and childhood trauma. Khan created Superbloom Wellness to provide a safe space for folks struggling with their day-to-day

grated all parts of a person: body, mind, and spirit. So, the body focuses on the nutrition side of things, mind is focused on mental health and psychology. I also think about the deeper parts of us. [...] I do a lot of mindfulness and nervous system regulation as well. I wanted to create a business that offered holistic services, [...] to get] to the root of peoples' struggles."

Trauma-informed therapy often focuses on the cognitive aspect of a person's health, making Khan's practice unique. "The reason why I am so interested in somatic practices as well as different mindfulness practices is to get the body integrated because, sometimes, [...] therapy can be so focused on cognitive [processes] and we leave out the body. [...] mind-body connection is so,

encing a war, it's a lot of different things." Khan's broad definition provides an open-minded approach and emphasizes that the nature of trauma is highly subjective and individualistic. Something that is traumatic for one person may not traumatize someone else. It depends on a person's coping strategies as well as their own history and what their current support system looks like, and that can vary greatly from day to day.

There is a strong connection between the mind and body which manifests in various ways. This connection becomes stronger through deeper communication and interactions, which becomes essential in healing from trauma. Khan said, "Trauma disconnects that communication a bit. [...] A lot of the time with trauma, we

mental and gut health. Practicing mindfulness and engaging in regular exercise can improve mental health and, through this connection, your physical health.

"When we go through different struggles, it's very normal to come up with coping skills for those struggles, whether it's eating or whether it's another coping mechanism. A lot of our behaviours develop as a way to protect ourselves. So, sometimes, that can actually come out as disordered eating. While it is a troublesome behaviour, the root is often to just protect ourselves," said Khan.

Eating disorders are often only associated with clinical disorders like anorexia nervosa, binge eating disorder, and bulimia. However, the spectrum ranges from "being an intuitive eater to

important to often focus on compassion. I think a lot of us struggle with [it]."

In this journey of building trust, compassion, and wellness to understand individuals with mental health conditions and trauma, folks like Khan are there to support them through resources and clinical treatment. At the same time, it is crucial that people recognize and seek help when they need it, so their conditions do not grow deeper and manifest in ways that negatively affect them. Superbloom Wellness' practices are built on compassion and holistic foundations, and are designed to bring forth hope and healing to help anyone better manage their health and wellbeing both physically and mentally.

A lot of our behaviours develop as a way to protect ourselves. So, sometimes, that can actually come out as disordered eating. While it is a troublesome behaviour, the root is often to just protect ourselves."

Sophia Khan

Capacity pressures = safety concerns

Hallway healthcare is on the rise, as are resulting safety violations

kimberley kaufman
s&h editor

Reaching capacity is a recurring issue for many hospitals due to a lack of staff and beds, making “hallway healthcare” a common practice, if a dangerous one.

Hallway healthcare refers to the provision of care in “beds, in hallways, [and] in waiting rooms because there simply isn’t enough space in the emergency room and in the rest of the hospital,” said Vicki Mowat, the Saskatchewan NDP MLA for Saskatoon Fairview. Overcrowding in hospitals is a serious concern that can lead to ineffective healthcare treatment and even safety hazards in an emergency.

The Saskatchewan Health Authority (SHA) released the Regina Capacity Pressure Action Plan (RCPAP) to address capacity pressures in Regina’s hospitals. This plan was developed and implemented in response to warnings from a Regina fire inspector about fire code violations in the Regina General Hospital and The Pasqua Hospital.

According to the Regina Fire Inspector, the practice of hallway healthcare contravenes the National Fire Code of Canada. This is found under section 2.7.1.6., which states “Means of egress shall be maintained in good repair and free of obstructions.”

As defined in section 1.4.1.2, “Means of egress means a contin-

uous path of travel provided for the escape of persons from any point in a building or contained open space to a separate building, an open public thoroughfare, or

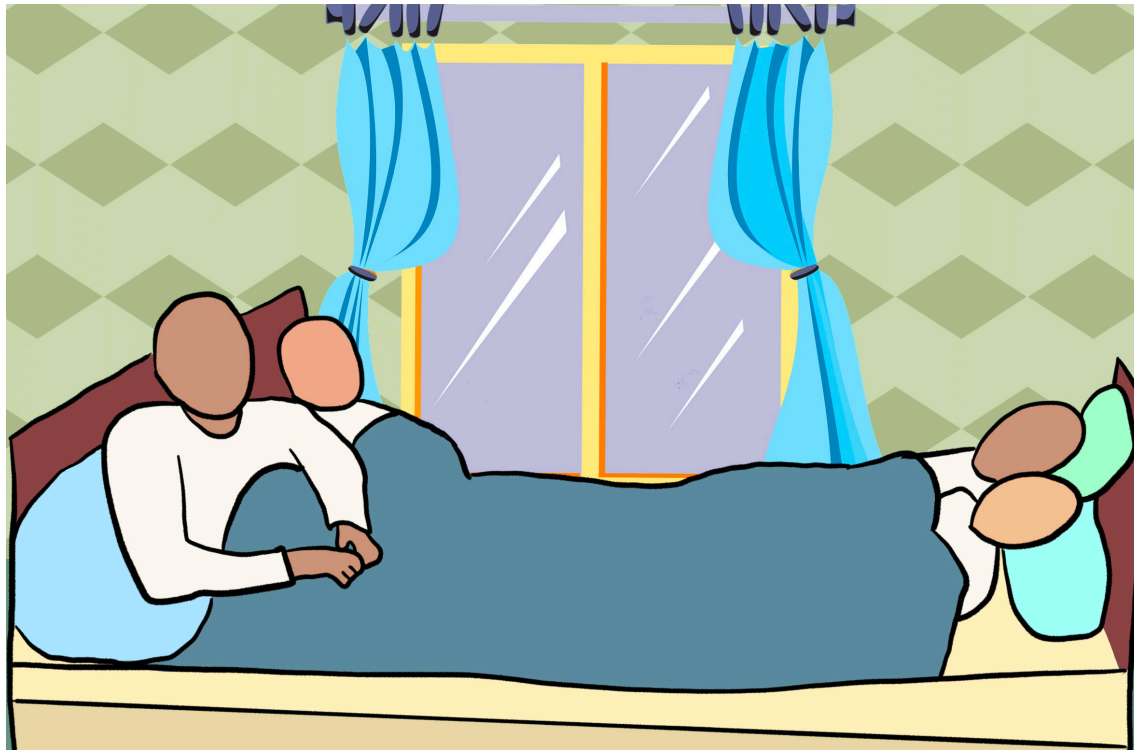
Sheila Anderson, the SHA Vice-President of Integrated Regina Health, explained the factors that have been contributing to capacity pressures and the re-

In response to the warning from the Regina Fire Inspector, the SHA released the RCPAP to address the issue. According to a news release from the SHA

pital; the addition of Emergency Room Staff including Registered Nurses, physicians, security personnel, and porters; the addition of four General Internal Medicine Admitting physician FTEs; addition of six high acuity beds at Regina General Hospital (RGH) acting as a step-down unit to ensure capacity for those patients requiring Critical Care services; addition of two 24/7 staffed ambulances in the community; the addition of six hospice beds at Wascana Rehab Centre; and an announced additional community Policy and Crisis Team (PACT) in Regina.”

The SHA will implement plans to build on the above actions in the next three months. These plans include working towards adding staff to acute care centres to “support timely and appropriate discharges from acute care to free up inpatient beds more quickly;” adding more palliative home care resources to lessen the time inpatients must stay in the hospital, adding four high-acuity beds at the RGH, increasing hospitals adherence to Overcapacity Protocols, and increasing chronic disease supports in Regina.

Going forward, these plans should serve the purpose to decrease the capacity pressure on hospitals, and help minimize the practice of hallway healthcare that infringes on the safety of those in hospitals.



No free beds? That's alright, we're all friends here, yeah?

Image: Ctker-Free-Vector-Images via Pixabay, manipulated by lee lim

an exterior open space protected from fire exposure from the building and having access to an open public thoroughfare. Means of egress includes exits and access to exits.”

By providing healthcare in hallways, which count as access points to fire exits, the means of egress is potentially obstructed and in violation of the Fire Code.

sulting hallway healthcare. “Regina’s tertiary hospitals are facing capacity pressures that are being exacerbated by seasonal respiratory viruses and a rise in patients presenting with increasingly complex needs,” Anderson said. Anderson also said that pressures are expected to rise through the “holiday season,” making the implementation plan a high priority.

on December 21, 2023, this plan “outlines several concrete actions to alleviate and address the immediate pressures facing Regina hospital capacity while introducing long-term measures.”

So far, the SHA reports that several actions have been made to increase hospital capacity in Regina, including “the addition of 28 medicine beds at the Pasqua Hos-

The bare minimum for veterans

Could psychedelic-assisted therapy be a viable option?

The Senate of Canada released the Report of the Subcommittee on Veteran Affairs on November 8, 2023, saying, “Alarmed by the prevalence of suicide and post-traumatic stress disorder (PTSD) in Canadian veterans, the Senate’s Subcommittee on Veteran Affairs is urging federal, provincial and territorial governments to launch and fund a large-scale research program on psychedelic-assisted therapy.”

This urge brings attention to the lack of research surrounding psychedelic-assisted psychotherapy and pushes for more funding and resource allocation. Australia authorized the use of psilocybin and MDMA-assisted therapy in July 2023 and, in Canada, Alberta was the first province to provide guidelines and policies on the use of psychedelics. Veterans have given their prime years for Canada and have had to face physical and mental health issues, known as operational stress injuries, such as depression, general anxiety disorder, and substance abuse.

As per the Senate’s Report, “The Time is Now: Granting equitable access to psychedelic-assisted therapies,” “It is estimated that approximately 10 [per cent] to 15 [per cent] of Canadian veterans have been diagnosed with posttraumatic stress disorder

(PTSD), as well as other physical and mental health issues that can accompany PTSD.” This alarming rate reflects the need for a large-scale research program on psychedelic-assisted psychotherapy so veterans have options if conventional treatments and therapies fail.

According to Kelsie Sheren, who served as an artillery gunner in Afghanistan, “Psychedelic-assisted therapy is the only reason I can be a present mother, wife, and value to the society.” Psychedelic therapy was the reason why she was alive and able to live the life she wanted.

While it provides relief, it is also important to be aware of the unpredictable results that psychedelics can cause that may lead to adverse situations; while there are risks and potential side-effects to any type of therapy, psychedelics have incredibly varied individual impacts. With the limited research available, these effects should be looked into more deeply. Psychedelic therapy, with its process of altering neural pathways, is a way to explore one’s thoughts, emotions, and traumatic experiences.

Veterans Affairs Canada has adopted a wait-and-see approach to explore new treatment options for these traumatic experiences for veterans. Still, the Sub-



Complex trauma may require complex solutions.

Image: Ctker-Free-Vector-Images via Pixabay, manipulated by lee lim

committee recommends the implementation of a robust research program. This would ensure that the veterans get the treatment they need and deserve at the earliest possible time.

According to the report on page 30, “There is also insufficient evidence of the beneficial effects of these substances among veterans, who tend to respond

differently to treatments than the general public, and yet all studies to date have only involved the general public.” While research into this topic continues, there needs to be research done with veterans so they know that the treatment provided to them can be expected to be tested, safe, and reliable.

Fulfilling expectations for

extraordinary outcomes requires extraordinary effort. Even though psychedelic-assisted therapy might be useful, there are not enough healthcare professionals trained to provide the necessary care through this method to veterans. People interested in providing these treatments would be incentivized to obtain the training they need at a rate that would support the demand created by the clinical trials. This will be possible only when immediate steps are taken to address this rising need.

There is much more to discover and learn to assist veterans. Many veterans have been diagnosed only with depression or anxiety due to a lack of knowledge of the complexity of veterans’ trauma, and the conventional treatments for those diagnoses are less effective when significant factors like PTSD are present.

Veterans should not be left without support, or to try to find treatment options all on their own. Is this not the bare minimum?

pall agarwall
s&h writer

Staying active in the City of Regina

Making the most of getting out and about this winter

victoria baht
staff writer

Getting outside and being active is good for your mental and physical health. This winter, get outside and experience all of the different activities and programs Regina has to offer. These include parks to walk through and admire, walking paths to explore with friends, and recreation facilities that offer year-round classes and programs.

The City of Regina has a large number of parks that are open to the public, and they usu-

ally have a play structure, walking or biking paths, green spaces, and more. A new improvement in some of the parks are the community fire pits which were brought in during the Spring of 2023.

for community members to enjoy with their pets. You can check out which parks are all-season and which are seasonal dog parks on the City of Regina website. Seasonal dog parks are open from May 1 to September 30 each year. This is because, during their off-season, the dog parks may be used for a different service. However, the City of Regina has lots of dog parks year-round, and some dog parks even have little dog sections for the smaller breeds to enjoy without an owner worrying about larger dogs.

If you would like to enjoy winter activities during the win-

ter months, don't worry. Regina has a great deal of ice rinks and arenas to enjoy during this coldest of seasons. The outdoor skating rinks offer a great way to stay active outside for free, but you will need to bring your own skates. If you check out the City of Regina website, under "Outdoor Skating Rinks," you can find a list of all the different outdoor skating rinks. Unless they are booked, the outdoor rinks operate on a first-come, first-serve basis.

ation facilities that are open to the public. If you check out the City of Regina website, under "Leisure Guide," you can see that the city has six different locations where leisure activities are offered. Activities can include programs and classes, and each location has different options. The Sandra Schmirler website offers a public pool, a gym, and a library. Their full guide can be found on their website.

The Sportplex, containing both the Lawson Aquatic Centre and the Fieldhouse, has a wider variety of activities and services. These include a walking track,

an adult can pay a drop-in fee of \$6.98, a drop-in fee for 20 uses at \$118.66, or a one-month pass for \$56.88.

Not only do the recreation facilities offer a great way to stay active, but most of the recreation facilities offer low-cost and free programs. These low-cost and free programs can be found in the City of Regina pamphlet. To join the programs, visit the City of Regina website to fill out a form or chat with a staff member at 307-777-PLAY (7529). Some of the programs offered include an adapted music program, inclusive dance classes, fitness and

assistance. Suppose you want to enrol your child in swimming lessons to continue or begin to learn. In that case, you can check out the Swim for Life Aquatic Registration information posted on the City of Regina website.

Recently, the City of Regina's swimming lessons provider was changed from the Red Cross to the Life Saving Society. Due to this switch, they have created a pamphlet to look at and compare the names of the swim levels so you know how to register your child properly. For example, if your child is 5 years of age and recently had completed



Now that Regina finally has snow, maybe people can actually go sledding?

Photo: planet_fox via Pixabay

“Not only do the recreation facilities offer a great way to stay active, but most of the recreation facilities offer low-cost and free programs.”

Victoria Baht

ally have a play structure, walking or biking paths, green spaces, and more. A new improvement in some of the parks are the community fire pits which were brought in during the Spring of 2023.

The community fire pits are in five different parks around the city: Gocki Park, Les Sherman Park, Mount Pleasant Sports Park, Ruth M. Buck Park, and Regent Park. These fire pits offer a great way to warm up in the winter months after playing out in the cold.

Not only that, but the City of Regina also offers dog parks

ter months, don't worry. Regina has a great deal of ice rinks and arenas to enjoy during this coldest of seasons. The outdoor skating rinks offer a great way to stay active outside for free, but you will need to bring your own skates. If you check out the City of Regina website, under "Outdoor Skating Rinks," you can find a list of all the different outdoor skating rinks. Unless they are booked, the outdoor rinks operate on a first-come, first-serve basis.

Regina has outdoor spaces that are not only for recreation but also have some great recre-

ation facilities that are open to the public. If you check out the City of Regina website, under "Leisure Guide," you can see that the city has six different locations where leisure activities are offered. Activities can include programs and classes, and each location has different options. The Sandra Schmirler website offers a public pool, a gym, and a library. Their full guide can be found on their website.

These recreation facilities are a great way to stay active all year long, but you must pay a fee or buy a pass. The City of Regina website lists prices for passes under the "Leisure Passes and Fees" section. The prices differ based on age and how often you would like to attend. For instance,

health programs, wellness yoga, and women's only swimming. Be aware that programs can fill up quickly, so be sure to sign up right away if there's a program that interests you.

One common thing that individuals might visit the City of Regina's website for is to learn about swimming lessons offered by the Lifesaving Society in their Swim for Life program. The Swim for Life program is a great program meant to ensure children are able to swim so that in the event of an emergency, they will be able to save themselves and not require

"Crocodile" at the Red Cross or "Surfers" at the YMCA, then you should register for Swimmer 1 with the Lifesaving Society. If you are unsure where your child may be in skill level, feel free to talk to a staff member or a lifeguard next time you are at a public pool.

The City of Regina has plenty of ways to enable you to stay active in the winter months, whether it is making snow angels outside and warming up near a fire pit or signing up for a program to enjoy as part of the community.

Journalism: a democratic necessity

What is the current reality of journalism?

mikayla tallon
a&c editor

Journalism is one of the oldest ongoing professions in the world. There are some who believe that journalism has only come into its own in the past 100 years, but news has been a function of democracy for almost as long as democracy has existed.

The earliest known evidence of journalism is the *Acta Diurna*, a news sheet in ancient Rome from before 59 AD. It recounted events and was published daily and put up in places where as many people as possible would be able to read it.

See, the purpose of journalism is to spread knowledge to all, to share as much information as the public needs to know and that can be found out and verified. Journalism reports what people wouldn't already know, things outside the norm and ordinary. Sometimes this information is depressing, sometimes it's exciting. Sometimes the information is even frustrating or the first shout of rage in a silent auditorium.

Early on, journalism and journalists were heavily censored by governments and the ruling class. This changed, following appeals to governments and persuasive essays made by various men, after which the freedoms of the press and of expression were eventually legitimized into law around the world.

However, censorship is an ongoing process and does not only apply to journalism, it applies to stories, novels, music, and institutions which host these mediums. Censorship can apply to public posts made on social media or sentiments expressed in public, by anyone.

There is also such a thing as self-censorship, avoiding bringing to light information out of fear of backlash, hurting future opportunities, or bringing about the possibility of bodily or psychological harm to one's person.

Something which falls under the umbrella of censorship, self or otherwise, includes expressing support for Palestine and Palestinians and being against genocide, apparently.

As time has gone on and with advancements in technology, there has been a change in how news is spread on a mass scale. Initially, there was the printing press, then in the 1920s there came to be radio. The 1950s saw the beginnings of televised news, which was followed in the 1990s and 2000s by online news.

Over time, both freedom of expression and freedom of the press have seen challenges in the court of law and the court of public opinion. Following the invention of the internet, however, these challenges have compounded.

People are too used to having every-

thing they *want* at their fingertips. With all the different apps, mobile games, and social media, there is no time or reason for the average person to read the news on their trip to work, while eating, or when they're bored. I'm not trying to say that the internet is bad; I'm trying to say that knowing what is going on in the world is important.

Knowing whether you are going to be targeted for something is important. Knowing whether companies are massively polluting the earth you live on is important. Knowing when organizations are spreading misinformation, disinformation, or propaganda is important. Knowing whether groups are selling your information is important. Knowing when the government is pushing something into law that will impact you is important.

are saying or doing and let the public form their own opinions.

This does not mean that journalism is why their reputation is hurt, it means what they said or did is why their reputation is hurt. Good journalists will not tell the public how to feel about things, but they will give as much information as they can so the public can come to their own conclusions and look more deeply into things themselves.

Solutions journalism gives ideas on how to improve situations, but nothing says these are the only solutions or even the ones that should be used. They are only ideas.

This is the function of journalism, to let those who pay attention to the news know what is going on in the world. Unfortunately, because of greed and changes

C-18, which would mean these websites would enter negotiations with news organizations to give some of that money to them to protect the organization from running out of money to fund this necessary part of democracy.

This is where greed comes in. Meta (formerly Facebook, and owner of Facebook and Instagram) has blocked all Canadian news organizations from promoting their websites and articles on their platforms, including when shared by readers. This is cutting already low readership even more, just so they don't have to pay any money to news organizations. This reaction is not the Canadian government's fault but has impacted many organizations.

If journalism is to continue, there needs to be change. Whether this change



With so many sources of information, you need to critically engage with the overwhelming amount of options available.

Image: Mohamed_hassan via Pixabay, manipulated by lee lim

To further expand on what the point of journalism is, take into consideration what it means when journalism is discredited by those in power or who look to gain it. Journalism - investigative journalism and other actual journalism that is not a stringing together of unverified ideas - uses truth and evidence to inform the public of what is going on in the world around them and behind closed doors.

If someone is saying or doing things behind closed doors that would hurt their reputation if exposed to the public, they will likely be against journalism. To people in power who are abusing their power, journalism is a threat; to them, their power, and - in some cases - the loyalty of their followers. It is journalism's role in democracy to let people know what those in power

in the public - being unable to tell what is trustworthy or unwilling to use the resources that are out there - it is becoming more difficult for journalism to fulfill its purpose. As a result, the public is losing the ability to gain the knowledge necessary to fully participate in a democracy.

Not only this, but advertising has historically been the way news organizations make money. In recent years, advertising has moved from being only available in the paper or the airwaves to being available online. As the internet is large and receives more traffic than any one news organization, many advertisers are choosing to go through the internet instead of news specifically. This means news organizations are losing money to online websites.

Our government introduced a law, Bill

comes in the form of increased readership, intentional changes from those seeking to advertise, or something else entirely is anyone's guess.

Journalism is essential to democracy but losing steam. So, if you're reading this, I implore you to pat yourself on the back and continue learning about the news as you continue your life. Show your friends and family the importance of journalism as well.

Also, reach out to us! The news is where your voice can be heard, and that's why we release pitch lists a week before we print our paper. If you have anything you want to say about the articles we print, there's a place for that here too.

“To people in power who are abusing their power, journalism is a threat; to them, their power, and - in some cases - the loyalty of their followers.”

| Mikayla Tallon

Advocating for half-assery

Half-assed and failed is better than never even tried

holly funk
editor-in-chief

For the majority of my life I believed that it was always best to either fully complete a task or to not engage with it at all: to full-ass or no-ass, but never half-ass. Recently my view has shifted, and it's brought some immense growth that I'm hoping you're able to benefit from too.

One obvious benefit to the 'full-ass or no-ass' perspective is that you never wind up with a task that's only partially done – everything you begin is brought to completion. That is, if you're able to start it in the first place.

I'm no stranger to problems with motivation. In fact, I've come up with many ideas that I was incredibly excited about and then was never able to even begin achieving because, in hindsight, I don't think I believed I could fully see those sorts of ideas through. I didn't believe that I could full-ass the whole concept I'd schemed up, so I stayed at the starting point, idealizing but never actualizing those plans.

If I had just attempted those plans, had given myself the benefit of the doubt and just try to see what would happen...who knows what could have happened. When I would hold myself back from even beginning to attempt something, I would limit myself based on what I already believed I was able to achieve. I left no room to surprise myself, which was wildly

unfair to myself.

Here's a (translated) quote that's always stuck with me from Galileo Galilei: "I have never met a man so ignorant that I couldn't learn something from him." I actually have this quote pinned up beside my desk in *the Carillon's* office, and I appreciate it deeply because it reminds me that everyone is capable of surprising you. I deserve that same flexibility from myself, and half-assery helps me get excited about the possibilities that giving myself a chance introduces.

In simplest terms, half-assery is the ability to attempt a plan without obligating yourself to achieve the full and complete scheme you're picturing in one attempt. As an example, let's take physically caring for your body. For those of you who, like me, can find themselves in some very low-mood dips for extended periods of time, it can be difficult to keep care-of-self at one consistent standard. In fact, it is absolutely unrealistic to expect that a consistent standard could be kept for the sole reason that your baseline well-being isn't consistent.

When it comes to physically caring for myself this still takes many different forms, so I'll break the example down to be even more specific and we'll just look at showering. On the best of days, I'll shampoo and condition my hair and maybe toss in a hair mask, wash my face and do a face mask, use a body wash and then a scrub on the rest of my body, and

once in a blue moon I'll shave.

Some days this feels like a very simple one-step process of showering, but some days it feels like the eight-step process of each individual task plus the tasks of undressing before, drying off after, and putting lotion all over my extraordinarily dry skin. And some days, I don't have the motivation to get through every damn step I normally require of myself in that routine.

Half-assery comes in clutch here because I can simplify the routine, doing just a few aspects without feeling like I'm failing myself. In the past, I'd sometimes force myself to go through the entire process only to find I'd used up all my motivation for the day and couldn't get through other non-negotiables in my day like work obligations or making meals. Or, I'd prioritize the non-negotiable aspects and then feel guilty for not caring for the body I have that got me through that day.

In short, half-assery means that I can at least begin rather than sitting stagnant and not even giving myself a chance. Rather than feeling daunted by the entire scheme, I focus on a few steps that I can absolutely accomplish like, in a shower, just doing the shampoo and body wash on the worst of days.

I've found this useful in physically caring for my body but also in fulfilling work obligations, writing a thesis, or doing course readings. Even if I only have the drive to read five pages, that's five



Let's face it, some days 'a little less awful' is the best we can do.

Image: lee lim

fewer to get through tomorrow – still a favour for future me.

Give yourself a chance to half-ass something for a change.

At least you'll have a start, and that's a hell of a lot better than not having assed at all.

A call for cats on campus

A need for feline friends is being felt



One shudders at the thought of the efforts needed to put a cat on a leash.

Photo: Nazeemah Noorally

As the University of Regina (U of R) welcomes everyone back for the Winter 2024 semester, it's like a fresh start on campus. The air might be chilly with winter fully settling in. Students have different ideas about what could make campus life more vibrant. Some want better food and comfier study spots, but I have a unique wish: therapy cats.

Imagine having these furry friends around, not just in any spot but right in the heart of the campus. Picture therapy cats bringing comfort and joy to students and faculty members at the Research and Innovation Centre building, the Riddell Centre, and other cozy campus spots. It's not a typical campus wish, but it could be amazing.

Therapy cats, like therapy dogs, are trained to provide emotional comfort to those in need. While dogs are often celebrated as "man's best friend," therapy cats play an equally valuable role. Despite some stereotypes surrounding cats, such as aloofness and independent natures, cats possess distinctive qualities that can make them effective furry companions to humans.

Petting a cat has been shown to lower levels of cortisol, a stress hormone, with a 2019 study by

Washington State University revealing that its stressed university participants interacting with cats experienced the greatest stress reduction. It has also been shown that spending time with cats naturally releases endorphins and oxytocin, some relaxation hormones, that not only boost mood and increase positive emotions but are also linked to positive heart health and lower blood pressure in stressful situations.

However, being a therapy cat necessitates a specific temperament and possibly some training. The cat-human bond is a crucial one for therapy cat training.

Haylee Bergeland, a certified professional dog trainer and the Founder and Executive Director at Iowa Human-Animal Bond Society, said "A handler knows their cat's body language and preferences, advocates for [their] welfare, and can ensure visits are safe and pleasant for everyone."

Certified teams of pet therapists can train therapy cats to recognize emotional signals, respond with love and affection, and avoid aggression. While the idea of therapy cats might seem unconventional at first glance, it aligns with a broader movement recognizing the profound beneficial impact of animal companionship on

mental health.

In recent years, mostly therapy dogs have become a staple on campuses worldwide, providing students with moments of reprieve from the pressures of academic life. The integration of therapy cats at U of R would not only align with this global trend but also add a feline charm to the campus' well-being initiatives.

Therapy cats can engage in personalized one-on-one sessions, creating a supportive environment for individuals to connect on a personal level. Renowned for their soothing purrs and gentle demeanor, they provide emotional comfort, thus promoting calmness.

Tailoring interventions to specific needs, therapy cats adeptly assist those facing anxiety, depression, and academic stress, thus adjusting their interaction style to individual preferences. With the versatility in different settings, including the university campus, they can offer valuable support to the U of R community.

nazeemah noorally
staff writer

PUBLICATION PROCESS

12 DAYS PER ISSUE: each issue is between 12 - 20 pages, all contributed by the university community.

The Pitch List

Contribution suggestions from our section editors go live on our website:

PITCH.CARILLONREGINA.COM

Contact our editors anytime with questions on contributing or the newspaper, or if you're not sure who to contact you can reach out to our editor-in-chief who will do all they can to point you in a helpful direction!

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STEP 01

We have 24 newsstands on campus and one each in Campion College, Luther College, and the First Nations University of Canada.

We also currently have 7 distribution locations off campus which include: Stone's Throw Coffee, Elle's Cafe, The Penny University, Le Macaron, The Mercury, Aware House Books, and Victoria Square Shopping Centre.

STEP 02

Production

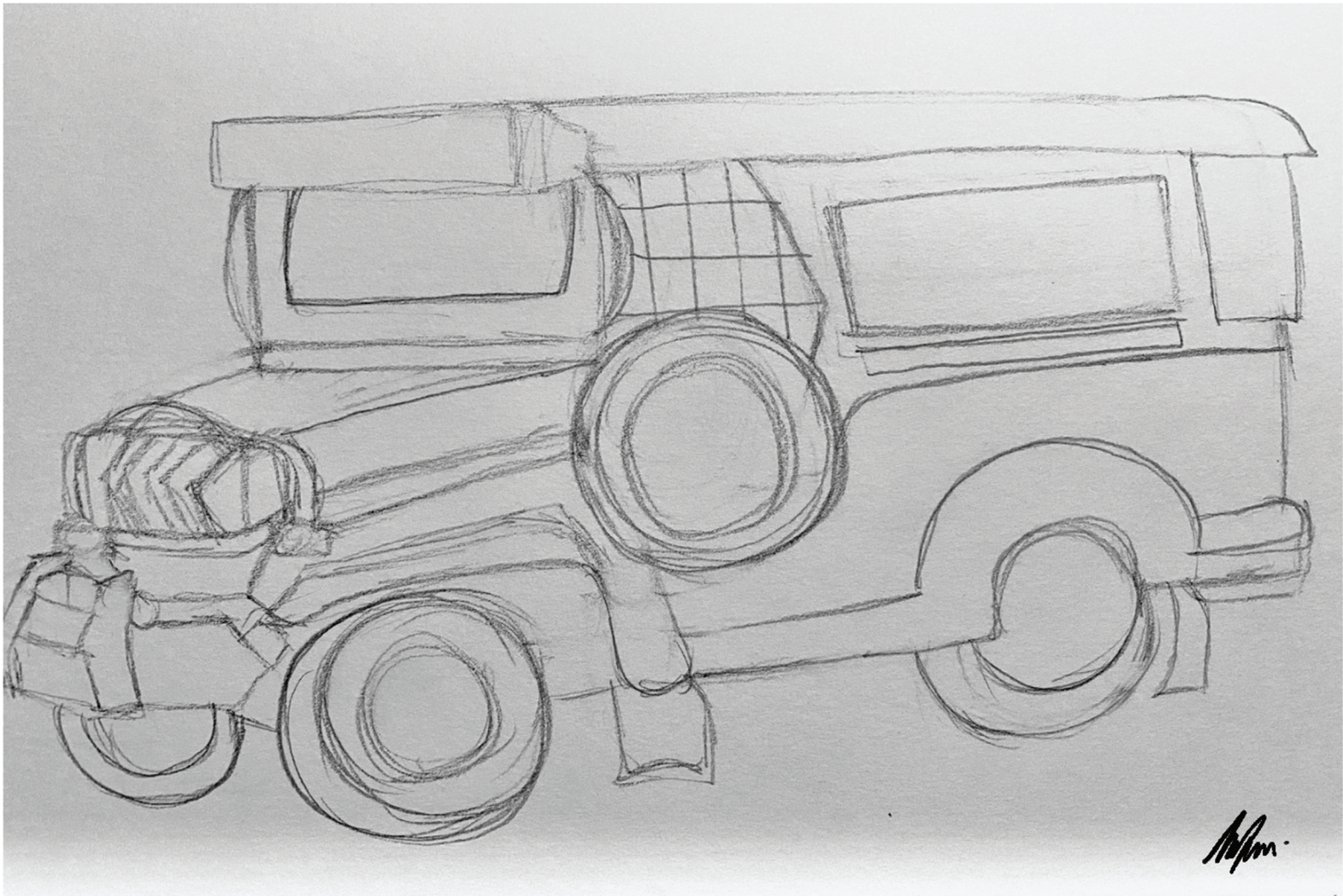
Our team beautifully jigsaws the issue of the newspaper together, and it publishes Thursday morning the week after the pitch list for that issue went live.

STEP 03

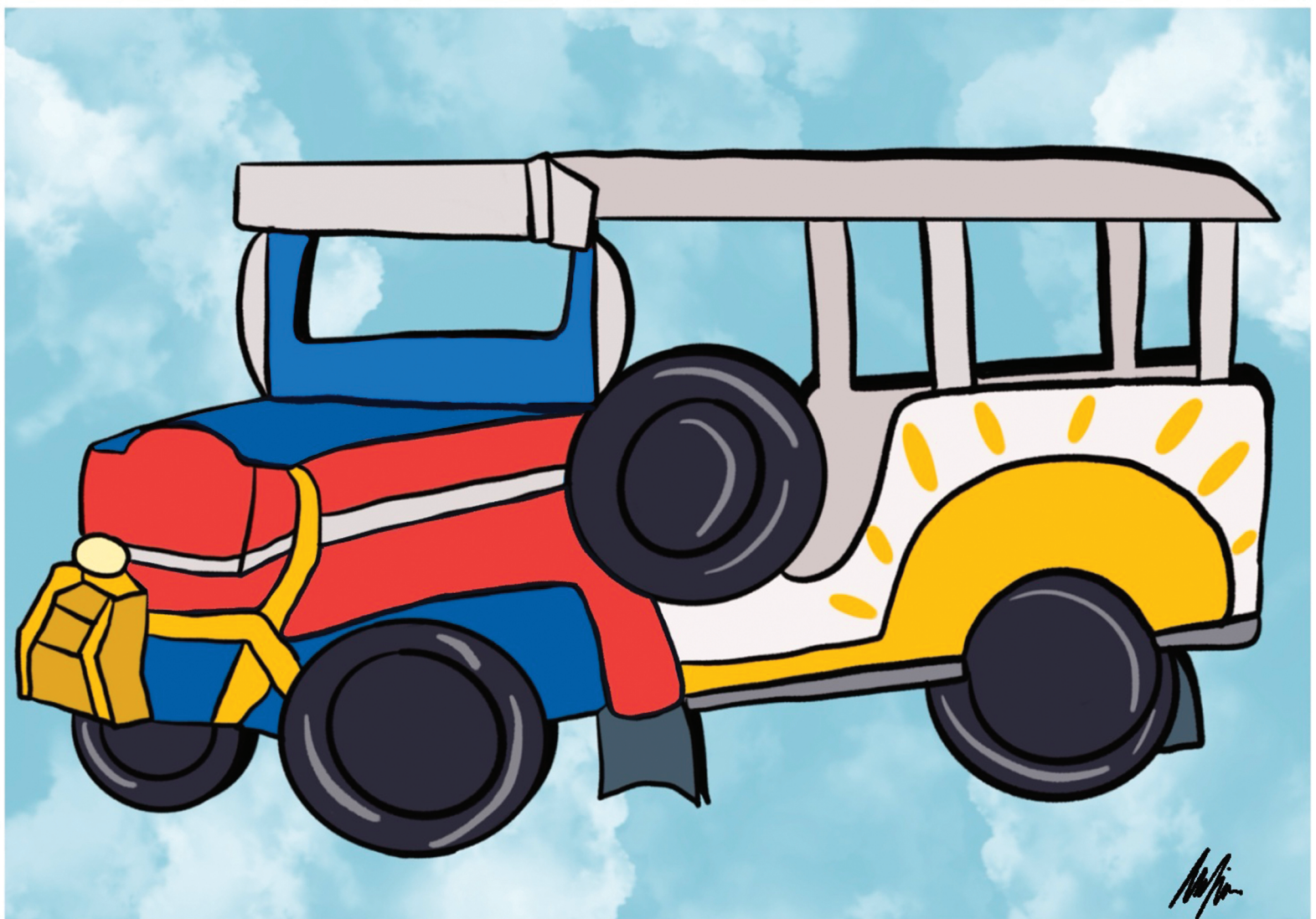
The 2024 Publication Schedule

| Issue | Pitch List goes live | Contributions due by | Issue on stands + online! |
|-------|----------------------|----------------------|---------------------------|
| 15 | January 7 | January 13 | January 18 |
| 16 | January 14 | January 20 | January 25 |
| 17 | January 28 | February 3 | February 8 |
| 18 | February 4 | February 10 | February 15 |
| 19 | February 18 | February 24 | February 29 |
| 20 | February 25 | March 2 | March 7 |
| 21 | March 3 | March 9 | March 14 |
| 22 | March 17 | March 23 | March 28 |
| 23 | March 24 | March 30 | April 4 |
| 24 | March 31 | April 6 | April 11 |

Pitch | recreate an old artwork



2023



2024

Want to contribute to the graphics page?

Check out our pitch list on carillonregina.com/pitch/

Or send an email to graphics@carillonregina.com