



the carillon

vol. 66, issue 18

february 15, 2024

is it winter break yet? since 1962

carillonregina.com

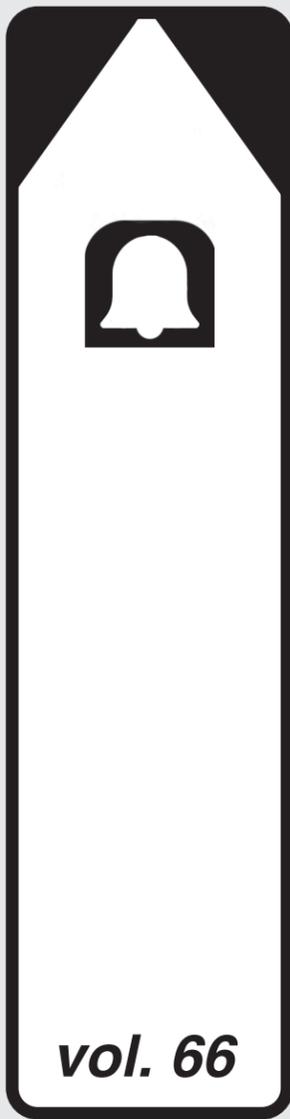


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the carillon



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land acknowledgement

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

the manifesto

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

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

The University never got a belltower, but what it did get was the Carillon, a newspaper that serves as a symbolic 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 february 15, 2024 | volume 66, issue 18 | carillonregina.com



Hello again! I hope you enjoy reading this issue, it's quite the treat with a variety of topics to read about.

If you have anything you want to say about what we've published, or want to contribute an original piece, our next three issues begin production on Sunday, February 18; Sunday, February 25; and Sunday, March 3. Pitch lists for these dates are posted by noon and can be found at carillonregina.com/pitch/.

If you want to speak to editors face-to-face, drop by our Editorial Board meetings on Tuesday, February 27 starting at 7 p.m. and starting at 5 p.m. on Saturday, March 9! These can be attended in-person at the Carillon office in the Riddell Centre room 227, but the Zoom link for those away from campus can be found at carillonregina.com/meetings/. We also have a Board of Directors meeting from 6-7 p.m. on Thursday, March 7 that you can find the link to on the same page of our website.

Good luck with midterms and have a great winter break everyone!

numquam tace

mikayla tallon
a&c editor

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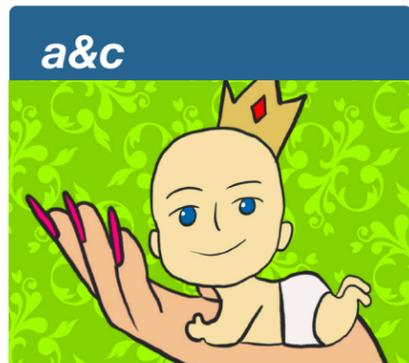
Falling on February 1 each year, Nazeemah Noorally interviewed students on their experience with wearing hijabs in recognition.



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Maren Savarese Knopf summarizes six books being released in 2024 that avid readers should keep their eyes peeled for on shelves.



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With the announcement of King Charles III's cancer, Will Bright revisits the idea of Trisha Paytas reincarnating the Royal Family.



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Kimberley Kaufman interviews Dr. Harold Reimer and Douglas Schmidt to get more information on last issue's article.



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rebellious rest p. 13

In direct contrast with hustle culture is "bed rotting." Maren Savarese Knopf explores the meaning of this term and its history.

University of Regina students protest for Palestine

URegina SJP protest blocked Ahmed Hussen's exit for up to 30 minutes

shivangi sharma
 news writer

Gaza is actively being destroyed. All hopes of going back to anything even close to a normal life amongst survivors are fading as they search for scraps. Scraps of bodies of family, friends, children, relatives, and the people they loved. The futures of a handful of surviving children who are growing up with unimaginable trauma, fear, and mistrust is being destroyed.

More than 28,000 people have been killed and 67,700 people have been injured in Gaza according to the Palestinian Health Ministry as published by *NBC*. Around 7,000 people are missing; children make up 70 per cent of that number. 12,000 children have been killed.

The fate of the survivors is just as gruesome, if not more so. Surgeries and amputations are being performed without anesthesia as doctors struggle to find even astringents to keep the wounds uninfected.

About 1.4 million of the remaining population has been pushed to the last remaining safe strip of Rafah, which is Israel's next target and is supposedly essential to "wipe out Hamas" as Benjamin Netanyahu, the Prime Minister of Israel claims.

Israel's quest to wipe out Hamas has come with a price – a mass civil and humanitarian crisis.

Some see Israel's right to defend itself as more important than the right that civilians in Gaza have to live.

This genocide continues as representatives choose to suspend financial support to Gaza, continue military support to Israel, and remain mute when asked questions and demanded to show and ask for responsibility.

On Thursday, Feb 8, 20 Palestine solidarity protesters confronted federal Minister of International Development Ahmed Hussen outside a meet and greet with Global Affairs Canada on the College Avenue Campus of the University of Regina.

"We all decided that this was the right thing to do and we're

not going to let business as usual continue when our leaders aren't really taking things seriously," University of Regina student Sarah Sattar said in an interview on Friday.

In a video posted on the University of Regina Students for Justice in Palestine's (URegina SJP) Instagram page, protestors can be heard calling "free Palestine," "stop Canadian complicity in starvation," and "stop complicity in genocide," as they followed Hussen out of the building and to his car.

Hussen was escorted by campus security as he attempted to leave after cancelling the event. The protestors proceeded to surround the car, continuing to call for justice in Palestine.

The group also called for the "restoration of humanitarian aid funding to United Nations Relief and Works Agency (UNRWA), and an end to diplomatic and economic ties with Israel."

According to a URegina SJP social media post, Hussen's vehicle was blocked for 30 minutes.

"We will not sit back and allow our government to actively support an apartheid state that is ethnically cleansing an entire people," Sattar said in the release.

"The moral collapse of Hussen and other federal leaders in the face of violence that we haven't seen in generations is unbearable. We will continue to confront them at every opportunity, alongside many others across the country."

Regina police were ultimately called in, and officers worked with the group, who then moved to the side and allowed the vehicle to pass and exit the parking lot. No arrests were made and the crowd dispersed shortly after.

A suspension of funding to UNRWA has made situations even more grim for survivors in Gaza. After Israel's allegation that some of the staff members of the UNRWA for Palestine Refugees in the Near East were involved in the Oct 7 attacks, Canada and The United States suspended additional funding to the agency until the allegations have been investigated.

UNRWA supports Palestinians in Gaza and employs about



It's sad but it's true - our leaders would rather be inconvenienced for an entire half hour than answer our questions and concerns.
 Photo: Valerie Zink

13,000 people there, as well as another 17,000 in Palestinian refugee camps.

CTV News reported that the director of the UNRWA claimed to have terminated the suspected staff, but warned on Monday that it won't be able to continue operations beyond February if support is not restored.

Although the next dispatch of funds to UNRWA is not due until late March of 2024, the conflict does not show signs of ending, and without financial support to agencies supporting the survivors, the situations are bound to

worsen.

At the same time, the Canadian Federal government authorized at least \$28.5 million in permits for military exports to Israel during the first two months of the state's brutal war on Gaza according to data supplied to *The Maple* by Global Affairs Canada. The total value of the new permits authorized over a two-month period exceeds what was a 30-year annual record high in 2021 – \$26 million in Canadian military exports to Israel.

The International Court of Justice's (ICJ) ruling for South

Africa's case against Israel on Jan 26, 2024, called for Israel to take "all measures within its power to prevent the commission of all acts within the scope of the Genocide Convention" but stopped short of ordering a cease-fire.

South Africa's Minister of International Relations and Cooperation, Naledi Pandor, has stated that she and her family have been receiving threats in the aftermath of this ruling.

15 days after ICJ's ruling, Euro-Med Human Rights Monitor asserted that the Israeli army has maintained its rate of killing civilians, depriving them of their most basic human rights, besieging them, and starving them.

Eyes are on Rafah as more than one million Palestinians are residing in the area under makeshift shelters and Israel confirmed on Feb 11 that it conducted air strikes in the area.

The people of Palestine are being silenced every passing second, as such, raised voices and protests such as URegina SJP's on Feb 8 are critical.

From the river to the sea, Palestine must be free.

“We will not sit back and allow our government to actively support an apartheid state that is ethnically cleansing an entire people.”

Sarah Sattar

Student voices on World Hijab Day

Students detail feelings of community and empowerment attached to wearing hijabs

nazeemah noorally
staff writer

World Hijab Day, observed every year on Feb 1, honours Muslim women who wear the hijab and invites women from diverse backgrounds to experience wearing it. The hijab, often perceived as a simple piece of cloth, holds a profound significance for Muslim women, embodying values of modesty, identity, and religious devotion.

One of the questions often asked is, “Why do Muslim women cover their heads?” The answer lies in understanding Islamic belief.

Let’s dig a little on the origin of the word “hijab” first. The lit-

ilarly, the choice to wear the hijab lies in empowerment and protection from the outside world’s exploitation.

Contrary to the perception of hijab as oppressive by mainstream Western society, the hijab empowers women to control their visibility and navigate the world on their own terms.

The Carillon spoke with several students on campus to get insights into their experiences.

Lubna Daldum, a fourth-year undergraduate student, shared her journey as a Canadian Muslim woman surrounded by Western customs in Regina. “Growing up I identified more strongly with Western customs and cultures despite being surrounded by people of my own culture.”

to embrace the hijab more than I ever have.”

Daldum also emphasized that the hijab represents more than just a religious obligation; it symbolizes individuality and the right to wear what one chooses. Reflecting, she explains that, “Yesterday hijab meant ‘a piece of fabric to protect me,’” and that, today, it is “a representation of who I am, what I stand for, and the beauty of the rights and honours granted to me through Islam.”

Ishmal Akbar, an Education student, says that wearing the hijab is “a way for [her] to visibly show the world that [she is] Muslim.” Akbar also stresses that, for her, the hijab is not simply a piece

there.”

Eimaan Agha, a Psychology student, reflected on her experience and highlighted that, for the most part, students at the U of R treat her no differently due to her hijab. She did note some challenges with older white Canadians, sharing an incident where her mother faced Islamophobia at a city fair.

Like Daldum, Agha emphasized the importance of community. “My favourite part of wearing the hijab is the sisterhood of Muslim girls,” she told *the Carillon*.

Agha also stresses the importance of open conversation and believes there should be no shame or hesitation in asking questions.

“There should never be any

against one of her hijabi sisters.

“In Canada, my experience wearing hijab [has been] great, everyone respects me and my [choice to wear the] hijab so far.”

In continuation of the conversation, Maliha Jabeen Khan, a pre-med student, dispelled the misconception that wearing a hijab is about invisibility. “The purpose of the hijab is for you to be heard and known for your character and intelligence, as opposed to your physical appearance,” Khan said.

“Oppression is a word that we use for individuals who are subject to harsh and authoritarian treatment. Wearing the hijab has earned me respect... So oppression? Absolutely not. I’d call

“ Being surrounded by people who look like you when you’re a minority makes a huge difference in how you feel and your ability to express yourself confidently and unconditionally.”

Lubna Daldum



Wearing a hijab is an empowering decision helping many navigate the world.

Illustration: milaoktasafitri via Pixabay

eral meaning of hijab is to veil, to cover, or to screen. The hijab serves as a symbol of modesty and a safeguarding mechanism for maintaining moral boundaries within the community by veiling the beauty of a woman from the gaze of unrelated men in society as prescribed by the Quran. For most Muslim women around the world, the decision, to cover or not to cover, is a freely made choice.

Consider a phone case. Using a phone case is not a choice we make to oppress the phone or diminish its functionality but instead to protect our phones from scratches and dust, and sometimes, improve its aesthetics. Sim-

Despite this identification, and “doing everything to be like those around [her],” Daldum explained that she was still recognized for two things, her hijab and her race.

Daldum then contrasted her experiences at a public school with those she has had at the University of Regina (U of R). “Coming to university, I was immediately surrounded by a new group of people, so many Muslim women and so many hijabis for me to interact with. Being surrounded by people who look like you when you’re a minority makes a huge difference in how you feel and your ability to express yourself confidently and unconditionally... I’ve begun

of fabric.

“It’s more so a feeling, [one] that I feel deeply. It also gives [the wearer] a sense of responsibility to represent Islam [in] the way we talk, treat others, and act. Wearing a hijab... [helps me in] bettering myself every single day,” Akbar said.

While expressing pride in visibly showing her Muslim identity, Akbar acknowledged some challenges that come with wearing the hijab as a minority. “The stares are real,” she says. “They get very uncomfortable and threatening at times...because I wear an extra piece of fabric on my body, it makes me feel uneasy [when people] stare as if I don’t belong

shame or hesitation associated with asking a Muslim any questions you may have,” Agha added, detailing that she’s been asked questions about her hijab in public restrooms before, and that she never turns them down.

“Most people are open and willing to listen, and are really curious about Islam,” she said, going on to explain that most people don’t have any immediate Muslim friends, or connections to ask their questions to.

Havabibi Sadek, a first-year Biology student, shared her positive experience as a newcomer in Canada in contrast to her experience in India, where she witnessed an incident of harassment

empowerment.”

Khan invites everyone to her upcoming TEDxRegina talk titled “Beyond the Fabric,” where she aims to spread a message that people ought to refrain from making assumptions or judgments about a Muslim woman solely based on the hijab.

Lubna Daldum shares a compelling insight – that “[her] hijab is a reminder that this world is small, and standards are superficial. I can be much more than what those standards aim to confine me to,” Daldum stressed.

Regina city transit bus drags traffic light post

Eight passengers suffered minor injuries, city's Vision Zero framework still in the works

shivangi sharma
news writer

On the evening of Feb 2, a Regina Public Transit bus carrying approximately 24 passengers collided with a traffic light post at the intersection of Wascana Parkway and Kramer Boulevard, just outside the University of Regina (U of R).

The bus was running on the #30 University-Rochdale Express route when it collided with the northbound traffic light post on Wascana Parkway shortly before 4:30 p.m.. After colliding with the post, the bus dragged it up to 150 yards before finally coming to a stop at an angle on the side of the road past the intersection.

Regina Police Service (RPS) was seen at the site of the accident shortly after.

In a press release on Monday, Feb 5, the RPS claimed that, "Underneath the bus was a traffic light, which had been struck by the bus and dragged... before the vehicle came to a stop."

Witnesses on the scene recalled images of metal pieces being strewn over the sidewalk and the street, which was blocked off for some time.

The bus, headed north towards the university, was not at capacity, however, of the approximately 24 passengers, eight suffered minor injuries. Five of the eight passengers suffering inju-

ries were taken to the hospital by EMS as a precaution.

The bus driver was also taken to the hospital as it appeared to the RPS that he was in medical distress. It was later determined by RPS investigation that the bus driver had suffered a medical emergency while driving. This medical emergency resulted in the Feb 2 collision.

"[The] investigation determined the driver suffered a medical emergency resulting in the collision. No charges will be laid and no ticket will be issued as a result," explained the RPS in a prepared statement.

Regina Transit is the oldest public transit system in Saskatchewan and which has been city-owned since its inception. With 123 actively running buses and 21 routes, including express routes and specialized school routes, the transit services website reported an annual ridership of 7,368,050 rides in 2019.

For many in Regina, the city's transit services are a main mode of transportation, especially university students who benefit from a discounted UPass during the semester. During winter, when walking to even nearby distances becomes difficult due to below-freezing temperatures and wind chills, more people make use of the city transit system and ridership increases.

Although accidents and mishaps associated with the transit



If the goal was to implement an easier-to-drag light... A+
Photo: lee lim

services are not frequent by any means, incidents such as the Feb 2 crash still concern riders. Thankfully, the most recent data, which was released in 2017 on Regina Transit's website recorded a slight decline in the number of collisions from 210 collisions in 2011 to 198 collisions in 2015.

Since no published data can be found after that period, it is difficult to say whether the numbers have changed. Nonetheless, the Feb 2 crash comes nearly four months after a press release by the City of Regina stating their commitment to developing a new "Vision Zero Road Safety Framework" with the goal of "eliminating all collisions resulting in serious injury or fatality." The city plans to release their proposed framework will be brought to City Council later this spring.

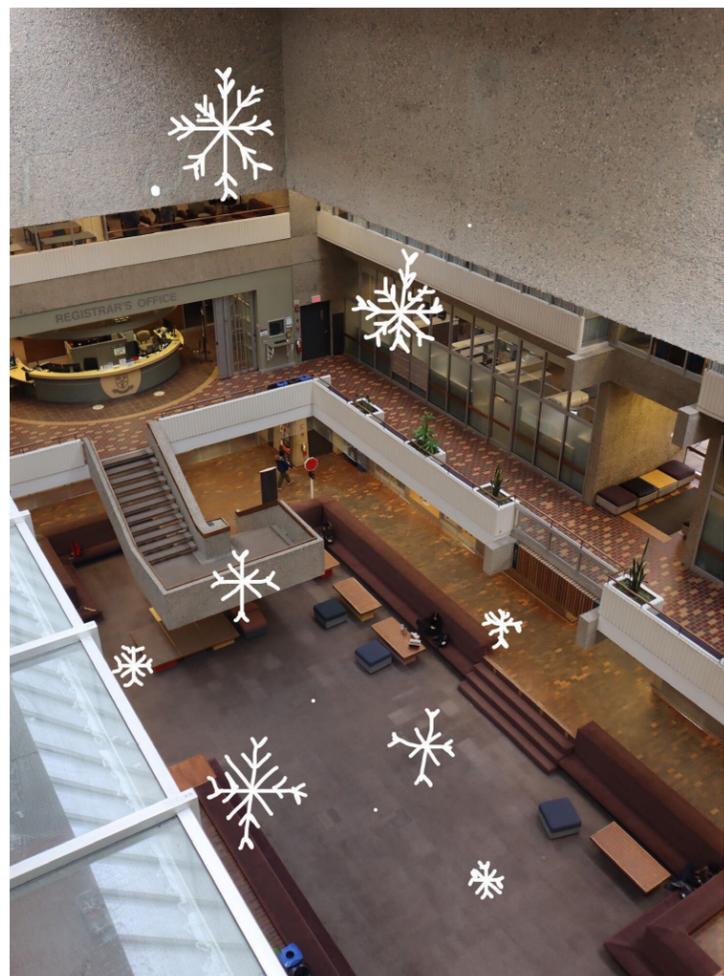
In light of the crash, now is an appropriate time to remind riders that it is always recommended to people on transit services to be as cautious as they can. This includes having emergency contacts on speed dial in case of emergencies.

AdHum pit fundraiser a success, asbestos looms overhead

University funds for renovation total \$181,242, asbestos present in building

On Feb 1, the University of Regina (U of R), announced that they have raised a total of \$90,621, which they plan to use in what they brand the "restoring, revitalizing, and remaking" of the

Administration-Humanities (AdHum) conversation pit. With donations being matched by the President's office, the funds for the revitalization of the pit total \$181,242.



Three Mile AdHum?

Photo: Allister White

The announcement was shared to the university's Facebook page (@UniversityofRegina) alongside an archival photograph of the conversation pit. The original pit was carpeted, orange, and appeared much more plush and comfortable than today's pit.

The Feb 1 post announcing the outcome of the fundraiser coined the project a restoration, while the fundraising website itself makes no mention of the word restoration, but instead uses the word "revitalizing." The university's Facebook post also used the word "revitalizing," but did so in conjunction with "restoring." As such, it's unclear what exactly the university has planned for the AdHum conversation pit.

"Restoring" suggests that the orange conversation pit will be returned to its original state – a midcentury relic. "Revitalizing" is more vague, and suggests, according to the Oxford Dictionary's definition, that the pit will be given "new life" and "vitality."

While the success of the university's fundraiser will no doubt come as a delight to the many students who spend time in AdHum's pit studying, building connections, and engaging in conversations, the full scope of the university's plan remains unclear.

What's more is that, in April 2012, Bersch & Associates Ltd, a Saskatchewan-based environ-

mental consulting firm, conducted an asbestos audit of all U of R buildings built prior to 1985. This included the AdHum building.

The university's Department of Labour report, also known as an "asbestos inventory," was released on Mar 21, 2014, just over two years after the Bersch & Associates audit was undertaken.

On Apr 16 and Apr 28, 2014, Bersch & Associates audited the AdHum building. During this audit, 15 instances of chrysotile asbestos were found in the building, primarily on the first floor, but traces of chrysotile were also noted in the basement and on the fifth floor. The fifth floor's stipple ceiling texture, which looms over the AdHum conversation pit, contains chrysotile asbestos.

According to the Australian Government's Chrysotile Asbestos Fact Sheet, "it is clear chrysotile can cause mesothelioma." Chrysotile can also cause lung cancer, cancer of the larynx, and ovarian cancer.

The Australian government's asbestos fact sheet also states that chrysotile is associated with "pharynx, stomach and colorectal cancer," and that "workplaces can put measures in place that minimize exposure risk, using a hierarchy of controls, but these will not prevent exposure completely unless the asbestos... is eliminated."

The risk of asbestos exposure occurs when loose fibres are ingested from the air. Textured ceilings, like those in AdHum, don't pose an imminent threat if they are undisturbed. It's worth noting, though, that stipple ceiling textures, also known as popcorn ceilings, like those on the fifth floor, are known for being fragile. The ceiling texture can easily crumble on contact and release what Camryn Keeble, a writer with Mesothelioma Guide, calls "stray asbestos particles."

Still, the U of R claims that "all asbestos found during the assessment process that may have posed risk has been safely and effectively managed," and stressed in their 2014 report that areas like AdHum's fifth-floor ceiling, are "monitored annually to ensure they do not pose a risk."

Generally, textured ceilings containing asbestos are removed, encased or encapsulated. The fragility of popcorn ceilings, particularly in a high-traffic area, suggests that annual monitoring may not be enough to reduce risk.

allister white
news editor

Healing for the mind: Chris Attrell Photography

“Land of living skies” makes for amazing night photoshoots, here’s why!

victoria baht
 staff writer

Chris Attrell is a photographer who moved to Saskatchewan to indulge in his love of the prairies in 2006. Beginning his photography journey as a young man in 1996, he has taken his time to focus on creative photography since 2003, as well as specializing in night photography.

Last week (Feb 5-11), he held a class focusing on creative and night photography in Saskatche-

photography. With night storms I do not just capture the sky, I try and find a grain elevator or a church and capture the spirit of Saskatchewan while at the same time getting the night sky or the storm,” he said.

Another special thing about Saskatchewan is that it is a hidden gem when it comes to seeing the northern lights.

“When you go north of Saskatoon, they are much brighter, compared to north of Regina. If I was going to shoot northern lights, I would go north of Saska-

and emotions in a day. So, you can have different moods of lighting during the day in 24 hours. If you live in southern California, you are stuck with sunny and no clouds.”

Attrell has experienced many different moments of nature and light over the years he’s been doing photography. He does not just do photography for a job, he does it because he enjoys the way the night sky makes him feel.

“When you are out there at night, as you are staring at the night sky, it brings you down to

camera and have fun. It does include a bit of night photography because it is soothing and calming. Night photography is an ultimate calm down.”

As for the class structure, learners will look at Attrell’s photos as examples, before putting their newly acquired skills into practice. “When I do a class, I have a computer with a projector, and I go through and show them examples. But my classes are very hands-on. I go to every camera, and I show them how to do things so that everyone gets hands-on

If you are now wanting to take a photography class with Attrell, know that he has been teaching classes since 2016. On his website at anywhere.ca/class/ you can find his upcoming classes. Attrell says he has taught over 10,000 students in 1,000 classes all over British Columbia, Alberta, Saskatchewan, and Manitoba.

If you are more of a visual person and you want to see some of the amazing photos that Attrell has taken over the years, you can do that on his website, anywhere.ca. If you look under Gallery, you

“

When you are out there at night, as you are staring at the night sky, it brings you down to earth and it makes you feel your size, which is tiny. It just grounds you. Being out there in the middle of nowhere at night really rewires your brain.”

Chris Attrell



Sometimes I wonder what these buildings looked like when they were new...

Photo: Chris Attrell

wan. With many more classes upcoming on his schedule, this was the perfect chance to chat with Attrell about his photography skills and his classes themselves.

Attrell explained that living in Saskatchewan – the land of the living skies – makes specializing in night photography special. Saskatchewan is unique because it has “low light pollution, northern lights, and amazing places to shoot. I mostly shoot at abandoned houses, grain elevators and stuff which Saskatchewan has a lot of,” Attrell expands.

Not only does he get the opportunity to shoot at those locations, but Attrell has spent some time following and shooting wild weather and storms. “I love storm

toon. I have not been north of La Ronge yet, although it has been described to me the lights are so bright that you feel like you can touch them,” Attrell elaborated.

Speaking to his experience in photographing Saskatchewan, Attrell explained how he has travelled all around Saskatchewan for his photography. “I have travelled everywhere south of Prince Albert. I have travelled every back road, every town; farmer town, ghost town.”

Attrell believes Saskatchewan is amazing for photography for many reasons. As Attrell explained, “Saskatchewan is famous for its amazing natural light because we get so many seasons

earth and it makes you feel your size, which is tiny. It just grounds you. Being out there in the middle of nowhere at night really rewires your brain.”

In addition to his passion for good photos, he also helps people learn to understand his version of photography so they can experience its joys. “The classes I have been doing for the last seven years. There are three hours [long] beginner classes, to help teach people how to get off of auto-mode and into the basics in their camera to be a fun photographer.”

“The reason why I teach my type of photography is fun photography. I want people to take a

experience. It is helpful to be shown how to do it so that people remember.”

Attrell also shared some tips with readers if they wanted to improve their photography skills but were unsure if they wanted to sign up for a class.

“If you want to take your photography skills to the next level, ensure you obsess with good lighting. You can learn technical skills in a couple of hours. The lighting sets the mood, it helps set how you are capturing stuff. If you have a cell phone with good lighting, you are going to have memorable pictures.” Essentially, the lighting helps create the soul and the emotion of the pictures.

can see a wide range of photos which he has categorised.

Attrell has photographs of everything from abandoned interiors to night photography, Saskatchewan ghosts, and more. He has an open eye to multiple different topics in photography.

With all this information about Chris Attrell, his photography, experiences, expertise, website, and classes, it’s clear that photography is a great hobby and experience. If you’re looking to try out a new hobby, maybe this is the one for you. Maybe you’ll even end up liking it so much it grows from a hobby into a passion or even a career!

Exploring the pages: six 2024 must-reads

Need some more new books to spice up your reading list? Look no further!

maren savarese knopf
staff writer

As 2024 shakes out, here are six books to keep an eye out for when browsing through libraries or bookstores.

The Age of Magical Overthinking: Notes on Modern Irrationality

Author of bestselling *Cultish*, *Word Slut: A Feminist Guide to Taking Back the English Language* and host of the podcast “Sounds like a Cult,” Amanda Montell brings you her third work of writing: *The Age of Magical Overthinking: Notes on Modern Irrationality*.

The text includes a blend of cultural criticism and personal narrative exploring cognitive biases, power, disadvantages, and the highlights of what Montell calls “magical thinking.”

Montell broadly defines magical thinking as the belief that a person’s individual thoughts possess the ability to impact unrelated events in the external world. Montell suggests that, in the age of modern information, the brain’s coping mechanisms have been overloaded. This is how she attempts to make sense of the senseless and result in our irrationality being intensified.

The Familiar

Leigh Bardugo, author of the New York Times’ bestselling *Ninth*

House, Hell Bent and mind behind the Grishaverse – now Netflix’s *Shadow and Bone* – creates a historical fantasy set in the Spanish Golden Age.

Protagonist Luzia Cotado uses what magic she has to survive her days as a scullion in the new capital of Madrid. However,

England’s heretic queen, Luiza is forced to harness all her wit to survive. A stand alone and inspired by Bardugo’s own family history the book is sure to be another hit.

Lady Macbeth

Ava Reid, author of *The Wolf and The Woodsman* and *A Study in*

A mix of fantasy, historical fiction, and gothic literature, the novel follows Lady Macbeth – a woman who knows the fate decided for her by the men in her life but who possesses the power to rival even those most dangerous to her.

Wandering Stars

Drawing together narratives of past and present, Orange’s writing stitches together poetry, sorrow, and rage in the face of ongoing settler colonialism in the United States.

Where Sleeping Girls Lie

Faridah Abiké-Iyimidé, author of best-selling *Ace of Spades*, presents a contemporary young adult mystery exploring the story of a young girl who uncovers a series of dark secrets after her boarding school roommate disappears.

The more Sade uncovers, the more she realizes there is more to the school than meets the eye. Forced to navigate her own secrets and those of the school, Sade is thrown into a high-stakes investigation into the nature of institutions.

The Warm Hands of Ghosts

Katherine Arden, author of New York Times’ bestseller *The Bear and the Nightingale* brings a new historical fiction following the story of a young combat nurse during the Great War. Determined to find her believed-to-be-deceased brother, Laura Iven discovers a series of odd signs that suggest otherwise.

From within the thralls of war, where ghosts move among the living, Laura and Freddie Iven must confront their deepest traumas and decide whether their war-torn world is worth saving.



Quite the collection already, but clearly more will be added soon!

Photo: Maren Savarese Knopf

when her magical abilities are discovered and she attracts the attention of Antonio Perez, the former secretary of the King of Spain, her life takes an unexpected turn.

Within the thralls of the ongoing war between Spain and

Drowning presents a reimagining of Lady Macbeth – one of Shakespeare’s most renowned villainesses. The novel attempts to retrieve her voice and past and explores the power embedded in transforming her story, as it was previously written by men.

Indigenous author Tommy Orange brings the anticipated follow up to best seller *There There*. *Wandering Stars* traces the legacy of Sand Creek Massacre in 1864 and the Carlisle Indian Industrial School by following the story of protagonist Star.

Is Trisha Paytas interdimensionally connected to the Royal Family?

Correlation not causation and all that, but what are the chances?

If you’ve never heard of Trisha Paytas, then you’re probably lucky. A YouTube veteran, Paytas has been on the platform since 2007.

Her most popular content is either her kitchen floor meltdowns or her extravagant mukbangs. Her original videos were more focused on make-up (and some really, really disturbing, messed-up stuff that you can look into on your own time).

Several years after her debut, in 2015, Paytas made a comment saying that she purposely said or did stupid things for views. These comments included claiming she voted for Mitt Romney in 2012, that she was Asian, and that dogs just didn’t have brains.

Outside of these stunts, she makes music and her most popular song is called “I Love You Jesus.”

She’s also a mother. Her first daughter, Malibu Barbie Paytas-Hacmon, that she shares with husband Moses Hacmon, was born on Sept 14, 2022.

Malibu just might also be the reincarnation of Queen Elizabeth II.

On Sept 7, 2022, Paytas tweeted out “1 cm dilated! Woo hoo!” to announce that she would soon be going into labor.

Then, Queen Elizabeth II

died. On Sept 8, 2022. Pretty piss-poor timing for Liz, if you ask me.

The internet went crazy. Memes were everywhere stating that Queen Elizabeth II was reincarnated into Paytas’ baby girl.

Tweets like, “one might say trisha paytas’ baby is... crowning [sic]” from user @nfwmbxsc; “imagine not being on twitter

and someone says to you “did you hear about the queen being reincarnated as trisha paytas’ baby” like... no i did not hear about that. and that is something i never thought i would hear [sic]” from user @uhhmily; and “you’re laughing, queen elizabeth is about to be reincarnated as trisha paytas’ baby and you’re laughing [sic].” from user @ih8petewentz

went viral on X (Twitter).

On September 9, Paytas uploaded a TikTok to say that she was still pregnant, her baby was not Queen Elizabeth II, and she was embarrassed that people were saying her daughter was Lizzie’s reincarnation. She had to text people back saying that, no, she did not give birth, and no, her baby was not the former Queen.

I can hear what you’re saying already. “But Will, that was in 2022, why are we talking about this now?”

On Nov 21, 2023, Paytas announced that she was pregnant with baby number two and baby number two was due in May of 2024. On that day in November, YouTuber Adam McIntyre tweeted out, “prince charles [sic] has 9 months left,” in reference to the newly crowned King Charles III.

When news went out on Feb 5, 2024 that King Charles III was diagnosed with cancer, Paytas came back into the conversation.

X user @thickskull tweeted out, “if i had a nickel for every time trisha paytas’ baby coincided with the downfall of the royal family id have two nickels which isn’t a lot but it’s weird that it happened twice [sic],” which echoed most of the internet’s reaction to the King’s cancer diagnosis.

It seems absurd to think that

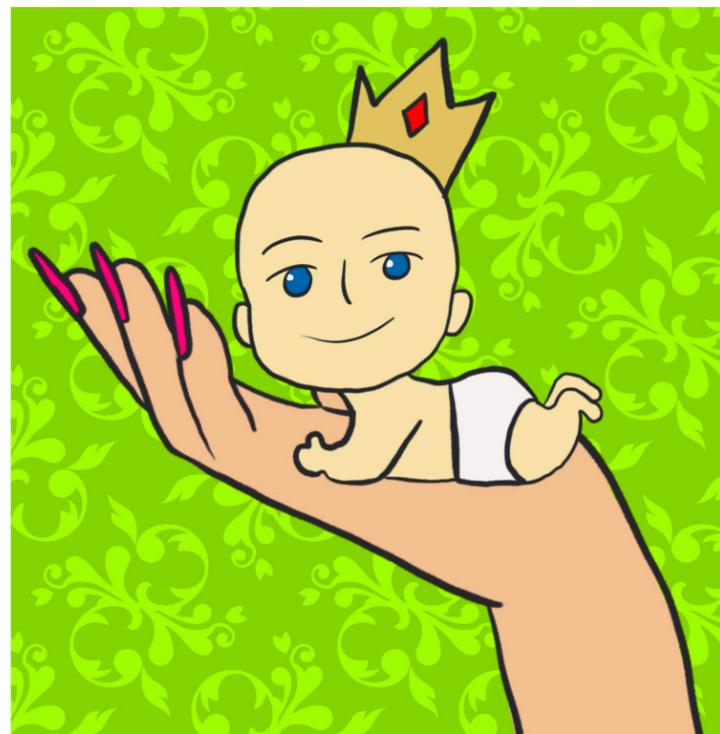
the last two monarchs of England either got sick or died very close to specifically Trisha Paytas giving birth, but it happened.

On Feb 6, 2024, Paytas took to her TikTok again to talk about the reignited memes about her womb. She said that the only king her baby should be related to is the King of Rock and Roll, in reference to the fact that she has stated on multiple occasions that this baby will be named Elvis.

She denied that either of her babies were reincarnations of royals, stating that Elizabeth and Charles were both old and babies are born often enough. She claims no connection to the royal family or England and that she was only in England for Celebrity Big Brother which she appeared on in 2017.

So, are Trisha Paytas’ babies actually reincarnations of Queen Elizabeth II and King Charles III? No, and she stated that she doesn’t want people manifesting that into reality.

At this point, all we can do is wait until either the birth of Baby Elvis or the death of King Charles III to see what happens next.



Ever seen Double King? That’s all I can think of while looking at this kid.

Illustration: lee lim

will bright
a&c writer

True or false: Hillsong Church is a cult

Going off Dr. Michael D. Langone's characteristics... yes, yes it is a cult.

will bright
a&c writer

Hillsong Church is a megachurch built within the charismatic Christian movement in Baulkham Hills, New South Wales in 1983. It was originally called the Hills Christian Life Center, and was re-named Hillsong Church in 2001.

Founded by Brian and Bobbie Houston, the church is best known for their worship music. According to their website (and my counting), Hillsong has 106 different church campuses around the world.

And it's a cult. Well, probably. But, I'm going to tell you why.

If you haven't read my article from last week about Bethel, go do that now. This article will still be here when you get done. This article will follow the same criteria for characteristics of a cult, but with brand new evidence for this different church.

Jumping right in with the idea that if you ever try to question the cult or leave, or even think about leaving, you will face consequences. In an exclusive interview with news.com.au, former Hillsong Church Australia members talked about their experiences in the church.

One woman said that after she left Hillsong, it only took 24 hours for her to be shunned by everyone she knew from the church to the point where her roommate moved out of the house they shared.

Next is mind-altering practices being used often and usually to make people further believe in the cult's leader. Similar to Bethel, it's right on Hillsong's website that they believe in speaking in tongues, an act where "the Holy Spirit fills you" and you start speaking in an unknown language – otherwise known as gibberish.

It's in their Statement of Belief, so if you go to Hillsong you have to believe in speaking in tongues. Another very, very common one is growing legs. Yes, growing legs.

This involves inviting people who have one leg shorter than the other to be prayed over for healing, and then watching as the leg

grows to match the other. But, it's so common that there are four proven methods showing how to do it as a visual illusion and not healing. But, if you believe that you see a man heal someone, you're going to believe in how he said he did.

In cults, the leadership often decides things for you. How you dress, the things you do, your work, your behavior. Hillsong is no different, and for their Hillsong College program there are a lot of rules.

Students have to be modestly dressed, they cannot lie, they cannot be gay, they cannot miss class unless they are sick or have experienced a "trauma," cannot miss chapel, date during the first semester, and you cannot date without permission from a school leader, or get engaged, married, or divorced without talking to the school's Principal.

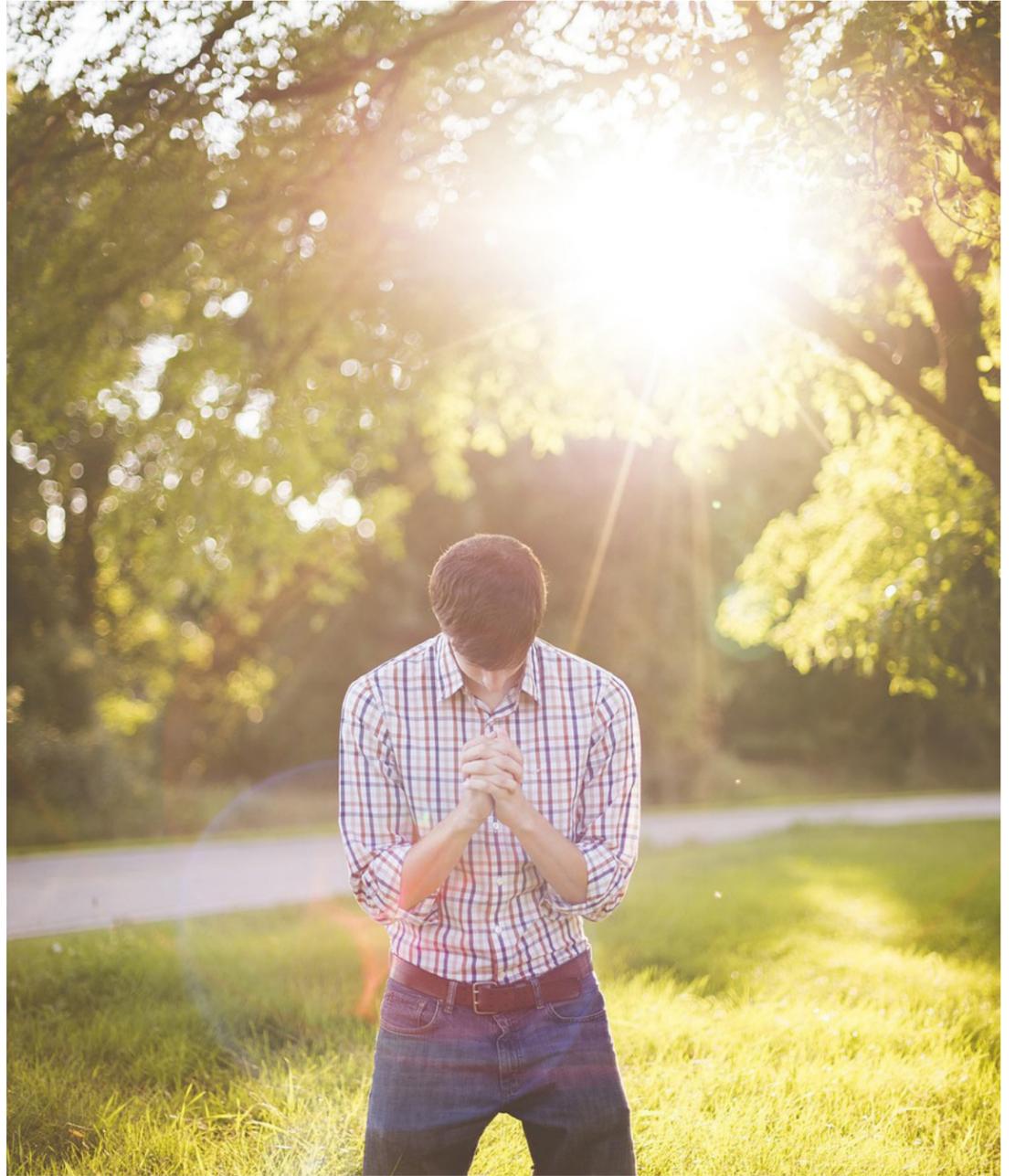
In the news.com.au interview, a former member stated that they were told they had to give the church 10 per cent of their income. Another former member stated that students had to volunteer 20 to 30 hours a week and they had to drive around VIPs during conferences. They had no choice.

Next is the idea that the 'cult' is better than others, especially for its leaders. In a blog post by current Senior Global Pastor Phil Dooley called "'Followership' and leadership," Dooley writes of how because he has a relationship with God, he gains provision, guidance, and protection from God. He receives all that because his "relationship with God is close."

In their Statement of Belief, it says that members can experience a "new birth," but only through Jesus. And how do you find your way to this new birth through Jesus? By going to Hillsong!

Us-versus-them. A classic cult tactic. One that fits nicely into churches. Sinners and saints. The forgiven, the repenters, the ones bound for Heaven, and the ones doomed for Hell.

I remember once being told by a Pastor in the charismatic Christian church I grew up in (that adored Hillsong) that, "You know Oprah's going to Hell,



Praying someone's legs will grow doesn't mean they actually will...

Image: Pexels via Pixabay

right?" after making a reference to Oprah. I heard sermons stating that everyone we knew who hadn't repented was going to burn in eternal agony in Hell, right after a Hillsong song played during Worship.

A line was drawn in the sand. Follow the message of churches like Hillsong, or burn.

In order to talk about cult leaders not being accountable to authorities, we have to bring Frank Houston into the picture. The founder of Sydney Christian Life Center, which would later merge into Hillsong under the guidance of his son Brian Houston, Frank Houston used his po-

sition in the church to sexually assault young boys.

When it was reported to the church, at least 34 years after his first victim was abused, he was not arrested. Instead, his son made him retire from his position in the church. It was never reported to the police, despite the legal obligation.

Another point on the cult characteristics list is "the group is preoccupied with making money." According to Hillsong Australia's 2021 Annual Report, 77 per cent of Hillsong's income is from donations. They made \$76.9 million that year, \$69.7 million of that through donations.

In the news.com.au exclusive, a former student at the school said that they were expected to constantly be paying the church. The 10 per cent church 'tax.' Additional offerings. He states that he saw people give up their phones as offerings.

I was able to find a section on their website about your Will when you die. It lists six ways to give Hillsong money in your will and two ways to write it out in your will. They have their own app for giving them money. You can mail them money, or you can just click the "Give" button on their website.

In 2022, founder Brian Houston resigned. He was accused of inappropriate activity with women. In August of 2021, he was charged for concealing his father's sexual abuse. Recently, in August of 2023, he was found not guilty.

As of right now, Houston plans on starting a new church at some point in 2024.

Even though Houston isn't the leader anymore, it doesn't change the overwhelming amount of evidence that Hillsong is a cult. Similar to Bethel, their preachers claim that they teach the Gospel, but what they do teach has almost nothing to do with the actual Gospel.

They are money first, music second, maybe a bit of Jesus at the end, but only ever in the way they want to teach it, not by Gospel.

“Students [at Hillsong College] have to be modestly dressed, they cannot lie, they cannot be gay, they cannot miss class unless they are sick or have experienced a “trauma,” cannot miss chapel, date during the first semester, and you cannot date without permission from a school leader, or get engaged, married, or divorced without talking to the school's Principal.”

Will Bright

A useful guide for beginner cooks

Make use of this resource and make student life that much easier

pall agarwal
 s&h writer

With so much going on during university, including coursework, part-time or even full-time jobs, assignments, quizzes, exams, and extracurricular activities, and some students are also single parents, provide childcare, and run businesses of their own at the same time, it can be difficult to find the time to maintain a balanced diet and stay fit.

This is why the University of Regina Students' Union (URSU) recently launched their cookbook, which is a resource guide for all food-related things. It includes recipes, recommendations on reducing food expenses, and some daily tips and tricks to navigate cooking. Managing expenses as a student can be difficult and this cookbook provides a great guide for students to navigate food and money and staying healthy.

The cookbook was launched on Feb 8, 2024, followed by an iPad giveaway to drive student engagement, incentivize students to learn more about the cookbook, and spread the word across campus.

The cookbook was put together with contributions from people from all walks of life, but the one to put it all together was Sarah Hameluck, a Registered

Dietitian and the Food Security Coordinator at URSU. Hameluck has a Bachelor of Science in Nutrition with Distinction from the University of Saskatchewan.

The book kicks off by providing an array of food resources for students. These include the basics of a healthy diet, budget-friendly grocery shopping tips, how to plan meals and snacks, and so much more. It also provides navigation to food and nutrition-related services students can access through the University of Regina.

It is important to note that students have a lot of resources and facilities on campus that can be looked into and made the best use of. This cookbook by URSU is one such resource that is going to bear fruit as a result of their efforts to cater to the students, as they should.

"Food Safety 101 (adapted from Health Canada)" is the first chapter and one of the key highlights of the book. Page 16 of the cookbook informs the reader that food safety "isn't just for restaurants and food service organizations. It is important to follow food safety guidelines at home so you and anyone you share food with can avoid the unpleasant effects of food poisoning or food-borne illness."

This section of the book talks about grocery shopping, storing leftovers, preparing food, and cleaning food to maintain food

safety as a personal responsibility of all individuals in order to prevent the spread of diseases.

One never knows what germs and bacteria might be on your food, and learning safety guidelines can help your food stay fresh a while longer. Plus, it's always better to be safe than sorry.

The cookbook also provides a sample one-week meal plan detailing the different types of meals that can be cooked during the day and night to stay healthy. Some budget-friendly grocery shopping tips included the point of comparing prices between stores.

Canadian stores can have different prices for the same item, so being aware of what stores will fit your budget is crucial to avoid overspending. One such tip on page 23 says, "Students can save 15 [per cent] on their purchases at Bulk Barn every Wednesday! Bring your student ID to show the cashier."

Deals like this can be really beneficial for students to stay within their budget while buying healthy ingredients in bulk.

The URSU cookbook talks about the various resources available on campus. These include the URSU Cares Pantry, URSU Cares Community Fridges, Reach Good Food Box, and the RPIRG Green patch.

The URSU Cares Pantry is a free service that URSU runs every two weeks where current

students can register to receive fresh fruits, vegetables, pantry staples, personal hygiene items, and an array of free clothing. It is important to register before attending the pantry.

The URSU Cares Community Fridges program is where URSU has set up two community fridges on campus. One is located on the second floor of the Riddell Centre beside the URSU front desk, and one is located on the main floor of the First Nations University of Canada.

These fridges are accessible 24-7 and available to anyone to donate what they can and take what they need. The availability of food within these fridges depends on the donations.

The Reach Good Food Box is a program that URSU participates in as a site to place and pick up orders. They are affordably priced produce and pantry boxes that get delivered to URSU every two weeks. More information can be found on the URSU website under the "Food Security Tab" in the "Good Food Box" section.

The cookbook then goes into different recipes that are a collection of contributions by students on campus. It has a variety of breakfast, desserts, main meals, and more.

The cookbook boasts a variety of sweet and savory dishes that might even appeal to picky eaters. Breakfast recipes in the

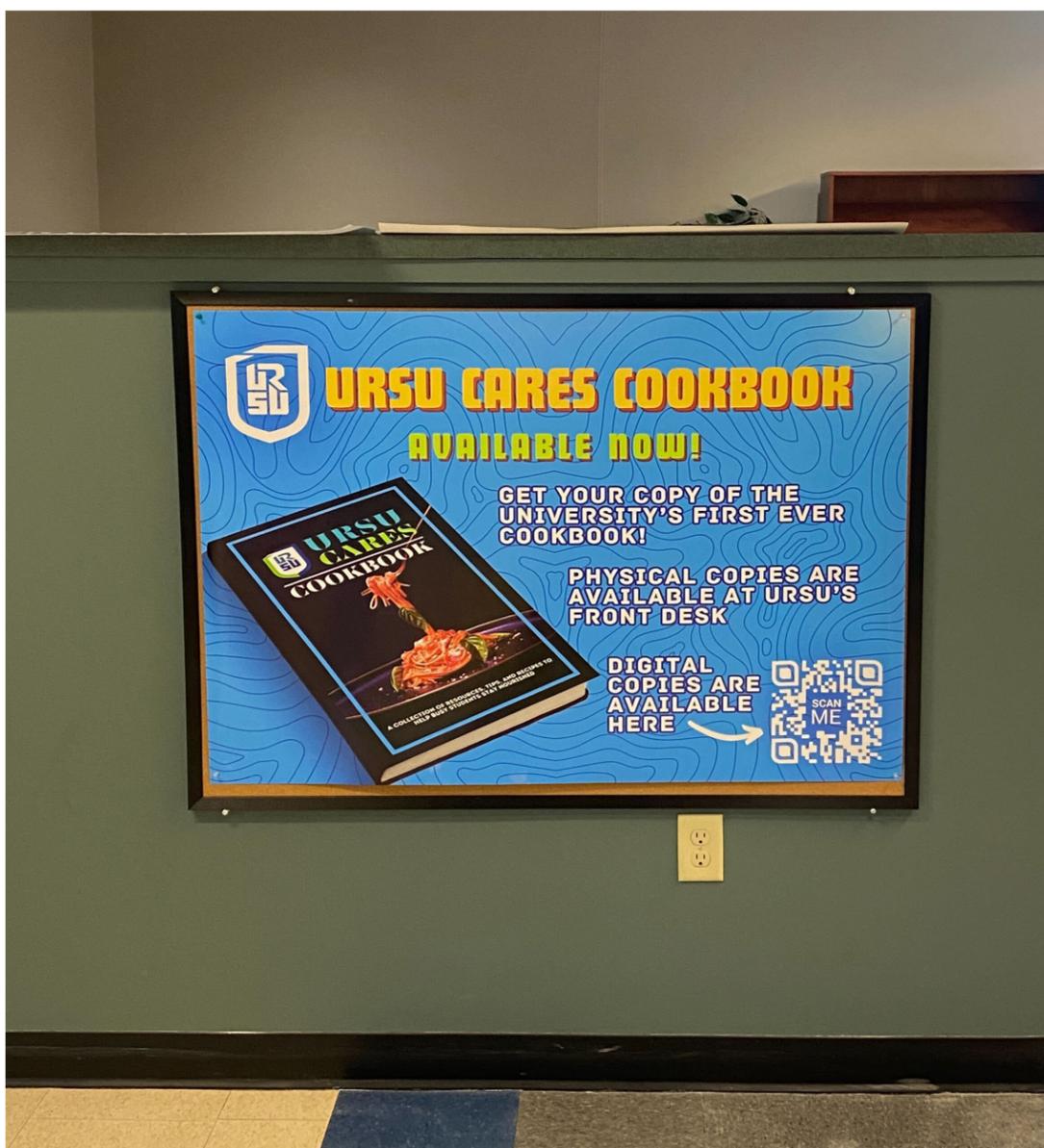
cookbook include cinnamon rolls, egg half fry, caramelized banana spiced oatmeal, three-ingredient pancakes, and breakfast scrambles.

The main meals include cuisines from Asia, Africa, North America, and more, as the list seems endless. Some meals are common favourites of many South Asians, like spiced potato sandwiches, mixed vegetable soup, and undhiyu. The cookbook also includes other types of dishes like chickpea peanut stew, fried rice, pasta, and more.

It also has side dishes, sweet treats, and snacks. Some easy-to-make recipes from these categories include fry bread; no-cook chickpea salad; banana bread; banana boats; spicy, healthy salsa; and carrot and tuna salad.

Towards the end of the cookbook, there is an index which provides recipes as per different ingredients. It is interesting to note how one item can be used in different meals, giving a variety of tastes.

The cookbook has a lot to offer and has perfectly captured the essence of a student-friendly resource guide that will help all students better navigate nutrition.



“The cookbook also provides a sample one-week meal plan detailing the different types of meals that can be cooked during the day and night to stay healthy.”

Pall Agarwal

This is a poster, not a cookbook...

Photo: lee lim

A fluffy collaboration: Puppy Yoga

What do you get when you mix yoga and puppies?

victoria baht
staff writer

Pure Living Yoga is a yoga studio in Emerald Park. According to their website, their yoga sessions typically involve breathwork and movements to help create harmony throughout yourself.

However, in some classes, they like to add a bit of a twist, such as last week on Feb 3 when Pure Living Yoga partnered with CC RezQs to host puppy yoga.

For those of you who do not know, CC RezQs is a non-profit organization that works to help stray dogs and rehome them across Saskatchewan. According to their website, they often find strays from reservations and rural communities in Saskatchewan who are not typically in the greatest shape.

CC RezQs has found dogs that are malnourished and have worms, fleas, ticks, mange, injuries, and more, and they run solely off donations. If you want to see and learn more about CC RezQs, check out their website at ccrezqs.com.

Since these two businesses partnered to create puppy yoga, we wanted to know more about it, like the benefits and perks of this



And here I thought puppy yoga meant the puppies would be doing the yoga...

Photo: Brittany Kish

type of yoga. So, we chatted with Brittany Kish, one of the co-owners of the yoga studio.

Pure Living Yoga offered this puppy yoga class because Kish started to foster puppies with CC RezQs about a year ago and has fostered eight puppies so far. Since she started to foster puppies, she wanted to incorporate some meet and greets with the puppies to help them socialize with other dogs and people.

It is important and beneficial for the puppies' development to have this kind of experience. Pure Living Yoga and CC RezQs typically try and do yoga when the puppies are quite young so they are not as hyper but are old enough to start socializing.

Puppy yoga has a different vibe from normal classes offered at Pure Living Yoga. Kish explained how the most recent puppy class went, "This time around,

we [were] able to do more of a relaxing class. Although, it is more up to the people if they choose to follow the yoga or hang out more with the puppies."

Kish believes the puppy yoga "has a different vibe," saying "It is not as structured compared to a normal yoga class. We offer more active and more relaxing classes, but you can really do whatever."

Even though the clients and puppies can just hang out, Pure

Living Yoga ensures that the class is still fun for everyone. They plan according to the puppies and make sure to read the clients' body language. If the clients are more there for the puppies, that is totally okay too; generally, they all are anyway!

Kish explains some health benefits of a puppy yoga class, "I am a firm believer that anytime people come together as a community there are health benefits, especially for mental health if you love animals. I think this is a nice way to brighten your day. Yoga, in general, has physical and mental health benefits. Having this more curated offer gives people an opportunity to do it. Also, for people who are new to yoga this can make it less intimidating... Movement and activity and getting together should always be fun!"

Well, the puppy yoga class sounds like it was a wonderful experience for the people and the puppies! If you want to attend a puppy yoga class, CC RezQs tends to hold them every couple of months when their puppies are old enough. You can check out their Facebook page at [facebook.com/purelivingyoga/](https://www.facebook.com/purelivingyoga/) to check for upcoming classes.

Water fun is for everyone

No matter the weather, it's okay to jump in the aquatics centre and get active!

University students have a lot of amenities they can take full advantage of. For instance, the University of Regina (U of R) has the Aquatics Centre under its belt. Students registered in full-time classes have a membership to the Aquatics Centre and the Fitness & Lifestyle Centre since they pay a "Student Service and Wellness Fee" as part of their student tuition.

With the new age and technology, the U of R is not behind in making their facilities accessible to everyone. The Aquatics Centre includes the pool, and although it is old, it offers accommodations for swimmers with disabilities.

The Carillon spoke with Dr. Harold Riemer, Dean of Kinesiology, Health, and Safety (KHS) at the U of R, last Wednesday about the Aquatics Centre.

"The pool is almost 60 years old, and so when it was built, this was not a thing, but we do have a lift that we've had in there for quite some time that allows people with disabilities to be able to access the pool," he said.

The pool is also accessible for beginners and experienced swimmers. Dr. Riemer said, "The Aquatic Center includes two tanks. So, one is a deep tank, and the other one is a shallow tank largely for swimming, or swimming lessons. Our swim team [also] trains in there." The two separate tanks make it more accessible to people of all ages and skill levels.

Besides the facilities them-



You mean to tell me this pool doesn't have a deep end? You mean I can touch the entire length?

Photo: lee lim

selves, they also run academic and non-credit classes that give students the ability to engage with the KHS department in all capacities they can. "We have AquaFit classes [and] we have some academic classes that run in there," said Dr. Riemer.

People can enrol in AquaFit classes through the URFit webpage. A program schedule for all URFit courses is also available on

that page.

The university is currently undergoing a website update, so conflicting information about the services offered by the Aquatics Centre may be found online. However, the pool schedule can be found on the university's "Recreation Services" webpage.

"In fact, we're just getting ready to launch our revamped website... the university is going

through the renewal of the website. So, on our new site, we've made it quite easy for people to access a schedule of the pool. On the old website, it's not as easy, but if you go into 'Rec Services' under 'Aquatics', you can find that information," Dr. Riemer said.

Information about the Aquatics Centre, programs, and facilities can also be answered by reaching out to the Centre for

Kinesiology, Health, and Safety (CKHS) Client Services at clientservices@uregina.ca or cs@uregina.ca.

The pool is supervised by lifeguards who hold current National Lifeguard Safety and instructing certifications. "When we hire our lifeguards, we also want them to have a teaching certification so that they can either deliver swimming lessons or be on deck or work in a couple of different capacities," Dr. Riemer explained.

So, rest assured that the lifeguards supervising the pool or running the aquatic classes are fully trained to teach and safeguard the swimmers.

It is imperative to note that the KHS wants students to fully utilize these resources that are set up for students to get access. Students can make full use of their included tuition fee by going to the pool, which is open to all ages.

For more information, contact the CKHS' Client Services department. Free swimming and swimming classes, what more can a student want?

Editor's note: While editing this article, Dr. Reimer sent out an email informing students the pool is closed until further notice due to challenges regulating water quality.

pall agarwal
s&h writer

Chlorine gas not a concern for students

More on the chlorine gas leak at the University of Regina

kimberley kaufman
s&h editor

Last issue, I wrote about the chlorine gas leak in the Aquatics Centre on the main floor of the Centre for Kinesiology, Health, and Safety (CKHS) building. Last Wednesday, I followed up with Dr. Harold Riemer on the issue, and then with Douglas Schmidt the next day.

During the interview with Dr. Riemer, Dean of Kinesiology, Health, and Safety (KHS) at the University of Regina (U of R), the gas leak speculated about in Issue 17 was revealed to be a leak resulting from regular pool maintenance.

“The room is actually designed to ventilate that chlorine gas, should there be any, immediately to the outside air. Chlorine gas is heavy, so it lays near the ground, and that facility is designed... to move that air out of there quickly and effectively,” he continued.

Douglas Schmidt, the U of R’s Health, Safety & Emergency Management Advisor, spoke more about the recognition of a leak and the protocols involved in managing one. He said, “There are chlorine procedures in place that the KHS does have, and it’s fantastic... [during maintenance] they’ve got it set up where they’ll call Campus Security [to] just have a safety watch.”

did work well... the way it should have and security did a fantastic job in assuming incident command.”

Campus Security is responsible for ensuring everyone’s safety, and triggering the next steps in the emergency protocol: communication. Schmidt said, “So in terms of that, evacuating the buildings, notifying the fire department, contacting myself and setting up a plan, essentially, on how we’re going to control this.”

The U of R’s Emergency Notification System (ENS) primarily includes the Alertus Recipient App and the Alertus wall beacons found around campus but also includes high-powered speakers outside in the academic

a tone when broadcasting an emergency. They are yellow and black with a small screen in their centre and can be found in every university building.

In Issue 17’s article, I noted that the Alertus app did not convey much, or any, information to the students about the nature of the evacuation. Schmidt explained that the alert messages are limited to 450 characters, and the information included in them is limited to priority information. “It’s important that we escalate the emergency to ensure that everybody knows,” Schmidt said.

He continued, saying, “The message was sent out in three and a half seconds, so it’s nice to know that the message gets out quickly

placed. So, when the gas leak happened, and that was resolved... We wanted to make sure that the system was functioning properly so that chlorine was getting to the pool and mixing with the water. There were a couple parts that needed to be replaced in the pool system to do that, and so while those repairs were taking place, we thought it best to close the pool.”

Dr. Riemer noted that the pool is currently running as usual, but the pool is waiting for some other parts to arrive so they can be replaced in the system.

He said, “In the meantime, we monitored the chlorine levels to make sure the system was working the way it’s intended to



The alarms look like strange intercoms. I wonder how those would do as an alarm system...
Photo: lee lim

“There wasn’t a leak in the pool per se,” he said. The evacuation of the CKHS and Education building occurred when chlorine gas leaked from the chlorine gas tanks when empty tanks were being switched out.

The U of R’s Aquatics Centre is chlorinated with gas, which used to be common for swimming pools but is now more commonly used by large municipalities to chlorinate their water supplies. Younger swimming pools tend to use chlorinating liquid or powder that is mixed into the water.

The chlorine gas that supplies the pool is stored in two large tanks in an attached, but disconnected building. “It’s designed to be a separate facility, isolated from the rest of the building. That’s where the tanks are housed, and that’s where [the tanks] would be changed,” said Dr. Riemer.

Changing the chlorine gas tanks is a high-risk procedure, but the protocols and procedures in place are intended to minimize that risk. The maintenance staff that is trained to change the tanks is required to call Campus Security as a safety precaution, as well as wear protective equipment during maintenance.

“Campus Security was available to come and just kind of watch over and take a look at anything, if anything did occur,” Schmidt continued, “The safety plans and processes that those two teams have together worked out fantastic.”

So, when the emergency evacuation order was sent out, it was part of a protocol the CKHS follows to effectively manage a chlorine gas leak. Schmidt said, “We have two sensors in that specific room where the chlorine leak was detected. The sensors

green.

Students may have seen posters around campus encouraging them to download the Alertus app, as this is the mass notification system for university-related emergencies.

Schmidt noted that on-campus computers logged into student credentials are also linked to this system, saying, “If you are working on campus or studying on campus, your screen will have an override and broadcast the emergency message, the same message you get on your cell phone.”

Over the past year, Schmidt has been working on increasing student awareness and working with the university’s Advancement Communications to ensure students know how to get emergency information on their mobile devices.

Besides the app, the Alertus wall beacons will flash and make

and effectively. [The message] indicated that an evacuation order has been issued for the Kinesiology and Education buildings, and that was based under the direction of the Regina Fire Department... So that was the first message.”

Later in the day, at 6:59 p.m., U of R Student Affairs sent out a brief second email to inform the students of the nature of the emergency. This email explained that the emergency was due to a gas leak, there were no reported injuries, and that the buildings had been tested and cleared by the Regina Fire & Protective Services.

Also in this email was a note that the University pool would be closed for repairs. The pool reopened on Feb 5.

Dr. Riemer explained that these repairs were “parts in the system that needed to be re-

work for about three days. We did that over the weekend, and that’s one of the reasons we didn’t open until Monday morning. We decided just to hold off just to make sure that the chlorine levels were where they needed to be based on the provincial regulations and that the system was working properly over a period of time.”

So, the university’s chlorine leak was the result of regular maintenance and the resulting emergency evacuation was the result of following proper gas leak protocol.

Editor’s note: While editing this article, Dr. Riemer sent out an email informing students the pool is closed until further notice due to challenges regulating water quality.

“The room is actually designed to ventilate that chlorine gas, should there be any, immediately to the outside air.”

Dr. Harold Riemer

Teachers who shaped lives

A good teacher can make you see yourself in new ways

tishaben patel
contributor

As we travel through life, we come across a plethora of people who have a significant impact on us. For many, instructors are among the people who leave a permanent impression on our hearts and minds. They are the people who guide and influence our development through life, sharing information, intelligence, and life lessons that we carry with us for the rest of our lives.

A life-changing educator has certain qualities that sets them apart from the rest. Firstly, they have a keen enthusiasm for their area of expertise, which is infectious and motivates their students. They have a deep understanding of the field and are able to communicate complex ideas in a straightforward and relatable way.

They are patient and understanding, taking the time to cater to the personal needs of each student. They are excellent listeners, offering empathy and creating a stable and supportive environment for learning. Life-changing instructors also have the capacity to recognize and sustain the interesting qualities and gifts of their pupils.

They encourage inventiveness and reflection, pushing their students to think outside the box and see things from new perspectives. They provide helpful feedback, making a difference in their students' development – both as scholars and as people. These instructors accept their students and instill in them a sense of certainty and self-belief that stays beyond the classroom. One prominent example of such an in-

responsible, moral, and compassionate people.

He was known for his captivating and exciting words, and for his capacity to reach the minds of his students on a deeper level. In India, his birthday – Sept 5 – is celebrated as Teacher's Day. Another inspiring story of an instructor who changed everything is that of Jaime

and his faith in their potential motivated many others to pursue their dreams, and he became a symbol of how a good education can shape and transform lives. A few other incredible instructors who truly made a difference in their students are Erin Gruwell and LouAnne Johnson, who each had movies made about their stories. Both movies emphasize the transformative

have changed everything for their students in less dramatic, yet no less significant ways. Many people I spoke to credited their instructors with helping them overcome challenges, find their interests, and become the individuals they are today.

One person talked about how their high school English teacher helped them come out of their shell and discover their



This is not a very realistic classroom, however, since at least one student would then be asleep.

Image: Mohamed_hassan via Pixabay, manipulated by lee lim

“

Whether they are national leaders like Dr. Sarvepalli Radhakrishnan or local heroes like Jaime Escalante, Erin Gruwell, and LouAnne Johnson, or one of the often overlooked but dedicated individuals who go above and beyond the call of duty every day, teachers have the power to change everything for their students.”

Tishaben Patel

structor is Dr. Sarvepalli Radhakrishnan. Dr. Radhakrishnan was a rationalist, researcher, and statesman who briefly served as the President of India. But long before that, he was a teacher, and it was his encounters within the classroom that shaped his worldview and his approach to authority.

Dr. Radhakrishnan accepted that instruction was not merely giving information, but also motivating students to develop an identity as learners and thinkers. He commented that teachers had a duty to support the minds and spirits of their students and to assist them in becoming

Escalante. Escalante was a high school math instructor in East Los Angeles who inspired his pupils to achieve extraordinary things. He accepted that each child had the potential to succeed, regardless of their backgrounds or circumstances, and he worked closely with his students to help them reach full potentials.

Escalante's most popular accomplishment was his work with some students who went on to pass the Progressed Arrangement Calculus exam, an accomplishment that was previously unheard of for students from low-income foundations. His devotion to his students

power of a teacher's conviction and kindness in changing the trajectory of their students' lives.

Gruwell taught English to a group of students that most other teachers had given up on. She used inventive teaching strategies to help them succeed, a story captured in the movie *Freedom Writers*.

Johnson, a former Marine turned high school instructor, connected deeply with her students. Johnson gave moral support and direction to help them overcome their challenges, as portrayed in the movie *Perilous Minds*. In all of our lives, countless instructors

passion for writing. They recalled how their teacher motivated them to share their stories, and how she made a difference in their life by noticing the importance of their voice and stories. These experiences eventually led them to seek a career in news reporting.

Another person shared how their middle school science teacher made a difference by helping them with their fear of failure, encouraging them to ask questions and experiment. This experience helped them develop the confidence and resilience they needed to pursue their dreams, and they credit their teacher with helping them find the courage to face new challenges. These stories are just a few examples of the countless ways in which teachers change everything for their students, every day, all over the world. They are the ones who inspire us to be better, do better, and think better. They are the ones who help us discover our passions, our strengths, and our potentials. They are the ones who shape our lives in ways that we may not even realize until then.

The impact that teachers can have on their students is immeasurable. Whether they are national leaders like Dr. Sarvepalli Radhakrishnan or local heroes like Jaime Escalante, Erin Gruwell, and LouAnne Johnson, or one of the often overlooked but dedicated individuals who go above and beyond the call of duty every day, teachers have the power to change everything for their students.

They are the ones who inspire us to reach for the stars, and who give us the tools we need to get there. For that, we will always be grateful.

When rest is a rebellion

Existing without producing is the new thing

maren savarese knopf
staff writer

“Bed rotting” is a term first coined on TikTok to describe the reclamation of time by passing it in bed. Contrary to the highly consumerist and productivity driven landscape of self-care, bed rotting is a radically non-expected and low stakes act.

As such, to “bed rot” you simply need lay in bed. The way in which you do so follows no rules and is uniquely personal – just as long as you’re under the covers.

New York, reveals her project of ‘hibernating.’

The narrator recounts how “[t]hings were happening in New York City – they always are – but none of it affected me. This was the beauty of sleep – reality detached itself and appeared in my mind as casually as a movie or a dream. It was easy to ignore things that didn’t concern me.”

Similarly, bed rotting has been positioned as a method to ‘detach’ oneself from reality, turning off your brain and simply existing in the confines of your room.

However, bed rest, like bed

diagnoses were founded upon the idea that women are somehow predisposed to mental and behavioral conditions. Hippocrates himself coined “wandering womb syndrome,” otherwise known as hysteria, which was believed to result in a variety of physical and mental conditions.

Throughout the late 19th century and the beginning of the 20th century, discussions of female hysteria, its causes, and potential treatments continued. American physician Silas Weir Mitchell posed a potential treatment around the 1850s which he called “the rest cure.”

and brother, is forced to perform the rest cure.

Now, years later, we continue to have intimate and complex relationships with rest and rot. Despite its earlier links with female hysteria, what is now known as bed rot has, according to Dr. Courtney DeAngelis, positive benefits in calming the body and easing stress and exhaustion.

Moreover, Dr. Nicole Hollingshead, a psychologist at Ohio State University says, “Society tends to put too much emphasis [on] and, in some ways, [glorifies] being busy or productive all the time... This can lead to feeling

productivity. However, Dr. Ryan Sultan explains that, “while bed rotting can provide respite from the pressures of modern life, it’s important to approach it with mindfulness and intention.”

In many ways we have come far in reimagining the ‘rest cure’ used as a mechanism in women’s subordination. Yet, we must be critically aware of the history and intentions behind women’s rest. Especially in creating narratives of fragility, particularly with white women, and an inability to cope with modern realities.

If we aim to imagine self-care – like bed rotting – as a rad-



I think it is a shame how much money we spend on beds and then how little we use them.

Photo: Maren Savarese Knopf

The trend boasts an end to the optimization and productivity of modern wellness ideas that often disregard ‘low culture’ methods, such as binge watching your favourite TV show, eating a whole pizza, or falling into the endless scroll cycle of social media.

Rather, bed rotting seeks to embrace the idea of, after full days or weeks of work/life demands, doing nothing but ‘rotting’ as a critical intervention of self-care. In fact, Audre Lorde referred to self-care as a means of self-preservation, saying that “caring for myself is not self-indulgence, it is self-preservation, and that is an act of political warfare.”

Bed rotting has become a viral hit online with thousands of mostly femmes posting their bed rots on TikTok. The trend is present elsewhere too. American author Ottessa Moshfegh released her novel *My Year of Rest and Relaxation* in which the protagonist can only be described as endeavouring to spend an entire year ‘rotting.’

After spending months adrift, in unlikeable jobs and struggling with work, life and her relationships, the unnamed narrator, a 20-something woman living in

rotting, is not new. In fact, bed rest can be traced all the way back to Hippocrates, who recommended it for its medicinal benefits. Since the time of Hippocrates, bed rest has been linked with ideas of women’s wellness.

Throughout the 18th and 19th centuries, female hysteria was one of the most commonly diagnosed ‘disorders.’ Female

The rest cure prescribed lots of bed rest and the strict avoidance of all physical and intellectual activity. According to Mitchell, this treatment was preferential to women, especially those who showed symptoms of having hysteria.

Interestingly, Mitchell prescribed the rest cure to American writer Charlotte Perkins Gilman

burnt out and not allow us time to rest or recharge without labeling this as ‘being lazy.’”

Perhaps in some ways, bed rotting offers an avenue to ‘reclaim’ the rest cure previously prescribed for female hysteria, while at the same time forcing us to reframe hysteria. Bed rotting is an interesting avenue to explore the links between women’s subor-

ical act in the ways that Audre Lorde claims it to be, we must ensure we do not fall into a sad and sunken place (between the covers) that prevents us from taking concrete actions to address systemic and social injustices that may have brought us to our beds in the first place.

However, bed rotting dually poses an intimate and personal space without expectations to

“Perhaps in some ways, bed rotting offers an avenue to ‘reclaim’ the rest cure previously prescribed for female hysteria, while at the same time forcing us to reframe hysteria.”

Maren Savarese Knopf

hysteria was typically described with a broad range of ‘symptoms’ that included anxiety, shortness of breath, nervousness, and fainting.

By and large, the common

who wrote *The Yellow Wallpaper*, a psychological horror story. The story explores the mental deterioration of a woman who, at the advice of her doctor and in accompaniment with her husband

dination, the history in the medicalization of women’s subordination, and rest.

In practical amounts, bed rotting is a perfectly fine practice and subverts cultural ideas about

rest. From there, we can begin to imagine what a world might look like where we don’t need to seek rotting as a form of escapism.

With that being said, go forth and rot on – but mindfully.

Confessions of a shopaholic: the New Year's resolution

A reflection on things impulsively bought and buyer's remorse

lee lim
graphics editor

Dear readers, I have a confession. I am embarrassed to admit that I have spent a disgusting amount of money on things that once brought joy to my life and that now only bring guilt and confusion.

This year, my New Year's resolution is to spend less money on shopping. I will not reveal the total sum of the consequences of my impulsive actions, but I hope to outline the scope of it for you.

Clothes

The love of my life and my wallet's mortal enemy. My current wardrobe houses a variety of clothing pieces fit for all occasions. However, I realized that I have not worn a huge chunk of this collection.

Last year, I bought a total of three new dresses and three new tops that I wanted to save for special events. Spoiler alert! The events I anticipated never happened, which means I am stuck with a handful of new clothing with nowhere to wear it unless I feel like looking really fancy while getting groceries or attending my 8:30 a.m. class.

Collectibles

There is something about the thrill of not knowing what you're getting, even if every uncertainty costs \$16. If Issue 15 of *the Carillon* hasn't made you aware of the cherub babies called *Sonny Angel*, I hope this alerts you that capitalism does hit sometimes and boy did it hit me hard!

Over the summer of 2023, I accumulated five of these cute angel babies that now collect dust and gaze permanently at me from the windowsill. I have decided

that my collection of five will remain that way.

They are marketed to be a companion that will make you smile and while they still give me joy, I cannot justify spending money on more *Sonny Angels*.

Another collectible that I fell for stems from growing up being surrounded by advertisements, shows, and school supplies adorned with the face of *Sanrio* characters. I developed an obsession with a certain flying puppy and pastry chef named *Cinnamoroll*.

After the past year, I now own *Cinnamoroll* merchandise that ranges from stationary sets, keychains, plushies and bags. This might be the odd one out because I don't completely regret having this collection, but it needed to be said that the majority of it was bought on impulse and that it has dented my savings account in ways which still bring up feelings of guilt.

Drinkware

Perhaps the most foolish purchase I've done is to get multiple drinking vessels. There is literally a cabinet in my house that stores numerous reusable mugs that barely ever witness the outside air.

I facepalm every time it is brought to my awareness that their whole function is to be reusable and I do not need more than one or two. Once again, I do not see myself buying more unless some of the existing ones magically set themselves on fire.

Skincare

My morning and bedtime routine in the past consisted of playing chemist with my serum pumps and creams. With a blemish prone skin and a concerning addiction to TikTok, I was bound to be heavily in-



The entire point of capitalism is to make you feel miserable unless you are shopping.

Illustration: lee lim

fluenced by skincare gurus. Last month, I looked at what the ingredients were in my skincare products and their promise to regenerate damaged skin or even out the skin tone.

I found that half of my regimen isn't actually helping my skin but were just unnecessary steps that cost an arm and a leg. After tossing out what I deemed to be useless, I was left with my cleanser, toner, moisturizer, and SPF lotion that I use daily.

It is clear that I fell into a pattern of impulsive buying last year, but this has been recurrent ever since I started earning my own money. Being an adult with a steady income can have its cons when you lack the discipline!

Even though I'm moving towards downsizing, I certainly will not be ending up with a minimalist life. However, I will make a promise to engage in more conscious consumerism.

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

Canada tightens student immigration

Unintended consequences of immigration reform could harm Canadian schools

With prestigious institutions, a universal health care system, low cost of living compared to other Western countries, Canada has been an attractive and popular choice for international students to pursue their higher education.

According to Statistics Canada, 2023 saw an alarming influx in international students, with the numbers being just over a million. To ease pressure on housing and other facilities, the Minister of Immigration, Refugees and Citizenship – Marc Miller – recently announced a limit on study permit applications. Further, to keep things fair, the cap will be divided throughout the different provinces.

Possible Changes to Canadian Institutions

The immediate and most obvious change will be seen in lower enrolment numbers across Canadian institutions. This will further result in increased competitiveness of application across different parameters such as International English Language Testing System score, academic portfolio, scholarships, and so on.

Additionally, foreign applicants will now have to submit an attestation letter provided by the universities to the Federal government for the issue of a study permit. The government has set a deadline of Mar 15 for the universities to establish a process to issue attestation letters.

Future applicants will apply to Canadian institutions with a sense of caution, as new regulations can be introduced almost

immediately with little to no notice

Consequences

International students pay higher fees compared to domestic students. Thus, reduction in intake would mean incorporating certain measures to lower costs for the university.

Some associate and sessional professors from universities in Ontario and British Columbia, where the international student population is at its peak, took to news channels and social media to express concerns about their job security.

As it currently stands, some associate professors go out of contract in the summer months. With fewer intake, university administrations across Canada may consider making changes to their program offerings. Thus, if popular courses are stopped, some professors may go out of contract for longer terms or even be laid off.

Senior, experienced professors in these institutions may be required to teach more courses as a result. Further, universities would also have to spare a thought on their reputation, which is impacted by international student enrolment, and focus on increasing domestic student applications.

Aside from the aforementioned short term consequences of the intake limit, Miller announced additional sets of measures which will result in long-term consequences like post-graduation work permit and spousal visas.

Miller mentioned that from fall 2024, international students studying in a pub-



Tuition needs to go up because each student in class is also paying for the empty chairs.
Image: aniset via Pixabay

lic-private partnership model colleges, i.e. a private college that has been licensed to deliver the curriculum of an associated public college, will not be eligible for a post-graduation work permit.

Furthermore, only spouses of international students in Masters and PhD programs will have open work permits. This would result in a huge setback in the life of couples who take shorter term courses like diplomas or certificate courses.

Conclusion

Overall, economists and housing societies approve these measures because it would ease the strain on facilities. On the other hand, Colleges and Institutes Canada, which represents publicly funded colleges and polytechnics, warned that the move will result in program closings and

a need to increase tuition fees, things that will hurt domestic and international students alike.

They also expressed concern as to how institutions across provinces will scramble for their share of applicants in the reduced intake. Navigating these changes will require collaboration from stakeholders across the higher education sector.

If these changes are dealt with thoughtfully and strategically, Canada can continue to uphold its reputation as a destination of choice for students seeking high-quality education and enriching academic experiences. Only time will tell if this move will have the desired impact on the economy or be a bad decision.

pratheeksha r naik
contributor

Weaponize the winter break

Plan to make the most of the upcoming break

As we are already mid-semester with the winter term progressing, students once again find themselves grappling with the demands of academia, navigating shifts in routine, and striving to strike a delicate balance between coursework, employment, and self-care. The eagerly awaited winter term reading week, scheduled for mid-February, emerges as a much-needed respite, offering students a crucial pause to combat burnout and alleviate stress amid their academic journeys.

While adapting to new classes and routines, this break becomes a focal point for students to reevaluate, recharge, and refocus on mental well-being. Herein lies a guide, with an emphasis on the winter break and midterm, on how students can prioritize and safeguard their mental health throughout the demanding semester.

Embrace the Winter Chill

Winter's frosty embrace can be relentless, with temperatures plunging to

-30 C. Shield yourself from the cold by investing in snug, insulated clothing. Layer up wisely and don't forget your cozy beanies and gloves when venturing outdoors.

Reflect and Strategize

As the winter break unfolds, seize the opportunity to reflect on your academic journey so far. Identify areas for improvement, catch up on readings, and prepare insightful questions for your professors. Bridge any communication gaps with instructors, seeking clarity on assignments and fostering a stronger connection.

Dive into Course Material

During the reading week, immerse yourself in a thorough review of your classes and coursework. Organize your notes, revisit key concepts, and ensure you're staying on top of the material. Craft a personalized study plan, steering clear of the pitfalls of last-minute cramming.

Navigate Academic Deadlines

Stay on top of class registration deadlines and refund periods. Being well-informed about these critical dates empowers you to make important decisions regarding your academic commitments.

Vary Your Study Spaces

Break away from the monotony of your usual study spot. Explore diverse environments like the library, a quaint café, or a local park. A change in scenery can invigorate your mind, fostering enhanced focus and productivity.

Prioritize Personal Time

During the break, carve out moments for self-care. Whether in solitude or with friends, create a space free from unnecessary stress. Engage in activities you love, be it regular exercise, moments of meditation, or simply indulging in your passions.

Rejuvenate Through Quality Sleep

Leverage the reading week to reinforce healthy sleep habits. Catching up on rest during this hiatus can significantly improve your physical and mental wellbeing.

Contribute to Your Community

Consider allocating time during the reading week for volunteer work or community service. Immersing yourself in a cause you're passionate about not only fulfills a sense of purpose but also strengthens your ties to the community.

Gratitude and Reflection

Pause to reflect on the positive aspects of your academic journey. Acknowledge your achievements and express gratitude for the support systems around you. Cultivating a mindset of

gratitude builds resilience, equipping you to face challenges with a positive outlook.

Access Tailored Mental Health Support

Recognizing the paramount importance of mental wellbeing, the University of Regina offers personalized psychological services through the Student Mental Health Department. Whether in-person or virtually via Zoom, confidential sessions are available to address your unique stressors and collaboratively develop effective solutions.

Mental health is not just a solitary endeavor but also a collective responsibility, as proven by the University of Regina through its various mental health resources. Remember, your mental and emotional well-being is a necessity that cannot be overlooked. If you require immediate support, utilize the university's 24/7 services or reach out to crisis lines available.

- 911 for an emergency
- 811 for health-related concerns or go to your nearest urgent healthcare facility
- Campus Security: 306-585-4999
- Regina Mobile Crisis Services: 306-757-0127
- Regina Crisis Line: 306-525-5333
- Regina Sexual Assault Line: 306-352-0434
- Canada Crisis Text Line: Text "UofR" to 686868 or phone 1-800-668-6868
- Talk Suicide Canada: 1-833-456-4566 or talksuicide.ca
- For immediate assistance for Indigenous peoples across Canada: 1-855-242-3310

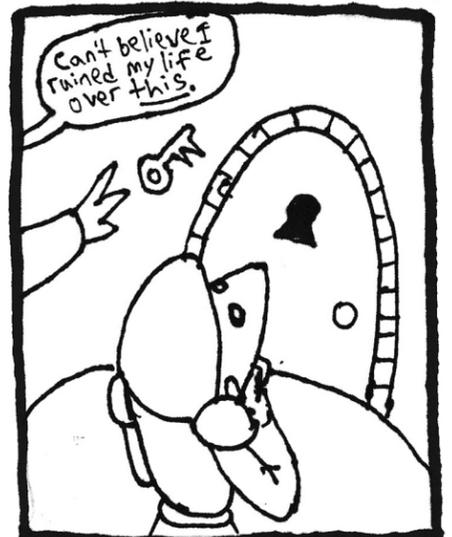
nazeemah noorally
staff writer



Legend has it someone once slipped here and slid all the way into the Riddell Centre Tim's.
Photo: Nazeemah Noorally

Bird People

"The Thing You Need"



"Things Stored in Basements Tend to Go Missing"

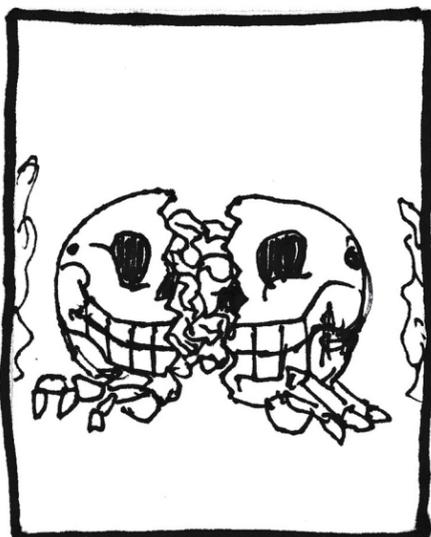
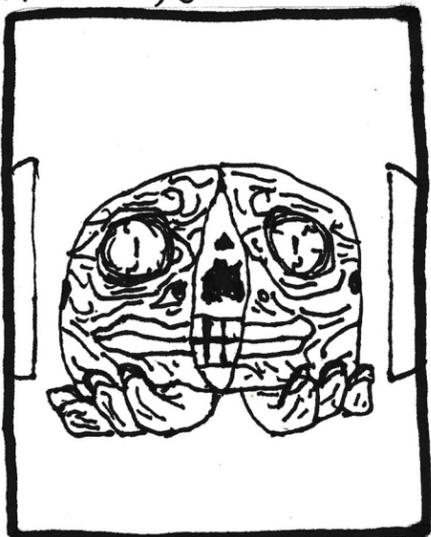
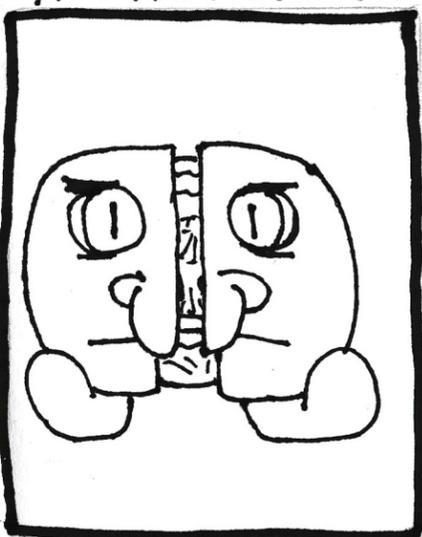


"The eVILLE Enterprises Night Janitor"



Mr. Whiffle

"Mr. Whiffle Gets a Massage"



October 13th 2023