



the carillon

vol. 66, issue 15

january 18, 2024

but it's a dry cold since 1962

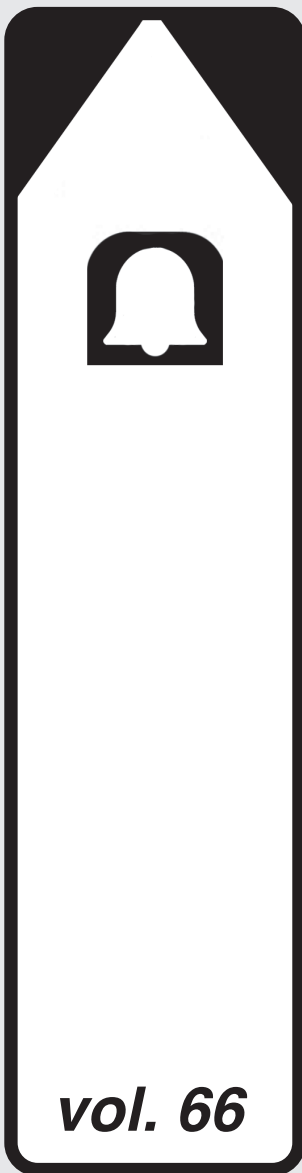
carillonregina.com



winter welcome 2 p.3 cheerful cherubs p.5 COVID-19 tests p.11

Paragonia

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 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 january 18, 2024 | volume 66, issue 15 | carillonregina.com



Hey everyone! The next open editorial board meeting will be held in our office, room 227 of the Riddell Centre, from 3-4 p.m. on January 21. Open editorial board meetings are where you can speak with the section editors in person about what you like, don't like, or want to see in their sections. As a newspaper by, for, and about students, we love hearing from you, so feel free to reach out to our section editors! A few days later will be our next Board of Directors meeting over Zoom from 7-8 p.m. on January 25. You can join us by finding the correct meeting at carillonregina.com/meetings/

With that said, welcome to Issue 15 of Volume 66 of *the Carillon*, we're looking forward to hearing from you for Issue 17, which has its pitch list released at noon on Sunday, January 28!

Illegitimi non carborundum

mikayla tallon
 a&c editor

featured photos

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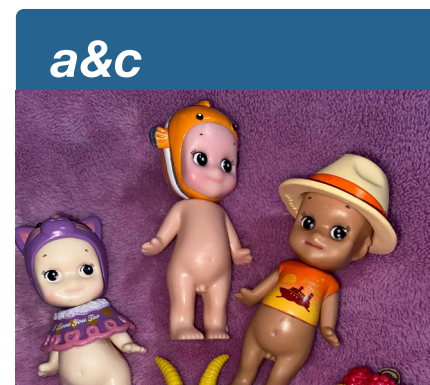
news p. 3

Funnily enough, words have meaning. This one isn't used lightly. Will Bright explains the connection between this word and Israel.



news p. 3

Only a couple weeks into the new semester, Shivangi Sharma is here to bring you the latest on the Winter Welcome Week.



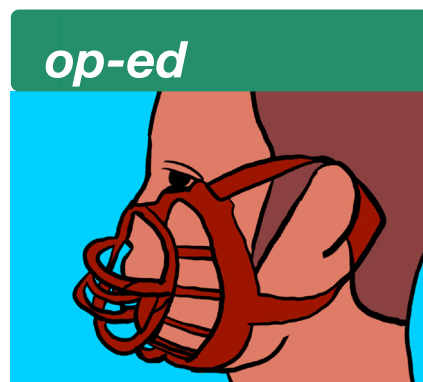
a&c p. 5

Have you seen the #sonnyangels trend on TikTok? Maren Savarese Knopf is here to bring you up to speed, so don't worry if you haven't.



s&h p. 11

Maren Savarese Knopf goes over everything you need to know about the recently BTNX COVID-19 tests.



op-ed p. 13

Censorship can show up in a lot of ways and you can even do it to yourself. Hammad Ali writes about what it means to self-censor.



op-ed p. 14

Mikayla Tallon goes over what they believe to be the reason this problem is being framed the way it is in our main media.

Is Israel committing genocide in Palestine?

Looking at the definition? Yes.

Genocide is a heavy word. When we think about genocide, it can feel like something from the past: the Holocaust, Rwanda, the residential school system. But, if I told you that there was a genocide happening right now in Palestine, would you believe me?

When we talk about genocide, it's not just something that happens all at once. A genocide doesn't start with the snap of your fingers. It takes time. There are ten stages of genocide, which don't even need to happen in this order.

Stage one is classification. Separating people into "us" and "them." Israel's start of classifying Palestine as different didn't start this year, it started in 1949 following the end of the Arab-Israeli war where Israel fought against the Arab League. The Israel-Egypt Armistice Agreement of Feb. 24, 1949, did not include Palestine or their All-Palestine Government of the time.

By the end of that war, Israel had more land than they started with, Jordan had the West Bank, and Egypt was controlling the Gaza Strip and the Palestinians in it. It wouldn't be until the mid 1990's that Palestine was able to regain control over Gaza.

Information about step two, symbolization, in regards to Israel and Palestine is murky, so I'm just going to jump over to step three: discrimination.

Even though at the time, Pal-

estine was supposed to be leaders of the Gaza Strip, in 2005, Israel had power over their imports. Israel was working to stop Gaza getting what they needed according to the Geneva Convention. They were discriminating against

Step four of genocide is dehumanization. Treating the other group as less than human. In early October, Yoav Gallant, the Israeli Defense Minister, stated about Palestinians: "We are fighting human animals and we are

ing online information to try and make the world believe they are in the right. According to a document released by the CIA, Israel is purposefully trying to make themselves appear as an underdog because Americans are more

are countless photos and videos of Palestinians holding their dead children and crying, trying to dig out lost ones in the rubble from Israeli bombs. There is no denying that Palestinians are being killed en masse by the IDF.

Editor's note: South Africa filed claims against Israel on Dec. 29, 2023, with the International Court of Justice, accusing them of genocide, with 84 pages of proof. Instead of presenting actual arguments or proof that what they are doing is not what they are accused of, Israel's team attempted to undermine the credibility of the court, of South Africa's team, and of Palestinians' rights to human rights.

In their attempts to do so, they created notable contradictions within their own talking points. At the end of the case, South Africa's representatives requested Israel be held accountable to uphold their prior agreement to the Convention on the Prevention and Punishment of the Crime of Genocide, among other similar things.

Israel's team's response? Essentially, "Hey, don't make us do that. Also, take this case off the record."



Despite what some say, this is not a call to kill Jewish people.

Photo: lee lim

the rights that Palestinians had. Despite needing to supply Palestinians, Israel didn't.

They stopped aid convoys and emergency relief. This information is from reports from 2009. Israel was stopping aid from reaching Gaza in 2009. So many human rights violations have been committed by Israel against Palestinians including, "the right to life, the right to adequate food and housing, the enjoyment of the highest attainable standard of physical and mental health which also includes the right to water; and the right to education."

acting accordingly." Simply put, Israel does not treat Palestinians like people.

Step five is organization. A militia to enforce the genocide. The Israel Defense Forces (IDF) was formed in 1948, the same year of the Arab-Israeli War which Palestine fought in. The IDF has been fighting Palestine since the 1940s. Multiple videos have been shared online of IDF soldiers bragging about killing children.

Step six is polarization. Propaganda is common in this step. For months, Israel has been shar-

likely to side with underdogs.

This same document states that United States press does not report on Israel's wrongdoings. Even looking at Israel's social media, the videos they share are people singing, wearing signs that say Israelis have been massacred by Hamas even though at least 23,000 Palestinians have died since October 7 as of writing this article.

Step 7, 8, 9 are preparation, persecution, and extermination. Palestinians are dying. They are being killed. They are being persecuted and exterminated. There

will bright
 a&c writer

Warming up to the winter semester

From hot chocolate to a fire show, Welcome Week events had it all

shivangi sharma
 news writer

It seems that the semester just started, and now more than a week has passed. Yet, as students attempted to settle into their respective semester schedules last week, they also had some on-campus events to enjoy and be a part of during the first week of classes.

To welcome students, both new and continuing, the University of Regina Students' Union (URSU) organized an event-filled Welcome Week over the first week of the Winter 2024 semester.

A variety of events were organized, appealing to the diverse interests of a wide range of students. The events started on Tuesday, January 9, and concluded on Friday, January 12. Events included things like Karaoke night, Bingo and Paint, Trivia Night, Snowman and Hot Chocolate, Open Mic, Club Fair, and Fire and Magic Shows, amongst others.

Most of these events were held at The Lazy Owl, a facility run and managed by URSU, while some took place in the Multi-Purpose Room at the Rid-

dell Centre. URSU members and students who attended the Welcome Week events shared their experience with *the Carillon*.

Tejas Patel, URSU President, said, "After [the COVID-19 pandemic], this is the first Winter Welcome Week that URSU organized. As per University's data we have 1,400 students walking in and out of campus in the present winter semester and URSU made efforts to include a wide range of events so that most students can find something as per their interests."

Tejas continued, "I think the turnout was pretty good with the help of the executives, the events management team, and The Lazy Owl team where most of our events were held."

The highlight of the Welcome Week turned out to be the Fire and Magic show which was held on the evening of January 11 at The Lazy Owl. The magic show was performed by Spencer Scurr, and Stephanie Stella was the performer for the fire show that followed.

"This particular event took place in front of capacity crowd at The [Lazy] Owl, the most I have seen at The [Lazy] Owl in

the last two years," said Mohammad Talha Akbar, URSU General Manager.

Zuhruf Zarooq, URSU VP of Students Affairs, commented on the biggest success of the events. "I did not get the chance to be a part of all the events myself. However, as per my conversation with some of the students who attended the events, they were really happy."

"I was pleased to see how the student engagement spiked at these events, be it domestic or international students, or new or continuing students," Zarooq explained as the reason why this was what they considered the biggest success.

"I went to almost all the Welcome Week events. I had an amazing time. The best was the fire and magic show. I really enjoyed it," said Daxit Vasoya, a second-year student in Computer Science.

"The fire and magic show was just stunning. I was really looking forward to it and I was not disappointed at all," said Maria Eugenia Argerami, a final-year English major.

With the success of the Welcome Week events, we at *the*



Students enjoyed the first week back on-campus with daily events.

Image: gustavorezende via Pixabay and DreamDigitalArtist via Pixabay, manipulated by lee lim

Carillon hope that all the students here, both new and continuing, enjoy their courses. We also wish you all good luck with your studies and schedules, and, as always, if you enjoy our newspaper, feel

free to reach out!

With all that said, we welcome you to the Winter 2024 semester at the University of Regina!

“He may bring you happiness!?”

What’s the big deal with those cherubs?

maren savarese knopf
 staff writer

Sonny Angel. The tiny – and often nude – plastic cherub designed for working women in their mid-twenties.

If you’ve been on the internet as of late, you’ve likely run across the viral hit in the form of cherub figurines. The cherubs come in a variety of themes and are known as Sonny Angels. The viral cherubs are international sell-outs with highly anticipated restocks and if you’re asking yourself what could possibly be ‘the deal’ with them, you wouldn’t be alone in doing so.

Circulating most popularly over social media platforms like *TikTok*, the cherubs gained notoriety as “#sonnyangel” began to soar.

The beloved Sonny Angels are collectible figurines created by Japanese toy designer Toru Soeya who based the name of the product from his nickname – Sonny. Each plastic angel boy features a unique design, a set of wings and signature headgear.

While some angels feature full outfits, most are without pants or clothes and look similar to the popular Kewpie doll. You know the one on Kewpie mayo? Yes, that’s the one.

The average size of the Sonny Angels is under three inches and retails anywhere from \$16-44 CAD online. As of now, the cost to order a Sonny Angel on Amazon.ca would put you back nearly \$50 CAD.

Each cherub is sold individually in their respective themed collection that can include animals, vegetables, fruits, sea life, flowers, and recently a Christmas collection. Additionally, ‘hippers’ feature an adhesive strip to attach

Soeya works for boasts the motto “Heal your heart.” While Sonny angels have been on the market since 2005, the *TikTok* hashtag “#sonnyangel” has upwards of 600 million views.

Fans of the cherubs have organized Sonny Angel meetups where collectors connect and trade angels from their own collection. As of 2023, there are over 1000 different models of the Sonny Angels to collect while some are deemed more rare and there-

footage by saying, “We laugh for each other, we cry for each other, we cheer for each other, and went on to say, “We literally live for this.”

Although the collectors of Sonny Angels – mainly young women as the product was intended for – have formed a sense of community both online using *TikTok* and in-person trading events, something is still off. Why is it that young working women in their mid-twenties are targeted to

and familial companions in the form of children.

Moreover, the packaged companion being used as a method to deal with “work-life balance” perhaps points to ongoing notions of the distinction between personal and public, creating binaries between the realm of childrearing and work. Do women in their mid-twenties really need an angelic baby as a companion to relieve them of the stress of adulthood?

emotional response to deal with stressful or adverse events. Moreover, a 2022 article published by *Forbes* magazine explored the way *TikTok* has shaped how Gen Z Shops.

The social media platform *TikTok* was created in 2017 because of a merger between *Musical.ly* and *Douyin*, two pre-existing social media platforms. Since the merge, the platform reached new levels of popularity – notably during the COVID-19 pandemic.

Today, almost all social media networks have a social commerce element and *TikTok* is no exception. Data has shown that approximately 88 per cent of customers have bought an item after they watched a video from company advertising. However, *TikTok* users or companies don’t necessarily have to explicitly advertise products. Rather, the creation of conversation and interest surrounding products might inadvertently help to increase sales. Sonny Angels are a great example of this.

Interestingly, the *Forbes* article also highlighted the shorter attention span of Gen Z as compared to previous generations. Because of this, they note that Gen Z requires more entertaining content from businesses – and social media platforms seem to be the place to find it.

In part, what makes Sonny Angels enticing is their collector’s fad wherein each purchase is a surprise. It is impossible to know in advance which model you will receive, and this makes it a rewarding experience with a dopamine hit.

A *New York Times* article released early in 2023 reporting on a Sonny Angel meet-up even went as far as to detail how one university student recalled successfully quitting vaping by wait-



As much as I love kids, I’m not sure I need one with me 24/7/365.

Photo: lee lim

“

Why is it that young working women in their mid-twenties are targeted to purchase male baby angelic figurines as a method of coping with work-life balance and seeking out kinship? The irony seems a little on the nose with this one.”

| Maren Savarese Knopf

the Sonny Angel to your cell-phone or other tech device.

According to Soeya, who shared this in a past interview, he created the fictitious two-year-old angels to act as companions or “little boyfriends” for working women in their mid-twenties while dealing with the stress of adulthood and work-life balance.

In fact, the company that

fore more desirable than others.

Of particular popularity amongst collectors are the rainbow design, which features a rainbow-coloured angel, and the Christmas tree design, which – you guessed it – is a Sonny Angel dressed as a Christmas tree.

In a *TikTok* video uploaded by user @cutesonnyangel, Yunuen filmed a New York Sonny Angel meetup and narrated the

purchase male baby angelic figurines as a method of coping with work-life balance and seeking out kinship? The irony seems a little on the nose with this one.

Criticism of the products include the fact that Sonny Angels are male babies in which women in their mid-twenties are targeted to purchase – reiterating pervasive stereotypes about women’s domestic labour in child rearing

Although undeniably cute and perhaps sometimes irresistible, this raises important questions about ‘doom purchasing’ and social media’s influence on product consumption.

Doom purchasing or spending refers to the practice of making purchases as a method of coping with the current state of the world or daily life. It is a form of ‘retail therapy’ and, at times, an

ing to open a new Sonny Angel box until she had gone several days without using her vape.

Whether you love them or hate them, they are worth thinking about in regard to what they mean for the way products are targeted at young working women and the way we consume products through social media.

Put on your dancing shoes!

VicSquare Arcade has plenty of games, including Dance Battle.

victoria baht
staff writer

The Victoria Square Mall in Regina, Sask., is focused on creating a community and a place to have fun indoors. In order to achieve this, Victoria Square Mall recently got a mini golf, arcade, and indoor play area. Plus, with the regular shopping centres and food court, it is a great place to be.

This past weekend I stopped at Victoria Square Mall and visited the VicSquare Arcade. It was a real hit! Even with the -40 C weather, lots of Regina residents were hitting up the arcade and I can see why!

According to the VicSquare Arcade website, "With over 10,000 square feet the Victoria Square Shopping Centre, the Vicsquare Arcade offers over 130 Arcade Machines including gift games, ticket redemption games, Pinball, Racing Arcade, Shooting Arcade, Air Hockey, and more!"

The nice thing about this arcade is you can walk in and enjoy it at any time, no need to make a reservation. It is worth noting that reservations are required for hosting parties, and details for that can be found on their website.

When you walk in, you are greeted by a huge assortment of games and colourful neon lighting. From there, you can head to the front desk and purchase a game card. The game cards are

purchased at different prices for different amounts of tickets. Also available on their website, you can purchase 20 credits for \$10, 40 credits for \$20 with a bonus of 10 credits (meaning 50 credits in

credits, plus the game card the first time, the pricing is great!

The best thing about the game card is you can reuse it for different visits, that way you can earn lots of tickets for a big prize

them at the screen you are aiming at targets. For different points and each level, you must hit a minimum number of points to move on with the game. By the time I finished my levels and could not

the highest score. But for each level, you would get 25 seconds. Then you keep shooting the basketball into the hoop and you aim for a new high score each level. And of course, with each new level, the game gets harder. The net starts moving side to side or faster. Either way, it's loads of fun!

They have lots of games that don't focus on accuracy either! They have race car driving, motorbike races, dancing games, shooting games and so much more. Check out the gallery on the VicSquare Arcade website to get an idea of all the games they have there for you to play!

They also have gift games! My friend and I played a game to win Microblock Yoshi. When we won the game, we got a 566-piece LEGO-like toy to make. You could also win things like key chains, hand warmer pillows, stuffed animals, candies, and more!

The more you win a game and the better you get the more points/tickets you win. When you get enough points/tickets, you can get a big prize at the front desk. They also don't expire so you can keep adding them to win a big prize! They have options like cool socks, toys, stuffed animals and more!

The VicSquare Arcade is lots of fun! If you have time, I highly recommend going and checking it out. It's sure to be a fun time for any age!



With so many games, you'd think more people would be playing them!

Photo: Victoria Baht

total), 80 credits for \$40 with the addition of 40 free credits (or 120 total credits).

For \$60, you can get 120 credits with a bonus of 120 credits in total! Accounting for all these

over time! That is the aim of most of the games you play, to earn tickets based on the task so you can purchase one of the prizes.

During my visit, I played a game that lets you throw frisbees at a screen. As you are throwing

complete them, I gained around 40 tickets! It was so fun and unique.

The same thing happened with a basketball shooting game. My friend and I were battling each other to see who would get

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)	Chinese Connection 10-11 am (spoken-word)	Inside Europe 11 am-12 pm	Muzyka Ukraine 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	Get Chatty With Kathy 11-11:30 am (spoken-word) A mixed bag of topics	The Bridge (repeat) 12-1 pm	WINGS 12:30-1 pm (spoken-word) Raising women's voices through radio	CanQueer 11 am-12 pm (spoken word)	Loak Virsa 10-11 am (spoken-word) East Indian news/music
	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	Pinoy Myx 2-3 pm (spoken-word) Filipino news/music	TBA 11 am-12 pm (spoken-word)
	The Basement 4-6 pm A variety of all-Canadian music	TBA 3:30-4 pm	WINGS 12:30-1 pm (spoken-word) Raising women's voices through radio	On the Air: Really Great Old Jazz 2-3 pm Jazz music from the 1920s to 1950s	Mists of Thyme (repeat) 3-4 pm	Plain A.I.R. 3-4 pm Artist-in-resident program (changes monthly)	Rincon Latino 12-1 pm (spoken-word) Chilean/Latin program
	Rhinestone Cowboy 6-7 pm A focus on female country, indie and folk artists	Rock Mollusk 4-6 pm Progressive rock music	Scotland Calling 1-3 pm	The Road (repeat) 3-4 pm	Goose Tones 4-6 pm Everything jazz	The Capital 4-6 pm	World of Blues 1-3 pm
	Polka Power 7-9 pm Polka music	The Graveyard Tapes 6-6:30 pm (spoken-word)	Wednesday Girl 4-6 pm	Living Planet 6-6:30 pm (spoken-word)	Living Planet 6-6:30 pm (spoken-word)	Ribbon of Darkness (repeat) 6-7 pm Country and western plus more	Borderlines 3-5 pm Real country music
	Blues Rock Café 9-11 pm The name says it all	WINGS 6:30-7 pm (spoken-word) Raising women's voices through radio	Spoiler Alert 6-7 pm (spoken-word) Old and new movies	Just Drawn That Way 6:30-7 pm (spoken-word)	Just Drawn That Way 6:30-7 pm (spoken-word)	TBA 7-9 pm	Navaye Ashena 5-6 pm (spoken-word) Persian news/music
	The Buffer Zone 11 pm-12 am Anything goes	TBA 7-8 pm	My Electric 7-9 pm Current electronic music	Queen City Improvement Bureau 7-8 pm (spoken-word)	Queen City Improvement Bureau 7-8 pm (spoken-word)	Dodecahedron (repeat) 9-10 pm	Putumayo World Music Hour 6-7 pm
	Phil Haunts the Witching Hour 12-1 am	Serendipity 8-9 pm Chillwave, indie rock and more	Dodecahedron 9-10 pm Contemporary independent music	Once More With Feeling 8-9 pm	Once More With Feeling 8-9 pm	A Hot Mess 10 pm-12 am Punk, metal, industrial and rock	Plain A.I.R. (repeat) 7-8 pm
	Loak Virsa (repeat) 1-2 am (spoken-word)	Synesthesia 9-10 pm	Ribbon of Darkness 10-11 pm Country and western plus more	Rhythm 'n Vibes 9-11 pm Afrobeat, amapiano, hip-hop, R&B	Rhythm 'n Vibes 9-11 pm Afrobeat, amapiano, hip-hop, R&B	Phil's Weekend Music Mix 12-6 am	TBA 8-9 pm
	Phil's Overnight Jam 2-6 am	TBA 10-11 pm	Rock Mollusk Ledead 11 pm-12 am Avant-garde music	Lunar Lounge 11 pm-12 am Cosmic mix of lo-fi, chill pop, electronic, jazz, neo soul	Lunar Lounge 11 pm-12 am Cosmic mix of lo-fi, chill pop, electronic, jazz, neo soul	Phil's Weekend Music Mix 12-6 am	East Coast Countdown 9-10 pm
		Operation Manatee 11 pm-12 am	Phil's Overnight Jam 12-5 am	Phil Haunts the Witching Hour 12-1 am	Phil Haunts the Witching Hour 12-1 am		TBA 10-11 pm
		Phil's Overnight Jam 12-5 am		Rincon Latino (repeat) 1-2 am (spoken-word)	Rincon Latino (repeat) 1-2 am (spoken-word)		Phil 'til Morn 11 pm-5 am
		Navaye Ashena (repeat) 5-6 am (spoken-word)		Phil's Overnight Jam 2-6 am	Phil's Overnight Jam 2-6 am		Bollywood Mehfil (repeat) 5-6 am (spoken-word)

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Pop culture rewind: 2023

With everything that happened, what did we miss?

will bright
a&c writer

I write a lot about pop culture and things going on in the realm of the internet. Cancellations, scandals, controversies, the whole nine yards. But, I can't capture every single major pop culture event that happens, so here's some of what I missed in 2023.

Right at the beginning of 2023, Prince Harry himself released his book *Spare*. *Spare* became the talk of the town in January, likely because of all the absurd things he shared about himself that maybe he shouldn't have.

He said that he lost his virginity in a field. He admitted to using cocaine and doing mushrooms. Strangely, he talked about how alarming he found it that his brother was balding and that he once got frostbite on his genitals.

In February, we saw what happens when theater kids are let loose, with Ariana DeBose opening the British Academy of Film and Television Arts (BAFTA) Awards. DeBose is best known for playing The Bullet in *Hamilton* Off-Broadway, Alyssa Greene in *The Prom* on Netflix, and Anita in *West Side Story* (2021).

During her BAFTA performance, she rapped about all the powerful women in attendance. The most popular line was, "Angela Bassett did the thing." She went viral for the performance, deleted her Twitter, but became a meme in the process.

into him, causing a collision and injuring Sanderson. He was suing Paltrow for US\$300,000.

Paltrow said he ran into her and she stayed until an instructor told her she could go, while Sanderson said Paltrow hit him and left after a few minutes without a word. Sanderson was found at fault for the ski collision, but Paltrow went viral for saying, "I lost a half day of skiing," on the stand when asked if the crash stopped her from enjoying her vacation.

Kanye West is a strange man at times. Something he did that most would find strange, even for the rapper, was open a school. Donda Academy is a K-12 Christian private school in California. West founded Donda Academy in 2022, however, in April 2023, a lawsuit was filed against Donda by two previous teachers.

They claimed that their termination happened after they complained about the health and safety of the school. They claimed the school was strange, having no tables, no chairs, and no utensils.

The school uniform was Balenciaga, with Nike and Adidas not being allowed. Students ate sushi for lunch, on the floor. Classrooms were not allowed to have art.

Despite the building being two stories, no one was allowed on the second floor resulting from West's fear of stairs. Despite no updates on the April lawsuit, two more teachers have filed lawsuits against the school.

In May of 2023, the Met Gala was held and themed "Karl Lagerfeld: A Line of Beauty."

fat as well as downplaying eating disorders. He dressed models in blackface. He praised the Holocaust. He criticized the #MeToo movement. The Met Gala still went on as planned, despite the controversy surrounding Lagerfeld.

In June of 2023, a docu-series premiered on Amazon Prime called *Shiny Happy People*. The docu-series was about the infamous Duggar family from the show *19 Kids and Counting* as well as the

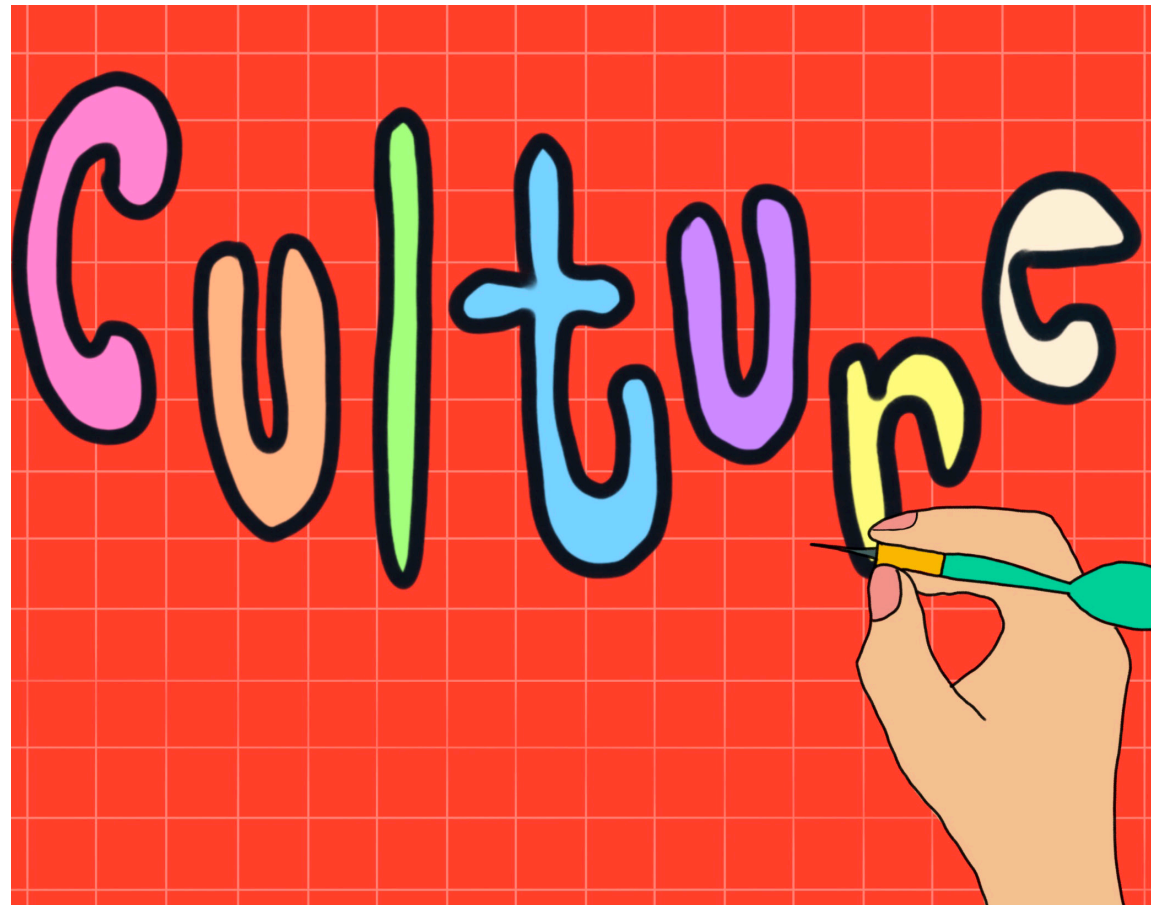
husband Derick Dillard. The series positioned them as a gateway for the IBLP to recruit new members, but also as a path for the IBLP to step further into the public.

The series brought to light the 'Joshua Generation,' which can be seen today on apps like *TikTok*. The Joshua Generation was a group of young men being raised to come to power in government.

In July, Ariana Grande split

eo was shared of Somali being arrested after illegally entering a construction site. His entire conversation with the police was live-streamed. In early January of 2024, he was found guilty of criminal obstruction of a business and was ordered to leave Japan and pay a fine.

In October, Britney Spears released her memoir *The Woman in Me*. She confessed Justin Timberlake pushed her into having an abortion and shared details



For better or worse, we've popped this culture. What waits for us in 2024?

Illustration: lee lim

“ According to Ruby Franke, she waterboarded them, forced them to work outside for days in the Utah heat with no water, denied them food and water, bound them, and tried convincing them they were possessed.”

Will Bright

In March of 2023, Gwyneth Paltrow went to court. She was sued in 2019 by a man named Terry Sanderson who said that, in 2016, Paltrow skied directly

The internet was quite pissed at the theme, considering Lagerfeld's reputation.

He was fatphobic and repeatedly called plus-sized celebrities

religion they were a part of, the Institute in Basic Life Principles (IBLP).

In the docu-series, Jill Duggar appeared with her

from her husband of two years, Dalton Gomez. They claimed the marriage fell apart because Grande was filming in the U.K. and Gomez was working in L.A., blaming the long distance for their split.

Only three days after her divorce was announced, it was confirmed that Grande had started dating Ethan Slater, her co-star in *Wicked*. Slater's wife Lilly Jay reported that she was blindsided by the news and called Ariana "not a girl's girl." As of writing this article, Slater and Grande are still together.

All hail the Queen in the North! In August, Sophie Turner split from her husband Joe Jonas. Jonas then started doing whatever he could to paint Turner in a bad light. He claimed she was partying and he was left with the kids while touring.

In response, Turner sued Jonas for not allowing their two daughters to go to England with her. Since then, the former couple have seemed to figure out their location struggles with their children.

In September, popular Kick IRL streamer, Johnny Somali, was arrested. He gained popularity for asking people in Japan insensitive questions about things like Hiroshima and Pearl Harbor. Prior to his arrest, he was attacked multiple times for his harassing behavior.

On September 21, a vid-

about her infamous head shaving in 2007. She revealed many things that happened to her under her conservatorship.

In November, popular baking YouTuber Rosanna Pansino stated MrBeast falsified a hide-and-seek video where the winner would've gotten a million dollars for their community. Pansino said she and another YouTuber named Quackity had placed second and third, but MrBeast didn't show that in the video.

Pansino apologized to MrBeast, then took it back. The big controversy was that people thought the language Pansino was using was similar to sexual assault survivors, when really she had just been edited to look like she performed poorly in hide-and-seek.

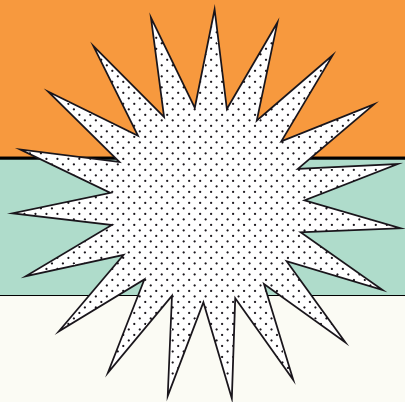
In December, we got a legal update about Ruby Franke, the mom from the 8 Passengers YouTube channel who was arrested and charged with child abuse.

She pleaded guilty and admitted to some pretty horrific stuff she did to her youngest two children. According to Ruby Franke, she waterboarded them, forced them to work outside for days in the Utah heat with no water, denied them food and water, bound them, and tried convincing them they were possessed.

And that's what you may have missed in 2023.

THE PITCH LIST

contact a section editor to pick a pitch, and see carillonregina.com/pitch/ for more!



Your paper since 1962.

We publish on Thursday no fewer than 11 times during both the fall and winter semesters and periodically throughout the spring and summer.

S&H - University Fitness

The University of Regina's gym and pool are available for student and non-student use. However, many students choose to workout off-campus despite the included membership. Why?

NEWS - Prairie Chills

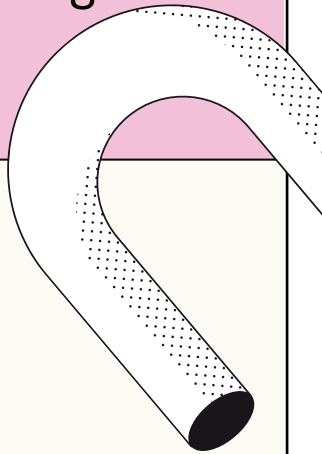
After an unusually warm November and December (including records for being the warmest December in Regina in years), Prairie winter has finally caught up to us in the new year. Are these weather patterns becoming the new normal?

A&C - La Cité: Franco-Club

La Cité has a club called Franco-Club, a beginner-friendly club meant to allow people to practice and speak French. Check it out and see what they're building.

OP-ED - What shocked you? (last call!)

International students - What are some of the biggest culture shocks you faced when you arrived in Canada, or began classes, or started working at a job? How did you go about acclimatizing yourself? What are some tips/wisdom you would share with other students coming from a culture similar to yours?



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Salsa Colada: growth through dance

How can dancing improve your life?

victoria baht
 staff writer

Salsa Colada is a locally run dance studio and class run by Juliany Qureshi. Born in El Salvador, Qureshi has brought in her culture to create a family-like community.

Qureshi started dancing from a young age, practicing contemporary dance, gymnastics, and ballet. The hobby quickly be-

keep growing. Keep growing for ourselves and keep doing things that make us happy!"

Qureshi's classes are just one way to feel fulfilled. She said, "The one thing I want people to get from this class is that not only are they beautiful and capable, but we are also sexy within our energy. We are sexy within ourselves and not like somebody else. We are sexy within our skin, and we feel that."

"All of my classes are wom-

This allows me to not only share my culture but share my language and share bits of me throughout the class, and I feel people appreciate that because, for us, a class has become a family. We become friends. We have this relationship, connection, and empowerment and I want to be able to share who I am. This is a way to do that."

Salsa Colada has been offering lessons since 2013. Over the years, Salsa Colada has taught various classes at different levels.

a quick warm-up. The warm-up was nice and simple, just moving side to side for 4 counts and 4 counts the other way.

Then, as you are watching the dance instructor, your warm-up takes it up a notch, and you start to dance a little spicier! Once you are all warmed up, you start the class by learning a sequence of moves that will be used throughout the duration of the class.

The best thing about this

do it for the duration of the song.

Before you know it, you can dance various combinations and movements to the new song and start to feel like a true salsa dancer!

How Qureshi designs the class and teaches you makes you super comfortable with the movements. She emphasizes the meaning of muscle memory and connecting with movement.

I think this is true because, at the beginning of the class, I was



Empowerment, growth, and self-love; oh my!

Photo: Piper Sports Photography (PSP)

came a passion and she was hired as a professional dancer, while her skills continued to grow and expand.

She started to teach dancing after she moved to Canada, but the move left her missing her home and thinking about the person she wanted to be. From that, Salsa Colada was born. According to Qureshi, Salsa Colada is driven by, "Empowerment for women."

en only except for the couples. The couples' classes are different than other ones in the city. In my couples' class, you do not switch partners because I am looking for a connection. I want my environment to create a connection," Qureshi continued.

Qureshi brings her Latin culture into her classes and does her best to create a connection with her class. "I find that Canadians are very curious," she said.

Their website, salsacolada.ca, lists classes like the ladies' high-intensity workout, ladies burn and learn for beginners, Feugo or Salsations team for kids, and a couples' beginners' class. Salsa Colada is even expanding to some jazz and hip-hop classes.

With all of these different options in mind, I attended a class to give you a review of the structure, instructions, and feeling of what it is like to be in a Salsa Colada

style of class is no class is the same. Since these classes are just for a weekly fun time, not for a performance, the class can choose if they would like to do a salsa, bachata, regatone, or cha-cha-cha. Once the class chooses which style they want to do for the day, that is when the class starts to get fun!

The class I attended started with a basic four-step count one way, then the other way. We

like, "Okay! I got this!" As we added moves, I thought, "Okay, what? How?" I was confused about how I would remember this all! However, before I knew it, I felt like I did remember!

Was it perfect? No, but I was moving my body, dancing away, doing the moves, and having fun. And I assure you the more you come back, the better you get, and I could see that by watching other dancers in the room. They

“What I want is for every woman to know that we are capable. We do so much but we don't always have the confidence to realize that we can do even more!”

Juliany Qureshi

"What I want is for every woman to know that we are capable," she said. "We do so much but we don't always have the confidence to realize that we can do even more! We are more than homemakers, moms, wives, and people. As people, we need to

"They want to know people and cultures. So, people want to learn and absorb. They want to travel; they want to learn." Qureshi believes that this curiosity and desire to learn is what helps her and her classes to create that connection.

"This allows me to grow.

class. I attended the Ladies Burn and Learn for Beginners class, which is currently on Wednesday at 7 p.m..

First of all, Qureshi has a very unique style that is unique to teaching her class. It starts with you choosing your spot and

would do that, then pivot on one leg with a little of a hop and go the other way for four counts.

Qureshi would introduce you to a different step, you would add it to the combination, and do it for the duration of a song. Add another step to the combination;

were feeling the movement and loving the class!

Qureshi has lots of classes to choose from and they are lots of fun to attend. Salsa dancing is a great way to staying active and feeling empowered all through the year, it's so much fun!

CUPE condemns new Saskatchewan breast cancer initiative

Pushing for provincial healthcare to stay in-province

pall agarwal
s&h writer

On Nov. 30, 2023, the Canadian Union of Public Employees (CUPE) released an article bringing the public's attention to the Saskatchewan government's initiative to deal with the lacking services for breast cancer diagnosis in Saskatchewan.

According to a *Global News* article, Health Minister Everett Hindley said, "Current essential diagnostic testing wait times are unacceptable for Saskatchewan residents and immediate action must be taken." To solve this problem, the province has chosen to send patients to a private company in Calgary for their urgent care needs due to a continuing staffing shortage in Saskatchewan.

The CUPE article highlighted that the wage difference between Saskatchewan and other provinces like Alberta and Manitoba is at least six dollars. Bashir Jalloh, the CUPE Health Care Workers President, mentioned that, "Saskatchewan pays technologists \$39 per hour," indicating a need for the government to address the pay gap. The article also highlighted that the Regina Breast Assessment Centre radiologists take no patients on Mondays and Fridays.

This means that there is little to no staff available to address the rising demand as the number of

patients has increased, but nothing is being done to increase staffing. Wait times for breast cancer imaging have increased, creating

article, the province has been struggling with the healthcare system for years. It has been short on staffing and lacking the space

sending patients to Calgary is a "sign of their [the healthcare system's] failure" by not being able to care for patients in their home

working rurally, and it was very common."

"When there are shortages rurally, it's kind of been a practice to send those patients to urban centres like Regina and Saskatoon to have access to the care they need, services they need. We're getting to a point where Regina and Saskatoon, our major centres, can't accommodate that."

Williams continued, saying the provincial government needs to do better. "We don't have the staffing here, and this isn't a new problem, but we need new solutions. What do we do when Regina can't take the workload from somewhere else that can't offer those services?"

Jallow emphasized the need for a more comprehensive plan to add more staff, address the overall diagnostic waitlist for better patient care, and include training spaces and better infrastructure to accommodate more patients.

The retention of staff would not be possible unless the workload is improved and compensation is increased. Workers will work in places where they are treated better, and this is what the province of Saskatchewan is facing – a lack of retention.

This is a pressing matter that must be addressed sooner rather than later, to help keep healthcare staff in this province and not relocating away from Saskatchewan.



Teachers, nurses, doctors. If they don't treat these professions properly, who do they?

Image: marcojean20 via Pixabay

the need for more staff and clinics to assess patients locally and more efficiently.

However, instead of putting the work in to make a healthier healthcare system in Saskatchewan, the province chose a short-term solution that will ultimately harm Saskatchewan's local healthcare system in the long run.

According to the *Global News*

for people needing long-term care, resulting in hospitals that are overcapacity and employees that are overworked.

Matt Love, MLA for Saskatoon Eastview and rural health critic, said, "We need to have a situation where healthcare workers want to work in Saskatchewan and feel respected." Love said

province.

In a press release, Kyleigh Williams, the 2nd Region Vice President of CUPE 5430 Region 3, said, "In 10 years, there has not been a time where we have had comfortable staffing levels, where people haven't been mandated, where people haven't been refused vacation, and I started

Faulty COVID-19 tests

Putting Canadian lives at risk...

If you have ever taken a rapid COVID-19 antigen test in Canada, you may be familiar with the "Rapid Response" brand, which comes in a small green box. You wouldn't be alone, as the tests were widely distributed in Canada.

However, in late 2023, a *Global News* investigation found that the company producing them may have falsified research data on testing accuracy. The test producers received approximately \$2 billion in federal contracts from 2021-2022, despite submitting incomplete data on product accuracy to Canadian regulators.

A year-long investigation of the federal procurement process found that BTNX, the rapid test supplier from Toronto, deleted dozens of samples from a study they submitted to Health Canada. After BTNX deleted the data, the rapid COVID-19 tests appeared more reliable and sensitive than they had been found to be.

Prior to the COVID-19 pandemic, the company did not possess specific expertise in products for infectious diseases, yet the company rose to become Canada's primary rapid test supplier. Health Canada and the Public Health Agency of Canada (PHAC) bought 404 million tests from BTNX.

In October 2020, BTNX sent an application to Health Canada seeking approval to sell rapid tests for COVID-19. The submission included a study that implied the test would detect 94.55 per cent of infections in people who had symptoms for less than 14 days. Yet, two months prior BTNX told health authorities in Peru the tests could detect 80.2 per cent of infections.

Although this remains alleged and has not been proven in court, the inaccuracy in results poses serious implications. Rapid tests such as the BTNX "Rapid Response" tests were a major part in Canadians pandemic response and helped to determine whether it was safe to leave home, see people or return to work.

According to an investigation by *Global News*, the device could detect the virus in the most contagious people. However, results from the regulators' evaluation program suggest that BTNX's test was significantly less dependable in all other cases of COVID-19 infections.

This means that this oversight might have resulted in the test kit producing a larger proportion of false negatives. In this case, that would mean the test came up negative when it should have been positive. In fact, an as-



This thing has all the accuracy of a bad pregnancy test.

Photo: Matthias_koll_leverkusen via Pixabay

sistant deputy minister at Health Canada had previously flagged potential issues with a separate BTNX application.

Despite this, federal employees reviewing BTNX's submission did not challenge or request further information from the company. BTNX told *Global News* investigators they did not provide false or inaccurate information to Health Canada.

Richard Dearden, the lawyer representing BTNX, said the following on the company's behalf, "We have at all times operated with integrity and transparency

and have manufactured and distributed our COVID-19 rapid tests in accordance with Health Canada and international standards."

As emergent strains of COVID-19 continue, Canadians need access to reliable and rapid testing options. COVID-19 subvariant JN.1 is the new dominant strain across the country. According to the PHAC, the subvariant accounts for over half of all cases in the country.

The government of Saskatchewan continues to offer Rapid Antigen Testing kits to the

public free of charge. Tests are available through local distribution centres across the province.

Some locations in Queen City include 7 of Regina's public libraries, Sherwood Co-op Food Store on Quance St., Saskatchewan Polytechnic, University of Regina Campus Security and the Newo-Yotina Friendship Centre. A full list of distribution centres is available online at saskatchewan.ca.

maren savarese knopf
staff writer

“Treats for health”

What started as an adventure turned into a lifelong project

pall agarwal
s&h writer

Life has its own way of surprising us and turning our lives around. Medicine and nutrition have come a long way in today’s world and people are discovering new ways to achieve a healthy lifestyle every day.

What continues to inspire, however, is the vastness of this field and the people who are working behind the scenes to bring us new solutions, products, services, and discoveries to make life better. The research being done in the nutrition field is truly a sector of innovation and will only continue to surprise us in the future. One such innovation is

ly, easier to apply, and process because they wanted me. Then I wanted to move on to London but somehow, they kept me there.”

Rayat said, “The original problems in medicine come from nutrition. If we want to do any prevention, we need to start early by correcting our nutrition.” She found that despite living a healthy life and maintaining the right oral hygiene, her child faced tooth decay.

This interesting turn of events made her wonder why things were the way they were, and how to prevent it. This led to her launching her venture, New Treat Nutrition.

Rayat describes her mission on the New Treat Nutrition website, writing, “I looked for a natu-

while adults have healthy alternatives of protein and other choices in their diet, children, on the other hand, are very limited. She studied and learned how the nutrition required for the development of skeleton and teeth is not only calcium and vitamin D3 but also K2. This revelation changed her perspective and led to her releasing her line of products and recipes.

Rayat mentioned about the approach of treating acute cause and chronic cause of diseases and how doctors approach it differently. As nutrition is not given enough attention and doctors usually recommend eating healthy without going into specifics, Rayat describes that most of the cause of a disease lies in treat-

Rayat described a study conducted by a dentist who travelled the world and concluded that “less hygienic” societies have better tooth health for their kids than the “more hygienic” societies. The “less hygienic” societies included those of lower socioeconomic statuses. This led to a question of whether consuming original foods was better for oral health, or if processed and sugary foods commonly found in countries with higher socioeconomic status were the root cause for poor oral health.

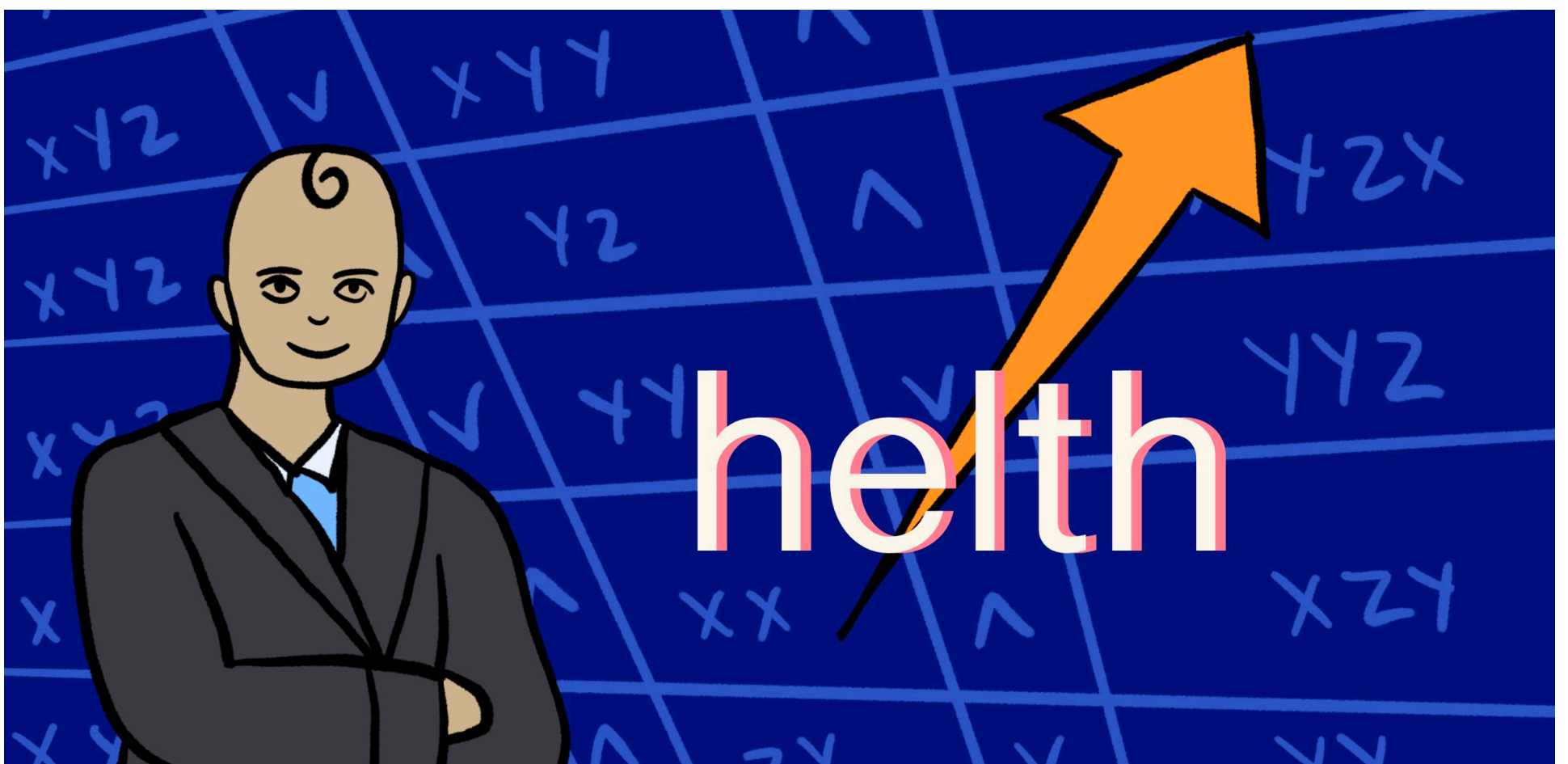
“The idea comes from treats, especially for children. You can give them similar treats that have nutrition in them [...] then they are going to be healthier and stronger,” continued Rayat about

snacks, salads, etc. It is intended as a way to add extra nutrition to one’s meals.

With the mantra, “serve the children,” Rayat, being a mom, is doing her part in the world by continuing to expand her venture of New Treat Nutrition. Her website also has different blogs and knowledge, including information about Vitamin C and a list of different vegetables and fruits that contain significant amounts of Vitamin C.

“My drive is to have prevention, and prevention starts early. To create healthy treats for children, have healthy children, and have a healthy future... that is my drive,” said Rayat.

People like Rayat are doing their part in the world by mak-



You’re telling me a baby cares about their health? Maybe not, but the parents sure should!

Illustration: lee lim

“Rayat found a gap in nutrition for children and found that while adults have healthy alternatives of protein and other choices in their diet, children, on the other hand, are very limited.”

Pall Agarwal

New Treat Nutrition, a business invested in finding ways to add well-rounded nutrition to everyday meals.

What started as an interest for Scheherzade (Shahzad) Rayat, MD, PhD, turned into a venture called New Treat Nutrition. With an interest to be on the front line, Rayat started her journey by studying biomedical engineering in Singapore.

Rayat had a choice between studying in London and Singapore, and ultimately went all in for Singapore. Rayat said this was because “they were more friend-

ly, easier to apply, and process because they wanted me. Then I wanted to move on to London but somehow, they kept me there.”

Rayat started “a line of treats for the treatment of nutritional deficiencies that used natural food instead of supplements.” She goes on to say the idea “was born with the hope to provide simple natural nutrition for all children.”

Rayat found a gap in nutrition for children and found that

ing the nutrition.

“In [the] case of tooth decay, for example, maybe my son had a Halloween treat and some of it got stuck on his teeth and that’s what happened. I would guess that this would have been the problem. But this is a secondary problem. The primary problem is that there is not enough vitamin K2 in our diet. That causes the teeth to be more susceptible to the secondary cause,” Rayat explained. Rayat described Vitamin K2 as “Vitamin X”, which helps calcium to get into our bones and skeletal system.

her idea of “Treats for Health.” Providing children with treats that help them stay active even if they are prone to injuries and getting hurt during childhood will help parents prevent their kids from becoming weak.

She also talked about the feedback that she has been getting from parents who have used her product and mentioned how they look forward to buying it from her. Her product – Flick Flick – is New Treat Nutrition’s first New Treat and has a variety of uses.

Flick Flick can replace salt and be used as toppings on popcorn,

ing it a better place for children. Finding her calling in biomedical engineering and founding New Treat Nutrition, she has successfully reflected the transformative power of addressing fundamental health challenges.

Her natural approach towards fulfilling her curiosity led her to rediscovering the need of Vitamin K2, which resulted in launching her product of Flick Flick. Providing healthier alternatives for all, Rayat has truly proven the rewards that personal interest and curiosity can bring forth.

Making the winter term work for you

Being on top of things can give you an edge

nazeemah noorally
staff writer

As another winter semester unfolds at the University of Regina, students, no matter their age or familiarity with the University of Regina, find themselves once again working to make time for all their responsibilities.

New classes and class schedules, meaning navigating changes to routine, and attempting to strike that balance between academics, work, and self-care. Juggling these aspects can be challenging, making this semester's winter term Reading Week a highly anticipated, and welcomed, break.

Set to take place in mid-February, it offers students a crucial pause necessary to combat student burnout and stress

and prepare any questions that you may have for your professors. This way you can approach the second half of the semester with a clear plan and purpose.

It is not uncommon for students to find themselves feeling disconnected from their instructors, whether it be because of differences in teaching style, lack of engagement, or other factors. Take that initiative during the reading week to dive headlong into identifying and addressing any communication gaps. Reach out to your professors, seek clarification on assignments, or simply express your commitment to academic success.

As you sit in the comfort of your homes or in your dorm during Reading Week, consider delving into a comprehensive review of your classes and coursework. Organize your notes, revisit key concepts,

spot. Explore different environments such as the library, a cozy café, or even a local park. A change of scenery can stimulate your mind and enhance your focus and vision.

Excalipurr Cat Café, located in downtown Regina, is my go-to spot. It's not just a place for the feline companions awaiting adoption to find their forever homes, but it's also a cozy spot for you to relax, grab a coffee, and hang out with adorable cats.

Moreover, it is also important to schedule some downtime for yourself. Planning for some self-care during the break is equally crucial to help prevent burnout and exhaustion.

Plan some time for yourself; whether that's spending time alone, with your friends, or with your pet. Sometimes this also means having the courage to say no

sleep. Throughout the term, students find themselves caught in a whirlwind of assignments, work commitments, revision, and perhaps even volunteer activities.

The endless demands of academic and extracurricular responsibilities can lead to sleep deprivation, impacting one's physical and mental well-being. Reading Week is the perfect time to reinforce healthy sleeping habits if you aren't already.

Consider dedicating some time during Reading Week to volunteer or engage in community service. Many non-profit organizations offer virtual and local opportunities for giving back. Contributing to a cause you are passionate about can provide a sense of fulfillment and strengthen your connection to the community.

Another golden tip would be to take a moment to express gratitude. Reflect



It is ironic that a place that is green hardly three months a year is called the Greens.

Photo: lee lim

during their academic journeys. Here are some tips on how to make this term's Reading Week a productive and fruitful one.

The first suggestion would be to stay bundled up for the winter. Lately, as the current cold warning persists with temperatures plummeting to -30 degrees C feeling more like -48 degrees C, prioritize staying warm. It would be a good idea to invest in insulated clothing, layer up, and not forget your beanies and gloves whenever you are heading out. The biting cold can be unforgiving, so staying warm is a wise idea.

Next would be using the winter break week as an opportunity to reflect on your performance in the first half of the semester. It's the right time to identify areas that need improvement, catch up on readings,

and ensure that you are up to date with the material covered so far. Create a personalized study plan and revisit course material at increasing intervals over time instead of cramming to remember information at the last minute.

Another tip would be to stay mindful of class registration. The end of the 100 per cent refund and a no-record drop period for the Winter 2024 term is Jan. 19. The end of the 50 per cent tuition fee refund is Feb. 2, while the end of the grade of W drop date is Mar. 15. Staying informed about these dates is crucial to making well-informed decisions regarding one's academic commitments.

During Reading Week, you can also try to diversify your study environment. Break the monotony of your usual study

to activities and engagements that do not align with your priorities or that add unnecessary stress to your life.

Some tried and true methods for many include walking, having a candle-lit bath, listening to music, or creating art of all kinds. Adult colouring books exist for a reason! Or maybe you are someone who likes the outdoors and wants to try going on a walk without their phone.

Whether it's through exercise, meditation, or simply taking time off to do things you love, make sure to dedicate time to yourself. The point is to try and focus on the present moment. Focusing on the present increases your mindfulness, uplifts your mood, and reduces anxiety and stress.

Another important tip that can be overlooked is prioritizing a good quality

on the positive aspects of your academic journey, acknowledge your achievements, and appreciate the support systems around you. Cultivating a mindset of gratitude will leave you better prepared to face challenges that await you personally, academically, and professionally.

As always, Reading Week offers the perfect opportunity for a student to get their life in order and to rest and recuperate however works best for them. Balancing the demands of coursework, work responsibilities, and personal well-being can be daunting, so be sure to take full advantage of the break in February.

The Carillon wishes all students a successful semester filled with growth, achievements, and a sense of fulfillment.

“Planning for some self-care during the break is equally crucial to help prevent burnout and exhaustion.”

| Nazeemah Noorally

Do not watch what you say

Speaking up is scary but necessary

hammad ali
op-ed editor

We often hear about the perils of state- or authority-sponsored censorship, where those in power control, or try to control, what opinions can be voiced and which questions can be asked.

With private media, this control is often achieved using the threat of cutting funding or advertisement for any media outlet that does not conform to the desires of the establishment. This remains a very strong argument for the presence of public, tax-funded media that does not have to censor themselves in an effort to secure funding.

Even in the private media sector, any entity that earns a reputation for being overtly biased or unwilling to speak the truth is likely to lose a lot of its effectiveness through people losing faith in it. This is what has happened, for instance, to Fox News in the United States in recent years.

However, censorship via the state, management, or private businesses is not the only thing to be concerned about. In a diverse multicultural society like the one we have here in Canada, a very real issue to contend with is that of individuals practicing self-censorship.

Often this is because individuals come from cultures where the relationship with those in power is one of more distance and deference than is the norm in North America. A very common reflection we often hear from international students on campus is how professors in North America are more approachable and helpful, especially in comparison to the standards of professor-student interactions in Asian cultures.

I grew up in a setting where students were expected to stand up every time an el-

der walked into a room, and remain standing until said elder allowed them to sit. How the youngest person in Bangladesh ever gets anything done is beyond me!

der walks into a room, and remain standing until said elder allowed them to sit. How the youngest person in Bangladesh ever gets anything done is beyond me! It takes time, conscious effort, and patience. It is something I still contend with, but also find to be an immensely rewarding experience. I wanted to take the opportunity to

and do substantial harm. In most professional arenas, there are errors that are first visible to those doing the daily work of keeping things running.

If these people are not comfortable – or worse, not allowed – to speak up and talk about things that are off track, the problem will only get worse over time. What would have been an easy fix in the early stages will turn into catastrophic failure, costing the establishment far more to rectify, if correction is even possible.

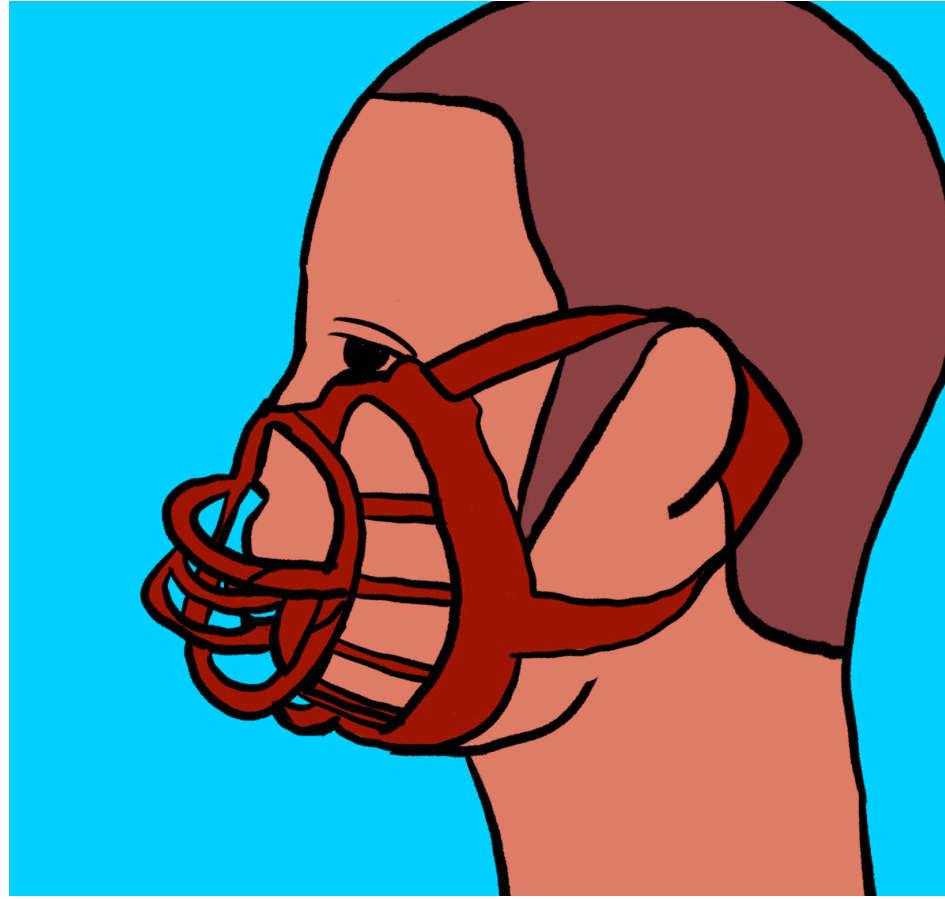
In the most basic terms, a culture of open communication and criticism works better in the long term.

While I understand the uneasiness of being seen as the difficult person who is speaking up and spreading discontent, ironically the way to avoid being seen as the problem, is for more of us to engage in honest, open dissent. Those in power can hardly come after everyone!

Another huge reason to be open with concerns, is that it can nurture an environment of learning and growth for everyone involved. It could well be that the concerns we have are on the radar of others, and things are being done. If instead of fuming silently, we ask questions, it creates the opportunity for dialogue, from which we might learn how others view the world.

Self-censorship is safe, and it avoids unpleasant conversations in the short term. But like most things that feel good in the short term, there are costs down the line we might not be willing to pay.

So, it pays to form a culture where anyone, anywhere, is a fair target for criticism. It pays to create a culture where people feel safe communicating their dissent. If you speak up, things might not improve. But if you do not speak up, they will definitely not improve and could even get worse!



We were so afraid of Big Brother muzzling us, we muzzled ourselves first.

Illustration: lee lim

Of course, things are changing now, but the fact remains that, in some cultures, questioning or challenging authority, in any form, is very hard. Often, this gives rise to self-censorship and an unwillingness to be seen as someone who is critical of those above one in a given hierarchy.

Working across this cultural barrier

share the reasons why I find rising above this cultural barrier to be a worthwhile goal, both at the level of personal values but also as a society in general.

A culture where those lower in the social hierarchy are not allowed to critique those above them, is almost bound to be one where errors are not caught on time

Regina, winter wonderland

This cold, small city has much to win your heart over with

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 much to take in. Bundle up, as this article aims to set new international and exchange students up for the academic and social journeys that await them.

Like any other city, Regina has its own culture, climate, and way of life. Being prepared reduces the stress and anxiety associated with moving into a new place and allows one to make the most of what the city has to offer to brace for the culture shocks.

It's already the ideal time to start

stocking your wardrobe with winter gear. Lately, the temperature in YQR dropped to a bone-chilling -38 degrees C, feeling like -50 degrees C with the wind chill.

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 need it. The dry air can lead to flakiness and other dry skin-related issues.

So, be sure to have your moisturizers, lotions, and lip balms as well as boots, gloves, 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.

To make the most of your time here, engage in cultural exchange programs and networking events. Building connections with both local and international students will broaden your perspectives and enrich your overall experience. Attend workshops and seminars to gain insights into the local job market as well as community initiatives.

The University of Regina and its Federated Colleges offer plenty of resources to familiarize yourself with the university. From Student Ambassadors helping you navigate your way to your classes on your first day, to joining like-minded individuals who share your passions in the different student clubs! Connecting with UR International is a must as it offers orientation programs, immigration advising, and social events among others. All these and more are at your disposal to help create a new home away from home!

Embracing a new culture can be challenging, but engaging in the different experiences and sceneries that the city has to offer will help enrich your journey throughout. One place that should be on your must-visit list is Wascana Lake, which offers a scenic backdrop that's perfect for all kinds of outdoor activities.

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 history through an Indigenous lens, this museum offers a fascinating glimpse into

Saskatchewan's past.

Next is the Saskatchewan Science Centre. With interactive exhibits and an IMAX theatre, the 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 cafés, 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, Regina, 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.

As you embark on this new chapter of your life, remember that Regina's challenges are opportunities in disguise. With a proactive approach, and a willingness to explore, your time in Regina can transform into an invaluable journey of personal and academic growth.

Culture shock, while initially daunting, can be reframed as a pathway to self-discovery and growth. As you navigate the highs and lows of adapting to a new culture, remember that each moment of discomfort is an opportunity for personal transformation!



First rule is to not let the sunny skies deceive you, it is probably -273 degrees C there right now.

Photo: lee lim

nazeemah noorally
staff writer

It is time to talk about this

How are we – Israel, North America, and Indigenous peoples – similar?

mikayla tallon
a&c editor

In my article to the op-ed section in our last issue on the importance of journalism I mentioned that being against genocide seemed to be something that people had to be scared of, specifically in regard to the situation in Palestine that is being perpetrated by Israel.

There are documented cases of people in Canada (a supposedly progressive and Indigenous-friendly country) being fired or targeted after voicing support for Palestine and Palestinians.

attitudes are seen in *TikTok* videos posted by Israel Defense Forces (IDF) soldiers, which were used as evidence in the recent case presented by South Africa in the International Court of Justice.

Before people wanted to kill Indigenous people for the simple fact that they are living on land someone in power wants, or simply because they are Indigenous, we had good relations with Europeans.

We would trade with them, we would teach them how to live off the land, how to respect the land, and we would include them in our communities. But then people got greedy, they got angry, and they needed someone to take it out on.

In the incredible book *Legacy: Trau-*

and how many lived here after. It is estimated that there were 100 million Indigenous people living in the Americas pre-contact.

Do you want to guess how many lived here after? Here's your chance...

The answer is that after only 250 years, 90 per cent of the Indigenous population had been erased, leaving only 10 million of us. This is comparable to the current population of Palestinians throughout the world, at 14.3 million people according to the Palestinian Central Bureau of Statistics.

It would, in fact, be worse for Palestinians if Israel's leaders have their plans unfold as they wish, since they will be down to 8.95 million, as there were an estimated

interconnected, as are all things which live on the land.

The quote by Queensland Indigenous Languages Advisory Committee in 2006 describes the importance of land, language, and culture to each other: "Language is the expression of our culture and our land. We cannot have one without the others. We cannot describe our culture and our land if we do not have language."

Indigenous people do not normally hurt that which we need to survive. Colonizers, however, do. Take into consideration the pipelines Indigenous people protest against and why they do that, and then look at what Israel has done to the land and the water in Palestine.

“Something I think they don't understand however, or at least I hope they don't because the alternative is heartbreaking, is that we don't want to be above them. What we want is for us as people and the earth, animals, and water we survive off of to be respected.”

| Mikayla Tallon

I'm going to preface this piece with the fact that obviously I don't speak for all Indigenous peoples, but for simplicity's sake I will be using "we." In this article, I would simply like to address some things which I worry many may be unaware of. Also, if you are curious how this topic relates to culture, please examine the fact that the country we live in has a similar history to Palestine and Israel.

Indigenous people being pushed out of their homelands through unimaginable fear and violence, with the support of much wealthier and globally dominant countries. In both Americas and Palestine, this is how genocide has historically been and is currently being conducted.

There is also the matter of the creation of treaties or agreements at the request of European immigrants or the Crown. We experience the refusal to adhere to, or bad-faith interpretations of, those same treaties or agreements.

Then the creation of a government to manage the land and govern the people on the land that was never supposed to *belong* to anyone. Although in a Disney movie about a story which never should have been romanticized, the quote: "You think you own whatever land you land on, the earth is just a dead thing you can claim," is incredibly powerful and true.

If you're curious why that movie should never have been romanticized, Pocahontas is based off the story of Matoaka. Matoaka was a pre-teen child who was taken across the ocean to Britain, where she eventually died of a sickness at 21.

Please also consider the horrific attitudes which pervaded our country and which still exist today, leading to the kidnapping and killing of Indigenous people across the country. There is proof that some of these from the past were committed by our police services (look up "starlight tours" to learn more).

Despite work to ensure these do not continue, there are still cases believed to be perpetrated by those who are supposed to be investigating and even preventing these disappearances and murders. These same

ma, Story, and Indigenous Healing by Suzanne Methot, in the first few pages even, there is an estimation of how many Indigenous people lived in the Americas pre-contact,

5.35 million Palestinians in Palestine.

Water is sacred, land is sacred, people are sacred, knowledge is sacred, language is sacred, culture is sacred. These ideas are



We are not so different. We are all humans. None of us want to die.

Image: via Treaty 4 Gathering, via Wikipedia and OpenClipart-Vectors via Pixabay, manipulated by lee lim

Our governments do not wish to condemn the actions of Israel and do not wish to show approval of Palestinians attempts to regain control of the land they care for and have lived on for millenia because they understand that this is a matter of Indigenous people being against colonization.

They do not wish to condemn the actions of Israel and prevent Israel from killing Palestinians because they understand that they do the same thing to us when we attempt to regain control of the land we care for or when we stand up for our rights as people.

They are aware that this is a matter of Indigenous people wanting to be done with colonization and that they could be, or are, next. They are aware that showing support for Palestinians could embolden the Indigenous peoples of the countries they preside over.

Something I think they don't understand, however, or at least I hope they don't because the alternative is heartbreaking, is that we don't want to be above them. What we want is for us as people and the earth, animals, and water we survive off of to be respected.

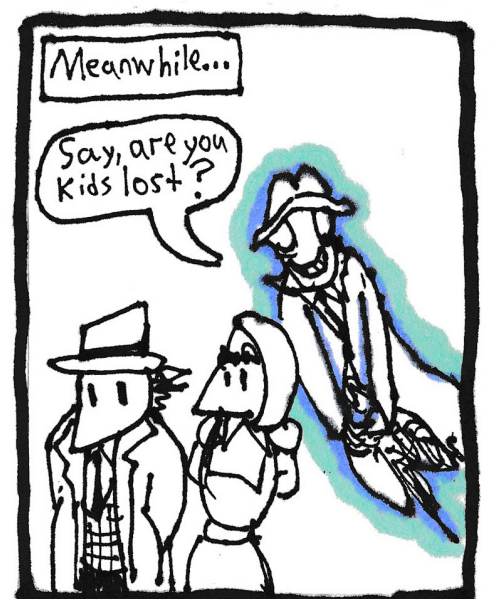
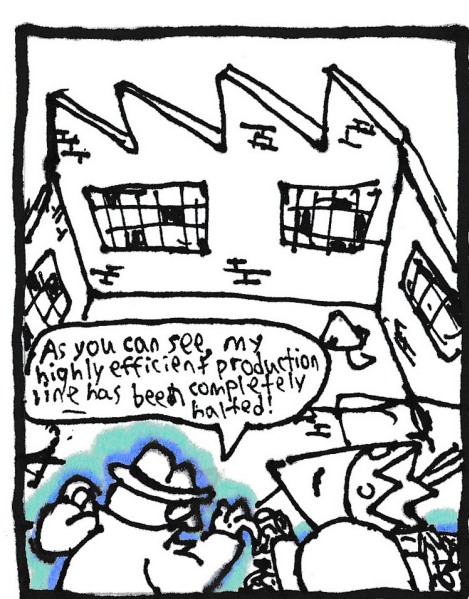
We don't want everyone to "go back to where you came from," as Indigenous people have been told by White people, when in fact we are exactly where we came from, or as close to it as we can be. We want peace, we want safety, and we want respect. Things which are not so different from what many others in the world want.

We don't want everyone to speak the same language as us or practice the same religions or adhere to the same beliefs we do. We want to keep our languages alive and we want to preserve our cultures.

It is at least a little odd though that our languages are not recognized as official languages of the land we inhabited before anyone else, and that learning them is not an opportunity available to everyone, not even here at this, the University of Regina.

BIRD PEOPLE

"Bryan"



**What would you do if you knew the only one I miss is you?
Though even saying “I” is too defined -
you touched every space and time in my mind.
You consumed my present, refracted my past, blossomed hope for a future
that you no longer get the privilege to look forward to

; nor do I think I do.**

**What would you do if you knew the only memory I speak to is you?
Though even saying “memory” is too restrictive -
your essence pervasive still throughout my spirit.
The gap left by your head no longer on my chest may as well be the
hole six feet under that you made me wish would consume me

; I still oft think it may.**

**What would you do if you knew that when I loved you it was true?
Though even saying “love” is too juvenile -
I adored with everything in me every beautiful bend of your being.
My ability to throw my heart and soul into another with abandon,
to make and be muse has been shattered.**

**Yet future in my hands,
yet above ground,
yet with abandon**

; yet,

