



# *the carillon*

vol. 66, issue 16

january 25, 2024

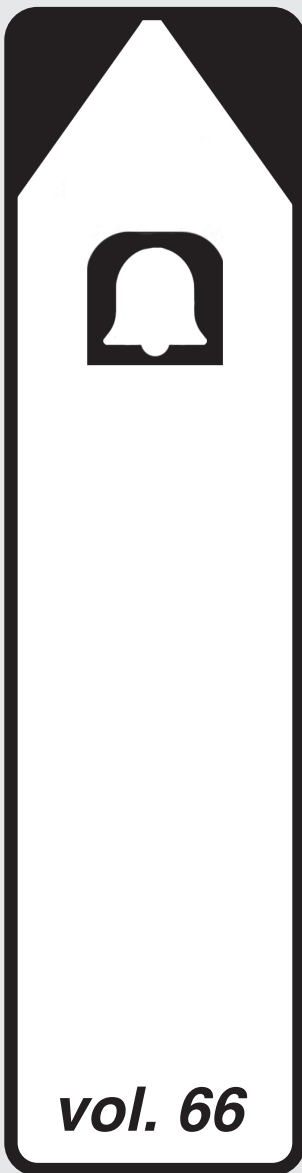
*waiting for summer since 1962*

[carillonregina.com](http://carillonregina.com)



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# the carillon



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www.carillonregina.com | (306) 586 8867  
Printed by Star Press Inc, Wainwright, AB

The Carillon welcomes contributions.

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The Carillon is published no less than 11 times each semester during the fall and winter semesters and periodically throughout the summer. The Carillon is published by the Carillon Newspaper Inc., a non-profit organization.

## 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 25, 2024 | volume 66, issue 16 | carillonregina.com



Welcome once again to an issue of the Carillon, the newspaper of the students at the University of Regina. We're hardly a month into the new year which means we're also nearly 1/3 of the way through the winter semester, so if you're a registered student or alumni who's been wanting to contribute to our paper, make sure you're getting in contact with editors early to get as much support as possible!

One way to get this support is through attending open editorial board meetings where you can speak with editors about how to get a start on whatever you're interested in contributing. Our next open meeting will be Friday, February 9 from 2-3 p.m., and you'll be able to join in person at our office in room 227 of the Riddell Centre or through Zoom by accessing the Upcoming Events + Meetings page on our website.

### Illegitimi non carborundum

holly funk  
editor-in-chief

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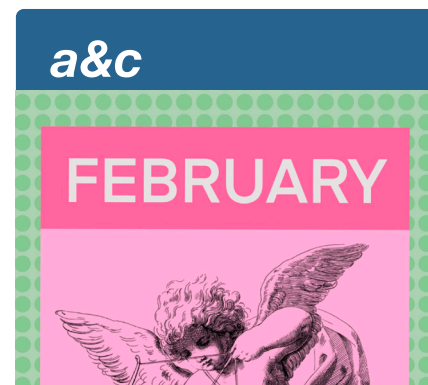
### news **Lazy Owl woes** p. 3

The Lazy Owl at the University Regina has been plagued by health inspection woes. Allister White gives you an update about the campus pub's current state.



### news **grocery gouging** p. 4

Loblaw's decision to change their discount on food nearing its expiry date is the latest move to continue the cash-grab on groceries for Canadians.



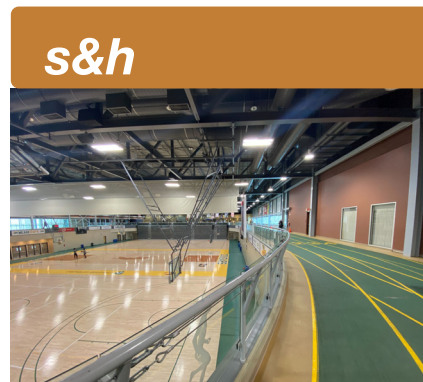
### a&c **YQR February events** p. 6

Will Bright fills us all in on all the best happenings in Regina. With music, theatre, and magic to choose from, get out there to beat the winter blues.



### a&c **the Internet is evolving** p. 8

Contributor Cassidy Savard invites you to consider the advertising landscape of the Internet. What ads are targeting you, and what for? What happens when advertising evolves?



### s&h **hit the track** p. 9

The Fitness and Lifestyle Centre at the University of Regina has tons of options for students to take advantage of: get on the inside track and get to know what's included in your student fees.



### op-ed **driven to innovate** p. 14

Contributor A K M Fazle Hasan Chowdhury draws parallels between Bangladesh and Saskatchewan, inviting us to consider the ways in which we are alike.

# Lazy Owl faces multiple inspections by health authority

## Repeated cleanliness and pest violations

allister white  
contributor

The Lazy Owl, a campus dining establishment frequently used by clubs to host events, has been the subject of two consecutive follow-up health inspections – largely because of issues with sanitation and pest control. This has raised concerns for students and patrons alike.

On August 1, 2023, the Lazy Owl underwent a routine health inspection conducted by Waheed Mehmood. The inspection listed re-inspection priority as “moderate,” and two follow-up inspections have occurred since: one on September 13 wherein Mehmood found five violations, and another in October, where three violations were found.

Most notably, the first follow-up inspection found multiple dead cockroaches underneath food-prep areas in the kitchen. A second consecutive inspection in October also found a dead cockroach, an additional violation and health and safety concern for patrons.

Jai Desai, acting kitchen and bar manager says that “the roaches didn’t come [from nowhere] ... they came from outside [The Owl].” Jai blames the Lazy Owl’s repeat pest control violations on the university’s private contractor, who Desai says did not inform him or Farooq Ayyub of the infestation. Desai could not provide any further

details. In August, Jai Desai acted only as the bar manager. Ayyub, the kitchen manager at the time, is currently on leave from his position while he recovers from an injury. Ayyub was not available for comment.

Everett Dorma, a Public Affairs Strategist with the University of Regina, explained to *the Carillon* that “evidence of pests was located at the Owl in early September as a result of an inspection conducted by the University of Regina’s (U of R) private contractor and the operator [at the Lazy Owl] was notified.”

Dorma explained that the bulk of investigations falls on both Saskatchewan Public Health and The Owl’s management, however, the U of R does employ a private contractor to “conduct regular inspections and undertake pest control.” It was not made clear whether this contractor is Poulin’s Pest Control, the company named both on traps in the kitchen and inspection reports. At the time of writing this, Poulin’s Pest Control have not responded to requests for comment.

A new license was issued and mailed out to the Lazy Owl after Mehmood’s August report despite the two violations, and Mehmood conducted a follow-up inspection on September 13, eight days after the U of R’s private contractor conducted their pest inspection.

Mehmood’s initial inspection cited concerns with sanitization – namely with the dishwasher

and glasswasher. According to the Saskatchewan Health Authority’s (SHA) Public Eating Establishment Standards, dishes, glassware, and utensils should be sanitized in a chlorine solution of not less than 100 parts per million (ppm). At the time of Mehmood’s initial inspection in August, the chlorine sanitizer for the dishwasher was empty, and the glasswasher had no sanitizer measured. Mehmood’s recommendation was that the Lazy Owl “manually sanitize utensils [and] glasses.” Desai said that the sanitizer read at 0ppm repeatedly because it was not ordered yet.

The second violation in Mehmood’s August report had to do with general cleaning and maintenance. Mehmood commented that the kitchen required a “thorough cleaning” and that the storage room needed to be organized before the restaurant opened.

The September inspection, which took place around six weeks after Mehmood’s initial inspection found, for a second time, that chlorine sanitizer levels were at 0ppm, meaning that no sanitizer was being used during the final cycle of the dishwashing process. It also found that the paper towel dispenser at the sink where staff wash their hands was empty, and that staff were not following appropriate handwashing protocol. This was corrected by the October inspection.



A sticky situation.

Photo: Allister White

September’s follow-up also made re-inspection a high priority for the Lazy Owl which led to the second follow-up on October 26. Three violations were observed at this time: two pertaining to cleaning, and a repeat pest control violation. This time, one dead cockroach was spotted in the kitchen.

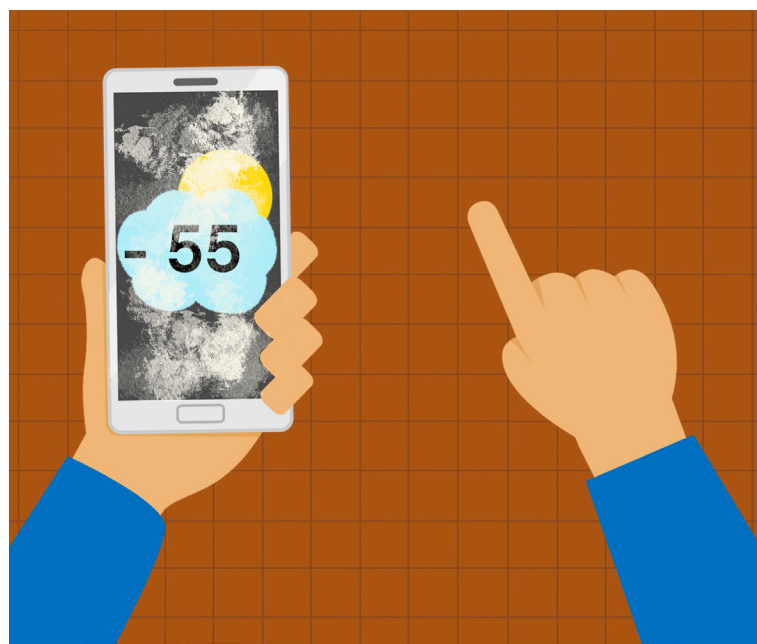
At the time, the Lazy Owl’s kitchen manager, Farooq Ayyub explained that the facility was

on its third of four pest-control treatments for cockroaches. According to Desai, the treatment for cockroaches at the Lazy Owl was concluded by Poulin’s Pest Control in December.

Desai states that there are no current pest control concerns at the Lazy Owl. *The Carillon* noted multiple pest-control devices and one sticky trap remain in the kitchen.

# Extreme weather hits the prairies

After a mild winter so far, nature seems intent to make up for lost time



For those waiting for hell to freeze over, it happened last week in Regina.  
Image: iamwahid via Pixabay, manipulated by lee lim

As winter tightens its grip on the Canadian prairies, Saskatchewan residents faced a bone-chilling reality after an unexpectedly warm November and December. The frigid temperatures, plummeting below -40 degrees Celsius and reaching -50 degrees Celsius with windchill lately prompt us to

wonder if these extreme weather fluctuations are becoming the new normal.

In a news release from November 1, 2023, the Government of Saskatchewan stated that in response to the prevailing winter conditions, the government is taking action to ensure the safety and

well-being of individuals experiencing homelessness amidst these extreme weather constraints. Collaborating closely with partners in Regina and Saskatoon, it is working on implementing comprehensive cold-weather strategies to provide warm and secure shelter and essential support.

Social Services Minister Gene Makowsky emphasized the significance of these strategies, claiming that “Cold weather strategies effectively coordinate community services and resources so everyone in need of shelter has a safe, warm place to stay and access to services.” The Ministry of Social Services collaborates with emergency shelters to verify the availability of spaces, food, and other essential supports.

Saskatoon’s Extreme Cold Weather Strategy, for example, is a community-driven initiative that has been in operation for several years. According to Pamela Goulden-McLeod, Director of Emergency Planning at the Saskatoon Fire Department, “Our community-based organizations have worked together for several

years to help reduce the impact extreme cold weather can have on homeless and vulnerable folks in Saskatoon.” The strategy is activated when temperatures drop below -30 degrees Celsius.

Similarly, Kim Olsen, the manager of Emergency Preparedness and Business Continuity, said “It’s important that people who need a safe and warm place to stay have access to those supports. The City of Regina recognizes the value of our partnerships with community-based organizations to help keep all residents safe during the coldest months of the year.”

In an interview with *Global News*, Arnel Castellan, a warning preparedness meteorologist with Environment Canada, sheds light on the science behind wind chill. It is not a quantifiable measure like temperature; rather, it is a felt experience. Without a definite measure, wind chill is subjective. As Castellan describes, wind chill involves an algorithm that considers the interaction between your skin and the wind.

When standing in a howling

wind at -10 degrees Celsius, the wind chill can make it feel like -25 degrees Celsius. This discrepancy arises from the wind stripping away the boundary layer around your skin, hastening the loss of body heat. According to Castellan, more than 80 people die from over-exposure to the cold every year in Canada. Wind chill exacerbates the rate at which the body loses heat, making it a critical factor in health hazards like hypothermia and frostbite.

As we brace ourselves against the chilly temperatures, dressing appropriately becomes crucial. Wearing multiple layers to insulate against the wind and cold becomes not just a matter of comfort but a necessary element in staying safe. Thus, as winter tightens its grip on us, it is important that government initiatives, community-driven strategies, and individual efforts work together to address the challenges posed by the weather.

nazeemah noorally  
staff writer

# Loblaw rolls back discount slash

Billionaires rethink decision to milk even more money from consumers

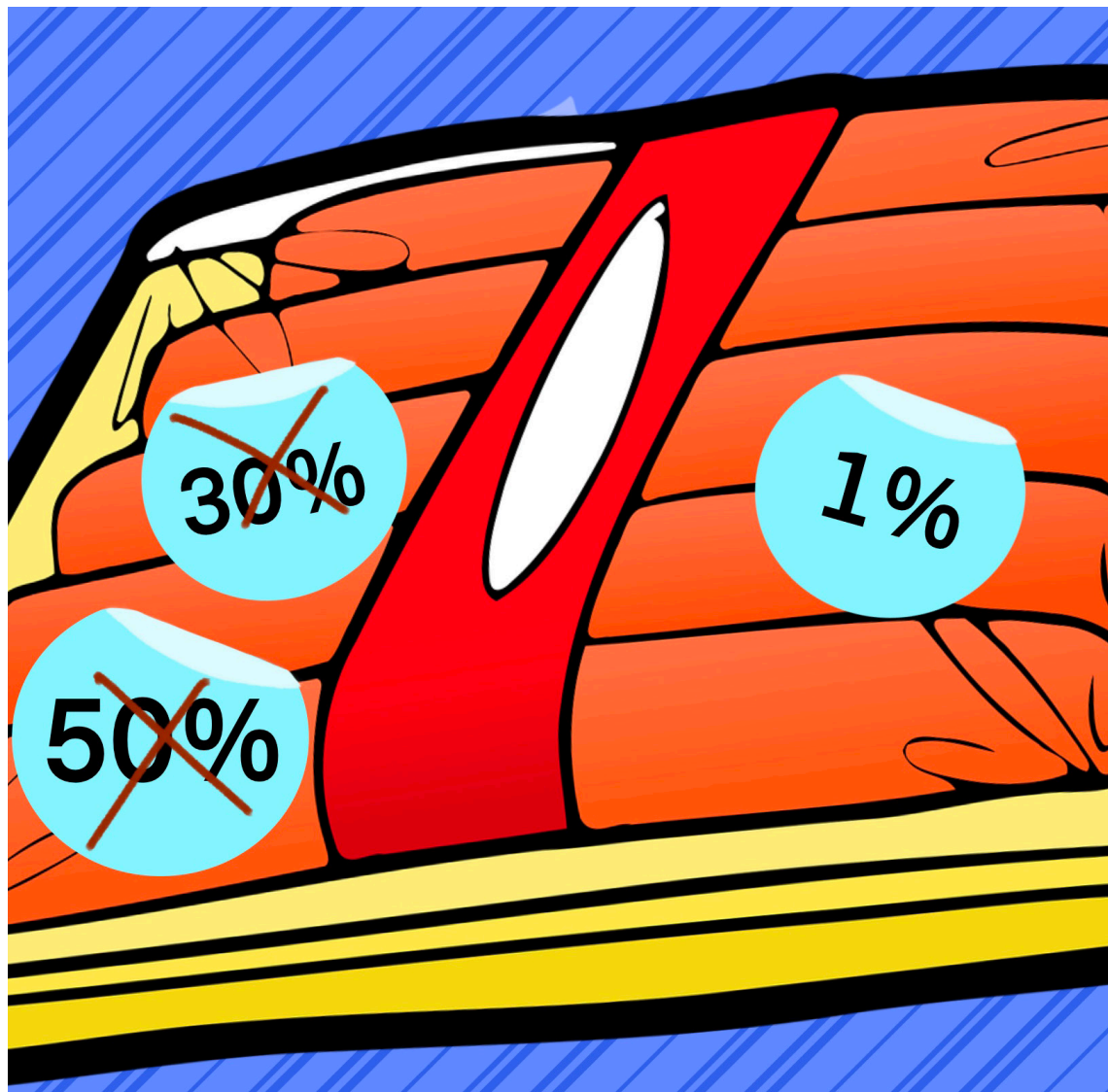
maren savarese knopf  
staff writer

Last week Canada's leading food and pharmacy suppliers, Loblaw Cos. Ltd., announced they would no longer offer 50 per cent discounts on food nearing the expiration or best before date. According to an email circulated by Loblaw, the company stated it would replace all 50 per cent off discounts with 30 per cent off discounts on products near expiring or reaching their best before date.

The announcement raised concerns for Canadians and experts alike across the country. Dr. Sylvain Charlebois, the director of Dalhousie University's Agri-food Analytics lab warns this change warrants the attention of Canada's Competition Bureau. Charlebois believes the attempted change taken by the grocery chain to align its policies with other food retailers could be considered anti-competitive behaviour.

In an email from Loblaw to Charlebois, spokesperson Catherine Thomas claimed the company was moving away from offering a range of discounts in favour of "a more predictable and consistent offering, including more consistency with our competitors." In a column for the Toronto Sun, Charlebois writes, "If this is not collusion, it certainly appears to be very close to it," detailing practices such as "discount fixing".

In fact, the attempted strategy employed by Loblaw has a name - conscious parallelism. Conscious parallelism refers to the ability of competitors to



1 per cent off and it will likely turn into toxic waste before your return bus gets you home.

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

watch what others are doing in order to adapt their own business structure to copy them. According to Dr. Jennifer Quiad, an Associate Professor of Law at the University of Ottawa, it is not an illegal practice. "The fact that you watch what's going on in the

market and copy your competitors is not a criminal collaboration because there's no decision to get together and do something."

Outraged Canadians across the country spoke against Loblaw's announcement. Viral TikToker Bryan, also known as

@thebnoth, described Loblaw's actions as "first ballot hall fame of Scrooge Mcduckery right here." Bryan asked, "How morally bankrupt do you have to be to sit in a board room and go, 'You know what's really selling like hot cakes now adays? That discount

meat that's hours away from turning into nuclear waste. People are buying it a lot more these days than they used to. I feel like this is a money-making opportunity."

Similarly, disgruntled Canadians took to Facebook to share their anger. One Facebook user stated, "Coming from a company that made [\$605-million] last quarter I am gobsmacked...Now I will be 50 [per cent] less happy with the corporate greed. Come on Loblaws give 100 [per cent] at being a better corporate citizen. Rant done."

In the wake of Canadians' backlash to Loblaw's announcement, Loblaw announced it had decided against getting rid of its 50 per cent off stickers on expiring food. Thomas confirmed on January 19 that after hearing the feedback from customers and colleagues the company will continue its previous discounting practices.

Canadians had a lot to say about this too. X user @angns said, "Well that boycott didn't last long! Loblaws has reversed the decision to stop 50 [per cent] stickers on certain items. Don't get me wrong, they still suck but this is a great decision for consumers. They must have read my tweet."

Despite the decision to reverse the attempted change, Loblaw's original actions left a sour taste in Canadian mouths. Literally. Many are wondering what's next in corporate action set on making Canadians pay.

# Minister discusses how to drive youth engagement

Social media outreach and face-to-face conversations recommended as change-making approaches

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A politician paid attention to some common people...must be an election somewhere...

Photo via @ylc.saskatchewan

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shivangi sharma  
news writer

# SLAC works on informing students of services available

## SLAC provides useful services, but remains relatively unknown

shivangi sharma  
news writer

In an article published last semester, *the Carillon* talked about the low visibility of the Regina Student Legal Advocacy Centre (SLAC). The organization, which was launched in December 2022, endeavours to provide free legal aid to the students of the University of Regina.

Lawyers at the SLAC specialize in a number of areas ranging over immigration, employment, and tenant's laws among others. As important as the resource is, it was made apparent in interviews with students on campus that a very small number of them knew that this organization existed to begin with. However, almost every student spoken to recognized the importance of a resource like SLAC, and hoped for better accessibility to their services in the coming semesters.

The SLAC has, since then, rebranded itself and has been putting continuous effort in increasing their presence on campus this semester. From tabling during the first week of classes to updating their website and logo, the SLAC has been doing a lot to increase student engagement. Parveen Sehra, Chief Operating Officer for SLAC, spoke to *the Carillon* about the organization and some of the things that it has been doing differently, and how that has increased student engagement.

Giving a general overview of the reason why SLAC came into being, Sehra said that "We saw the need for basic legal service for students on campus. [The University of Regina Students' Union] was approached many times with students seeking legal support or guidance that was usually outside the scope of their expertise. The SLAC came about to fill in a gap and to address a need for students on campus. We have grown a lot over the last year and it's been great. The most satisfying part is helping students with their legal needs, and we cover a vast variety of legal services as well."

Speaking about the vast variety of legal services offered by the SLAC, Sehra said, "Right now we are seeing a lot of residential tenancy issues, so landlord-tenant issues. We also do family law, that's Chris on our legal team, basic small claims matters, and immigration laws. My philosophy is, reach out to us and if we can't help you, we can point you in the direction as to where you can seek help."

Although launched for good reasons, the SLAC seemed to have been lagging behind at making itself seen around campus. Most of the students, both new and continuing, had no idea that free legal aid was available for them on campus. Efforts have been made by the SLAC to make amends and increase awareness about the

organization so that students who need legal help do not have to wander about, not knowing where to look, while help is available right on campus.

"SLAC has been really busy over the last two weeks, ever since this semester started. We have a marketing person now and during the welcome week we were tabling and promoting.

We got our socials updated and up and running, and we have also had some fun giveaways and hopefully that has raised some awareness about SLAC.

"We've been receiving more inquiries now since we have been promoting," said Sehra.

"Just giving students basic information about what we can help them with and how they can

get that help has been extremely useful at promoting the SLAC.

We have created banners, for example, with QR codes that lead right to our sign-up forms that initiate the process of being paired up with a lawyer, [...] and overall, just increasing our presence on campus has been the big thing lately. We have also been building relationships

with different departments at the university, for instance UR International, so that they can offer information about our services to new and existing international students. We have also rebranded and updated our logo and our website," she continued. Sehra believes that their efforts at marketing has led to a significant uptick in student engagement.

As per SLAC's data offered to us by Sehra, the major areas in which students seek legal assistance include family laws, immigration laws, landlord-tenant inquiries and employment laws, and the demographic of students reaching out to them is usually a 50-50 split between international and domestic students. "This is great, we want to help as many students as we can," she added.

The process to get help at the SLAC includes filling out their online form and giving them a basic overview of the issue regarding what help is needed. The filled out and submitted form then gets forwarded to the administrative assistant, who then helps match the inquiry with a lawyer. The general amount of time it takes to get paired with a lawyer is approximately a week, but students have been paired up with lawyers as quickly as within a day, according to Sehra. She mentioned that emergency services are also offered for students who need immediate assistance with any legal issues. The SLAC form can be accessed through the QR code on the SLAC's banner or through their website.

The team at the SLAC currently consists of three lawyers including Sehra along with administrative, marketing, and promotions personnel. Sehra took the opportunity to mention that the SLAC is presently hiring people for the promotions team. Students do not necessarily have to have a legal background to join the team. Interested individuals can apply through the link posted on their Instagram page.

In her concluding message to the students Sehra said, "Please reach out to SLAC. We are funded by student fees, and reaching out to us will be the right use of those fees. Even if you have a general question about an employment contract for example or a lease you are in, feel free to reach out to us. We look forward to working with the students. Please make use of our services and please help promote us."

Recognizing how important the services offered by the SLAC are, we hope their efforts at increasing their presence on campus and making their services more accessible further increases student engagement.



I hope it is not some bad omen that the balance of justice seems to be off-balance here...

Illustration: lee lim

“ We are funded by student fees, and reaching out to us will be the right use of those fees. Even if you have a general question about an employment contract for example or a lease you are in, feel free to reach out to us.”

| Parveen Sehra

## February events in Regina

Grab a pen, pull out that day planner, and read on!

will bright  
 a&c writer

The first month of 2024 has just flown by, and it's time for another events round-up. Let's check on what's going on in Regina this February.

### Brett Kissel

Country music fans, I've got a show for you, and it's a big one. Brett Kissel will be at the Conexus Arts Centre at 8 p.m. on February 2. Ticket prices start at \$49.50 plus tax and service fees. Kissel is a very popular country music artist, so popular that even I know his name, so if you're a country music fan this is an opportunity you won't want to miss. Head to [conexusartscentre.ca/brett-kissel](http://conexusartscentre.ca/brett-kissel) for more information.

### Globe Cabaret

From January 24 to February 11, The Globe Theatre is hosting a Cabaret at the Artesian. Advertised as a "trip down musical theatre memory lane," the show takes songs and inspiration from cabarets such as Moulin Rouge and the Onyx Club while showcasing musical theatre works. Tickets cost roughly \$34.78 for a middle row seat, but you can find more information at [globetheatre-live.com/shows/the-globe-cabaret-a-musical-theatre-revue](http://globetheatre-live.com/shows/the-globe-cabaret-a-musical-theatre-revue).

### Frost Festival

Frost is coming back to the REAL District again this year from January 26 to February 4. At the door it'll cost \$20 plus tax for one adult and \$15 plus tax for one youth or senior to get in for just the day. In February there will be a light display, a petting zoo, a

Exchange will be hosting the festival and the céilidh. The Celtic Festival features Jocelyn Pettit and Ellen Gira, a fiddle and cello duo who earned themselves a "Traditional Album of the Year" nomination at the Canadian Music Awards.

You can expect their performance to be high energy, feature harmonies, and a lot of dancing.

February 11 at 8 p.m.

You've probably seen Wes Barker somewhere, whether you realize it or not. He was on *America's Got Talent*, he was on *Ellen*, he has millions of YouTube views, runs a major podcast, and he's generally a really funny guy.

You've probably seen Simon King, too. He's been on HBO, the radio, Comedy Cen-

from the radio: Matt Falk will be performing. His comedy specials have millions of online views and he even made it to the Montreal Just for Laughs Comedy Festival.

Hisham Kelati, who also made it to Just for Laughs Montreal, will be there and he's a JUNO Award Winner for his Comedy Album *Tigre King*. Maybe you'll even get some luck of

### Wascana Winter Festival

I have yet another February Festival for you! The Wascana Winter Festival is from February 16 to February 19, Family Day weekend. During those four days you can expect sleigh rides, skating, an art gallery, a dance night, and a children's show. There are still lots of things being announced for the Winter Festival. To keep up to date, head to [wascanawinterfest.com](http://wascanawinterfest.com).

### Strumbellas

Music fans, I have another event for you featuring alternative country group The Strumbellas. Get ready to stomp and clap along to their music that features "blend[ed] anthemic, brightly coloured compositions with yearning, contemplative lyrics." Tickets start at \$55 plus tax and they'll be performing at the Casino Regina Show Lounge at 8 p.m. on February 16.

For more info on this event, head to [tourismregina.com/calendar/the-strumbellas](http://tourismregina.com/calendar/the-strumbellas).

### Freezin' Frenzy Family Day

If you have kids and you're looking for a nice winter activity, I've got you. Freezin' Frenzy Family Day is on February 19 from 11 a.m. to 3 p.m. at the RCMP Heritage Centre.

Hear some stories from the Snow Sisters from Storybook Princess Parties, hang out with the Centre mascot – Montee – and Indi, the staff member who just so happens to be a dog. There will be crafts available, hot chocolate and coffee, and *Frozen* will be playing in the theatre.

General admission is \$10 for adults, \$6 for youths aged six to 17, and free for kids under five, as



Cupid's got me fallin' in love with February events!

Image: GDJ via Pixabay, manipulated by lee lim

“

If you need a laugh in your life, here's an opportunity for several.”

### Will Bright

treasure hunt, a magic show, a chili cook-off, a snow maze, and a whole lot more.

One of the themes of Frost this year is Fairy Tale! The Marketplace is themed around it, as well as several events. I promise, you don't want to miss this. For more information, head to [realdistrict.ca/events/frost](http://realdistrict.ca/events/frost).

### Celtic Festival

The Mid-Winter Celtic Festival will run on February 3 as part of the Frost Festival. The

They'll be offering fiddle and cello workshops, and there will be lots of other performers as part of the festival including the Prairie Gael Irish Dancers, the Flatland Fiddlers, and more.

### Comedy + Magic

Sometimes you just need a little bit of magic and sometimes you just need a little bit of a laugh. If that's you, then buckle in, because I've got a perfect show for you. *Comedy and Magic: Wes Barker and Simon King* will be happening at Cloud 9 Live Bar and Grill on

February 11 at 8 p.m. You've probably seen Wes Barker somewhere, whether you realize it or not. He was on *America's Got Talent*, he was on *Ellen*, he has millions of YouTube views, runs a major podcast, and he's generally a really funny guy.

### Winnipeg Comedy Festival

For something a little bit different (not really, it's another festival...), why not check out the Winnipeg Comedy Festival on February 14 at 8 p.m. at the Casino Regina Show Lounge?

You probably know him

the Irish with comedian Fiona O'Brien from Dublin, who you might have seen on CBC's *Lol* or also on the radio on Sirius XM's *She's So Funny*.

Finally, Ontario born Rob Bebenek will be performing, and he's known for opening for major comedians like Bob Saget and Steve-O. Tickets start at \$32 plus tax. If you need a laugh in your life, here's an opportunity for several. Go to [casinoregina.com/entertainment/winnipeg-comedy-festival-presents-crazy-stupid-love](http://casinoregina.com/entertainment/winnipeg-comedy-festival-presents-crazy-stupid-love) for more information.

well as adapted prices for RCMP members, veterans, and families. You can learn more about this event at [rcmphc.com/en/freezin-frenzy-family-day](http://rcmphc.com/en/freezin-frenzy-family-day).

And that's all I have for you for February. Remember, this isn't all there is in Regina, these are just my top picks for all of you readers out there that fit in the word count limit of this article. You can find more events at [tourismregina.com](http://tourismregina.com) or the Regina Community Events & Info Group on Facebook.

# Moss art: healing spaces and hearts

## How can plants become art or heal people and places?

victoria baht  
staff writer

Succulios Studio is a local plant shop on 1304 13th Avenue, Regina. Run by Renee Koolen, Succulios Studio is a store with a wide variety of plants, plant holders, decorations, and more!

Koolen created Succulios Studio to help support people, as she had previously worked in a support-based field. At Succulios Studio, Koolen creates and sells moss art, something that is becoming more popular over the past few years. Moss art is a form of art where art and plants come together as one.

Koolen says she can build moss art of any size, as “I build all the frames from scratch. If there were a certain space you wanted to fill in your home, office, store and more, we do it right from scratch so any size can be built.”

Koolen allows people to have creative liberty when requesting pieces. “People can also choose different colours and patterns. I encourage that and like when people come in and have an idea of what they want,” she said.

“The reason why I make moss art is that I find, especially in Regina and Saskatchewan climate and this time of the year, we are surrounded by a lot of brown plants and environment settings,” she said. During this time of year, people can feel less bright and motivated because of the cold

and gloom.

Moss art is appealing in many different ways. As Koolen explained, “I do moss art because I find it very healing with the

The reason why moss art is growing is because it can be useful in different settings. Koolen believes that moss art can help individuals with attention disorder,

ing aware of the type of moss she uses. “The moss that I use is all preserved. It is from a moss farm in British Columbia. I do dye the art with a natural food grade dye

and texture, but it also absorbs any moisture from the air. People use it in spaces where they want a noise barrier; it does help as a noise barrier for places such as an office setting or an apartment.”

What an interesting quality! Moss has quite a few health benefits and sounds like it would be great to have in the home. However, how can a plant be a piece of art?

Koolen says that because moss is a lichen and does not naturally have roots, “It is not constantly growing. In that aspect, you are not going to see it constantly change or grow. But it still gives the effect of a natural living wall in your home, or that you are surrounded by plants.”

One cool thing about moss that some people may not be aware of is that it does not require a lot of care or maintenance. Sometimes plants can be difficult to maintain so people don’t want them in their office or home, but moss is the best of both worlds: you get nature with less maintenance work. As Koolen explained, “Moss is very sustainable. You do not have to spray it [or] water it. It does, though, get affected by humidity.”

Koolen elaborated, “So certain times of the year when the humidity is drier, if you were to touch it, it would feel dry. But like other pictures at home, you don’t touch them. So, treat it like a picture. Make it feel like a piece of living art in your home.”



After seeing this shot there’s no doubt that my space needs a moss wall.

Photo: Victoria Baht

colours, textures, greenery, and having that feeling in your home. Instead of just having plants around, a lot of people right now are using it in spaces like medical offices and classroom-like settings.”

ders, seasonal disorders, and other types of disorders. Moss art is beneficial to everyone by helping people connect to aspects of both art and nature.

Koolen further claimed that it serves as a healing aspect by be-

that has a natural oil in it and that’s what preserves it.”

Koolen states the art also serves practical purposes other than healing and to visually be appealing. “So, it does have the healing benefits of colour, feeling,

# Internet’s role in preserving Palestinian culture

## The internet’s role in cultural preservation cannot be ignored

Social media has always been a place to share culture, and Palestine is no different. Palestinian creators online are sharing Palestine and their culture as they know it, and they are also sharing how they are fighting for Palestine.

The creator that inspired this article is @mxriyum on TikTok. Mariam is a Palestinian who started sharing recipes on TikTok that she learned from her mother who is from Palestine. She states in a TikTok that sharing her mother’s recipes is a key part in preserving the Palestinian culture.

She’s using her recipes and the TikTok following she built to give Palestine a voice. As Mariam posts videos of her mother’s recipes, she shares important information of the genocide Israel is committing in Gaza. She has shared cooking videos of dishes such as Ka’ak Al-Quds, a bagel with a sesame seed crust, Msakhan, the national dish of Palestine, and more.

Mariam’s work on social media is incredibly important. She brings Palestinian culture into the public eye through TikTok, showing people the heritage of Palestine, the hands that came before her, making the dishes she is online.

Lour, known on TikTok as



A beautiful Palestinian breakfast.

Image: Peteravivangel via Wikimedia Commons

@lourtotah, is a content creator who makes content about life in Palestine. As far as I can gather from their content, they are still living in Palestine, but were in South Africa during the ICJ case.

They have shared videos of their home with bullet holes in it from Israeli soldiers. Not recent bullet holes, bullet holes from when they were a child, showing an aspect of how far back this

conflict extends.

Lour’s TikTok page shows Palestine as what it was before the mass bombing started, what it is now with Israel’s attack and genocidal intent, and the hope for what Palestine could be. You can scroll back on the content to see the beauty of Palestine and its culture.

You’ve probably seen videos online of Hamzah (@hamzah on

TikTok), whether you realize it or not. The 20-year-old Palestinian has had several videos go viral of him talking to Israeli people online.

A video of two Israeli girls aggressively asking him “Palestine or Israel?” has 2.4 million likes and 47.9 million views on TikTok. Another video of him talking to an Israeli girl who tries to tell him that the people dying

in Gaza is their fault, that they should go to Egypt, and that the Palestinians need to leave because the Israelis told them to has 2 million likes and 20.7 million views.

A video of a girl saying, “Free Israel,” and Hamzah responding, “From what?” to which the girl has no response has 1.5 million likes and nearly 19 million views. He talks to Israelis, revealing the disinformation about what’s going on in Gaza.

He mentions in one video that he makes his content to show the world what’s going on in Palestine, but also shares that he feels he will never be able to go back until Palestine is free. He feels this way because he is recognized by the Israeli people he meets online. Hamzah’s TikTok is a commentary showcase of the people of Israel and what they believe is happening in Gaza.

As we continue to fight for a ceasefire in Gaza, it’s important to know what we’re fighting for. We’re fighting for their lives, but we’re also fighting for their culture that some seek to destroy.

will bright  
a&c writer

# In defence of the Internet

The Internet hasn't fallen, only evolved

cassidy savard  
contributor

In my first year I took an English 100 course, and it was made clear that we as students were not to create essays covering “society” as a whole or “human nature.” In defense of this decision, these are overly vague terms.

Unless a particular aspect is expanded upon, they attempt to describe such complex mechanisms and interactions that using these terms alone implies a hollow argument. ‘Master of none,’ as the saying goes.

become known as the Penny Press Period.

Vivian expands that the newspaper operated on the basis of accessibility: stories, news, and articles capable of being consumed by individuals of various backgrounds and literacy abilities.

The trait of accessibility would prove itself to be attractive to advertisers. More readers means more potential customers. So, advertisers enticed newspapers to produce generally neutral pieces to ensure access to all audiences. This dependency on advertisers for revenue would become the standard for future mediums,

Chomsky and Herman argued that individuals who engage with the media interact with it through filters of these economic and political motives. Even for the good-natured journalist who has the best intentions for public knowledge. Even you, a casual internet user.

Today, these filters have progressed in their capabilities as a result of technological innovations in machine learning. Even among platforms that appear to be isolated and user-dependent, there exist filters.

An article posted on *Adweek* titled “Social Media Is Dead. Welcome to the Swipe Era” fur-

the user.

It seems reasonable that advertisers would primarily focus on internet-based platforms. Google alone received 168 billion visits in the month of November, according to *semrush.com*. YouTube takes second place garnering 112 billion visits. To put this in perspective, Vivian writes that the peak circulation of newspapers was 63.4 million in 1984.

Even platforms that were once more social and user-driven have evolved. An article published on *Business Insider* titled “Social media is dead” written by Sydney Bradley and Amanda Perelli on August 30, 2023 argued

Predictors of engagement and participation in media environments with hostile reputations” found that women were much less likely to comment, but just as likely to view posts. This would result in the forum-based platform appearing as male-dominated, demonstrating the opinions of primarily men.

When we take the history of media and the conception of the advertisement-dependent system, it almost seems inevitable that we would end up here. None of this is to argue on the morality of this system.

To do that would require a much more in-depth analysis of the economic and political implications, I'd recommend reading *Manufacturing Consent: The Political Economy of the Mass Media* to find quality information to use in forming your opinions.

Within the last few years, there seems to be more discussions on the intrusiveness of advertisements. It also just seems like some platforms aren't trying to disguise their financial incentives anymore. Take YouTube for example, who cracked down on adblocker usage while increasing the number of ads shown.

An alternative to the advertisement model is subscription-based platforms. Streaming services such as Netflix, for example. However, their changes in subscription and their crackdown of password sharing seem to mirror the advertisements lack of discretion regarding their financial motives.

Netflix has arguably demonstrated that they don't need to disguise motives in order to gain revenue increases. On October 18, 2023, a piece on *Wired* by Angela Watercutter and Will Bedingfield titled “Netflix's Password-Sharing Crackdown Is Working – for now” explained that the streaming giant even had 9 million new subscribers and an eight percent increase in revenue.

So, another evolution may be taking place. Subscription-based platforms and advertisement-dependent platforms are no longer hiding their intentions for capital gain, and people are still consuming the media.



Seems this is how most of the Internet operates nowadays...

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

The ‘Internet’ has become a similar term, and is usually used in a negative connotation to describe and simplify shortcomings of modern civilization and complain about all these darn kids using TikTok.

So, when a piece is titled ‘The Fall of the Internet,’ you may emotionally prepare for someone who is yet again attempting to argue that the internet is bad. I find these arguments boring and hollow, just as my instructor presumably felt about topics covering society and human nature.

This article will attempt to briefly cover the current evolving landscape of the internet, as a result of advertising capabilities. To do this, we have to examine where this landscape evolved from.

Let's begin by acknowledging some historical context. Media in the form of print, radio, and television have all carried an influential torch at some time. Print media, specifically in the form of newspapers, were the first to garner a widespread influence.

As John Vivian writes in the textbook *The Media of Mass Communication*, the success of the newspaper would be the result of social and technological innovations in the 1830s, which would

including the internet-based sites we use today.

In 1988, a time when television had surpassed the newspaper, Noam Chomsky and Edward Herman proposed the Propaganda Model in their book *Manufacturing Consent: The Political Economy of the Mass Media*.

They argued that, over time, media in all forms available will become integrated within the

ther describe this evolution. Written in July 2023 by John Dempsey and Dom Tunon, they argue that machine learning has allowed brands to communicate with their market audience in a personalized manner, allowing them to be more welcome in spaces where previously, advertisements would not be as welcome.

Never before has the media changed its substance based

that social media is no longer social, as people are no longer posting. Instead, it is influencers who are posting and users merely observing, while they withdraw into private discussions via messenger platforms.

Social filters exist as well with their own implications worthy of examination. On platforms that depend on engagement-based algorithms, what you see is depen-

“ Advertisements used to be generalized, and capable of being ignored by those who deemed the ad irrelevant. Now, ads can be more subtle and incorporated into the interest of the user.”

Cassidy Savard

dominant economic and political systems. Over time this develops into a distribution of media owners who operate on the basis of gaining economic and/or political power.

on the individual user. Advertisements used to be generalized, and capable of being ignored by those who deemed the ad irrelevant. Now, ads can be more subtle and incorporated into the interest of

dent on the dominant user-base.

For example, a study by Danielle K. Brown, Yee Man Margaret Ng, Martin J. Riedl, and Ivan Lacasa-Mas from 2018, titled “Reddit's Veil of Anonymity:

It's possible that we may be used to and numb towards all the advertisements, anticipating that corporations are going to demand more capital in some form or another.



## Get your money's worth

Making use of what you already pay for this semester

pall agarwal  
 s&h writer

As we continue to thrive in a world where being active has many definitions, the University of Regina's (U of R) Fitness and Lifestyle Centre (FLC) offers many ways to stay active.

The U of R's pool and gym facilities support the health and fitness of students' lives, contributing to a holistic education. Included in the tuition fee, U of R students pay a Sports and Recreation Fee every Fall semes-

ter, giving them access to these services as members. The FLC, more commonly referred to as "the gym," is located on the second floor of the Centre for Kinesiology, Health & Sport building, above Gym 3.

Delving deeper into the services and the experience of staff and students, we spoke to Jessica Yang, a 3rd-year K-5 Education student. She shared her insights from working at the gym as an FLC desk assistant.

"What we do is facilitate the gym, [and] be here for anyone who has questions. We are also supposed to walk around and observe, [and] make sure that if anyone has any questions, we are there to answer them. [...] We also, at the desk, scan cards [Student IDs] so that they can get in the gym," said Yang. Besides this, desk assistants are also responsible for picking up equipment that is lying around on the floor so that it looks nice and tidy for everyone who works out at the gym.

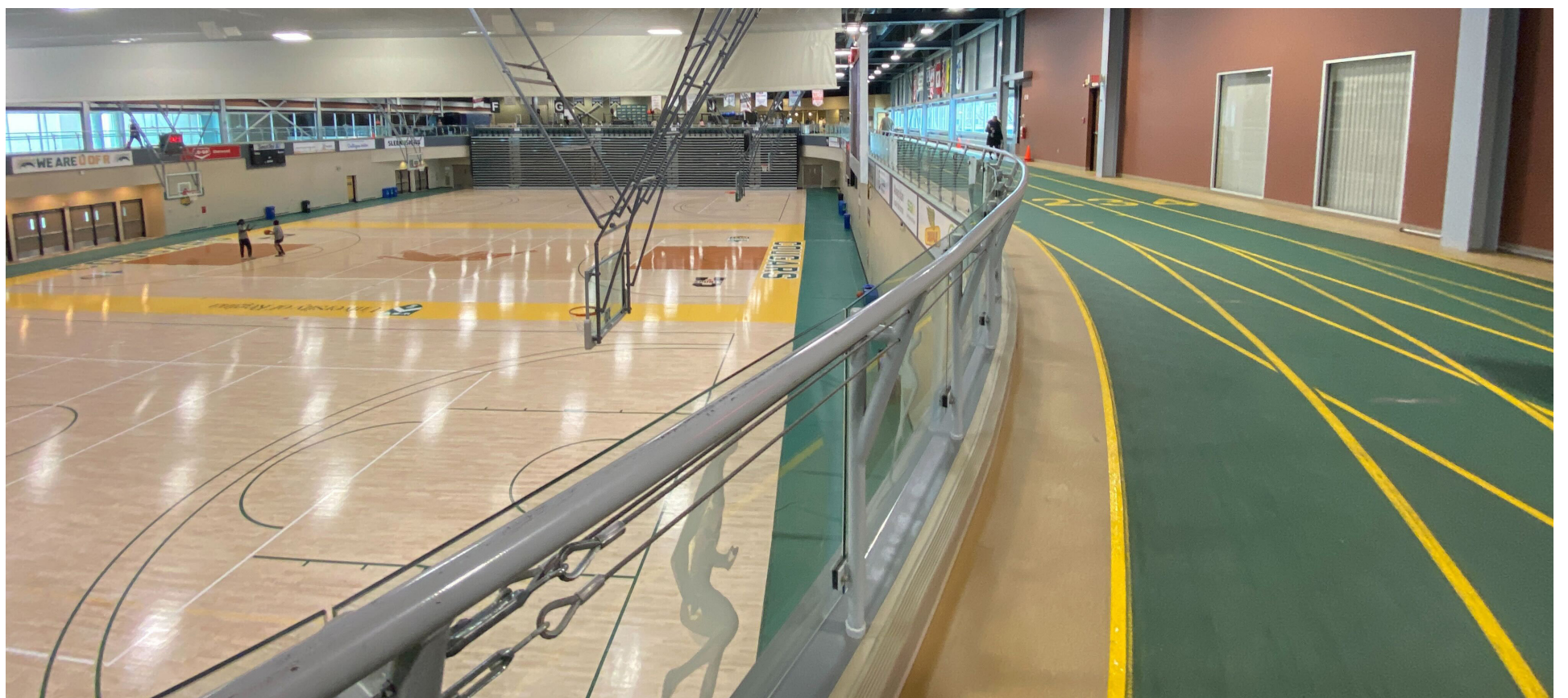
"The time that is the busiest is probably from 11:30 [a.m.] to 1:30 [p.m.], so kind of like the lunch-hour period, and then it also gets super busy around 5 o'clock," Yang continued, noting that the gym is then busy until around 7 p.m. Yang has used the

members are free to use. "There is a whole range," Yang said, "There is equipment if you want to work out your legs or arms. [...] There are treadmills if you want to run, [a] leg press if you want to do legs." Yang also said that the gym has many dumbbells and kettlebells, as well as many machines that have instruction stickers to help new users.

New users may find the gym intimidating if there are a lot of people and they are not used to using public gym services. "Honestly, don't be nervous. There are so many people in here [and] the first time you work out," Yang continued. "Send an email to flc.trainers@uregina.ca, and it's free. You receive [a] fitness assessment, fitness program, and assistance for one week."

Given the variety of support and assistance from the gym, non-staff students also have had positive experiences. Akshat Sharma, in the first year of his thesis-based Master's of Computer Science, said, "To be very honest, I haven't seen many problems with the gym. If there is a machine that gets broken down or something, it's fixed the very next day. [...]

that is a problem for me," said Sharma. To improve the gym facilities, Sharma said, "I do not have a lot of changes [they could] do. They can add a few more machines." However, Sharma suggested that the pool could have life tubes for non-swimming students to use to swim in the deeper side of the pool without worry. The CKHS pool is an indoor pool staffed by certified lifeguards. Sharma mentioned that since it is an indoor pool with supervising lifeguards on deck, swimmers can feel reassured about their safety while



Working out here must be a dream.

Photo: lee lim

fitness center since her first year, and said that the busy hours in the gym are "pretty consistent."

Besides the gym, where the school's equipment and workout machines are, Yang talked about Gym 1 & 2's "open gym times." Yang said, "When they are not booked [by the university], you can go there. Again, you have

there are so many exercises that you can try. [...] You can just do basics with kettlebells [and] dumbbells." Yang suggested. "I know it is kind of scary sometimes. There are so many people and it's kind of a big facility."

Yang's advice was that "it's easy to get used to [going to the gym], so just try it out. Give it a Services are really good."

Sharma has had a variety of experiences with the Fitness and Lifestyle Centre's facilities. "So, for the Fitness and Lifestyle Centre, you are basically paying for the gym as well as the swimming pool. So, you can use the swimming pool, do some cardio over there, get to the sauna, [and] swimming.

Students have had primarily positive experiences with the facilities provided by the Fitness and Lifestyle Centre at the University of Regina. Opportunities to make use of the included tuition fee are not just limited to using equipment at the gym but also booking the CKHS Gym 1 &

swimming. Students have had primarily positive experiences with the facilities provided by the Fitness and Lifestyle Centre at the University of Regina. Opportunities to make use of the included tuition fee are not just limited to using equipment at the gym but also booking the CKHS Gym 1 &

2 spaces to spend some time with friends doing indoor activities like badminton, basketball, volleyball, and more. Make use of the university facilities to stay active and justify that included fee in your tuition.

“So, you can use the swimming pool, do some cardio over there, get to the sauna, [and] burn some calories. That is all included in the fees that you are paying.”

### Akshat Sharma

burn some calories. That is all included in the fees that you are paying," Sharma explained.

"To be honest, it's not really crowded over there [in the gym. ...] I come from India and I find gyms really crowded over there. So, seeing one-fifth of the people over here and people still thinking that it is crowded, I do not think

to bring your student ID card, [...] scan that and you can book it and play basketball, badminton." This is yet another option for students to make the most of the sports and recreation fees that students pay while they study with the U of R.

In the gym itself, there is a variety of equipment mem-

ber. If you don't like it, there are other things you could do." While the gym can feel intimidating with everyone focused on their routines, Yang mentioned that there is always support around and it is always okay if your workout doesn't work out the way you intended it to.

"You can book a trainer for

burn some calories. That is all included in the fees that you are paying," Sharma explained.

"To be honest, it's not really crowded over there [in the gym. ...] I come from India and I find gyms really crowded over there. So, seeing one-fifth of the people over here and people still thinking that it is crowded, I do not think

2 spaces to spend some time with friends doing indoor activities like badminton, basketball, volleyball, and more. Make use of the university facilities to stay active and justify that included fee in your tuition.

# Get fit fast, or throw a fit fast?

## 75 reasons to check what you're about to put yourself through

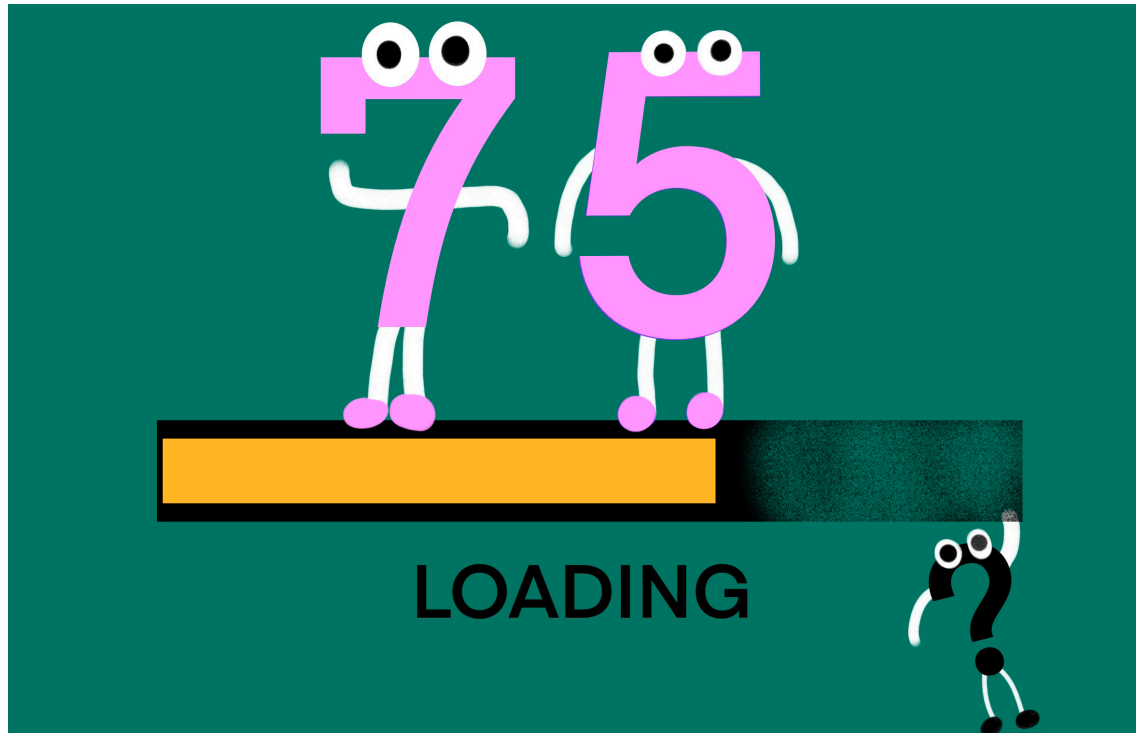
kim kaufman  
s&h editor

“You miss 100 per cent of the shots you don’t take.” “You will never succeed if you don’t try.” “Try, and if you fail, try again.”

In many cases, these statements push people to step outside their comfort zone and grow as individuals. However, pushing too far past your comfort zone without support and diving headlong into a seemingly simple challenge can ruin your plans to get fit.

The 75 Hard Challenge was developed by Andy Frisella, a motivational speaker, podcaster, author, and supplement company owner. It was first marketed as a “mental toughness program” by the 75 Hard website and has since been misinterpreted by mass media as a fitness challenge. This is in stark contrast to the original program, where the 75 Hard website states in bold, capital letters, “This is not a fitness challenge.”

The rules for the challenge appear in various news outlets, but do not appear on the 75 Hard website. As noted by Forbes Health, the program’s welcome email contains the rules. Lasting for 75 days, with an automatic restart if a participant misses a day, the rules are “Follow a diet, [...] Complete two 45-minute workouts, [...] Take a progress picture. Drink 1 gallon of water. Read 10



Will it feel like a fitness challenge, or like you're stuck buffering indefinitely?

Photo: lee lim

pages of a book.”

Additionally, the diet is chosen by the participant but must have a structured eating plan, and no alcohol or meals outside the diet are allowed. One of the 45-minute workouts must be outdoors, and audiobooks are not counted as reading material.

While challenging, Frisella claims on his website that the program is designed to fit with a person’s existing lifestyle. He claims the rules are firm enough to provide structure for a person’s workout but flexible enough to allow a range of activity levels and

work with existing fitness and diet programs.

However, while the program is flexible and offers choices, the benefits promised by Frisella are not backed up by scientific evidence. According to Rachel Evans, a psychologist and eating disorder specialist who spoke with *Women’s Health Magazine*, “Frisella doesn’t provide scientific evidence for how the components in the programme develop or prove mental toughness, so it’s really a collection of arbitrary rules to follow each day.”

Besides the uncertain bene-

fits, the rules of the program are a breeding ground for injuries and eating disorders. Sticking to a diet with no “cheat meals” can severely restrict a person’s sense of fulfilment and impact their relationship with food. Additionally, the rules of the program state that once you start with a diet, you must stick with it for 75 days.

There are numerous fad diets floating around the internet, and choosing one on a whim and forcing yourself to stick with it could cause unintended health consequences.

Evans also added that the

flexibility could be a negative point instead. Diets that restrict calorie intake and demonize particular foods or food groups make the diet incredibly difficult to adhere to for long periods of time, and impact the dieter’s relationship with food.

“This is an issue because it might lead some people to drastically reduce their calorie intake or cut out a whole food group,” Evans said. “This could be dangerous for their health, especially if they’ve increased the amount of exercise they’re doing as part of the challenge.”

Since 75 Hard received so much backlash from professionals and participants who failed to complete the program, an easier version arose. 75 Soft, where the rules are adjusted to promote the development and maintenance of sustainable, healthy habits.

The rules for 75 Soft, according to a Cleveland Clinic article, are, “Eat well in general and avoid alcohol except for social occasions. Exercise once for 45 minutes each day, with one day of active recovery each week. Drink 3 litres of water daily, [and] read 10 pages of any book each day.”

While much more vague than 75 Hard, the increased flexibility of 75 Soft’s rules is supportive of healthy habit acquisition. 75 Hard is a challenge indeed, and sometimes the risks outweigh the rewards.

# It’s freezing out here!

## Hold onto your mitts, winter isn’t over yet

Regina is one of those places known for its rough, freezing winters. 2023 ended with the temperature just barely dipping into the negatives, and the new year saw temperatures drop as low as -35 degrees Celsius in the first few weeks. Knowing this, one can figure out that there is a commitment to safety required to maintain an active lifestyle during the winter.

It is impossible to survive while wearing regular clothes outside on a day that can feel like -50 degrees Celsius. People need to dress for the weather and layer up well. Layering up starts with a moisture-wicking base layer to keep sweat away from the skin and, at the same time, add an insulating layer for warmth. Common choices for this include merino wool, fleece, and synthetic materials like polyester that retain warmth. On top of this base layer goes your regular clothing, with a winter-rated jacket as a top layer.

Winter clothing can be found in many Regina stores, such as Prairie Summit Shop and Sunshine and Ski, as well as chain clothing stores, department stores, and thrift shops.

Additionally, shopping online offers a wider variety of clothing outlets, but it takes longer to receive since it requires shipping so plan accordingly. Popular on-

line winter clothing companies include Mountain Warehouse, Columbia, Decathlon, and North Face, which ship across Canada and offer similar insulating fabric options in their products. Investing in good quality thermal gloves, a beanie or toque, and moisture-wicking socks is crucial

to protect your hands, feet and head. Top quality winter gear is expensive, but well worth the investment to stay safe, healthy, and, most importantly, warm.

A layered outfit can help one stay safe and enjoy activities outdoors. People may wish to continue their outdoor life in winter as

if it were summer instead, but it is not possible or safe if you aren’t prepared. To keep doing your favorite activities in the cold, you will need to layer up well, choose the right time to exercise, let someone close know about your whereabouts, or buddy up and have another person join your routine.

In Regina, sunny mornings could be the best time to go for a short quick run or walk. With the sun’s rays falling on the white layer of snow on the ground and a warm outfit, it is a great time to admire Regina’s natural spaces and embrace the cold without becoming part of the cold.

Since Saskatchewan is not known for its stable seasons, with extreme temperatures appearing and disappearing at a snap, preparing for unexpectedly cold days is important. Keep essentials like an emergency kit in the car, including a spare blanket or emergency foil blanket, first aid kit, and non-perishable snacks, in case of an emergency. In drastic temperatures, exposed skin can become dry and prone to cracking. “Skinvesting” is another kind of investment where individuals purchase valuable products for their skin’s health.

Exercising outdoors and enjoying life like usual requires one to take care of everything before

you can brave the cold and go with the flow. It is understandable that going on with usual life in the cold can be difficult. Other alternatives during this season are exploring indoor workouts.

Regina has a lot of outlets that offer those services like Session Studio YQR, Local Barre Fitness, and Wheelhouse Cycle Club. These places have indoor activities like yoga, spin classes, barre classes, cycling classes, and other fitness programs that you can enroll in on those harsh days when it is unbearable to go outside. This mix in one’s fitness routine helps one stay active and happy.

Maintaining a monotonous and disciplined routine is helpful and builds a sustainable habit, but it doesn’t ensure the spice one needs to keep life fun. This flexibility also allows one to adapt to different weather conditions, enabling the body to prepare for any kind of adversity and blend in with what comes its way.

Finding joy in harsh times can be tough, but one can only imagine what life brings forth if you can keep an eye out for it. Regina has much more than its cold weather, so get prepared and enjoy the winter!



I think I need a bigger jacket...

Illustration: lee lim

pall argarwal  
s&h writer

# Holistic healing with Hill

An individually focused, holistic service for all

victoria baht  
staff writer

Hill Holistic Health is a local business in Regina owned by Allissa Hill. Hill is a practitioner who focuses on the whole body, and offers services based on healing and providing relief within the body. She does this by offering three main services: Thai Massage, Yoga, and Sound Healing. Together, or separate, she claims they improve the health and well-being of her clients in Regina.

you would be able to do on your own," she said.

Not only is Thai Massage about stretching and releasing the tension in your body, but is, "About slowing down and becoming aware of what is going on in your body, mentally and emotionally as well."

Hill offers a variety of different types of yoga. "Anybody and everybody can go to yoga. There are so many different kinds out there." Yoga is something beneficial for your health that you can do alone at home or in a group.

"Everything from chair yoga,

in the evening. Sound healing can help our brain waves into a more relaxation state. [...] Sound healing uses a variety of props like bolsters, blankets, sandbags, and eye masks," Hill explained.

"Then we play a variety of instruments like crystal bowls, tuning forks, drums, all kinds of things. They are used on and around the body. They create these beautiful sounds and vibrations that are felt in the body. It helps take you into a deep meditative state." Even the description of sound healing sounds relaxing. University students, who are

Hill stated.

After Hill trained, she had the opportunity to travel and teach, a beneficial experience that enhanced the quality of service she offers today. Hill got to spend several weeks in Ecuador in South America. Travelling allowed her to meet new people and explore different cultures. She spent some time on a farm where she was able to teach three yoga classes per week and in exchange, she got to explore different foods, harvest off the land, and board there as well. "It was a very transformative time for me as I was exposed

Hill added, "Once I finished that program, I became quite close with one of the owners at Oxygen Yoga and Fusion studio, and she offered me right away to get into the studio and start teaching. She was very encouraging. Right out of the gate, I started teaching. It helped me find my voice and confidence."

"Over the last few years, Holistic Healing has become more popular. [...] I want to encourage people to be open and ask questions. Any practitioner in the field got into it for a reason. Not for the money but because



Rrrringgggg and feel the vibrations soothe your rising headache.

Photo: Andrew Parry

“ I always recommend it to people who struggle with depression, anxiety, and trouble sleeping in the evening. Sound healing can help our brain waves into a more relaxation state.”

## Allissa Hill

"Thai Massage is unique. It is about assisted stretching, acupressure, and traction of the body," explained Hill. She added that it is very individually focused because each person requires different help.

According to Hill, there are a number of benefits. "In terms of flexibility, mobility, pain release and pain reduction. Also, energetically, it is about creating that space to be present in your body."

"Having somebody there who can support you physically in the stretches that you may not be able to do on your own or getting you further into a stretch than

to virtual yoga, to in your home where you feel comfortable and supported. Even studio or boutique studio yoga where there is community, vibrance and energy, and private yoga sessions where someone works with you one-on-one," Hill said. "No matter your ability, background, or goal, [...] Yoga can be beneficial to anybody, and there is a style out there for everybody."

Sound healing is a particularly unique treatment that can be beneficial for numerous health issues. "I always recommend it to people who struggle with depression, anxiety, and trouble sleeping

known for being under intense stress during the academic year, might benefit from looking into or trying out a service like this.

Hill practices many different services, and she has also travelled to build up her education. Thai Massage is not universally known in Western Canada, but it is still a popular form of relief. Hill found a Thai Massage program in Calgary offered by the Mandorla Yoga Institute that gave her the time and space to learn and grow her skills. "Taking the Thai Massage program deepened my skills as a yoga teacher and vice versa. They both enriched each other,"

to all different kinds of things that I've never been exposed to before," Hill explained.

Hill practiced yoga for fun before she trained to teach and guide others in classes. "I have been practicing yoga for 14 years now, and this was my introduction to the world of wellness and alternative health," said Hill. "It had such an impact on my life in a number of ways. It gave me this [draw] to learn more, moreso for myself than an interest in teaching others. This is what drew me to take the yoga teaching training. It is called Naked Truth Yoga out of Vancouver."

they care and they want to help people heal, support people, and help people feel good. [...] I encourage people to reach out, do research, and don't be afraid to try something different. This is a way you can see different results, and try something different, and see new or different results," Hill said.

Hill is educated on various forms of healing and health, and uses her knowledge to help others. Whether you are in pain or just need some kind of relaxation, Hill has knowledge to spare and would be more than happy to help you out.

# Hair, bones, and tracks

## The myth of the Atlantic cougar persists

maren savarese knopf  
staff writer

In the small eastern province of New Brunswick, there is ongoing debate to the existence of a mysterious Eastern/Atlantic cougar population. If you were to Google the question “are there cougars in New Brunswick,” the answer you are likely to find is no, there are no cougars.

In fact, the province has no confirmed records of the species since 1874. To date, there have been no confirmed sighting, tracks, or any sort of evidence pointing to cougars in the province. Moreover, in recent cases, genetic testing has conclusively ruled out two suspected encounters involving big cats in New Brunswick as not being cougars.

definitely resembled cougar droppings. Definitely not from a canine or herbivore. Definitely from a large animal. If it’s not a cougar, some other huge unknown predator is pooping in NB forests.” Similar posts detailing sightings can be found on the page.

One Facebook user wrote the following, “Heading west saw LARGE CAT WITH LONG TAIL run across highway toward river,” and another, “Seen one about a half hour outside of Bathurst, NB, on route 180, at about 4 am...”

In late 2023, one New Brunswicker’s claim to have spotted a cougar gained traction after they provided ‘evidence.’ After reviewing the submission of images animal experts ruled that the feline present was much too small to be a big cat. “This is clearly a house cat,” said Donald McAlpine

cougar and her cub for three days. I only ever caught glimpses out of the corner of my eye. But I found the tracks.

Cougars know how not to be seen.”

To add to the controversy, some claim that not only are there cougars in the province but that there is a rare subspecies of black cougars. Facebook users claim this is due to an escaped panther from a provincial zoo. In fact, black cougars have been reported 49 times in New Brunswick and 42 times in the neighbouring province of Nova Scotia. A Facebook user on the NB Cougar Sightings page wrote the following: “I have seen three cats in my life two tan and one black and other people there twice to witness.” Despite claims, there are no known magmatism’s of black cougars anywhere. Cougars can be identified by their uniformly tawny, grey-brown, or red-

Despite lack of clear evidence, McAlpine says that he is still open to the possibility of finding a cougar in New Brunswick and suggests there may be cougars infrequently entering and leaving the province. Whether it’s believed or not, some Facebook users on the NB Cougar Sightings page worry that all the posts will increase the risk of harm to cougars in the province.

One user shared the following, “The only thing that I will ever say on this page other than some random posts or comments is can everyone please stop posting where they see cougars the where in New Brunswick could be being followed by hunters and they really need help to survive I think and to not become extinct to our province tell your story share your photos please stop telling everybody where.”



All I am saying is, I can see why a cougar or any other animal would rather not be around humans.

Photo: Wayne Thornton via Wikimedia Commons

Canadians living in the Western and prairie provinces are no stranger to cougars. The species has established breeding ranges in British Columbia, Alberta, and Saskatchewan, and is considered a secure species according to the Federal government. In fact, populations appear to be increasing. Cougars are solitary animals and rarely found together outside of raising their young. Cougar populations are dependent on factors such as prey availability and habitat.

Despite a lack of evidence, there is a large portion of New Brunswickers who adamantly believe the big cats are roaming about the province. The Facebook page “NB Cougar Sightings” has over 17,000 members with active daily posts that boast both claims of cougar sighting and speculations.

Hundreds of posts claim to have spotted the tawny big cat, as one Facebook user wrote, “I found a lot of fecal samples in the wild on my property. There were some that

who is the head of the natural history section of the New Brunswick Museum and head of the Zoology section. The Saint John resident who reported his sighting says he is an avid outdoorsman and has been on a mission to prove cougars exist in the province since 1970. “It would be so magnificent if New Brunswick could claim to be the home of cougars,” he said in an interview with *CBC News*.

The NB Cougar Sightings page remains divided by the issue. In addition to cougar enthusiasts on the page there are many people who claim the contrary – there are no cougars in the province. “With all the doubters on this page, I am weary to post my experience,” wrote one user. Another points to cougar’s ability to hide well and conceal their presence offering explanation for why they haven’t been seen. “In 2005, I walked from Toronto to Vancouver. Yes, walked. Going through Banff National park, I was followed by a female

brown coat and a long, black-tipped tail.

According to “Mammal Special of the World: A Taxonomic and Geographic Reference” there are four cougar subspecies in Canada. It is the subspecies *Puma concolor* or cougar, which was historically found in eastern Canada and was listed on CITES Appendix I in 1975. The eastern cougar is colloquially known by many names that include puma, mountain lion, or carajou. According to a document from the provincial Department of Natural Resources and Energy Development about the species at risk, the best evidence of cougars has been suspected cougar scat and tracks near Deersdale in 1992. More recently, researchers found “solid DNA evidence” in 2003 of two cougars in Fundy National Park according to Parks Canada. However, the small amount of hair used to conduct DNA testing was consumed during analysis and had no accompanying images as evidence.

Perhaps what’s most interesting about the mythology surrounding the elusive Atlantic cougar is not about the big cat at all. Rather, the desire to confirm their existence might tell us a more important story about ourselves.

As the number of users on the NB Cougar Sightings page suggests, this is an area of concern for many. In sharing their stories about supposed sightings New Brunswickers either knowingly or unknowingly form a mythology about us, our province, and its natural landscape. For some, this might mean finding comradeship or social cohesion amongst our peers.

Further, the black panther itself might act as a story New Brunswickers can share about the uniqueness of our province and in doing so addressing the sentiment that the “west” forgets us. Hopefully, it might signal a collective desire to return the environment to an ecology that could sustain the lives of a cougar population.

“Despite a lack of evidence, there is a large portion of New Brunswickers who adamantly believe the big cats are roaming about the province.”

| Maren Savarese Knopf

# A space of her own

## The longing for a place free of pressures

nazeemah noorally  
staff writer

As I navigate through the bustling campus of the University of Regina (U of R), I often find myself pondering ways to enhance our collective university experience. In the ongoing “I wish I had...” series, one recurring idea has caught my attention – the need for a women-only gym space and club on our campus.

The call for a women’s only gym club at U of R is beyond the aim of creating an environment that goes beyond physical fitness. It is also about crafting a space where women students not only feel physically supported but also empowered to focus on their well-being without external pressures.

students are not only students, but also caregivers, managing household responsibilities and supporting their families. For these ladies, the post-class hours might be the only feasible time to focus on their self-care.

The emergence of women-only gyms responds not only to the issue of “gymtimidation” but also actively works to prevent it. “Gymtimidation” is the feeling of intimidation and apprehension of navigating through a gym packed with serious ‘gym fanatics.’ This sentiment, particularly impactful for women, can add an extra layer to the gym experience, making them feel scrutinized and out of place.

The women-only gym would help foster a comfortable and accessible space for

the diversity and needs of the women student community at the U of R.

It would involve outreach and recruitment efforts specifically to hire qualified women trainers, fitness instructors, maintenance staff, and administrative personnel. Training programs should focus on equipping the staff members with the necessary skills for their roles and emphasize creating an inclusive environment. This includes education on sensitivity toward diverse fitness goals, body types, and individual comfort levels.

The facility can be equipped with diverse equipment ranging from cardiovascular and strength training equipment to functional training zones and even dedicated group exercise studios hosting Zumba.

Wellness workshops can also be considered with the introduction of a women-only gym. Holistic health practices involving mindfulness, stress management, and techniques for emotional balance can be implemented to equip women not only with physical tools but also emotionally and mentally. Since the U of R is already equipped with a Student Wellness Centre, collaboration with the nurse practitioner can be integrated to meet the specific needs of women students as they focus on health and sport.

The focus can be on balanced and nutritious diets, mindful eating practices, and nutrition education to assist in their fitness journeys. Women’s health awareness workshops complementary to the objectives

“ This initiative can be helpful for young women who not only dedicate their days to academic pursuits but who often find themselves taking on additional responsibilities at home.”

| Nazeemah Noorally



Isn't it funny how people who could benefit from entering a gym are judged for doing so?

Photo: lee lim

While the U of R already provides diverse amenities in terms of fitness and sports in the Kinesiology building, a dedicated space for women’s gyms would help cater to the needs and preferences of women students.

Understanding the hectic schedules of university students, especially after classes, the women-only gym would aim to provide convenient operating hours. Extending its accessibility into the evenings would enable the students to take part in physical activities that would complement their academic commitments, thus fostering a culture of health and well-being.

This initiative could be helpful for young women who not only dedicate their days to academic pursuits but who often find themselves taking on additional responsibilities at home. Many women

students. Shared experiences and common goals would create a camaraderie that not only motivates but also makes their fitness journey enjoyable and sustainable. The absence of so-called “gym fanatics” or judgmental stares allows them to focus on their workouts, thus building confidence and creating a positive relationship with others.

Moreover, tailoring the emphasis on a women-only gym to the U of R’s Kinesiology building requires specific and practical measures. Secure access controls can be introduced by implementing advanced systems like key cards or biometrics so that only authorized women students can access the gym space. Actively recruiting and training women staff for different roles within the gym involves a targeted approach to ensure that the personnel reflect

This can also include features like massage chairs, meditation pods, or serene spaces for stretching and mindfulness. Integrating technology such as smart equipment and fitness trackers allows students to personalize their workout routines and track their progress.

Within the women-only gym, the presence of well-appointed and meticulously maintained changing rooms, equipped with spacious lockers and vanities would contribute to a sense of privacy. Standards of cleanliness maintained through regular sanitation practices would also create a hygienic space for the women students to focus on their fitness goals. For example, showers stocked with quality toiletries ensure that they have access to the essentials needed for post-workout reprieve.

of the women-only gym. These targeted workshops would help to contribute to the creation of a supportive and informed women’s community within the gym space, where they can share their experiences, and knowledge and motivate each other on their path to health and fitness.

Thus, the proposed women’s only gym at the U of R embodies a commitment to holistic well-being, providing women students with a dedicated space for physical and mental empowerment. With comprehensive equipment facilities and workshops, the women’s only gym would aspire to create a supportive U of R community thus enhancing the university experience.

# Unexpected partners

## Saskatchewan and Bangladesh discover common ground in agricultural methodologies

a k m fazle hasan chowdhury  
contributor

Surprisingly, there are remarkable similarities between the agricultural landscapes of Saskatchewan and Bangladesh that highlight common approaches to addressing various issues facing the farming industry, despite their stark differences in geography and climate.

The climates of Saskatchewan, in the center of Canada, and Bangladesh, in South Asia, may differ greatly from one another; the latter has tropical monsoons while the former experiences severe winters. But climate change presents problems for both areas. Saskatchewan faces uncertain growing seasons and the effects of climate change on grain harvests, while Bangladesh struggles with rising sea levels and extreme weather.

Farmers in both regions are exhibiting amazing resiliency and flexibility. Despite its challenging climate, Saskatchewan has led the way in applying cutting-edge technologies and precision farming methods to increase yields. In a similar vein, Bangladesh has adopted climate-smart agriculture, combining hardy crop varieties with environmentally friendly methods to lessen the impact of climate change on the country's agriculture industry.

Both regions are focusing on crop portfolio diversification as a critical component of sustainable agriculture. Pulse crops such as chickpeas and lentils have become more popular in Saskatchewan, where they protect the environment and improve soil health. To improve flexibility and productivity, Bangladesh also experiments with new rice, jute, and pulse types.

Furthermore, agricultural innovation is a collaborative endeavor. Drones

and satellite imagery are two examples of precision agriculture technologies that Saskatchewan farmers have embraced to increase productivity and utilization of resources. Farmers in Bangladesh are using smartphone applications for crop management, weather forecasting, and market information, which is changing traditional agricultural methods as a result of the incorporation of digital technologies.

Concerns of water scarcity are addressed in Saskatchewan and Bangladesh with comparable tenacity. Saskatchewan addresses the problem of scarcity by utilizing cutting-edge irrigation systems and effective water management strategies. Bangladesh, on the other hand, prioritizes efficient drainage infrastructure and flood-resistant agricultural types due to its susceptibility to flooding and monsoons.

However, because of differences in climate, soil types, and agricultural practices,

their main agricultural exports are different.

### Saskatchewan, Canada

Canola: a variety of rapeseed, canola is mostly produced in Saskatchewan and is one of the major exports of the province.

Wheat: both spring and durum wheat varieties are farmed in Saskatchewan, where wheat production is a major industry.

Lentils and chickpeas: Saskatchewan is a major producer of both legumes and chickpeas, which contributes to export of pulses worldwide.

Oats and barley: oats and barley are two significant crops grown in Saskatchewan that are exported worldwide.

### Bangladesh

Rice: Bangladesh is one of the world's biggest producers of rice. The nation's ag-

ricultural exports include a range of rice varieties, such as aromatic and Basmati variants.

Jute: jute is one of Bangladesh's main exports. The nation is well known for manufacturing superior jute, which is exported all over the world.

Seafood and fish: Bangladesh has a sizable fish and seafood product export market. The nation's vast network of rivers facilitates both conventional fishing methods and aquaculture.

Tea: tea is another one of Bangladesh's main export goods. The nation produces excellent tea, and the sector is vital to the national economy.

Clothing and textiles: textiles and clothing are also some of Bangladesh's main exports. The nation is well-known for its textile sector and is a major exporter of clothing to other countries.

Both Bangladesh and Saskatchewan's agricultural exports considerably boost their respective economies by satisfying the world market need for a variety of food and fiber items. Agricultural specialists and officials from both regions are examining opportunities for collaboration, realizing the importance of their shared experiences. Creative solutions to common problems are promised by the sharing of information and experience.

By working together, we hope to promote sustainable farming methods worldwide and show that agriculture's complexities are not limited by geography. Their shared approaches to crop diversification, water management, innovation, and climate resilience highlight how intertwined global agriculture is. By exchanging best practices and sharing experiences, these regions are planting the seeds for a more resilient and sustainable future, leading by example for farmers across the globe.



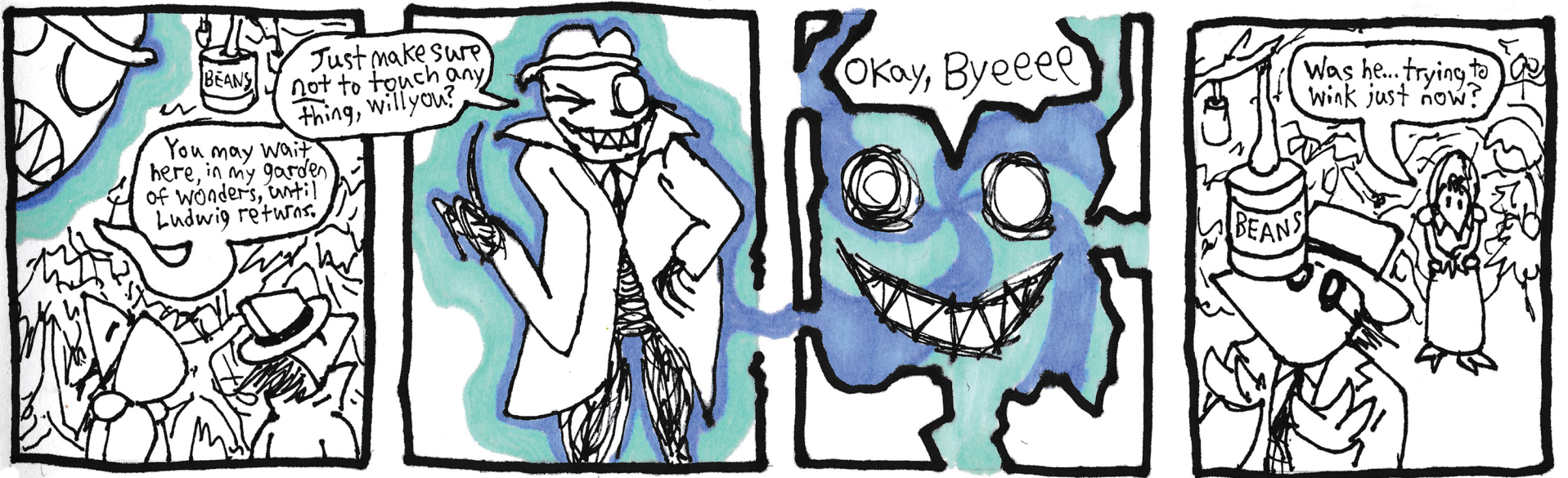
Not sure that both places being at an immense risk of climate-change-related catastrophe is as feel-good as it first sounded...

Photo: stevepb via Pixabay

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

TUNED IN TO THE COMMUNITY Call us at 306-525-7274 Listen to us on the web at cjtr.ca

# Bird People

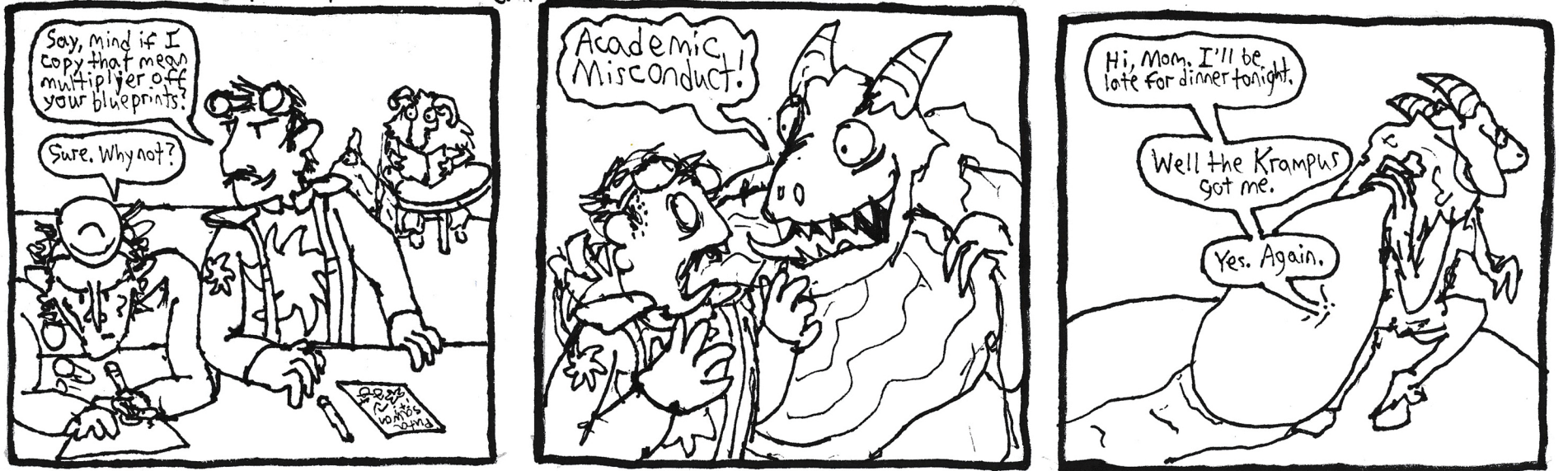


"Forbidden Beans"



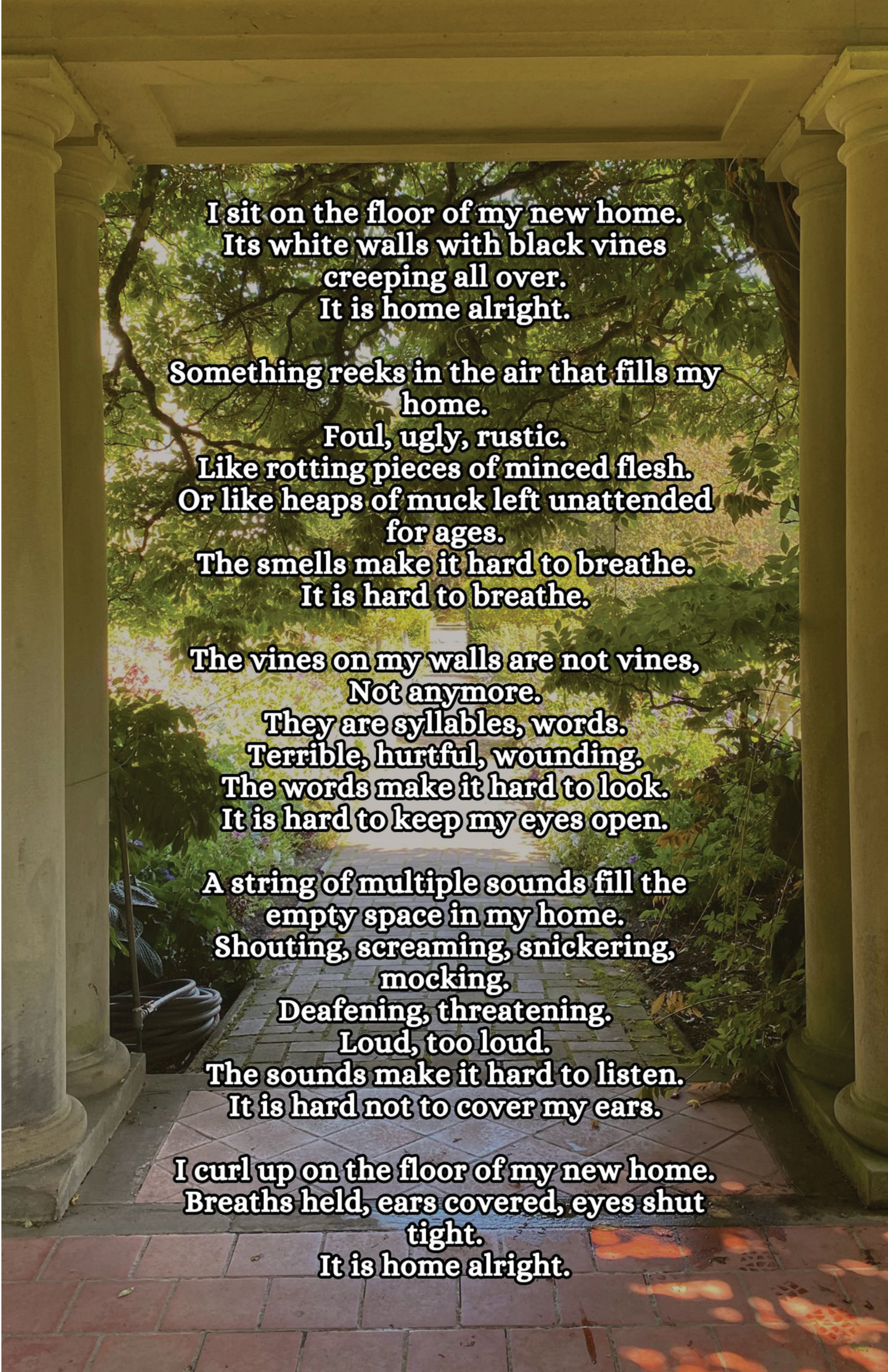
# Villain School

"The Wickedest Crime of Them All"



"It's A Matter of Pride"





**I sit on the floor of my new home.  
Its white walls with black vines  
creeping all over.  
It is home alright.**

**Something reeks in the air that fills my  
home.  
Foul, ugly, rustic.  
Like rotting pieces of minced flesh.  
Or like heaps of muck left unattended  
for ages.  
The smells make it hard to breathe.  
It is hard to breathe.**

**The vines on my walls are not vines,  
Not anymore.  
They are syllables, words.  
Terrible, hurtful, wounding.  
The words make it hard to look.  
It is hard to keep my eyes open.**

**A string of multiple sounds fill the  
empty space in my home.  
Shouting, screaming, snickering,  
mocking.  
Deafening, threatening.  
Loud, too loud.  
The sounds make it hard to listen.  
It is hard not to cover my ears.**

**I curl up on the floor of my new home.  
Breaths held, ears covered, eyes shut  
tight.  
It is home alright.**